

The Park Bugle

Meet
Carol
Pearson, p. 6

FEBRUARY 2002 ■ VOLUME 28, NUMBER 8

NONPROFIT COMMUNITY NEWSPAPER SERVING ST. ANTHONY PARK, FALCON HEIGHTS, LAUDERDALE AND NORTHWEST COMO PARK

Falcon Heights counters terrorism threats intergenerationally

Community initiative leads to establishment of Neighborhood Security Commission

by Dave Healy

Since September 11, most Americans have found themselves thinking more about security than they used to. The federal government now has an Office of Homeland Security. We've been encouraged to maintain a heightened state of alertness. But many of us have wondered just what that means.

Sue Gehrz was one of those people. After September 11, the mayor of Falcon Heights asked herself, "What can I do to help at this time?" She wasn't satisfied with the admonitions coming from Washington. "Mostly what I heard was 'Be vigilant' and 'Spend money,'" she says. "I thought there must be something more we can do."

Gehrz, who also has her own consulting business, decided that strategies she had used as a

before with Dr. Jim Gambone, an intergenerational consultant. In September, she contacted

"Mostly what I heard was 'Be vigilant' and 'Spend money.' I thought there must be something more we can do."

—Sue Gehrz, Falcon Heights mayor

consultant might be effective in helping mobilize communities like Falcon Heights to respond to a war on terrorism. "I've facilitated a lot of focus groups," she says. "I'm a trained listener."

As a consultant, Gehrz also has seen the value of coordinated efforts to encourage intergenerational communication. She had worked

Gambone about planning an event in Falcon Heights that would focus on identifying potential security risks and mobilizing local resources to address them.

The result was an intergenerational dialogue that Falcon Heights hosted on October 29. Eighty-five people participated, representing five

generations: those born from 1901-28, 1929-44, 1945-63, 1964-82 and 1983 or later.

Groups discussed lessons learned from having lived during various wars (WW II, Korea, Vietnam, the Gulf War). They generated ideas about how to counter feelings of isolation and how to assist public safety professionals in recognizing and responding to security risks.

The October 29 event

produced several concrete actions. The Falcon Heights City Council voted to establish a permanent Neighborhood Security Commission, which will recruit and train volunteer neighborhood liaisons. The city has created a household emergency preparedness brochure that will be distributed to all residents in

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Highway 280 planners go back to the drawing board

Lauderdale, Roseville oppose new interchange

by Judy Woodward

Minnesota Department of Transportation officials will decide within the next month whether to proceed with a proposed \$7.5 million upgrade of Highway 280 north of the Larpenteur interchange.

In addition to resurfacing the pavement of the nearly 50-year-old roadway and reducing access from smaller side streets, MnDOT's original proposal had called for ultimately converting the Broadway/280 intersection

"We're a small community. We don't want to remove any homes."

—Jeffrey Dains, Lauderdale mayor

That was the response of MnDOT's Metro Division area manager Frank Pafko, when, in a joint session, the city councils of Roseville and Lauderdale went on record as opposing any upgrade of the Broadway/280 intersection that would involve replacing the current traffic light with a freeway-style ramp interchange.

In a four-hour joint session on January 14, the two city councils affirmed their support for a plan to repave the highway and introduce new traffic safety measures, but they also made clear their opposition to any moves that would lead to the removal of houses bordering the current Broadway intersection.

What remains to be seen is whether MnDOT can be persuaded to go forward with the project without the piece of the plan that would make 280 look more like a freeway.

At issue is a \$7.5 million plan to upgrade the 1.3-mile stretch of Highway 280 from just north of the Lauderdale city limits near Larpenteur Avenue to where the highway joins 35W. Federal funding sources restrict the proposal to the northern stretch of 280 only. MnDOT has not slated the portion of 280 south of Larpenteur for improvement for at least another decade.

from a stoplight to a freeway style entrance. Such an upgrade would eventually require more land area for the construction of on-ramps, and when MnDOT unveiled its plans last summer, Lauderdale-area residents objected to any changes in the intersection that might lead to the removal of nearby houses or the reduction of adjoining commercial properties.

At the January 14th meeting, MnDOT officials presented several options for reconstructing the Broadway intersection. Most called for raising the surface grade in order to make an eventual on-ramp interchange possible.

After listening to the MnDOT presentation, the two city councils voted to endorse a MnDOT option that called for resurfacing the highway and improving safety features and local drainage. The councils favored eliminating access to 280 from Roselawn Avenue, Summer and Walnut Streets, as well as several driveways in the area, but they also stipulated that there should be no possibility of building ramps or a freeway-style interchange at the Broadway intersection.

Mayor Jeffrey Dains of Lauderdale noted, "We're a small city. We don't want to remove any homes."

Several council members spoke of the desirability of

Elder Learning Institute caters to lifelong learners

by Amy Causton

If you like to think of yourself as a lifelong student, then you're in the right place. Thanks to the Elder Learning Institute (ELI), Twin Cities residents of retirement age can avail themselves of what ELI likes to call "a health club for the mind."

ELI is a noncredit education and service program for older adults that is part of the U of M's University College and an affiliate of the Elderhostel Institute Network. ELI offers three sessions of classes—eight-week sessions in the spring and fall and a six-week session in the winter. About 130 different courses, trips and activities are offered each year. Classes meet weekly at locations throughout the Twin Cities.

Students pay an annual membership/participation fee of \$195 and are able to take at least two courses each session. Although there is no age requirement to participate, most of the courses are taught during the day; thus, students tend to be retired.

Currently ELI's learning community numbers about 675. In the six years of its existence, over 1170 people have been members.

Courses are taught by retired faculty from the U of M and other local colleges, by community professionals and by ELI members. A curriculum committee develops the courses, but as ELI's Executive Director Steve Benson points out, "People are the key, both to the organization and the courses." Often, a course will be developed to make use of a teacher's particular field of interest or expertise.

The courses ELI offers cover a wide range of topics including literature, history, science, health and art. For some students, ELI is a chance to study subjects they've never delved into before.

Ed Savage, professor emeritus of English at the University of Minnesota, who

Elder Learning emphasizes the idea of a learning community, with members generating new ideas and courses. Instructors are referred to as "leaders" rather than teachers, and all are volunteers.

teaches classes in Shakespeare and literature of the Middle Ages and the Renaissance, describes an engineer who took one of his courses. "He was thrilled with all this literature that he'd never encountered before," Savage says.

Two of the most popular courses have been one on Cuba that drew over 120 applicants and another on the world of Islam. The Cuba course was related to a trip to Cuba that ELI was sponsoring; such combined course/travel offerings are a regular feature at the Institute.

Other courses currently being offered include drawing, jazz appreciation, Nordic literature, "Flicks on Friday" (a series of movies with a particular theme, followed by discussion), and "Ethnic Eating Adventures," which visits various ethnic restaurants in the area.

ELI was founded six years ago when a group of mostly retired U of M faculty and community leaders got together with Benson to form an organization to provide lifelong learning opportunities in the

Twin Cities metro area. There are about 300 similar elder learning organizations throughout the country.

The idea, Benson says, was to allow people in the community to lead the organization and choose the courses. ELI emphasizes the idea of a learning

community, with members generating new ideas and courses. Instructors are referred to as "leaders" rather than teachers, and all are volunteers.

One of the leaders is Bettye Olson, a Falcon Heights resident who teaches courses in art. "My real field is being an artist," Olson says, "but I keep getting into these education things." She also serves on the Curriculum Committee.

