University Avenue may become historic district

by Dave Healy

Discussions have begun on an undertaking that could significantly affect future development in south St. Anthony Park. The stretch of University Avenue between Cleveland Avenue and Hwy. 280 is being considered for "historic district" status by the St. Paul Heritage Preservation Commission.

Designating the west end of St. Paul’s University Avenue as a historic district would preserve property as many as 34 buildings along that thoroughfare and would guide exterior renovations to those structures. The buildings were constructed from 1891-1935 and have been identified by the HPC as historically significant.

On November 18, representatives of the HPC addressed the St. Anthony Park Community Council. This was the first step in a process that could eventually include public hearings with affected property owners, the St. Paul Planning Commission and the City Council.

If historic district status is conferred at the city level, the area would be eligible for consideration by the State Historic Preservation Office as a candidate for the National Register. National historic district certification would make affected property owners eligible for federal tax credits.

The HPC has identified six historic "contexts" to guide its preservation planning. One of these is transportation corridors, the category in which the University Avenue site falls.

Other contexts the HPC uses are pioneer houses, churches, residential homes, commercial centers and the downtown St. Paul area.

"We're all just passing through. These buildings were here before us, and they'll still be here when most of us are gone." - Lee Meyer, HPC member

The goal of historic preservation is to identify significant older buildings and encourage their sensitive repair and renovation. The HPC also attempts to encourage pedestrian activity, tourism and vibrant street life.

The HPC was chartered in 1976 by the St. Paul City Council as part of an effort to preserve the Federal Courts Building near Rice Park in downtown St. Paul. The successful restoration of what came to be called the Landmark Center helped solidify the HPC's role in historic preservation.

At the November 18 meeting, HPC member Lee Meyer talked about the commission's philosophy. "We're pursuing peace and justice

Woman's social action reflects spirituality

by Susan Conner

From her peaceful house on a quiet street in St. Anthony Park, Nancy Dunlay tries to create transformations in the world. She is the new vice president of the Minnesota Alliance of Peacemakers. She is actively promoting the Earth Charter. She is a Soke Gakkai Buddhist. As she talks, it becomes clear that her involvement with the Alliance of Peacemakers and the Earth Charter are outward expressions of her spiritual path, her Buddhism. This may surprise some who have an idea of Buddhism as encouraging detachment from the world rather than involvement.

Dunlay recognizes the stereotypes and explains that the form of Buddhism she practices is called Soka Gakkai International (SGI). Soka Gakkai, or "society for the creation of value," is a lay Buddhist association with over 12 million members worldwide. The grassroots movement focuses on peace, environmental protection and human rights. Buddhism is over 3000 years old.
Two of Langford rec center's most enjoyable winter events are right around the corner!

The Langford Classic, which features U10 and U12 girls basketball and boys' Squirt hockey, is set for January 7, 9, 11 and 12th.

Winter Sports Day is Langford's answer to the St. Paul Winter Carnival, complete with a medallion hunt, the crowning of "7th grade Royalty and lots of basketball and hockey! This is scheduled for February 2nd and 3rd.

Mark all these dates on your calendar!

Registration is still being taken for instructional basketball for U6 and U8 girls and boys.

For more information, call the rec center at 298-5765

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City Files

Lauderdale
The Lauderdale community will host "Snow Commotion" on Saturday, February 1 from 3-6 p.m. at Lauderdale Community Park. The big attraction will be a home and buggy ride through Lauderdale. The event also includes a medallion hunt, children's games, a bonfire, ice skating and food.

Falcon Heights
The Neighborhood Commission is sponsoring a training session about traffic management. Residents will be trained in the basics of traffic control at the first session—January 30 at city hall from 6:30-8:30 p.m. The second session—February 8 from 10 a.m.-12 noon—will involve practice with cans in a parking lot. Residents may call city hall to pre-register, 644-5050.

St. Anthony Park
On December 4 a public hearing was held regarding District 12's appeal of a restrictive permit granted by the St. Paul Planning Commission to ClearChannel for repairs to a sign at Raymond Avenue and Raymond Place. ClearChannel completed the repairs without procuring a permit required by St. Paul's sign ordinance. On December 11 the City Council decided to support District 12's appeal.

The task force created to finalize the Cromwell-Bayless-Raymond intersection changes has changed the plantings in the median to a seasonal display of evergreen tops and diked flowers. Materials and labor were provided by neighbors.

The task force is preparing requests for CIB funds with a two-phase project in mind. The first phase would extend the park into the currently barricaded area. Curbs, sidewalks, grass and trees would be installed. This would include trimming back the tip of the triangle at the Raymond-Bayless intersection. The second phase would be for park enhancements. The task force will seek community input as these plans are developed. The District Council approved the decision to seek these funds.

The University of Minnesota Parking and Transportation Services Department has expressed concerns about traffic safety on Cleveland Avenue from Buford to Commonwealth. They would like the city of St. Paul to eliminate parking from Buford to Como Avenue, John Maczko, city traffic engineer, suggested that a better solution is a four-foot widening of Cleveland from Buford to Commonwealth.

—Susan Connor

St. Paul Mayor Randy Kelly continues to pursue a Vikings stadium agreement for St. Paul, including recent talk about a site near Highway 280 and Kasota Avenue. However, at a December 13 meeting of the Board of Regents, University of Minnesota president Robert Bruininks expressed "very serious reservations" about working with the Vikings anywhere off campus.

Governor-elect Tim Pawlenty has said that the Legislature is unlikely to support two stadiums and that the Vikings and the Govners should pursue a joint project.

