Meet the ‘Craniacs’
Nebraska Crane Festival is just a day’s drive from here.

Travel costs
Calculate your carbon debt

The Blades
Girls’ hockey team has a rink to call home.

Future of Sholom site once more in doubt
Public meeting will be held March 7 to address neighbors’ concerns.

Patience Zalanga has her lens focused on a more equitable world

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

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

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

“I grew up seeing my dad reading a lot, and that had a big influence on me,” she said. “One thing my dad told me was, ‘If you want to be a journalist you have to read widely.’”

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

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

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

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

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

But whatever the next step is for the former Sholom Home East facility at 1554 Midway Parkway, it won’t come easy, quick or cheap. The property across Snelling Avenue from the State Fairgrounds has been unoccupied for nearly a decade, and the current owner recently acknowledged failing to obtain redevelopment funding after two years of trying.

David Grzan, a principal with the CRE Group, did not respond to the Park Bugle’s repeated requests for comment. But he told the District 10 Como Community Council newsletter, “We haven’t thrown in the towel, but our backs are up against the wall.”

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

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

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

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

Zalanga to 6
By Bill Lindeke

Overall crime decreased 6.7 percent in 2017 in Como, according to preliminary police data analyzed by the Como Community Council. Violent, burglaries and thefts all were down, and there was no increase in assaults. Most notably, the neighborhood saw a sharp drop in auto thefts; however, robberies and rapes increased. And, as was the case citywide, reports of gunshot also continued to increase, though not nearly as rapidly as in 2016.

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

Make your Sundays more exciting

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

• Crime Prevention through Landscape Design: Patty Lammers, crime-prevention coordinator for the St. Paul Police, gives advice about where to plant, what not to plant, and what to do if you make yourself, your family and your home safer. Sunday, April 15 (location to be determined).
• Como Park Tree Trek: Certified arborist and former Tree Advisory Panel member Tim Morgan leads a walk that will help you better identify and understand local tree species, their health, and the diseases and pests that affect them. Sunday, June 3 (meet outside the Como Lakeside Pavilion).

Get your junk pile together early

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

Upcoming District 10 meetings

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

All meetings begin at 7 p.m. at the Historic St. Anthony Streetcar, which is at the northeast corner of Lexington and Horton avenues. Community members are always welcome to attend and participate. Whenever possible, agendas are posted on the “Bring it News” section of District 10’s website.

Lauderdale

The Lauderdale City Council meets on the second and fourth Tuesday of the month at 7:30 p.m. at Lauderdale City Hall, 1899 Walnut St. Contact information: 651-769-7597 or visit the website at Lauderdalemn.org.

Help plan Lauderdale’s future

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

St. Anthony Park

The St. Anthony Park Community Council, which shapes regional planning, requires comprehensive plans to be submitted by all cities in the seven-county Metropolitan Area, so there are clear timelines and steps for all communities to follow. According to Burkowski, after it’s adopted locally this spring, the Lauderdale plan would then go to the neighboring cities of St. Paul, Minneapolis and Falcon Heights for comments. Finally, it will be submitted to the Met Council for final approval.

At that point, Lauderdale staff can take a break, because it will be 10 more years until the next one comes around.
Audubon's Nebraska Crane Festival is an enjoyable, economical trip

By Janet Wight

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

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

Jeremy grew up in Baraboo, Wis., which is the home of the International Crane Foundation (ICF). We had visited the ICF many times over the years and enjoyed learning about all 15 species of cranes. Since 11 of these species are endangered, it was hard for us to envision the enormous number of “lessor” (smaller) sandhill cranes that gather along the Platte River in Nebraska each year. It wasn't until I started planning our trip that I decided to research Audubon's Festival.

Kearney is a small city in northeast Nebraska. The festival is held over four days between March 20 and 23. The festival includes the Audubon's Nebraska Crane Festival, the Archway Monument and the Classic Car Collection. We were so busy with all the Crane Festival activities that we didn't move our car during the four days we were there. (Some festival attendees flew into Lincoln and rented a car for the two-hour drive west to Kearney, which is a good time-saving option.)

We were uncertain what to expect since we hadn't been to Kearney before. We hit the ground running with a half-day birding tour, as well as morning and evening crane viewing sessions. We observed in bird blinds located on the grounds of Audubon's Rowe Sanctuary and witnessed the spectacle unfolding on Platte River sandbars immediately in front of us.

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

Although the cranes were undoubtedly the main draw of the festival, the concurrent sessions held their own intrigue. It was difficult to decide which presentations to attend since there were three compelling options for each time slot. The choices included such diverse topics as learning how to distinguish birdcalls, the impact power-line design has on bird populations, and bird calls. The decisions provided excellent fodder for conversation tests. These presentations provided excellent fodder for conversation tests when attendees were milling around in the lobby or gathering for outings or meals. There were also several inspirational speakers, including.

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

Poetry contest closes March 6

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

• We want to read poems that address "cultivation.
• Poems can take any form you choose.
• The words “cultivate” or "cultivation" do not have to appear in your poem. Use them as inspiration to go in any direction they take you.
• The contest is limited to one submission per person and it must be received by Tuesday, March 6.

