



# Park Bugle



St. Anthony Park, Falcon Heights, Lauderdale & Northwest Como Park

Volume 30, Number 1 / July 2003



St. Anthony Park Bank president Rick Beeson and Children's Home Society president Donna King join "Children of the World" Linus in front of the St. Anthony Park Library. The statue, one of 90 throughout St. Paul, was sponsored by the bank on behalf of CHS. Later this summer it will move to its permanent home in front of CHS across Como Avenue.

## Children's Home Society and Family Service, Inc. to merge

by Dave Healy

Children's Home Society of Minnesota, a fixture in the Bugle neighborhood with offices in Lauderdale and St. Anthony Park, announced recently that it will merge with Family Service, Inc. effective July 1.

Children's Home Society provides adoption and child care services and operates crisis nurseries throughout the seven-county metro area. Family Service, Inc. is involved in counseling, advocacy, education and employee assistance for families, seniors and adolescents.

Merger talks started a year

ago and were finalized in mid-June with votes by the two organizations' respective boards of directors. The new organization will be called Children's Home Society and Family Services. Its 45-member board will represent both groups.

For now, the two nonprofit organizations will maintain their respective offices. CHS is headquartered on Eustis Street in Lauderdale with additional offices on Como Avenue, and FSI's administrative office is in

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## Changes afoot for St. Anthony Park bookstores

*Minnesota Women's Press to close its bookstore  
Micawber's will reopen under new management*

by Dave Healy

Anyone doubting that these are tough times for small independent bookstores need look no farther than St. Anthony Park, where two bookstores are closing. Both Micawber's at 2238 Carter Avenue and the bookstore at Minnesota Women's Press, 771 Raymond Avenue, will close at the end of June.

However, lovers of reading need not despair. Micawber's will reopen August 1 under new ownership, and Minnesota Women's Press will continue to sponsor a variety of reading activities, groups and publications that have long been part of the organization's mission, which founding publisher Mollie Hoben described as "building community and extending a transformative feminist world view."

Hoben characterized the decision to close their bookstore as a concession to market forces that have imperiled independent bookstores everywhere. "It's a difficult time for book selling," she said. "Retailing is different

from anything else we do, and we finally decided that we don't have the resources to do the job as well as we'd like. We want to focus our energies on what we do best."

Women's Press started in the late 1980s. As the groups expanded, there was a demand for books by women, and the Women's Press found itself in the book business.

The book groups continue to thrive, and Women's Press, through its BookWomen Center for Feminist Reading, has added other activities that promote reading.

Twice a year, book groups hit the road. In April, 15 women spent a week in southern Arizona under the guidance of Hoben's co-founding publisher, Glenda Martin. In September, Hoben will lead a group to London, where they will read novels by women that are set in London, talk with writers and publishers, and imbibe the literary air of that great city.

The BookWomen Center also sponsors book retreats. This fall they will conduct five of them at the ARC Retreat Center near Stanchfield, Minnesota.

And the organization produces two reading-related



The small storefront bookstore at the Minnesota Women's Press office has been in operation since 1990. It grew out of several book groups that the

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## St. Anthony Park Bank joins effort to boost small businesses

by Dave Healy

St. Anthony Park Bank announced recently that it will participate in a new loan program targeted to small businesses. The Small Business Expansion Program (SBEP) uses partnerships between community banks and the Community Reinvestment Fund to tap private sources of capital that new businesses can use to supplement city loans and other funding sources.

One of the most daunting tasks facing someone who wants to expand a small business is

getting financing. "The Small Business Expansion Program is another powerful and flexible tool for community banks to have in their tool box to help get financing to small businesses that otherwise might not qualify for conventional financing," said Rick Beeson, St. Anthony Park Bank president.

According to Beeson, St. Anthony Park Bank has a reputation for helping small businesses thrive. "One way we've achieved that reputation," he

Bank to page 10

## St. Anthony Park considered for commercial-industrial development

*District 12 Community Council member Sherm Eagles will chair local task force*

by Dave Healy

If you want to sell an urban development project these days, you need to know the buzz words: mixed use, smart growth, the new urbanism. These terms share several assumptions: that urban sprawl should be checked; that people want to be able to work, shop and recreate close to where they live; that segregating residential and retail areas is less effective than combining them.

But in the mixed-use triangle—housing, retail, industry—one leg usually ends up shortest: the industrial one.

Several trends have conspired to squeeze industry out of the urban development picture.

For one thing, a changing global economy has resulted in a vastly reduced manufacturing sector throughout the United States. St. Paul's Midway area, for example, lost about 2,400 manufacturing jobs between 1993 and 2002, according to a study by University UNITED.

Another trend evident in the Twin Cities has been increasing

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## Como Park

The grand opening of the new North Dale Recreation Center will be held on July 12 from 1-3 p.m. at 1414 N. St. Albans. There will be activities and displays of interest to all. This new recreation center is the result of a long-term dream, commitment and years of effort on the part of the community. Come and participate in a well-deserved celebration.

## Falcon Heights

Development is proceeding at the southeast corner of Larpenteur and Snelling Avenues. The most recent public meeting showed strong support for the plans from about 50 residents. Plans include multifamily apartments, senior apartments and townhomes. The Metropolitan Council has awarded Falcon Heights a grant of \$150,000 to support home ownership elements of the development.

Businesses on the corner have now closed. Those with ongoing leases were assisted by the developer as they relocated. Dino's Gyros will remain open throughout the development and will eventually move across Larpenteur to the northeast corner of the intersection (the previous site of Embers). That construction is scheduled to begin July 10. The new Dino's will be more than twice the size of the current restaurant, providing seating for 108 diners. The goal is to be completed and occupied by mid-October.

Sharp-eyed observers have noticed a family of foxes living in the city (two adults and seven kits). Residents who let their cats out should be aware.

## Lauderdale

The annual Day In the Park will be held on July 12 at Lauderdale Community Park from 4-8 p.m. Events begin with a parade at

4 p.m. Families, children and Lauderdale-based community groups and clubs are invited to dress up, decorate their bikes, carry a banner or sign and march in the parade. After the parade there will be music, food, games and good fun for the entire family.

## St. Anthony Park

The Community Council agreed to support a STAR grant request by University Enterprise Laboratory to help purchase and renovate an existing facility at 1000 Westgate Drive in St. Paul. The building will be converted into a collaborative research center with about 132,000 sq. ft. of usable space.

An edited videotape of the community forum held May 6 featuring David Lanegran's presentation of the St. Anthony Park community profile will be shown on channel 19, St. Paul's Neighborhood Network (SPNN). The broadcast schedule is:

7/1, noon	7/12, 6 p.m.
7/3, 6 p.m.	7/15, 1:30 p.m.
7/5, 4 p.m.	7/17, 7 p.m.
7/8, 7 p.m.	7/19, 4 p.m.
7/10, noon	

The Community Council will request that the mayor reappoint Karlyn Eckman to the Mississippi Watershed Management Organization.