Olson graduated from the U of M with a degree in art education and taught at Concordia College in St. Paul and at Augsburg College. She gave a series of art talks at Augsburg's "College of the Third Age" (a program for older students) and was director of the CTA for six years before she got a call from Benson asking her to join the ELI Curriculum Committee.

Olson says that ELI "attracts people who are very eager to learn." In addition to the classes she teaches, such as a course on "Sketching for a Travel Diary or Journal" that she gave last spring, she coordinates a "Meet the

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Film Festival showcases local silly shorts

by John Marino

Kate Winters decided that the best way to learn something was to do it herself. It was one thing for the St. Anthony Park resident to work with Hollywood film producers as a writer, but it has become quite another for her to become a film producer in her own right.

Winters, a script consultant for Strong-Morrone Entertainment, a Los Angeles-based motion picture production company, decided she could improve her writing if she could just learn more about the production process itself. So she made a movie—a short, funny movie.

The 25-minute film was “a lot of work,” she said. “And it’s a lot more expensive than I thought it would be.”

Welcome to the world of film production. But once the film was made, Winters was confronted by the next big question: How do I promote the film? Answer: Include it in a film festival that features other funny shorts produced by Minnesota filmmakers.

Thus, the idea for the “Silly In Your Shorts” film festival took root. It will launch its inaugural gala on February 7 at 7:15 p.m. in the Riverview Theater in Minneapolis. Not a competition, the festival will showcase six short films, five of which are comedies, thus the “silly” title. “There are very few comedic short film festivals,” Winters said.

Before the September 11 tragedies led to a decline in air travel, Winters spent about half the year jetting back and forth to L.A., working with writers and attending meetings with movie development executives.

“It doesn’t pay all that well,” she said, “but it’s so interesting to help write a script and then go see the movie and learn what the writer intended and the director intended.” Winters offers her input as to whether a particular script is “a good fit for a particular

actor. It’s not always whether the script has merit.”

She said she couldn’t divulge trade secrets, such as which actors turn down what scripts. “My company represents some A-list talent.”

Working behind the scenes with high-priced talent, however, has led her to the realization that she could enhance her script writing skills by learning more about the production process. It was a no-brainer: She decided to produce a movie. Along with screenwriter and fellow Minnesotan Jim Suthers, Winters co-produced the short film “The Like Girl.”

Suthers wrote and directed the story of a young woman who wanted to eliminate the incessant use of the word “like” from her vocabulary.

Winters shot the movie over the course of three weekends, using her house as one of the sets. “My neighbors are very nice. It’s good to have tolerant neighbors,” she said. Another set was in the old Omni Max Theater in the Minnesota Business Academy, which used to be the Science Museum of Minnesota in downtown St. Paul.

“We had a pretty good cast and crew, and we wanted to have a screening event for their families and friends,” Winters explained. “And looking for places to rent, we had to justify the cost by screening several films. We know a lot of Minnesota filmmakers.”

One of the actors in “The Like Girl,” Robert Elliott, also works for Act II Microwave Popcorn, one of the festival’s sponsors. Along with Winters and Suthers, he convinced his employer to become a sponsor. “We thought it would be a good idea to promote Act II as a local film supporter and help get smaller projects out there,” Elliott said. Other sponsors include the Independent Feature Project North and Motions Pictures, Inc., and the Minnesota Film and

TV Board.

Winters laments the fact that the market for short films “has really shrunk, but short films are very entertaining.”

The one noncomedy is a 1982 documentary titled “Shinder’s to Shinder’s” by Daniel Polsfuss. The 17-minute film is about a controversial seven-block strip along Hennepin Avenue, “Block E,” in Minneapolis. The other films are “Murphy’s Law” by Ryan Wood, “Bike Ride” by Tom Schroeder, “But I Was Cool” by Richard Shelton and “Ice Deck” by David Tufford.

A reception will follow the screenings, and live comedy will be provided by comedian Miss Richfield 1981. Although none of the films are rated, Winters said they would all fall into the PG-13 category. Admission is \$8. The Riverview Theater is located at 3800 42nd Avenue South.

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EDITORIAL

The wisdom of insecurity

Homeland security—two evocative words that combine to form a phrase that resonates with people in all times and places.

Homeland is much more than home. The place one calls home can change in a day, but attachment to homeland lasts. Some immigrants eventually transfer allegiance to their new country, but that process usually takes a long time and may never happen at all.

In a large country such as ours, the concept of homeland is a potentially unifying one. Americans are Easterners, Southerners, Midwesterners. We are urban, suburban, rural. A thousand things divide us; homeland unites us.

Homeland is a given, but there is nothing inevitable about security: It must be achieved. Human beings crave security. Infants deprived of a secure environment are unlikely to thrive.

Security breeds confidence, calmness, groundedness. It provides an atmosphere in which attention, both individual and collective, can move beyond mere survivalism. Security is the oxygen on which civilizations depend.

Homeland security seems like an unassailable good, right up there with motherhood and apple pie. But a narrow view of either half of that phrase threatens the viability of the whole.

The world is full of homelands. Lloyd Stone's hymn, "A Song of Peace," set to the melody of Sibelius' "Finlandia," is a reminder that claims to home are never exclusive:

*My country's skies are bluer than the ocean,
And sunlight beams on cloverleaf and pine.
But other lands have sunlight too, and clover,
And skies are everywhere as blue as mine.*

Pride in one's homeland must acknowledge that those in other lands deserve to be proud as well. But what if claims to a homeland are in dispute? What if people cannot decide who gets to call a particular land "home"?

If homeland turns out to be a more complex concept than it might first appear, security is perhaps even more so. For while security can be the laboratory of great achievement, it can also be the most insidious of narcotics. Security can sap initiative and stifle creativity. It can make one dull, lazy, arrogant.

Moreover, says Alan Watts, in his book, "The Wisdom of Insecurity," the search for security is doomed:

"If I want to be secure, that is, protected from the flux of life, I am wanting to be separate from life. Yet it is this very sense of separateness which makes me feel insecure. To be secure means to isolate and fortify the 'I,' but it is just the feeling of being an isolated 'I' which makes me feel lonely and afraid. In other words, the more security I can get, the more I shall want."

Security turns out to be an elusive, if not illusive, goal. Homeland turns out to be an often disputed, if not altogether arbitrary, construct. Those folks in the recently created Office of Homeland Security have their work cut out for them.

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Editor turns tables

This space is usually reserved for letters to the editor. In the absence of submissions this month, I've decided to write a letter from the editor.

Actually, the Bugle received one letter this month that I would have liked to publish. The writer celebrated St. Anthony Park, mentioning several specific things he and his family enjoy about the neighborhood. The letter was thoughtful, well-written, upbeat. It had only one glaring omission: a signature.

My guess is that the writer signed his letter "Anonymous" out of modesty. (I only know the writer was male because he used the phrase "my wife.") And there

was no compelling reason why this particular letter needed to be signed. It's sentiments were not controversial. It cast no stones, pointed no fingers, raked no muck.

But when letter writers do take on or generate controversy, a newspaper's readers have a right to know who stands behind those statements. Therefore, most papers, including this one, require that letters to the editor be signed.

We have a few other policies worth noting. Letters should also include an address. We don't print street addresses, only neighborhoods. But we assume that readers want to know where letter writers live, since the topics letter writers address often have a local focus.

We don't print letters distributed to multiple papers. We don't use letters from people seeking public office. We won't knowingly publish information that is false or misleading.

I wish the Bugle received more letters. I wish that a more difficult part of my job would be selecting from a dozen or so submissions each month the several we have room to print.

A community newspaper serves the community best when it is a forum for the exchange of ideas. Letters to the editor are a great way for that to happen.

Go ahead—make my day.