The poems will be judged anonymously by a local poet. The first-place winner will receive $50 and be published in the April issue of the Bugle. We will also publish the second- and third-place winning entries. All entries will be published online. The contest is open to all Bugle readers. Current Bugle employees and Park Press board members and their families are not eligible to enter.

Send your poem to Editor, PO. Box 8126, St. Paul, MN 55108, or to editor@parkbugle.org.
By Adam Granger

I’m a lefthy. That is, I write lefthanded, and that seems to be the standard by which we define handiness, so I guess I’m a lefthy. But I do almost everything else—eating, waving, throwing and batting—righthanded. When I tell people that, they say, “Oh, you’re ambidextrous,” but I’m not. Ambidexterity is the ability to use both hands equally well for everything, and it’s rare. For the most part, I can’t do the righthanded stuff with my left hand, nor the left stuff with my right. Like most people, I am what is referred to in the hand biz as cross-dominant. About 10 percent of us are lefthanded, and upon us are heaped mounds of etymological insult. The adjective “sinister”—which originally meant simply left, left side or left handed—has, from heraldry forward, incurred a host of negative meanings: frightening, alarming, ominous, dark, menacing, evil and the like. Paying someone a lefthanded compliment is damming that person with faint praise. Mary Wollstonecraft, an almost-singular feminist in her day, wrote, in her 1792 treatise, “A Vindication of the Rights of Women,” “When a man seduces a woman, it should, I think, be termed a lefthanded marriage.” Magic was said to lie in the lefthanded art.

On the other hand (pun not intended but gladly accepted), the synonymy of the adjective “right” and “correct” springs from the same handiness bias. But there are rebuttals. Proverbs 3:16 says that in wisdom’s left hand are riches and honor. And, on average, lefthanders score one point higher on IQ tests than righties (squeaking my score into triple digits, Yeess!). Also, an inordinately high number of creative people are lefthanders. The only conclusion to draw from all of this is that this anti-left prejudice is born of simple petty jealousy on the part of righties. It’s sad. Bigly sad. I still say that it’s odd that I’m considered lefthanded solely because of my right hand in beautiful cursive on fine linen paper using high-quality inks and gold-nibbed fountain pens.

Wanted: lefthanded Opponents of the governing board. The board consists of residents and previous nonprofit board service; or more of the following skills or background: organizational management or strategic-planning skills, especially with nonprofits; previous nonprofit board service; background in fundraising or grant-writing; sales, advertising or legal experience; and a strong connection to the community.

To apply, please send a note and biography to editor@parkbugle.org with DIRECTORS in the subject line, or send a letter to Park Bugle, PO Box 8126, St. Paul, MN 55108, ATTN: Directors.
The travel fare isn’t the only cost

By Michael Russelle

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

Just how big is travel’s carbon debt? When my wife travels to Switzerland to visit her 95-year-old father this year, her portion of that flight’s carbon debt will double her carbon debt for the entire year. The easiest way to shrink a travel footprint is to live locally, but even with improvements in jet fuel use efficiency, air travel emits the most carbon. Flying nonstop to Chicago, it’s about 0.643 pound per passenger mile. So at 684 miles, you have a 440-pound carbon debt per person in an economy seat for each flight. (Not counting the cost of getting you to and from each airport for each flight.)

If you’d like to visit friends in Chicago with another person. What are your options?

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

Amtrak: Take the Empire Builder and you cut that cost by nearly half. Even with a 20 percent longer trip than flying, at 0.307 pound per passenger mile, your carbon debt is still just 257 pounds.

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

Electric vehicle: Most EVs are charged from the regional power grid, and in the Midwest the grid’s carbon emission rate is 1.61 pounds per kilowatt hour (kWh). The most efficient gets EV 3.57 miles per kWh, resulting in 177 pounds carbon per person. (If the EV is powered by renewable electricity, only very small indirect emissions contribute—about 8 pounds carbon for the entire trip.)

More riders reduce the carbon cost of driving even more. Bus: Because of that ride-sharing magic, commercial bus service runs at just 0.171 pound per passenger mile. With the bus route of 842 miles, your carbon output is just 144 pounds.

Thank you for supporting this community resource

Thanks to the following Park Bugle readers who have helped the Bugle raise $41,700 toward our goal of $42,000 in the 2017-18 fund drive. This list reflects those who gave between Jan. 19 and Feb. 16, 2018. We will publish more donors in the next issue.

The Bugle relies on tax-deductible donations to help defray its annual operating costs. You can donate online at www.parkbugle.org. Click the green DONATE NOW button on the right side of the page. Or send a check to Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

Thank you!

Grant Abbott & Elaine Tarone
Fathad Adbidara & Krista Nelson
Joshua Becerra & Sonia Ellis
Frank Dolphi
Agnes Dynes
Shirley Espeland
Christopher Foss
Evelyn Hanson-Florin
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Snowpants Drive

"For some students, the trip to YMCA Camp Widjiwagan is their first experience with playing and hiking outdoors in the winter. Without snow pants, it is not the most comfortable or positive experience. Snow pants makes the difference between being cold and wet to building enthusiasm for and knowledge of the outdoors." Donations go to YMCA Camp Widjiwagan for kids in their outdoor program.

