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ARTIST CONVERSATION: At the Cafesjian Art Trust Museum PAGE 5

Northeast Youth and Family Services expands services

BY MADELINE DOLBY
EDITOR

SHOREVIEW — According to Northeast Youth and Family Services (NYFS) President and CEO Angela Lewis-Dmello, the organization has experienced an increase in the number of individuals it serves.

Lewis-Dmello informed the Shoreview City Council and city staff at a council meeting that in 2025, NYFS served 1,261 individuals, a 40% increase compared to the prior year. Last year, the organization recorded 19,440 total appointments ranging from clinic-based therapy to community advocacy.

“We vision to see a world where thriving individuals and families are building blocks of safe, unified communities established through a network of empowered and collaborative partnerships,” Lewis-Dmello said. She noted that NYFS has a number of values that guide

its work, including equity, inclusion and belonging.

NYFS, founded in 1976, provides community-based and trauma-informed mental health and community services. Headquartered in Shoreview, it works with 16 municipalities, five law enforcement agencies, three school districts, the Ramsey County Attorney’s Office and the Ramsey County Sheriff’s Department.

“The core of our mission is really ensuring access,” Lewis-Dmello added. “We want to reduce barriers to care — cultural barriers, linguistic barriers, financial barriers, logistical barriers — and ensure that we’re serving folks that don’t otherwise have access to mental health services.”

One of the actions NYFS took this past year was defining its model of care. Lewis-Dmello said over the last year, the organization has been in a “refreshing”

SEE NYFS, PAGE 8



CONTRIBUTED
This graph breaks down the total number of clients served in 2025 and total sessions.



Spring holidays bring community together this month

CONTRIBUTED
As the weather warms up, multiple communities begin to move their events outdoors. Shoreview will host various spring events this month, including a Bunny Hop Trail and an egg hunt in the Bamboo Bay Waterpark at the Shoreview Community Center. There will also be various St. Patrick’s Day-themed events happening throughout the surrounding communities. See pages 3 and 5 for more information.

Bai is state 50 freestyle champion, 2nd in 100 freestyle

BY BRUCE STRAND
SPORTS CONTRIBUTOR

The Mounds View Class of 2026 now has a second state champion in swimming as Danny Bai captured gold in the 50 freestyle on Saturday, Feb. 28.

The Mounds View senior was also second in the 100 freestyle in Class 2A action at the University of Minnesota. He joined classmate Ellie Bina as a gold medalist; she won the 500 freestyle in November.

“My only expectations were to get top three in both my events,” said Bai, who last year was fourth in the 100 and fifth in the 50. He also wanted to beat his personal bests, which he did.

In the 50, Bai blazed to a career-best 24.30 to edge Duluth East’s Joey Zelen (20.48) and Rochester Century’s Eli Holmes (20.53). In the prelims Friday, Zelen led with a 19.80 time and Bai had 20.48. But Zelen had a poor start in the finals.



CONTRIBUTED
Danny Bai beams while posing with his gold medal for the 50 freestyle state championship.

SEE STATE CHAMPION, PAGE 9

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- Second Chance Lucky Irish Bingo (same prizes and giveaways as Friday).
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*See website for full details on specials and contests.

STUDENT NEWS

The following students from Shoreview were named to the dean's list or received academic honors at a college or university in Fall 2025:
 Tufts University: **Nadia Anderson** and **Sorelle Tan**
 Biola University: **Tira Anderson**
 Luther College: **Thomas Baker-Trinity**, **Lillian Ridell** and **Haylee Slotness**

COMMUNITY BRIEFS

Salvation Army launches annual Meals4Minnesota food drive

The Salvation Army Northern Division has launched its sixth annual Meals4Minnesota Food Drive to restock nine Twin Cities food shelves as demand remains high. The drive runs through March 27, with 50 drop-off locations across the metro area. These include participating Blaze Credit Union branches, Warners' Stellian stores and Salvation Army sites. A \$25,000 matching gift from a local family foundation will double early financial donations. Cub Foods will also do a round-up campaign at its Minnesota stores in March to support the effort. Officials say food shelf visits have nearly tripled

since before the pandemic as grocery and housing costs remain elevated. For more information or a full list of drop-off locations, visit <https://centralusa.salvationarmy.org/northern/it-takes-an-army>.

Special water park hours kick off this month

Until the end of April, the Tropics and Bamboo Bay water parks at the Shoreview Community Center will have extended hours. For more information, visit shoreviewcommunitycenter.com or call 651-490-4700. The Shoreview Community Center is located at 4580 Victoria St. N.

NEWS BRIEF

Court blocks Minnesota restrictions on hemp shipping

A Minnesota administrative law judge has ruled that licensed low-potency hemp edible retailers may ship products directly to consumers, blocking enforcement of state guidance that barred mail delivery.

In an order earlier this month, the Minnesota Court of Administrative Hearings said the Minnesota Office of Cannabis Management (OCM) overstepped by issuing website guidance that effectively required in-person sales or delivery endorsement holders to complete transactions.

The judge found that the statute does not mandate in-person delivery as the exclusive method for verifying that customers are 21 or older and not visibly intoxicated. The ruling allows licensed retailers with delivery endorsements to continue direct-to-consumer shipments while regulators maintain oversight of age and sobriety checks.

For more information, or the detailed OCM ruling, visit <https://mn.gov/oah>.



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March 11-14

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ONGOING EVENTS

DROP IN MAH JONGG

When: 1 p.m. Thursdays
Where: Shoreview Community Center, 4580 Victoria St. N.
Details: Bring your tiles and your friends for drop-in play. All levels welcome. No registration required.
Contact: shoreviewmn.gov or 651-490-4700

500 CARD CLUB

When: Noon, Mondays
Where: Shoreview Community Center, 4580 Victoria St. N.
Details: Cards and conversation. No partner required.
Contact: shoreviewmn.gov or 651-490-4700

CURRENT EVENTS

SHOREVIEW COMMUNITY GARDEN CLUB MEETING

When: 7 p.m. Wednesday, March 11
Where: North Oaks Community Room, Suite 100, 100 Village Center Drive
Details: Former Master Gardener Barbara Ronningen will speak on Plants for Shade, not Hosta. Social time at 6:30 p.m.; public welcome.
Contact: shoreviewcommunitygardenclub.org

ST. PATRICK'S DAY BASH

When: 6-8 p.m. Friday, March 13
Where: Mounds View Community Center, 2401 Mounds View Blvd.
Details: Includes family friendly games, a scavenger hunt and Irish music performed by Fiddle and Flannels with The Spanier Brothers.
Contact: 763-717-4040

'THE IMPORTANCE OF BEING EARNEST'

When: March 13-22
Where: Hanifl Performing Arts Center, White Bear Lake
Details: Live performance of Oscar Wilde's timeless comedy that highlights absurdities of Victorian life. Ticket information online.
Contact: lakeshoreplayers.org

SHAKE YOUR SHAMROCK

When: 10 a.m. Saturday, March 14
Where: Kelly's Korner Bar, 7098 Centerville Road, Centerville
Details: Runners participate in a 5k or 7k hosted by the Minnesota Multisport Races. It is a St. Patrick's Day themed run.
Contact: www.mmraces.com/shake-your-shamrock

RHAPSODY IN RED, WHITE AND BLUE

When: 3-5 p.m. Sunday, March 15
Where: St. Mark's Lutheran Church, 2499 N. Helen St., North St. Paul
Details: In honor of the 250th anniversary of the founding of the United States, East Metro Symphony Orchestra (EMSO) will present music celebrating the unique and diverse influences of America at a free concert.
Contact: emsorch.org

CONNECTIONS AT THE CAT

When: 2-3:30 p.m. Tuesday, March 17
Where: Cafesjian Art Trust Museum, 4600 Churchill St., Shoreview
Details: Participants enjoy a relaxed, conversational tour of the museum's exhibition in an engaging environment. This program is intended for individuals with memory loss accompanied by their care partners. Pre-registration required.
Contact: laura@catmuseumllc.com or 612-359-8991

