



Meet the 'Craniacs'

Nebraska Crane Festival is just a day's drive from here.

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d Trip MSP - Chicago
pounds of CO₂e emitted per per.



Travel costs

Calculate your carbon debt

Page 5



The Blades

Girls' hockey team has a rink to call home.

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WELLNESS

Be Well: Check out our 2018 Wellness Section on pages 9-11

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Park Bugle

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

Patience Zalanga has her lens focused on a more equitable world

By Rob Passons

Patience Zalanga was a child when she discovered her calling. While her peers at St. Anthony Park Elementary School fervently followed the exploits of sports stars, pop stars, actors and cartoon characters, Zalanga's heroes were journalists.

"I was about 9 years old when I started printing out transcripts from news reports and reading them in front of the bathroom mirror," she said. "Anderson Cooper was my favorite; I read his book 'Dispatches From the Edge,' and I knew exactly what I wanted to be when I grew up."

Zalanga's father teaches anthropology at a private college in a St. Paul suburb, and documentaries were always part of his curriculum. He routinely brought these college-level educational tools home with him, and his eldest daughter soaked them up. Zalanga attributes her inquisitiveness, and her passion for learning and understanding to the hours she spent watching documentaries and reading.

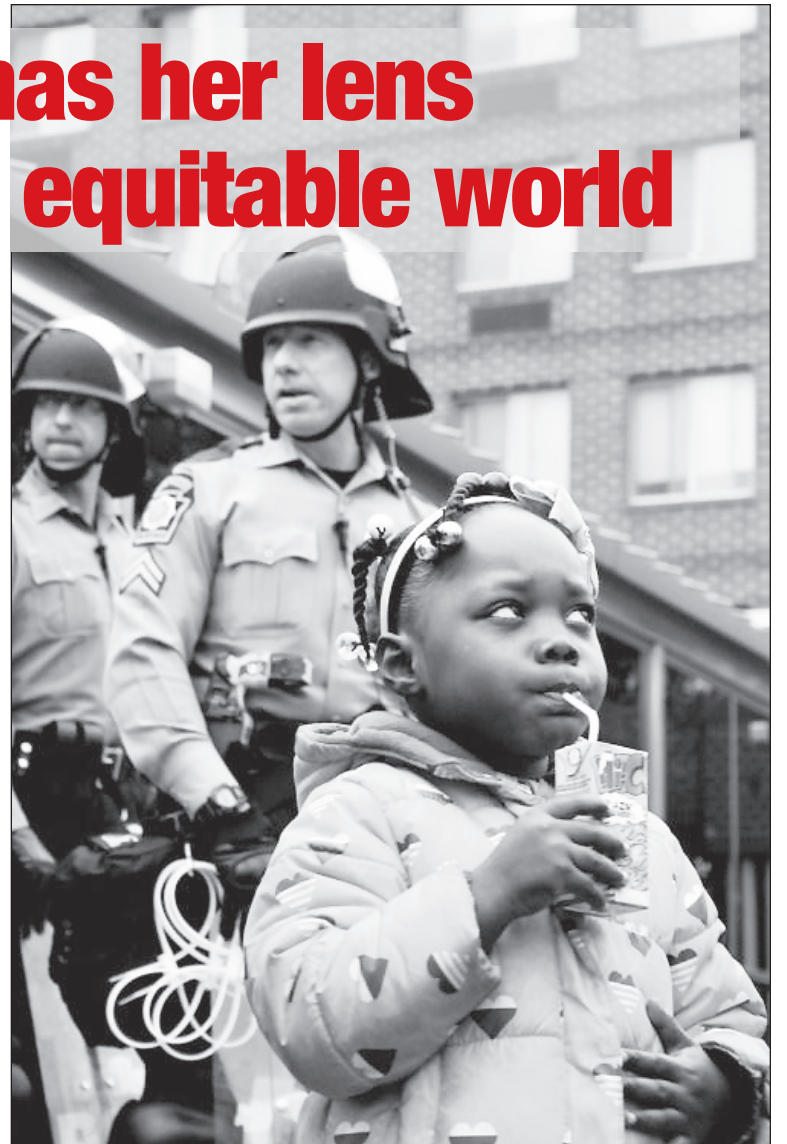
"I grew up seeing my dad reading a lot, and that had a big

influence on me," she said. "One thing my dad told me was, 'If you want to be a journalist you have to read widely.'"

Zalanga graduated from Como Park Senior High School in 2011 still clinging to those ambitions. When she dropped out of a private university after a single semester, her hopes for a future in journalism faded—until she found her true calling with her camera.

Zalanga's road back began in 2014. She enrolled at Minneapolis Community and Technical College, where she took photography classes for the first time. She had a new camera that she used primarily to take prom and special-event photos for friends and relatives.

While Zalanga was readjusting to college life, the city of Ferguson, Mo., a suburb of St. Louis, was waiting for the grand jury decision on whether Ferguson police officer Darren Wilson would be indicted for the killing of teenager Michael Brown. Zalanga followed the case closely and expressed her views on social media. When a friend asked



A child sipping juice. Baltimore police in combat gear, 2015. Photographer Patience Zalanga hashtagged it #blackgirlmagic.

Zalanga to 6

Future of Sholom site once more in doubt

Public meeting will be held March 7 to address neighbors' concerns.



Graffiti appeared on the former Sholom Home building shortly after the fencing was removed in February.

By Roger Bergerson

After yet another setback, there is a very real possibility that a vacant senior care center in the Como neighborhood will be razed.

But whatever the next step is for the former Sholom Home East facility at 1554 Midway Parkway, it won't come easy, quick or cheap.

The property across Snelling Avenue from the State Fairgrounds has been unoccupied for nearly a decade, and the current owner recently acknowledged failing to obtain redevelopment funding after two years of trying.

David Grzan, a principal with the CRE Group, did not respond to the Park Bugle's repeated requests for comment. But he told the District 10 Como Community Council newsletter, "We haven't thrown in the

towel, but our backs are up against the wall."

Grzan also acknowledged that CRE owes money to a lot of people, including its former partner, Graham Construction.

A particular sore point with neighbors over the years has been vandalism, squatters and suspicious activity on the site, most of which ceased when Graham installed perimeter fencing.

So when that fencing was removed recently, it was a sure sign that something had changed, and not for the better.

"Within a day, graffiti appeared," said Sue Anderson, a frustrated nearby resident. "The neighborhood has been fighting the city and owners for years to do

Sholom Home sale to 8

C I T Y F I L E S

Como Park

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

Crime down 4.7 percent in 2017

Overall crime decreased 4.7 percent in Como in 2017, according to preliminary police data analyzed by the Como Community Council. Vandalism, burglaries and thefts all were down, and there was no increase in assaults. Most notably, the neighborhood saw a sharp drop in auto thefts; however, robberies and rapes increased. And, as was the case citywide, reports of gunshots also continued to increase, though not nearly as rapidly as in 2016.

You can find charts and more details on the District 10 website, www.district10comopark.org. The site includes breakdowns on how much crime there was in the individual police "grids" in different parts of the neighborhood.

Make your Sundays more exciting

The Como Community Council's annual Sunday Series is under way, with free presentations guaranteed to entertain, enlighten and engage you. The Sunday Series events are free and run from 1 to 2:30 p.m. You can put these on your calendar in ink (or whatever the digital equivalent is):

- *Crime Prevention through*

Landscape Design: Patty Lammers, crime-prevention coordinator for the St. Paul Police, gives advice about where to plant, where not to plant, and what to plant to make yourself, your family and your home safer. Sunday, April 15 (location to be determined)

- *Como Park Tree Trek:* Certified arborist and former Tree Advisory Panel member Tim Morgan leads a walk that will help you better identify and understand local tree species, their health, and the diseases and pests that affect them. Sunday, June 3 (meet outside the Como Lakeside Pavilion).

Get your junk pile together early

Heads up, procrastinators: The yearly Citywide Drop-Off at the State Fairgrounds is earlier this year. Usually the event is in the fall. But in 2018, the opportunity to get rid of stuff you can't throw in the trash will be Saturday, June 9. We will fill you in on details as we get closer, but this is definitely the year to take spring-cleaning seriously.

Upcoming District 10 meetings

- Environment Committee: Wednesday, Feb. 28
- Neighborhood Relations and Safety Committee: Tuesday, March 6
- Land Use Committee: Wednesday, March 7
- Como Community Council: Tuesday, March 20

All meetings begin at 7 p.m. at the Historic Streetcar Station, which is at the northeast corner of

Lexington and Horton avenues. 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.

Lauderdale

The Lauderdale City Council meets on the second and fourth Tuesday of the month at 7:30 p.m. at Lauderdale City Hall, 1891 Walnut St. Contact information: 651-792-7650 or visit the website at lauderdalemn.org.

Help plan Lauderdale's future

If you haven't already, check out the information on Lauderdale's 2040 Comprehensive Plan at www.lauderdaleplan2040.com and complete the survey on that site. And then come to the Comprehensive Plan open house Wednesday, March 14, at City Hall, from 6 to 8 p.m. All residents are encouraged to attend.

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.

SAPCC names executive director

The St. Anthony Park Community Council has named Kathryn Murray

executive director. Murray has been the operations and outreach coordinator since the beginning of the year, stepping in when both Suyapa Miranda and Sarah Goodspeed resigned to take positions



Kathryn Murray

in other organizations. Murray has past experience serving on the SAPCC Board, helped work on developing the district's strategic plan, and has experience working with other St. Paul district councils.

Community plan meeting

The St. Anthony Park Community Council will present its newest version of the 10-Year Plan at two community meetings. The first will be Thursday, March 15, 7-9 p.m., in Northwestern Hall of Luther Seminary, 1501 Fulham St. The second will be held Saturday, March 17, 1-3 p.m. in the Parish Hall of the Church of St. Cecilia, 2357 Bayless Place.

Please read through the plan ahead of time (sapcc.org/planning) and come with your suggestions. Better yet, send them in earlier to kathryn@sapcc.org or to District 12, 2395 W. University Ave., Suite 300E, St. Paul MN 55114. The plan will be sent to the city in April. If you expect to attend and will need

childcare onsite, contact the community council office by Friday, March 6, kathryn@sapcc.org or 651-649-5992.

Reserve the date!

The annual Kasota Ponds Cleanup will be held Saturday, April 14, starting at 9 a.m.

The event is sponsored by the St. Anthony Community Council and its Environment Committee. Look for details in the April issue of the Park Bugle.

Need a garden plot?

Apply for a plot in the St. Anthony Park Community Garden, located on the north side of Robbins Street, between Raymond Avenue and Highway 280. Garden plots are approximately 15 by 20 feet and are \$30 per plot per year. Only one application per household should be filed. Applications must be received by Tuesday, March 6. There will be a lottery drawn to determine who will be able to rent the available plots.

To apply, read the garden policy and complete and sign the application at sapcc.org/community-garden/.

Applications are also available at Hampden Park Co-op, 928 Raymond Ave. Return the application with a check or money order payable to St. Anthony Park Community Garden to Susan Conner, 980 Hampden Ave., St. Paul, MN 55114.

Area communities drafting 10-year comprehensive plans

By Bill Lindeke

After a year of working on the city's mandated revision of its housing, transportation and other planning policies, the 2040 Lauderdale Comprehensive Plan update is

nearing completion. If adopted and approved, the Lauderdale plan promises to bring some big changes to the community over the next few years.

"We're looking at all the things we're required to look at, like transit

and housing and even airports," said Heather Butkowski, Lauderdale city administrator. "We'll be making sure land uses are consistent with what we think the future is going to be, and after this whole process is done bring zoning into conformance with the vision."

While the plan is not yet finalized, the draft has been emerging for much of the past year, thanks to a city-organized committee that has been meeting since last April.

"We've got 10 people on the committee, and there's also a website," Butkowski explained. Residents can review the draft plan at www.lauderdaleplan2040.com

The city of Lauderdale even hired a consultant to go to events such as the farmers' market during the summertime to gather ideas. The city committee has incorporated ideas from market-goers into the draft proposals.

At this point, one of the most innovative aspects to the comprehensive plan is a potential "turn back" of Eustis Avenue. A "turn back" is when the ownership, including design control and maintenance, switches from one jurisdiction to another. In this case, the control of Eustis would transfer from Ramsey County to the city. This would allow Lauderdale to widen Eustis, a key link with St. Anthony Park, from its current

narrow width between Como and Larpentur avenues. A redesigned Eustis would help the city finally install sidewalks along the street, helping pedestrians to avoid walking in the street and improving safety for everyone.

There are many more details in the comprehensive plan update, and residents will have one more chance to offer input at an upcoming open house at City Hall on Wednesday, March 14, from 6 to 8 p.m.

As Butkowski describes it, the meeting will "allow members of the community to come and take a look at what's been discussed and give perspective on it before we move ahead."

The Twin Cities' Metropolitan Council, which shapes regional planning, requires comprehensive plans to be submitted by all cities in the seven-county Metropolitan Area, so there are clear time pressures and steps for all communities to follow.

According to Butkowski, after it's adopted locally this spring, the Lauderdale plan would then go to the neighboring cities of St. Paul, Minneapolis and Falcon Heights for comments. Finally, it will be submitted to the Met Council for final approval.