According to the December 13 Pioneer Press, Kelly hoped to talk the Regents into considering the site because it lies on the bus line between the two campuses. The Pioneer Press quoted Vikings Executive Vice President Mike Kelly as saying, "It's a metro location and it's close to campus. That would have a lot of political appeal."

Council member Jay Benanzer, who represents the St. Anthony Park area, said the Pioneer Press story was the first he had heard of a stadium proposal at that location.

"I think the chances of it happening are slim," he said, citing the state deficit and the enormous cost of building a stadium at any location. "But I think people should pay attention." At this point in the process, he said, "It would be appropriate to communicate with the mayor.

State Senator Ellen Anderson said, "I would like to see the Vikings give clearer signals about the suitability of the site before too much energy is expended by the University, the city and the neighborhood."

—Anne Holzman

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Anthony's
Park Saloon

Best Wishes to all of our Friends here in the Park for the New Year!

S查看 Carlos, Tony, Cerrie, Kim and Jessica

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Carter Avenue Frame Shop

Thanks for another great year!
Garden View Cafe adds to coffee shop scene in Falcon Heights

by Amy Gauston

Are you one of those people who can't live without your morning cup of Joe? Well, take heart. Soon there will be a new place to get your daily java fix. Garden View Cafe plans to open around the first of the year.

Located at 1871 W. Larpenteur Avenue, one block west of Fairview, Garden View will offer specialty coffee drinks, soups, sandwiches and pastries.

The shop is owned by Dave Kerr, who runs Park Hardware. The building housed J.B. Floral for many years, as well as an art studio and center for autistic children. Most recently it was a stamp shop. An Angel's Art, run by Kerr's wife. When she decided to get out of the retail business, Kerr explored other uses of the property.

He decided on a coffee shop for a number of reasons. "It's a fairly inexpensive business to get into," he says, "and I know Sarah—Sarah Habeck, whom he hired to manage Garden View.

Kerr had consulted with Habeck when he was looking into the coffee shop idea. "We were friends," Habeck says. "He asked me what I thought about it. She also accompanied him to a trade show to ask the right questions.

For Habeck, the job presented many new challenges. Although she had managed other local coffee shops, she never had to start from scratch by remodeling the building and choosing the decor. "I learned how to do the dirty work," she says, "and learned to do the remodeling work—plumbing, Sheetrock, flooring and lighting. In addition, she had to find a roaster to supply the coffee (she chose a local roaster; Morningstar) and acquire freezers, chairs, tables and other necessities, often secondhand. "Learning that process has been really interesting," she notes, "and, of course, there is where you can be comfortable, but also where you can just get in and out." The main room of the coffee shop will open first, but plans are already underway to transform the seating, the traffic," she says, noting that 16,800 cars pass the shop each day. "The question is whether people will stop.

One concern has been the shop's visibility. It's set back a little from the road, and the sign they have doesn't light up at night. Habeck and Kerr will canvas the neighborhood with flyers and coupons to let everyone know they're in business. They are also planning advertising that could bring in customers from a wider area—including St. Anthony Park, Lauderdale and Roseville.

To begin with, hours will be 6 a.m.-2 p.m. Monday through Saturday. Eventually they hope to expand to Friday and Saturday evenings.

Habeck emphasizes that the food will be fresh—sandwiches made to order, homemade soups, pastries brought in daily. In addition to coffee and espresso drinks, tea will be served as well as water, juice, and Pepsi products. In the summer, smoothies and cold coffee drinks will be available.

They also plan to sell a few small items—coffee cups, candles and the like—and the furniture in the greenhouse and patio area will be items that can be ordered from Park Hardware.

One thing they plan to specialize in, according to Habeck, is "really friendly service. It's very important to have knowledgeable and friendly staff. They will start off with a small staff, most of them people Habeck has already worked with. "There's a lot of turnover in the coffee business," Habeck notes. "It's hard to find good help unless you really treat your employees well."

For more information, call Garden View Cafe at 287-0871.
Why Johnny isn’t green

It’s tough to get enough interest in the environment these days. The topic was rarely addressed in Minnesota’s recent Senate race. In harnessing our platforms, major party houses regrettably did not think the environment to somewhere on the edge—if not the footer. The assumption is that nobody will actually have to stand on that part of the platform, so it doesn’t matter if nothing much is there.

One can’t blame the candidates for this state of affairs. Politics is the art of telling people what they want to hear, and what we apparently want to hear about the environment is the sound of silence. Politics is the art of telling people what we’re concerned about, the subject doesn’t come up.

That hasn’t always been the case. After a couple centuries of blithely going about our business without thinking of the environmental consequences, we had our consciousness raised. We were forced to think about the effects of pollution, the geopolitics of oil, the permanence of plastic. We learned new terminology. We were introduced to things that had always been there but that we’d never needed to think about before: recyclable, R-value, EPA rating, above-ground cas, fluorocarbon.

Some of us made a few changes. We started putting glass and cans and newspaper out front in a blue bin instead of our back in a silver barrel. We turned down the thermostat at night and turned up the collars on our sweaters. We bought smaller cars and bigger baskets of insulation.

But somewhere along the way we seemed to run out of gas. Why?

Certainly it’s not because the problems went away. Asthmatic children continue to increase. The effects of climate change are everywhere more visible. The drumbeats of war are ever more likely to be pounded on an empty barrel of oil.

Perhaps we don’t talk about the environment anymore because we think we know enough, because we’re on the downslide of the learning curve.

However, a recent survey by Hamline University’s Center for Global Environmental Education found that Minnesotans are not as knowledgeable about the environment as we think we are. The Center’s “Minnesota Report Card on Environmental Literacy” revealed a gap between what people think they know and their actual knowledge.