Dave Healy
St. Anthony Park

Thanks, readers, for contributing to the Bugle fund drive. Your contributions help sustain us.

With the contributions from those listed below, our annual fund drive has collected \$18,123.50. Our thanks to these contributors and past contributors who have helped us approach this year's goal of \$23,000. If you want to make a contribution and have not received a request in the mail, please clip and return the form below.

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Library book project invites stories

by Jennefer Hill

Do you remember the sound of the streetcar on Como? Do you know which shops have inhabited Milton Square over the years? Do you know just what it is that makes the St. Anthony Park neighborhood great? Throughout the month of February, community members will have the chance to tell—and make up—stories about their neighborhood.

"The Library Book," a project of the St. Paul Public Library, invites community members of all ages to help write a novel that will be published by Coffee House Press. The marketing department of the Pioneer Press is helping publicize the project.

A celebratory reading of the novel will be part of the grand reopening festivities of the historic Central Library in October 2002. Four writers—Nora Murphy, Josie Rawson, Julia Klatt Singer and Diego Vazquez—will gather stories from people at branch libraries across the city and be responsible for writing the book.

Nora Murphy, who will be working with the St. Anthony Park Branch, is an experienced community writer who lives in St. Paul. She is the author of two books for young readers: "A

Hmong Family" and "African Americans in Minnesota: Telling Our Own Stories," co-authored with Mary Murphy Gnatz. In addition, Murphy has written and edited materials for many community organizations.

"I'm also a mother, and I love the St. Paul libraries," said Murphy. She will facilitate all the writing events for the book in the St. Anthony Park neighborhood and will write the chapter for the St. Anthony Park Branch. "I'm excited to help gather stories in St. Anthony Park," said Murphy. "The stories we tell about ourselves are powerful and are the heart of the community."

Each of the five writing events (see schedule on p. 10) will be different. Residents are invited to attend one, several or all five. The events will be structured so writers of all abilities and ages may participate. Using various exercises, Murphy will gather material from participants. It's an opportunity to explore your own stories and hear the stories of others.

"This neighborhood has an especially rich history," said Murphy. "At our February 11th session, we will focus on historical stories, but of course they are welcome any other time as well."

If you are unable to attend

Library Book to page 10



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St. Anthony Park Community Council

NEWS

This space paid for by the St. Anthony Park Community Council

Council-sponsored meetings are listed each month in the Bugle Community Calendar (see page 13). Everyone is welcome!

office: 890 Cromwell, St. Paul, MN 55114 ■ voice: 649-5992 ■ fax: 649-5993 ■ e-mail: district12@ci.stpaul.mn.us
Executive Director: Melissa Mathews Community Organizer: Christine Tuhy
HandyWorks Program Coordinator: Angie Hoffman-Walter (649-5984)

Members: Ray Bryan, Chris Causey, Ron Dufault, Sherman Eagles, Suzanne Fanle, Suzanne Garfield, Terry Gockman, Rose Gregoire, Jay Johnson, Bruce Kimmel, Paul Kiegegaard, Deborah Kuehl, Alice Magnuson, Jan Morlock, Rich Nelson, Connie Powell, John Rasmussen, Joe Ring, Jan Sedgewick, and Don Stryker.

The Community Council would like you to know about some of our programs!

NW St. Paul HandyWorks (formerly The Neighborhood Senior Chore Service)

This program is in its 15th year! It is a referral service for residents in the St. Anthony Park, Como Park, a portion of North End, Hamline-Midway, Merriam Park/Lex-Hamline neighborhoods who are at least 60 years of age or disabled and who are interested in hiring youth workers to do chores such as lawn mowing, snow shoveling, gardening, and housekeeping. The goal of the program is to help people live independently for as long as they can in their own homes. It also gives youth a chance to learn job skills, interact with an older generation and earn money.

Our program is in need of youth workers, especially in the Como Park and Hamline-Midway neighborhoods. You must be at least 12 years old, fill out a registration form and attend an orientation meeting with a parent to be added to our worker referral database. We are also interested in compiling a list of adults who would like to help seniors in our program with minor repairs and housekeeping. *If you are a youth, handy person or interested in some housekeeping jobs, please call Angie Hoffmann-Walter at 649-5984!*

Crime Prevention Program

There are currently 84 Block Leaders in our community. We are developing a map showing where leaders are located and the areas where we do not currently have a leader. Leaders are responsible for communicating with all their neighbors on their block, distributing information as needed, helping to organize block meetings and events. Taking part in this nationally supported program is a great way to get started meeting and organizing your neighbors! We would like to expand our Block Leader network! We are also interested in have Leader contacts in apartment complexes. Your time commitment would be approximately two hours a month.

Please call Christine Tuhy at 649-5992 for more information or to volunteer.

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Carol Pearson finds second wind at Speedy deli

by Michelle Christianson

How do you plan to spend your time when you reach your 80th birthday? Relaxing on a beach? Playing golf? Enjoying bridge with friends after sleeping until noon? Those might be your plans—unless you are Carol Pearson. Then you plan to go to work at Speedy Market on Como Avenue, just like other days.

Pearson has worked in Speedy's deli since it opened in 1987. She likes the variety of jobs involved and the fact that she's pretty much her own boss when deciding what to do with her time. But mostly, she just likes going to work.

"I don't know what I'd do if I didn't have it," she says. "I'd get bored sitting around the house, and this gives me something to do. I enjoy it or I wouldn't go."

This isn't just a "make work" job either. Pearson makes sandwiches, coleslaw and fruit salad as well as keeping the front cooler stocked with sandwiches. She works on party trays, creates special-order sandwiches and heats up items for customers.

According to her fellow workers, Pearson is a dependable, hard worker, always on time and able to handle any problem. Paul McLean, her co-worker behind the counter, says she's "feisty, independent and always ready to rock and roll."

Co-owner Tom Spreigl adds, "She's a big part of why the sandwiches are such a success. You can tell a Carol sandwich from any other in a heartbeat. It's made properly."

All those who work with her were surprised to find out that Pearson turned 80 last December 11. Most thought she was five to ten years younger than that. Spreigl says that age is just not a factor in her ability to work. "As a matter of fact, she forgets that she needs to be more careful because of her age. She was really mad when her brother wouldn't let her get up on his roof and help when he was reroofing it."

Of course, Pearson has had other jobs in the course of her long life. She went to Globe Business School and worked as a secretary for Western Electric, the Minnesota Farm Bureau Service Company, Carnation (which took her to California for 14 years) and

Montgomery Wards, from which she retired in 1986.

But by 1987 she was restless and inquired at Speedy Market (then owned by Schroeders) if they needed anyone. The manager told her that they were planning to open a deli and that she could have a job there. She started working four hours a day, every other day, and increased to 8-10 hours a day, five days a week, which was a bit too much. So six years ago she went to part time, which suits her just fine.

One reason Pearson likes her job is the people—both the customers and her co-workers. "(Owners) Tim and Tom are great and the business shows it. Everyone likes them and likes to shop here. And I like working with Paul (McLean)."

An avid baker, Pearson often brings treats for her co-workers. She also hosts her family's Christmas dinner each year, although the group is getting too large for all of them to fit in her house on Carter Avenue, where she's lived since 1954.

Pearson keeps busy on her days off, too. She volunteers one day a week at Hampden Park



Photo by Truman Olson

Speedy Market co-owner Tom Spreigl: "You can tell a Carol sandwich from any other in a heartbeat. It's made properly."

Photo by Truman Olson

Foods and sometimes volunteers at the group home next door. Although she hasn't bowled since she broke her leg two years ago, she'd like to try again. And she still enjoys fishing.