—Susan Conner

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 **ST. ANTHONY PARK COMMUNITY COUNCIL**  **NEWS**

Council-sponsored meetings are listed each month in the Bugle's Community Calendar. Everyone is welcome!

**Bylaws change at July 10th, 7 pm Board meeting.**  
Language change from "Environment and Physical Planning" to "one that focuses on environmental and land use issues, respectively"




See us in the Fourth of July Parade! All neighbors are welcome to join us as we march to show our support for citizen participation & District 12

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## Shop owner's résumé includes guns and roses

by Judy Woodward

Plenty of people do a mid-career shift and exchange one way of making a living for something quite different. Few manage to bridge the professional extremes that Kelly Wallace, owner of the new Milton Square boutique, Antique Garden, has done.

Antique Garden, a potpourri of fresh flowers and garden-themed collectibles, is the kind of charming space where the music of classic French chanteuse Edith Piaf can be heard in the background and the owner's pet canary, guppy fish and lop-eared, buff-colored rabbit are very much part of the foreground.

It's the shop, you might say, of a slightly off-beat, wholly original being who has decided to share her unique good taste with the lucky shoppers of St. Anthony Park.

Say that, and you wouldn't be wrong. What isn't immediately clear from the surroundings, though, is that Antique Garden is also the hangout of a hard-charging former sheriff's deputy, a woman who found the perils of ordinary law enforcement so routine that she opted to join the permanently adrenaline-drenched environment of the SWAT team in order to keep herself in top form.

For 15 years, Wallace worked for the Ramsey County Sheriff's Office. For several of those years, she was the first and—at the time—only female member of the Sheriff's Emergency Response Team. The SERT, as it's called, is likely to be first on the scene in the most dangerous, uncertain and harrowing of all police incidents.

Wallace remembers the high-tension drama of episodes like the one in August 1994, when she was part of the team called to the scene to find a killer who had just gunned down two St. Paul policemen and their K-9 partner.

She had joined the sheriff's department as an athletic 21-year-old who was looking for a challenge. "I knew law enforcement was really demanding and physically challenging. I wanted something that would test me," is how she puts it.

Wallace says she loved her years in law enforcement, but she admits that she wasn't exactly Ms. Everycop. Away from work, Wallace, like her colleagues,

enjoyed vigorous outdoor recreation. For most cops that might mean hunting or fishing. Wallace, on the other hand, would head straight for the garden after work.

"I've been actively gardening," she says, "for about 20 years, ever since I purchased my first house."

Wallace has been a certified master gardener in Hennepin County for almost a decade. For the last seven or eight years, she's

eclectic, vintage collectibles she wanted to sell, mixed in among fresh flowers and plants. Antique Garden opened in February.

As the warm weather arrived this spring, Wallace began to move more and more of the plants outside. Now they spill in colorful profusion down the steps of the store's entrance, leaving more room inside for the antique furniture and china, the framed garden prints, the original oils and the vintage garden implements.

Wallace says the selection criteria for her wares are simple. "They're things that I feel are beautiful. I rarely sell things I don't like personally. My goal is to create a comfortable atmosphere to offer things that are unique and very affordable."

An observer might note that everything in the store—from the green glass antique cake plates to the botanical prints to the miniature topiary plants to Luci, the bright-yellow store canary—would look very nice in an old-fashioned sun room.

Wallace is ready to put her gardening expertise at her customers' service. Ask her how to make those beautiful cut flowers last, and she's full of good advice. Use a vase so clean you could drink out of it, she counsels, add cool water and bypass those little packets of

plant-extender chemicals in favor of a drop of bleach added to the vase.

Want a unique plant, beautiful and unlike

everything else you own? How about a lemon-rose-scented geranium? It's beautiful, it smells good and, if that isn't enough, it's completely edible. Brew it in tea, flavor a cake with its aroma—whatever you do, it's a far cry from life on the SERT.

It is, however, a prime example of Wallace's current professional goals in action. "I want," she says, "to bring the garden indoors."



Kelly Wallace takes a breather in front of Antique Garden.

also volunteered as a community gardener at Saint Joseph's Home for Children in south Minneapolis. It's part of a program, she says, "to give people the opportunity to beautify urban spaces."

Wallace might have remained the cop with the green thumb forever, had not a serious auto accident sidelined her about six years ago. She was forced to take medical retirement at the ripe old age of 35.

**"I rarely sell things I don't like personally. My goal is to create a comfortable atmosphere to offer things that are unique and very affordable."**

—Kelly Wallace

"Physically, I could no longer do the one-on-one apprehending," she explains. "I didn't want to leave, but I wasn't really sure of the next stage."

Gradually, she began to look around for ways to build on her gardening expertise. After several years in a retail partnership elsewhere the Twin Cities, Wallace decided it was time to strike out on her own. Milton Square seemed to offer the perfect setting for the kind of

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*Winners and losers*

Americans love a good fight. Our games, our politics, our economic system—all are based on competition, which is essentially sanctioned fighting. Some people like to back the favorite, others the underdog. But we wouldn't have the choice without a fight.

Seeing the world in competitive terms necessitates clearly defined combatants: the Twins vs. the Royals, Kelly vs. Benav, Coke vs. Pepsi. But the trouble with a martial world view is that in some conflicts the opposition is abstract, amorphous. What does it mean, for example, to declare war on drugs? Or terrorism? Who or what precisely is the enemy?

Our need to concretize the opposition is evident in most action movies. Film critics may be content to talk about the conflict of good vs. evil, but most viewers want something more specific: the good guys vs. the bad guys, or preferably, the lone hero vs. the villain. Even a panoramic blockbuster about world domination usually comes down to two guys going at it hand-to-hand.

In the geopolitical realm, we need villains too—someone's picture to throw darts at: an Osama bin Laden, a Saddam Hussein. Accustomed as we are to having the opposition personalized, we probably won't take threats posed by an Iran or a North Korea seriously until we have a name and face to focus our reaction on.

Closer to home, book lovers are prone to frame the plight of local bookstores as a battle between independents and chains. For many Bugle readers, the local independents are represented by Micawber's and the bookstore operated by Minnesota Women's Press, both St. Anthony Park institutions that will close at the end of June. And who's in the other corner? The chains, of course. Especially Barnes and Noble, with two suburban locations just minutes away.

Certainly the book selling business is competitive, and clearly chains pose a threat to independents—even if Barnes and Noble has no obvious knight to send up against Micawber's owner Norton Stillman, which is what the movie version of this drama would require. But Micawber's and Barnes and Noble may both face another foe that is even more amorphous.