Maybe our complicity results from what a marketing consultant might call “iteration fatigue.” We’ve heard the projections and seen the charts. We’ve memorized the dirges. We’re tired of bad news, so we settle for no news.

We give our prophets the same response prophets have always received: Worth you please please please please stop talking.

So our average mpg goes down as our average ago goes up. We toss money at glary “solutions” like light rail and let unglamorous buses languish. We close HOVs and open SUVs. We throw up our hands and throw in the towel.

Most of us do, anyway.

But some people continue to think creatively about solving environmental problems. The St. Paul Neighborhood Energy Connection has been doing that for almost 20 years. They’ve coordinated St. Paul’s recycling program, promoted energy conservation and greening, sponsored the Grand Round bike tour. Now they have a new idea: a car-sharing program called “OurCar.”

Of course, it’ll never fly. Individual car ownership is as American as . . . individual snowblower ownership and individual lawnmower ownership and . . . If you can afford it, you buy one. Or two. Or three. Or you rent, or you really try to share.

Except, of course, for the air we breathe and the water we drink. Hmm . . . h, OurCar, you say.
Birders choose counting instead of hunting

by Clay Christensen

Back at the end of the 19th century, folks used to go out on Christmas Day to hold "side hunts." They would choose sides and see how many birds and small mammals they could shoot, then get together at the end of the day to tally their total. In 1900, ornithologist Frank Chapman, who among others was disturbed by the senseless slaughter, suggested that people count the birds they saw rather than kill them. He, and 27 other dedicated bird watchers held 25 Christmas bird counts (CBCs) that year, ranging from Toronto, Ontario, to Pacific Grove, California. They recorded a total of 90 species on those 25 original CBCs. Today, in its 103rd year, more than 50,000 observers participate in over 1,800 CBCs in North, Central and South America. A CBC is held on a day between December 14 and January 5, within a circle 15 miles in diameter. The circle for the St. Paul Audubon Society's CBC is centered on the intersection of County Road B and Dale Street and includes parts of cities from North Oaks to South St. Paul and from Oakdale to downtown Minneapolis. The 2002-2003 St. Paul Audubon CBC was held on Saturday, December 14.

"We do it for the challenge," said Donny Waltz, who, with his husband Fred, shares team leadership for the portion of the St. Paul Audubon CBC circle that includes St. Anthony Park and parts of Roseville and Falcon Heights. "I guess I have an addictive personality," she added. "I like to try to find unusual birds. And it's fun."

Fred calls the Christmas bird count the longest running study of bird populations in the world. The Waltzes remember their first CBC in 1990. "It was 29° below," said Fred. "But we found a snipe in Svede Hollow on the east side of St. Paul." There was a trickle of water running in Svede Hollow and the snipe, a noted sandpiper with an extremely long bill, was able to find some food in and around that rivulet.

In one past CBC, the Waltzes counted a barred owl in Langford Park during the daytime. It was one of their most memorable sightings. "There were other people around, but the owl didn't seem to mind," Donny said.

This year, the Waltzes found a pair of stow geese, migrating south from Canada, near Broadway and West River Road. They also saw a bufflehead, a small diving duck, mostly white with a black head and a large white facial patch on the male, and a merganser, a diving duck that looks like it's had a bad hair day. The Waltzes saw a red-bellied woodpecker in Lauderdale, and one very confined red-winged blackbird sitting in front of Rep. Phyllis Kahn's house on Nicollet Island, wondering where the summer has gone.

Julian Sellers has been the leader for the St. Paul Audubon's CBC for the last several years. In 1975 the first St. Paul Audubon CBC was held in 1944. That year, six participants found 17 species," he noted.

A bald eagle was spotted over Bennett Lake in Roseville's Central Park. This caused a nervous reaction among the 360 mallards clustered at the east end of the lake. They were huddling around the only open water, where a waterfowl aerates the lake. A great horned owl, pleased woodpeckers, a lone (rare migrant) and purple finch (becoming displaced by house finches) were seen in the observation. The fox sparrows was the first ever seen on a St. Paul CDC.

In North Oaks, a boreal chickadee, normally seen on the North Shore, had found its way to a feeder at Holman Field. St. Paul's downtown airport, spotters found a horned lark, smaller than a robin with a striking facial pattern and, yes, little feathery horns on either side of the head. Some horned larks actually winter in southern Minnesota.
Turkeys dodge traffic, entertain residents

Flock avoids Thanksgiving foul play in St. Anthony Park
by Dave Healy

Residents of Falcon Heights and St. Anthony Park have been entertained for several months by the appearance of a small flock of wild turkeys. The birds were first spotted near the University of Minnesota golf course. As autumn progressed, they moved progressively farther south.

Originally, the flock had four turkeys—a tom and three hens. More recently, the three hens seem to be traveling alone.

In October the turkeys were sighted in Falcon Heights’ University Grove. Marcie O’Connor caught them foraging in David and Martha Russell’s yard on Hoyt Street.

By early November, they had moved south of Como Avenue, and David Skillbred photographed them at Alden Square.

In early December, the turkeys moved across Energy Park Drive into south St. Anthony Park, where they caused a stir in Hamptons Park. On December 9, two of them stopped traffic on Raymond Avenue near Raymond Place. Eventually they made it across and began foraging in front yards on Mansel.

Gary Duke, recently retired professor of avian physiology and former director of the Avian Research Center at the University of Minnesota’s St. Paul campus, said wild turkey sightings in St. Paul have increased during the last year.

“Judging by the number of calls I’ve been getting, I’d say their numbers are up in the city,” said Duke.

