



Transition Town

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Park Bugle

St. Anthony Park / Falcon Heights
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November 2021

Foundation names Drechsler new exec director

By Scott Carlson

The St. Anthony Park Community Foundation has hired Julie Drechsler as its new executive director.

Drechsler, a Minnesota native who went on to spend nearly three decades living and working in Australia, recently returned to Minnesota, settling in St. Anthony Park. She assumes her foundation assignment in early November, succeeding interim director Lauren Renner, who temporarily took the post in late 2020 following Alison Schaub's decision leave the job.

"We are thrilled to have Julie come home to St. Anthony Park as our next executive director," Foundation chairwoman Jane Leonard said in a statement. "The search committee and SAPCF board made this unanimous choice, given her extensive skills and experience in community development and outreach, and her very approachable and caring nature."

In a statement, Foundation officials said, "Julie has a passion for community development, working in partnership and youth development and has worked in the education, non-profit and local government sectors for over 25 years as well as operating an international exchange student business."

Drechsler told the Bugle, "I have always loved the St. Anthony Park community and was excited to be returning to the area. When the opportunity arose to apply for the position of executive director for the St. Anthony Park Community Foundation I jumped at the chance. I love the idea of living and working in the same community.

It gives me the opportunity to use my skills and experience to support my own community to continue to thrive and prosper."

Asked what she first plans to do on the job, Drechsler told the Bugle, "I will be spending a lot of time getting to know our partners and supporters and hopefully growing the number of local donors to the SAP Community Foundation so that the work of the Foundation can not only continue but expand to meet the needs of our community."

Longer range, Drechsler said she wants to help the Foundation play a bigger role in coordinating the work of community initiatives and organizations in offering activities, services and programs.

In a news release, the Foundation said Drechsler grew up on a



Julie Drechsler

beef and crop farm in Montevideo and was active in 4-H, band, choir, Future Leaders of America and church youth group.

Following in her parents' and older brother's footsteps, she attended the University of Minnesota, St. Paul campus, here in Falcon Heights. She majored in family social science youth studies,

She was a member of Beta of Clovia sorority and worked part time at the state 4-H Office. Later, she married and moved to Australia.

After 29 years of living, working and raising two children in Australia, Drechsler decided it was time to come "home" and has recently returned to Minnesota, taking up the position of house mother at FarmHouse Fraternity, according to the news release. ■

Scott Carlson is Bugle managing editor.



The Good Acre. Submitted photo.

Exec director to retire from The Good Acre

By Scott Carlson

Rhys Williams, the first executive director of The Good Acre, plans to retire at the end of 2021, according to the Falcon Heights-based nonprofit food hub.

Williams has been with The Good Acre since its early planning in 2014, assuming the director's role in 2015, spokeswoman Emily Paul said in a news release.

"Rhys' ability to listen, learn and shed light on inequities in infrastructure, funding and market access helped make The Good Acre what it is today," said Paul, former Good Acre programs director and most recently executive director at Minnesota Central Kitchen.

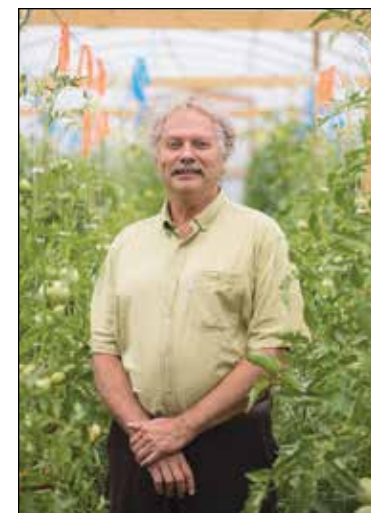
"TGA was built to meet the needs of so many farmers and food makers who, before the food hub existed, were not having their voices heard. The food system in the Twin Cities is better because of his work."

The Good Acre says its mission

is "to connect and strengthen farmers, food makers and communities through good food." Its work includes "providing one-on-one grower support services to small, local produce farmers, creating wholesale markets that pay an equitable price to farmers and supporting small food businesses through their shared-use, commercial kitchen rental and conducting business workshops."

With Williams' imminent departure from Good Acre, the organization's board of directors has begun searching for his replacement, with the assistance of Joelle Allen of kpCompanies, a Twin Cities-based search firm.

"Our goal is to find a leader who embodies and perpetuates the flexible and supportive culture that Rhys started," Sara Pohlrad, Good Acre co-founder and board member, said in a statement. "We hope to build on his skills as the organization takes steps toward being



Rhys Williams

more diverse and culturally competent at every level, more cohesive in vision and more formal in policy and public partnership."

Application deadline for interested parties is Friday, Nov. 5. To view the job description and to learn how to apply, visit The Good Acre website at thegoodacre.org.

"The staff at The Good Acre is our strongest asset. We have a group of people who believe in our mission and will work hard to succeed," Williams said of the opportunity ahead for the next executive director.

Williams said he enjoyed building Good Acre's staff and, among other things, collaborating with it "to help farmers improve their lives by opening up markets."

He added, "The founders were dedicated to food system change and inclusion and I was honored to be asked to join in the

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CITY FILES

Como and St. Anthony Park community councils news

District 12 Community Council

Crosswalk on Territorial Road

Thanks to grants from the AARP Community Challenge and the University of Minnesota Good Neighbor Fund, District 12 has brightened up the block of Territorial Road adjacent to the new, recently installed sidewalk.

On Sept. 26, St. Paul artist Tomasina Topbear and friends painted a creative crosswalk at Carleton Street next to The Ray apartment building. Her design is a pattern based on the Morning Star, which also features prominently in her Unci Maka mural a half block east, created for the 2021 Chroma Zone Mural Festival.

The crosswalk art is part of District 12's effort to encourage motorists passing through that section of Territorial Road to slow down and stop for pedestrians.

Besides the crosswalk, the District 12 Council also commissioned and coordinated painting of a street mural on Seal Street on Oct. 3. (See Transition Town article for more information.)

The final part of this project will bring two artist-designed benches to the corners of Seal and Carleton streets later this year, creating resting spots for people making their way to University Avenue and Raymond Station on the Green Line.



Artist Tomasina Topbear (left) and assistant Tom Ray painted three colors of Morning Stars for the creative crosswalk on Territorial Road at Carleton Street on September 26. Photo by Pat Thompson

Connecting you to local volunteer opportunities

Delivering meals to those in need? Cleaning up a local park? Helping new residents get registered to vote? Coordinating volunteers at a local street painting event?

If any of these activities interest you, consider signing up for the St. Anthony Park volunteer database. District 12 is looking to assemble a list of community members to contact when volunteer opportunities arise. The volunteer database will be an easy way to connect residents with opportunities that they would enjoy and ways to make a difference in St. Anthony Park.

Sign up at sapcc.org/volunteer-database to start receiving volunteer opportunities that interest you!

Brightside produce distribution

Do you currently receive a weekly produce distribution from a na-



tion-wide distributor? Consider switching over to Brightside, a local organization whose proceeds fight food insecurity in local urban neighborhoods. Brightside's self-sustaining model uses weekly produce delivery subscriptions to offset the cost and provide local stores with fresh fruits and vegetables for only 10 percent over wholesale cost.

While Brightside has primarily worked with stores in Minneapolis, the food provider recently received a grant through the Good Neighbor Fund to start providing these services in St. Anthony Park. To help them do this, the District 12 Community Council is challeng-

ing area residents to switch from national produce distributions to Brightside's weekly home deliveries. District 12's goal is to get 30 new neighbors signed up with Brightside by Dec. 1. You can sign up for the fresh produce delivery at brightsidempls.org.

Brightside offers a variety of produce subscriptions along with optional add-ons such as coffee beans, eggs or "sustainable seconds" (helping to eliminate food waste by using food that's not quite good enough for a bundle).

District 12 Board elections

The St. Anthony Park Community Council is where residents and businesses come together on vital neighborhood interests that enhance the quality of life, strengthen the character and vitality of the community and ensure the effectiveness of government.

Now is your chance to elect board members to enhance the local community in many different ways.

Board elections will take place through Dec. 6. To view the ballot and vote, visit sapcc.org/board-members. Anyone who lives or works in St. Anthony Park can vote for the Community Council board. If you have any questions or would like to be considered for seats that remain open, please contact jessica@sapcc.org.

SAPCC November meetings

St. Anthony Park Community Council committees discuss a variety of issues at their monthly meetings. Visit the council's website at sapcc.org to learn more.

- **Land Use Committee:** 7 p.m., Thursday, Nov. 4
- **Board Meeting:** 7 p.m., Thursday, Nov. 11

- **Environment Committee:** 7 p.m., Wednesday, Nov. 24
- **Equity Committee:** 5:30 p.m., Monday, Nov. 29
- **Transportation Committee:** 7 p.m., Tuesday, Nov. 30
- **Land Use Committee:** 7 p.m., Thursday, Dec. 2

All meetings are hosted via Zoom. Meeting times are subject to change. If you want to attend a meeting or have questions about joining a committee, please email Kathryn at kathryn@sapcc.org for the link

Submitted by Jessica Willman, District 12 community organizer.

District 10 Community Council

New tree tags at Como Park for self-guided Tree Trekking

If you've walked through Como Park recently you may have noticed some additional tree identification tags.

Part of the District 10 Como Park Environment Committee's Tree Trek programming is to plan and install these tags to allow for curious tree lovers to take themselves on a self-guided tree trek. The location and species of all the new (and existing) tags can be found on the D10 website at <https://district10comopark.org/tree-trek/>. Updated printable materials are in the works as well. Thanks to volunteer tree expert Stephanie Mirocha and Susan Jane Cheney for their hard work!

Thanks Como volunteers!

District 10 extends a big thank-you to some 30 volunteers who worked

City Files to p. 5

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Falcon Heights and Lauderdale propose levy increases

By Anne Holzman

The Falcon Heights and Lauderdale city councils have both given themselves room to increase their property tax levies in 2022.

Falcon Heights set a maximum levy for 2022 that is 4.9 percent higher than the 2021 levy. Meanwhile, Lauderdale's maximum levy for 2022 is 5.6 percent higher than its 2021 levy.

By state law, cities must set preliminary maximum levies in September and notify property owners of the projected impact. Then, they hold Truth-in-Taxation hearings in December to determine the final amount of their levies for the coming year, which can be less but not more than the cap they adopted in September.

Falcon Heights will hold its taxation hearing on Dec. 8. Lauderdale's hearing will be Dec. 14.

Falcon Heights paid off the debt on a fire truck this year, using proceeds from the sale of the truck. That reduced the city's levy calculation by just under \$100,000, or about 4 percent of the \$2.25 million levy from 2021. City administrator Sack Thongvanh said the shift from a city fire department to a contract with St.

Paul for services also reduced the city's operating costs.

Local government aid from the state and the fiscal disparity distribution, which is a revenue sharing program for the Twin Cities metro area, will both increase slightly next year for Falcon Heights.

