Falcon Heights counters terrorism threats intergenerationally

Community initiative leads to establishment of Neighborhood Security Commission

d by Dave Hesly

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 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 the value of coordinated efforts to ensure intergenerational communication. She had worked before with Dr. Jim Gambone, an intergenerational consultant. In September, she contracted

"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

Gambone about planning an event in Falcon Heights that would focus on identifying terrorist watch lists 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, 1964-83 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 Falcon Heights to page 16

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 few months 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 interchange to a "flyover" entrance 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 submitted 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 14 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 Roseland 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 280 Upgrade to page 15

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/subscription 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.

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 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 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 centers 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.

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

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

—Jeffrey Dains, Lauderdale mayor

Elder Learning to page 2

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

—Jeffrey Dains, Lauderdale mayor

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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... from page 1

"Art" series, where local artists discuss their work. She designed the course to "get rid of stereotypes," she says, especially "this bohemian thing. I want people to know that artists are down-to-earth people that get married and have families."

According to Ed Savage, the primary difference between teaching college students and ELI students is that "the students (at ELI) are really participants, and I'm more of a leader." He adds that many of his students like to do extra preparatory work between classes. "They're all highly motivated; they go out and do extra things. You never really know what to expect."

Several people have taken multiple classes with Savage, among them a retired dean of the University's Medical School, whom Savage has called upon to contribute his expertise when medical issues come up in the course of discussion. "I learn a great deal from them," Savage says of his students. "I look forward to seeing them."

Another big plus of teaching ELI courses, Savage notes with a chuckle, is that "there are no exams or papers to correct."

For those interested in what ELI offers, Benson points out that one of the courses, "Coffee with a Scholar," is open to the public. Held Tuesdays at 10 a.m. at the Barnes & Noble store in the Galleria in Edina, it's an opportunity to discuss a variety of topics with local scholars. Benson also notes that ELI has "a generous scholarship program."

With all we have learned in recent years about the human brain's ability to keep learning as we age, ELI's courses are truly a "health club for the mind." As Benson says, "We really believe that curiosity never retire."

For more information, call Steve Benson at 612-624-7847, or visit the ELI Web site: www.ccc.umn.edu/eli.

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**St. Anthony Park Home Sales**

**2001 Real Estate Update**

<table>
<thead>
<tr>
<th></th>
<th>2001</th>
<th>2000</th>
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</thead>
<tbody>
<tr>
<td>Number of Houses That Sold</td>
<td>32</td>
<td>29</td>
</tr>
<tr>
<td>Lowest House Price</td>
<td>$80,000</td>
<td>$115,000</td>
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<tr>
<td>Highest House Price</td>
<td>$375,500</td>
<td>$430,000</td>
</tr>
<tr>
<td>Average House Price</td>
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<td>Average Market Time</td>
<td>18 Days</td>
<td>22 Days</td>
</tr>
</tbody>
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The average sale price was 100.013% of its list price.

There were 5 houses that failed to sell last year compared to 4 in 2000.

At the very end of the summer, market time began increasing, along with a higher number of houses on the market.

Please call us if we can be of any assistance to you.

Peggy & Gary Sparr
Peggy: 651-639-8383 peggy@mnhouses.com
Gary: 651-639-6304 gary@mnhouses.com
www.mnhouses.com

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**Crescent Moon**

2228 Carter (at Como) / St. Paul
651-632-9530
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 write a Hollywood film producer 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 Las 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 move—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 was.”

Welcome to the world of film production. But once the film was made, Winters was confronted by the next big question: How do you 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 comedy 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 scriptwriting 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 Ommi Minac 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 Elliot, 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,” Elliot 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 Pofick. The 17-minute film tells the story 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 Shletton 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 FC-13 category. Admission is $8. The Riverview Theater is located at 3800 42nd Avenue South.

In appreciation for your business in 2001, we have made donations to the following community organizations.

We are committed to making this wonderful community even better.

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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 the 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 diverse elements that compose homeland unite 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 will die. Children, adolescents, adults, 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 civilized life is based.