Although Duke is not aware of anyone who’s undertaken a formal turkey census, he speculated that there may be as many as several hundred in the Twin Cities area. That’s only a tiny percentage of the state’s total turkey population, which includes some 50 million domestic fowl that are raised each year in Minnesota.

According to Duke, wild turkeys are found throughout most of the United States except for the far West. They are most common in the northern and eastern regions of the country.

“The population is actually better now than a hundred years ago, when they were hunted more heavily,” said Duke.

Although wild turkeys are usually quite wary, this group seems to have become accustomed to humans. They also seem to be attracted to the spillover from birdfeeders in people’s yards.

Duke said that wild turkeys eat mostly berries, seeds and insects. Although they may move around in an area, they don’t migrate, so it’s possible this group will stay in the neighborhood all winter.
2002-2003 SEASON
Music in the Park Series' chamber music season continues with The Shanghai String Quartet—billed by The Strad as "a foursome of uncommon refinement and musical distinction."

Library Events
On January 15 from 7-8 p.m., Rudd Spicer reads from his new book, "Seven Days Stories." On January 27 from 7-8 p.m., Warren Gore leads a discussion of Leif Enger's "Peace Like a River."

Both events are at the St. Anthony Park Library, 2245 Como Avenue.

Writers
The St. Anthony Park Writers Workshop was established in 1978 as part of St. Paul's COMPASS program to encourage artistic endeavors in music, art and writing in neighborhoods throughout the city.

The group meets from 6:30-9 p.m. the first Tuesday of each month in the lower level of the St. Anthony Park Library. Writers bring whatever they are working on—poetry, essays, short fiction, memoirs, children's and adult novels. They discuss each other's work and exchange views on writing in general.

The first meeting of the new year will be January 7. The group welcomes new members. For more information, call Marjorie DeBoer at 645-1345.

Volunteers
The Como Park Conservatory is looking for volunteers to serve as plant interpreters. Once trained, volunteers share information with Como visitors on the Conservatory's various plants. Volunteers must be available for at least two 3-hour daytime shifts a month. Training starts in February. Register by January 13 by calling 487-8287.

Household Repairs
A work-readiness program of the St. Paul School District offers the following furniture and window repair services:

- Prepare furniture for painting, repair, patch, sand.
- Reupholster chairs or other household furniture.
- Repair wooden screens and storm windows.

Work will done be at the
Program for Social Development, 115 S. Washava Avenue, just across the Washawa Bridge.

A donation is requested to cover the cost of labor and materials. For more information, contact Dan Coughlin at danieldoughlin@psps.org or 293-6644.

Classes
An investment class, "When to Sell," by Adam Landvik of Edward Jones Investments, will be offered January 27 from 6:30-8 p.m. at Como Senior High School. Cost is $6. For more information, call 917-7063.

The Minnesota State Horticultural Society's Center for Northern Gardening offers two classes in January.

January 20: Garden design. Both classes run from 6:30-8 p.m. at the Center, 1755 Prior Avenue N. in Falcon Heights. The cost is $5 for the general public, free for members. For more information, call 643-3601.

Langford Recreation Center offers community dance lessons every Friday night a month from 7-9 p.m. beginning in January. One-hour lessons by Dance Spectrum instructor Loren Greenburg will be followed by an hour of practice time.

The January session will focus on swing. Class members can choose from salsa, fox trot, waltz and cha-cha for future lessons. Come either solo or with a partner, and bring a snack to share at break.

Cost is $2 per session. Call Burna at 645-8217 for more information.

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A recent study by Hamline University's Center for Global Environmental Education found that Minnesotans are not as knowledgeable about the environment as they think they are. The report documents the results of the first statewide survey on environmental literacy of adults in Minnesota.

"Environmental literacy is not strictly a question of knowledge, but includes the attitudes and behaviors that make a person truly able to address environmental issues," said Dr. Tony Murphy, adjunct professor in the Center for Global Environmental Education and primary author of the report. "Since we Minnesotans are willing to exhibit positive environmental behaviors, we need to have the knowledge base and attitudes to do so."

From July through September 2001, a random sample of 1,000 Minnesota adults was surveyed for their knowledge about attitudes and behaviors related to the environment. The survey revealed a gap between what people think they know and their actual knowledge.

Almost 65 percent of Minnesota adults believe they are knowledgeable about environmental issues and problems, yet only 36 percent have an above-average knowledge about the environment. According to survey results, Minnesotans get most of their information from TV, newspapers, environmental learning centers and environmental groups. Sixty-eight percent of Minnesotans rely on their own training or education for information.

Given that almost half the adults in the state (46 percent) have a less-than-average general knowledge about the environment, the report concludes that self-initiated educational efforts may not be adequate.

An overwhelming majority of survey respondents (90 percent) support environmental education in schools and believe the state should pay for it. Over 52 percent believe that environmental education should be financed through a special state fund created specifically for this educational activity.

The report reveals connections among increased environmental knowledge, a more positive environmental attitude and behavior changes to protect the environment. Respondents who received a higher grade in general environmental knowledge were more likely to have a positive attitude toward the environment and to engage in more positive environmental behaviors.

This survey and report represent a collection of baseline information on knowledge, attitudes and behaviors related to the environment in Minnesota.

This data will be used to track trends and changes in environmental literacy as Minnesota adults are surveyed again. View and/or download a copy of the Minnesota Report Card on Environmental Literacy at www.mnecell.net, or obtain a copy by calling the OEA Clearinghouse at 215-0232 or 1-800-877-6300. For further questions on the report, contact Dr. Tony Murphy at 909-8877, apmurphy@skate.edu or Denise Stromme at 218-855-5014, denise.stromme@nicoa.state.mn.us.

What's the Pay Back?

