



Rute Maija (Zarins) Helmen

June 28, 2018

Helmen, Rute Maija (Zarins) was born December 1, 1937 in Riga, Latvia and transitioned peacefully June 28, 2018, surrounded by family and loved ones in her home in Hurricane, UT. Rute was the only child of Julius Zarins and Elfrida (Alberins) Zarins. She was only able to spend the first six years of her life in her beloved home country of Latvia. She and her parents fled from Russian communism by escaping to Germany during WWII where they lived in various camps for displaced persons until she was twelve and immigrated to America. Rute graduated from South High School in Minneapolis in 1955; received her BS and MA in Physical Education and Health from University of Minnesota (1961) and Mankato State University (1969); and she was a PhD candidate in Physical Education from the State University of Iowa. Rute taught Mathematics and Physical Education at Olson Jr. High and Regina High School in Minneapolis and Belle Plaine Jr. and Sr. High School. In 1968 she began teaching at Macalester College, with the remainder of her teaching and coaching career at Hamline University for 16 years. Rute was a professional cheerleader for the Minnesota Gophers and Minnesota Vikings. Rute was also a competitive athlete. She was a volleyball player, gymnast, dancer, track athlete, downhill skier, water skier, tennis player, and fencer. In retirement, she also played golf, pickleball, and ping pong. In addition to athletics, Rute kept close ties to her Latvian heritage with long time Latvian friends, she was a member a Latvian sorority (Imeria), and she made several trips back to her home country. On August 3, 1963, Rute married John "Jack" Helmen in

Minneapolis, MN. During their nearly 55 years together Rute and Jack loved to travel and went on numerous cruises. In the last 25 years they built and remodeled several homes, doing much of the work themselves. Rute became an expert at tiling. They loved visiting with family and friends in Minnesota, Utah and California. Survived by: Husband, John "Jack" Helmen of Hurricane, UT; daughter, son-in law, and grandson, Nicole, Matthew and Jack Warner of Woodland Hills, CA; nieces, Catherine (Phil) James of Madison, WI; Sarah (Marv) Tonn of Oakdale, MN; Susan (John) Helgeson of Alexandria, MN A memorial service will be at 11am Friday, August 10 with visitation one hour prior at the Washburn- McReavy Crystal Lake Chapel & Cemetery, Minneapolis, MN with a reception to follow at Jax Café. In lieu of flowers, donations can be made to either Best Friends Animal Society or Lutheran World Relief. Washburn-McReavy.com Crystal Lake Chapel 612-521-3677 Penn & Dowling Aves N.