Drop off on Sunday, March 18 10-1 p.m. at Healing Elements 2290 Como Ave, St Paul

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Thank you!
Zalanga from 1

her to go to Missouri “to stand in solidarity with the people of St. Louis,” she said yes and took her camera with her. Zalanga’s first brush with law enforcement occurred before she reached St. Louis. She was driving the carload of five activists (all of whom are black) when she was pulled over for speeding. What should have been a routine traffic stop quickly ramped up. Zalanga ended up in the squad car.

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

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

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

Missouri’s governor called a state of emergency as the incident announcement neared, and Zalanga and her friends found themselves surrounded by National Guard troops, military vehicles and police officers from Ferguson and surrounding jurisdictions. “They looked like they were going to war,” Zalanga said. “That was really frightening.”

Zalanga quickly figured out that what was being reported by the throngs of journalists and their news agencies was distinctly slanted, she said. “When the police were Macing people and arresting people, that’s when the media would show up,” Zalanga said. “It was really disheartening for me because the journalists were getting all their stories from the police, and they had no interest at all in talking to the protestors.”

The dramatic images splashed across television screens around the country portrayed a group of people who have been systematically oppressed for generations, going back to the mid-19th century, when accounts of negroes being lynched weren’t deemed newsworthy, Zalanga said.

Zalanga also finds what she calls the dehumanization of black people by the police and media to be especially disturbing. The uncovered body of Michael Brown lay in the street for more than four hours after he was shot and killed. “There were a lot of apartment buildings there, so this was something you could see if you walked out on your balcony,” Zalanga said. “It was purposefully done to send a warning to the community.”

While Zalanga finds the actions of the police officers who were involved reprehensible, she’s also quick to point to the news agencies that splashed footage of the slain teenager’s corpse to coast, hour after hour. “You don’t repeat images of Michael Brown’s body on television unless you think people are going to tune in and you’re going to get good ratings,” Zalanga said. “It’s not about morals or ethics, it’s about numbers; it’s about how much money you can make off of somebody’s child laying dead in the street.”

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

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

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

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

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

Zalanga wasn’t fully aware of how deeply the experience had affected her and how emotionally drained it left her, until she returned to St. Paul. “The first thing I did when I got home was burst into tears,” she said.
“My mom just held me.”

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

Zalanga was a passenger in one of four cars used to slow the traffic down on a highway specifically chosen because it was built for “white flight” to the suburbs, she said. The cars came to a stop next to an off ramp where the activists on foot were lanes and the breakdown lanes, down on a highway specifically chosen because it was built for “white flight” to the suburbs, she said. The Ferguson police were out in force for the gathering, and while some of Zalanga’s companions were prepared to get arrested, she was not.

Zalanga said. “There were about 60 by the time we got back to the car. That’s when I knew we were getting arrested.”

Zalanga’s previous experience with the St. Louis-area police left her with a fairly low opinion of them, and her initial contact prior to her arrest did little to change her views. If you go to any state, police officers have a lot of the same characteristics,” she said. “But the St. Louis police are on a whole different level of messed up.”

One officer, however, showed a degree of thoughtfulness that Zalanga was not expecting. Zalanga and her companions were back in their vehicle only a few minutes when the car was surrounded by police officers tapping on the windows with batons and demanding the occupants open the doors. They opened the doors. Zalanga was the last to exit the car. She heard her companions screaming in protest as they were taken away. As she got out of the car, a police officer asked if she wanted to put her camera in the trunk.

“T here’s no point in them taking the camera,” she said. “It’s code — it’s code for something deeper.”

Zalanga’s vision for the future might be labeled unrealistic, or chalked up to the idealism of youth, but she’s undaunted. “I hope that a lot more people can lead their fullest lives,” she said. “I hope that my people and people who are experiencing oppression around the world can live in peace. I know that the truth is sometimes painful, but it will set us free.”

On a more personal front, Patience Zalanga needs look no further than her immediate family for motivation to continue her efforts toward a more equitable world. “I hope my little sisters can live in a country and a world that respects their bodies, their minds and their humanity,” she said. “I hope they will not feel constricted by the social constructs that would try to tame them. I hope they are allowed to be who they are.”

Patience hopes.

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

1. Ferguson, Mo., 2015.
3. A St. Paul police officer in summer 2016, during a protest after the death of Philando Castile.
4. Boys at a protest in Missouri.
5. Holding hands at the one-year anniversary of Ferguson Police Officer Darren Wilson being acquitted in the death of Michael Brown.
Public hearing set for March 7 in library land sale

By Kristal Leebrick

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

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

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

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

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

Library and city staff members met with St. Anthony Park Community Council members in May 2016 to discuss the disputed property line and a community meeting hosted by then Ward 4 City Council member Russ Stark was held at the St. Anthony Park Library stating that the library is considering the sale.

In October, former St. Paul Public Library director Jane Kantor sent a letter to interested parties stating the library’s support of the sale of most of the land in question and outlining the process in interest to buy the property.