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 laurelled and pine.
But other lands have sunlight too, and love,
And skies are 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 cancers. Security can sap the 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 ultimately to thrive.

"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 T, but it is just the feeling of being an isolated T which makes me feel lonely and afraid. In other words, the more security I can get, the more I shall want."

Even the search for escape to an envious, if not illusory, goal. Homeland turns out to be often a disputed, if not altogether arbitrary, construct. Those folks in the recently created Office of Homeland Security have their work cut out for them.

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 to 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.

It seems that the writer signed his letter "Anonymous" out of modesty. (I only know the writer was male because he used the phrase "he you use the phrase her".) And there was no compelling reason why this particular letter needed to be signed. It seems even conservatives. It cast no stones, pointed no fingers, raked no muck.

But when letters 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 serving worth noting. Letters should also include an address. We will not publish street addresses, only neighborhood. But we assume that readers want to know where letter writers live, since the topical letter writers address often have a local focus.

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 contributors and just contributors who have helped us approach this year's goal of $25,000.

If you want to make a contribution and have not received a reply in the mail, please drop and return the form below.

I don't print letters distributed to multiple papers. I 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.

Deane Hum St. Anthony Park

The Park Bugle

Next Issue March 1


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CITY
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Thank you for your gift!
Library book project invites stories
by Jennifer 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.

“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—Nona Murphy, Juste Lawson, Julia Klar Singer and Diego Vasquez—will gather stories from people at branch libraries across the city and be responsible for writing the book.

Nona 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. “As 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

Music in the Park Series
& St. Anthony Park Community Foundation

present Jazz in the Park

BUTCH THOMPSON, piano
with Duke Heitger, trumpet
and Jimmy Mazzy, banjo & vocals

Sunday, February 3, 2002 • 4:00 & 7:30 P.M.

St. Anthony Park United Church of Christ
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Also at the Bibelot Shop & Micawber’s Bookstore in St. Anthony Park.
BBQ Box Dinner available between shows! Call 651/645-3058 for Box Dinner reservations.

www.musicintheparkseries.org

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 Talty at 649-5992 for more information or to volunteer.
Carrol 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 Carrol 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, cole slaw 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 “funny, independent and always ready to rock and roll.”

Co-owner Tom Speigl 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. Speigl 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 remodeling 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, it wasn’t restless and inquired at Speedy Market (then owned by Schroeders) if they needed anyone. The manager told her 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. “(Owner) 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 Speedy Market co-owner Tom Speigl: “You can tell a Carol sandwich from any other in a heartbeat. It’s made properly.”

Foods and sometimes volunteers at the group home next door. Although she hasn’t bowed 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

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, Shantina Newell, said, “If my class had won the pizza party, I would have chosen a sausage pizza.”

What kind would you order?

—Clara Kimert

It’s twenty degrees below zero and it’s freezing cold! Your car just drove 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?

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

After we talked about STOPPS, 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 place 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 Lett

St. Anthony Park Elementary News

Students at St. Anthony Park School learned 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 Marsha Tontenson and Ji Hoon Lee like making snowmen and drinking hot chocolate. Ji Hoon likes snowball fights, boot skating and snowboarding.

First-graders Beth Young Townsend and Ian Celnik 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 sucker. Adam Denoyer likes building snow forts. They both agree that it is fun to draw pictures of winter activities.

Second-graders Max Freier and Canidice Vlach 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 Snowbowl 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 are both kindergarteners who like building snowmen and having snow fights. Kao Lee likes to go ice skating at Langford.

—Annie Duschere, 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 trumpetmer Duke Heffner and banjoist/vocalist Jimmy Matty, will perform two concerts on Sunday, February 3 at 6:00 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.

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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 Date 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 Arnyom, violinist Arnold Steinhardt and cellist Julian 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 Winich will present “Polar Odyssey—From Polar Bear to Penguins” on Thursday, February 14 at 7 p.m. at Falcon Heights City Hall, 2077 Harpness 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 $2 cents. This annual event is sponsored by the St. Anthony Park Library Association.