Why go to a bookstore at all these days? Why not just log on, fill your virtual shopping basket and wait for your books to arrive in the mail? After all, why should we wired citizens be constrained by geographical happenstance? It shouldn't matter whether one lives near a brick-and-mortar edifice. Ultimately, we're trafficking in ideas here anyway, right? Plus, if amazon.com doesn't have it, it's probably not worth reading.

But what if you don't know which book you want? What if you want to wander around a bit and see what jumps off the shelf? Pick up a volume and flip through it? Ask the person at the counter if she's read this one and what she thought of it?

If that's the boat you're in, you have reason to lament the demise of the Women's Press bookstore and to cheer the news that Micawber's will reopen in August under new management. And you have reason to hope that in the battle to deliver the printed page, there will be no losers.

## Park Bugle

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**New plants on Raymond Ave.**

We would like to thank the St. Anthony Park Garden Club for their generosity in providing the plants used in the large blue pots on Raymond and Bayless, across from the Hampden Park Co-op, as well as pots near the South St. Anthony Rec Center playground.

The Garden Club has been very supportive of our efforts to make St. Anthony Park inviting and hospitable. Thanks also to Noll Hardware for their help in supplying paint at a low cost.

*Jenny Bell Nielsen, Anne Commers,  
Kathy Johnson, Jan Sedgewick,  
Amy Swenson, Alisa Weber  
St. Anthony Park*

**Pie/ice cream social a success**

On behalf of the Northern Light 4-H Club, I would like to thank the community for their wonderful support of our pie and ice cream social on June 6.

*Michaela Alderink  
Club president*

Several parents of new members were in awe of the wonderful sense of community they witnessed.

We would like to thank the St. Anthony Park Community Band for providing the music, St. Anthony Park Bank for allowing us to use their property, Ginkgo's for supplying the coffee, and St. Anthony Park Lutheran Church and Lauderdale City Hall for the use of tables and chairs.

Proceeds from the event will be used to support educational activities for youth members as well as for community activities. For example, last year we made blankets for Children's Home Society crisis nurseries and provided homemade cookies and Valentines for residents of St. Anthony Park Home.

Thank you, St. Anthony Park, for supporting our youth.

**Butterfly garden flourishes**

We want to thank everyone who participated in the Garden Club's recent fundraiser by purchasing Easter lilies, hydrangeas and other potted plants. The event raised \$325 for the St. Anthony Park Butterfly Garden project. The money will be used to purchase plants for the area, which is just west of the Community Garden plots on Robbins.

Most of the existing plants appear to have survived the winter and the rabbits. The new planting will be done early this summer. Do walk by and watch the progress. The unplanted area is still vast, but this gift will go a long way toward filling it in with native plants and grasses.

*Sue Conner  
St. Anthony Park*

## Former Congressman Erdahl to appear at peace potluck

On June 30 St. Anthony Park Neighbors for Peace will sponsor a community potluck and talk by former U.S. Rep. Arlen Erdahl. The event takes place at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave.

The potluck starts at 6 p.m. Attendees should

bring a dish to share as well as plates, cups and utensils. Beverages will be provided. Child care will be available for children 10 and under.

Erdahl's talk will begin at 7 p.m. His topic is "The United Nations in a Unilateral World."

Erdahl formerly served in the Minnesota House of Representa-

tives, as Minnesota's secretary of state and in the U.S. House of Representatives. He has led boards of the United Nations Association of Minnesota and the local People to People chapter. He received the 1999 Twin Cities International Citizens Award.

**Bookstores from page 1**

publications. BookWomen is a newsletter that comes out six times a year. It features profiles of readers and writers, short reviews and news about book-related events. "Great Books" is a volume that includes annotations of the greatest hits from a dozen active book clubs that meet monthly at the Women's Press building on Raymond. The second edition, covering 1986-2002, will come out this month.

Hoben expressed sadness about the decision to close the bookstore. "It's been a wonderful feeling to walk in the door and be surrounded by books."

But she's also realistic. "When we opened our store, there were over a hundred feminist bookstores across the country. Now there are only a handful left."

At Micawber's in Milton Square, owner Norton Stillman has sold the store he owned for 31 years to two former employees of Ruminator Books in St. Paul, Tom Bielenberg and Hans Weyandt. The new owners will keep the name Micawber's and many of the store's fixtures. They have signed a lease with Milton Investment Co. for the space.

Stillman hopes to sell most of the store's inventory. To that end, Micawber's marked down all its books 50-75 percent. "I wanted to reduce the inventory to make the price of the store more affordable," Stillman said.

Putting a book store up for sale isn't all that complicated, said Stillman. "The book business is a small community," he noted. "I just talked to a few people I know, and they talked to some other people. Eventually I was contacted by Hans and Tom."

Stillman said he's pleased that someone who knows books is buying his store. He's sanguine about the prospects for independent bookstores if they offer something different from the large chains. It's especially important, he believes, to have a good staff.

"All the time I've owned Micawber's I've been involved in other aspects of the book business as well," he said. "Not being at the store all the time meant that I had to depend on my staff. Fortunately, I've had many wonderful people who worked for me over the years."

Stillman has been a book wholesaler, publisher and

bookstore owner over the years. He and co-owner Ned Waldmen sold their book wholesaling business, Bookman, a year ago. With the sale of Micawber's, Stillman will be free to concentrate on publishing. He'll miss being at the store, however.

"I loved merchandising," he said. "Moving books to a different spot in the store, trying to make attractive displays—that's something I'll miss."

Micawber's is named after a Charles Dickens character. At the end of "David Copperfield," Mr. Micawber, known for his business enthusiasm but not his financial success, emigrates to Australia, where he becomes a magistrate.

Eight years ago, Norton Stillman bought some land in New Zealand. He's planning to spend a lot more time there now. So the man who has been "Mr. Micawber's" for 31 years will take a page from his store's namesake when he winters in the land down under.

"Mr. Micawber wasn't always the most practical man, but he had a lot of enthusiasm," said Stillman. "I hope people will say the same of me."