At that point, Lauderdale staff can take a break, because it will be 10 more years until the next one comes around.

Neighbors are drafting plans, too Falcon Heights and District 12, St. Anthony Park, are also working on their 10-year comprehensive plans. St. Anthony Park's plan, if approved by the District 12 Community Council, will be submitted to the city of St. Paul for inclusion into its new comprehensive plan. Como Park District 10 completed its last 10-year plan in 2015.

The District 12 council conducted a business survey last fall and held two community forums in November to gather input. Community members have a choice of two open houses to attend to learn about the draft plan: Thursday, March 15, 7-9 p.m., in Northwestern Hall of Luther Seminary, 1501 Fulham St., or Saturday, March 17, 1-3 p.m. in the Parish Hall of the Church of St. Cecilia, 2357 Bayless Place.

Residents are asked to review the plan on line at sapcc.org/planning.

Falcon Heights kicked off its work on development of its plan at a Community Visioning meeting Feb. 26. Attendees engaged in interactive exercises designed to gather ideas about the future direction of the city.

Bill Lindeke is a member of the St. Paul Planning Commission and an occasional contributor to the Park Bugle.



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Sandhill cranes fill the sky near Kearney, Neb. Photo by Jeremy Wight

Audubon's Nebraska Crane Fest is an enjoyable, economical trip

By Janet Wight

For many years I had read articles about the world's largest annual gathering of sandhill cranes, which takes place from mid-February to early April in central Nebraska. The idea of seeing thousands of cranes at one time intrigued me. I was determined to witness this migration for myself. It was not until our daughters had graduated from high school, however, that my husband, Jeremy, and I had the opportunity to plan this trip.

Last March, we drove to Audubon's Nebraska Crane Festival in Kearney to see these magnificent birds up close.

Jeremy grew up in Baraboo, Wis., which is the home of the International Crane Foundation (ICF). We had visited the ICF many times over the years and enjoyed learning about all 15 species of cranes. Since 11 of these species are endangered, it was hard for us to envision the enormous number of "lesser" (smaller) sandhill cranes that gather along the Platte River in Nebraska each year. It wasn't until I started planning our trip that I noticed the website for the festival. It offered many opportunities to view the cranes, along with concurrent sessions where we would have the chance to learn even more about

these birds and meet the "craniacs" (crane enthusiasts) who run the event. We registered for the festival and several field trips about two months in advance.

Kearney is a one-day drive from St. Paul. Stopping along the way in Omaha's Old Market is highly recommended. This charmingly restored neighborhood, complete with cobblestone streets, is located just south of downtown. It is home to many unique restaurants and shops.

Kearney is the type of small city that people tend to drive past while traveling on Interstate 80, but it has several attractions of its own. These include the Museum of Nebraska Art, the Archway Monument and the Classic Car Collection. We were so busy with all the Crane Festival activities that we didn't move our car during the four days we were there. (Some festival attendees flew into Lincoln and rented a car for the two-hour drive west to Kearney, which is a good time-saving option.)

We were uncertain what to expect once we arrived in Kearney, but we hit the ground running with a half-day birding tour, as well as morning and evening crane viewing sessions. We shivered in bird blinds located on the grounds of Audubon's Rowe Sanctuary and witnessed the spectacle unfolding on Platte River

sandbars immediately in front of us. With 400,000 sandhill cranes in the area, the sky was brimming with thousands of birds, collectively producing thunderous calls, as they took off in flight just after dawn or arrived prior to sunset. We marveled at the organization and coordination displayed by the cranes as they collectively decided when to commence and conclude their days, which were primarily dedicated to feeding on corn left behind in the surrounding fields.

Although the cranes were undoubtedly the main draw of the festival, the concurrent sessions held their own intrigue. It was difficult to decide which presentations to attend since there were three compelling options for each time slot. The choices included such diverse topics as learning how to distinguish birdcalls, the impact power-line design has on bird populations, and migrating with cranes by volunteering at festivals. (It was similar to attending seminars in college but without homework or tests.) These presentations provided excellent fodder for conversation when attendees were milling around in the lobby or gathering for outings or meals. There were also several inspirational speakers, including

Crane festival to 13

Poetry contest closes March 6

The deadline to enter the Park Bugle's eighth-annual poetry contest is Tuesday, March 6. Here's what you need to know:

- We want to read poems that address "cultivation."
- Poems can take any form you choose.
- The words "cultivate" or "cultivation" do not have to appear in your poem. Use them as

inspiration to go in any direction they take you.

- The contest is limited to one submission per person and it must be received by Tuesday, March 6.

The poems will be judged anonymously by a local poet. The first-place winner will receive \$50 and be published in the April issue of the Bugle. We will also publish the second- and third-place winning

entries. All entries will be published online. The contest is open to all Bugle readers. Current Bugle employees and Park Press board members and their families are not eligible to enter.

Send your poem to Editor, P.O. Box 8126, St. Paul, MN 55108, or to editor@parkbugle.org.

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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 Josh Becerra, 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.



C O M M E N T A R Y

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

It's no fun being a lefty

By Adam Granger

I'm a lefty. That is, I write left-handed, and that seems to be the standard by which we define handedness, so I guess I'm a lefty. But I do almost everything else—eating, waving, throwing and batting—right-handed. When I tell people

that, they say, “Oh, you're ambidextrous,” but I'm not. Ambidexterity is the ability to use both hands equally well for everything, and it's rare. For the most part, I can't do the right-hand stuff with my left hand, nor the left with my right. Like most people, I am what is referred to in the hand biz as

cross-dominant.

About 10 percent of us are left-handed, and upon us are heaped mounds of etymological insult. The adjective “sinister”—which originally meant simply left, left side or left hand—has, from heraldry forward, incurred a host of negative meanings: frightening, alarming, ominous, dark, menacing, evil and the like. Paying someone a left-handed compliment is damning that person with faint praise. Mary Wollstonecraft, an almost-singular feminist in her day, wrote, in her 1792 treatise, “A Vindication of the Rights of Women,” “When a man seduces a woman, it should, I think, be termed a left-handed marriage.” Magic was called the left-handed art. On the other hand (pun not intended but gladly accepted), the synonymity of the adjectives “right” and “correct” springs from the same handedness bias.

But there are rebuttals: Proverbs 3:16 says that in wisdom's left hand are riches and honor. And, on average, lefties score one point higher on IQ tests than righties (squeaking my score into triple digits. Yessss!). Also, an inordinately high number of creative people are lefties. The only conclusion to draw from all of this is that this anti-left prejudice is born of simple petty jealousy on the part of righties. It's sad. Bigly sad. I still say that it's odd that I'm considered left-handed solely because of my handwriting, in lieu of pretty much everything else. It's a rigged system.

There's a ton of literature on handedness. There are theories as to how and when it's determined, on whether prenatal ultrasounds encourage left-handedness, on whether genetics are a determinant, on the left-brain/right-brain relationship to handedness and so on. It gets pretty complicated pretty quickly, and I will leave it to you to explore the topic further if you wish to. But, for now, let's talk about me.

After the reading I've done on the science of handedness, I'm beginning to wonder if I'm meant to be doing some of the things I do with the opposite hand from the one I

currently use: my left-handed writing is execrable, and my right handed ball-throwing is worse. What if I switched? What if I learned to write with my right hand? I had a chance to have a go at this a few years back when I broke my left wrist, but I didn't think of it then. An eight-week opportunity to practice right-handed penmanship was right under my nose (well, actually, it was under my nose and down at the end of my arm). Had I acted then, I could be sitting here right now, writing with my right hand in beautiful cursive on fine linen paper using high-quality inks and gold-nibbed fountain pens. But no, I squandered that chance while carelessly scratching out pseudo-signatures on the backs of checks at the bank, the teller and I laughing harder at each effort. I mean, if, in fact, most of us tend toward capability with one hand or the other (unless we are ambidextrous, remember), it would have been a smart thing for me to try.

Because, it's no fun being a lefty. I don't know how things are where you're from, but in secondary school in Oklahoma in the '60s, the student desk was a modular affair, with a desktop that fastened to the seat back along its right side. This provided a wonderful armrest—unless you were left-handed. I wrote with my left elbow flapping awkwardly in the air. I looked like a scrawny, bespectacled, one-armed football tackle daring the opposition to break his remaining arm, and it was fatiguing and stressful and it produced the scrawl I now jokingly refer to as my handwriting. And things were made worse by the way I gouged the writing point into the paper instead of having it glide away from what I'd just written. Then, finally, my palm would rub over the whole mess, smearing away whatever legibility was left.

So, some snowy day, I am going to exercise my right to write right. The world was not made for lefties, and I'm just about ready to jump ship from the SS Sinister and stow away aboard the Good Ship Righty. I'll leave a farewell note. Good luck reading it.

Bugle seeks candidates for the governing board

The Park Bugle seeks candidates to fill openings on its board of directors. The board consists of residents and businesspeople from the communities served by the newspaper.

Ideal candidates would have one or more of the following skills or background: organizational, management or strategic-planning skills, especially with nonprofits; previous nonprofit board service;

background in fundraising or grant-writing; sales, advertising or legal experience; and a strong connection to the community

To apply, please send a short note and biography to editor@parkbugle.org with DIRECTORS in the subject line, or send a letter to Park Bugle, P.O. Box 8126, St. Paul, MN 55108, ATTN: Directors.

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:

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

May issue: The deadline is Wednesday, April 11, and it will be published Tuesday, April 24.

June issue: The deadline is Wednesday, May 2, and it will be published Wednesday, May 16

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 Larparenteur 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.



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.

The travel fare isn't the only cost

By Michael Russelle

No way around it: Travel takes energy. Whether we're using gasoline, diesel, electricity or jet fuel, production and use of those fuels emit carbon into the atmosphere—"carbon" being shorthand for the carbon dioxide equivalents of the greenhouse gases that are most responsible for climate disruption.

Just how big is travel's carbon debt? When my wife travels to Switzerland to visit her 95-year-old father this year, her portion of that flight's carbon debt will double her carbon debt for the entire year.

The easiest way to shrink a travel footprint is to live locally, but there are important reasons for some long-distance travel, like visiting family, conducting business or volunteering in a disaster area. When a phone call or videoconference won't suffice, we can shrink our travel footprint by choosing the mode of transport with our eyes open and then finding ways to offset the carbon cost. We can even make a game of it, inviting others to join us in some energy-saving habits to help pay the carbon debt of our trip.

How do we calculate that cost?

On top of the direct fuel-burning effects, there are the indirect carbon costs of producing the fuel and of building and maintaining vehicles and infrastructure. Here, the term "carbon debt" reflects some of those costs, as well as other greenhouse gases and upstream emissions. (See the reference list on our website, TransitionASAP.org.) Let's look at an example.

Your choices, by the numbers

You'd like to visit friends in Chicago with another person. What are your options?

Flying: Of all your choices, and even with improvements in jet fuel use efficiency, air travel emits the most carbon. Flying nonstop to Chicago, it's about 0.643 pound per passenger mile. So at 684 miles, you have a 440-pound carbon debt per person in an economy seat for flight—not counting the cost of getting you to and from each airport for each flight.

Amtrak: Take the Empire Builder and you cut that cost by nearly half. Even with a 20 percent longer trip than flying, at 0.307 pound per passenger mile, your

carbon debt is still just 257 pounds.

Gas-powered car: Gasoline releases greenhouse gases when it's produced and burned. So if you drive the 784-mile round trip with another person, your carbon emissions per person will be 380 pounds at 25 miles per gallon and only 190 pounds at 40 miles per gallon.

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Transition Town to 13

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We will publish more donors in the next issue.

The Bugle relies on tax-deductible donations to help defray its annual operating costs. You can donate online at www.parkbugle.org. Click the green DONATE NOW button on the right side of the page.

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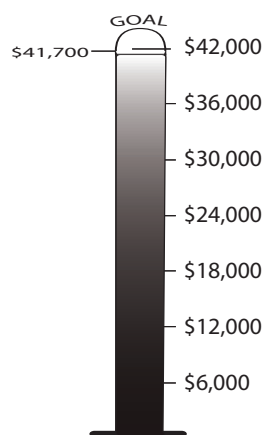
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Zalanga from 1

her to go to Missouri “to stand in solidarity with the people of St. Louis,” she said yes and took her camera with her.

Zalanga’s first brush with law enforcement occurred before she reached St. Louis. She was driving the carload of five activists (all of whom are black) when she was pulled over for speeding. What should have been a routine traffic stop quickly amped up. Zalanga ended up in the squad car.

When the officer asked her where she and her friends were going, she decided it wasn’t in her best interests to tell the officer they were headed to St. Louis to protest a black man being unjustifiably killed by a law enforcement officer. She told him they were going to a conference instead.

Not long after her first trip to St. Louis, Zalanga and her former boyfriend were driving back to St. Louis when he was pulled over for speeding. “My boyfriend was wearing a Cubs hat and he and the police officer ended up chatting about the Cubs,” she said. “He had a very different experience than I did; he was white.”

The black-and-white difference in treatment by the police left its mark on Zalanga. What she experienced in Ferguson left a far deeper impression.