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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 shackled if that (Broadway) interchange would be built without addressing problems at Larpenite and 3YW 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 Larpenite interchange section needs to be fixed up. There's a bottleneck at the entrance to Highway 36 from 280. To do something at only the Broadway interchange just compounds that problem."

Palko admitted, "The Larpenite 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 council's views to MnDOT decision makers, Palko 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."

Palko noted that, even if his agency decides not to spend $57 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 Larpenite 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 anticipated, 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 unimaginined when the highway was originally constructed.

Library 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.

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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 about six months. 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 get their 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 obituaries about area schools. Later, she started writing obituaries, making the Bugle the only community newspaper in the Twin Cities to provide that 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 Kommcdahl has been a member of the Bugle’s board of directors since 1998. Retired from the University of Minnesota since 1990, Kommcdahl lives at 1666 Coffman in Falcon Heights.

Kommcdahl 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.”

FEBRUARY 2002 1 P A R K B U G L E 11

How every month free copies of the Park Bugle show up on front steps or driveways 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 ambitious but necessary goals 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 Tarasca

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 strolling 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 Black 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 Black Nurse Program at 651-9652 or saphon@stanthony.org.

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1 Friday
- Falcon Heights recycling.
- Senior Citizens Fun Group (gym, bowling and dinner), South St. Anthony Rec Center, 890 Comos Ave., 9:30-11:30 a.m. Every Friday. (Fee Friday, free blood pressure clinic by the St. Anthony Park Black Nurse Program, 9-10 a.m.)
- Storytime for preschoolers ages 3-5, St. Anthony Park Library, 10:30 a.m. Pre-registration required, 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
- Teen 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, 1400 Sibley, 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
- Teen Time (for 5-year-olds and younger), South St. Anthony Rec Center (298-5765), 10 a.m.-noon. Every Thursday.
- Teammasters (649-5162), U.S. Forest Service, 9:30 Woodland 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 Comos Ave., 6 p.m.

8 Friday
- Silent movies with live piano accompaniment, 6:30-8:30 p.m., St. Matthew's Episcopal Church, Carter at Chalmers.
- Falcon Heights recycling.

9 Saturday
- Langford Tier Night (7th through 9th grade), Langford Park Rec Center (298-5765), 7-10 p.m. Parent permission required. Cost $3.
- Falcon Heights recycling.

10 Sunday
- Park and Recreation Board meeting, St. Anthony Park Band community room, 7 a.m.

11 Monday
- Park Rec Inc., Park Bistro board meeting, St. Anthony Park Band 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, 1691 Walnut St., 7:30 p.m.
- Vaccine reactions. Presentation by Dr. Patricia Lawler, 6 p.m., Holy House. Call 645-6951 for reservation.

13 Wednesday
- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- Leisure 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.

14 Thursday
- Full Council Meeting, St. Anthony Park Community Council, South St. Anthony Rec Center, 890 Comos Ave., 7 p.m.
- St. Anthony Park Black 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.
- St. Anthony Park recycling.
- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Birthday celebrations. Lunch reservations by Monday.
- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.

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

22 Friday
- Senior Citizens Fun Group (gym, bowling and dinner), South St. Anthony Rec Center, 890 Comos Ave., 9:30-11:30 a.m. Every Friday. (Fee Friday, free blood pressure clinic by the St. Anthony Park Black Nurse Program.)

23 Saturday
- Fair For All Food distribution and registration at St. Anthony Park Lutheran Church. (644-8833), 2253 Como Avenue, 8:30-10:30 a.m.

25 Monday
- St. Anthony Park Black 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 Christiansen. 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 Black 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 Comos Ave., 7:30 p.m.
- St. Anthony Park Community Council Environment Committee, South St. Anthony Rec Center, 890 Comos Ave., 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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as wasted effort if no emergency develops—as happened, for example, with Y2K endeavors. But Gehrz’s theory 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, bolder and more vibrant.”

“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 Gamboe 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 Interregional 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 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 alert 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 undertakes is one way to provide that kind of opportunity. The Tool Kit that Gehrz and Gamboe 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 some