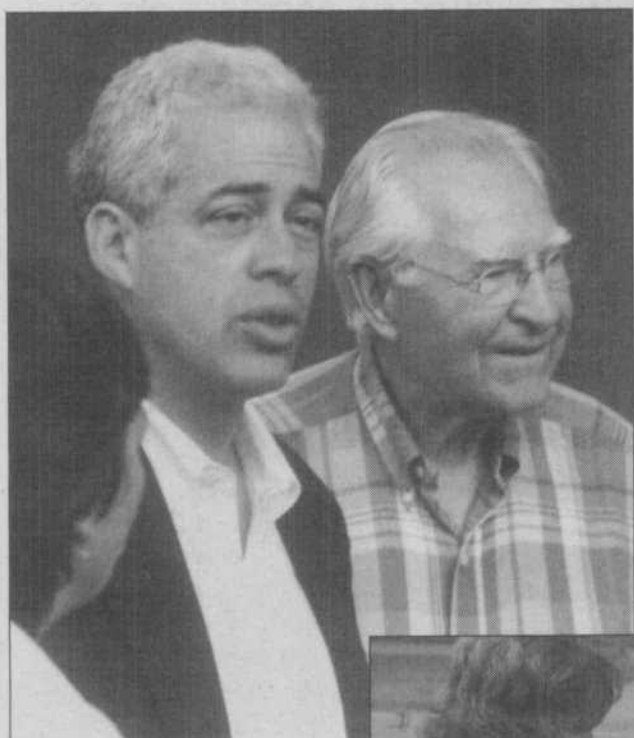


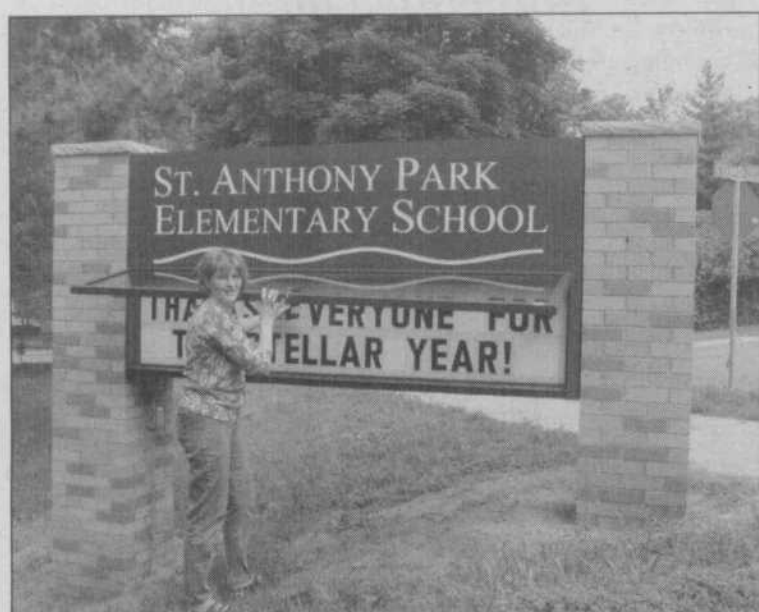
Photo by Truman Olson

On June 9 about 40 neighbors gathered at College Park in St. Anthony Park to celebrate the new playground and tennis/basketball courts that were completed last August. On hand for the ceremony were Suzanne Garfield of the St. Anthony Park Community Council, Ward 4 City Council Member Jay Benanav and College Park neighbor Bob Munson, who spearheaded fundraising efforts for the project.

Amy and Ellie Swenson water the new flowers in the newly painted planters at Raymond and Bayless in St. Anthony Park. Maintaining the planters is a volunteer effort by area residents. Plants were purchased with a \$250 grant from the St. Anthony Park Garden Club. Paint was supplied at a discount by Noll Hardware.



Bob Simons loads newspapers into one of Eureka Recycling's new biodiesel trucks during a Wednesday morning run in St. Anthony Park. The 20 percent biodiesel blend used in the new trucks cuts emissions that cause smog and pollution. St. Anthony Park residents are invited to submit suggestions for a name for the new truck. Forms will be available at the St. Anthony Park Library July 3, 5, 6 and 7. Look for one of the new trucks in the Fourth of July parade.



Rebecca Tetlie updates the message on St. Anthony Park Elementary's new sign on the corner of Como Avenue and Knapp Street. Tetlie organized a committee of the School Association that researched design options and hired a contractor. Funds were provided by the School Association, which had been saving money for the project for three years.

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of the United Nations Association-Minnesota  
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## The United Nations in a Unilateral World

**Monday, June 30**

Community Potluck at 6 p.m. Talk at 7 p.m.  
come for one or both

at St. Anthony Park United Church of Christ  
2129 Commonwealth Avenue, St. Paul

Please bring your own plates, cups, and utensils.  
Beverages provided.

Child care for children 10 and under will be provided.  
Older children are invited to hear the talk.

Contacts: Nancy Dunlavy, 651-647-1631, nancy@dunlavy.net  
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## Lions and tigers and cannibalistic dinosaurs—oh my!

*St. Anthony Park paleontologists make historic discovery*

by John Marino

Kristina Curry Rogers and Raymond Rogers have spent the past decade unearthing dinosaur fossils in Madagascar, off the southeast coast of Africa. But the biggest discovery of their professional lives occurred in Chicago.

"Most people think discoveries are made in the middle of nowhere," said Kristi, who lives with her husband Ray and their two children on Priscilla Street in St. Anthony Park. "But this is one of those discoveries we couldn't make until it was brought back, cleaned off and put back together again before we could study it."

The Rogers studied several dinosaur bones at the Field Museum of Natural History in Chicago in late 2001 and early 2002. What they found has created quite the buzz in the world of paleontology: a 30-foot dinosaur that eats its own.

"There's no evidence that they were actually hunting and killing their own," said Ray. "That wouldn't have been a very good ecologic strategy for a large, dangerous animal."

However, it's fairly clear from the evidence that these giant dinosaurs, known as Majungatholus atopus, were eating the remains of their own

*"The fossil evidence is compelling and unprecedented. We have examined literally thousands of dinosaur bones from sites around the world and we've never seen fossil material quite like this."*

—Raymond Rogers

species, a practice that even today isn't so uncommon among many animals. This discovery is an historic first regarding dinosaurs and was big enough news to make the pages of the April 2003 issue of Nature magazine.

"We have the smoking gun in the form of diagnostic tooth marks, and we can definitely rule out all of the other carnivores known to have been on the scene," Ray said, adding that the scientific community agrees.

"There hasn't been a single detractor," he said. "This is as close as you can get to a snapshot in the fossil record. It looked like they were trying to scrape every little bit of flesh that was left on the bones."

It makes sense, Kristi said. Climate changes some 65-70 million years ago caused periodic droughts that drove the survivors to eat whatever was available.

"Ray was looking for any little marks on bones, and he started seeing several bones that were heavily chewed upon," she said.

"The fossil evidence is compelling and unprecedented,"

Ray said. "We have examined literally thousands of dinosaur bones from sites around the world, and we've never seen fossil material quite like this."

Also collaborating on the Madagascar project is David Krause, a professor of anatomical sciences at Stony Brook University in New York on Long Island.