Taking those gains into account, and balanced against increased expenses, the Falcon Heights City Council adopted a maximum levy of \$2.36 million for 2022. The median home value for Falcon Heights has dropped to \$309,000 (from \$314,600 in 2021). If the council in December allows itself the full levy amount, that would yield \$1,161 in city taxes due on that median-value home in 2022, an increase of \$47 over 2021.

Lauderdale has also seen its home values drop slightly. The council set itself a maximum increase of 5.6 percent, up from \$899,710 in 2021 to \$950,351 in 2022.

The median home value for Lauderdale in 2022 is \$215,150. If the council uses the full levy amount for its 2022 budget, the city taxes on that home will be \$629.92, an increase of \$30.74 over the tax bill for the same home in 2021.

Lauderdale does not expect its local government aid to increase, but the city will receive a slight bump in its fiscal disparities aid. City administrator Heather Butkowski said the increase in the bill for Lauderdale's police services was the largest factor driving the budget. She also noted there will be election expenses for 2022 as well as staff changes.

City taxes in both cities typically account for about a quarter of a homeowner's property tax. So, the cities' increases have proportionally smaller impacts than that of either the county or the school district levies, which make up most of the balance.

This year, Ramsey County has proposed adding a levy for affordable housing, known as the HRA levy, to fund its Housing and Redevelopment Authority. Ramsey County spokesman John Siqveland said the county board will vote in December on a \$339 million general levy and an additional \$11.1 mil-

lion HRA levy, which will show up on homeowners' statements as a separate item under "other special taxing districts."

Roseville Area Public Schools has two levy questions on the November ballot that will affect the total bills, as well. One replaces an existing levy; the second adds more revenue.

The county assesses individual property values almost a full year ahead and citizens can contest those proposed values at county hearings in the spring of each

year. Homeowners should receive a statement from the county in November showing their 2022 home valuation as it was set last spring and the combined tax impact of maximum city, county, school and other levies for their individual properties. ■

Anne Holzman, a former St. Anthony Park resident, covers Falcon Heights and Lauderdale government news for the Bugle.

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EDITORIAL

From the Desk of the Editor

By Scott Carlson

A cornucopia of stories, blessings

This issue of the Bugle is overflowing with a cornucopia of interesting and newsy stories. And that seems appropriate given that November is the month when we observe Thanksgiving and acknowledge all the blessings that are bestowed on our nation.

Among our more than 20 Bugle stories this month are reports on the St. Anthony Park Community Foundation's hiring a new executive director, the imminent retirement of the longtime director at The Good Acre food hub and re-

flections in our "Voices" column from a retiring theology professor at United Theological Seminary.

We also have, among other things, Clay Christensen's Birdman of Lauderdale column, a commentary on racial equity from Jane Leonard of the nonprofit Growth and Justice and a "Blue Zones" report from John Horchner.

But oh, our news budget is also overflowing with yet more: poetry lover Krista Nelson reviews a new collection of poetry from SAP resident Ted Bowman who writes about grief and severe loss.

We also have our usual stellar stories from Transition Town, the District 10 and 12 community

councils, Falcon Heights and Lauderdale reporter Anne Holzman, sportswriter Eric Erickson and feature chronicler Sarah CR Clark.

Of particular note is Sarah's story on the big yard sale that SAP residents Grant Abbott and his wife Elaine Tarone held in late September with all the sale proceeds going to support the general operations of the Bugle. Altogether, the couple donated nearly \$2,000 to the Bugle.

Their very generous donation reminds me that the Bugle relies on generous community support to keep the newspaper operations vibrant and strong. Just a little over four months into our 2021-22 fiscal year, we already have more than

200 individual donors to the Bugle and several business contributors.

This financial support that helps keep the Bugle a key player that builds community by telling stories and sharing local, community-connecting news and information. That's especially true given the challenges we have faced in weathering the impact of the Covid pandemic during 2020-21. On page 5 of this issue, you can find out how to be a Bugle supporter.

As we gather around dinner tables later this month to celebrate Thanksgiving, the Bugle board and staff thank all of you for your continuing support. ■

LETTERS

Thank you, library volunteers!

Every time I walk or drive by the St. Anthony Park Branch Library, on the corner of Como and Carter avenues, I feel a little thrill. The handsome brick building, so beautifully sited on the property, is a centerpiece of the entire community.

But that's not the only reason for my joy in this neighborhood treasure! The lovely gardens and flowering window boxes add so much to the exterior of the library.

These gardens don't just happen. A dedicated group of volunteers from the St. Anthony Park Garden Club carefully plants the window boxes every May. They also plant, nurture and weed all the plantings alongside and in front of the building.

Alice Duggan chairs the committee responsible for the library gardens and window boxes. She is joined by fellow volunteers Verena and Virgil Larson, Sue Von Bank, Annette Patel, Nancy Gehrig, Barb Sippel, Pat Thompson, Terease Palfrey and Carol Starkey.

Alice said that the group hires young people from the neighborhood to keep up with the watering. Soren Sackreiter, Sam Skinner and Dylan Aarness have done a great job all season.

Now that autumn is upon us, it's time to extend a sincere THANK YOU to these volunteers who, through their efforts, give a much appreciated gift to us all.

Nancy Plagens
St. Anthony Park Branch
Library Association

Housing density a novelty?

SAP thrives by adding residents who sustain and grow the community and business district. A recent proposal for development of lower Luther Seminary campus suggests 600 to 800 new housing units on 15 acres. Breck Woods (5+ acres) will not contain housing and its remote, dead-end location raises questions about its utility as a park (my opinion).

The result will be 60 to 80 housing units per acre. The well planned Ford site, which seems comparable with respect to its location and integration into an adjoining residential and small business community, provides 2,400 to 4,000 (maximum) units on 135 acres (18 to 30 units per acre).

The Ford site does not have the terrain/accessibility issues of the lower seminary campus. The proposal for lower campus property seems inspired by high density University-Avenue-type development, wonderful in that location but novel for SAP.

Gary Nelsestuen,
St. Anthony Park

Supports Vue

This is a strong recommendation to re-elect Jim Vue to the St Paul School Board, from two retired St. Paul Public Schools educators whose three children attended St. Paul Public Schools K-12, and now have five grandchildren in SPPS.

Vue is an outstanding candidate for the St. Paul Public

Schools, the father of four SPPS students, two who have special needs. Before being named, and then elected, to the board, Jim served on district-wide committees with a variety of other citizens. He is a veteran of the U. S. Army, serving in Iraq and Kuwait.

As the only Asian American on the board in a district with an enrollment of more than 30 percent Asian American, Vue has pushed the district to hold citywide Zoom meetings in several languages to share important information with a broad audience of families. He was one of the first to propose that the district more fully explore solar and other sustainable forms of energy. The district has just announced it will establish a task force to do this.

He was one of the first to urge the district to require faculty to be vaccinated or have medical exemption positions supported by the St Paul Federation of Educators

Jim understands his first responsibility is to represent students, families and the broader community and not be a spokesperson for the district. Please vote on Nov. 2 to return him to the school board.

JoAnn and Joe Nathan,
St Paul

Supports Vue, Foster

I support incumbents Jim Vue and Jeannie Foster for the St. Paul Public School Board. Jim is running for another four-year term and Jeannie

is running for the two-year term. Here's why I urge you to vote for them:

Jeannie is the current chair of the board and Jim, vice chair. Both are leaders in advancing ethnic studies curriculum, creating safer upgraded school environments, re-imagining an equitable and sustainable use of buildings and programs through "Envision SPPS" and managing the enormous task of maintaining academic and supportive services to our students and families during the COVID-19 crisis.

They also represent and are deeply connected to traditionally underrepresented racial and geographic communities whose success is critical to the future of St. Paul.

These unprecedented times of challenge and change for our schools require proven decision makers who have been at the table, understand the complexities and can provide the strong, collaborative leadership necessary to turn difficult solutions into successful outcomes for all our kids.

Please vote for Jeannie Foster and Jim Vue. Experience matters!

Jon Schumacher
St. Anthony Park, former
St. Paul School Board member

Upcoming Bugle deadlines

You've just received the November Bugle. But the Bugle staff is already busy planning for December and beyond.

Here are our Bugle deadlines for the next three issues. **As always, we appreciate when writers and readers submit their articles early.**

Please note our publication dates represent when the newspapers go out for delivery. Mail distribution of the paper, in the midst of the holiday season, **may take up to several business days.** Meanwhile, bulk drop-offs of the paper around town are usually completed two to three days after publication.

Issue Copy and ad deadlines Publication

Issue	Copy and ad deadlines	Publication
December 2021 (Holiday Guide)	Nov. 10	Nov. 23
January 2022	Dec. 8	Dec. 21
January 2022	Jan. 12	Jan. 25

We give thanks for you!

Only barely a month into the Bugle's annual fall fund drive and we already have more than 200 individual donors and several business contributors.

We are grateful for your outpouring of generosity and thank all of our financial supporters for their confidence as the Bugle strives to produce great journalism that informs readers and supports the communities of St. Anthony Park, Como Park, Falcon Heights and Lauderdale.

As we head into the holiday season, there is plenty of time to join our fund drive. You can give online at www.parkbugle.org or with a check, sent to The Park Bugle, PO Box 8126, St. Paul, MN 55108. Every gift matters!

With your help, the Bugle can remain vibrant while informing and building a strong and healthy community, connecting residents and making neighbors.

Now here is a list of our latest donors, from July 1 through Oct. 12:

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City Files from p. 2

at the Sept. 18 Citywide Drop-off event at the State Fairgrounds. More than 500 cars came through the Citywide Drop-off event.

In addition to properly disposing of countless old electronics, mattresses and appliances, District 10 volunteers also collected 500 pounds of food donations!

The Oct. 9 Como Lake Clean-up was also in the running for the most we've ever had a lake clean-up!

Como Curb Clean-up

Como Community Council is teaming up with the Como Active Citizen Network and Capitol Region Watershed District on this year's Como Curb Clean-up.

When it rains, leaves on streets release nutrients into the water that flows into storm drains and the lake. There it becomes food for invasive algae. Studies have shown that sweeping up the leaves that sit against the curb where this storm-water or ice melt flows is surprisingly effective in reducing this damage.

Join more than 100 neighbors sweeping your curb once a week this fall to help keep Como Lake clean. To learn more and register as an "official" participant to help us track our effectiveness here on the D10 website: <https://district10comopark.org/como-clean-up/>

Upcoming meetings:

Renters, homeowners and other community members are always welcome to participate in District 10's board and committee meetings. You can join either by video conference or by phone.

To obtain links or other access information, send a request by email to: district10@district10comopark.org. Or call 651-644-3889.

• Neighborhood Relations:

Tuesday, Nov. 2

• Land Use Committee:

Wednesday, Nov. 3

• Environment Committee:

Tuesday Nov. 9

• Board meeting: Tuesday, Nov. 16

All meetings begin at 7 p.m. Whenever possible, agendas and other relevant documents are posted in advance on District 10's website: www.district10comopark.org

Submitted by Shevek McKee, District 10 Como Community Council executive director.