INDOOR MARKET

When: 3-6 p.m. Tuesday, March 17
Where: Shoreview Community Center, Fireside Lounge, Shoreview Community Center, 4580 Victoria St. N.
Details: Features local food and artisan vendors.
Contact: shoreviewmn.gov or 651-490-4700

HOPPY TAILS: EASTER 'BEGG' HUNT

When: 10 a.m.-Noon Saturday, March 21
Where: Hillview Park, 2551 Hillview Road, Mounds View
Details: Participate in a dog egg hunt, pictures with the Easter Bunny, do a paw print craft and more. Register through Mounds View Parks and Recreation.
Contact: 763-717-4040



FILE

PRESS PUBLICATIONS WEDDING SHOW

When: 11 a.m. - 2 p.m. Sunday, March 15
Where: Best Western Plus White Bear Country Inn, 4940 Hwy 61, White Bear Lake
Details: Experience local vendors and participate in wedding planning. Event includes food sampling, vendor giveaways and more. Brides get in free.
Contact: https://www.presspubs.com/weddingshow/

BABY TIME AT THE CAT

When: 9-10 a.m. Saturday, March 21
Where: Cafesjian Art Trust Museum, 4600 Churchill St., Shoreview
Details: You and your baby will join museum educators and other families for an introduction to an art museum.
Contact: cafesjianarttrust.org

ST PAUL HIKING CLUB

When: 2:30 p.m. Sunday, March 22
Where: Sucker Creek, 25 County Road F, Vadnais Heights
Details: Hike is approximately 5 miles.
Contact: stpaulhike.com

EQC SPEAKER SERIES: PFAS IN MINNESOTA

When: 7-8 p.m. Monday, March 23
Where: City Council Chambers, Shoreview City Hall, 4600 Victoria St. N.
Details: Learn about PFAS, a family of nearly 5,000 chemicals that do not

break down and are pervasive in the environment. Part of the Environmental Quality Committee speaker series.
Contact: shoreviewmn.gov or 651-490-4665

LAKESHORE QUILTERS GUILD MONTHLY MEETING

When: 6:30-9 p.m. Tuesday, March 24
Where: Shepherd of the Hills Church, rear entrance, Door G, 3920 Victoria St. N, Shoreview
Details: Karla Overland, owner of Cherrywood Hand Dyed Fabrics, will share the evolution of Cherrywood from dyeing fabric in the original owner Dawn Hall's kitchen to today, while showing many examples of how we use graduated color in quilts and garments. Hear and see unique stories of dyeing, quilting and traveling. Visitors are welcome.
Contact: lakeshorequiltersmn.org

CAT Museum unveils 1st-ever abstract painting and glass sculpture exhibition

The Cafesjian Art Trust (CAT) Museum has installed the United States' first abstract painting and glass sculpture exhibition. "Abstraction and Ourselves" features monumental-scale paintings and sculptures by renowned international artists.

The exhibit, on display through July 31,

draws upon significant holdings in the CAT's collection, recently acquired paintings, and works on loan from national and regional collections. It features a broad range of artists, including abstract painters Helen Frankenthaler, Howarda Pindell and Dyani White Haw, alongside sculptures by Claire

Falkenstein, Stanislav Libensky, Jaroslava Brychtova and others.

For more information about the CAT Museum, or to book a tour of the new exhibition, visit cafesjianarttrust.org. The museum is located at 4600 Churchill St., Shoreview.

Madeline Dolby

BUSINESS BRIEF

Banks CEO stays in Arden Hills despite merger

Eagle Rock Bank and Riverland Bank will merge. Both banks currently serve the Twin Cities and southern Minneso-

ta. The new entity will operate as Eagle Rock Bank and be chartered out of Rochester, though CEO Larry Schminski will be primarily based in the Arden Hills office. Schminski became Eagle Rock's sole CEO on Jan. 1, 2026.

CITY BRIEF

Shoreview kicks off spring with annual tree sale

The city of Shoreview kicked off its annual wholesale tree sale earlier this month for its residents. Each household may buy up to three trees and five shrubs at wholesale prices and can buy one tree bag per tree.

The 2026 tree sale is open through 4 p.m. Friday, April 17. For more information, or to place an order, visit www.shoreviewmn.gov/Services/Environmental-services/Trees/Annual-tree-sale.

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Honoring heroes

Our team here at Press is focused on reporting hyper-local news specific to the communities in our coverage areas. When it comes to national or world news, we generally report stories with a local connection. Sometimes the stories are fun to cover, such as our recent reporting of our local athletes who participated in the Winter Olympics and Paralympics. Other times the stories are heartbreaking when local residents and our community are in the spotlight because of a tragedy.



Publisher's View
Carter Johnson

This past week, Sgt. 1st Class Nicole Amor, a resident of White Bear Lake, was killed in a drone strike in Kuwait. She was among six soldiers who became the first casualties of the war with Iran.

Our hearts go out to the family and friends of Sgt. 1st Class Amor, (posthumously promoted to Master Sergeant) the families of the other fallen soldiers, and to those who have a loved ones serving

our nation. Flags throughout our community fly at half-staff and our local VFW and American Legion erected memorials set up for Sgt. 1st Class Nicole Amor. Bring your kids to view these memorials and give them the opportunity to honor those who have served this nation. You can learn more about Sgt. 1st Class Amor's life and legacy by reading Shannon's story at presspubs.com, which includes information about a gofundme account that has been set up to support her family. We, as a community, support you and will keep you in our prayers during this time of grief.

We pay extra attention to the sacrifices made by our service members around holidays such as Veterans Day and Memorial Day, and we should be honoring them every day. How do we support them and their families? One way is to get involved or donate to local nonprofits that provide assistance to service men and women such as the American Legion, VFW Auxiliaries and Beyond the Yellow Ribbon Network. There may be opportunities to put together and send care packages with small items such as snacks, coffee, goodies, toiletries, games and reading materials. I'll never forget when we were running the local paper in western Wisconsin and were asked if we could provide hundreds of copies of the local paper in the care packages. We heard that the care packages were important to our service men and women. To this day we proudly display that photo in our Wisconsin office of the local newspaper being held up on the deck of an aircraft carrier.

Leadership Tomorrow is a months-long leadership development program for local business, nonprofit and community leaders put on by the Greater White Bear Lake Area Community Foundation. Participants consist of a diverse group who are interested in growing their leadership skills and involvement in the community. These types of programs are conducted throughout our state by local nonprofits and other organizations.

This week five of our staff at the Press were invited to give a presentation about community news and journalism to the current class of roughly 20 individuals. The group had questions for us such as where do we get our standards? How do we know what stories to write? What opinion columns do we choose to publish? The time together, although short, was productive for our staff to understand what leaders in the community think about journalism and how they get their news and we are hopeful they learned more about the inner workings of the nearly 250 local papers serving the 87 counties in Minnesota and their own local paper. Thank you to those who help support the foundation through volunteer time, donations and the program like Leadership Tomorrow. We are fortunate to have a community foundation that supports our local initiatives and works toward building the next generation of community leaders and volunteers.

Carter Johnson is Publisher of Press Publications.



Initiative evaluation reveals successful outcomes

The Ramsey County Attorney's Office was recently joined by state, local and community leaders to highlight the successful partnership to transform the youth legal system in Ramsey County from a traditional adversarial model to a collaborative and restorative community-based approach known as (Re)Imagining Justice for Youth (RJY).

Launched in July of 2021, RJY sought to fundamentally shift the paradigm from administering legal consequences to better meeting the needs of victims, families and young people by developing a collaborative review process to determine how best to respond through systematically evaluating harm, needs and youth development.

Instead of legal consequences such as a conviction, the goal is behavior change, accountability to community and victims, and less recidivism and re-referral rates.

In almost five years since our launch, we have produced far better safety and justice outcomes for our community compared to the 10 years prior to 2021 and we have the data to prove it. We did this by transitioning away from an adversarial and legal consequence model to a more collaborative and restorative response through a collaborative review team that determines the best pathway to success for justice-involved youth and generates

for more meaningful engagement of youth to repair harm with victims, family members and peers.