• The property is not considered to be necessary for future library expansion, and the significant gradient change between the library structure and the homeowners’ yard would make the property difficult to use for further expansion.

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

• The Ramsey County tax assessor’s office has considered the property in dispute to belong to the owners of 2239 Como Ave.; therefore, the owners have been paying taxes on the land in consideration for sale. A Ramsey County GIS tax map shows to make something positive happen to the property.

The library has proposed retaining a small portion of the property at the top of the slope, to allow for space for a walking path proposed by the volunteer gardeners.

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

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

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

Family concerts open with the Minnesota Percussion Trio

Travel on a whirlwind tour of musical traditions with Around the World in 80 Beats, Schubert Club’s first Music in the Park Family Concert of the season.

The Minnesota Percussion Trio will perform two concerts on Friday, March 16, at St. Matthew’s Episcopal Church, 2315 Carter Ave. The concerts will begin at 6 and 7:30 p.m.

The Trio will return to the United States for some West Coast jazz and, July 30, to the Family Concert Series at the Minneapolis St. Paul International Airport. The group will perform on the drum set, an instrument created in the late 1960s to feature nationally and locally

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The library has proposed retaining a small portion of the property at the top of the slope, to allow for space for a walking path proposed by the volunteer gardeners.

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

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

The council will vote on the matter on March 7, after hearing the public comments.
“Many people have strong inner critics,” she says. “We think [self-criticism] is a good way to motivate ourselves. But the truth is we function better and happier if we learn to be kind to ourselves.”

Fagerstrom is firm in her declaration that what she practices “is not therapy. It’s a skills course.” And many of those skills revolve around active meditation techniques. “We spend a lot of time living in our thoughts,” she says. “Sometimes it’s important to let go of being immersed in thought and go into the experience of the body.”

Fagerstrom teaches her students methods of working with difficult emotions such as anger or fear. “It’s important to name the emotion, feel it in the body,” she says. Note your rigid fists and that sick, tight feeling in your stomach, in other words. “Then practice softening and soothing the body,” she instructs, and perhaps the mind will follow the body’s lead.

M Indful self-compassion is an effort to honor this experience of the body. “Then practice softening and soothing the body,” she instructs, and perhaps the mind will follow the body’s lead. Mindful self-compassion is an eight-week program that was developed by two psychologists based in Massachusetts and the University of Texas. According to his online biographical statement, Christopher

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

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

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

She took the mindful self-compassion training and says she has experienced positive changes in her own life as a result.

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

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

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

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

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**Compassion from 9**

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

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

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**Can my aging parents maintain their independence?**

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

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

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

A trained medical professional can help with age-specific exercises that are proven to decrease the risk of falls, improve independence and build strength.

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- Get back to bending down with greater ease to safely pick something up from the floor.
- Maintain functional strength to joyfully go on living independently at home.
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Advice from the wellness experts

W

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

— Movement/exercise, good nutrition and adequate sleep.

— Also important are the ingredi-

ents that help to facilitate those basic elements: a loving and sup-

porting community of family and friends, time in nature, meditation and purposeful work.

— All of these lifestyle components help minimize stress and encourage happiness.

— Marnie Myhre, RiverStones Wellness

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

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

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

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

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

— Dr. Nicole Hamel, Hamel Sports and Family Chiropractic

Regular exercise, a healthy diet and 10 minutes each day of slow, deep breathing. Regular spinal adjustments will help manage stress and allow the nervous system to function better.

— Dr. Bill Skon, Skon Chiropractic Clinic

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

— Simplicity, Gratitude, Forgiveness.

— Paula Lindemann, yoga teacher


— Dayne Thomas, Tai Chi teacher

— (S elf) love, honesty, acceptance.

— Nora Gurfic, yoga teacher

Self-love, supportive community and inspired practice!

— Mary Sage Somervell, wellness associate and yoga teacher

Ask your body and energy body questions: “What do you need, currently?” “What chair do you prefer, yours?” “What shoes do you need, ankle?” “What food do you need, soul?” “What song should we sing, heart?”

Treat yourself as a child. You are the embodiment of pure source energy, same as the day you were born. You are not a measurement of your potential. You are not a list of met and un-met expectations. You are a being of continuous self-care and that you deserve to treat your mind and body with nourishment, acceptance and love. You can make such a difference in the way you perceive your life.

— Samantha Haert-Steffanni, owner, Healing Elements

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

— Lehon Sentzick, wellness associate

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

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

— Samantha Haert-Steffanni, owner, Healing Elements

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Community Worship Directory

**LYDIA PLACE COLLABORATIVE COMMUNITIES—ELCA**
Rev. Scott Simmons, pastor, 612-859-1154, lydiaphere.com
Hymnstr and hymns, fourth Monday of each month—7 p.m. Dubliner Pub, 2162 W. University Ave., St. Paul 55114
Sunday worship: 5 p.m., Down Art Gallery, 2542 W. University Ave., St. Paul

**MOUNT OLYVE LUTHERAN CHURCH—WELS**
A Caring Family of Christ-Centered Believers (www.mount-olive-lutheran-church.org)
Find us on Facebook—1460 Almond Ave., St. Paul, MN 55108 651-645-2575
Sunday worship—9 a.m.
Bible study and Sunday school, 10:30 a.m.
Pastor Al Schlemmer

**PEACE LUTHERAN CHURCH—ELCA**
1744 Wabasha St. (at Iowa), Lauderale, 651-644-5440
www.peacelauderdale.com
Sunday worship: 10 a.m.
Reconciling in Christ Congregation
All are welcome. Come as you are.