Missouri’s governor called a state of emergency as the indictment announcement neared, and Zalanga and her friends found themselves surrounded by National Guard



Patience Zalanga stands in Kresge Courtyard at Bethel University in Arden Hills in fall 2016 holding a sign that says, “How does this make you feel?” Zalanga stood just feet away from a rock at the center of the courtyard painted with the message “Blue lives matter.” Photo by Abby Peterson for Bethel University’s student publication, the *Clarion*.

troops, military vehicles and police officers from Ferguson and surrounding jurisdictions. “They looked like they were going to war,” Zalanga said. “That was really frightening.”

Zalanga quickly figured out that what was being reported by the throngs of journalists and their news agencies was distinctly slanted, she said.

“When the police were Macing

people and arresting people, that’s when the media would show up,” Zalanga said. “It was really disheartening for me because the journalists were getting all their stories from the police, and they had no interest at all in talking to the protestors.”

The dramatic images splashed across television screens around the country portrayed a group of people who have been systematically

oppressed for generations, going back to the mid-19th century, when accounts of negroes being lynched wasn’t deemed newsworthy, Zalanga said.

Zalanga also finds what she calls the dehumanization of black people by the police and media to be especially disturbing. The uncovered body of Michael Brown lay in the street for more than four hours after he was shot and killed.

“There were a lot of apartment buildings there, so this was something you could see if you walked out on your balcony,” Zalanga said. “It was purposefully done to send a warning to the community.”

While Zalanga finds the actions of the police officers who were involved reprehensible, she’s also quick to point to the news agencies that splashed footage of the slain teenager coast to coast, hour after hour.

“You don’t repeat images of Michael Brown’s body on television unless you think people are going to tune in and you’re going to get good ratings,” Zalanga said. “It’s not about

morals or ethics, it’s about numbers; it’s about how much money you can make off of somebody’s child laying dead in the street.”

In a sense, Zalanga found her voice with her camera. She watched while photographers flocked from one clash to the next with what she saw as migratory predictability, all of them essentially producing the same photographs and video footage. Zalanga made a conscious effort to turn her lens elsewhere: “. . . [P]hotos of an old man sitting in a wheelchair with a little boy in his lap having an intimate moment together while military vehicles roll by in the background,” Zalanga said. “Moments like that are really important to me.”

Those moments are found in many of Zalanga’s photos. She has an eye for juxtaposing gentleness versus aggression, passion versus indifference and vulnerability against a backdrop of might.

“I hope when people see my photos without context that they will take note and try to understand, or just be inquisitive about, what they are seeing,” she said. “Part of what I appreciate most about photography is the ability to go back and dig further into a moment; there’s always something new.”

Zalanga knew that journalists sometimes find themselves in dangerous situations, and she wondered how she would hold up when faced with a potential threat. That question was answered when a phalanx of police officers descended on protestors outside the Ferguson City Hall. “I was shaking so much and I asked my friend why I felt like throwing up,” Zalanga said. “She told me I was in fight-or-flight mode.”

While Zalanga did not enjoy the experience, it taught her something about herself. “Coming to terms with what was going on around me and continuing to document it was very important to me,” she said. “It really forced me to push myself.”

Zalanga wasn’t fully aware of how deeply the experience had affected her and how emotionally drained it left her, until she returned to St. Paul.

“The first thing I did when I got home was burst into tears,” she said.

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1



5

"My mom just held me."

A year later, Zalanga returned to St. Louis for the one-year anniversary of Michael Brown's death. The Ferguson police were out in force for the gathering, and while some of Zalanga's companions were prepared to get arrested, she was not.

Zalanga was a passenger in one of four cars used to slow the traffic down on a highway specifically chosen because it was built for "white flight" to the suburbs, she said. The cars came to a stop next to an off ramp where the activists on foot were gathered. The crowd quickly moved onto the highway, covering all four lanes and the breakdown lanes, where they held the line for nearly 15 minutes. Zalanga exited her vehicle and joined them.

"There were maybe six police officers there when we started," Zalanga said. "There were about 60 by the time we got back to the car. That's when I knew we were getting arrested."

Zalanga's previous experience with the St. Louis-area police left her with a fairly low opinion of them,

and her initial contact prior to her arrest did little to change her views.

"If you go to any state, police officers have a lot of the same characteristics," she said. "But the St. Louis police are on a whole different level of messed up."

One officer, however, showed a degree of thoughtfulness that Zalanga was not expecting.

Zalanga and her companions were back in their vehicle only a few moments when the car was surrounded by police officers tapping on the windows with batons and demanding the occupants open the doors. They opened the doors. Zalanga was the last to exit the car. She heard her companions screaming in protest as they were taken away. As she got out of the car, a police officer asked if she wanted to put her camera in the trunk.

"I did not expect the officer to be so considerate of my personal property, especially after my friends had been so violently taken out of the car," she said.

Zalanga sat in the hot parking lot for over an hour before a bus



2

Patience Zalanga's work has been featured online at Twin Cities Daily Planet, the Guardian, Nightline, Upworthy, MPR and NPR. She says her work is intended to highlight the humanity of black activists and provide an alternative narrative to that of the mainstream media.

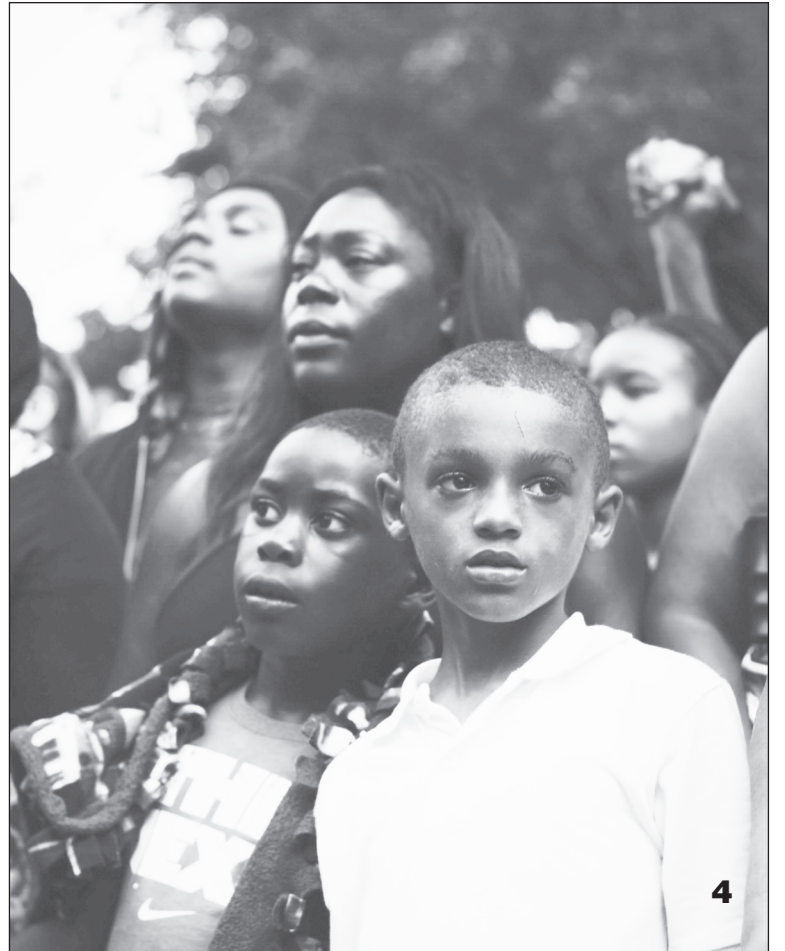
1 Ferguson, Mo., 2015.

2 A mother and daughter in St. Louis, Mo., November 2014.

3 A St. Paul police officer in summer 2016, during a protest after the death of Philando Castile.

4 Boys at a protest in Missouri.

5 Holding hands at the one-year anniversary of Ferguson Police Officer Darren Wilson being acquitted in the death of Michael Brown.



4

arrived to take them to processing. She was never charged, but she spent 16 hours in the St. Louis County Jail.

Zalanga has traveled thousands of miles following her path to change, to cities she may never have visited if not for the deaths of young black men at the hands of the police. She ran from the police in Baltimore, was arrested in St. Louis, and faced pro-Trump protesters in Selma, Ala., on the 50th anniversary of Bloody Sunday. All were foreign ports for the Nigerian-born St. Paul woman. The shooting of Philando Castile in July 2016 brought her struggle home.

The traffic stop that led to Castile's death occurred minutes from Zalanga's childhood home. Zalanga's father routinely drives Larpenteur Avenue, where Castile was killed, on his way to work. St. Anthony police officer Jeronimo Yanez justified the traffic stop, stating Castile had a "wide-set nose" that matched the description of a robbery suspect.

"My dad has a wide-set nose; my uncle has a wide-set nose; my cousins have wide-set noses," Zalanga said. "It's code — it's code for something deeper."

Thousands of people around the world have seen Zalanga's photographs. She weighs requests for interviews on their merits, and speaks at exclusive colleges that in all likelihood would not have accepted her as a student.

"If you would have asked me

three years ago where I would be now, I don't think I could have imagined I'd be here," she said. "It's exciting and humbling."

Zalanga's vision for the future might be labeled unrealistic, or chalked up to the idealism of youth, but she's undaunted.

"I hope that a lot more people can lead their fullest lives," she said. "I hope that my people and people who are experiencing oppression around the world can live in peace. I know that the truth is sometimes painful, but it will set us free."

On a more personal front, Patience Zalanga needs look no further than her immediate family for motivation to continue her efforts toward a more equitable world.

"I hope my little sisters can live in a country and a world that respects their bodies, their minds and their humanity," she said. "I hope they will not feel constricted by the social constructs that would try to tame them. I hope they are allowed to be who they are."

Patience hopes.

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Public hearing set for March 7 in library land sale

By Kristal Leebrick

The City of St. Paul and St. Paul Public Library will hold a public hearing Wednesday, March 7, to consider the sale of a portion of city land within the St. Anthony Park Library property to the adjoining residential property to the south of the library.

The hearing will be held at 5:30 p.m. in the council chambers on the third floor of City Hall, 25 W. Fourth St.

The proposed sale comes more than two years after a 2015 survey revealed that a portion of the property long believed to be a part of the home located at 2239 Como Ave. is part of the St. Anthony Park Library property. Two earlier surveys

show a different boundary.

A survey commissioned by the city of St. Paul during the library's 1998 expansion project and a subsequent survey in 2006 showed the property line to be at the top of a rocky slope behind the library.

Some St. Anthony Park residents, including a group of volunteer gardeners who have created and maintained many of the gardens at the library, have expressed opposition to the sale; but after more than a year of study, the St. Paul Public Library proposed the sale of most of the land in question to Richard and Nancy Foss, the homeowners.

Library and city staff members met with St. Anthony Park

Community Council members in May 2016 to discuss the disputed property line and a community meeting hosted by then Ward 4 City Council member Russ Stark was held at the St. Anthony Park Library in June.

In October, former St. Paul Public Library director Jane Eastwood sent a letter to interested parties stating the library's support of the sale of most of the land in question and outlining the process in the decision making:

- The property is not considered to be necessary for future library expansion, and the significant gradient change between the library

structure and the homeowners' yard would make the property difficult to use for further expansion.

- The library is unaware of any active use of the property by the city historically or in the current era.

- The Ramsey County taxation office considers the property in dispute to belong to the owners of 2239 Como Ave.; therefore, the owners have been paying taxes on the land in consideration for sale. A Ramsey County GIS tax map shows the property's boundary to be in concordance with the 1998 and 2016 surveys.

The library has proposed retaining a small portion of the

property at the top of the slope, to allow space for a walking path proposed by the volunteer gardeners.

Catherine Penkert, St. Paul Public Library's new director, sent a letter to interested parties Feb. 1 stating that the library and the mayor's office have reviewed and support former director Eastwood's recommendation.

You may register your opinions on the issue at the public hearing or submit written testimony in advance of the hearing to ward4@ci.stpaul.mn.us.

The city council will vote on the matter on March 7, after hearing the public comments.

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The Minnesota Percussion Trio will perform two concerts on Friday, March 16, at St. Matthew's Episcopal Church, 2135 Carter Ave. The concerts will begin at 6 and 7:15 p.m.

The Trio will begin its musical tour in Minnesota, followed by an up-tempo polka on the marimba,

Guatemala's national instrument. Concert-goers will hear sounds from Brazil, a Spanish Flamenco and Middle Eastern tar dance rhythms. They will then take listeners to Ghana with the gourd, the shekere, and to Australia with that country's own musical invention, the Lagerphone.

The trio will return to the United States for some West Coast jazz and early Rock 'n' Roll on the drum set, an instrument created in the United States.

The Family Concert Series features nationally and locally celebrated performing artists in programs of folk, ethnic and classical music.

Tickets are choose-your-own-pricing, from \$0-5 per person. This popular series tends to sell out fast, so ticket reservations are strongly encouraged and can be made online at Schubert.org or by calling 651-292-3268 Monday through Friday, 8:30 a.m.-4:30 p.m.

Sholom Home site from 1

something about this property, to no avail."

The facility first came on the market in 2008, as Sholom prepared to depart for a new campus after 85 years on Midway Parkway. Its former complex consists of the original building and two subsequent additions.