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VOICES: Eleazar S. Fernandez

By Christie Vogt

Upon accepting a job offer in 1993, Eleazar S. Fernandez intended to stay in Minnesota for two years before returning to his native Philippines.

This December, Fernandez, 66, will retire from United Theological Seminary in St. Anthony Park after nearly 30 years as a professor.

Q: You're a professor of constructive theology—how would you define that subject?

A: It presupposes that the person understands what theology is. The most common definition of theology is the study of God, and I say that's not accurate because nobody can be an expert on God.

Theology is basically faith seeking understanding. So, theologizing is trying to understand your faith based on your experience, traditions and scriptures; and informed by economics, politics, culture and

context. So, how do you understand God or matters of ultimate concern?

For me, questions of ultimate concern are: What's the end of life? What's the purpose of life? How shall we live? You don't have to be explicitly theistic to speak about that.

Q: Were you always interested in theology?

A: Not an iota. If there is one risk in doing theology, it is you will not be paid well. Why should you do theology if you come from a poor family? You want to be helpful to your parents and siblings.

I like to teach and I especially like to write; those things have sustained and nourished me on this path.

Q: How did Minnesota become your home of 28 years?

A: When I was pursuing a Ph.D. (in philosophical and systematic theology) at Vanderbilt University,

I said, "Maybe I'll stay in the U.S. for a bit. I want to earn a few big bucks. So, wherever the first job is, I shall go."

United Theological Seminary offered me a job, and I said, "Let's try this. Maybe after two years, I will have big bucks, and then I can go back to the Philippines." The two years became 10, the 10 became 20 . . .

When you come from a third-world country, the immigrant heart mentality is that you push yourself, you do your best . . . I told myself I should maximize everything that I can see.

When I first came, Minnesota was not as diverse as it is now. There wasn't the University Avenue corridor or the Hmong Village or the Somali Mall. There was no global foods section at Cub Foods. So, I was lonely because I'm a child of the world.

Q: What are your thoughts on how religious communities have responded to the pandemic?

A: The word "pharmacy" comes from the Greek word "pharmakon," which means both poison and cure.

Things that can be a cure can also be a poison when not done in a proper way, just like theology and religion.

Some theologians have made God like a magician, saying things like, "Why should you be afraid of delta (the COVID-19 variant) if you have the alpha and omega?"

Theology goes along with U.S. individualism, which confuses freedom with non-responsibility. Some have co-opted the pro-choice movement by saying, "My body, my choice." I say, yes, it is your body and it is your choice. But you belong to the wider body. When you are infected, you may infect others.

COVID-19 also has exposed the fault lines in our political, economic and health care systems. When we say that we are all in the same boat, I'm not so sure that we are. Maybe we are facing the same storm, but in different boats.

Q: How do you feel about retiring?

A: I'm ready because I feel like I need to do other things. You always say, "I'll do this when I retire," and push things that are important to you until the last years of your life.



Eleazar S. Fernandez

I would like to help communities in the Philippines. We just solarized a school, for example. I would like to do a fish sanctuary, plant trees, water filtration. Something more tangible, not just theories and books.

For me, retirement is when you don't have to use your alarm clock. I just want to do the things that I like at my own pace.

(Fernandez plans to split his time between the Philippines and the U.S. as he has two daughters who live in Minnesota.) ■

Christie Vogt is Twin Cities freelance writer and a regular contributor to the Bugle.



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ASK THE LIBRARIAN

For that holiday dinner—yams or sweet potatoes?

By Judy Woodward

Every month, the reference librarians at the Roseville Library receive dozens of questions from the public. Here is one of the more interesting queries we received recently:

Q: Which go better with turkey—yams or sweet potatoes?

The holiday season is coming, and that brings up an old and contentious question. Which do you load your festive table with—deep orange yams or yellowish-white sweet potatoes?

To some degree, it doesn't really matter, because both of those reddish-brown-skinned tubers—whether they have white- or orange-colored flesh—are almost

certainly sweet potatoes. Real yams are a different plant altogether, and one that is rarely found in American grocery stores.

The reason for the mislabeling has to do with some vegetable growers in the 1930s who wanted to create a memorable "re-branding" for their orange-fleshed sweet potatoes. They borrowed the name "yam" from the West African Fulani word "nyami," which describes a starchy root vegetable that can reach tremendous size and weight and is used as a staple crop in Africa.

In the end, the growers achieved breakthrough marketing success, although they may have created permanent confusion in the minds of American grocery shoppers.

As to which type of sweet potato—orange or white—tastes better with turkey, that's a matter of personal taste. The esteemed cooking magazine *Bon Appetit* seems to come down on the side of the orange-fleshed variety. But maybe that's just to keep things simple for the legions of holiday diners who couldn't otherwise recognize the difference between sweet potatoes and their beloved mashed Russets.

(Data sources: <https://www.bonappetit.com/story/difference-between-sweet-potato-and-yam>)

Judy Woodward, who lives in St. Anthony Park, is a reference librarian at the Roseville Library, 2180 N. Hamline Ave. The library's general phone number is 651-724-6001.

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COMMENTARY

Equity: a good word, deed and value

By Jane Leonard

Equity is a good word, deed and value.

Play fair. Love one another and the planet. Help your neighbors, across the street and across the miles. Rural urban suburban. Build a multicultural thriving community locally and across Minnesota.

My great-grandparents, Nils and Karin Berg, knew this truth in 1911 when they organized with other local immigrant families in Mille Lacs County to seek fair and just inclusion into the local and regional economy. They formed Chapter #5944 of the American Society of Equity. They worked together to get fairer returns on the investments they had made in producing crops they sold and fairer pricing of supplies they needed. They combined their loads of potatoes and other crops to gain lower transport costs on the rail lines to Minneapolis.

Their actions provide a useful reminder and role model for re-introducing more equitable and inclusive economic and community development practices today: diverse community members acting together, welcoming newcomers, gaining fairer treatment for all, contributing each as they are able to help their families and their shared community succeed.

Three years ago in response to changing demographics and inequities in the economy, the St. Anthony Park-based Growth & Justice and OneMN.org (a coalition of Black, Indigenous and People of Color organizations) joined forces to organize the “Thriving by Design—Rural & Urban Together Network” to co-create a non-partisan and comprehensive equity roadmap for our times, the “Minnesota Equity Blueprint.”

Over a six month period in 2018-2019, network members collected equity ideas, challenges, solutions and action examples from over 300 Minnesotans at more than a dozen community based gatherings around the state, including two statewide summits,

all open to the public. The project’s research team spent the next year analyzing more than 700 recommendations and distilled them into 141 recommendations, ranging from general strategies to specific and interrelated equity policies, designed not only for governmental decision makers, but also as a resource for individual and local community action.

On Feb. 26, 2020, three weeks before life changed via the COVID pandemic, and three months before George Floyd’s murder, the Thriving by Design Network launched the completed Blueprint with a State Capitol press conference and a six-site, videoconference along the Mississippi River, from Bemidji to Winona, showcasing Blueprint recommendations directly from community members who had contributed them.

The river setting honored the Ojibwe belief that water connects us all and carries wisdom to future generations.

The Blueprint’s equity wisdom, organized by four chapters—Human Capital, Economic Development, Infrastructure and Environmental Resilience—aims at assuring a vibrant and growing economy, with equal access to opportunity in a state without disparities across race or region, while also accelerating climate action and reversing related forms of environmental degradation.

The long journey to launch included public meeting previews of each chapter in the months preceding the full reveal. One preview (held in Little Falls) on the economic development chapter

attracted about 20 protestors who saw the Blueprint as a challenge to their views on immigration (against it) and technology innovations (solar energy—against it). The protestors also disliked community planning. Their fears were somewhat alleviated as they were invited into the meeting and were able to learn more details as to how these “equity” recommendations might actually benefit their local communities and economy.

The COVID lockdown preempted plans to tour the completed Blueprint around the state in spring and summer 2020 to share its collective wisdom and stimulate more discussion on its themes of regional, racial and environmental equity. Organizers pivoted to other ways to share its know-how. We held Blueprint conversations statewide via Zoom and helped research and write the “Rural Communities Equity Action Guide” with rural partners who now use it in local welcoming community and equity development efforts.

Growth & Justice and OneMN.org assisted in community and economic recovery as co-founders and co-stewards of the ALANA Community Brain Trust, (ALANA: African Latino Asian and Native American) a multiethnic statewide network of individuals and organizations launched in June 2020 after the death of George Floyd to grow capital and build capacity in our ALANA communities. The trust provided significant applied economic research to assist the House Select Committee on Racial Jus-

justice, which helped lead to main street recovery funding for urban and rural communities this year.

Growth & Justice also began a partnership last year with students at the Center for Small Towns at the University of Minnesota—Morris to build the Minnesota Equity Map (<https://www.growthandjustice.org/mn/equitymap>), to continue the equity story gathering that started with the Blueprint creation and to showcase the vital and often underappreciated work done by community organizations and activists to foster regional, racial and environmental equity. The map also aids equity idea sharing and cooperation between communities and community members.

Equity is to be shared, after all. “Shared” is the essence of equity—the word, the deed and the

value. Intentional use of equity frameworks such as the Minnesota Equity Blueprint—and the deliberate intersection of growth and justice—can lead to fairness for all in life and livelihood and wise stewardship of the natural environment we desperately need to survive and thrive.

Embrace equity and share it widely. ■

Jane Leonard is president of Growth & Justice and chair of the St. Anthony Park Community Foundation. She can be reached at jane@growthandjustice.org. You can find out more information on (and donate to support) all the above-mentioned resources at www.growthandjustice.org.

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Kulu, new Como Zoo polar bear.

Kulu joins Como Zoo

New to Como Zoo in St. Paul: Kulu, a 725-pound male polar bear who joined the zoo's deep water Polar Bear Odyssey exhibit in mid-October.

Kulu comes to Como from the Columbus Zoo and Aquarium where he gained a large following since his birth on Thanksgiving Day on Nov. 28, 2019. He joins Como's other two polar bears, Nan and Neil on exhibit.

Como Zoo officials said this move for the 23-month-old Kulu is based on recommendations by the polar bear Species Survival Plan, an Association of Zoos and Aquariums' advisory group that uses a science-based approach in managing the populations in North American zoos.

New class scheduled at Women's Drum Center

The nonprofit Women's Drum Center, 2242 University Ave., is offering a beginner class in the basics of Djembe Joy, a drumming style employing West African songs. Attendees will play djembes to

explore pulse and rhythms; and easy energizing exercises will be employed to build skills. Jo Klein will lead the class that is scheduled from 3:30 to 4:30 p.m. on Wednesday, Nov. 10. Cost is \$10 for the class. Register online at www.womensdrumcenter.org.

Author signings set at Winding Trail Books

Winding Trail Books, 2230 Carter Ave., has scheduled a series of author book signings in November and early December.

Here is the schedule:

Nov. 6, 1 to 2 p.m.—Award-winning Minnesota author Mary Casanova signs copies of her book "Waterfall." It is the third in her Rainy Lake historical drama.