Measures of success

Over a four-year period, the Collaborative Review Team ("CRT") reviewed eligible youth offenses brought to the RCAO to determine if community-accountability was likely to be successful, if the case required justice involvement at all, or whether the traditional justice system was the appropriate approach. More severe offenses, including murder and violent physical and sexual assaults, are generally not eligible for this alternative.

Of the total cases presented by law enforcement to the youth justice system, about 30% were reviewed by the CRT and 15% were fully resolved through based community accountability programs with no court involvement.

In 2022-2023, those young people referred to community accountability after CRT saw significantly improved outcomes over those whose cases were processed in court.

• Twelve-month recidivism rates for youth whose first cases were resolved in community accountability (4%) was far lower than those resolved in traditional court in the same period (29%), and lower than youth whose first cases were resolved in community in 2017-2018 (7%) or 2012-2013 (10%).

• Additional, more rigorous statistical analysis found that among matched cases of youth referred to the RCAO for the first time for an assault offense, those whose cases were resolved in community accountability had 1/3 the risk of recidivism compared to matched

cases processed in traditional court.

• By revamping and increasing access to community accountability, RJY has lowered recidivism rates and established a process that ensures fewer future victims, increased graduation rates, higher employment rates, and a healthier community.

Using a pre-charge process with the CRT, youth referred for assaults are making significant strides, consistent with research about the effectiveness of restorative practices in situations of interpersonal violence. We have also seen promising results around eliminating the substantial and persistent racial disparities in the system, having decreased racial gaps with respect to which youth were offered community-based accountability and which youth succeeded in it.

Lead University of Minnesota researcher Kara Beckman concluded, "The evidence on RJY clearly shows that accountability in community outperforms processing in traditional court. The county attorney should continue and expand RJY processes."

Ramsey County Sheriff Bob Fletcher says the program is clearly improving public safety outcomes for youth. "The documented and transparent results from the County Attorney demonstrate meaningful progress. We appreciate the collaborative approach and inclusion of law enforcement perspectives."

To learn more, check out our most recent evaluation report by the University of Minnesota online at <https://tinyurl.com/3ryj4tpr>.

John J. Choi is the Ramsey County Attorney.



Movers & Shakers
John J. Choi

SHOREVIEW PRESS | LETTER GUIDELINES

- Limited to 350 words.
- Submissions must include a full name, address and daytime phone number for verification.
- Letter writers must live, work or have another connection to Press Publications coverage area.
- Letter writers are limited to six letters per year and at least four weeks must lapse between publication. Exceptions may be made for rebuttal letters.
- Due to space limitations, letters that don't address local issues are not guaranteed publication.
- Repeat letters by the same writer about the same subject matter will not be published.
- Submissions containing libelous or derogatory statements will not be published.
- Submissions containing facts not previously published in the Press must be accompanied by factual verification.
- All letters are subject to editing.
- Deadline is 5 p.m., Wednesday of the week prior to publication.
- To submit a letter, e-mail it to shoreviewnews@presspubs.com, fax it to 651-429-1242 or mail or deliver it to Press Publications, 4779 Bloom Ave., White Bear Lake, MN 55110.

COUNTY BRIEFS

Recycle your mattress, box spring this spring

Between March 3 and April 30, Ramsey County residents can bring a maximum of four mattresses and box springs and a maximum of four metal bed frames to the Ramsey County Environmental Center at no cost. Second Chance Recycling in Minneapolis will recycle the mattresses and box springs and either reuse or recycle the metal bed frames.



MADELINE DOLBY | PRESS PUBLICATIONS

The Ramsey County Environmental Center is located at 1700 Kent St., Roseville.

Register in advance for a drop-off date and time. Sign up at tinyurl.com/2wky2auy. The Ramsey County Environmental Center is located at 1700 Kent St., Roseville.

Ramsey County hosts expo, career fair

Discover how you can make a difference in the community at the Green Ramsey County Expo and Career Fair from 10 a.m.-1 p.m. Wednesday, March 18, at West Minnehaha Recreation Center.

Those who attend can meet local organizations dedicated to recycling, environmental cleanup and creating green spaces. Attendees will also be able to learn about career opportunities in emerging green industries and learn how traditional businesses are adopting sustainable practices. Plus, find out about local green initiatives and activities happening in your community.

For more information, visit tinyurl.com/y5ajz4z4. West Minnehaha Recreation Center is located at 685 W. Minnehaha Ave., St. Paul.

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CALENDAR BRIEFS

Register for the Bunny Hop Trail

Those interested in participating in the Bunny Hop Trail have until Tuesday, March 24, to register for the event. The fun is scheduled to take place from 10-11:30 a.m. Saturday, March 28, at Bucher Park.

Participants can visit with the bunny, take part in fun activities and interact with barnyard animals in the petting zoo. This event is suitable for children 10 and under.

Bucher Park is located at 5900 Mackubin St., Shoreview. Register through Shoreview Parks and Recreation.

Sign up for the Bamboo Bay Egg Hunt by March 22

The Bamboo Bay Egg Hunt will take place from 9-11 a.m. Sunday, March 29, in the Bamboo Bay at the Shoreview Community Center. The bunny will hide eggs for participants to find throughout the water park. Participating kids will be given a bag of goodies. After the egg hunt is completed, participants will be able to swim in Bamboo Bay.

Registration closes on Sunday, March 22, one week before the event. The Shoreview Community Center is located at 4580 Victoria St. N. Register through Shoreview Parks and Recreation.



CONTRIBUTED

Artist conversation at the Cafesjian Art Trust Museum

The Cafesjian Art Trust (CAT) Museum will have an artist conversation at 6 p.m. Saturday, March 28, with Navajo artist Steven Yazzie. The conversation will be led by Jill Ahlberg Yohe, the CAT's curator of modern and contemporary art.

Attendees will learn more about Yazzie and his painting featured in the museum's current exhibition, "Abstraction & Ourselves," and have the opportunity to see the exhibition afterward. Tickets can be purchased online at tinyurl.com/4486efr7. The museum is located at 4600 Churchill St., Shoreview.

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SHOREVIEW COMMUNITY FOUNDATION

Shoreview, MN — The Shoreview Community Foundation has approved \$10,000 in Rapid Response Impact Grants to assist local families affected by Operation Metro Surge.

The grants are directed to three trusted community partners actively serving those most impacted:

- **\$5,000** to the Ralph Reeder Food Shelf and Community Resource Center to provide rent and utility assistance to a network of families within the Mounds View School District.
- **\$2,500** to Emmanuel Covenant Church and **\$2,500** to St. Odilia Church to provide food, energy, and rent assistance, particularly for members of their Spanish-speaking congregations.

"These three organizations represent the generosity and care that exemplifies our community spirit and commitment to our neighbors," said Grants Committee Chair John Doan. "During moments of uncertainty, Shoreview shows its true character. We are proud to stand alongside these partners to deliver timely, meaningful support." The Foundation's rapid response grants are designed to move quickly, ensuring help reaches families when it matters most.

For more information about the Shoreview Community Foundation and its community initiatives, please visit our website <https://www.shoreviewcommunityfoundation.org>.