Getting published in Nature is significant. "It's the pre-eminent science magazine out there," said Ray. "It's global in its distribution. This is how you get your science out to both the public and the scientific community. It's high profile. You

*Dinosaurs to page 11*

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## Psychologist sheds light on record keeping

by Dave Healy

When was the last time you were at a meeting and a fight broke out over whose turn it was to take minutes? Most people don't get too excited by record keeping. Taking notes, keeping minutes, maintaining records—for many of us, these are necessary evils, and we'd be embarrassed to let anyone see our files and discover what a pitiful job we do.

Not Ellen Luepker. As a licensed psychologist and clinical social worker, Luepker knows the importance of record keeping. In fact, she's so convinced of the value of maintaining accurate records in her profession that she wrote a book about it.

"Record Keeping in Psychotherapy and Counseling: Protecting Confidentiality and the Professional Relationship" was published last December by Brunner-Routledge.

Luepker, whose office is at Como and Doswell in St. Anthony Park, has known for a long time how important record keeping is for therapists and counselors, but it wasn't until she began fielding questions from fellow professionals, as part of a volunteer consultation service she participated in, that she began to realize how many people had questions about the topic.

She got calls from people who had been subpoenaed and were nervous about what they'd have to produce at a deposition. People who were unsure about the doctrine of informed consent. People who wondered what their obligations were regarding patient confidentiality, what kind of information they should be documenting or how long they were required to keep records.

"The same questions kept emerging," says Luepker. "And people asked, 'Is any of this in writing?' I had to tell them no."

Those questions are what led to Luepker's book. In 1997 she gave a workshop on record keeping at a professional conference. The next year she started writing. Because she couldn't just put her career on hold to be an author, the book was compiled slowly, fitted into a



busy schedule of counseling and working on another venture Luepker started two years ago called Living Portraits.

"I thought writing the book would be easier," Luepker says. "I had a 40-page outline and a pretty good idea of what I wanted to cover."

Like many authors, though, she discovered that a book develops a life of its own.

The book's publication turned out to come at a propitious time. For one thing, with clergy sex abuse scandals much in the news, attention has been focused on such issues as confidentiality and professional ethics—topics Luepker's book addresses. Also, recent federal legislation on privacy rights has prompted many organizations to review and revise their procedures regarding the information they keep on clients and customers.

"In an increasingly litigious society, the importance of record keeping has never been greater," says Luepker.

While maintaining legal protection is one motivation for keeping good records, one of the most interesting revelations in Luepker's book is how record keeping can become a therapeutic tool. For this potential to be realized, a therapist needs to see a client as a collaborator in the therapeutic process.

Luepker writes, "Seeing and discussing records validates (clients') hard work and allows them to see themselves, their problems, goals, and gains. . . . Involving clients in the chronicle of their work enhances self-determination, insight, responsibility for healing, and the integrity of the therapeutic relationship. Record keeping thus can be a dynamic aid to therapeutic intervention and an indispensable tool for growth."

Luepker's book has made her much in demand as a speaker, and her counseling work is increasingly supplemented with appearances at workshops, seminars and conferences. The book also probably contributed to an award from Smith College, where she did her graduate work. In July, she will receive the Day-Garrett Award for contributions to the profession.

Response to the book has been gratifying, she says. "One woman I talked to actually took it along on vacation and read it cover to cover."

While she realizes that her book won't replace John Grisham on most people's list of what to take to the beach, Luepker is pleased to know that the people in her world now have another tool to aid in the important task of record keeping.

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# HOLLY HOUSE celebrates 25 years of integrated health care

by Antonie Young

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After 25 years in the field of holistic health care, HOLLY HOUSE Center for Integrated HealthCare continues to uphold its status as a pioneer in natural health care. A testament to the success of the clinic is its ever-growing popularity and loyal clientele.

Located in the main Park Bank building on Como Avenue, HOLLY HOUSE was named for its original location on Holly Avenue in St. Paul. The clinic's director, Dr. Patricia Lawler, moved the center to its St. Anthony Park location seven years ago.

Lawler has been practicing chiropractic since 1977 and has advanced training in other areas such as nutrition, acupuncture

and allergy elimination. She founded HOLLY HOUSE in 1978.

According to Bill Brown, Lawler's husband and HOLLY HOUSE administrator, theirs is the oldest integrated health clinic in the Twin Cities.

Lawler said that HOLLY HOUSE is more than a typical holistic healing center due to the variety of services and expertise that she and her specialists offer.

"As an integrated health care clinic, we offer different options," she said. "Many patients come to us having had medical care that didn't solve their problems, or perhaps they have read about holistic health care and want a non-pharmaceutical approach."

Lawler added that HOLLY

HOUSE's holistic approach is distinctive due to its integrated nature. Integrated health care is concerned with the complete restoration or maintenance of optimal health.

This means that a client's total health—physical, emotional, mental and spiritual—is assessed and a personalized system of remedies is created using the clinic's many natural treatment options.

"Chiropractic was a good place to start," Dr. Lawler said of her early years. "I've always believed in an integrated approach, and chiropractic came closest to the ideals that I believed to be right. In school I was also introduced to Oriental medicine and I realized there were other

ways to look at health."

Lawler's exposure to the whole foods movement and lifestyle management concepts, combined with her chiropractic background, led her to form an integrated method of holistic health care.

"There are lots of 'tools,' methods of service at HOLLY HOUSE," said Brown. "We work in a way that integrates them by applying them together in a strategy for better health."

Among the tools available at the center are chiropractic, clinical nutrition, massage therapy, acupuncture, energy healing, kinesiology and yoga. After completing a comprehensive exam, Lawler determines what remedies and treatments will be most effective for a particular patient.

According to Lawler, the people who walk through her door come from extremely diverse health situations. She says that variety is what makes her work interesting and enjoyable.

"As practitioners, we attempt to spark a patient's own life force. We try to help patients nurture that force to achieve better health," she said.

Lawler added that with all the tools, knowledge and experience at her disposal, her practice finally comes down to the goal of getting patients in touch with the vitality inside them. "When we connect with our vitality, that's when we connect with our power to be healthy."

HOLLY HOUSE practitioners follow an original four-vector model of health care to assess a patient's health. These vectors represent possible stressors: mental/emotional, nutritional/chemical, electromagnetic and structural. The vector model maintains that all disease is a manifestation of one or more of these areas of distress.

"In our paradigm, we don't treat disease," said Dr. Lawler. "We go underneath to find out the cause of the problem. It's a little like detective work, finding out causes of imbalance."

Brown said it's been interesting to watch the health care profession change. "She (Lawler) began when holistic healing was on the edge. What we've seen in 25 years is that established medical systems have come to accept our principles. Today, holistic health care has become mainstream. It's a whole new world."

Lawler continues to study natural health developments and develop her understanding of new methods.