Early on, the Lyngblomsten Care Center to the east expressed interest in acquiring the land—but not the buildings—for its own eventual expansion. Patricia Montgomery, director of marketing communications, said Lyngblomsten remains interested, although it is looking at other property, as well.

In the fall of 2008, RS Eden, a social service agency, proposed converting the facility into a housing project for clients going through drug rehabilitation. In the face of the neighborhood's heated opposition, it backed out.

Subsequently, there were other plans to redevelop the site as an apartment/retail complex and then a senior housing facility, but lenders were unconvinced.

When CRE took over in December 2015, Grzan said he and his partners were seeking \$20 million in financing to gut and remodel the property as a 168-unit assisted-living facility.

Again, no funding sources were found and the project's price tag apparently kept growing. By the time

the city of St. Paul's Housing and Redevelopment Authority turned down CRE's application for \$18 million in tax-exempt bonds a year ago, the company was saying that the sum would provide about half the money needed.

"Given their financial challenges, the way forward probably involves the owners selling to another party with the wherewithal to make something positive happen, either in the existing buildings or through new construction," said Russ Stark, who served as Fourth Ward City Council member representing the area until February, when he departed the post to join Mayor Melvin Carter's administration.

If the property became a public nuisance, Stark said, the city could order the buildings demolished. If the owners did not comply, the city could raze the buildings and assess the cost to the property-tax bill. But should the property then be tax-forfeited, the city would have to absorb the cost.

Local developer Steve Wellington has toured the former Sholom property and says it represents a formidable redevelopment challenge.

"It is common that the cost of a major renovation and the cost of new construction are equivalent and a new building there would be designed to be more functional over

the long term," Wellington said. "I expect that starting over would be a more prudent course of action."

In the meantime, the City of St. Paul's Department of Safety and Inspections will inspect the property twice a week to make sure it is secure and will conduct night checks as well, according to the department's deputy director, Travis Bistodeau.

He said anyone with a complaint about a nuisance at the site, such as graffiti, snow on the sidewalk or garbage, should call the department hotline at 651-266-8989. Criminal activity or illegal occupancy should be reported to the St. Paul Police Department by calling 911 or the nonemergency number, 651-291-1111.

"In the longer term, the city is pulling together a team from various departments to better manage the site going forward," Bistodeau said. Besides Safety and Inspections and police, the city's Planning and Economic Development Department will be involved.

District 10's Land Use Committee will devote its March 7 meeting to a discussion of the matter and has asked city officials to attend. The meeting will convene at 7 p.m. in Buchanan Hall at Holy Childhood Church, 1435 Midway Parkway. Attendees are asked to enter the building from the parking lot on Pascal Street.

WELLNESS

Compassion begins at home

People function better and happier when they learn to be kind to themselves.

By Judy Woodward

Well, you sure screwed that up! Whether it was the business presentation that went awry, or the chance meeting with your ex, or even the seemingly innocuous conversation with your teenage son that suddenly erupted into toe-to-toe confrontation, we all wish we'd done some things differently. And for many of us, the harshest words of criticism are the ones that arise within our own heads.

We are self-critical perfectionists, eager to recite the litany of our offenses against competence, social desirability and constructive family relationships, while our inner voice flows like molten lava over the self-inflicted wounds to our self-esteem.

We would never treat a suffering friend that way, and Jean Fagerstrom says we shouldn't do it to ourselves, either. Fagerstrom is an adjunct faculty member at the University of Minnesota's Earl E. Bakken Center for Spirituality and Healing, where she teaches a course in something called "mindful self-compassion."

"Many people have strong inner critics," she says. "We think [self-criticism] is a good way to motivate ourselves. But the truth is we function better and happier if we learn to be kind to ourselves."

Not only that, but we're more successful when we forgive ourselves our inevitable human failings, says Fagerstrom. "Research shows that kind people are more resilient and persistent in the face of setbacks."

But how to turn off the persistent inner voice of condemnation? Sometimes it's as simple as treating yourself like a friend. One exercise that Fagerstrom does with her students involves visualizing a friend in trouble.

"What words, gestures or tone of voice would you use [to comfort] your friend?" she asks. "Now think about yourself in the same bad situation. What words and tone of voice do you use now?"

There's often a big difference, Fagerstrom points out, and the lesson to learn is, "We ourselves are deserving of the kindness and encouragement that we give others."

Fagerstrom is firm in her declaration that what she practices "is not therapy. It's a skills course." And many of those skills revolve around active meditation techniques.

"We spend a lot of time living in our thoughts," she says. "Sometimes it's important to let go of being immersed in thought and go into the experience of the body."

Fagerstrom teaches her students methods of working with difficult emotions such as anger or fear.

"It's important to name the emotion, feel it in the body," she says. Note your rigid fists and that sick, tight feeling in your stomach, in other words. "Then practice softening and soothing the body," she instructs, and perhaps the mind will follow the body's lead.

Mindful self-compassion is an eight-week program that was developed by two psychologists based in Massachusetts and the University of Texas. According to his online biographical statement, Christopher

Germer initially became interested in the Buddhist practice of mindfulness meditation when he was studying in Sri Lanka in the 1970s. Later, he developed the self-compassion component in an attempt to address his own personal fear of public speaking.

Germer and University of Texas psychologist Kristin Neff have collaborated on training materials and, according to Germer's website, they will soon publish a handbook for the public.

Fagerstrom encountered the program when Neff visited the University of Minnesota "about three or four years ago. I attended the presentation and I thought it would be very useful," she says. As a clinical social worker, Fagerstrom was already aware that "many people have a very self-critical voice."

She took the mindful self-compassion training and says she has experienced positive changes in her

own life as a result.


"I think I'm more supportive of myself. I have less fear of failure," she says. The training encourages her to bring new confidence to her teaching. "I'm more relaxed, I can show more sense of humor."

Fagerstrom says it's important to distinguish between self-esteem and self-compassion. She notes that self-esteem has long been considered an important objective for psychological health.

"But self-esteem is based on being successful, being better than others," she notes. Self-compassion, on the other hand, has something to offer the individual when it's obvious that things are not going so well.

She gives the example of a student who has done badly on a math test. A low grade never helped anyone's self-esteem, and it might even lead the student to give up,

Compassion to 10



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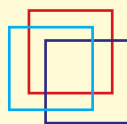
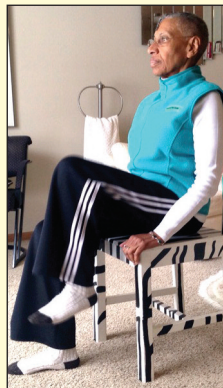
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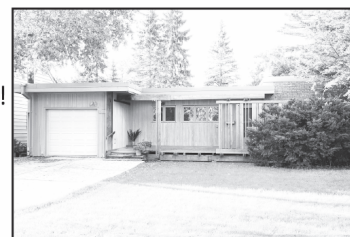
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Compassion from 9

concluding that math is just not something he or she will ever be good at.

A self-compassionate approach, on the other hand, encourages the student to maintain confidence in his or her inner worth and look for external factors that can be improved.

"We ourselves are deserving of the kindness and encouragement that we give others."

—Jean Fagerstrom

Inner messages like "I need to work harder, I need to find a helper" encourage persistence and self-discipline, Fagerstrom says.

Then there's the problem of living in a high-stakes, winner-take-all economy. You may learn to feel compassion toward yourself, but chances are that society—much of the time—will not. How do you as an individual stand up to devastating criticism from the world around you? Fagerstrom takes the example of a young man about to begin a high-pressure job in a field where time is money and, if you make one big mistake, you are not likely to get a second chance.

"He has to project infallibility to

others," she says, "but to himself he should acknowledge his imperfect humanity. He should know that he will inevitably make mistakes and that he needs to look for allies and wise advisers," before he finds himself in trouble.

Self-compassion, she continues, will help the young man know his values and know if he can live by his values in the high-stress environment in which he finds himself.

"It's important to clarify your individual goals, to ask yourself, 'Why did I put myself here?' Otherwise you might be following society's goals—not your own."

And if, despite all your preparation, the worst happens, and you do get fired, self-compassion can help here, too, says Fagerstrom. Instead of telling yourself that you're worthless, a self-compassionate message might lead you to the insight that "I was really more interested in other things. I do have other skills and I'm going to learn from this episode." After all, as Fagerstrom notes, "There are many different forms of success."

The next eight-week course in Mindful Self-Compassion will begin on Wednesday, April 4, at 6:30 p.m. in the Mayo Memorial Building at 420 S.E. Delaware Ave. on the East Bank Campus of the University of Minnesota.

For more information, contact the Center for Spirituality & Healing at 612-626-5361 or go to www.csh.umn.edu, click on Community Engagement, then Mindfulness Programs and Mindful Self-Compassion.

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



ADVERTISEMENT

Can my aging parents maintain their independence?

Are you concerned about how to help your mom or dad stay active, independent and fit as they move into their 70s and 80s?

You may often hear a parent say, "I don't want to leave my home and live somewhere else." You hear what Mom is saying, but you also realize she isn't getting around as well as she did six months ago. Maybe she is showing signs of balance loss and you are more and more fearful about her falling.

You work full time. Dad is needing more supervision and help than before to do things around the house or with lawn work. Maybe you wish he wouldn't sit in his chair so much and that he would be more active. He is not interested in joining a local exercise class, or perhaps he has no transportation to get there. He does not want to move out of the home he has lived in for the last 20 years, and it is too expensive to pay for a caregiver. If only Dad could get stronger and regain his balance. If only someone could come in and work with him every week in his own home.

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- Feel strong again when getting up from a chair.
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- Get back to bending down with greater ease to safely pick something up from the floor.
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WELLNESS

Advice from the wellness experts

Want to feel better? We asked some of our local wellness practitioners to name three things they recommend to achieve well-being. Here they are:

Movement/exercise, good nutrition and adequate sleep.

Also important are the ingredients that help to facilitate those basic elements: a loving and supporting community of family and friends, time in nature, meditation and purposeful work.

All of these lifestyle components help minimize stress and encourage happiness.
—Marnie Myhre, RiverStones Wellness

Posture can affect our energy level, mood and how much stress is put on our spine and muscles. Three of my favorite posture tips are:

1. Roll your shoulders back and glide your head back to line your ears up with your shoulders. In this position, you are taking pressure off your spine and hardworking muscles.

2. Take breaks throughout the day to look up at the ceiling. Much of our day is spent looking down, which tires out our spine and muscles. By taking breaks to look up you are able to encourage healthy movement in your spine and relax your neck muscles.

3. Keep your eyes to the horizon. Where your eyes go, your head follows, and if you are looking down a lot during the day it can overwork your upper back muscles, cause wear and tear on your spine or even cause headaches.

If you find any of these tips tough to do, gentle chiropractic care might be a great option to help your spine's posture get back on track and you feeling better.

—Dr. Nicole Hamel, Hamel Sports and Family Chiropractic

Regular exercise, a healthy diet and 10 minutes each day of slow, deep breathing.

Regular spinal adjustments will help manage stress and allow the nervous system to function better.
—Dr. Bill Skon, Skon Chiropractic Clinic

The team at Healing Elements (www.healingelementswellness.com), offered these suggestions:

Simplicity. Gratitude. Forgiveness.
—Paula Lindemann, yoga teacher

Daily practice. Diet. Sleep.
—Dayne Thomas, Tai Chi teacher

(Self) love, honesty, acceptance.
—Nora Gyarfus, yoga teacher

Self-love, supportive community and inspired practice!
—Mary Sage Sennewald, wellness associate and yoga teacher

Ask your body and energy body questions: "What do you need, uterus?" "What chair do you prefer, yoni?" "What shoes do you need, ankles?" "What food do you need, soul?" "What song should we sing, heart?"

Treat yourself as a child.

You are the embodiment of pure source energy, same as the day you were born. You are not a measure of your potential. You are not a list of met and un-met expectations.

You are a conscious being, a creative being, a creator. Go out and make something.
—Charlotte Rose Tauer, psychic and intuitive healer

Try new things, get in nature and surround yourself with people you love (yourself included).

—LeAnn Sarazin, wellness associate

Try to view self-care as your only option. So often we view self-care as something that needs to be planned for or scheduled into our day, week or month.

Accepting that you need continuous self-care and that you deserve to treat your mind and body with nourishment, acceptance and love can make such a difference in the way you perceive your life.

—Samantha Huet-Shvetzoff, owner, Healing Elements

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Community Worship Directory

❖ LYDIA PLACE COLLABORATIVE COMMUNITIES—ELCA

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

❖ MOUNT OLIVE LUTHERAN CHURCH—WELS

A Caring Family of Christ-Centered Believers
www.mount-olive-lutheran-church.org
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1460 Almond Ave., St. Paul, MN 55108
651-645-2575
Sunday worship: 9 a.m.
Bible study and Sunday school, 10:30 a.m.
Pastor Al Schleusener

❖ PEACE LUTHERAN CHURCH—ELCA

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

❖ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502
www.stceciliasp.com
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Saturday Mass: 4:30 p.m.
Sunday Masses: 8:15 a.m. and 10 a.m.