**ST. CECILIA’S CATHOLIC CHURCH**
2357 Rydell Place, 651-644-4902
www.stcecilia.org
Handicap-accessible
Sunday Mass—4:30 p.m.
Sunday Mass—8:15 a.m. and 10 a.m.

**HOLY CHILDHOOD CATHOLIC PARISH**
1435 Midway Parkway, St. Paul, 55108
Pastor: Fr. Timothy Christner
Parochial Vicar: Fr. Joseph Pink
Weekend Masses: Sat. 5 p.m., Sun. 9:15 a.m.
Weekday Masses: Monday-Saturday—7:45 a.m.
Confession: Sat. 7-7:30 a.m. & 4-4:30 p.m.
Parish office: 651-644-7495, mrsuadat@holychildhoodparish.org

**ST. ANTHONY PARK UNITED CHURCH OF CHRIST**
2129 Commonweallth Ave. (corner of Commonweallth and Chalmsford)
651-645-2715, www.sapucc.org
10 a.m. Lord’s Supper
11 a.m. Worship

**ST. MATTHEW’S EPISCOPAL CHURCH**
The Rev. Blair A. Pogue, Rector—2136 Carter Ave. at Chalmsford
651-645-3038, www.sanctuarywells.com
Sunday: 9:30 a.m. and 11:30 a.m.
Tuesday: 7:30 p.m. Soup Supper
Saturday: 10:30 a.m. Men’s (not with Communion)
Education for all ages on Sunday at 9:15 a.m.

**CENTENNIAL UNITED METHODIST CHURCH**
4220 Hildale Ave., 651-699-6814
10 a.m. Sunday contemporary worship

**To add your place of worship to the directory, contact Bradley Wolfe at 952-393-6814 or bradley.wolfe@parkbugle.com**
The demise of a gracious country home

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

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

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

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

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

The Farmers Union Grain Terminal Association acquired the property in 1945 and tore down the house to make room for its new headquarters.
Crane festival from 3

actress and author Jane Alexander, who is a member of the Audubon board of directors. Another enjoyable aspect of the festival was becoming acquainted with our fellow crane enthusiasts. Even introverts had little hesitation engaging in conversations with strangers, since there was so much to talk about. Some participants were very knowledgeable and enthusiastic about birds, and cranes in particular, while others knew very little. They were there simply to witness the impressive migration. Enthusiasts traveled from every corner of the United States to attend the festival, but the majority of attendees were from the Midwest. Some people had been traveling to the annual festival for decades. Others, like us, stumbled across the website and decided to give it a try.

We stayed at the Kearney Holiday Inn, the festival’s hotel headquarters. There are also several other modern hotels within walking distance. There were a variety of field trips to choose from; most people participated in at least one of these offerings. Overall, the crane festival was an enjoyable, informative and economical vacation.

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

Transition Town from 5

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

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

Eating habits: Or if they’re burger-eaters, those five people could each skip a weekly quarter-pounder for 13, say, July through September. Not difficult for some, but pretty hard for others, eh? (Each pound of beef has a carbon cost of 27 pounds, so 440 pounds divided by 27 = 16.3 pounds of meat total.) Another option for an ambitious friend: Grow vegetables at home rather than buy them at the store. One report concluded that every pound of homegrown veggies saves just under 2 pounds of carbon emissions. Could you help convert a lawn to a garden? Natural gas use: Or you could ask five households to each save 6 therms of natural gas. How? Do laundry in cold water rather than hot (and hang it up to dry), take shorter showers and turn down the thermostat in winter. A family that uses 50 gallons of hot water a day could save 15 therms a year just by lowering its water heater temperature from 130° to 120°F. (Natural gas produces about 14.5 pounds of carbon per therm, including upstream emissions, so your 440-pound debt equals 30.3 therms.)

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

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

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Photo by
Sandhill cranes gather on the Platte River in Nebraska. Photo by Jeremy Wight
Wednesday, March 7, to be included in the April issue.

calendar@parkbugle.org

CA REGIV ER A ND B E R EAVEM EN T S UPP OR T

1 THURSDAY

St. Anthony Park United Church of Chinese, St. Anthony Park Library, 10:30 am

Dialoggers Toastmasters meets every 10:30 a.m. Free and open to adults.

March Maker Madness: LEGOS Free DROP-IN, St. Anthony Park Library, noon.

14 PARK BUGLE

“rabbit Hole” opens at Anne Simley noon.

Walking in the Langford Park gym different nature theme each week. Open to adults.