One gets the feeling that Carol Pearson is tickled that no one can believe she's 80 and still working. "I feel good, and as long as I do, I'll work," she says.

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Como Park Elementary News

How can you travel from Africa to St. Paul in one day? Easy—you can read a book.

Reading could even take you to Washington D.C. because here at Como Park Elementary we had a poster contest, and the grand prize winner gets \$1000 and a trip to Washington. And for this we have RFI to thank.

RFI is an acronym for Reading Is Fundamental. They donate books to schools promoting how reading can take you places.

—Rashad Doss

Have you ever thought about going to college? Well, students at Como Park Elementary saw a play called "In Our Hands" that got them thinking about it.

The play was written and performed by CLIMB Theater. CLIMB stands for Creative Learning in Mind and Body. CLIMB theater is a company that travels throughout the country, putting on plays to teach youth about life's difficulties and challenges.

The play showed how going to college can be difficult because sometimes other people don't believe you are capable. There are other challenges like having enough money and having good grades in school before college.

—Brandi Fredricks

Pizza. Who doesn't like pizza? Sausage pizza, pepperoni pizza, cheese pizza. That's what kids at Como Park Elementary are thinking about these days.

Students are trying to keep all their classmates in school every day for a week. If they succeed, their class wins a pizza party for having no students absent for a week.

"My class almost won a pizza party, but on the last day someone was absent. If we had won, I would have ordered my favorite kind of pizza—pepperoni and pineapple," said sixth-grader Rashad Doss.

Another sixth-grader, Shanina Newell, said, "If my class had won the pizza party, I would have chosen a sausage pizza."

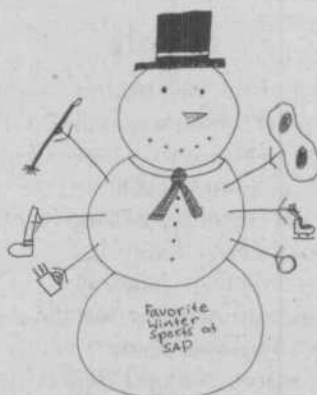
What kind would you order?

—Ciara Kunert

It's twenty degrees below zero and it's freezing cold! Your car just broke down in the middle of the road. You get out to push to the side of the road and lock your keys inside. What should you do to survive?

Ms. Wald's sixth-grade class took a field trip to Harriet Alexander Nature Center to learn what to do in similar situations. This was to help us prepare for our overnight camping trip.

The activity we did was called "Chill Challenge." We learned about different steps we



Drawing by Lucy Steinmann

should take to help survive a cold situation. They taught us an acronym STOPS. It stands for stop, think, observe, plan, and stay put. This is exactly what you should do in a survival situation.

After we talked about STOPS, we split up into two groups and did activities. Our group's first activity was shelter building. We had to pretend that we were lost and needed to build a shelter to keep warm. We had to use things from nature like branches, rocks and trees. This activity was fun but also challenging. It was cold.

The other activity we did was orienteering. We were led to a place in blindfolds. Then we had to pretend we were in a plane crash and all we had was a map to lead us to a survival kit. It was kind of hard, but once you figured out where you were it was easy.

—Mia Lott

St. Anthony Park Elementary News

Students at St. Anthony Park School wondered what kids like to do during the coldest days of winter. They asked fellow students of all ages, "What are your favorite winter activities?"

Shaina Ma and A.J. Sanchez said they like ice skating at recess and digging a hole in the snow to find ice. They also like snow parties and decorating snow.

David Taylor and Emily Park Jordan, kindergarteners, like sledding and making tissue-paper snowflakes. Emily also likes jumping rope.

Kindergarteners Martha Torstenso and Ji Heon Lee like making snowmen and drinking hot chocolate. Ji Heon likes snowball fights, boot skating and snowboarding.

First-graders Beth Young Townsend and Ian Olesak both like ice skating at Langford and building snow forts at recess with friends. Ian likes snow penguins.

Medora Sweet, first-grader, likes sledding on her pink saucer. Adam Denoyer likes building snow forts. They both agree that it is fun to draw pictures of winter activities.

Second-graders Max Freier and Canjdice Vukich agree that winter is their favorite season. They like to take their sleds to College Park. Candace is into snowboarding, and both she and Max have been to Trollhaugen in Wisconsin to downhill ski. Max has done a book report on "Snow

Fight." He also plays hockey at Langford and likes to play freeze tag with friends.

Fifth-graders Emma Lee and Marco Molina both like to write poems about winter. Emma likes sledding at College Park and building snow forts. Marco is also into sledding and also likes boot skating.

David Thomas and Kao Lee Ya are both kindergarteners who like building snowmen and having snow fights. Kao Lee likes to go ice skating at Langford.

—Jennie Duchscher, Rose Wright

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People

St. Anthony Park resident Clarissa Schwartz won the 2001 Reserve National Championship (A/O Pleasure Geldings) at the Grand National Paso Fino Horse Show in Perry, Georgia.

Schwartz, a junior at Concordia Academy, was also the 2001 Paso Fino Horse Association National High Point Youth in Equitation. She is a member of the PFHA United

States Equestrian Team, most recently winning a silver medal at the Third Equitation Mundial in Puerto Rico. She is the daughter of Sherry and Robert Schwartz.

Gardening

At the St. Anthony Park Garden Club meeting on February 5 at 7 p.m., Arlene Savory of Savory's Gardens in Edina will discuss new and classic varieties of hostas. The group meets in the

downstairs meeting room at St. Anthony Park Library.

Arts Events

Jazz pianist Butch Thompson, along with trumpeter Duke Heitger and banjoist/vocalist Jimmy Mazzy, will perform two concerts on Sunday, February 3 at 4:00 and 7:30 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Avenue (at Chelmsford).

The concerts are co-sponsored by the Music in the Park Series and the St. Anthony Park Community Foundation. Tickets are available at the Bibelot Shop and Micawber's Bookstore, or by calling 645-5699.

St. Anthony Park Lutheran Church's "Little Light Music" series continues with a Sunday, February 17 performance at 7 p.m. at the church, 2323 Como Avenue. Warren Hanson will perform songs from his recent CD. A nursery is provided, and a reception follows the concert.

"In Coya's House" continues at the Great American History Theatre through February 16. The play, which dramatizes the experience of Congresswoman Coya Knutson, was written by Lauderdale resident Jenna Zark. For ticket information, call 292-4323.

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The fourth annual **Celebration of Community Art Show** opens February 24 in the Undercroft Gallery at St. Matthew's Episcopal Church, 2136 Carter Avenue, and continues through April 12. The show features works by local artists. An opening reception will be held on February 24 from 6-8 p.m. For more information, call 645-3058.

Music in the Park Series begins its three-concert family series, "All About Folk," with 6:15 and 7:30 p.m. performances by the vocal ensemble Dare to Breathe on Friday, February 15. The ensemble will sing folk songs from all seven continents in their original languages. The concerts take place at St. Matthew's Episcopal Church, 2136 Carter Avenue. Tickets are \$5 in advance and \$6 at the door. For more information, call 645-5699.

The Series' regular chamber music concert in February features a trio consisting of pianist Lydia Artymiw, violinist Arnold Steinhardt and cellist Jules Eskin. The centerpiece of their program will be Brahms' "Piano Trio in C Major."

The concert is Sunday, February 24 at 4 p.m. at the St. Anthony Park United Church of Christ. Tickets are \$15 in advance, \$17 at the door and may be purchased at Bibelot and Micawber's, or by calling 645-5699.