"It's been fun to see my work inspire others and see how the movement is spreading," she commented. "It's very exciting."



## THE FOURTH IN THE PARK

8:30 a.m.

### LANGFORD PARK DISTANCE RACES

Registration at 8:30 at the Recreation Building (small registration fee). Races start at 9:00. 4 miles: Divisions for men, women, and masters (40 and over). 2 miles: Joggers and juniors (15 and younger).

8:30 - 11:00 a.m.

### PANCAKE BREAKFAST

St. Anthony Park Methodist Church (corner of Como and Hillside).

10:30 a.m.

### GRAND PARADE ASSEMBLES

Children's bikes, trikes, wagons, etc. assemble at Park Station. Bands, vehicles and marching units assemble on Luther Place.

11:00 a.m.

### GRAND PARADE BEGINS

Proceeds from Luther Place and down Como Avenue to Langford Park. Parade includes color guard, neighborhood units, bands, floats, VIP's, music, kids and much more!

### OPENING CEREMONY

Ceremony takes place at the Bandstand in Langford Park following the parade. Presentation of winning Patriotic Essays from St. Anthony Park School (Sponsored by the Library Association). St. Anthony Park Community Band plays. First clue for the Treasure Hunt (win a medallion and grand prize!)

12:00 noon

### REFRESHMENT STAND OPENS

Get your hotdogs, pop and ice cream (sponsored by the Langford Park Booster Club) by the tennis courts!

### HORSESHOE TOURNAMENT

Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765. Doubles tournament begins at 1:00.

### VOLLEYBALL TOURNAMENT

Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765. Tournament begins at 1:00. Two tournaments include a power tournament and a recreational tournament. Sign up individually or as a team.

### TENNIS TOURNAMENT

Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765. Tournament begins at 1:00. Parent-Child doubles tournament. 12 and under, 13 and over.

1:00 - 4:00 p.m.

### PONY RIDES (Sponsored by Langford Park Booster Club)

1:00 - 6:00 p.m.

### LOCAL MUSICAL TALENT AT THE BANDSTAND

2:30 - 4:00 p.m.

### CHILDREN'S RACES AND CONTESTS

Events for kids of all ages. Ribbons for all participants. Family events, too!

4:00 p.m.

### DOOR PRIZES

Drawing at the bandstand for children and adult prizes. Must be present to win.

5:00 - 7:00 p.m.

### LANGFORD PARK BOOSTER CLUB DINNER

Step up and taste Langford Park's Star Spangled Hot Sandwiches and salad! Proceeds help sponsor athletic activities supported by the Langford Park Booster Club.

6:00 - 9:00 p.m.

### DANCE MUSIC PROVIDED BY THE RED SNAPPERS!

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## e t c e t e r a

### Community Carnival

Twin City Linnea Home will hold its third annual community carnival on July 26 from noon-4 p.m. at 2040 W. Como Ave.

The carnival will feature a petting zoo, food, games, prizes and other family events. Also, the Linnea auxilliary will host an ice cream social and entertainment.

All neighborhood residents are invited to attend.

### Arts Event

On Thursday, July 17 at 7:30 p.m. the Church of the Holy Childhood will host Maitrise des Hauts de France, a choir of 21 boys age 8-16. The evening of sacred music is entitled "Les Petits Chanteurs du Eomté de Flandre."

The Holy Childhood concert will be part of the choir's U.S. tour. The concert is free, but an offering will be taken. For more information, call 644-7495.

### All-Day Kindergarten

Chelsea Heights Elementary School, located at Hamline and Hoyt Avenues, will offer all-day kindergarten during the 2003-2004 school year. One all-day session and two half-day sessions will be available. Stop by the school to register, or call 293-8790 for more information.

### New Zealand Trip

Friendship Force of Minnesota will sponsor a tour of New Zealand Oct. 24-Nov. 8 or 16. Week one will be spent along the Kapiiti Coast on the North Island and week two in the Nelson area of the South Island. An optional third week is a South Island scenic coach tour.

Tour participants stay in homes along the way. Estimated costs, including airfare from the Twin Cities, are \$2,600 for two weeks or \$3,600 for three weeks. For more information or an application, contact Bill or Mary Cunningham, 644-2726 or cunni002@umn.edu by July 1.

### Writing Conference

The Minneapolis Writers Workshop is sponsoring a prose writing contest in connection with its 19th annual writers conference on August 2. Submissions of 1500-2000 words are invited, either fiction or narrative nonfiction. First prize is \$200, second prize \$100. Entrants must attend the conference to be eligible.

The conference goes from 8 a.m.-4:45 p.m. and will be held at Zurah Shrine Center, 2450 Park Ave. S. in Minneapolis. Advance registration by July 30 is \$65, \$75 at the door.

Send registrations and manuscripts to MWW, 18800 Shady Lane S., Minnetonka, MN 55345. For more information see [www.minneapolis.com](http://www.minneapolis.com) or call 455-8039 or 645-1345.

### Garden Walk

The annual Prospect Park Garden Walk will be held Saturday, July 12 from 10 a.m.-3 p.m. This free walk features over 20 gardens in the Prospect Park neighborhood, located south of University Ave. and west of Highway 280.

Pick up a map the day of the walk at Tower Grocery or Schneider Drug at the corner of University Ave. and Bedford St. For more information, contact Del Hampton at 612-378-5200 or dhampton@winternet.com.

### People

Leah Steinberg of Como Park Senior High School received an Outstanding High School Senior in French Award from the American Association of Teachers of French. The award is made annually to a graduating senior who has demonstrated excellence in the study of French language and the many cultures where it is spoken. Steinberg ranked first in the state and seventh nationally in the National French Contest, "Le Grand Concours." She plans to attend Carleton College in the fall.

Emily Letourneau, who graduated this year from Como Park Senior High School, has received one of seven Family Education scholarships from HealthEast Foundation. The awards are presented to children of HealthEast employees to help support their postsecondary education and to recognize academic achievement and service to the community. Letourneau will attend Bernard College.

Mark de Naray has been named president and CEO of Minnesota Diversified Industries, 1700 Wynne. Formerly de Naray was president and CEO of Select Comfort Corporation. He will focus on increasing MDI sales of assembly, packaging and fulfillment services to both government and private-sector companies.

MDI is one of the largest human services nonprofits in Minnesota. Its mission is to create employment for people with disabilities and disadvantages. MDI provides employment for 600 individuals at three sites in St. Paul, Hibbing and Grand Rapids.