The Shoreview Community Foundation is an affiliate of Saint Paul & Minnesota Foundation. Tax ID #41-6031510

COPS & COURTS

RAMSEY COUNTY SHERIFF'S REPORTS

The Ramsey County Sheriff's Office reported the following selected incidents in Shoreview:

- A 29-year-old man in the 800 block of Monterey Drive reported Feb. 8 that someone crashed into his Toyota Camry, which was parked in front of his home, and pushed it into his wife's Ford Edge. The crash damaged both vehicles, and the vehicle that hit the Camry fled the scene. The incident is under investigation.
- Deputies attempted to stop a black Hyundai GTL Feb. 8 near the intersection of Highway 96 West and Snail Lake Boulevard that was suspected to have fled from the State Patrol during a traffic stop. The driver of the vehicle fled, was pursued and eventually stopped. Deputies ultimately arrested a 34-year-old man from Minneapolis.
- Deputies issued a trespass notice and citations for assault and disorderly conduct Feb. 11 to a 25-year-old Roseville man after he assaulted other people in a home in the 3700 block of Lexington Avenue North at which he was not welcome.
- Deputies arrested a 37-year-old man from Blaine Feb. 11 in the 1600 block of Pinewood Drive on three active and outstanding felony warrants out of Ramsey County.
- A 71-year-old Lino Lakes woman reported Feb. 13 she was backing her vehicle out of a parking stall at a grocery store in the 400 block of Highway 96 West when another vehicle struck hers and then drove away. The inci-

- dent is under investigation.
- Deputies issued a trespass notice Feb. 13 and cited a 41-year-old woman from Lino Lakes for assault and disorderly conduct after she was reported to have kicked another person in the head during a dispute in the 4500 block of Victoria Street North.
- Deputies responded Feb. 13 to a report of a crash near the intersection of County Road E West and Victoria Street North and learned that a Toyota Rav4 rear-ended a Jeep Cherokee. No injuries were reported.
- A 46-year-old woman in the 5800 block of Rice Creek Parkway reported Feb. 13 that her 48-year-old ex-husband contacted her in violation of an order for protection. The incident is under investigation.
- Deputies arrested a 51-year-old man from Minneapolis Feb. 13 for DWI after he drove an Audi Q5 into a snowbank near the intersection of Victoria Street North and Highway 96 West.
- Deputies arrested a 25-year-old Chaska woman Feb. 14 for DWI after she crashed a Volkswagen Jetta into the ditch near the intersection of County Road E West and Victoria Street North and performed poorly on standard field sobriety tests.
- Deputies responded Feb. 14 to a theft at a business in the 3800 block of Lexington Avenue North after an unidentified man left the store without paying for merchandise.
- An animal control officer responded Feb. 15 to a complaint of a dog barking in a backyard in the 5600 block of Deer

- Trail East and found the dog had been brought back inside.
- Deputies responded Feb. 15 to a report of shots fired in the 100 block of Gramsie Road. Deputies searched the area, deployed a drone and did not locate any victims, suspects or evidence.
- Feb. 17, an animal control officer investigated a complaint of a dog defecating on a neighbor's lawn in the 4200 block of Snail Lake Boulevard. The incident is under investigation.
- Deputies made a traffic stop Feb. 17 on a Saturn Vue in the 3900 block of Rice Street, learned that the 45-year-old man driving the vehicle had three active and open warrants out of Stearns County, Sherburne County and Benton County, and placed him under arrest.
- Deputies responded Feb. 17 to a report of an 86-year-old woman in the 4600 block of Victoria Street North whose checks were stolen and cashed for thousands of dollars without her knowledge. The incident is under investigation.
- Deputies responded Feb. 17 to a report of a vehicle striking cars in the parking lot of an apartment building in the 4100 block of Lexington Avenue North, collected evidence and launched an investigation.
- Deputies responded Feb. 18 to a single-vehicle crash in the 400 block of County Road J West involving a gold Toyota Camry that went off the roadway and onto a sidewalk, where it struck a city sign and a mailbox. The driver was not injured.

- Deputies issued theft citations Feb. 18 to a 31-year-old man from Minneapolis and a 40-year-old woman from Roseville after they were found to be impersonating vendors at a store in the 3800 block of Lexington Avenue North, loading a shopping cart up with merchandise and attempting to leave the store without paying.
- On Feb. 18, deputies responded to a head-on crash near the intersection of Soo Street and Cardigan Road involving a Chevrolet Tahoe, driven by a 55-year-old Maplewood man who lost control of the vehicle and struck a Mazda 3, driven by a 24-year-old man from Montgomery, Illinois. The 24-year-old was transported by Allina medics to a hospital for examination of shoulder and head pain.
- Deputies responded Feb. 19 to a two-vehicle crash near the intersection of Lexington Avenue North and Tanglewood Drive involving a Chevrolet Equinox and a GMC Yukon. Both drivers were cleared by medics. The incident is under investigation.
- Deputies arrested a 35-year-old man from Little Canada Feb. 30 for trespassing at a gas station in the 3400 block of Rice Street from which he'd already been trespassed after causing a commotion.
- A 25-year-old woman in the 4100 block of Lexington Avenue North reported Feb. 21 that someone stole two Amazon packages off her front step. The incident is under investigation.

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Men's Club fish fry hooks 'best of' honors for St. Odilia

BY MADELINE DOLBY
EDITOR

In honor of fish fry season, the Press will feature some Readers' Choice Best of the Press winners and finalists of the "Fish Fry" category in our coverage area.

St. Odilia Catholic Church's fish fry has been labeled "the best" in the Shoreview Press Readers' Best of the Press Contest for 2025. During the Lenten season, the St. Odilia Men's Club puts on a fish fry on select Fridays.

"It's a wonderful thing (to be recognized). It gives our club, our men's club at St. Odilia, some recognition," said Dan Britz, president of

the St. Odilia Men's Club. "Our goal as a men's club is to bring the community together."

Leon Hass, a member of the St. Odilia Men's Club and chairman of the fish fry committee, said the recognition means a lot of the club's members who help put on the fish fry.

"We told the members, and that means a lot to them. They work hard to try and pull these things off. When they get recognized that way, they feel good," he said. "It means a lot."

According to Hass, the club has hosted a fish fry twice during the Lenten season for the past decade, except



PHOTOS CONTRIBUTED

Twenty-five to 30 people help pull off the fish fries. Volunteers come from the parish, the St. Odilia Men's Club and the Knights of Columbus.

during the COVID-19 pandemic.

Hass noted that the parish has a large Latino contingent, and in previous years, they've tried to hold their own Lenten supper. But recently, the parish has combined the dinners into one and it has helped raise attendance and has "ejected energy into the parish community," according to Hass.

"They bring a whole new aspect to the fish fry that we didn't have before. They offer some of the Latino foods we've never offered before ... You get to try something a little bit different that you wouldn't try at a usual fish fry," Hass said.

It takes about 25 to 30 people to pull off the fish fries. Volunteers come from the parish, the St. Odilia Men's Club and the Knights of Columbus. During the fish fry dinner, Britz added, about 20 eighth grade students

from St. Odilia School who are confirmation candidates will help out.

"Mainly, what their tasks are is customer service to those on the floor ... For example, if there are people who come through the line that are elderly, they'll

Spanish rice; coleslaw; dinner rolls; and dessert. For children who don't prefer fish, there will be spaghetti.

"We talk about it (the menu) probably in the middle of February. We make the (final) decision by the end of February, so we know

what we're going to have by then," Hass added.

Feedback from those who attend the fish fry is always positive and a lot of people appreciate that the men's club has it,

according to Hass. Proceeds raised during the fish fry go toward the needs of the parish community and St. Odilia School. As well as the fish fries, the Men's Club holds two bingo events and a pancake breakfast.

St. Odilia Catholic Church is located at 3495 Victoria St. N., Shoreview.

Editor Madeline Dolby can be reached at 651-407-1226 or shoreviewnews@presspubs.com.

"You get to try something a little bit different that you wouldn't try at a usual fish fry,"

Leon Hass

Member, St. Odilia Men's Club

help carry their tray," Britz explained. "It's also teaching our young people in the community, service — community service."

The next fish fry is scheduled to take place from 5-8 p.m. Friday, March 20, at St. Odilia. Hass, who helps finalize the menu each year, said this year's menu includes baked or deep-fried breaded pollock; fish tacos and sauces made from scratch by Latino committee members; cheesy potatoes;



The St. Odilia Men's Club hosts the church's fish fries every Lenten season on select Fridays. They have putting it on for a decade.

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NYFS: Expands services to serve communities from birth through lifespan

FROM PAGE 1

period. She explained that NYFS staff really looked at who they were and what they were doing, in an effort to ensure the services the organization was providing were the best, based on the best evidence.