Travelogues

The St. Paul Audubon Society sponsors two slide show travelogues in February. On Monday, February 11 Susan Fuller will present "Hiking in

Crete." The event is free and open to the public. It takes place at 7 p.m. at the St. Anthony Park Library, 2245 Como Avenue. For more information, call 917-0930.

Nature photographer Ron Winch will present "Polar Odyssey—From Polar Bears to Penguins" on Thursday, February 14 at 7 p.m. at Falcon Heights City Hall, 2077 Larpen Avenue W. Refreshments will be served before the meeting. For more information, call 633-1663.

Movies

Old-time movies will be shown Friday, February 8 from 6:30-8:30 p.m. at St. Matthew's Episcopal Church, 2136 Carter Avenue.

Norris Anderson will provide piano accompaniment. Admission is free; popcorn and pop will be available for 25 cents. This annual event is sponsored by the St. Anthony Park Library Association.

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280 Upgrade. . . from page 1

addressing Highway 280 problems in a more unified fashion. Said Lauderdale representative Karen Gill-Gerbig, "We haven't had a really good rapport with MnDOT over the years. We're worried that we would be snookered if that (Broadway) interchange would be built without addressing problems at Larpenteur and 35W interchanges."

Some audience members agreed. Gary Sax lives on Walnut Street in a house that might become a candidate for removal should plans for a freeway-style interchange at Broadway be approved. Sax said, "The Larpenteur intersection needs to be fixed up. There's a bottleneck at the entrance to Highway 36 from 280. To do something at only the Broadway intersection

just compounds that problem."

Pafko admitted, "The Larpenteur interchange design is woefully inadequate, but we don't have the money to fix it today." Although he reassured the audience that he would represent the councils' views to MnDOT decision makers, Pafko was noncommittal on the prospects of whether MnDOT will agree to a highway improvement plan that

does not include laying the foundations for freeway-style on-ramps to be built later on. "Safety is the driving factor in our project," he said. "Traffic lights can reduce accidents, but they don't eliminate them. Another long-term goal was to eliminate traffic lights (in this stretch of 280) for system continuity."

Pafko noted that, even if his agency decides not to spend \$7 million in highway improvement funds on Highway 280, there will still be \$500,000 available for improved road safety measures in the area.

Despite the controversy over the final shape of plans to overhaul it, everyone at the meeting agreed that Highway 280 is long overdue for some sort of

redevelopment. According to MnDOT, accident rates on 280 north of Larpenteur are twice the metro area average, and the severity rate of the accidents that occur is 1.9 times worse than in other parts of the Twin Cities. Median barriers on the highway are particularly antiquated, raising an ever-present threat of cross-over head-on collisions and dangerous left turns at intersections like Broadway.

The highway is among the oldest in the Twin Cities, and although many of the interchanges haven't been updated since they were designed in the 1950s, volume of traffic on 280 continues to grow to levels unimagined when the highway was originally constructed.

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Join us for the 16th Annual St Anthony Park Progressive Dinner March 2nd

Please join your St. Anthony Park neighbors on Saturday, March 2, for our annual progressive dinner. It's a great opportunity to meet your neighbors, enjoy a special meal and partake of great conversation! Come alone, or come with a friend! Join us at the **St. Anthony Park Methodist Church on Como and Hillside** for appetizers and receive your schedule for the evening.

5:30-6:20	Appetizers	7:30-8:30	Main Course
6:30-7:15	Salad and Bread	8:45-9:45	Dessert and Coffee

If you wish to attend, fill out the following coupon and mail BEFORE FEBRUARY 22 to: Marcie O'Connor, 2168 W. Hoyt Avenue, St Paul, MN 55108 (645-2043), or email to: marcie@haven.com. Someone will call you by February 25 to confirm the course and the number of people you will host.

Name(s) _____ Phone _____
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Libray Book . . . from page 5

the writing events, you can still participate either via e-mail or by dropping your contributions off at the library. See the display at the St. Anthony Park Library for more details, or call 651-642-0411.

Writing events with
Nora Murphy in February:

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Meet some of the people who work behind the scenes at the Bugle

Matt Healy has been doing the Bugle's "bulk drops" for just over a year. Each month, he makes the rounds to about 70 locations scattered throughout north and south St. Anthony Park, Falcon Heights, Lauderdale and northwest Como Park. About 2,000 copies of the paper reach readers this way.

Healy's job is more challenging during the winter months. Handling papers is more difficult with gloves, parking spots are harder to come by and his nine-year-old car's performance is a bit less predictable. But the job does have its rewards.

"It's especially gratifying to drop off a stack of Bugles when someone is anxious to grab the first one," he says. "I like it when I see a reader get his or her first look at the paper."

Ann Bulger has been writing for the Bugle in one capacity or another for much of the paper's history. In addition to occasional news and feature articles, she has overseen two special sections of the paper. During the 1980s, Bulger collected news about area schools. Later, she started writing obituaries, making the Bugle the only community newspaper in the Twin Cities to provide that



Photo by Truman Olson

service.

Bulger's "Lives Lived" section draws on her extensive knowledge of the local community. A longtime St. Anthony Park resident, she seems to know just about everyone in the neighborhood.

"I get occasional help writing 'Lives Lived,'" she says. "Sometimes people will send me information about someone they know who moved away."

Thor Kommedahl has been a member of the Bugle's board of directors since 1998. Retired from the University of Minnesota since 1990, Kommedahl lives at 1666 Coffman in Falcon Heights.



Photo by Lori Hamilton

He was nominated for the Bugle board by one of his Coffman neighbors, board member Marietta Spencer.

A previous board president knew Kommedahl from University Baptist Church, where he served as church secretary. "I guess he liked my minutes," Kommedahl says, "so he asked me to be secretary for the Bugle."

As the board's secretary,

Kommedahl sends out thank you notes to everyone who contributes to the Bugle's annual fund drive. "I think it's important to

acknowledge contributions," he says. "If someone is kind enough to give us money, we need to thank them."

How does the Bugle end up on your doorstep?

Every month free copies of the Park Bugle show up on front steps or sidewalks of homes in St. Anthony Park, Lauderdale, Falcon Heights and Northwest Como Park. The Bugle also appears for free pickup in the lobbies or window shelves of area businesses, schools and libraries.

Of course, each issue does not arrive by magic—although it is indeed magical that an independent community newspaper such as the Bugle has delivered a paper each month for over 27 years.

How does that happen?

The Bugle is produced by three part-time staff members: advertising representative/office manager Raymond Yates, production manager Steve Parker and editor Dave Healy. Most of the writing and photography comes from a group of freelancers who live in the neighborhoods the Bugle serves. The Bugle maintains an office at 2301 Como Avenue to facilitate editorial production and advertising sales.

Since 1987, the Bugle has been printed by Shakopee Valley Printing, the largest printer of weekly and monthly publications

in the Twin Cities metro area.

Once off the press, the Bugle is delivered free of charge to residents of the four communities the paper serves. Beginning in 1995, residential delivery has been handled by Independent Delivery Service, whose offices are on Minnehaha Avenue in St. Paul. In addition, stacks of Bugles are distributed to local businesses, schools and libraries by Matt Healy, a high school student who lives in St. Anthony Park.

Every issue strives to meet the Bugle's mission of providing local news and a forum for varying views on topics of community interest. In support of that mission, the Park Bugle is governed by a volunteer board of directors. This group of 15 local residents and business representatives meets monthly in board meetings and as needed in committees to shape policies, support staff members and provide financial oversight.

As a nonprofit community newspaper, the Bugle depends on two sources of income to meet its annual budget of approximately \$128,000—advertising and contributions from readers and

area businesses.