Nov. 20, 1 to 2 p.m.—Minnesota authors Vick Johnson and Kelly Walseth will sign copies of their children's book, "A Wooden Shoe for Nell."

Dec. 4, Saturday—Time to be announced next month or on the book store's website, www.windingtrailbooks.com.—Author and TV personality Ron Schara signs copies of his new book "Ron Schara's Minnesota: Mostly True Tales of a Life Outdoors" and copies of his "Fishing Guide" and "Minnesota Bound" books.

For further information, call the bookstore at 651-414-9431

Seniors activities listed

The St. Anthony Park Area Seniors is planning a blood pressure clinic at Seal Hi-Rise, 825 Seal St., from 3 to 3:45 p.m. on Nov. 16. It's also scheduled a virtual lunch bunch session from noon to 1 p.m. on Nov. 10.

Other virtual activities planned in November include:

Chair yoga

Call office to see if space is available 2 to 3 p.m. on Fridays, Nov. 5 and 12.

Housing choices after independent living

Presented by Dr. Ben Rosenstein 10 to 11 a.m. on Monday, Nov. 15.

Caregiver and Bereavement support groups

They continue to meet the first Thursday of the month from 10 to 11:30 a.m. on Zoom.

For further details on registering for the lunch session or any of the other activities, please call the seniors office at 651-642-9052.

Tuesday with a Scholar Series continues

The Ramsey County Library's free "Tuesday with a Scholar" virtual series continues with programs

slated for Nov. 2, 9 and 16 at 12:30 p.m.

On **Nov. 2**, Hamline University associate professor John Shepard's talk is "A River Through Time: Change on the Mississippi."

He will chronicle human impacts on the upper river's floodplain ecosystems and the delta's coastal wetlands, as well as pathways to a more sustainable future for America's most iconic river. Shepard teaches at Hamline's School of Education.

On **Nov. 9**, St. Paul Pioneer Press economics columnist Ed Lotterman's talk is "The Colossus of the South: Brazil's unique history and its complex relationship with the United States." He will examine the intimate political and military connections, and occasional economic rivalry, between the two nations.

On **Nov. 16**, University of Minnesota human relations professor Samuel L. Myers Jr. will lead a discussion on "The Minnesota Paradox of Race." The paradox is that Minnesota is one of the best places in the nation to live. But on virtually every measure of social and economic well-being, it is one of the worst places for Blacks who face wide disparities in unemployment, income, homeownership and educational outcomes.

To participate in these programs, register on the library's website at <https://www.rclreads.org> or call the library at 651-724-6001. After registering, you will receive a confirmation email containing information about joining the webinar.

Online Great Decisions series returns

The Ramsey County Library's annual online Great Decisions series on the most critical issues facing America returns with programs scheduled for Nov. 5, 12 and 19, all starting at 12:30 p.m.

On **Nov. 5**, Nicholas Hayen, president of the Minnesota International NGO Network, will talk about "Persian Gulf security issues."

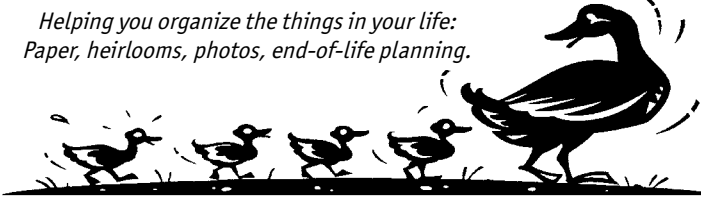
On **Nov. 12**, Best Future Center founder Rick Olson will talk about "The End of Globalization?" The Best Future Center is a nonprofit supporting a private school in Uganda's Nakivale refugee settlement.

On **Nov. 19**, Metropolitan State University professor of international business and law Duncan McCampbell will talk about "China's Role in Africa."

Study the issues by checking out the 2021 Great Decisions briefing book at the Ramsey County Library. To register for the online series, go to the library's website at <https://www.rclreads.org> or call 651-724-6000. Before the first program, you will receive a confirmation email containing information about joining the webinar.

Ducks in a Row

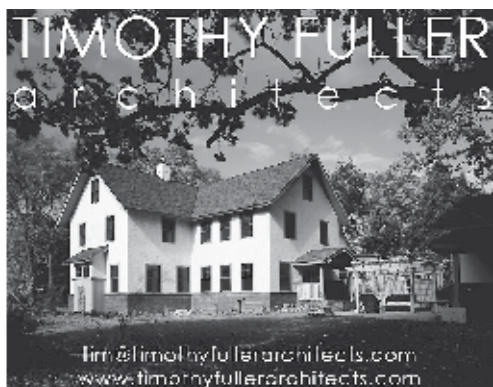
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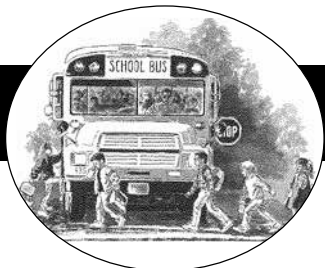
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SCHOOL NEWS

Como Park High School news

By Eric Erickson

National Merit Scholarship semifinalist

The National Merit Scholarship Program has recognized Como senior **Soren Sackreiter** for his academic excellence and outstanding collegiate potential.

Through his coursework and performance on the PSAT and National Merit Scholarship Qualifying Test, Sackreiter has been deemed a national semifinalist. That recognition is reserved for the top 1 percent of high school students nationwide.

Sackreiter is now seeking to become a National Merit Finalist through the submission and evaluation of all his most recent academic achievements, which in-



Soren Sackreiter

cludes advancement to National History Day.

"I took the PSAT as a sophomore to see where I was," Sackreiter said. "When I saw being within the top 1 percent was within reach, I decid-

ed to study more because I wanted to have the scholarship opportunities that come along with qualifying." Currently, Sackreiter has a few colleges under consideration for enrollment including Colorado College, Carleton College and the University of Puget Sound.

Career Pathway Center

With Como students back in person for school this fall, the Career Pathway Center has been a busy place under the guidance of **Bridgette Kelly**.

College representatives have been able to host sessions for interested students as well between schedule individual visits. And Kelly offered a "College Knowledge Night" during parent-teacher conferences in early October. The

event included giving students and parents an overview of the college application process, resources to navigate it and assistance for seniors starting their college applications.

Beyond college planning, the Career Pathway Center is also the information hub for certificate programs, internships, work opportunities and employment training projects.

"Our goal is to support students as they decide what comes next after high school," Kelly said. "There are so many incredible opportunities to choose from, which can be overwhelming. We want students to know that they are not on their own. That they can come to the Career Pathway Center and get the support they need to turn their goals into achievements."

Election Judges

In preparation for the upcoming local elections in November, 20 Como students received training to be student election judges for Ramsey County. Students receive training in voting law and procedures from Ramsey County Elections staff. Upon completing their two-hour session, the students gain approval to serve with veteran election judges at St. Paul precincts.

The non-partisan service enables the students to see firsthand how elections are conducted.

Eric Erickson is a social studies teacher at Como Park Senior High School and a regular freelance contributor to the Bugle.

School news roundup

By Sarah CR Clark

Here's some news from a couple of area schools:

St. Anthony Park Elementary School

Principal Karen Duke reported a successful start to the new school year with, among other things, two Reading Corps members and two reading specialists focusing their support on students in kindergarten through third grade.

And, the school's partnership with Hamline University's Schools and Society course is back.

"We have a great group of 12 Hamline students here to learn about schools and support our students," Duke said.

Also, worth noting: For the first

time in five years, the school library is fully staffed and the library program began in mid-October.

"It has been a month of all of us getting to know each other, as our many new staff members learn about SAP, and we benefit from their new energy and ideas," Duke said.

Murray Middle School

According to Principal Jamin McKenzie, "Murray is happy to continue launching partnerships and traditions that are exciting and supportive for our students."

One of these programs, Classroom Partners, connects University of Minnesota volunteers with classrooms to directly support students

and teachers. This is the second year of the Classroom Partners program.

Meanwhile, another program Murray also welcomed back in October was Flipside, an after-school program offered in only six St. Paul public schools.

"This program offers a whole range of enrichment classes and experiences for our young Murray Pilots," McKenzie explained. "We are grateful to have these partnerships and are looking forward to providing as many opportunities as possible to foster students' success."

Sarah CR Clark is a regularly contributing freelance writer for the Bugle.

Bugle photo standards

Got a photo or photos you want to submit to the Bugle? Here are our quality guidelines:

- We prefer photos to be in JPEG or TIFF format. However, if all that is available is a PNG or PDF, we can work with that.

- Photo size: Photos should be 300ppi or at least large enough in size so that it has an effective resolution of at least 300ppi. For example, if "Photo A" is provided at 19" wide x 26" high with a ppi of 72; this will end up at a size of 4.6" wide x 6" high when the resolution is changed to 300. "Photo A" will work at either a 1 or 2 column placement (but not any larger).

If "Photo B" is provided at 2.2"

Photo standards to p. 19



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TRANSITION TOWN

This is a monthly column 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. Learn more about Transition Town at TransitionASAP.org.

Volunteers pitch in, enliven streets of south St. Anthony Park

Text and photos by Mindy Keskinen

With paint on their hands and dirt on their boots, dozens of neighbors leaned into two early October projects to make the streets of south St. Anthony Park more welcoming.

A street mural near the corner of Seal Street and Territorial Road took shape Oct. 3. What was bare asphalt at the entrance to Seal Hi-Rise that morning turned into a bright array of interlocking animal and plant shapes by sunset.

Throughout the day, muralist Kada Goalen led a team of citizen painters gathered by St. Anthony Park Community Council's Transportation Committee. Studies show that street-level murals help calm traffic. And, along with a new sidewalk on Territorial and an eye catching crosswalk at Carleton Street, the project links the hi-rise with Raymond Station in a safe, enjoyable route. Grants from the AARP Community Challenge and University of Minnesota Good Neighbor Fund made it all possible.

On Oct. 9, some 60 volunteers rolled up their sleeves for the 100 Trees Initiative's community planting day, a project hosted by the nonprofit Creative Enterprise



continued on next page



Muralist Kada Goalen (far left) chalked the design as committee members prepared painting materials at the Seal Street mural project in south St. Anthony Park in late September. Volunteers used rollers and brushes to bring the mural to life. By midday, the whole design had emerged and painters were applying finishing touches.