People often call us and ask if they should remodel or buy. There is no right answer to this question, since many factors, including some that are intensely personal, will enter into this decision. However, we can rely on statistics to give us some information about the pay back of remodeling. Keep in mind that these statistics are referring to general situations. They should be used as a guide only. Also, remodeling should be viewed as a way to enhance the pleasure you get out of your home, not as a method of producing wealth.

Type of Remodeling Anticipated Pay Back
Kitchen (Midrange) 76%
Kitchen (Upscale) 84%
Bathroom (Midrange) 111%
Bathroom (Upscale) 102%
Master Suite Addition (Midrange) 78%
Master Suite Addition (Upscale) 80%
Bathroom Addition (Midrange) 88%
Bathroom Addition (Upscale) 90%
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Minneapolis—where all the environmentalists are below average
Hot Art Jazz and Barbecue

On January 12, fans of southern music, art and food can get their fix in one day. Jazz aficionados will be treated to the New Orleans-influenced stylings of pianist Burch Thompson, who is joined by trumpeter Duke Heitger, cellist Laura Sewell, drummer Hal Smith and bassist Bill Evans. They will present a tribute to legendary pianist Fat Waller and pianist/composer James P. Johnson.

The concert is sponsored by the St. Anthony Park Community Foundation and Music in the Park Series. Performances are at 2 and 5 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Avenue. Tickets are $25 and are available at Bisdor and Miesseher's, or by calling 645-5699. In conjunction with the concert, St. Matthew's Undercroft Gallery will open a new exhibit, "Swamp Southern Memories," paintings, photographs and beads by St. Anthony Park resident and former New Orleansian Shelley Holl. The exhibit opens at 4 p.m. on January 12 and runs through February 21. Holl, author of "Louisiana Dairies, 52 Short Trips from New Orleans," studied art and journalism at Washington University in St. Louis and the University of Minnesota. She lived in New Orleans for seven years and has exhibited widely in Louisiana, Minnesota and Minnesota.

Finally, fans of southern cuisine can savor a barbecue dinner from 4-8 p.m., making it the perfect post-concert casual dining experience after either the 2 p.m. or 5 p.m. performances by Burch Thompson and friends. Beer, wine and non-alcoholic drinks will also be available. Dinner must be ordered in advance and will be available either for sit-down dining at St. Matthew's or to take home. Proceeds will benefit St. Matthew's summer youth mission project. "Sweet Southern Memories" and the barbecue are at St. Matthew's Church Undercroft Gallery, 2136 Carter Avenue, right across the alley from St. Anthony Park United Church of Christ. Reserve your barbecue dinner by calling 645-3058, or e-mail office@stmatthewsnap.org. The price of the dinner is $12.
Aging Gracefully by Mary Jo Torres

As we age, there are some changes in our lives we may not be too crazy about. Joints tend to stiffen, we may look back at unfulfilled ambitions or perhaps we miss someone we’ve lost touch with. Not to mention new technology almost daily, political upheaval and so many other changes.

It is a fact that much of life is beyond our control. But there are many things we can control—things as individuals can change. Recently I received a holiday card that read, “Be the Change You Want To See in the World.”

The first day after getting the card, I caught myself thinking that people weren’t neighborly enough after a fellow pedestrian ignored my greeting. As I walked on, I saw my old neighbor struggling with her recycling. I helped her for a few minutes. It wasn’t much.

A day or two later I was mentally cussing out a driver who cut me off, and I caught myself thinking that perhaps a little more patience and a little more monk’s phrase were needed. I had a lot of work to do, but it was nice to have someone who cared.

On a recent holiday trip I was inwardly fuming at a delayed flight when I looked around the waiting area and saw a young mother with three small, cranky children. I maneuvered myself and my 4-year-old over next to them, and we started playing with the older two while mom fed the baby. I’m sure I felt better than I would have over in my corner shushing my own child and indulging in silent tantrums.

I’ve been surprised how these little things have changed me. I expected that if I thought about good things and did them, it would be good. It has, but not for the people I decided to be kind to—or even just not talk to.

It’s been good for me. And not in the way I expected either.

I thought I would feel snug or virtuous because I would either be doing a good deed or not doing a bad one.

But when I find myself having some negative thought and then try to change something that prompted that thought, I stop thinking it because I’m doing something. And when I interact with someone else instead of complaining to myself, I forget what I was complaining about.

It doesn’t necessarily take another person to get me out of myself. When I took my daughter to the park the other day, I got teed off at the amount of litter around. I started to pick it up and discovered one piece of paper was part of a 1957 newspaper. I couldn’t help but wonder how it got there and had a laugh at the parts of articles and ads I could make out.

Abraham Lincoln is credited with saying, “Most people are as happy as they make up their minds to be.” That may not be entirely true, but the inspiration I got from this greeting card has shown me that much of what I think and feel is a choice. I have learned this in a way that I would not believe if I hadn’t experienced it.

So what about you? What kind of change would you like to see in the world? What can you do to make it happen? If you only make one New Year’s resolution this year, try this one, even just once or twice. “Be the Change You Want to See in the World.”

I regret that the sentiment was underused, so I can’t even think whoever said or wrote it. But try it.

The St Anthony Park Block Nurse Program hopes that Aging Gracefully is helpful to older adults and those who care about them. We welcome ideas and feedback at stanpblocknurse.org or 651-349-5052.

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Ask for Jane Johnson, LSW, Admissions Social Worker

4-H News by Tim Jureny

Hi, this is Tim, your friendly 4-H Club reporter. Our most recent meeting was on Monday, December 9. For this activity meeting we went caroling and made blankets for babies. It was one of the most fun meetings ever!