Advertising is essential both as a service to readers and for providing the majority of the revenue for the Bugle's operating budget. About 80% of the Bugle's revenue comes from the sale of display and classified advertising.

The balance of the income needed to produce each issue depends on tax-deductible contributions from Bugle supporters. To that end, every year the Bugle undertakes a fund drive. In addition to an appeal for donations in the December issue, about 1,000 letters were sent this year to people who have previously supported the Bugle. Another 300 letters were sent to local businesses. This year's fund drive goal is \$23,000.

"The board has set an ambitious but necessary goal for this fiscal year," said Mark Olson, chair of the Bugle's Fund Drive Committee. "We're thankful for the great response from the Bugle's readers and business supporters so far, and we're hopeful that others who recognize the service that the Bugle provides our neighborhoods will join in making that goal a reality."

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Aging Gracefully by Mary Jo Tarasac

Exercise—the fountain of youth

If exercise could be prescribed like a pill, it would be advertised as the elixir of youth. Nothing else can so dramatically lessen the health problems that can accompany getting older the way exercise can. The three types of exercise—strength training, stretching and cardiovascular work—each reduce the effects of aging in different ways.

Strength training can prevent osteoporosis by lessening bone loss. If enough strength training is done, bone mass can be added—even after age 50. It doesn't have to be weight lifting; you can use your body weight as a resistance force.

Stretching helps us stay limber, which minimizes age-related stiffness and helps prevent injury by increasing the efficiency of muscle and bone function in daily activities.

Cardiovascular training tones the circulatory and respiratory

systems so the heart and lungs operate at peak efficiency. This improves daily function and stamina and keeps these systems younger for a longer time.

Obstacles to Exercise

The American Medical Association recommends that adults should accumulate 30 minutes of moderate activity per day to get the exercise benefits that lessen the debilitating physical effects of aging.

Many of us think we can't fit exercise into our daily lives. There is probably no one reading these words who hasn't vowed to begin an exercise program. The sad truth is that the common pattern is to jump into a new program with fervor but then lapse after only a few days or weeks. Then there are the times we think about getting in shape until the prospect looms so large that we are overwhelmed without ever lifting a finger, much less an arm or leg.

Making Time for Fitness

One way to fit exercise into our lives is to do it as we go about our daily business. While watching the news, rotate your arms, neck and ankles. Try tightening the abdominal muscles as you brush your teeth. Walk when you can instead of driving. When you do drive, park as far away from your destination as you can, then walk briskly, consciously keeping your head high and your back straight.

Sit down and think through your daily routine. When can you march in place, stretch your arms to the sky, bend at the waist from side to side? If you're skittish about brisk walks on the icy sidewalks, find a mall or museum to tour.

It is important to check with a health professional prior to beginning any strenuous exercise program. This is doubly true for those with significant health problems. But there is no reason we can't all be a little trimmer, stronger, maybe even lighter by spring. Just think active instead of passive as you go through your day. For a minimal expenditure, you can reap significant benefits. It's an inexpensive present to yourself. Do a little and get a lot!

This is the first in a regular series of columns by the St Anthony Park Block Nurse program. "Aging Gracefully" will focus on health and safety topics for all of us as we get older. If you have topics you'd like to see covered, please contact the Block Nurse Program at 642-9052 or sapbnp@bitstream.net.

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COMMUNITY CALENDAR

1 Friday

- Falcon Heights recycling.
- Senior Citizen Fun Group (gym, bowling and darts), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday. (First Friday, free blood pressure clinic by the St. Anthony Park Block Nurse Program, 9-10 a.m.)
- Storytime for preschoolers ages 3-5, St. Anthony Park Library, 10:30 a.m. Pre-registration requested, 642-0411. Every Friday.

4 Monday

- Como Park and Lauderdale recycling.
- AA, St. Anthony Park Lutheran Church (644-0809), 8 p.m. Every Monday.
- Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.

5 Tuesday

- Tot Time (for 5-year-olds and younger), Langford Park Rec Center (298-5765), 10 a.m.-1 p.m. Every Tuesday.
- St. Anthony Park Writers meet at Black Bear Crossings, 831 Como Ave., 7 p.m. Newcomers welcome. 645-1345.
- District 10 Executive Committee, 7:30 p.m., Communications Committee, 8:30 p.m., Black Bear Crossings, 831 Como Ave.
- St. Anthony Park Garden Club, St. Anthony Park Library, 6:30 p.m.

6 Wednesday

- St. Anthony Park recycling.
- Leisure Center for Seniors (603-8946), St. Anthony Park United

Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday.

■ Women's Connection, a job networking organization (481-6925), Hubert Humphrey Job Corps Center, 1480 Snelling, Building #1, 8 a.m. Every Wednesday.

■ Internet training for seniors, 10 a.m.-noon, St. Anthony Park Library. Reservations required. 642-0411.

■ The Library Book writing event, 7-8:30 p.m., St. Anthony Park Library.

7 Thursday

- Tot Time (for 5-year-olds and younger), South St. Anthony Rec Center (298-5765), 10 a.m.-noon. Every Thursday.
- Toastmasters (649-5162), U.S. Forest Service, 1992 Folwell Ave., St. Paul Campus, 11:30 a.m.-12:30 p.m. Every Thursday.

■ St. Anthony Park Community Council Physical Planning Committee, South St. Anthony Rec Center, 890 Cromwell, 6 p.m.

8 Friday

- Silent movies with live piano accompaniment, 6:30-8:30 p.m., St. Matthews Episcopal Church, Carter at Chelmsford.

9 Saturday

- Langford Teen Night (7th through 9th grade), Langford Park Rec Center (298-5765), 7-10 p.m. Parent permission required. Cost \$3.

11 Monday

- Park Press Inc., Park Bugle board meeting, St. Anthony Park Bank community room, 7 a.m.

■ The Library Book writing event, 10:30 a.m.-noon., St. Anthony Park Library.

12 Tuesday

- Lauderdale City Council, City Hall, 1891 Walnut St., 7:30 p.m.

■ Vaccine reactions. Presentation by Dr. Patricia Lawler. 6 p.m., Holly House. Call 645-6951 for reservation.

13 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, 11 a.m.-noon.

14 Thursday

- Full Council Meeting, St. Anthony Park Community Council, South St. Anthony Park Rec Center, 890 Cromwell, 7 p.m.

■ Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, St. Anthony Park Library, 10-11 a.m.

15 Friday

- Falcon Heights recycling.

16 Saturday

- The Library Book writing event, 1-2:30 p.m., St. Anthony Park Library.

18 Monday

- Como Park and Lauderdale recycling.
- Presidents' Day

19 Tuesday

- District 10 board meeting, 7 p.m. Community meeting, 8 p.m. St. Timothy's Lutheran Church, 1465 N. Victoria Ave.

20 Wednesday

- St. Anthony Park recycling.
- Langford Booster Club, Langford Park, 7 p.m.
- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Birthday celebrations. Lunch reservations by Monday.
- Public hearing on public collection of trash, 6:30 p.m., Arlington High School, 1495 Rice St.
- The Library Book writing event, 10:30-noon, St. Anthony Park Library.

21 Thursday

- Weight loss: Presentation by Dr. Patricia Lawler. 6 p.m., Holly House. Call 645-6951 for reservation.

22 Friday

- Senior Citizen Fun Group (gym, bowling and darts), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday. (Fourth Friday, blood pressure clinic by the St. Anthony Park Block Nurse Program.)

23 Saturday

- FARE For All food distribution and registration at St. Anthony Park Lutheran Church (644-8833), 2323 Como Avenue, 8:30-10:30 a.m.