MARCH MAKER MADNESS: Pamphlet Friday in February, St. Anthony Park Folwell Ave., 11:30 a.m.-12:30 p.m.

1 FRIDAY

Pacheco/Northstar screen each Friday in February, St. Anthony Park Library, 10:30-11:30 a.m. Explore a different nature theme each week.

Walking in the Langford Park gym has 2-3 p.m. every Friday. Free and open to adults.

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

17 SATURDAY

St. Anthony Park 10-Year Plan meeting, Church of St. Cecilia, 2557 Bixby Place, 1 p.m. Read the plans ahead of time at special eyeglasses.

Ladies Music Club, Underground Music Cafe, 7-9 p.m.

19 MONDAY

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

21 WEDNESDAY

SAPAS spring and Easter card making, Centennial United Methodist Church, 10:30 a.m.-1 p.m. Tools and supplies provided.

23 FRIDAY

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

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

Murray Middle School play, “The Little Mermaid Jr.,” 7 p.m.

24 SATURDAY

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

Murray Middle School play, “The Little Mermaid Jr.,” 7 p.m.

The New Art Box Blues Band, Dubliner Pub, 9 p.m.-1 a.m.

25 SUNDAY

The She Shells, Underground Music Cafe, 11 a.m.-1 p.m.

Sunday Afternoon Book Club, “Tell On You Knows” by Avo-Maye McDonald, 1:30-3 p.m. All are welcome.

Murray Middle School play, “The Little Mermaid Jr.,” 2 p.m.

30 FRIDAY

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

SENIOR EXERCISE

St. Anthony Park Area Seniors (SAPAS) Wednesday, Centennial United Methodist Church, 11:30 a.m.-noon.

Friday, March 2, St. Anthony Park Library, 2-3 p.m.

Tuesday, March 13, Soul Hi-Rise, 3:30 p.m.

VENUE INFORMATION

St. Anthony Park United Church of Chinese, St. Anthony Park Library, 651-603-8946

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

Falcon Heights City Hall, 2077 W. Larpenteur Ave.

Falcon Heights Town Square Senior Apartments, 1350 W. Larpenteur Ave.

Lynnwood City Hall, 1891 Welser St., 651-613-0300

Mundelein, Canton & Como, Iowa

Midlothian, Morton, IL

Murray Middle School, 2200 Buford St., 651-646-5306

Murray Middle School, 2250 Delaware Ave., St. Paul. www.murray.spps.org

Olsen Campus Center, Luther Seminary, 1490 Fulham St.

Falcon Heights City Hall, 2255 Larpenteur Ave.

St. Anthony Park Library, 651-642-0311

St. Anthony Park United Church of Chinese, 2129 Commonwealth St., 651-646-7175

St. Matthew’s Episcopal Church, 2129 Commonwealth St., 651-646-7175

Women’s Drum Center, 1579 N. Houlton Ave., womensdrumcenter.org

Women’s Drum Center, 2242 W. University Ave., womensdrumcenter.org
Heads up Victory motorcycle fans: A complete history of the underdog cruiser motorcycle brand is coming out in April.

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

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

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

In 1997, Minnesota snowmobile manufacturer Polaris introduced Victory Motorcycles as its first on-road vehicle division. While Polaris was successful, its Victory brand was an underdog that struggled to take market share from the giant in the room, Harley-Davidson.

The Victory brand ended in 2017.

Have coffee with the League of Women Voters St. Paul
Get your questions answered about the League of Women Voters (LWV), an organization that has been around for almost 100 years. The public is invited to have coffee with LWV St. Paul members Monday, March 5, 6-7:30 p.m. in the classroom at the Mississippi Market, 1550 W. Seventh St., St. Paul. Members will answer questions about the organization and about Ramsey County government, as all of St. Paul’s four Ramsey County board members on the will be on the ballot in the November election. Guests are asked to park at the farthest reaches of the parking lot.

Kickin’ It Irish to perform at Fitzgerald and Celtic Junction
Kickin’ It Irish, a family-friendly live Irish music and dance spectacular, has added a new venue to its annual March performance roster: the Fitzgerald Theater in downtown St. Paul. Featuring Dublin native and original Riverdancer Cormac Ó Sé, Kickin’ It Irish is a modern fusion of style-show Irish dance and live Irish music.

Tickets for the two performances on Saturday, March 17, (3 p.m. and 7:30 p.m.) are available at kickinitirish.com or fitzgeraldtheater.publicradio.org.

Kickin’ It Irish will perform a 2 p.m. matinee and a 7:30 p.m. show Saturday, March 10, and a 3 p.m. matinee Sunday, March 11, at Celtic Junction Arts Center, 836 N. Prior Ave. Buy tickets and find additional information at kickinitirish.com.

Egg drop!
Join Centennial United Methodist Church Sunday, March 24, at 1 p.m., as a helicopter drops 1,080 Easter eggs into Langford Park. For more information, check out centennialumc.org.

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

• “The Hmong and the CIA: An Ambiguously ‘Secret’ Alliance in Laos with Implications for Minnesota,” will be presented March 6 by University of Minnesota professor Mai Na M. Lee.