Meanwhile, some 60 volunteers on Oct. 9 helped to move forward the "100 Trees" community planting initiative for south St. Anthony Park. The Creative Enterprise Zone and Transition Town-All St. Anthony Park hosted the event. *Photos by Mindy Keskinen.*





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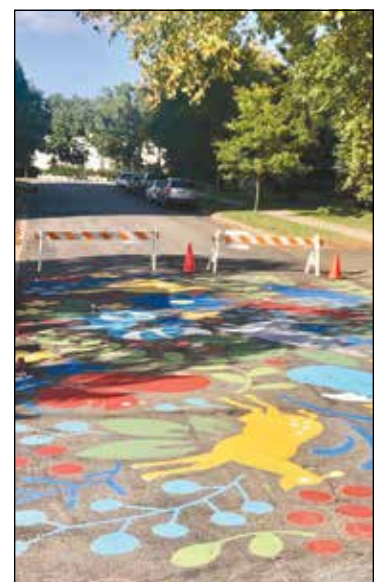
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TRANSITION TOWN

This is a monthly column 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. Learn more about Transition Town at TransitionASAP.org.

continued from previous page

Zone (and featured in the August Park Bugle.) Within four hours, the bare-root saplings were transplanted from three gravel bed nurseries into designated spots along the streets of south St. Anthony Park, which lacks the tree canopy enjoyed by much of the neighborhood.

“This area of St. Paul needs trees in a bad way—if you check out maps of the urban heat island in our city, you can see it,” said project leader Ben Shardlow, CEZ vice chair. “We hope to use what we learned this year to improve and share the process. This project wouldn’t have been possible without committed volunteers, and every time we needed help throughout the project, people showed up.”

Besides the CEZ, other project sponsors include the city of St. Paul, St. Anthony Park Community Council, University of Minnesota, Landbridge Ecological, Davey Tree, Bailey Nurseries and Transition Town-All St. Anthony Park. Landbridge also served as a gravel bed host, along with Bang Brewing, Deneen Pottery, Exeter Group and Spotweld. ■

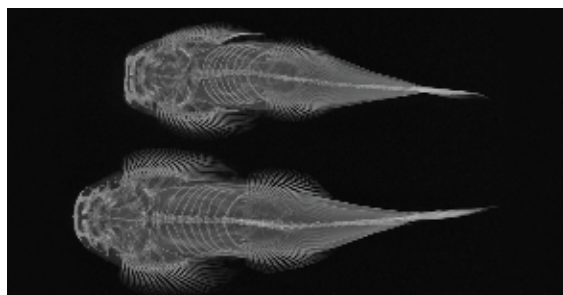
Mindy Keskinen coordinates communications for Transition Town-All St. Anthony Park.



The bare-root saplings developed fine, dense root systems over the summer. Lifting them out of the gravel beds was a team effort. For stability, the new trees were staked by University of Minnesota students. *Photos by Mindy Keskinen.*



Discovery awaits at the Bell



X-Ray Vision: Fish Inside Out October 15-January 2

Discover what lies below the surface in *X-Ray Vision: Fish Inside Out*. As a Smithsonian Affiliate, the new exhibit will feature striking black-and-white radiographs or x-rays of fish, eels and more from the Smithsonian collection. Learn how the study of fish skeletons, teeth, and spines can help scientists examine evolutionary development.



Journey Through the Universe From November 24-28 (closed Thanksgiving day)

Travel inside the brain or to the furthest reaches of the universe! This week, catch a new show every hour at the Whitney and Elizabeth MacMillan Planetarium. With several new planetarium shows and the return of Bell Museum classics, there is something to enjoy for the entire family!



Spotlight Science: Fantastic Fishes Visit the Bell on November 6

Join us for this in-person event on November 6 for an up close look at the Bell Museum’s fish collection and explore the diversity and lives of fish.

Mega yard sale gives a big boost to Bugle

By Sarah CR Clark

The Bugle got a mighty boost from a big yard sale that was hosted by Grant Abbott and Elaine Tarone during the last weekend in September.

All of the yard sale proceeds, which topped \$1,600, were donated to the Park Bugle.

"We are very thankful and humbled by Grant and Elaine's generosity in supporting the Bugle," said Scott Carlson, the newspaper's managing editor. "It is one example of how much this community loves the Bugle."

Abbott and Tarone have been Bugle readers and supporters since moving to St. Anthony Park in 1981. The couple came from Seattle to Minnesota in 1979 when Tarone accepted a position at the University of Minnesota as a professor of applied linguistics.

In 1981 Abbott became rector of St. Matthew's Episcopal Church, where he worked until 2003. He also served on the Bugle's board from 2011 to 2017.

Together, Abbott and Tarone spent many hours preparing for their yard sale. "Oh golly," Tarone recalled. "It's taken us about a week to move the books down from the attic."

Their yard sale featured more



Grant Abbott and his wife Elaine Tarone held a giant yard sale on the last weekend of September, with all sales going to support the Bugle. The St. Anthony Park couple donated almost \$2,000 to the newspaper. Photos by Sarah CR Clark.



than 600 books, of which about half sold. Tarone estimates that 80 percent of the other items were sold, despite a bit of rain one morning of the sale.

"People were extremely positive when learning all proceeds were going to the Bugle," Tarone reported. "In fact, I think that resulted in much higher receipts than we would otherwise have had."

Abbott agreed, noting, "When

people paid for their items, they often overpaid, knowing the proceeds were going to the Bugle."

For Abbott and Tarone, supporting the Bugle means simultaneously supporting and strengthening the neighborhoods served by the Bugle.

"If you want to have neighborhoods, you need to have something that connects people," Abbott said. Pointing out the struggles of local businesses and the decline of

church membership across the county, Abbott believes the Bugle has a role in strengthening the community.

During the sale Abbott said he witnessed connections between people—as neighbors, artists and professionals.

"Connections were being made," he said. "New relationships were begun. And most importantly, there was great affirmation of the work of the Bugle."

Steve Plagens, Park Bugle treasurer and chairman of the advertising committee, reports that about one-third of the Bugle's revenue comes from donor contributions.

"Whether it's a small donation or a dedicated yard sale, the support of our readers is crucial to the well-being of the Park Bugle," Plagens said. That income, he noted, is essential to cover the costs of the Bugle's journey to readers' mailboxes—from writing to production to printing to distribution.

Plagens added, "It's no secret that newspapers have long been facing uncertain times as the move towards digital eroded their advertising base. COVID in many ways has hastened that process and we've seen many publications—large and small—go under in recent years."

But when neighbors, like Abbott and Tarone, and local businesses continue their financial support of the Bugle, the paper "remains financially healthy and able to continue sharing stories that enhance the quality of life in our community," Plagens said. ■

Sarah CR Clark is a regular freelance writer for the Park Bugle and a resident of the St. Anthony Park neighborhood.

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TRAVEL

The splendor of Vermillion Cliffs' White Pocket

By Janet Wight

My husband Jeremy and I have been exploring various aspects of travel for over 30 years with a special interest in learning about national and state parks along with off-the-beaten-path destinations.

We have been following several

YouTube channels devoted to these topics for a while. About a year ago we stumbled upon the channel BackRoadsWest1 that showcases trips to out of the way locations with many excursions on unpaved roads through scenic areas in the southwestern U.S.

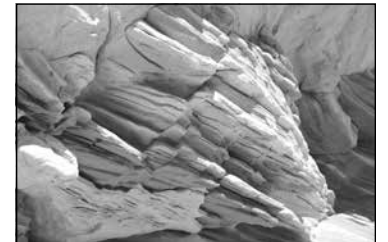
While watching one of these

journeys, we learned about White Pocket, a set of impressive Navajo Sandstone formations. This geological wonder is located in an isolated part of Vermillion Cliffs National Monument between Page, Ariz., and Kanab, Utah.

We were surprised we had never heard of this spot, especially since we previously vacationed in this area. It seemed like a visit to White Pocket would be the perfect choice for any geology or photography enthusiast due to its unusual spiral patterns and quirky appeal.

Once we started planning a summer road trip to Utah and Arizona, we decided to include a visit to White Pocket too. Since it can only be reached by a 90-minute drive through deep sand, we opted to book a guided tour through Kanab's Dreamland Safari Tours. We would rendezvous with our guide and fellow travelers at House Rock Valley, then we would be driven in a high clearance, four-wheel drive truck to our destination. Including a few hours of hiking, our round trip excursion would take about seven hours.

Once we made our travel reservation, we received detailed instructions regarding confusing time zone boundaries. This was essential information since we were driving in from Page, a part of Arizona where daylight saving time is not observed. However, Kanab is in the Mountain Time Zone and daylight saving time is observed



A sandstone formation at White Pocket, part of Vermillion Cliffs National Monument. Photo by Jeremy Wight.

throughout Utah. Since permits are not required in national monuments, we did not need one to tour White Pocket.

When our tour date arrived, we ate a quick breakfast at our hotel and then drove to the meeting destination. There was a family of four adults on the tour along with our knowledgeable guide. His off-road driving skills were superb as he navigated deep sand, rocky patches and unmarked roads. For neophytes, it would be so easy to get lost and also dangerous to get stuck with temperatures hovering around 100 degrees. Luckily, our guide's truck was equipped with satellite communications equipment so we did not have to worry about mechanical breakdowns.

When we finally arrived at White Pocket we were greeted with a spectacular bounty of exceptional color and texture. The pictures and videos we had seen

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An art legacy graces Community Nursery School

By Sarah CR Clark

Inspired by a large piece of textile art hanging in their classroom at St. Anthony Park Community Nursery School, four students one day this fall imagined they were tigers and began prowling around in a tiny, growing pack.

The art titled “The Jungle” was made by Catherine Reed, an entomologist and artist who lived in the St. Anthony Park with her family from 1989 to 2004. Reed died in May 2021 from ALS.

But this part of Reed’s artistic legacy lives on, benefiting students at the Community Nursery School, which is at Centennial United Methodist Church.

First, a little bit about Reed: She was raised in St. Anthony Park by her parents, who were both scientists, and her grandmother. She attended Cornell College in New York where she met her husband of 48 years, Norm Westhoff. She earned a master’s degree in resource ecology at the University of Michigan and a Ph.D. at the University of Northern Colorado.

In 1989, by then mother of three young children (Ben, Julia and Alex), Reed launched a newsletter called “KidScience: A Science Activity Newsletter for Early and Middle Childhood Teachers” that she produced for subscribers for five years.

After moving to Lawrence, Kan., in 2014, Reed focused extensively on her art. Her many pieces are now displayed across the country.

Ben Westhoff, Reed’s son who is an investigative reporter and author of many books, said her art can be found today “in Kansas, Minnesota, Missouri and California, at the very least.”

Molly Breen, director of SAP Community Nursery School, was a high school classmate of Westhoff. “I inquired about the pieces after Ben posted that they would be downsizing the family collection,” Breen remembered. “The family gave it to the preschool as a gift.”

In a YouTube video titled “Momentary” produced by Westhoff, Reed reflected, “You could say that science and my art were both focused on nature.”



Westhoff described the piece in an email as “my mom’s magnum opus, the biggest (and in my opinion, best) piece she ever did.”

Westhoff added, “When it went up at a Lawrence, Kans., gallery in June 2016, it was a walk-in installation, with vines and trees made out of yarn forming an overhead canopy, and a jungle floor as well.”

“The original installation was way too massive for the preschool to display in its entirety,” Breen said. “Ben and family decided which pieces to pass on to the school based upon the space I thought I would have to display them.”

Today, “The Jungle” hangs on the walls in two SAP Community Nursery School classrooms. Chil-



Students at the SAP Community Nursery School enjoy the art work called “The Jungle.” Photos by Sarah CR Clark.

dren are invited to touch the yarn vines and feel the knitted flowers and ferns.