The model of care is grounded in community and being both trauma-responsive and culturally responsive. The model also considers a client's environment, development and caregiving experiences as well as their relationships.

For the 1,261 individuals served, 374 received clinic-based therapy, 264 received school-based therapy, 352 revolved around restoring power, 232 interactions were for youth pathways (diversion and community connections) and 39 were community advocacy-based. The top three diagnoses treated were generalized anxiety disorder, post-traumatic stress disorder and major depressive disorder.

Growth, renewal and new services offered by NYFS

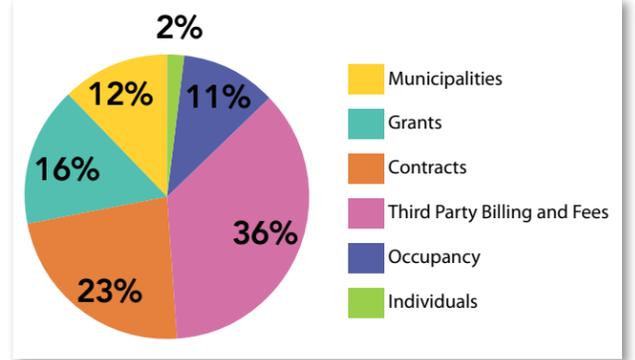
Lewis-Dmello noted that NYFS now has twice as many team members as it did three years ago: from 24 in 2023 to 55 in 2026. The organization went from serving 602 clients in 11,630 sessions in 2023 to 1,090 clients in 19,343 sessions in 2025.

"We recently sold the Shoreview building. This is really important to our financial stability long term ... That has meant that we've been able to establish a long-term operating reserve, which provides us stability, and we began an endowment in the name of Kay Andrews," she added. Kay Andrews was the first family therapist at NYFS and served as its CEO from 1988 to 2009. According to Lewis-Dmello, the endowment will ensure the organization's viability.

NYFS now serves the community from birth through lifespan. The organization has launched early childhood services, helping children from newborn to 5 years of age, and has expanded group therapy sessions in schools. It also offers group therapy for parents/caregivers related to parenting.

Lewis-Dmello said the early childhood mental health services use child parent psychotherapy and circle of security models. These models focus on early intervention and prevention of long-term mental health challenges, reestablish strong parenting bonds with the child and support the family in recovery.

For the first time, NYFS is serving as the primary advocacy contact for all domestic violence charges and related incidents in White Bear Lake and Gem Lake. When officers with the White Bear Lake Police Department responded to a domestic violence call, even if no



GRAPH BY PRESS PUBLICATIONS

In 2025, NYFS had a \$4 million budget. This chart breaks down where the funding came from.

arrest is made, they now send a referral to NYFS. According to the NYFS annual report, the organization has been able to reach 73% of all referrals submitted, and 64% of those individuals chose to continue receiving ongoing advocacy services.

In the future, Lewis-Dmello said NYFS wants to establish itself as a training site for new providers, create clinical ladders program for staff and think about the organization's geographic coverage. It is contemplating moving toward satellite sites across the 16 cities it serves.

"We have the main Shoreview location, but we want to have a couple providers and community centers across the 16 cities that we're serving so folks can ride their bike or walk down the street, go to a shared space and see their provider," Lewis-Dmello added.

Mayor Sue Denkinger asked what types of challenges the organization might face in the next few years, if any, and in what ways the city can help.

"The nature of the field of mental health is extremely challenging to be able to maintain solid revenue, because revenue comes in from insurance companies at about 60% the rate of what is needed to sustain an organization," Lewis-Dmello said. "We always have a gap in our mental health services."

Lewis-Dmello said a challenge the industry is facing as a whole is that employees move away from community mental health because it sees the highest number of clients with the greatest needs and the least number of resources.

"The other challenge, of course, is we're looking at an unstable funding environment," she added. "(The Office of Justice Programs and Victims Services) altered us to about 20% cuts in our domestic and sexual violence programs across agencies across the Twin Cities ... That will affect the kinds of services we can provide."

Council Member John Doan asked where Lewis-Dmello sees the biggest need that is not being served, whether in age population or specific trauma.

"It's all connected — people's safety, their stability, their housing, their food access ... Their ability to access mental health care is tied to their ability to have housing. We're seeing just, generally, a theme of a lot of instability across our clients," Lewis-Dmello responded.

She added that in partnership with the White Bear Area Food Shelf, NYFS has started a food pantry for the community to help with food instability.

"This is what we were made for," Lewis-Dmello said. "NYFS was founded on a mission of ensuring access to care ... and how do we adapt to fill whatever needs we can."

For more information, or to make an appointment, visit nyfs.org or call 651-486-3808. NYFS is located at 3490 Lexington Ave. N., Shoreview.

Editor Madeline Dolby can be reached at 651-407-1226 or shoreviewnews@presspubs.com.

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- Falcon Heights
- Hugo
- Lauderdale
- Little Canada
- Mahtomedi
- Mounds View
- New Brighton
- North Oaks
- Roseville
- Shoreview
- St. Anthony
- Vadnais Heights
- White Bear Lake
- White Bear Township

School District Partners

- St. Anthony- New Brighton Schools
- Mounds View Public Schools
- Centennial Schools

Public Safety Partners

- Mounds View
- New Brighton
- Ramsey County Attorney's Office
- Roseville
- St. Anthony
- White Bear Lake

STATE CHAMPION: Reflects on races, career

FROM PAGE 1

“The difference in the finals was definitely the start,” said Bai.

“That was all Danny needed to slide in and get the victory, swimming his lifetime best ... it was incredibly close,” said Coach Chris Yauch. “Danny had some knock-out performances in his 100 and both relays as well.”

The 50 free is one of the quickest events in all of sports with little margin for error.

“The 50 is really fun, as you just go all out for 20 seconds,” Bai said, “but it is definitely pretty nerve-wracking as well. You need to basically have a perfect swim.”

Zelen was the 100 free champion in 43.78, followed by Bai (44.52) and Minnetonka’s Ben Jebe (44.84). Zelen was just too strong in the 100, said Bai, and “It was just a battle for second place.”

Yauch is both boys and girls head coach. Having two state champs and “such amazing student athletes,” in the same school year, Yauch said, makes him

“feel special to be a part of it.”

It’s not unusual for such talented swimmers to opt for a club team, rather than their school team, for more competition and consistent training, Yauch noted.

“I am glad that they both felt enough of a connection to our high school team to continue to swim for us. I see the effect that they and others like them have on younger athletes in the program; they

are true inspirations.”

Bai, 5-foot-10, is a one-sport athlete, after dabbling in soccer and basketball in elementary school. He said he’s unsure if he wants to swim in college.

Asked how well he knows Bina, he said,

“Me and Ellie are pretty good friends. We’ve been on the same club team for many years, so we know each other pretty well.”

The Mustangs 200 freestyle relay team placed ninth, winning the consolation finals in 1:26.33. They had been 13th in prelims with 1:28.24. Bai anchored that team that also included Sithsovann Pin-Mene, Unai Solivera Tato and Ben Lawrence.

“I am glad that they both felt enough of a connection to our high school team to continue to swim for us. I see the effect that they and others like them have on younger athletes in the program; they are true inspirations.”

Chris Yauch

Coach, Mounds View Swim Team

SHOREVIEW CITY COUNCIL SNIPPETS

• Angela Lewis-Dmello, president and CEO of Northeast Youth and Family Services (NYFS), provided the City Council with an update on the organization’s services to the community in 2025. According to Lewis-Dmello, NYFS served 1,261 individuals in 2025, a 40% increase from the prior year. In total, NYFS works with 16 municipalities, five law enforcement agencies, three school districts, and the Ramsey County Attorney’s Office and Sheriff’s Department. Last year, the organization recorded 19,440 total appointments, ranging from clinic-based therapy to community advocacy (see full story in this week’s issue).