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Confession: Sat. 7 - 7:30 a.m. & 4 - 4:30 p.m.
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6:30 p.m. Dinner
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Ash Wednesday Services 12 pm with lunch and 5:30 pm with Soup Supper

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History:**One darn thing after another**

Roger Bergerson chronicles our remarkable past

The demise of a gracious country home

In looking through the “Darn History” photo file, the writer was reminded of the relatively short existence of a remarkable home that once stood on the southwest corner of Snelling and Larpenteur avenues.

The story of opera impresario Nettie Snyder’s summer house already has been told in the Park Bugle (“Today’s busy corner was home to ‘The Crossroads,’ ” April 2012), but these previously unpublished images give a glimpse into the relatively short life cycle of the mansion designed by Emmanuel Masqueray, also architect of the St. Paul Cathedral.

Built in 1907, Snyder used the home to host recitals and visiting opera stars through the ’teens. But the Crossroads entered a period of decline in the late 1920s and last served as a nursing home before being demolished in 1945.



The Crossroads in its prime: That’s undoubtedly Nettie Snyder sitting on the veranda of her new \$20,000 mansion, circa 1907. It had a limestone exterior on the first floor and a “French half-timbered effect” on the second. The home lacked indoor plumbing, but the wires in the foreground of the photo seem to indicate it had electricity. *Photos courtesy of the Minnesota Historical Society*



The Farmers Union Grain Terminal Association acquired the property in 1945 and tore down the house to make room for its new headquarters.

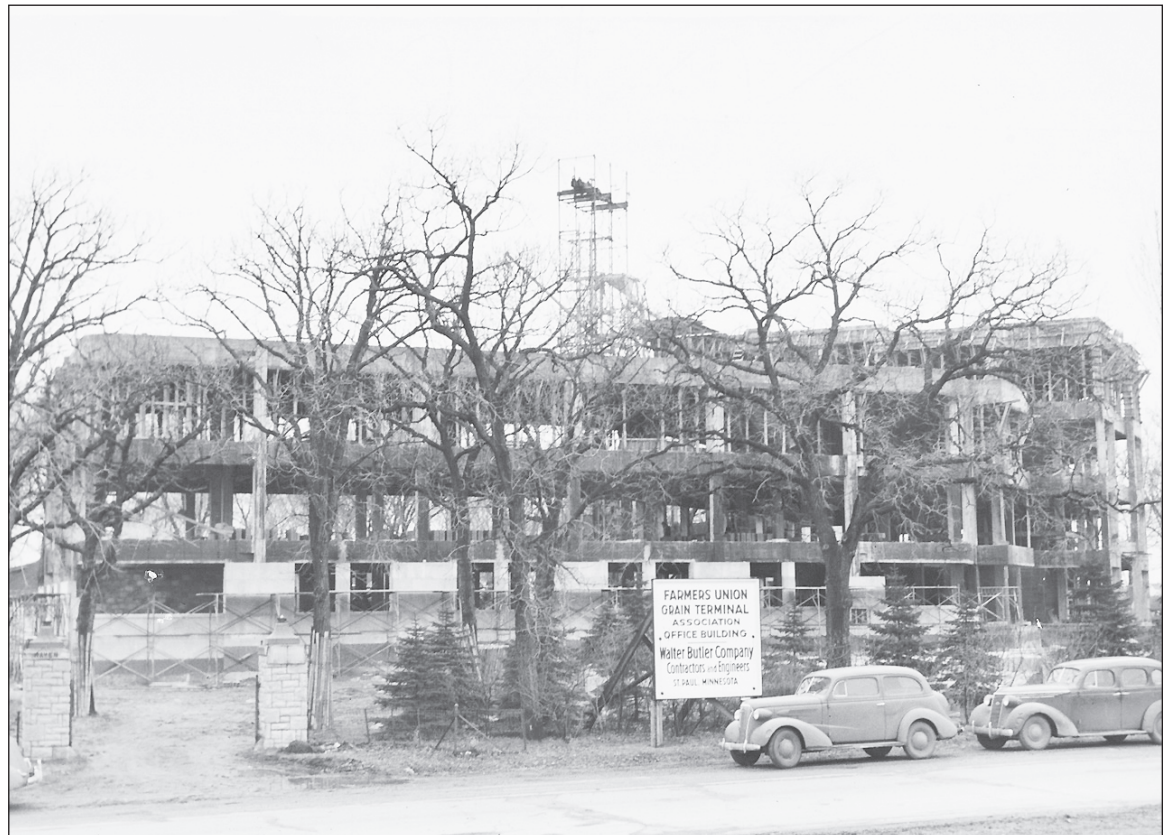
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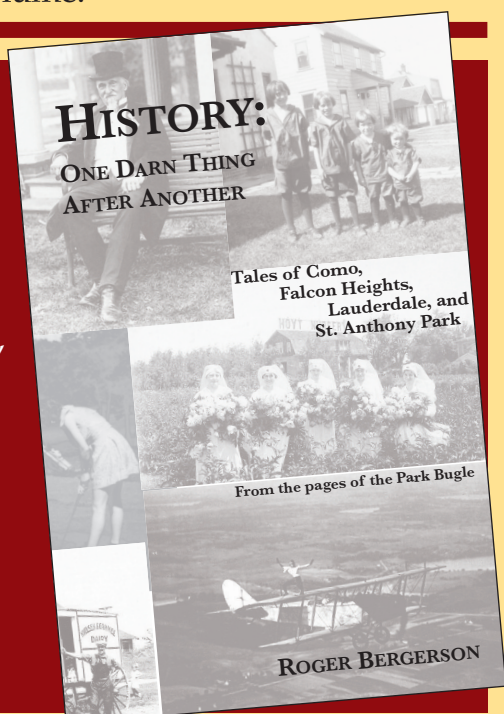


As the Farmers Union’s new \$600,000 art-deco structure rose, the only remaining sign of the Crossroads were the two columns that once marked its entryway. Today the building is owned by the TIES organization, a consortium of Minnesota school districts.

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.





Park Perks raised **\$500** for the **Close Up Washington, D.C. Program for Como High School** in January.

During the month of March we are collecting for the Saint Paul Ballet.

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Crane festival from 3

actress and author Jane Alexander, who is a member of the Audubon board of directors.

Another enjoyable aspect of the festival was becoming acquainted with our fellow crane enthusiasts. Even introverts had little hesitation engaging in conversations with strangers, since there was so much to talk about. Some participants were very knowledgeable and enthusiastic about birds, and cranes in particular, while others knew very little. They were there simply to witness the impressive migration. Enthusiasts

traveled from every corner of the United States to attend the festival, but the majority of attendees were from the Midwest. Some people have been traveling to the annual festival for decades. Others, like us, stumbled across the website and decided to give it a try.

We stayed at the Kearney Holiday Inn, the festival's hotel headquarters.

There are also several other modern hotels within walking distance. There were a variety of field trips to choose from; most people

participated in at least one of these offerings. Overall, the crane festival was an enjoyable, informative and economical vacation.

If you are interested in having a unique experience, witnessing an amazing spectacle, or meeting an intriguing group of like-minded individuals, you should consider attending Audubon's Nebraska Crane Festival.

Janet Wight is a resident of Como Park, where she lives with her husband and daughters.



Sandhill cranes gather on the Platte River in Nebraska. Photo by Jeremy Wight

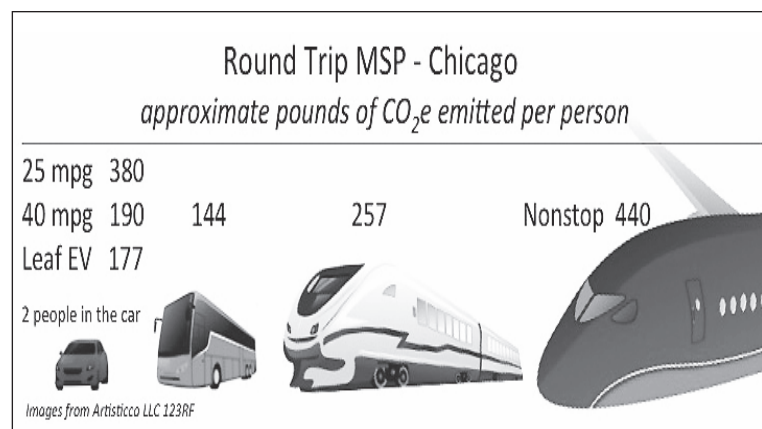
Transition Town from 5

Now find debt relief!

If you decide to fly this time, how will you pay that 440-pound carbon debt? Online carbon-offset calculators can help: myclimate.org is a good one. Even better, you could ask other people—maybe even the Chicago friends you're visiting—to carbon-trade with you by changing some habits, and you can offer to do the same if they visit the Twin Cities. Some examples:

Driving habits: If five people each reduce their gas use by about 5 gallons, they'll cover your debt—and they may find they like to walk or bike their routes instead, or may skip some trips altogether. (A gallon of gas emits 19.4 pounds of carbon, so here's the math: 440 pounds divided by 19.4, divided by 5 people = 4.5 gallons of gas per person.)

Eating habits: Or if they're burger-eaters, those five people could



each skip a weekly quarter-pounder for 13, say, July through September. Not difficult for some, but pretty hard for others, eh? (Each pound of beef has a carbon cost of 27 pounds, so 440 pounds divided by 27 = 16.3 pounds of meat total.) Another option for an ambitious friend: Grow a couple of hundred pounds of vegetables at home rather than buy

them at the store. One report concluded that every pound of homegrown veggies saves just under 2 pounds of carbon emissions. Could you help convert a lawn to a garden?

Natural gas use: Or you could ask five households to each save 6 therms of natural gas. How? Do laundry in cold water rather than hot (and hang it up to dry), take shorter

showers and turn down the thermostat in winter. A family that uses 50 gallons of hot water a day could save 15 therms a year just by lowering its water heater temperature from 130° to 120°F. (Natural gas produces about 14.5 pounds of carbon per therm, including upstream emissions, so your 440-pound debt equals 30.3

therms.)

So find those buddies, do some math and let's work together to reduce climate change.

Michael Russelle helps guide Transition Town ASAP's projects. A University of Minnesota soil scientist, he also serves on the St. Anthony Park Community Council and in many other local groups.

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MARCH

EVENTS

VENUE INFORMATION IS LISTED AT THE END OF THE CALENDAR. SEND YOUR EVENTS TO calendar@parkbugle.org by Wednesday, March 7, to be included in the April issue.

1 THURSDAY

CAREGIVER AND BEREAVEMENT SUPPORT Groups, 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.

2 FRIDAY

Preschool NatureSmart storytime each Friday in February, St. Anthony Park Library, 10:30-11:30 A.M. Explore a different nature theme each week.

Walking in the Langford Park gym from 2-3 P.M. every Friday. Free and open to adults.

March Maker Madness: Pamphlet Binding, St. Anthony Park Library, noon.

"rabbit Hole" opens at Anne Simley

Theater, Hamline University, 8 P.M. Call 651-523-2905 for more information or email tickets@hamline.edu.

5 MONDAY

Middle School Book Club, St. Anthony Park Library, 6:30 P.M. Students in grades 6-8 are welcome to join in.

6 TUESDAY

Baby/toddler storytime begins each Tuesday at St. Anthony Park Library, at 9:30 A.M. and at 10:30 A.M.

St. Anthony Park Garden Club: "Urban Permaculture Design" presented by Daniel Halsey, certified designer and longtime teacher, St. Matthew's Episcopal Church Fellowship Hall (entrance on Chelmsford Street), 7 P.M. social time, 7:30-8:30 program. Questions? Contact Sandee Kelsey, kelse005@umn.edu or 651-645-9053.

7 WEDNESDAY

English Conversation Circles, every Wednesday, 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.

8 THURSDAY

St. Anthony Park Area Seniors Cinema Series, "Dunkirk," St. Anthony Park Library, 2 P.M. All welcome. Free.

9 FRIDAY

SAPAS Game Day, Centennial United Methodist Church, 10 A.M.-noon. No charge or registration required.

10 SATURDAY

Women's Drum Center Open House, 1-3 P.M.

11 SUNDAY

Becky Kapell and the Fat Six, the Dubliner Pub, 5-7:30 P.M.

15 THURSDAY

Tablet/Smartphone Drop-In Clinic, St. Anthony Park Library, noon.

St. Anthony Park 10-Year Plan Meeting, Northwestern Hall at Luther Seminar, 1501 Fulham St., 7-9 P.M. Read the plan ahead of time at sapcc.org/planning.

16 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.

This clinic is for all tablets and smartphones.

17 SATURDAY

St. Anthony Park 10-Year Plan Meeting, Church of St. Cecilia, 2357 Bayless Place, 1-3 P.M. Read the plan ahead of time at sapcc.org/planning.

Ladies Music Club, Underground Music Café, 7-9 P.M.

19 MONDAY

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

21 WEDNESDAY

SAPAS spring and Easter card making, Centennial United Methodist Church, 9:30-11 A.M. Tools and supplies provided.

23 FRIDAY

SAPAS Game Day, Centennial United Methodist Church, 10 A.M.-noon. No charge or registration required.

March Maker Madness: LEGO Free Build, St. Anthony Park Library, noon.