“It makes me feel good,” one student said.

Another student raced up to Reed’s art pointing proudly, “I like that flower SO much! Oh! But that’s

the one I like even MORE than the other one, because it has blue. And I would climb to the top of that tree

to search for tigers. Then, I would crawl like a tiger so that it would think that I was a tiger too. And I could roar with it then.”

Breen joined the conversation with her students, “I love the vines, because it reminds me that we’re all growing, growing, growing.”

And then Breen explained to some slightly confused preschoolers, “Even though grownups don’t grow taller, grownups keep growing too.”

Reed is likely to have concurred. “One of my goals in showing my work,” Reed explained in Westhoff’s “Momentary,” “is to encourage people to use more imagination.”

Breen noted, “I feel thrilled to have a piece of Catherine’s story here at the preschool. It seems to me that we are joyfully extending the narrative of a lifetime of curiosity, risk-taking, creativity and love for community. And what better place for those qualities of character than a preschool?” ■

Sarah CR Clark lives in St. Anthony Park and is a regular freelance writer for the Bugle.

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BUSINESS NEWS

Black entrepreneurs feted at monthly bazaar

By Scott Carlson

A year after first sponsoring the Black Business Is Beautiful Market at its pilot microbrewery and taproom site, The Lab has turned that monthly initiative over to a minority entrepreneurial group.

The Black Market, a Black-business market curator, is now independently overseeing the operation of the bazaar, which features the goods and services of Black vendors and other entrepreneurs who are people of color.

"The Black Business is Beautiful Market has been handed off to The Black Market," said Lauren Bertrand, taproom general manager and marketing strategist at The Lab, 767 Eustis St. The event has grown from about 10 to 15 vendors at its debut to now featuring 40 to 50 vendors on the second Saturday of the month, she noted.

Seanie Sheppheard, co-owner of The Black Market, said her group started in 2021, dedicated to



Happy customers attended a recent Black Market event at The Lab microbrewery and taproom site. Submitted photo by Seanie Sheppheard.

increasing the visibility of Black-owned businesses in Minnesota.

"After three events that some would say were successful—drawing, on average, about 600 to 800 people per event during the summer—we worked with The Lab to acquire the Black Business Is Beautiful Marketplace," she noted.

Sheppheard noted, "Our goal is to present a fun, welcoming Black-centric space that everyone can enjoy, learn, connect and shop. Every market shows the beauty of our culture: the families, food, music, fun atmosphere, our history and arts, our youth and elders—the togetherness, hard work from our vendors and love. We want everyone to experience that while being intentional about not only buying Black but learning about services and products that come from our community."

The Black Market "is a small, family-operated business that has been one of the most rewarding experiences we have ever had as entrepreneurs as well as community members in Minnesota," Sheppheard said of The Black Market, which was founded by 4Seen Media and mnblacklist.com. The organization boasts a list of more than 200 vendors.

Besides appearing at The Lab, The Black Market has also staged

pop-up events around the Twin Cities. The big part of each market is a display of goods from various vendors including food products, home goods, clothing, shoes and jewelry.

"We are continuing to grow our community organizations and services as well," Sheppheard said. "We have had school districts, realty programs, housing and marketing experts and others that provide services to both community and businesses. Each market also hosts at least a half dozen food and beverage vendors that prepare delicious food onsite or have baked goods and other cottage food products."

Meanwhile, on another note, The Lab is regaining momentum for its business following the disruption of the Covid pandemic over many months in 2020 and into much of 2021.

During its Covid shutdown period, The Lab produced hand sanitizer out of its pilot facility as

a way to give back to the local community, Bertrand said. "We promoted to-go crawlers and powered through 2020 and then finally fully reopened our taproom doors in May 2021.

"We are still working to get back to the momentum we had after first opening our doors but have great hope and big plans for the future," Bertrand said. "We have dreams of hosting beer gardens and small summer concert series in the summer of 2022."

The Lab, founded by Janet Johanson and Matt Hall, in 2019 allows beverage makers to perform pilot runs of their products and to test the quality of their recipes. The Lab's pilot brewing and lab services for neophyte brewers help refine recipes, test trial new ingredients, create commercial quality prototypes and gather anonymous customer feedback from The Lab taproom. ■

Scott Carlson is managing editor of the Bugle.

BOOKS PREVIEW

Resident poetry sage explores parables of ambiguous, acute loss

By Krista Nelson

We have all been living in ambiguous times.

In his new collection, "Ambig-

uous Parables: Poems and Prose of Loss and Renewal," St. Anthony Park educator and poet Ted Bowman, offers us the voice of a man seeking greater comfort with ambi-

guity in living and moving through grief and loss.

"What seems to be is not always what is."

Bowman's subject is deeply personal: sitting with his mother with dementia, the tragic death of a grandson, his awakening of internalized racism, images of places loved now altered by change.

Yet Ted offers the words of American writer Frederick Buechner as we enter into Ted's own poetry: "My story is important not because it is mine, God knows, but because if I tell it anything like right, the chances are you will recognize that in many ways it is also yours."

As I read this volume, I find Ted's observation to be quite true. I turn to a good poem when I seek to imagine a complex chuck of human experience skillfully summarized as image or metaphor that rings true down to the bone.

The dreams, / Planted as perennials, / Turned out to be annuals instead.

Other poems follow, some with whimsy, some to shake us as with his reflections on 9/11's toll. Even Prince has a nod. (Dearly Beloved We are gathered here today together to get through the thing called life.)


Bowman writes not to resolve or instruct but keeps true to his

commitment to explore what is ambiguous in life's turns of course. He leaves this reader as having felt privy to an open heart that is usually guarded.

Ted's tales are not ones of woe but of life laid bare in all its complexity, with a call to keep living in it as fully as we can. ■

Krista Nelson, who lives in St. Anthony Park, is a psychotherapist who enjoys gathering with neighbors on the weekends to share poetry.

AMBIGUOUS PARABLES
Poems and Prose of Loss and Renewal



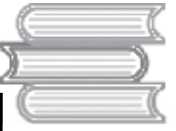
TED BOWMAN

A NEIGHBORHOOD READING

Join neighbors for the launch of Ted Bowman's new book, *Ambiguous Parables: Poems and Prose of Loss and Renewal*

Monday, November 8 at 7:00
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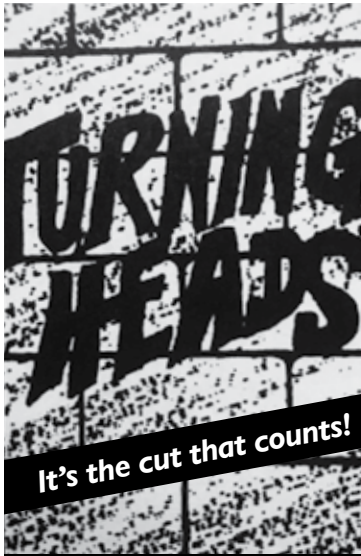
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THE BIRDMAN OF LAUDERDALE

by Clay Christensen

Oh those bird feathers!

“The Birder’s Handbook” (Ehrlich, Dobkin, and Wheye) states “Birds are **defined** by feathers—no bird lacks them, no other animal possesses them.”

Feathers are very important to birds. They make flight possible. They provide insulation and protection from the cold and the heat. They protect from sunburn and rainfall.

Woodpeckers have strong, pointed tail feathers that they use to prop themselves up while they whack at a tree. Colorful feathers are used by some birds for display. Drab feathers help to provide camouflage. The authors conclude “Feathers not only define the bird but are essential to its existence.”

Birds have different feather types on their body, head, wings and tail. They’re all made of beta-keratin, the same protein that’s in their beak and claws, and our hair and fingernails. Here are the most common types of feathers.

Flight feather: The tube that goes up the entire flight feather is called the rachis. It’s centered in most feather types, but it’s offset in the flight feather. The little vanes that come out from the

rachis are shorter on the leading edge of the feather. This design lets one feather overlap the next forming a seamless, aerodynamic wing, that also sheds rain. In addition, the vanes have tiny hooks and ridges that keep each feather in proper shape for flight. The bird can simply run its beak along the feather to zip up the hooks and ridges again.

Contour feather: Contour feathers are the body feathers that shape the bird. House sparrows have about 1,800 feathers in the summer, about 1,400 of them are contour feathers. Contour feathers are symmetrical with vanes of equal length on each side of the rachis. There are no contour feathers on the wings or the tail.

Semiplume: Semiplumes have a central rachis, but the vanes are frilly and not interlocked. These feathers help to provide insulation between the contour feathers and the down feathers.

Down feather: The down feather doesn’t have a rachis; the vanes or plumes emanate right from the rim of the quill or calamus at the bottom of the feather. The plumes are elongated, not interlocking.

Their fluffiness provides insulation by creating air pockets.

Bristles: A bristle is essentially a stiff rachis with no or few vanes. Bristles serve as sensors or in a protective capacity, for example, protecting the bird’s eyes from incoming bugs.

Filoplume: The filoplumes act like little wind gauges surrounding each flight feather. They don’t have any muscles in the socket, unlike the other feathers listed above, but their movement is reported to the bird’s central nervous system and helps the bird take off, fly, land, and maneuver.

Powder down feathers: Most birds have a preen gland above the base of the tail which secretes an oil that the bird uses to groom its feathers.

But some birds such as pigeons, hawks, herons, bitterns and parrots don’t have that gland. They have what are known as powder down feathers, that break down into fine powder the bird uses for grooming and waterproofing its feathers. The powder down feathers are concentrated in dense patches in herons, for example, but scattered in hawks. Sounds like a serious dandruff problem.

Summary: Now that we’ve de-

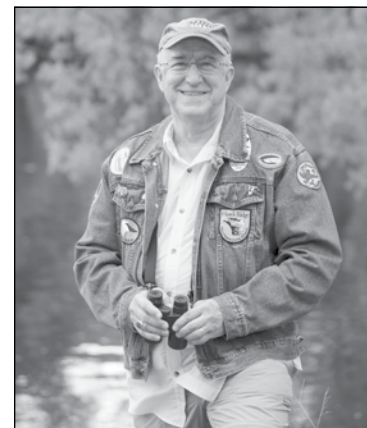
scribed several different kinds of feathers, let’s stick them onto an imaginary bird to see where they go and what they do.

If we start with a naked bird, we’d first add a layer of down feathers on the body. This is the thermal underwear that keeps birds cozy when it’s chilly. But it’s not very effective if it gets wet. That’s why the down layer must be protected by the contour feathers.

The contour feathers, also on the body, interlock and form a waterproof layer above the down feathers. Any rain is shed off without dampening the down. Wind doesn’t get through the contour feathers, either.

Between the contour feathers and the down feathers are the semiplume feathers. They’re like a frilly contour feather that’s got some downiness to it. They help improve the insulation of the down layer.

The flight feathers are on the wings, of course. These are the feathers that are asymmetrical with longer vanes on one side of the rachis. That allows the feathers to overlap with their neighbors, producing a strong aerodynamic instrument for flight.