• The 2025 annual report compiled by the Shoreview Human Rights Commission has been accepted by the council. Each year, the Human Rights Commission drafts an annual report that highlights its various accomplishments, initiatives and projects. Goals highlighted in the report included building awareness and fostering respect for social equity, civil and human rights in the community; engaging in outreach education; listening and collaborating in the community; aiding and advising the City Council in regard to general human rights issues; and strengthening and maintaining effective relationships with key community groups and organizations.

• Updates will be made to Chapter 30 of the municipal code relating to rental licensing following council approval. These updates will include amendments to the existing rental licensing regulations for codifying a proper procedure to close a rental license; creating language for expe-

ditioning correction action for properties that continue to rent without licenses after notification; and making minor grammatical and clarifying language revisions.

• Urban Leaf, also known as Tehilla Ventures, has received a cannabis retail registration following City Council approval in an 4-0 vote (Council Member Cory Springhorn was absent). In December 2024, the council adopted an ordinance amending Chapter 10, Article IV, which outlines requirements for cannabis retailers and related events. The ordinance requires all cannabis retailers to register with the city and limits the total number of registrations to three. Urban Leaf, owned by Joseph Abramov, recently received preliminary approval from the Office of Cannabis Management for a cannabis retailer license. The business is proposed at 5910 Lexington Ave. N., a property zoned C1, where cannabis retail businesses are permitted. The registration will expire at the end of the year of its issuance. With the approval of Urban Leaf’s registration, the city has issued all three of its cannabis retail registrations.

• Benjamin Handelsman will serve as the student representative on the bikeways and trails committee following council’s approval of his appointment. Handelsman will serve on the committee through May 31, 2027. He is currently a junior at Mounds View High School.

The next Shoreview City Council meeting will take place at 7 p.m. Monday, March 16, in council chambers.

Madeline Dolby

DEPARTMENT OF NATURAL RESOURCES BRIEF

Turkey hunters can now buy licenses

Turkey hunters can now buy a license for the spring 2026 season through the Minnesota Department of Natural Resources. Licenses may be purchased online at mndnr.gov/buylicense, by phone at 888-665-4238

or in person at approved vendors throughout the state.

Individuals can hunt statewide after buying an adult firearms license for any season (A-F) or buying an archery license. Crossbows are allowed for any person using a valid firearms or archery license.

Hunters with an archery license may hunt Wednesday, April 15, to Sunday, May 31. Hunters ages 17 and under may purchase a reduced-cost license and may hunt during the same dates. Dates for adult firearms turkey seasons A-F can be found online at mndnr.gov/hunting/turkey.

PUBLIC NOTICES - PUBLIC NOTICES - PUBLIC NOTICES

CITY OF SHOREVIEW, MINNESOTA NOTICE OF ADVERTISEMENT FOR BIDS 2026 STREET REHABILITATION CITY PROJECT 26-04

NOTICE IS HEREBY GIVEN that sealed bids for the work described below shall be received at Shoreview City Hall - Council Chambers, 4600 Victoria Street, Shoreview Minnesota, electronically through BidVAULT until **Wednesday, March 18, 2026 at 2:00 p.m.**, local time, at which time, two or more designated officers or agents of the City of Shoreview will publicly open and read the bids.

DESCRIPTION OF WORK: Said bids to be for the furnishing of all labor and materials for the construction, complete and in place in accordance with the plans and specifications for the following estimated quantities of work:

3,000	LF	Remove curb and gutter (concrete)
600	SF	Remove retaining wall (modular block)
3,000	CY	Remove bituminous (excess reclaim) material
200	SF	Salvage & install brick pavers
150	RDST	Subgrade preparation
34,000	SY	Stabilized full depth reclamation
2,500	SY	Full depth reclamation (bituminous trail)
9,000	LF	Sawed & sealed control joint
85,000	GAL	Bituminous emulsion
5,000	TON	Type SP9.5 wearing course (SPWEA230C)
600	SF	Modular block retaining wall
25	LF	18" RC Pipe sewer class V
50	EA	Watermain gate valve rehabilitation
400	LB	Ductile iron fitting
50	EA	Casting assembly R-1733 w/internal I&I barrier
50	EA	Adjust casting assembly
2,000	SF	6" Concrete walk
3,000	LF	Concrete curb and gutter
50	SF	Truncated domes
1	LS	Traffic control
2,000	SY	Sodding type lawn w/6" topsoil

The provisions of MINN. STAT. 16C.285 Responsible Contractor are imposed as a requirement of this contract. All bidders and persons or companies providing a response/submission to the advertisement for bids of the City of Shoreview shall comply with the provisions of the statute.

All bidders for contract amounts of \$100,000 or more shall require contractors, sub-contractors, and vendors which have 40 or more full-time employees to submit a copy of their affirmative action certification for the current period after their bid, before construction.

PLANHOLDERS LIST, ADDENDA AND BID TABULATION: The planholders list, addenda and bid tabulation will be available on-line at: mn-ci-shoreview.app.rtvision.com. Any addenda will be e-mailed to all planholders, and bidders must acknowledge receipt of all addenda prior to the bid opening.

BID DOCUMENTS: Bidding documents are on file with the city engineer and may be seen at the city hall, public works department. All planholders and bidders must register and download all project related items from the city's Connex page: mn-ci-shoreview.app.rtvision.com for a fee of \$25.

Bids shall be in accordance with the bidding documents as prepared by

the City of Shoreview Public Works Department. **Bids will only be accepted electronically, from contractors listed as a planholder on the city's Connex site.**

BID SECURITY: Bids will be not considered unless accompanied by a bid bond payable to the City of Shoreview, for five percent (5%) of the amount bid to be forfeited as liquidated damages in the event the bid is accepted and the bidder fails to enter promptly into a written contract and furnish the required bond.

AWARD OF CONTRACT: The owner reserves the right to reject any and all bids, to waive irregularities and informalities therein and to accept the bid deemed in their best interest. It is expected that the city council will consider the bids at their meeting on April 6, 2026.

By Order of the City Council
Brad Martens, City Manager, City of Shoreview, Minnesota
Published two times in the Shoreview Press on February 24 and March 10, 2026.

CITY OF SHOREVIEW ORDINANCE NO. 1061

AN ORDINANCE ESTABLISHING A 2026 FEE SCHEDULE FOR THE OPERATION AND MAINTENANCE COSTS ASSOCIATED WITH THE AUGMENTATION OF SNAIL LAKE

The Shoreview City Council ordains that Exhibit A, 2026 Utility Fee Schedule of the Shoreview Municipal Code is amended to add the following:

Property owner within the Snail Lake Improvement District:

\$65.98 per unit per quarter

Adoption Date: Passed by the city council of the City of Shoreview on the 2nd day of March, 2026.

Effective Date: This ordinance shall become effective the day following its publication in the city's official newspaper.

Sue Denking, Mayor
Attest: Brad Martens, City Manager
Published one time in the Shoreview Press on March 10, 2026.

CITY OF SHOREVIEW ORDINANCE SUMMARY ORDINANCE NO. 1060

AN ORDINANCE AMENDING CHAPTER 30, RENTAL HOUSING AS THEY RELATE TO CLOSURE OF A RENTAL LICENSE AND POSTING OF UNLICENSED PROPERTIES

On the 2nd day of March, 2026 the Shoreview City Council adopted ordinance 1060 amending Chapter 30 of the municipal code. On the same day, pursuant to Minn. Stat. §412.191, Subd. 4, the Shoreview City Council directed that a summary of ordinance 1060 be published.

Ordinance 1060 amends chapter 30 as it relates to the closure of rental licenses and the posting of unlicensed properties. The ordinance is effective March 10, 2026. A copy of the ordinance is available for inspection by any person during regular business hours at the office of the city manager, 4600 North Victoria Street, Shoreview, Minnesota 55126.

Brad Martens, City Manager
Published one time in the Shoreview Press on March 10, 2026.

CITY OF SHOREVIEW NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Shoreview City Council will hold a Public Hearing at 7:00 p.m. **Tuesday, March 24, 2026** in the City Council Chambers at Shoreview City Hall, 4600 Victoria Street North, Shoreview, Minnesota to consider a conditional use permit for the construction of an attached accessory building (garage) on a property with an existing detached accessory building (garage) greater than 440 square feet in size.