### Murray Junior High Awards

At Murray's eighth grade awards ceremony on June 5, the following students were recognized:

Pat Cherrier Award: Andrew Kingsriter  
Thomas Edison Award: Joshua Alexander, Alan Almeida, Lateisha Chapman, Jacob Grant, Ashley Guillette, Jenny Miller, Jessica Tilsen and Boa Vang  
H.B. Fuller Award: Laureen Haefemeyer and Anders Waalen  
Naomie Mergenthal Award: Caitlin Duff  
Johnnie Rudolph Award: Raejon May  
Christopher Stout Award: Caitlin Durkee  
Students of the Year: Erik Halvorson and Kalia Her

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#### Bank from page 1

said, "is by establishing partnerships with other entities such as the city of St. Paul, foundations, nonprofits and others from the private sector."

The first business to benefit from the new program is Today Fashion, which will construct a new building at the corner of University and Western Avenues

in St. Paul. In addition to the borrower's equity, project costs will be met by loans from St. Anthony Park Bank and the Community Reinvestment Fund. The CRF is a nonprofit organization that operates a secondary market for economic development loans.

#### Merger from page 1

downtown St. Paul. According to Ron Reed, FSI president and CEO, neither organization currently plans to close any sites.

Donna King, CHS president and CEO, described the merger as one of opportunity rather than necessity.

"These are two strong, secure organizations with proven track records," she said. "We

believe that the enhanced excellence of a combined child- and family-serving agency will benefit the community and those we serve."

King mentioned several specific ways that CHS's services would be improved by the merger. One is CHS's crisis nurseries, which provide short-term care for children from families in crisis.

"The focus of our crisis nurseries is on immediate intervention," said King. "But often the families who find themselves in crisis would benefit from long-term counseling—in, say, financial management or substance abuse. That's where FSI's expertise will be invaluable."

Reed gave a comparable example. "Let's say we're doing counseling with a couple who are experiencing fertility problems. Now we won't have to send them to a different service provider for adoption counseling. We want to be able to say, 'We can help you right here.'"

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**Dinosaurs from page 6**

get calls from newspapers."

From around the world, as well as from around the corner. "Many of our discoveries in Madagascar have been published," Ray said. "Arguably, this got the biggest press all over the world: Japan, Europe, Russia, Australia."

Alas, all the international fame has not brought fortune, but Kristi and Ray aren't complaining.

"There's no money for doing these articles," Kristi said, "but it boosts you in the eyes of your colleagues. We don't do it for the money." And, as Ray added, "it's great for your ego."

Kristi doesn't mind keeping her day job. She's the curator of paleontology at the Science Museum of Minnesota. As steward of the collection, her position is mainly research related. In the Madagascar project, she uses her expertise to collect fossils and make sure they are properly identified.

The threesome's recent find has spurred a renewed interest by the museum to "reinvigorate their dinosaur research," Ray said. An exact copy cast of the dinosaur's skull is on display at the Science Museum of Minnesota through July.

Ray is an associate professor and chair of the Geology Department at Macalester College. He is also a research associate at both the Science Museum of Minnesota and the Field Museum in Chicago.

Ray and Kristi also teach a dinosaur class at Macalester College for non-majors and have conducted field research in Montana, Argentina and Zimbabwe, as well as Madagascar. They have two children: Caitlin, 13, who is Ray's daughter and Kristi's stepdaughter, and Lucy, who was born in April.

"The Madagascar project continues and so we're going to return and continue work there, both of us," Kristi said. But she added they would wait another year or so until Lucy's metabolism is able to handle the necessary malaria inoculations for overseas travel.

Later this summer, however, they will take the baby to Montana for her first dinosaur dig. Meanwhile, Caitlin, a veteran of many digs, will head East to visit her grandmother in New Jersey.

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# July ARTS

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JUNE 27, 8pm
- Jim Emery and Selah Porter  
JUNE 28, 8pm
- Open Mic  
JUNE 29, 7pm
- Spruce Top Review  
JULY 5, 8pm
- Jim Kantorowicz  
JULY 6, 10:30am
- Jerry Kosak  
JULY 11, 8pm
- Matthew Fox  
JULY 19, 8pm

- Singleton Street  
JULY 25, 8pm

- Steve West  
JULY 26, 8pm

**Prairie Star**  
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646-7827

- Saturday Jams  
Every Saturday, 10am-1pm

**Ginkgo Coffeehouse**  
2300 Como Ave., 659-9734

- Bluegrass and Oldtime Jam Session  
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7pm
- Open Stage  
First and third Wednesdays,  
6pm sign-up

## Visual Arts

**Goldstein Gallery**  
244 McNeal Hall, 612-624-7437

- "Bonnie Cashin:  
An Elegant Solution"  
Through September 7

**Larson Art Gallery**  
2017 Buford Ave.  
612-624-0214

- "Prairiescapes" by Larry Kanfer  
JUNE 26-JULY 25

**Undercroft Gallery**  
2136 Carter Ave., 645-3058

- Jane Boggs Watercolor Show  
Through JUNE 30

**Anodyne Artist Company**  
825 Carleton Street, 642-1684

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# July Calendar

## 1 Tuesday

- Tot Time (for 5-year-olds and younger), Langford Park Rec. Center (651-298-5765), 10 a.m.-1 p.m. Every Tuesday.
- Toastmasters (651-645-6675), training in effective speaking, Hewlett Packard, Broadway & 280, 7:35-8:35 a.m. Every Tuesday.
- Chair Exercise Classes - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 1:30 p.m. Free to all area seniors, but pre-registration is necessary. Classes are appropriate for all fitness and ability levels, and offer cardiovascular workout. Call 642-9052 to pre-register.
- Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, Seal High Rise (825 Seal St.), 1-3 p.m. every Tuesday.
- St. Anthony Park Community Band rehearsal (651-642-1559), Como Senior High band room, 7:15 p.m. Last rehearsal for the year.

## 2 Wednesday

- Women's Connection, a women's networking organization (651-603-0954), Hubert Humphrey Job Corps Center, 1480 Snelling, Building #1, 8 a.m. Every Wednesday.
- Leisure Center for Seniors (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Every Wednesday.
- Summer reading program at the St. Anthony Park Library. Every Wednesday at 10:30 a.m. and 2 p.m. Today: Stephanie the Bat Lady.

## 3 Thursday

- Tot Time (for 5-year-olds and younger), South St. Anthony Rec. Center (651-298-5765), 10 a.m.-noon. Every Thursday.
- Toastmasters (651-649-5162), U.S. Forest Service, 1992 Folwell Ave., St. Paul Campus, 11:30 a.m.-12:30 p.m. Every Thursday.
- Chair Exercise Classes - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 1:30 p.m. Call 651-642-9052 to pre-register.
- St. Anthony Park Community Council Physical Planning Committee, South St. Anthony Rec. Center, 890 Cromwell, 6 p.m.