25 Monday

- St. Anthony Park Block Nurse Program board of directors meeting, St. Anthony Park United Methodist

Church library, 7 p.m.

- Book talk. "Wild Blue" by Stephen Ambrose, led by Jack Christensen. St. Anthony Park Library, 7 p.m.

26 Tuesday

- Lauderdale City Council, City Hall, 1891 Walnut St., 7:30 p.m.
- The Library Book writing event, 7-8:30 p.m., St. Anthony Park Library.

27 Wednesday

- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, 11 a.m.-noon.
- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- St. Anthony Park Community Council Housing and Human Services Committee, South St. Anthony Rec Center, 890 Cromwell, 5:30 p.m.
- St. Anthony Park Community Council Environment Committee, South St. Anthony Rec Center, 890 Cromwell, 7 p.m.

Items for the March Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, February 15.



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LIVES LIVED

Lorraine C. Berger

Lorraine C. Berger, age 81, died on January 5, 2002. She was a resident of Lyngblomsten Care Center. Mrs. Berger was a longtime resident of the Como Park area and a parishioner at St. Andrew's Catholic Church.

Preceded in death by her husband, Emil Berger, and daughter, Mary, she is survived by three daughters, Margaret (William) Prugh, Carol (Mark) Stehly and Jean (Michael) Guggisberg; two sons, Jim (Susan) Berger and Peter (Mary Jo) Berger; 12 grandchildren; and a brother, Clarence Corrigan. A Mass of Christian Burial was held on January 8 at St. Andrew's.

Michael J. Marrinan

Michael Joseph Marrinan, a longtime resident of Falcon Heights, died on December 29, 2001. He was 77 years of age.

Mr. Marrinan served in World War II and received the Purple Heart in the Korean War. He was an active member of Corpus Christi Catholic Church and will be remembered for sharing his love of the outdoors and his cabin at Antler Lake.

Survivors include his wife, Mary Marrinan; three sons, Michael, Mark and Matt Marrinan; two daughters, Marilee and Maureen Marrinan; nine grandchildren, Michael, Erinn, Ryan, Shane, Margaret, Amanda, Jamie, Colin and Maggie; and a brother, Bill Marrinan. A Mass of Christian Burial was celebrated at Corpus Christi on January 2.

Jeanne M. Moen

Jeanne M. Moen died on January 1, 2002, at the age of 72. She had lived in Falcon Heights for 35 years and spent her final days at the Presbyterian Home of Roseville.

Mrs. Moen worked for 17 years until her retirement for the Roseville School District 623 and was a charter member of the Zeta Eta Chapter of Phi Mu sorority.

She was preceded in death by her sister, Elizabeth Bjostad. Survivors include her brother, Richard (Pauline) Skok of Roseville; her brother-in-law, Richard Bjostad; four nephews, Kenneth Skok of Shoreview, Douglas Bjostad of Minneapolis, David Bjostad of Germany and James Bjostad of Burnsville; a niece, Kathryn Larson of Shawnee, Kansas; and several great-nephews, nieces and cousins. A funeral service took place on January 4 at the Roselawn Cemetery Chapel.

Norma S. Nicholson

Norma S. Nicholson, age 83, died on December 30, 2001. She was a resident of Falcon Heights for many years.

Mrs. Nicholson was born in Yonkers, New York, on July 12, 1918. She began her volunteer life in 1942, when she was an airplane spotter for the U.S. Army. When her sons were in school, she was active in PTA and in their sports. She served on the hostess

committee at Falcon Heights United Church of Christ for over 25 years. She started the first United Way neighborhood drive in Falcon Heights.

She also volunteered two mornings a week for 10 years at Falcon Heights Elementary School and for seven years at Edgerton School. Her main interest was Boy Scouting. As a 50-year veteran volunteer, she was the first woman to receive the Silver Fawn, one of Scouting's highest honors.

Preceded in death by her husband of 57 years, Dr. Morris Nicholson, she is survived by three sons, Morris (Lee) Nicholson III, Robert Nicholson and Richard (Sandy) Nicholson; eight grandchildren; eight great-grandchildren; and a sister, Loraine Eldridge.

Bernice Grahn Oberg

Bernice E. Grahn Oberg died on December 30, 2001, at the age of 91. She was a resident of the Como Park neighborhood and a member of Como Park Lutheran Church.

She was preceded in death by her husband, Stan Oberg, and is survived by a daughter, Myrtis (Ed) DuFresne; a son, Tom (Diane) Grahn; seven grandchildren; 13 great-grandchildren; a sister-in-law, Alice Swanson; and one niece and three nephews. A funeral service took place on January 3 at Como Park Lutheran Church.

Roy E. Stults

Roy E. Stults, age 77, died on January 2, 2002. He had lived for many years on Chelsea Street in Como Park and in recent years in Shoreview.

Mr. Stults was an Army veteran of both World War II and the Korean Conflict. He taught for 33 years, retiring after 25 years as a math teacher at Alexander Ramsey High School. He was an avid golfer and antique car enthusiast, as well as a committed member of North Como Presbyterian Church.

He is survived by his wife of 55 years, Helen Stults; two daughters, Barb (Ric) Rowe and Kathy Stults; two grandsons, Kevin and Christopher Rowe; a brother, Duke; and a sister, Wanda. A funeral service was held at North Como Presbyterian Church on January 5.

Francis Tesch

Francis "Frank" Tesch died on December 28, 2001, at the age of 75. He grew up in St. Anthony Park on Raymond Avenue, the oldest in a family of five boys and three girls. He was a graduate of Murray High School in the class of 1944. Mr. Tesch lived most of his adult life in Cleveland, Ohio, where he worked for the county.

Preceded in death by his parents, Hugo and Etta Tesch, he is survived by four brothers, Gerald, Donald (Floss), Kenneth (Glenna) and Bill (Rita) Tesch; three sisters, Joyce (Marv) DeMartino, Loretta (Lou) Langer, and Mickey (Len) Pederson; and

many nieces and nephews. Most of his family still live in this area. A funeral service was held at the Sunset Funeral Chapel on January 2.

Helen Verbrugge

Helen Verbrugge, age 83, died on January 9, 2002. A former resident of Falcon Heights, she had recently lived in Basking Ridge, New Jersey.

Mrs. Verbrugge was a past president of the University of Minnesota Faculty Women's Club. She was a member of St. Michael's Lutheran Church.

Preceded in death by her husband, Frank Verbrugge, in 1985, and her brother, Robert Roelofs, she is survived by her son, Robert (Noreen) of Basking Ridge, New Jersey; three daughters, Anne (Thomas) Martin of Syracuse, New York, Lois Verbrugge (Elmer Gilbert) of Ann Arbor, Michigan, and Martha Verbrugge of Lewisburg, Pennsylvania; and three grandchildren, Christopher Martin, and Katrina and Julia Verbrugge.

A memorial service took place on January 14 at St. Michael's Church.

P. Theodore Watson

P. Theodore (Ted) Watson, a resident of 1666 Coffman in University Grove, died on January 1, 2002. He was 83 years old and was an obstetrician who delivered over 7000 babies in 34 years.

Dr. Watson was born in 1918 in Fenchow, China. He graduated from Carleton College in 1939 before starting his residency at Miller Hospital in St. Paul. After serving two years as a Navy doctor in Iwo Jima and Okinawa, he practiced obstetrics/gynecology in St. Paul from 1946 until his retirement in 1980, mostly at Miller and St. John's Hospitals.