APPLICANT: Lisa & Felix Ankel
LOCATION: 3192 West Owasso Boulevard
PROPOSAL: To consider a conditional use permit for the proposed retention of an existing 451 square foot detached garage, with the proposed establishment of an attached garage on the property.

Persons who want to submit written comments on this proposal can email Izaak Peterson, Senior Planner, at ipeterson@shoreviewmn.gov. All written comments received before March 20th will be included in the staff report. Those who wish to give oral testimony are invited to attend the meeting on Tuesday, March 24, 2026 at 7:00pm.

Residents are encouraged to call the Shoreview Community Development Department at 651-490-4681 after Thursday March 19th to find out where this item will be located on the meeting agenda.

BY ORDER OF THE CITY COUNCIL
Brad Martens, City Manager
Published one time in the Shoreview Press on March 10, 2026.

OFFICE OF THE MINNESOTA SECRETARY OF STATE CERTIFICATE OF ASSUMED NAME

Pursuant to Chapter 333, Minnesota Statutes; the undersigned, who is or will be conducting or transacting a commercial business in the State of Minnesota under an assumed name, hereby certifies:

- The assumed name under which the business is or will be conducted is: Shoreview School of Music
- The street address of the principal place of business is or will be: 4000 Virginia Ave., Shoreview, MN 55126
- The name and street address of all persons conducting business under the above Assumed Name, including any corporation that may be conducting this business.

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I certify that I am authorized to sign this certificate and I further certify that I understand that by signing this certificate, I am subject to the penalties of perjury as set forth in section 609.48 as if I had signed this certificate under oath.

Dated: January 6, 2026
Signed: Tyrus Thompson
Published two times in the Shoreview Press on March 10 and 24, 2026.



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SERVICES DIRECTORY

Mustangs' Grenier, LaRose, Schneider medal at state

BY BRUCE STRAND
SPORTS CONTRIBUTOR

Mounds View wrestlers Caden Grenier, Owen LaRose and Will Schneider each medaled for the second straight year at the state tournament Feb. 27-28.

The Mustangs' five qualifiers posted 11 wins against 10 losses overall in action at Grand Casino Arena.

Grenier, Mustang junior, placed third at 189 pounds and finished the season 45-4. With a 175-51 career ledger, he is 18 short of Colton Loween's school record.

Grenier won by tech fall over both Connor Smith of Anoka 15-0 and Tyce Faber of Brainerd 15-0, lost to Moorhead's state champ William Ward 13-2 and beat Stillwater's Spates 7-0. That put him in the third-place match against Andover's Samouka Kenneh in which he posted his third tech fall, 15-0 in just 1:54. Grenier moved up from a fifth-place finish at 173 pounds last season.

Will Schneider, senior at 145 pounds, placed sixth and finished 40-10. His career record was 128-59. Schneider beat Forest Lake's Kody Kohoutek 4-2, lost to Shakop-



Caden Grenier won this third-place match over an Andover opponent by tech fall in the first period.

ee's Calvin Miller 2-1, beat Brainerd's Ben Rodriguez 14-2, beat Ryan Collins of Albert Lea 4-2, lost to Farmington's Mangowi 8-0, and beat Miller 7-0 in the fifth-place match. He was sixth at 133 pounds last year.

Owen LaRose, senior at 127 pounds, placed sixth and finished 26-7. His career record was 119-23. LaRose won three of six matches, beating Two Rivers' Emiliano Car-

rillo 5-0, Apple Valley's Evan Marvin 2-0 and Farmington's Bake Han-Lindmeyer 4-1 in overtime, while losing to Willmar's Caiden Kassel 7-1, ST. Michael-Albertville's Eli Schultz 2-1 and Hastings' Bill Brainbridge 4-1. He placed fifth last season at 114 pounds.

Silas Helmer (29-14), sophomore at 160 pounds, and Braeden Maxey (33-9), junior at 215, each lost twice by decision.

Minnesota Snow Drag Tour makes first stop in north metro



PHOTOS BY SHANNON GRANHOLM | PRESS PUBLICATIONS
For the first time in the history of the tour, the Minnesota Snow Drag Tour hosted 500-foot drag races Feb. 28 on Egg Lake in Hugo. Spectators were invited to watch. In addition to side-by-side drag races, the event included a Show and Shine event hosted by the Hugo Knight Riders. After the event, an awards party was held at Hugo American Legion Post 620.

Mustangs reach section finals; upset bid falls short

BY BRUCE STRAND
SPORTS CONTRIBUTOR

Mounds View gave No. 2 ranked Maple Grove a stern challenge, but the Crimson held off the Mustangs 55-47 in the Section 5AAAA championship game Thursday evening.

The Mustangs, who were 9-8 at one point, finished the season 17-12 with two section wins. They were seeking the program's first state trip since 1999. Maple Grove takes a 23-5 record into state.

"We have played really well the last month," Coach Dave Bratland said. "We got our rotation figured out a little better. We beat a couple teams we had lost to earlier, which boosted the girls' confidence. We had a good season."

Jaycie Helmer, eighth-grade point guard, was game high with 25 points. Senior post Avery Lanore scored 10 points and junior guard Taylor Whitehill eight points.

Mounds View led 23-21 at halftime with Whitehill scoring at the buzzer. The Mustangs opened a 37-28 lead with a 10-0 run. They fell behind 48-41, then pulled back within 48-47 after Helmer swished a

3-pointer and two free throws.

The Crimson pulled away again with their 11th and 12th three-pointers of the game. Kate Holmquist sank 17 points, and Sophia Anderson and Sienna Meyer 15 points each.

The Mustangs beat Champlin Park 85-69 in the semifinals with Whitehill scoring 27 points, Helmer 24 and Maddie Schneider 21. They opened with a 56-43 win over Park Center has Helmer hit 17 points, Whitehill and Lanore 13 each and Schneider 11.



BRUCE STRAND | CONTRIBUTED
Avery Lanore goes up for two points during Mounds View's 55-47 loss to Maple Grove.



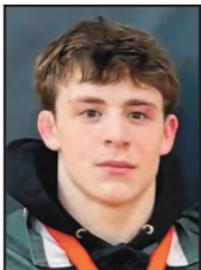
ATHLETE OF THE WEEK

Will Schneider

Mounds View Wrestling

March 10, 2026

Will Schneider capped his Mounds View wrestling career by medaling at the state tournament for the second straight year. Schneider won four of six decisions and placed fifth in Class 3A at 145 pounds, finishing the season 40-10. He placed sixth at 133 pounds last season and finished with 128 wins.



SPORTS BRIEFS

SWIMMING & DIVING

In the Section 4AA meet, the Mustangs placed second behind Woodbury among eight teams. Danny Bai won the 50 (20.83) and 100 (45.42). Charlie Hieb placed third in diving (386.75 points) and Micah Prindle fourth (369.15), advancing to state. Holden Then placed third in the butterfly (55.29) and fifth in the medley. Also in the finals were Ben Lawrence, fifth, breaststroke; Tato, sixth, backstroke; Graysen Then, seventh, 200 free, and seventh, 500 free; Sammy Snider, eighth, medley, and eighth, 500 free; Nick Ehrentreich, seventh, diving; Alex Olson, eighth, diving; Charlie Collins, eighth, butterfly; Sithsovann Pin-Mene, eighth, 100 free; and Drew Bangasser, eighth, breaststroke.

BOYS BASKETBALL

Mounds View squeezed past Roseville Area 49-47 in the first round of Section 5AAAA last Tuesday, then bowed out with a 77-41 loss to No. 3 ranked Maple Grove on Friday. The Mustangs had a 16-12 record. In the defensive duel against Roseville, Rylan Happel and Andrew Aitkin led with 13 points each while Reid Defeyter added 10 points and Dom Barrett eight. Micah Wiskus had 15 and Carter Brenden 13 for Roseville (15-12). Maple Grove (22-6) was led by Max Iverson with 25 points. Aitkin netted 17 points and Happel 14 for the Mustangs.