• “Korean Conflict: A Cold War Memory Reborn,” will be presented March 13 by University of Minnesota professor Hangtae Cho.

• “Leaving Norway for the New World” will be presented March 20 by historian John Ylæk.

• “Women in Policing” will be presented March 27 by University of Minnesota professor Kathryn Pearson.

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

Explore bridges and monuments
Join historian J.B. Anderson at Roosevelt Library, 2180 N. Hamline Ave., Wednesdays, March 7 and 28, at 6 p.m.

Neighbors to 16
**Dean Asbury**

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

**Norma Aas**
Nathan “Whitney” Aas, 80, of Plymouth, died on Jan. 20, 2018. Whitney was born in Brooklyn, N.Y., on Sept. 9, 1937, to the Rev. Dr. George Aas and Svea Aas.

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

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

Whitney is survived by his wife, Carol Ann (Blank) Aas; four children, Erik (Sue), Loif (Mille), Karin Aas Olson and Kirstin Anderson (Pete); six grandchildren; two great-grandchildren; and two siblings, Peter (Kathy) and Eugene (Lenny).

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

**Norma Ruth Becker**

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

She was a member of St. Mark’s Lutheran Church in Ramsey. Her high school friends formed a Knox society, Kappa Teg, and supported one another throughout their lives. She was strongly connected with her old Area Street neighborhood in Como Park. After retirement, she and her children and their children.

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

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

**Jeanne Marcotte**
Jeanne M. Marcotte, 77, died Feb. 6, 2018. Born in St. Paul, Jeanne was a strong parish member of St. Mark’s and Holy Childhood churches.

She was a Campfire Girl leader for 20 years and a University of St. Thomas graduate.

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

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

**Martin Martin**

As he explores the solid underpinnings of U.S. history with “Walls, Bridges and Monuments: Washington: What and whom do the monuments represent?” Anderson will explore the monuments of the nation’s capital, focusing on the theme of how we use them as a nation and how does that change over time? Zimmerman programs begin at 1 p.m. and is free.

Hamline presents “Rabbit Hole”
Hamline University’s Department of Theatre and Dance will present “Rabbit Hole” at 8 p.m. March 2, 3, 8, 9 and 10, at Anne Sunday Theatre, 1530 W. Taylor Ave. Cost is $8 general admission. For more information or to book a private box at $280 or email hamlineHamline.

Test drive some drums classes
The Women’s Drum Circle, 2242 W. University Ave., St. Paul, will host a series of free classes called Test Driving. For students to try a new style, a new level or a new genre of drumming. The classes run from Sunday, March 4, to Sunday, March 11, and cover West African Drumming, Taiko, hand-drumming and more. For more information, email test2Drumming.

**Neighbours from 15**

**Lois Nash**
Lois N. (Shumaker) Nash, 98, died Jan. 29, 2018, at the Sheldon East Residence in St. Paul. She was born May 8, 1919, in South Bend, Ind., to John and Marie (McCown) Shumaker.

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

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

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

**Carla C. Kjellberg**
Associate Attorney at Law
651-789-7799
www.kjellberglaw.com

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

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

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

**Pop-up art sale March 24**
Six artists will host a one-day pop-up sale at the Charles Thompson Memorial Hall, 1824 Marshall Ave., St. Paul, Saturday, March 24, from 1 to 7 p.m.

The sale will include ceramics, paintings, prints, collage, jewelry, clerical stoles and embroidery.

**Learn more is being organized by local artists Liz Carlson, Alex Chinn, Paul Damon, Chillon Leach, Dennis Ostman and Justin Terlecki.

There will also be tours of the Charles Thompson Memorial Hall, "the nation’s finest club for the deaf." A portion of sales will be dedicated to the building. Email pauldamon007@gmail.com to find out more.
We welcome news about area schools and students in our coverage area. Send your news about local schools and students to editor@parkbugle.org. The next deadline is Wednesday, March 7.

Chelsea Heights Elementary
1557 Huron St., 651-293-8790
www.chelseahights.org

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

Here are the venues and dates for the March fundraisers:
• Muddlerings, 2134 N. Lexington Ave., Tuesday, March 6
• St. Paul Bagelry, 1702 N. Lexington Ave., Thursday, March 8
• Darusami, 1905 Perimeter Road, Roseville, Thursday, March 22
• Urban Growler, 2325 Endicott St., Sunday, March 25

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

Pan-African Student Union presents poetry, music and more
Como’s Pan-African Student Union sponsored and produced an assembly for students and parents as part of National African American Parent Student performers included Yasin Abdullahi, Robert Adams, Malique McCoy, Madison Sklar, Najina Ali, Harii Ali, Farhiya Mohamed, Shaki Abdullahi, Sadia Juma, Bernadete Karigo and Asia Hanson.

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

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

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

Como football players and coaches met NFL commissioner Roger Godell, Pro Football Hall of Famers Justice Alan Page and “Mean Joe” Greene, and ESPN commentator Steve Smith, and heard words of wisdom from Vikings quarterback Case Keenum and other dignitaries at the NFL’s Salute to Excellence Awards. The Cougars also participated in on-field activities at the NFL Live Experience in Minneapolis.