To start the meeting we made blankets. We started with two pieces of fleece laid on top of each other. Then we make short cuts (about 2 inches) all around the edges, creating a fringe. Finally, the fringes are tied together, and a blanket is born.

The blankets were donated to the Children’s Home Society of Minnesota Crisis Nursery in St. Anthony Park.

After that a large group of us went caroling around the neighborhood. We sang about two songs per house. That made for a lot of Christmas carols! My favorite song was “Rudolf the Red Nosed Reindeer.” At one house they gave us candy when we were done singing. We sang for old and young alike; they all liked it!

To end the meeting we ate some cookies, clementines, apple cider and hot chocolate. This was a great way to start the holiday season.

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• Bill Swiss January 17, 8pm
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A Foundation of Neighbors
Looking Ahead...

By Jon Schumacher
Executive Director
St. Anthony Park
Community Foundation

Happy New Year! As the Foundation we are indeed looking ahead to 2003 with much anticipation.

Our neighborhood profile project, chaired by board member Lisa Christiansen, is entering a busy period. Noted Macalester Professor and neighborhood historian, David Linsangen, has agreed to write our profile report. The purpose of this project is to better understand our neighborhood by identifying its strengths and weaknesses; allowing the Foundation to focus future grantmaking more effectively. This collection of data, surveys, trends and analysis will also be the basis for development of a comprehensive neighborhood plan beginning with a series of public forums this spring.

To help identify those areas of challenge and opportunity, the St. Anthony Park Foundation has teamed up with the District 12 Community Council to create a neighborhood satisfaction survey. We are targeting stakeholder organizations as well as random cross-sections of our residential, nonprofit and business communities. The results should help us to concentrate as neighbors on the areas of common concern. If you are interested in taking this survey, you can pick up a copy at the library or visit our website at www.sapfoundation.org.

Another exciting upcoming event in the annual Gust Donohoe Jazz Concert January 12. This will be the third year we've partnered with Music in the Park Series to host this holiday fundraiser. We are very fortunate to have pianist extraordinar, Butch Thompson returning with several prominent musicians, including St. Anthony Park's own Laura Sewell on cellos. It should be a great fun and we look forward to facing you soon at our tree.

Thank you for all your support in 2002 and best wishes for a great 2003!

Lis Christiansen

The Holy Spirit
Spiritual versus spiritualism.

See page 14
Pearl Martinson Jovag
Pearl Martinson Jovag, a former resident of St. Anthony Park, died October 30, 2002 in Austin, Minnesota.

Pearl Martinson was born May 5, 1903 to Rev. Andrew and Anna Martinson in Humin Province, China. She came to America at age 18 and attended St. Olaf College in Northfield, Minnesota. She received a nursing degree from Presbyterian Hospital in Chicago.

On August 26, 1928 she married Rev. J. O. Jovag in Belmont, Iowa. They served congregations in Calgary, Alberta as well as Gotvick, Lakefield, St. James and Springfield, Minnesota. After retirement, they also served several parishes throughout Texas and Louisiana, and finally St. Olaf Lutheran Church in Austin.

She is remembered for her soft, velvety hands, her unending concern for her children and their lifelonmg correspondence. She was preceded in death by her husband, Jonnas; son, Jon; brother, Rev. Harold Martinson; and sister, Cora Martinson.

She is survived by her sons Harold (Shirley) and Arvid (Leota) Jovag; daughters Corinne Bustad (M. Arthur); Jan Jovag Ansgorge and Joy Ling Hill (Tedd); 12 grandchildren; 8 great-grandchildren; and many nieces and nephews.

Funeral services were held on November 4 at St. Mark's Lutheran Home Chapel in Austin, Minnesota, and on November 5 at St. Anthony Park Lutheran Church.

Notice
The Bugle will continue to publish obituaries that are submitted by friends or family of the deceased. There is no charge for publishing obituaries, but we reserve the right to edit them if space considerations so dictate.

Send obituaries to the Bugle at Box 8126, St. Paul, MN 55108 or bugle@minn.net.

Earth Charter from page 1

old. SGI is an "activist Buddhism" with roots in the work of Nichiren, a 13th-century Japanese Buddhist teacher. SGI holds that the duty of religions is to strive for lasting peace for ordinary people in the world. SGI works with the United Nations as a non-governmental organization to aid refugees, host educational exhibits and forums, and find sustainable, peaceful solutions to today's problems.

A lot of people think that Buddhism is only focused on one's individual self-awareness, says Dunlay. "But in the highest teachings of Buddhism the 'bodhisattva ethic' is stressed. We strive to awaken our Buddha nature to its highest point so that we can make a contribution."

Raised in St. Paul in a Unitarian church, Dunlay realized at age 16 that she was seeking "some kind of daily spiritual practice." She was introduced to SGI by her aunt and has now been practicing Buddhism for 30 years. Her husband, Howard, was already a Buddhist when they met. Their son, 8-year-old Ryan, is being raised with Buddhist philosophy and practice as a foundation. They have lived in St. Anthony Park for 12 years.

"Buddha means 'awakened one,'" says Nancy. "It's a state of mind. Each person is fundamentally a Buddha." She explains that chanting is a tool for revitalizing and a chance to see oneself honestly. She adds that often, when she chants, she focuses on a goal of some sort that may involve personal spiritual development. "The power and the rhythm of the universe is in us," she says. "Just as a drop of the ocean contains all the elements of the ocean, so do we, as individual pieces of the universe, contain the power of the universe. We have the life to change anything."

With such a focus on creating world citizens who are willing to act on their concerns for the universe, SGI Buddhists were aware early on of the work being done to create an Earth Charter. In 1987 the United Nations World Commission on Environment and Development called for a new charter to establish fundamental principles for sustainable development.