Clay Christensen. Photo by Chase Vanderbilt.

Filoplumes surround the base of each flight feather. They send signals that move or rotate each flight feather while in flight.

Not all birds have bristles, but those that do are most likely using them to protect their eyes from incoming bugs.

And the powder down feathers are used by some birds as a source of preening powder. Not really dandruff at all.

So, the next time you find a feather on your walk you can now additionally impress your friends and family by identifying its type and purpose. ■

Clay Christensen lives and writes in Lauderdale, Minnesota.

Travel from p. 12

were captivating, but nothing is quite the same as witnessing the vibrant swirling colors in person.

Around each bend were more impossibly intricate designs of burnt orange, gray, peach and white rock set against a magnificent deep blue sky. As we walked around the conical shapes rising above us, we marveled at the splendid beauty concentrated in this small parcel. The endless array of picturesque views was stunning.

Some practical things to consider: The White Pocket tour is rated as a three out of 10 in hiking difficulty. The rock layers have excellent traction and there are different paths that can be chosen to avoid steep climbs.

This hike was accessible for people of most walking ability levels, although the extreme heat made moving around more challenging. Our guide had a thorough knowledge of the area and led us up, down and around the formations for several hours. We mostly had the area to ourselves along with one other group from Dreamland. There was plenty of water available and lunch was provided.

After we finished hiking, we had snacks and drinks in the parking lot, then settled in for the long ride back to the meet-up area. Although we had chatted easily on the way to White Pocket, the trip back was much quieter. We were all overheated and worn out, and several passengers tried to nap despite the bumpy ride.

Dreamland Safari Tours offers a good selection of tours and each one is rated for difficulty, which is essential when choosing an outing. We were completely satisfied with the tour and we would definitely recommend this company due to its experienced guides and informative website. We hope to take a different tour to one of the other picturesque spots in this region the next time we are in the Kanab area.

Although we saw many incredible sights during our vacation in the southwest, the White Pocket trip was definitely our favorite out-

ing. Traveling to this inspiring area provided a unique opportunity to be in a remote area far away from the urban jungle.

Would you like to deeply immerse yourself in a dazzling display of nature’s palette? If so, a visit to White Pocket is an incredible experience that would undoubtedly provide you with a lifetime of vivid memories. ■

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

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LIVES LIVED

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Several artists and a former member of the U.S. House Banking Committee are among those we remember this month in Lives Lived, as well as two who loved rescue dogs.

Kathryn Anderson

Kathryn Anderson, 88, died Sept. 14, 2021. She was preceded in death by her husband, E. Lawrence Anderson; parents, Jacob and Hilma Berge; siblings, Harold, Helen, Marianne and Donald and son-in-law, John. She is survived by her son Steven (Carol), daughter, Kari, and two grandchildren.

Private services with interment at Forest Lawn Cemetery.

Barbara Jean Claussen

Barbara Jean Claussen, 71, visual artist and professor from Lauderdale, died of acute leukemia on Sept. 18, 2021.

She was a painter of acrylic and mixed media, and taught art at the University of Northwestern—St. Paul.

She studied art education at Mankato State University and received her MFA at the University of Minnesota.

She was predeceased by her parents Charles and Jean Kraus, and is survived by husband Rand, daughters Annette and Stephanie, sister Diane Hanke and brother Bruce Kraus.

Laura Deuberry

Laura Anne Deuberry, 73, died Sept. 8, 2021.

She enjoyed 28 years at the University of St. Thomas as director of purchasing and was appointed director of facility interiors planning and design in 2003.

Laura also founded a caregiver support group for families dealing with dementia.

She was preceded in death by her parents, twin brother, William "Bill" and his wife Colleen. Survived by brother, Gregory (Patricia).

Memorial Mass was held Sept. 22 at the Church of Saint Cecilia, with interment at Resurrection Cemetery.

Jean Donaldson

Jean Donaldson, 96, died Sept. 11, 2021. She lived at the St. Anthony Park Home at the time of her passing and had lived in the area many years before.

Jean was a 1946 graduate of Iowa State University. She enjoyed a career in health care, as a licensed dietitian, nursing home administrator, teacher and executive director of health facility complaints for the State of Minnesota, among other positions.

Jean served on executive boards and committees of the American Red Cross, St. Paul Community Council, P.E.O., local arts councils, Hamline United Methodist Church and many others.

In retirement, Jean became an accomplished artist, and her evocative, dreamy watercolors, many of which depicted her beloved "North Woods," were featured in local art shows and galleries. She also championed education and opportunities for the underprivileged.

She and her husband Chris, who predeceased her, were deeply devoted to their beloved rescued and adopted dogs over the years.

Jean is survived by her son Eric (Susan) Donaldson of St. Paul; daughter Ann Donaldson Hazen of New York City; sister Maxine Redeker of Boone, Iowa; and two granddaughters.

Marianna Forde

Mariana L. Forde, 89, of Roseville, formerly of St. Anthony Park, died Oct. 3, 2021. Marianna was a retired French professor at St. Catherine's University.

She was preceded in death by her husband, Dr. Gerhard Forde of Luther Seminary and son Geoffrey. She is survived by her son Timothy, daughter Sarah (Joe) Monnens and one grandson.

Her funeral service was held Oct. 11 at Prince of Peace Lutheran Church, with interment in Indherred Lutheran Cemetery, Starbuck.

Jim Guenther

James Robert Guenther, 67, of Rhinelander, Wis., formerly of St. Anthony Park, died Sept. 3, 2021.

Lives Lived sponsored by



Roselawn Cemetery

Jim was born Jan. 26, 1954, in Milwaukee, Wis. He was raised in Oshkosh, Wis., and graduated in 1972 from Oshkosh High School. He then attended Lawrence University in Appleton, Wis., graduating in 1977 earning a bachelor of arts degree in English.

He is survived by his two children Ken and Thea, three grandchildren and a sister and a brother.

Mark Harrington

Mark L. Harrington, 69, died Oct. 5, 2021. He is survived by wife Julie; son Patrick; plus siblings, Kathleen, Patricia (James) Adams and Mary Lou (Michael) Carson. Preceded in death by his parents, Mort and Margaret.

Mass of Christian Burial was celebrated Oct. 12 at Church of the Holy Childhood, with burial at Calvary Cemetery. Memorials preferred to the family.

Paul Jessup

Paul F. Jessup, 82, St. Anthony Park, died Sept. 12, 2021, of complications from Parkinson's Disease.

Paul was born in Evanston, Ill., on April 16, 1939, to Paul and Gertrude (Strohmaier) Jessup. He graduated from Northwestern University and furthered his studies at Harvard, Oxford and Northwestern universities. He served as an economist on the U.S. House Banking Committee in 1963-64.

Paul was a faculty member at the University of Minnesota for 15 years and at Hamline University for 20 years. His focus was on financial economics.

Paul served as treasurer of the St. Mark's Episcopal Cathedral for 15 years and as a trustee of the Episcopal Diocese of Minnesota for six years. He also served on several boards of directors, including the St. Paul Chamber Orchestra and St.

Anthony Park State Bank. He was president of the Midwest Finance Association in 1977-78.

Paul is survived by Anneke, his wife of 51 years; their children Christine Jessup (Joanna DeLucia) of Silver Spring, Md., and Paul Jessup (Lian Tan) of Zurich, Switzerland; four grandchildren; and his brother, Robert Jessup (Julia) and family.

A service will be held at 11 a.m., Dec. 29, 2021, at St. Mark's Episcopal Cathedral, 519 Oak Grove St., Minneapolis. Family and friends are invited to gather beginning at 10 a.m. Private interment at St. Mark's Episcopal Cathedral columbarium.

Memorial contributions may be made to St. Mark's Episcopal Cathedral (ourcathedral.org), the St. Paul Chamber Orchestra (thespc.org/contribute/contribute-now/), or the Parkinson's Foundation (parkinson.org).

Stephen McCormick

Stephen M. McCormick, 83, died Sept. 24, 2021. He and his wife Ann lived in St. Anthony Park.

He had an uncanny gift for understanding things mechanical and electro-mechanical. This innate talent served him well during his 25-year professional career at 3M.

Stephen supported public broadcasting and organizations providing affordable access to education and technology.

He loved his rescue dogs Benji and Lola and was a regular donor to animal rescue organizations.

Stephen was also a member of the Aircraft Owners and Pilots Association and loved to visit Stanton Airfield, which was run by his uncle Malcolm, whom he revered.

Ann, Nikki (California) and

Lives Lived to p. 17

Community Worship Directory



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Occupy the 'Blue Zones' for a longer life

By John Horchner

Forty-five years before author Dan Buettner popularized the term "Blue Zones" in an article for National Geographic in 2005 that explored five places across the globe where people live incredibly long and happy lives, my father preached many of the principles, such as changing your surroundings if you want to live longer.

Our family's first apartment was close to the downtown area "so I can walk to the train station." The next place we had was further out but close enough to the elementary and middle school and even high school "... so you kids can walk to school."

Buettner grew up in St. Paul's Como Park neighborhood and his father instilled in his four boys the same sense that the easy way is not always the best way. In his case, it was trips to the Boundary Waters for weeklong canoe trips and backpacking out West, according to interviews he's conducted with various media outlets.

The funny thing is my dad's approach was closer to the big idea that Buettner brought back from his travels to Blue Zones—places

where people live the longest. It's not the heroic gestures but the everyday things like walking to the store, chatting with friends and making healthy food choices that equate to a long and happy life.

Reflecting on my dad's incessant reminders of the importance of walking or riding a bike for trips to friends' houses or even trips to the grocery store I see that bike riding would have been easier in a bicycle friendly place like Amsterdam rather than in our small town in New Jersey, which didn't have bicycle paths.

According to one of Buettner's blog post on LinkedIn, this is the key longevity secret: "If you want to live longer, don't try to change your mind, change your surroundings."

Food, exercise and social relations that add years to your life are all guided by where you live more than the choices you make.

Buettner synthesized these ideas and trademarked the term Blue Zones as a result of his work. His findings are used by the Minneapolis-based organization that he founded to help millions lead longer and happier lives in what they call Blue Zones Projects.

I was pondering this idea one day while biking in the St. Anthony Park neighborhood, when I saw Mark Brancel, a local physician out for a barefoot jog. I flagged him down and mentioned the big idea that one's environment trumps all other factors in determining health and well-being.

He gave me a long look and said, "Unquestionably. With one of many examples being a look at the whole current Covid situation where people are dying in greater numbers in some geographic places than other places..."

Brancel added that he'd just completed a book on aging that he intends to share with friends and neighbors. His ideas lean more towards individual choice rather than environment.

While I was working on this article in early fall, I sat down with Ross Jackson, another neighbor of mine, who lived in Denmark five years ago. Jackson is a schoolteacher who lives in St. Anthony Park but has been making trips back to Denmark ever since and may even move there.