The NFL sponsored a student assembly in the Como auditorium Feb. 1, featuring Reggie Dabbs, who spoke about resilience and having a “never-give-up” attitude. Dabbs used the individual exhibit “Hela Cells”; Emma Mueller for the individual exhibit “The Lavender Scan”; David Amobi, Trinh Nguyen and Panty Thoe for the website “Keret State Massacre”; William Farley, Kao Nou Lee and Lee Thao for the website “Secret War in Laos”; Maria Chiaramoniti for the website, “Alan Turing”; Cadence Paramore for the research paper “Trinity of Mendecez”; Huidaol Deresa for the research paper “Battle of Adwa”; and Jenny Vue for the research paper “The Secret War in Laos.”

Fundraiser at Urban Growler
The Como Park Booster Club will host its annual Urban Growler Fundraiser Sunday, March 11, from 4-6 p.m. The event will be a festive get-together for those who want to support Como and enjoy some time together.

Funds raised support extracurricular activities for Como students.

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

Great River School
1326 Energy Park Drive, 651-305-2780
www.greatrivernews.org

Kyla Selbstchuk for the website

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

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

During his Great River career, Hanson played on the football team for six years, on the basketball team for three years and has played on the Ultimate team for three years after the spring season. Earlier this year, Hanson was awarded the Star Tribune Academic Excellence Award and the district sportsmanship “Why We Play” award for football. He is a past recipient of the Twins Cities Athletic Conference All-Academic award and the Bellman Young Scientist Award in Physics. For the past six years, he has helped organize Great River School’s annual spring concert fundraiser.

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

Parent forum March 5
A parent forum titled Parenting in the Digital Age will be held at Murray Monday, March 5, from 7 to 8:30 p.m. A pizza dinner will be served before the forum at 7:30 p.m. Childcare will be available. To register for the free event contact stefanie.folkema@mps.org, or call 651-744-3922.

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

Tickets at the door will be $10 for adults and $6 for children under 10. Advance tickets are available online at ataypps.org. Performances on Friday, March 23, and Saturday, March 24, will be held at 7 p.m. The Sunday, March 25 performance will be held at 2 p.m.

Help raise money for school play
Murray’s theater department will host a spaghetti dinner Friday, March 23, from 4:30 to 6 p.m. in the school cafeteria. Tickets will be sold at the door and will cost $10 for adults, $6 for students ages 5-18 and $2 for families (up to five family members).

Tickets will be sold at the door. The meal will include spaghetti, salad, breadsticks, beverage and dessert.

Last call!
Sunrise Banks Park Perks program proceeds for the month of February will support the Pilot One-on-One Tutoring Program.

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

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

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

The American Heroes National Law Enforcement Foundation included the

School News to 20
New home arena builds future for Blades hockey team

By Eric Erickson

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

A love of hockey brought them together.

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

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

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

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

“Being a team filled with girls from different youth programs, it’s nice to give back. We spend time with the Highland and ComoJohnson youth programs. We also try and get girls out to share with the St. Paul Hockey Club. We try to get out as much as possible to show our appreciation to the parties that helped our girls get to where they are now in hockey.”

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

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

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

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

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

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

Sophomores included Anita Smith and Lazy Symons. Freshmen skaters were Abigail McCallough, Georgia-Rae Plathe, Ella Reubish, Emilie Hanson, Carley Landa and Mariela Ajopop. The eighth-grade contributors were Sofeii Berg, Messenole, Tori Vennefar and Mariana Coloro.

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

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

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

Volunteering and outreach will continue this summer, as will team and individual workouts. While most of the girls are multi-sport athletes, they’ll lead a hockey camp for middle-schoolers July 16-20 at Drake Arena, 3712 Randolph Ave., St. Paul. The $85 fee includes a jersey.

You can find more information and registration forms at www.spps.org/sports under “Girls’ Hockey.”

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

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

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

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

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

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

“It’s fun to play with girls from different schools and represent St. Paul.

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

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

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

Eric Erickson is a social studies teacher at Como Park Senior High School and a longtime coach of school and youth groups in St. Paul.
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Sanisham, 651-239-0321. Ads are $1 per word. Phone numbers, email addresses and websites are considered two words. Add a box or art for $10 each. Next deadlines: March 7.

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Andrayah Adams honored

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

By Eric Erickson

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

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

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

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

“When they look at how you pushed yourself to heights and greatness, it’s an example of what we can do ourselves,” Carter said.

“What’s even more important than the athleticism that you show is the leadership that you’ve shown in this community. You’ve inspired people to be their best selves.”

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

Minnesota State High School media specialist John Millea chose to cover the ceremony for his statewide column. “Honoring a Homestown Hero at St. Paul Como” is a great read in the Feb. 5 “Jon’s Journal” link at mbstl.org.

School News from 17

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

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

St. Anthony Park Elementary
2100 Knapp St., 651-293-8735
www.sapsfoundation.org

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

Construction update

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

8,000 hours of reading

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

Important dates

School conferences will take place March 21-23.

Science night will be held Thursday, March 15.

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