An Earth Charter Commission took the initiative and a drafting process was begun. After a decade of worldwide, cross-cultural conversation about common goals and shared values, the document was written. SGI was involved by hosting meetings during the seven-year process. The hope is that this charter will establish an ethical foundation for our emerging global society and help build a sustainable and just world based on respect for nature, human rights, economic justice and a culture of peace. The result is a "beautiful and inspiring document," says Dunlay, "but most people don't know about it."

The Charter urges a change of mind and heart toward a new sense of global interdependence and universal responsibility. It urges renewed commitment to the United Nations and implementation of Earth Charter principles internationally. These principles include respect and care for the community of life, ecological integrity, social and economic justice, democracy, nonviolence and peace. The conclusion is a call to action for every individual and group.

The current challenge is to promote knowledge and use of the Charter at all levels of society and to seek its endorsement by the United Nations General Assembly. It was developed in a grassroots manner, and its dissemination is proceeding the same way, via citizen initiative. The Charter was completed in 2000. The idea of "community summits" came from the Center for Ethics and Meaning in Tampa. Twelve cities in the U.S. and Canada held summits that year, linked to each other by satellite. In 2002, 24 cities did the same.

The Twin Cities participated last year, organizing very quickly. In only nine weeks, Dunlay and others were able to organize an all-day event, "Earth Charter: Seeds around the continent. The 2003 summit will be on October 11. She mentions a group of "Earth School" that has started in Tampa, of cities endorsing it as a guide to policies and decisions, of being used as a code for corporate responsibility, the talks of faith communities, schools and the media teaching Earth Charter principles.

SGI Buddhism also led Dunlay to her later venture, serving as vice president of the Minnesota Alliance of Peace-makers. In 2002, the SGI-USA traveling exhibit, "Gandhi-King-Bardo: A Legacy of Building Peace," came to Minneapolis. Soon after that the Alliance contacted SGI in the hopes of including more religious diversity in their membership. Dunlay became involved.

Clearly, Dunlay's community activities with the Earth Charter and the Alliance grow from the roots of her spiritual practice and philosophy. Does St. Anthony Park provide hospitable soil for her life and work?

"This is a progressive, intellectual community," she says. "Most people are religious and spiritual, most belong to churches. Many are curious about Buddhism."

Dunlay seems to welcome curiosity. Now perhaps neighbors will be curious about the Earth Charter and the Alliance of Peace-makers.

For more information, visit the following Web sites:
Earth Charter: www.earthcharter.org
Minnesota Alliance of Peace-makers: www.mapm.org
SGI-National: www.sgi-usa.org

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The Alpha Program at Saint Anthony Park United Methodist Church is a program designed to build a sharing of such experience with your friends and neighbors. The program consists of about 12 Sunday evening meetings starting January 26. The format of each meeting is a meet followed by a presentation of a Christian speaker on the day's topic, a discussion of the topic by participants, and then small group discussion of that response and any other responses the participants wish to discuss. The only requirement is that each participant brings the scripture and experience of others. Child care is provided. Please call the church office to obtain more information or to register in advance.

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MetroPlains development plans were to be affected if the site became a zoned residential district. Lefevre hoped that if local designation did not occur, it will in turn be followed by federal designation.

Local designation brings restrictions but not a lot of benefits," she said. "Our current plans for the University site would have to change if the area were designated a historic district, but if local designation were failed, if federal designation, the project would be more financially feasible because of the federal tax credits. We do have a potential development agreement with renovating buildings that are on the National Register.

Despite the potential complications, Lefevre expressed confidence that MetroPlains will be able to work with the neighborhood and the HPC. "We want to find a way to complement historic buildings," she said. "That's what we do—use a mixture of styles and complement it with what's new. We think we're good at that.

University Avenue has also been identified as a potential light rail transfer corridor between Minneapolis and St. Paul, and the University/Raymond Avenue intersection has been mentioned as a possible location for a light rail transfer site.

HPC member Paul Larson, an architectural historian, said that historic district status for the area could affect the design of the station and could constrain the kind of development that typically occurs around a light rail transfer site.

Larson expressed confidence that other development plans for the area could still be accommodated if historic district status is forthcoming, and he argued that the benefits make it worthwhile to work through any potential setbacks.

"This area has an astonishing amount of architectural integrity," he said. "It deserves as much attention as any other part of the city.

Besides historic districts, the HPC also promotes preservation of specific properties. Buildings in the Bugle district area that have received historic designation include the Como Park Conservatory and the Andrew McGill House at 2835 S. Central Avenue.

Milton Square in St. Anthony Park is being considered as a possible historic property designation, but so far the HPC has not made any formal recommendation regarding that site.

Efforts at heritage preservation do not have to be initiated by the HPC or some other outside organization. Sometimes individual property owners or neighborhood organizations decide to act on the process.

In Falcon Heights, for example, residents of University Grove have begun the process of organizing a historic district status for their neighborhood. University Grove is a residential area of 103 homes located along the east side of Fullham Street north of Hoyt Avenue, both north of Fullham and Hoyt Avenue.

University Grove is a planned community owned by the University of Minnesota, which retains the land and grants long-term leases to University employees.

Houses in the Grove were built according to strict requirements that they not be too ornate or too grand so that repairs would continue to be affordable by University employees. Today most houses in the Grove are owned by U of M faculty.

In the fall of 2000, the University Grove Homeowners Association formed a Committee on Historic Designation.

According to committee chair Phil Shively, the group has met with representatives of the University, an architect from the State Historic Preservation Office, a contractor, and a professional consultant on historic designation projects.