Interestingly, Buettner highlighted Denmark as one of four

happiness hot spots to profile in his 2017 book "Blue Zones of Happiness" because of its citizens' high ratings for satisfaction, purpose and environments as they go about their lives. That nation has some of the lowest obesity rates in the world and the highest rates of happiness.

Jackson told me, "A lot of it is biking, but there's more... the real connection is the built environment."

Jackson said there are facilities for youth, designed specifically for their needs, so they have places to go after school and be with friends. Preschools are built next to parks or even embedded within them. Some have animals on site.

In the downtown area of Copenhagen, Jackson noticed a preschool with the playground on the roof. He imagines these values are played out throughout the country.

"They see the whole range of childhood activities and try to support it."

Jackson said he's impressed with the dedication of the adults he's met who work with kids. He didn't think they were necessarily paid a lot.

It's easy for me to see why Denmark was selected as an example for Buettner's book. It checks off all the right boxes the Blue Zones Project team espouses—government policies, a built environment, social networks, building design and residents who (especially) have a sense of purpose.

Can these ideas be transplanted and take root here?

Actually, they have. Albert Lea became the first Blue Zones city in the U.S. in 2009, making changes that led to a projected 2.9 years of additional lifespan after just one year of participating in the project.

In 2016, 13 Iowa cities achieved Blue Zones certification and the state's rank on the Gallup-Healthways Well-Being Index® rose two slots to 14th in the nation.

Today, there are Blue Zones Project places across the country, and the organization Buettner founded seems destined to continue to thrive as long as it brings results.

Rather than wait for city planners to adopt policies that will advance Blue Zones solutions that will "make the healthy choice the easy

Blue Zones to p. 19

Lives Lived from p. 16

Dana (Minneapolis) survive Steve. Celebration of life details forthcoming.

Memorial donations can be directed to Homeward Bound Dog Rescue, P.O. Box 1056, Monticello, MN 55362, or online via PayPal to Homeward Bound Dog Rescue Inc.

Hazel Stoeckeler

Hazel (Thorson) Stoeckeler, 103, died Oct. 7, 2021. She was an artist, designer, author and professor emeritus of the Department of Design, Housing and Apparel in the College of Human Ecology at the University of Minnesota.

She was a graduate of the U of M, having earned a B.S. with distinction in 1940 in art education, journalism and art history, and an M.A. in fine arts and architecture in 1945.

She and her husband Joe built two houses in the architectural style of Frank Lloyd Wright, one in Rhinelander, Wis., and another in St. Anthony Park.

Hazel was also a world traveler.

After Joe's death in 1967, she traveled through all seven continents. Her family estimates she visited more than 100 countries, many alongside her later-in-life partner Dr. Alvin Weber.

In 2008, she published a book of her watercolors, along with the poetry of Elizabeth Weber, entitled "Porthole Views of the World."

She is survived by her son Dr. Joel Stoeckeler (Jackie Langer) and two grandchildren. A celebration of life has been held.

Lynnanne Warren

Lynnanne Warren, 82, died Sept. 9, 2021.

Born and raised in Muncie, Ind., she graduated from Ball State University. While at the University of Minnesota in pursuit of a master's degree in education, Lynnanne met her first husband (Jim Warren) and accepted an elementary school teaching position in the Roseville School District. She taught in Roseville for 34 years, most of that time at Central Park School and Falcon Heights School.

Lynnanne invested in community through her church work, volunteering on political campaigns, being a great neighbor in her Falcon Heights neighborhood and through her participation in a groundbreaking University of Minnesota program entitled "Woman: A Sense of Identity."

She was preceded in death by her parents, Anna Lyonors and Bernard Perrin and her stepson, Edward (Ted) Leslie. Lynnanne is survived by her husband Jim Leslie, her step-daughter Marga-

ret Jaques-Leslie (Ben) and three step-grandsons, as well as her six siblings.

Memorials preferred to Unity Church-Unitarian, 733 Portland Ave., St. Paul, where a service was held Oct. 10.

Rosalyn Wisen

Rosalyn M. Wisen, 97, died Sept. 19, 2021. She lived in the same house in Lauderdale in which she'd been born, until the last few weeks of her life.

Rosie was inducted into the Minnesota Golf Hall of Fame in 2013 and worked at Burlington Northern Railroad for many years.

She was preceded in death by her parents Elsie and Chester Wisen, brother Robert Wisen and nephew Bill Wisen. She is survived by her brother William. Private interment was at Washburn-McReavy Hillside Cemetery.

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Proceeds will support the needs of the church and a local charity.



Memories made and funds raised

By Eric Erickson
Sports analysis

Allianz Field dreams come true

The Mayor's Cup soccer matches at Allianz Field gave the high school players from Como and Humboldt high schools a joyful experience that will be cherished forever by everyone in attendance. Bell Bank partnered with Minnesota United to sponsor the event and provide free admission.

Club officials lifted the attendance cap that was previously advertised and reported more than 2,000 fans in the stadium.

Beyond the perfect grass and field conditions, the stadium's production team supplied the same game day atmosphere that the professionals receive. From using the locker rooms, to the walk-out music, giant video screen and school logos on the scoreboard, the event and setting were jaw-dropping for the players and first-time Allianz stadium fans.

The girls game was a tightly contested affair with limited scoring opportunities. But early in the second half, Como senior **Lenia Lopez** powered a shot from eight yards out into the back of the net.



The victorious Como girls team with Superintendent Joe Gothard, Como Principal Kirk Morris, Mayor Melvin Carter and the Mayor's Cup
Photo by Eric Erickson.

Power-Theisen said. "I was excited. It felt good. Especially after I recovered because I was super tired. Going forward, it's a big confidence booster."

Power-Theisen is the defending St. Paul City Conference champion. But "the Griak" meet brings in top runners from across Minnesota and neighboring states. Since last year's meets were limited due to stricter COVID-19 precautions, top runners haven't been able to see where they stand against each other.

Power-Theisen enjoyed the opportunity and obviously took full advantage. He hopes to keep building strength and endurance as he and Cougar teammates prepare for the Section 4AA Meet at the end of October—and the chance to qualify for the Minnesota State Meet on Nov. 6.

Twin Cities Marathon

Como Athletic Director **Koua Yang** and Assistant Athletic Director **Ricky Moua** have found a creative way to raise funds for the Cougars' Athletic Department while also challenging themselves to reach peak fitness.

Through a partnership with the United States Tennis Association, they raised \$7,200 at the Twin Cities Marathon on Oct. 3. The USTA matched donations Moua and Yang received on their own with \$100 for every mile the duo ran.

Moua trained for his first marathon and successfully completed the 26.2 miles. Yang, a veteran marathoner and former Harding tennis coach, did the 10-mile run this year. There is value in athletic department leaders modeling commitment and training to reach goals.

"I don't consider myself a runner," Moua said. "But this shows that even if you're not great or even good at something, if you stick with it, it will pay off in the end."

Yang says the athletic department fundraising is a collaborative effort with the Como Park Booster Club, and that they've found unique ways to try and to support facility needs.

"In 2019, we raised over \$32,000 to refurbish our weight room with a new treadmill, bike, elliptical, dumbbells and another set of bleachers which we have yet to receive from the district," Yang said.

As for more marathons?
"I guess we have made it a tradition now to run and fundraise for our students," Yang said. "It is a healthy and good cause that we will continue to take advantage of." ■

Eric Erickson is a social studies teacher at Como Park Senior High School, a longtime youth athletic coach and a regular freelance writer for the Bugle.

The goal would hold up to be the difference as Como won 1-0.

"We are so grateful to have had the opportunity," said Como senior defender **Lucy Hebble**. "We'll remember this experience forever."

The boys game was fast and furious with several quality scoring opportunities for both teams. But even after two overtime sessions, the score remained locked at 0-0.

A penalty kick shoot-out isn't used by the State High School League in the regular season. But when you're **Mayor Melvin Carter**, and two St. Paul teams are playing for the Mayor's Cup, you ask the crowd if they want a penalty kick shoot-out. The answer was a resounding, "yes," and the mayor approved.

In dramatic fashion, Humboldt converted four penalty kicks to Como's three. The Hawks jumped for joy while the Cougars felt momentary heartbreak.

All four teams were honored by the mayor in the postgame ceremony.

They all represented their schools with outstanding effort and inspired the St. Paul soccer community.

"It was amazing. I never would have thought we'd be able to play here at Allianz," said Como boys captain **Soren Berg**. "To be the first high school teams playing in this stadium—it was more than we ever could have imagined."

Power-Theisen wins Roy Griak Race

Como junior **Charlie Power-Theisen** didn't know what to expect when he lined up with 300 other high school runners for the Maroon Division boys race at the Roy Griak Invitational in late September.

When he finished the 5K race over the hilly terrain at the U of M Golf Course in first place, his fatigue took a back seat to satisfaction.

"I was surprised that I won,"



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Williams from p. 1

early phases of planning for the organization.”

After retiring from The Good Acre, Williams said, he intends to stay involved in local food by returning to small-scale farming to “help friends develop a medicinal herb farm and continue to work in food justice.”

Williams has decades of experience as an organic farmer, according to the news release from The Good Acre. After serving in the Peace Corps in Kenya in the 1980s, Williams grew fruit in upstate New York, British Columbia and Washington state before becoming a partner at Featherstone Farm, a 250-acre certified organic farm in Rushford.

After relocating to the Twin Cities in 2007, Williams worked as a wholesale buyer for Co-Op Partners Warehouse before getting involved with planning for what would eventually become The Good Acre food hub. ■

Scott Carlson is managing editor of the Bugle.

Blue Zones from p. 17

choice,” as they say on their website, I was wondering what an individual can do to get started today.

It appears Buettner has thought of this. He will be offering solutions anyone can implement, using a four-week challenge that will be published in book form in December of 2021 called the “Blue Zone Challenge.”

Doesn't this approach sound like using individual will power rather than living naturally in a Blue Zones' environment?

When I asked Buettner about this in a recent email exchange, he replied: “No, the focus isn't changing. The ‘Blue Zones Challenge’ is mostly evidence-based ways individuals can shape their environment to favor unconsciously healthy choices.”

St. Paul has many advantages already. Combine it with the ideas gleaned from the Blue Zones, it seems we can all be on our way to helping ourselves and others live longer and happier lives, maybe even to 100 and beyond. ■

John Horchner is a writing and publishing professional who lives in St. Anthony Park.

Photo standards from p. 9

wide x 3” high with a ppi of 96, this will end up at a size of 0.7” wide x 1” high when the resolution is changed to 300. “Photo B” will be too small for even a 1 column placement without running the risk of looking blurry.

• Basically, the larger the photo, the better!

• We often need to crop photos, either in the width, depth or both. When taking a photo, try to keep the main subject as centered as possible.

• Do not compress photos before sending. If a photo is too large to send attached to an email, contact us at editor@parkbugle.org and we'll work out a way for you to get the photo to us electronically.

Thanks to all who contribute photos either occasionally or regularly to the Bugle. ■

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6807 York Avenue South
Edina, MN 55435
(952) 967-2750/TTY 711

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