Murray Middle School play, "The Little Mermaid Jr.," 7 P.M.

24 SATURDAY

Centennial United Methodist Church Egg Drop, 1 P.M. A helicopter will drop 1,000 Easter eggs into Langford Park. For more information, go to centennialumc.org.

Murray Middle School play, "The Little Mermaid Jr.," 7 P.M.

The New Ace Box Blues Band, Dubliner Pub, 9 P.M.-1 A.M.

25 SUNDAY

The She Shells, Underground Music Café, 11 A.M.-1 P.M.

Sunday Afternoon Book Club, "Fall on Your Knees" by Ann-Marie MacDonald, Micawber's, 1:30-3 P.M. All are welcome.

Murray Middle School play, "The Little Mermaid Jr.," 2 P.M.

30 FRIDAY

March Maker Madness: TBD, St. Anthony Park Library, noon.

SENIOR EXERCISE

St. Anthony Park Area Seniors Mondays and Thursdays, Lauderdale City Hall, 2-3 P.M.

Tuesdays and Fridays, St. Anthony Park Library, 2:30-3:30 P.M. Chair

yoga offered March 2 & 16.

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, March 2, St. Anthony Park Library, 2-2:30 P.M.

Tuesday, March 13, 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

Dubliner Pub, 2162 W. University Ave., 651-646-5551

Falcon Heights City Hall, 2077 W. Larpenteur Ave.

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

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

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

Murray Middle School, 2200 Buford Ave., St. Paul. www.murray.spps.org

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

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

Underground Music Café, 1579 N. Hamline Ave., undergroundmusiccafe.com

Women's Drum Center, 2242 W. University Ave., womensdrumcenter.org

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Neighbors



Wyatt Ambriz and his anonymous soldier friend on Jan. 20.

Kindness goes a long way

Ten-year-old Wyatt Ambriz of St. Anthony Park made news at the Jan. 20 Timberwolves game in

Minneapolis when he walked up to a soldier in uniform and thanked him for his service. The soldier later gave Wyatt a Timberwolves jersey.

Wyatt never got the soldier's name, but he did get his photo taken with him and three days after the event, the boy was invited on Fox & Friends and recognized for his kindness.

Can Can Wonderland hosts McNally Smith Emerging Artists Series

McNally Smith Emerging Artists Series is a three-day music event that will showcase the talent from the recently closed McNally Smith College of Music at Can Can Wonderland, 755 N. Prior Ave. The college closed in December due to financial difficulty. In recognition of students' dedication and hard work, the series will feature performances by former students and alumni on Can Can Wonderland's Wee stage. Tickets are \$5 and available on Ticketfly and at the door on the day of the show. All proceeds go directly to the performers.

The series will present three shows: Singer Songwriters on Thursday, March 8, 9-11 p.m.; Hip Hop & RnB, Thursday, March 15, 9-11 p.m.; and Band Night, Thursday, March 22, 9-11 p.m.

Join the band

The Roseville Community Band would like musicians from St. Anthony Park, Falcon Heights, Lauderdale and Como Park to join the band, which is directed by Dan Kuch. You can find out more at rosevillecommunityband.org.

Have coffee with the League of Women Voters St. Paul

Get your questions answered about the League of Women Voters (LWV), an organization that has been around for almost 100 years. The public is invited to have coffee with LWV St. Paul members Monday, March 5, 6-7:30 p.m. in the classroom at the Mississippi Market, 1500 W. Seventh St., St. Paul. Members will answer questions about the organization and about Ramsey County government, as all of St. Paul's four Ramsey County board members on the will be on the ballot in the November election. Guests are asked to park at the farthest reaches of the market's parking lot.

Kickin' It Irish to perform at Fitzgerald and Celtic Junction

Kickin' It Irish, a family-friendly live Irish music and dance spectacular, has added a new venue to its annual March performance roster: the Fitzgerald Theater in downtown St. Paul. Featuring Dublin native and original Riverdancer Cormac O'Sé, Kickin' It Irish is a modern fusion of show-style Irish dance and live Irish music. Tickets for the two performances on Saturday, March 17, (3 p.m. and 7:30 p.m.) are available at kickinitirish.com or fitzgeraldtheater.publicradio.org/.

Kickin' It Irish will perform a 3 p.m. matinee and a 7:30 p.m. show Saturday, March 10, and a 3 p.m. matinee Sunday, March 11, at Celtic Junction Arts Center, 836 N. Prior Ave. Buy tickets and find additional information at kickinitirish.com.

Egg drop!

Join Centennial United Methodist Church Saturday, March 24, at 1 p.m., as a helicopter drops 1,000 Easter eggs into Langford Park. For more information, check out centennialumc.org.

Tuesdays with a Scholar

Roseville Library, 2180 N. Hamline Ave., will present Tuesdays with a Scholar each Tuesday in March at 1 p.m. Join scholars from area colleges and elsewhere as they share their knowledge and enthusiasm. It's like hearing your favorite college professors again without worrying about writing papers or taking finals.

- "The Hmong and the CIA: An Ambiguously 'Secret' Alliance in Laos with Implications for Minnesota," will be presented March 6 by University of Minnesota professor Mai Na M. Lee.

- "Korean Conflict: A Cold War Memory Reheats," will be presented March 13 by University of Minnesota professor Hangtae Cho.

- "Leaving Norway for the New World" will be presented March 20 by historian John Yilek.

- "Women in Politics" will be presented March 27 by University of Minnesota professor Kathryn Pearson.

All programs are free, and there is no registration required.

Explore bridges and monuments

Join historian J.B. Andersen at Roseville Library, 2180 N. Hamline Ave., Wednesdays, March 7 and 28,

Neighbors to 16

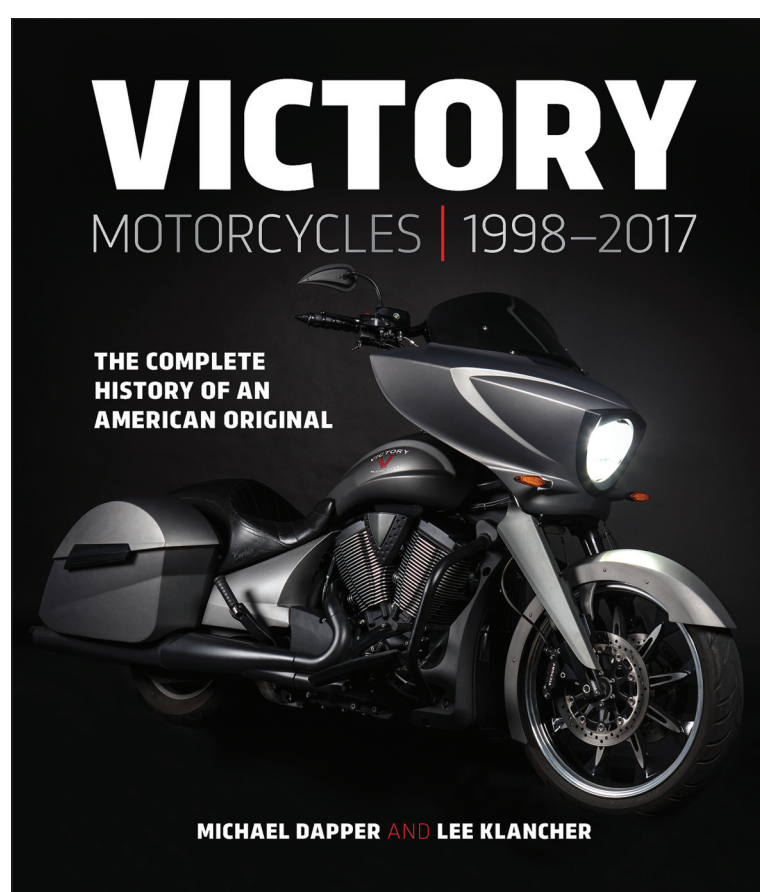
Victory motorcycles' rise and fall are chronicled in new book

Heads up Victory motorcycle fans: A complete history of the underdog cruiser motorcycle brand is coming out in April.

"Victory Motorcycles 1998-2017," by Como Park writer Michael Dapper and his colleague Lee Klancher, is being published by Octane Press of Austin, Tex. The 192-page book is billed as an "insider's view" of how Victory developed its first model, the V92C, along with detailed descriptions and photos of every subsequent Victory model, from start to finish.

In the mid-1990s, Dapper and Klancher were granted access to Victory engineering and testing. In 1998 they published "The Victory Motorcycle," chronicling the birth of the brand and development of the first Victory model, the V92C. That book is reproduced in full in "Victory Motorcycles 1998-2017," along with complete coverage of every other Victory model.

The book includes previously unpublished photos, styling renderings of senior industrial designer Mike Song, production numbers not previously revealed, behind-the-scenes stories, a complete list of paint colors for every model, and a recap of the brand's business success and eventual demise.



In 1997, Minnesota snowmobile manufacturer Polaris introduced Victory Motorcycles as its first on-road vehicle division. While Polaris was successful, its Victory brand was an underdog that

struggled to take market share from the giant in the room, Harley-Davidson.

The Victory brand ended in 2017.

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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.*

Dean Asbury

Merrill "Dean" Asbury, 99, died Feb. 4, 2018, at St. Anthony Park Home. Dean was born and raised in Shenandoah, Iowa. He married Barbara Skradski on May 19, 1962. Barbara died last year after they celebrated 55 years together.

Dean was a veteran of World War II, a retired employee of Colwell Press and longtime member of the Catholic Church of St. Cecilia. The family would like to acknowledge the support and friendship of JoAnn Mason and Roger Miller, as well as the care provided by the staff at St. Anthony Park Home. A memorial service will be held at a later date.

Nathan Aus

Nathan "Whitey" Aus, 80, of Plymouth, died on Jan. 20, 2018. Whitey was born in Brooklyn, N.Y., on Sept. 9, 1937, to the Rev. Dr. George Aus and Svea Aus.

Whitey grew up in the St. Anthony Park area and was a 1955 graduate of Murray High School. In 1959, Whitey graduated from St. Olaf College with a degree in education and in 1964 received his master's degree from the University of Minnesota.

Whitey was a coach and educator in the Roseville area schools from 1960 to 1977. He then joined the faculty of St. Olaf College, teaching health and physical education and coaching men's hockey, soccer and tennis. He also served as the St. Olaf athletic director for six years before he retired from coaching in 1997.

Whitey is survived by his wife, Carol Ann (Blank) Aus; four children, Erik (Sue), Leif (Millie), Karin Aus Olson and Kirstin Anderson (Pete); six grandchildren; two great-grandchildren; and two siblings, Peter (Kathy) and Evangeline (Lenny).

A Celebration of Life service was held Jan. 27 at St. Philip the Deacon Lutheran Church in Plymouth.

Norma Ruth Becker

Norma Ruth Becker, 94, died at Ecumen Lakeview Commons on Dec. 22, 2017.

Norma attended St. Paul Central High School and worked for Buckbee Mears and then Gloria Dei Lutheran Church. Later, she worked for Golden Age Nursing Home and the John Falk Agency of Lutheran Brotherhood.

She was a founding member of St. Michael's Lutheran Church in Roseville. Her high school friends formed a faux sorority, Kappa Tegs, and supported one another throughout their lives. She was strongly connected with her old Arona Street neighborhood in Como Park, Peterson and Becker relatives, and her children and their children.

She was preceded in death by her husband, Herbert Becker, and daughter Carol Becker. She is survived by her brothers, Robert Peterson (Joanne) and E. Eugene Peterson (June); daughters, Linda Bryan (Steve) and Nancy Soli (Alan); four grandchildren; and two great-grandchildren.

Her memorial service was held Feb. 2 at Como Park Lutheran Church.

Jane Bose

Jane Bose, 95, died Jan. 27, 2018, at St. Anthony Park Home, where she had lived since October 2014.

Jane was born Dec. 19, 1922, in Sherman, Texas. She received her master's degree in social work from Boston University in 1950. She held a number of positions in social work before becoming the division director of the Pregnancy Counseling Department for Children's Home Society of Minnesota.

Jane and her husband, Vilmar Conrad, who died in 1982, enjoyed their lake place in Danbury, Wis., and their home in St. Anthony Park, where Jane lived for 62 years.

She is survived by her sister, Grace Evans, and nieces, Tara and Hannah Evans.

A memorial service will be held at Unity Unitarian Church in Minneapolis on March 9 at 3 p.m.

Elizabeth Guertin

Elizabeth Julia "Betty" Guertin, 94, died in Oak Park Heights, Minn., on Feb. 6, 2018.

Betty grew up on a dairy farm in Ashby, Minn., before attending nursing school in St. Paul. After graduation she worked as a nurse at Midway Hospital in St. Paul, where she met her future husband, Leo. She returned to nursing at Fairview Hospital after raising her family.

She was preceded in death by her husband. She is survived by her daughter, Elizabeth (Tore) Dedie; sons, David (Myriam), Daniel (Alice) and Richard (Sheryl); 11 grandchildren; and 14 great

grandchildren.

Betty was a devout Lutheran and very active in the church. A memorial service was held at Como Park Lutheran Church Feb. 20, with interment at Fort Snelling.