Bruce Strand

When the clocks change, so does our sleep

BY MADELINE DOLBY
EDITOR

Every year at the beginning of March, daylight saving time springs our clocks forward an hour, depriving us of an extra hour of sleep and taking away the opportunity to be exposed to sunlight during the earlier part of our day.

“When we move to daylight savings time and everything is pushed back an hour, it affects us in the morning and in the evening,” said Dr. Akinbolaji Akingbola, assistant professor at the University of Minnesota Medical School.

According to Akingbola, standard time is ideal for sleep due to the earlier evenings and the earlier sunrise. Standard time is observed for approximately four months, running from the first Sunday in November to the second Sunday in March.

“With the later daylight, we tend to stay up later so we have more difficulty falling asleep in the evening because of the extra hours of sunlight,” Akingbola said. “With the later sun-

light, that also impacts us negatively in terms of waking up and being more alert.”

Akingbola said that studies show the switch to daylight saving time is associated with an increase in morning accidents due to decreased alertness and vigilance, whether from sleep deprivation or traveling in the dark.

The change in time can also lead to increased cardiovascular incidents within the first days or weeks after the shift. Kids are impacted by daylight savings time because it affects their baseline routine. Akingbola said routine is important, especially for younger children. He explained it can be hard for them to understand the time shift and create a routine around it.

Since teenagers and young adults have a tendency to delay their sleep naturally, Akingbola said the time change might feel “great” for people within that demographic and they might not see it as a negative.

“It’s not uncommon for us to have patients who, after they’re done with their schooling and their training, and

now have a stable 9 to 5... They’re now struggling because the constraints, the way they set their life around delaying their sleep, no longer conforms to their schedule of being in the workforce,” Akingbola added.

A month or a couple of weeks in advance to the time change, Akingbola recommends shifting your typical bedtime up 15 minutes earlier and waking up 15 minutes earlier than you normally would.

Akingbola also said the most important thing you can do to adjust to the time change is stick to a consistent routine and manage your light exposure. If you’re having trouble falling asleep, he recommends limiting the time you spend outside during the day, or wearing sunglasses to reduce your exposure to sunlight.

“Sometimes we get light here in

Minnesota until eight or nine o’clock,” Akingbola added. “Make sure you have a pretty regular, winding-down routine so your brain can learn that once you start doing these things it’s time for you to start preparing yourself for sleep.”

Akingbola also recommended having a very consistent wake up time.

“Everything you do from the moment you wake up is preparing you for sleep,” he said. “If you can make the day as regular as possible, then your brain will kind of figure out, ‘I wake up at this time. I do these things throughout the day and once these things happen, I can start falling asleep.’”



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PUBLIC SAFETY BRIEF

Bureau of Criminal Apprehension releases 2025 Permit to Carry Report

The Minnesota Department of Public Safety’s Bureau of Criminal Apprehension (BCA) has released the 2025 Permit to Carry Report, which contains data submitted by the Minnesota law enforcement agencies regarding applications made for handgun carry permits as well as data about permit holders.

Minnesota saw more firearms permits issued in 2025 than in 2024. Minnesota sheriffs reported to the BCA 75,782 permits were applied for, and they issued 65,961 permits in 2025.

The top five counties for five-year permits issued in 2025 are:

- Hennepin: 8,063 permits
- Anoka: 4,665 permits
- Dakota: 4,525 permits
- Washington: 3,579 permits
- Ramsey: 3,529 permits

Minnesota’s Personal Protection Act was first enacted in 2003. Permits were first eligible for renewal in 2008. Individuals who wish to obtain a Minnesota permit to carry must apply for the permit at their local sheriff’s office and provide proof of approved

firearms training. Sheriffs then must follow a statutorily defined process, checking FBI, BCA and Minnesota Department of Human Services records as well as their own data for any disqualifying information. Individuals denied a permit have the right to appeal the denial.

Sheriffs also reported there were 261 permits suspended, 49 revoked, 1,331 voided and 751 denied in 2025. According to the BCA, nine permits were revoked because the person was the subject of an extreme risk protection order.

Bureau of Criminal Apprehension



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Talking new tax rules with the University of Minnesota

Some changes are going into effect this tax season due to the passage of the One Big Beautiful Bill Act (OBBBA) last year. David Horn, the director of the Master of Business Taxation program at the Carlson School of Management, shares his insights on some of the biggest differences for filers this year and best practices to keep in mind.

Q: 'No Tax on Tips' and 'No Tax on Overtime' are among the new deductions this year. What should taxpayers know?

A: While "no tax on tips and overtime" is a bit of a misnomer, these provisions provide a real federal tax benefit for people in industries that traditionally rely on tips and overtime pay.

For 2025, taxpayers in qualified fields — like hospitality, food service and transportation — can deduct up to \$25,000 of their tipped income from their federal taxable income. For overtime, the deduction is capped at \$12,500 (or \$25,000 for joint filers). One detail that often gets overlooked is that only the income above your normal pay rate is deductible for the overtime deduction. So, if your overtime pay rate is "time-and-a-half," it's specifically that extra "half" premium that is tax-deductible, not the base hourly rate.

Q: Are there any changes for senior citizens?

A: Yes. Taxpayers aged 65 or older now receive a \$6,000 deduction (\$12,000 for joint filers) in addition to their standard deduction. Note that this benefit begins to phase out once income exceeds \$75,000 for single taxpayers or \$150,000 for those married filing jointly.

Q: Is car loan interest tax-deductible now?

A: As with most things in tax, it depends. A new car loan interest deduction was introduced with the OBBBA, but it only applies to loans on new vehicles purchased in 2025. Furthermore, the vehicle must be for personal use and assembled in the U.S. The deduction is capped at \$10,000 and phases out once income exceeds \$100,000 (or \$200,000 for joint filers). Since this deduction remains in place until 2028, it may influence taxpayers' purchasing decisions over the next few years.

Q: The state and local taxes (SALT) cap increased from \$10,000 to \$40,000. What does that mean for Minnesotans?

A: Expanding the SALT deduction will provide additional federal income tax relief to many Minneso-

tans, particularly considering Minnesota's relatively high state income tax rate and the large increases to property taxes we are seeing around the state. However, the expansion of the SALT deduction doesn't impact everyone. In general, homeowners and middle-to-high-income taxpayers are going to see the biggest impact. It is worth noting that only taxpayers who itemize their deductions benefit from this expansion.

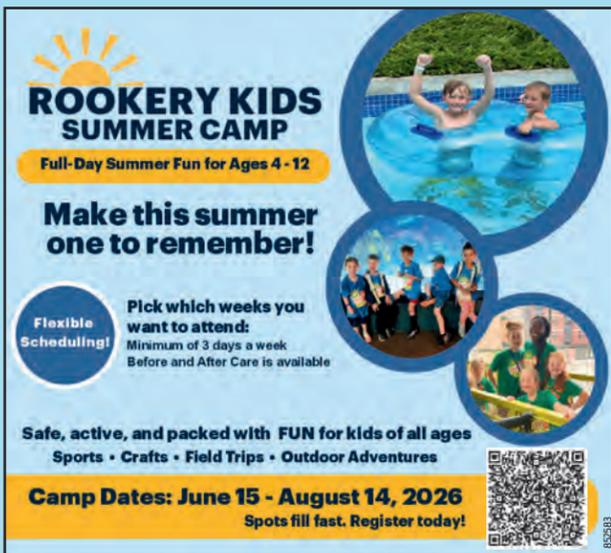
Q: What are your recommendations for a smooth filing process?

A: As our Master of Business Taxation students quickly learn, organization is key. The better organized you are with your tax documents, the smoother the process. It is critical to understand your various income sources and the specific records required to claim these new benefits. Starting sooner rather than later ensures you have all your "ducks in a row." And, as always, if the prospect of tackling your taxes is daunting, seek help from a trusted professional, such as a CPA.

Contributed by the University of Minnesota Carlson School of Management

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