Shively said that if the group pursues any kind of historic designation, it would be at the federal, but not the local, level. "Local designation brings some regulations that do not result from being on the National Register," he said. "Being listed on the National Register doesn't have many direct consequences. We'll be able to advertise our status with signs, and technical expertise would be available to individuals who want to make changes to their homes that are faithful to the original design.

Shively said that historic designation could enhance a feeling of community among University Grove residents and deepen their sense of neighborhood and place. But he's also aware that confirming historic designation on a residential district could create tensions within the neighborhood.

"As one of our guests told us, too many towns set up historic designation for residential districts because they're not anxious to have 'neighbors rolling neighborhood to what to do,"' Shively said.

Shively also noted that applying for historic designation would be an expensive process, both in time and money. It would require writing a history of the Grove and filing archival photos with the State Historic Preservation Office.

Historic designation warrants continuing discussion. "Our committee was very enthusiastic about the possibility if we can find the resources," he said, "and as long as people feel that this process results in something that facilitates rather than restricts our sense of community.

LALPEN BAPTIST CHURCH
Stllman at Cleveland S. Roswell 651-631-0211
Bethany Baptist Sunday School 9:45 am
Pastor Bruce Peterson
Hispanic-American Worship 3:30 pm
Pastor Susan Orkan

COMO PARK LUTHERAN CHURCH—ELCA
1376 Hoyt Ave. W., St. Paul, MN 55108-2308
651-646-7127
Handicapped accessible
CPL Contact Ministry 651-644-1897
www.ComoParkLutheran.org
Sunday Schedule:
8:00, 8:45 & 11:00 am. Worship
10:00 a.m. Adult Education & Sunday School
(Holy Communion on 1st & 3rd Sundays, nursery provided)
Rides available for older and younger worship
call the church office before noon on Friday for ride.
Rally Day B: Sunday, January 3, 2003
Pastors: Martin Enos and David Greenhalgh
Visitation Pastor: Leonard Jacobsen
Director of Youth and Family Ministry: Amy Donohue
Director of Music Ministry: Thomas Ferry

IMMACULATE HEART OF MARY CHURCH
An Ecumenical Old Catholic Community
2200 Hillside Ave S. 612-872-8469 or 651-778-3712
Saturday Mass: 5 pm in Upper Chapel
Deo Gratias Wedding Ministry

MOUNT OLIVE EV. LUTHERAN CHURCH
(A WELS Congregation)
"THE CHURCH WITH A SMILE."
Handicapped-accessible. Wheelchair accessible.
1440 Arbores Parkade. 651-644-2575
Sunday Worship: 9 am.
Sunday School and Adult Bible Class: 10:30 am.

ST. CECILIA'S CATHOLIC CHURCH
Corbett and Byainways Place. 651-644-4022
Saturday Mass: 5 pm at the church
Sunday Mass: 10 am at church (nursery provided) and 8:15 am at St. Henry’s St. Henry’s (handicapped accessibility)

ST. ANTHONY PARK UNITED CHURCH OF CHRIST
2218 Commodore at Cleveland Ave. 651-646-7717
Website: www.sapcc.org
Handicapped accessible and an Open and Affirming Congregation.
Rev. Dave Pachuck, Pastor.
Adult Ed Faith & Life Breakfast Forum—8:30 am every Sunday.
Sunday Worship & Sunday School: 10:00 am. Fellowship: 11:00 am.
Nursery Care provided—10:15 am.
Sunday, January 5, 10:00 am—Healing Service
Sunday, January 26, 11:30 am—Annual Meeting of SAGUCPC

ST. ANTHONY PARK UNITED METHODIST CHURCH
Roach Ave., Across the Ages
2200 Hillside Ave at Como 651-646-4859
Pastor Donna Martinson
10:00 am Worship Celebration
10:20 am. Sunday School (1 years to 6th grade)
11 am Fellowship
11:05 am Youth Class
11:15 am Adult Forum
Wednesdays: 9-9 pm. Leisure Center (Senior Fellowship,ovies, minis and more)

ST. ANTHONY PARK LUTHERAN CHURCH
We are a community of believers called to joyfully serve God, one another, and the world.
www.saplpc.org
2321 Como Ave. W. Handicap accessible. 651-645-0571
Pastor Glenn Bly-Borgmeier. Email: saphol@nltm.org
Sunday Worship services 8:45 & 11:00 am. (nursery provided)
Sunday School 9:30 am.
Minneapolis Faith Chinese Lutheran Church at 1:30 pm

信義教會 圣約天主

ST. MATTHEW’S EPISCOPAL CHURCH
2136 Carter at Coldwater. 651-645-3080
www.stmatthewschurch.org
Monday, January 5
Sunday Services:
8:00 am Holy Eucharist. Rt. 1
10:30 am Holy Eucharist. Rt. 2
4:00 pm Prospect Hill Friends Meetings
Wednesday: 6:00 am. Communion, Chapel
6:30 pm. Evening Prayer, Chapel
(All Baptized Christians are invited to receive communion with us and no person working a deeper relationship with God in Christ will be turned away from our Lord’s table.)
Minister of the Church: All the baptized ministers.

WARRENDALE PRESBYTERIAN CHURCH
1640 Como Ave. at Oxford. 651-489-6554
Check one of our Park & logo at Warrendale
Rev. Timothy Held, Minister
Sunday School: 9:30 am. Worship: 10:45 am

This Year, Start an Old Hobby!
Pottery & Tiles have been around for thousands of years, and they are among the first forms of artistic expression. Try your hand at painting your very own pottery with pre-formed pottery shapes. (no special talent required-instruction provided)

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