Jeanne Marcotte

Jeanne M. Marcotte, 77, died Feb. 6, 2018. Born in St. Paul, Jeanne was a strong parish member of St. Mark's and Holy Childhood churches. She was a Campfire Girl leader for 20 years and a University of St. Thomas retiree.

She was preceded in death by her parents, Edward and Winifred Rudie, and former spouse, Leon Marcotte. She is survived by her daughters, Cheryl Marcotte, Jada Marcotte and Andrea (Carlos) Villanueva; three grandchildren; one great-granddaughter; nine siblings; and uncle, Thomas Murphy.

Memorial Mass of Christian Burial was celebrated Feb. 16 at Holy Childhood Catholic Church, with interment at Calvary Cemetery.

Marian Martin

Marian Wendella Martin, 94, died Feb. 10, 2018.

Neighbors from 15

as he explores the solid underpinnings of U.S. history with "Walls, Bridges and Monuments: the Structures that Made Our World."

On March 7, Anderson will explore America's bridges—from the Golden Gate to the Brooklyn Bridge. On March 28, he will explore the monuments of Washington: What and whom do we as a nation honor, and how does that change over time?

Each program begins at 1 p.m. and is free.

Hamline presents 'Rabbit Hole'

Hamline University's Department of Theatre and Dance will present "Rabbit Hole" at 8 p.m. March 2, 3, 8, 9 and 10, at Anne Simley Theater, 1530 W. Taylor Ave. Cost is \$8 general admission. Find out more by calling the theater box office at 651-523-2905 or email tickets@hamline.edu.

Test drive some drum classes

The Women's Drum Center, 2242 W. University Ave., St. Paul, will hold a series of free classes called Test Drive: Spring Fling for students to try a new style, a new level or a new genre of drumming. The courses will run from Sunday, March 4, to Saturday, March 10, and cover West African Drumming, Taiko, hand-drumming and more. Find the list of classes at womensdrumcenter.org (click on calendar). Registration is required. The week will culminate with an open house Saturday, March 10, 1-3 p.m.

For more information email

Marian was preceded in death by her husband, George Martin, and daughter-in-law Kerin Keller Martin. She is survived by her children, John Paul Martin (Barbara), James Martin, Kathy Fischer (Michael), Steven Martin, Mary Martin and Bob Martin (Michele); 11 grandchildren; 10 great-grandchildren; sister, Katherine Hult; and a host of other relatives and friends.

Mass of Christian burial was celebrated Feb. 15 at the Church of St. Cecilia in St. Anthony Park. Graveside services were held in Willmar, Minn., at St. Mary's Cemetery.

Muriel Morin

Muriel Joan Morin, 91, died Jan. 10, 2018, at St. Anthony Park Home. She was born on March 28, 1926, in Superior, Wis.

Muriel married Robert James Morin on June 17, 1950, in Superior, Wis. She was a graduate of East High School in Superior and the University of Wisconsin-Superior. She enjoyed a teaching career in elementary education.

Muriel was an active member of Como Park Lutheran Church, the

info@womensdrumcenter.net.

Suicide-prevention class in St. Paul

QPR is a free, one-hour presentation sponsored by NAMI Minnesota (National Alliance on Mental Illness) that will cover the three steps anyone can learn to help prevent suicide: question, persuade and refer.

A QPR class will be offered Monday, March 26, 7-8 p.m., at Woodland Hills Church, 1740 Van Dyke St., St. Paul. Registration is required. Contact Hayley at 651-645-2948 x198.

Club offers local hikes in March

The St. Paul Hiking Club will have several hikes in the Bugle area in March. All are welcome to join the hikes. Sunday hikes start at 2:30 p.m., are about 5 miles long and last 1-2 hours. Tuesday hikes start at 11:30 a.m., are approximately 3 miles long and last an hour.

The club will meet Sunday, March 4, at Ol' Mexico Restaurant & Cantina, 1754 N. Lexington Ave., for a hike through Roseville parks, trails and residential areas. Liz O'Toole is the organizer and may be reached at 651-341-8769.

The club will meet at Geranium Park, 2568 Geranium Ave., Maplewood, on Tuesday, March 13. Hikers will walk to and around Beaver Lake. Rose and Rick Nelson are the contacts, 651-770-6310.

Take a walk through the Minnesota State Fairgrounds Tuesday, March 20, with Mary Weber (651-291-8696). Meet at Cooper and Dan Patch avenues.

American Association of University Women and Delta Sigma Delta Sorority.

She was preceded in death by her husband, Robert James Morin; parents, Harry P. and Myrtle C. Benson; and sister, Arlyne V. Bukovich. She is survived by her son, Robert Morin (Colleen).

A funeral service was held at Como Park Lutheran Church on Feb. 12.

Lois Nash

Lois N. (Shumaker) Nash, 98, died Jan. 29, 2018, at the Shalom East Residence in St. Paul. She was born May 8, 1919, in South Bend, Ind., to Eva and Frank Shumaker.

Lois and Jack Nash moved to St. Paul in 1962. She was preceded in death by her husband and three children, Valerie Glarner, John Nash and Peggy Greiner.

Lois is survived by her sons-in-law, Terrence Glarner and John Greiner (Karen); six grandchildren; seven great-grandchildren; and sister-in-law Myra Nash.

A Mass of Christian Burial was held Feb. 3 at the Church of St. Cecilia in St. Anthony Park.

Learn more about the St. Paul Hiking Club at www.stpaulhike.org.

Mental Health Day at the Capitol

Mental health advocates and friends will gather for Mental Health Day at the Capitol Thursday, March 15. Key issues this year include school-linked mental health services, housing and employment programs, health insurance parity for mental illnesses, funding for children's and adults residential services and more.

An issues briefing session will be held at the St. Paul Armory at 9:30 a.m. that day, followed by a rally in the Capitol Rotunda from 11:15 to noon. Free buses will be provided at locations in Minneapolis and St. Paul. For information, call 651-645-2948 or go to www.namihelps.org.

Pop-up art sale March 24

Six artists will host a one-day pop-up sale at the Charles Thompson Memorial Hall, 1824 Marshall Ave., St. Paul, Saturday, March 24, from 1 to 8 p.m. The sale will include ceramics, paintings, prints, collages, jewelry, clerical stoles and embroidery.

The sale is being organized by local artists Liz Carlson, Alex Chinn, Paul Damon, Chillon Leach, Dorothy Osterman and Justin Terlecki.

There will also be tours of the Charles Thompson Memorial Hall, "the nation's finest social club for the deaf." A portion of sales will be dedicated to the building. Email pauldamon007@gmail.com to find out more.



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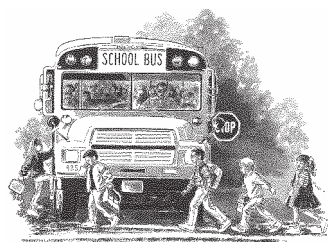
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Attorney at Law



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, March 7.

Chelsea Heights Elementary

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

Easy fundraisers

Chelsea Heights PTO will host four “no-work” fundraisers in March. Just head to the participating establishments, tell them you are participating in the Chelsea Heights fundraiser, and a portion of the money you spend will be donated to the school.

Here are the venues and dates for the March fundraisers:

- *Mudslingers*, 2154 N. Lexington Ave., Tuesday, March 6
- *St. Paul Bagelry*, 1702 N. Lexington Ave., Thursday, March 8
- *Davanni’s*, 1905 Perimeter Road, Roseville, Thursday, March 22
- *Urban Growler*, 2325 Endicott St., Sunday, March 25

Como Park Senior High

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

Pan-African Student Union presents poetry, music and more
Como’s Pan-African Student Union sponsored and produced an assembly for students and parents as part of National African American Parent

Student performers included Yasin Abdullahi, Robert Adams, Malique McCoy, Madyson Sklar, Najma Ali, Hawi Ali, Farhiya Mohamed, Shukri Abdullahi, Sucdi Jama, Bernadette Kargbo and Asha Hassan.

Como students participate in many Super Bowl festivities

Super Bowl festivities in the Twin Cities presented Como students with unique experiences.

The Como Culinary Club cooked with top chefs in the “Taste of the NFL” at St. Paul RiverCentre during Super Bowl weekend in January. Each Como student was paired with an executive chef from one of the NFL cities, helping prepare and serve the foods representative of the respective teams’ region.

Como students earned high praise, according to Courtney Gbolo, who teaches Family and Consumer Science and leads the culinary club. Chefs and event organizers were impressed by the skill, strong work ethic and attitude of the Como’s club members.

Como football players and coaches met NFL commissioner Roger Godell, Pro Football Hall of Famers Justice Alan Page and “Mean Joe” Greene, and ESPN commentator Steven Smith, and heard words of wisdom from Vikings quarterback Case Keenum and other dignitaries at the NFL’s Salute to Excellence Awards.

The Cougars also participated

personal anecdotes, music and humor, and students laughed, sang and listened and had the opportunity to meet and take photos with Dabbs.

WorldQuest teams place in top 10

Two four-student Como teams participated in Global Minnesota’s annual Academic WorldQuest competition at the University of Minnesota Feb. 7. For the second consecutive year, both Como teams placed in the top 10 out of 40 teams from across the state.

The senior team of Dominic Wolters, Jackson Kerr, Gabriel Reynolds and Stephen Boler finished in fourth place. The junior team of Celia Olson, Nora Ellingsen, Isaac Harker and Henry Hansen finished eighth.

The competition’s quiz-bowl format featured questions about global affairs and U.S. foreign policy. The event was emceed by KARE 11 news reporter Karla Hult.

History Day projects advance

Como juniors advancing to the St. Paul History Day regional competition include the following: Asia Faulk, DaVonna Jones and Isabelle Hoppe for the group exhibit “Bombings of Hiroshima and Nagasaki”; Naw Sei, Roa Lay and Ray Boe for the group exhibit “Chinese Exclusion Act”; Caitlin Jones and Nyah Davis for the group exhibit “Integration of College Basketball”; Aye Win and Eh Soh for the group exhibit “Emancipation Proclamation”; Kayla Selbitschka for

“Secret War in Laos”; Maria Chiaramonti for the website, “Alan Turing”; Cadence Paramore for the research paper “Treaty of Mendota”; Hundaol Deressa for the research paper “Battle of Adwa”; and Jenny Vue for the research paper “The Secret War in Laos.”

Fundraiser at Urban Growler

The Como Park Booster Club will host its annual Urban Growler Fundraiser Sunday, March 11, from 4 to 8 p.m. The event will be a festive get-together for those who want to support Como and enjoy some time together.

Funds raised support extracurricular activities for Como students.

For more information, tickets or volunteering opportunities, contact Ann Commers at acommers@msn.com or the comoparkboosterclub@gmail.com.

Great River School

1326 Energy Park Drive,
651-305-2780
www.greatriverschool.org



Noah Hanson

Student receives Triple A Award

Great River High School senior Noah Hanson was named a Region 4A winner of the Minnesota State High School League (MSHSL) Triple A Award.

The award recognizes high school seniors who have excelled in academics, athletics and the arts. As a Region winner, Hanson will be honored at the on-court Triple A Award ceremony at the Boys’ State Basketball Tournament in March. State award recipients receive a four-year, \$1,000 scholarship.

During his Great River career, Hanson played on the football team for six years, on the basketball team for six years, on the baseball team for three years and will have played on the Ultimate team for three years after the spring season.

Earlier this year, Hanson was

awarded the Star Tribune Academic Excellence Award and the district sportsmanship “Why We Play” award for football. He is a past recipient of the Twin Cities Athletic Conference All-Academic award and the Bellman Young Scientist Award in Physics. For the past six years, he has helped organize Great River School’s annual spring concert fundraiser.

Murray Middle School

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

Parent forum March 5

A parent forum titled Parenting in the Digital Age will be held at Murray Monday, March 5, from 6 to 7:45 p.m. A pizza dinner will be served before the forum at 5:30 p.m. Childcare will be available. To register for the free event contact stefanie.folkema@spps.org or call 651-744-3922.

Spring play is March 23-25

Murray’s theater department will present “The Little Mermaid Jr.” March 23-25 in the school auditorium.

Tickets at the door will be \$10 for adults and \$6 for children under 10. Advance tickets are available online at pay.spps.org.

Performances on Friday, March 23, and Saturday, March 24, will be held at 7 p.m. The Sunday, March 25, performance will be held at 2 p.m.

Help raise money for school play

Murray’s theater department will host a spaghetti dinner Friday, March 23, from 4:30 to 6 p.m. in the school cafeteria. Tickets will be sold at the door and will cost \$10 for adults, \$6 for students ages 5-18 and \$25 for families (up to five family members). Tickets will be sold at the door. The meal will include spaghetti, salad, breadsticks, beverage and dessert.

Last call!

Sunrise Banks Parks Perks program proceeds for the month of February will support the Pilot One-on-One Tutoring Program.

Park Perks is a coffee bar inside Sunrise Banks Como Avenue branch at 2300 Como Ave.

Each month, Sunrise dedicates proceeds from all sales at the coffee bar to a local nonprofit.

Super Bowl fun

During Super Bowl week, a group of Murray students were guests of the Jack Brewer Foundation at the West St. Paul Regional Athletic Center for “Trust 2 Protect,” an education program that brought together youth, police officers, and former and current NFL football players.