After retirement from private practice, Dr. Watson was medical director of the Women's Clinic at the Boynton Health Service at the University of Minnesota for four years. He was the first medical director of FACE-to-FACE clinics, organized the hospice program at St. John's, was head of obstetrics at United, was Teacher of the Year in 1976 at St. John's, and assisted his wife Jeanne in the nationally recognized father-infant program. In 1992, the Watson Education Center opened at St. John's in honor of Dr. Watson and his wife.

He enjoyed tennis, golf, gardening, photography and travel and was a member of St. Christopher's Episcopal Church.

Survivors include his wife of 60 years, Jeanne Watson; two daughters, Janet O'Neil of St. Louis, Missouri, and Laurel Riedel of Minneapolis; two sons, Bruce Watson of Seattle, Washington, and Craig Watson of Boulder, Colorado; nine grandchildren; and a sister, Edith Lathrop of Miami, Florida.

Services were held on January 5 at St. Christopher's Church.

—Compiled by Ann Bulger

CLASSIFIEDS

Classified deadline:

February 15, 6 p.m.

Next issue: March 1

- Type your ad. Our style is to put the first few words in capital letters.
- Count the words. A word is numbers or letters with a space on each side.
- Figure your cost: 80¢ x number of words (\$8.00 minimum).
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Falcon Heights . . . from page 1

early February. And Gehrz and Gambone have published a "Homeland Security Intergenerational Dialogue Tool Kit" that can be used by other communities.

Falcon Heights, like most communities, had emergency operation plans and crime prevention programs in place before September 11. But the strategies the city has developed since October 29 go beyond such things as public safety mutual aid agreements or neighborhood watch efforts, according to Gehrz. Much of what previously had been created relied too heavily on public safety professionals and city personnel.

"We realized that what we had in place might not be enough in the event of a terrorist attack," Gehrz says. "Regular citizens need to be prepared to help themselves and each other."

Part of that preparedness is knowing what resources a community already has. Who has specialized skills, such as emergency medicine? Who has equipment like chain saws or extension ladders?

Falcon Heights has begun to receive regional and national interest in their efforts to address homeland security. Recently Gehrz was asked to meet with staff from the Upper Midwest Community Policing Institute, an organization that covers the five-state area. In December she and Gambone went to Washington, D.C., where they met with a representative of the Office of Homeland Security, the executive director of the National League of Cities and members of the House caucus on law enforcement. The December 24 issue of U.S. News and World Report mentioned the Intergenerational Dialogue Tool Kit.

Gehrz sees this recognition as confirmation of her conviction that security depends on mobilizing citizens as well as public safety professionals, that mobilization can best be done locally, and that people function best when they feel part of something and know there is a specific plan. "All of us are in danger of experiencing 'alert fatigue,'" she says. "We need to move beyond alerts to ongoing preparedness."

That move is best made, Gehrz believes, by tapping the knowledge base that all communities have. "As an elected official, I don't have all the answers," she says. "But I've learned that if people are given an opportunity and some guidance, they can come up with creative strategies and solutions."

The intergenerational dialogue that Falcon Heights undertook is one way to provide that kind of opportunity. The Tool Kit that Gehrz and Gambone created is available free to any community in Minnesota and for a small charge to those outside the state. It was designed for groups of 50-100 people. In larger cities, it could be used in specific neighborhoods, such as those defined by district council boundaries.

Attempts to prepare for the unexpected may be seen by some

as wasted effort if no emergency develops—as happened, for example, with Y2K endeavors. But Gehrz believes that preparedness generates its own rewards. "Beyond the value of feeling secure, we've learned in Falcon Heights that mobilizing people to work together across age groups makes a community not only safer but stronger, healthier and more vibrant."

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CPL Contact Ministry 651-644-1897
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10 am Adult Education & Sunday School
(Holy Communion on 1st and 3rd Sundays)
Rides available for 11 am worship;
call the church office before noon on Friday for ride.
Ash Wednesday Services: Wed. Feb. 13, 10 am and 7 pm.
Mid-week Lenten Services: Wed. Feb. 20 and 27, 10 am and 7 pm.
Pastors: Martin Ericson and David Greenlund
Visitation Pastor: Leonard Jacobsen
Director of Youth and Family Ministry: Amy Dorumsgaard
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Feb. 13 Ash Wednesday, 8 am - Mass with distribution of ashes.
12 noon and 7 pm. - Prayer Services with distribution of ashes.
Stations of the Cross - Wed., Feb. 20, 7 pm., and Wed., Feb. 27, 7 pm.

❖ FALCON HEIGHTS UNITED CHURCH OF CHRIST

1795 Holton St., (at Garden) Falcon Heights 55113
651-646-2681; (FAX) 651-646-1677
Daily Devotion Line: (952) 903-4037
Worship Schedule:
8:30 am - Service of Word and Sacrament
10:30 am - Public Worship
Faith Education for all ages: 9:15-10:15 am
Mid-week Program: Wednesdays 5:30 pm
Office Hours: 9 am - 5 pm Monday-Friday

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Sunday: English Worship - 9:30 am, Japanese Worship - 9:15 am
Sunday School - 11 am
Wednesday: Int'l. Women's Culture Class - 1 pm (Oct.-May)
Jr. & Sr. Hi Youth Meeting - 6:45 pm, AWANA - 6:45 pm
Adult Prayer & Bible Study - 6:45 pm

❖ ST. CECILIA'S CATHOLIC CHURCH

Cromwell and Bayless Place. 651-644-4502
Saturday Mass: 5 pm at the church
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8:15 am at Seal Hi-Rise, 825 Seal St. (handicapped accessibility)
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Nursery Care provided - 10:15 am
Sun., Feb. 3, 10 am - Communion
Wed., Feb. 13, 6:45 pm - ASH WEDNESDAY Worship
Sun., Feb. 24, Margaret Lovejoy of The Family Place, guest preacher

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2323 Como Ave. W. Handicap-accessible. 651-645-0371
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Education Hour at 9:50 am
Faith Chinese Fellowship at 1:30 pm

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noon-1 pm, 5-6 pm
Lenten Soup suppers (5:30 pm) and midweek worship (7 pm)
Wednesdays starting February 13.

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2136 Carter at Chelmsford. 651-645-3058
Sunday Services:
8:00 am Holy Eucharist, Rt. 1
10:30 am Holy Eucharist, Rt. 2
Wednesday Services:
10:00 am Holy Eucharist, Rt. 1, in Chapel
Tuesday, February 12 - Fat Tuesday Chocolate Festival
7:00 - 9:00 pm - All the chocolate you can eat!
\$7 (Adults) \$5 (Seniors & Children under age 7)
Wednesday, February 13 - Ash Wednesday
7:00 am - Imposition of Ashes & Eucharist (Rite II)
10:00 am - Imposition of Ashes & Eucharist (Rite I)
6:30 pm - Imposition of Ashes & Eucharist (Rite II)
7:30 pm - Lenten Supper
Wednesday, February 20 & 27- Wednesdays in Lent
6:30 pm - Lenten Supper
7:00 pm - Evening Prayer Service in the Chapel
7:30 pm - Lecture/discussion series in the Library
Sunday, February 24 - 4th Annual "Celebration of Art" Show
6:00 pm - Artist's reception in the Undercroft
(All baptized Christians are invited to receive communion with us and no person seeking a deeper relationship with God in Christ will be turned away from our Lord's table.)
Ministers of the Church: All the baptized members
Clergy Who Support the Ministers: The Rev. Grant Abbott, Rector, and the Rev. Lyn Lawyer, Deacon

❖ WARRENDALE PRESBYTERIAN CHURCH

1040 Como Ave. at Oxford. 651-489-6054
Sunday Worship: 10:15 am (nursery provided)
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