The American Heroes National Launch Celebration included the



Members of Como’s Pan African Student Union presented original works to students and parents on Feb. 12 for the National African American Parent Involvement Day assembly in the auditorium.

Involvement Day (NAAPID) Feb. 12. Spoken word performances, poetry readings, music from the orchestra and choir, along with guest speakers and recognition of parents in attendance made for an impactful event.

in on-field activities at the NFL Live Experience in Minneapolis.

The NFL sponsored a student assembly in the Como auditorium Feb. 1, featuring Reggie Dabbs, who spoke about resiliency and having a “never-give-up” attitude. Dabbs used

the individual exhibit “Hela Cells”; Emma Mueller for the individual exhibit “The Lavender Scare”; David Amobi, Trinh Nguyen and Pany Thor for the website “Kent State Massacre”; William Farley, Kao Nou Lee and Lee Thao for the website



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

New home arena builds future for Blades hockey team

By Eric Erickson

A junior from Como Park Senior High School, an eighth-grader from Capitol Hill Middle School and a third-grader from Groveland Park Elementary passed the puck and shared some laughs in a corner of the rink on a recent Friday evening. Similar mixed-age groups did the same.

A love of hockey brought them together.

A few dozen other young girls in St. Paul frequently spend time on the city ice rinks, having fun playing for their local park or association teams. The older girls in St. Paul Public Schools play for the Blades, and they are connecting with the future of the program as much as possible, back on the same ice they first learned the game.

The St. Paul Blades cooperative team includes 16 students from Como, Central and Highland Park senior high schools. Three players are eighth-graders from Highland Middle School and Capitol Hill. The 19 girls from five schools comprise the entire program. There are not enough skaters to field a junior varsity team.

The Blades face tough competition in the high school league, playing against deeper and often more-experienced rosters. The wins were hard to come by this season, but the effort stayed strong—and extended into hundreds of collective volunteer hours and



The St. Paul Blades hockey team brought together 19 girls from five schools for the 2017-2018 season. A new permanent sheet of home ice at Oscar Johnson Arena has players, parents and coaches excited about the future. *Photo by Veronica Sannes*

community outreach.

"We really try and make it a point to give back to the places we come from," Blades co-head coach Ryan Paitich said.

"Being a team filled with girls from different youth programs, it's nice to give back. We spend time with the Highland and

Como/Johnson youth programs. We also try and get girls out to skate with the St. Paul Hockey Club. We try to get out as much as possible to show our appreciation to the parties that helped our girls get to where they are now in hockey."

Each Blades team member has a goal of volunteering eight hours coaching young girls on the ice during the season. Captains help with sign-ups and transportation. Parents help, too, and are generous with team meals before games and events.

The shared spirit of service has an additional benefit: bonding time.

"I was lucky enough to make some of my best friends on the Blades," senior captain Eliza Donnelly explained.

"Each one of the girls is an incredible addition to the wonderful team dynamic. I feel so lucky to be close to my team, spending almost every day with them really brought us together. We became a family, and it was great to have that relationship with them."

Donnelly was one of three seniors, along with Larissa Lopez, and standout goalie Taylor Nelson, whose athleticism and quick reactions secured two victories and kept many games close.

Junior captain Gigi Gabrielli led the team in scoring with 14 goals. Junior captain Grace Dodge provided creative playmaking and spirited leadership. Fellow juniors Rose Reubish, Isabelle Hoppe and Ella Ochs helped provide stability and guide younger players.

Sophomores included Anisa Smith and Lizzy Symons. Freshmen skaters were Abigail McCullough, Georgia-Rae Plathe, Ella Reubish, Emilie Hanson, Carley Landa and Mariela Ajpop. The eighth-grade contributors were Solvei Berg-Messerole, Tori Vennemann and Mariana Colon.

With such a young team, Paitich and co-coach Tim Blase knew the schedule would be challenging.

"From the first day of practice to the last day of practice the amount of knowledge and skill development improved greatly. The attitude we brought to the rink on a daily basis was great to see, considering we did not win a lot of games," Paitich said.

"We really became a family by the end of the season and hopefully that will carry into this summer and the start of next season."

Volunteering and outreach will

continue this summer, as will team and individual workouts. While most of the girls are multiple-sport athletes, they'll lead a hockey camp for middle-schoolers July 16-20 at Drake Arena, 1712 Randolph Ave., St. Paul. The \$85 fee includes a jersey.

You can find more information and registration forms at www.spps.org/sports under "Girls' Hockey."

When the 2018-19 season rolls around, the Blades will be using their new permanent home ice at Oscar Johnson Arena. For St. Paul hockey people, "OJ" is a well-known rink.

Thanks to Ramsey County and Hamline University, the Blades moved into OJ in December and are now the primary tenants. Hamline moved to downtown St. Paul to the new Tria Rink, but left the locker rooms at OJ intact for the Blades.

With the new rink and committed coaches, the Blades program can grow. Paitich and Blase are passionate about hockey, but more important, they take pride in helping each individual improve as players and people while creating a positive team culture.

"My coaches work very hard to make each player feel included," senior captain Donnelly said. "It is very clear that they care about each of the players. They dedicate so much of their time to us, and it means a lot."

Beyond the chemistry the 16 returning players share on and off the ice, there is another reason to be optimistic about the future.

"We have potential, and we have some talent that will be getting stronger," junior captain Gabrielli said. "But more than that, we have fun playing the game, and we really support each other."

"It's fun to play with girls from different schools and represent St. Paul."

What is needed to fully realize the long-term potential are more girls playing hockey and more girls choosing to be part of the St. Paul Blades cooperative team. Expenses are a concern to many, but access to skates and neighborhood rinks are increasing as leaders, including the Blades, reach out to involve the community.

In the capital city of the State of Hockey, there is an awesome opportunity for girls to access a sport special to Minnesotans, whether it's carrying on a family tradition or being a first-generation player.

"It is really important to keep girls' hockey alive, especially in the cities," Donnelly said. "There is no sport like hockey, and it is never too late to play!"

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



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Send your ad to classifieds@parkbugle.org or P.O.Box 8126, St. Paul, MN 55108, or call Fariba Sanikhatam, 651-239-0321. Ads are \$1 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for \$10 each. **Next deadline: March 7.**

Home Services

LONGTIME SAP BUILDING CONTRACTOR available for handyman jobs. Skilled in all areas of home repair. \$50/hr + materials. Visit bkhomes.wix.com/handyman or call Bill Kidd 651-644-9035.

WINDOW COVERINGS NEED UPDATING? Custom blinds & shades to plantation shutters & drapery. Full service, local small business. Free consultation: 612-741-9325 www.blindattraction.com

WATER DAMAGE REPAIR, plaster, sheet-rock, woodwork & painting. Family business in the Park 70 years. Jim Larson, 651-644-5188/(cell) 612-309-7656 or jimmyrocket1464@gmail.com

WE SATISFY ALL YOUR PAINTING NEEDS. Painting, staining, water damage repair, sheetrock, spray texture, spray texture removal, wallpaper removal. Family business in the Park 70 years. Jim Larson, 651-644-5188/(cell) 612-309-7656, jimmyrocket1464@gmail.com

RAIN GUTTERS CLEANED, REPAIRED, installed. Insured. Burton's Rain Gutter Service, www.burtonsraingutter.com, 651-699-8900.

PAINTING, WALLPAPER REMOVAL, small painting jobs wanted. Painter Jim, 612-202-5514.

BRUSHSTROKES PAINTING Interior/exterior painting. Ceiling/wall repair. Very detail-oriented. I strive to have a professional & positive relationship with my customers. Tom Marron 651-230-1272. www.brushstrokespainting.org

PRO TEAM PAINTING PLUS, INC. Interior & exterior painting. Complete carpentry services. 651-917-2881. BBB.

ROOF SNOW & ICE REMOVAL, GUTTER CLEANING: Burton's Rain Gutter Service. 651-699-8900 / burtonsraingutter.com

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HOME SERVICES: Locally located in Lauderdale. Specializing in bathroom/kitchen remodel, trim carpentry, tile work/flooring, and handyman services. Fully insured. Caleb, 651-808-2323.

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WINTER YARD WORK. Gutter cleaning, snow service. Avg. monthly cost \$70 call 651-224-8593

Help Wanted

EXERCISE INSTRUCTOR to lead class for seniors 3 or 4 times/mo. Call St. Anthony Park Area Seniors: 651-642-9052

P/T DRIVER: Great job for retiree! Benefits included PTO and free lunch. CDL with passenger endorsement required. Email resume to ctorgerson@pointesliving.com or call RosePointe Senior Living, 651-639-1000.

SALES

MOVING SALE: This Baby Boomer is downsizing household, clothing, Trinkets & Furniture, 1636 Rosehill Circle March 23 and 24th, 9 a.m.-2 p.m.

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PARK ANGELS CHILDCARE. Infant to 11 years old, near Como & Doswell. Call Adella, 651-644-5516.

LOVING CHILD CARE HOME in St. Anthony Park needs more children all ages for fun learning and adventure. Sharon, 651-245-6195.

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Mother's Day Birthdays Graduations

Show them how much you care!

Post a note to your special person in the Bugle Classifieds. Notes are \$1 per word (with a \$10 minimum). Email classifieds@parkbugle.org or call 651-646-5369 for more information.

Graduations

TOMMY We're so proud! Congratulations on that Ph.D. Love, Mom and Dad.

Mother's Day

TO OUR DEAR MOM, SARAH T.: you made us who we are. We love you. Breakfast is on us.

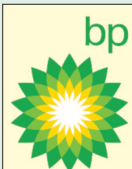
Birthdays

HAPPY BIRTHDAY BOB SMITH: You're how old? Welcome to the 40s!

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Announcing...

The Saint Anthony Park Community Foundation 2018 Grants Program

Deadline: Applications must be submitted by email only and received by Thursday, March 31, 2018

Grantmaking Priorities: Improving our environment, Strengthening learning opportunities, Enhancing livability, Supporting aging-in-place solutions, Promoting business vitality, Cultivating life-long appreciation for the arts

Eligible Organizations: Not-for-profit organizations, neighborhood, and community-based groups serving the needs of the St. Anthony Park/District 12 area

Grant Application Forms:

Available on-line at sapfoundation.org or contact the Foundation

Grant size: \$5,000 maximum

Questions: Contact Jon Schumacher at 651/249-9107 or on-line at jon@sapfoundation.org



Andrayah Adams honored

Adams' No. 15 jersey is retired at Como Park Senior High ceremony, and Mayor Melvin Carter was on hand to congratulate the star player.

By Eric Erickson

The Como girls' basketball team defeated Harding Feb. 5 in the Como gym. This was not unusual. The Cougars have won 38 consecutive games in the St. Paul City Conference over the last four seasons.

However, something quite unusual happened at halftime of the game.

St. Paul Mayor Melvin Carter stepped out from the bleachers to honor Andrayah Adams, as the Como basketball family held a ceremony retiring No. 15—Adams' jersey during her storied six-year varsity career.

Not only did Adams score more than 3,000 points, earn all-state honors and lead Como to consecutive city crowns and a berth in the 2016 state tournament, she also inspired a community and showed her younger teammates how to work.

"When they look at how you pushed yourself to heights and greatness, it's an example of what we can do ourselves," Carter said. "What's even more important than the athleticism that you show is the leadership that you've shown in this community. You've inspired people to be their best selves."

Adams is now a sophomore studying and playing at St. John's University in New York. After playing in a win over Xavier, Adams' was flown home. Her St. John's coach John Tartamella caught a flight, too, in order to be at Como



Andrayah Adams holds up her No. 15 jersey at a school ceremony to retire the jersey she wore through her storied varsity career at Como. Photo by John Millea

for the special event.

Minnesota State High School League media specialist John Millea chose to cover the ceremony for his

statewide column. "Honoring a Hometown Hero at St. Paul Como Park" is a great read in the Feb. 5 "John's Journal" link at mshsl.org.

School News from 17

Vikings Skills and Drills Challenge and the opportunity to interact with police officers during Cop Car demos.

The highlight was former NFL linebacker and Hall of Fame inductee Ray Lewis's talk on focus, persistence, consistency and overall putting yourself in positions to be successful.

St. Anthony Park Elementary

2100 Knapp St., 651-293-8735
www.spps.org/stanthony

Thank you, Colossal Cafe

A big thank-you to Colossal Cafe for hosting the St. Anthony Park School Association (SAPSA) Parent's Night Out fundraiser Feb. 9.

Construction update

By the end of March the school will have eight more new classrooms open and the new library will be unveiled. Note that after Spring Break, April 2-6, to the end of the year, the temporary entrance to the school will be near the kindergarten classrooms and the playground.

8,000 hours of reading

Students at St. Anthony Park Elementary School clocked more than 480,000 minutes during the school's read-a-thon, smashing the 300,000-minute goal. Way to go, SAP students.

Important dates

School conferences will take place March 21-23.

Science night will be held Thursday, March 15.

Seven Destination ImagiNation teams will compete Saturday, March 3, at the regional tournament at Harding High School. Fifty students—in third, fourth and fifth grades—are participating.

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