## 4 Friday

- Senior Citizen Fun Group (gym, bowling and darts), South St. Anthony Rec. Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday. (First Friday, blood pressure clinic by the St. Anthony Park Block Nurse Program, 9-10 a.m.).

## 5 Saturday

- Falcon Heights recycling.

## 7 Monday

- AA, St. Anthony Park Lutheran Church (651-644-0809), 8 p.m. Every Monday.
- Como Park & Lauderdale recycling.

## 8 Tuesday

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

## 9 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpeur Ave., 7 p.m.
- Leisure Center for Seniors (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Free blood pressure clinic by the St. Anthony Park Block Nurse Program.
- St. Anthony Park recycling.

## 10 Thursday

- Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, St. Anthony Park Library, 10-11 a.m.
- Full Council Meeting, St. Anthony Park Community Council, South St. Anthony Park Rec. Center, 890 Cromwell, 7 p.m.

## 11 Friday

- Falcon Heights recycling.

## 12 Saturday

- Prospect Park Garden Walk, 10 a.m.-3 p.m.

## 14 Monday

- Park Press Inc., Park Bugle Board Annual Meeting, St. Anthony Park Bank Community Room, 7 a.m.

## 15 Tuesday

- District 10 board meeting, call 651-644-3889 for details.

## 16 Wednesday

- Langford Booster Club, Langford Park Rec. Center, 7 p.m.

- St. Anthony Park recycling.

## 18 Friday

- Falcon Heights recycling.

## 21 Monday

- Como Park & Lauderdale recycling.

## 22 Tuesday

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

## 23 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpeur Ave., 7 p.m.
- St. Anthony Park Community Council Housing and Human Services Committee, South St. Anthony Rec. Center, 890 Cromwell, 5:30 p.m.
- St. Anthony Park Community Council Environment Committee, South St. Anthony Rec. Center, 890 Cromwell, 7 p.m.

- Leisure Center for Seniors (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Free blood pressure clinic by the St. Anthony Park Block Nurse Program.

- St. Anthony Park recycling.

## 26 Saturday

- Community Carnival, Twin City Linnea Home, 2040 W. Como Ave., noon-4 p.m.

Items for the August Community Calendar must be submitted to the Bugle office by 6 p.m., July 18.

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## A Foundation of Neighbors Celebrating Community

By **Jon Schumacher**  
Executive Director,  
St. Anthony Park  
Community Foundation

Every successful community needs celebrations. These events allow neighbors to come together to enjoy family and friends, old and new. And when the events are held outdoors, we get the chance to celebrate our unique "small town" environment as well.

There are two important summer events that allow us to do all of the above: the Arts Festival and the Fourth of July. These wonderful community-wide celebrations are organized every year solely by volunteers. They take months of planning and coordination by many, but I'd like to give special recognition to the leaders.

Arlene West has run the Arts Festival for the past 10 years. She is ably supported by her husband, Kevin Bevis, and recently by Tina Hughes, who this year put together the band shell entertainment. Arlene and her crew have to screen the more than 140 participants to ensure a healthy mix of quality and diversity; contract with the city for permits and maintenance; and, on the actual day of the festival, ride herd from early morning until early evening handling the dozens of adjustments that make for a happy and smoothly-run event.

The Fourth celebration is organized by a trio of talented neighbors, Julie Glowka, Sandee Kelsey, and Cindy Thrasher. They took charge several years ago when the celebration was threatened by dwindling support and stabilized what has always been the centerpiece of summer activities in the Park. They are aided by many volunteers who help run the events, and by the Langford Booster Club, which organizes and staffs the concession stand.

Both of these events require untold time, energy, and dedication. On behalf of our neighborhood, the St. Anthony Park Community Foundation would like to say "Thank you" to Arlene, Kevin, Tina, Julie, Sandee, Cindy, and all who help to give us that precious gift - the chance to joyfully celebrate the bonds that tie us together as friends, neighbors, and community.

To volunteer to help out at the 4th of July celebration, please call Julie Glowka at 647-9969.



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For more information, call Mary Hayes at the St. Anthony Park Block Nurse Program at 651-642-9052



## Aging Gracefully by Mary Jo Tarasor

A few weeks ago I started to experience disabling pain in my abdomen. It came and went, and I didn't bother to go see my doctor. A couple of weeks later I felt it again, and by the time I got in to see a doctor about it, the pain was gone again. I had a few tests done, and the clinic concluded that I must have been having digestive problems. I didn't really like the vague diagnosis, but then I didn't like sitting around in doctor's offices waiting for tests and appointments either.

Then suddenly, the pain returned, and this time it didn't go away. After two days of agony, I finally went to the emergency room, where I was put on painkillers and given X-rays, a CT scan and an MRI. The diagnosis this time was kidney stones; the hospital kept me overnight, and a surgeon operated the next day.

What did this experience tell me about myself? That despite all the times I have encouraged

others to see a doctor right away for severe symptoms, I didn't do that when it happened to me.

You see, the pain started up again the day before my family was about to leave town for a long-anticipated camping trip, and I didn't have time to be sick then. So instead of going to a doctor right away, I tried to tough it out—as if that would somehow make it go away so my health wouldn't ruin our family plans.

Stoic or stupid? Probably both.

While in the hospital, I tried to call everyone from my job and my circle of friends so that no one was overly inconvenienced by my illness. Then, after I was released, I decided to make up to my kids for the cancelled camping trip by taking them to Camp Snoopy at the Mall of America for the day. The only thing I can say about that less-than-brilliant idea is that Bloomingdale's has an extremely comfortable ladies' lounge, with wonderfully soft upholstered furniture to collapse on when you're about to pass out from pain.

The reason I'm describing this whole thing here is that I don't think I'm alone. While I may be worse than some, most of us in this society have trouble acknowledging and accepting our illnesses and the diminished capacity of our bodies as we age.

In my case, my decision to put off seeing a doctor when I first started having pains and my acceptance of a vague diagnosis caused my symptoms to worsen before I was properly diagnosed and treated. Although I advocate for others in the health care system as part of my job, I didn't insist that additional tests be done to determine the cause of my problems the first time around. I should have.

And once I had been diagnosed and treated, I tried to jump right back into my daily life

as if I'd just fought off a head cold rather than undergoing surgery.

My body brought me right back to reality by collapsing on me when I refused to accept its need for time to recuperate. And I realized that I'm getting to the age in my life when I need to be more respectful of my aches and pains, and accept the increasing limitations I have. This is not a lesson I wanted to learn, but it has been a necessary one for me, and I'm pretty sure for everyone else too.

Maurice Chevalier has been credited with saying, when he reached 80, that he "felt great, compared to the alternative." Very true! But as we age, we must also remember that we have been living in our bodies for quite some time, and the wear and tear of decades of daily living cannot be erased—or ignored.

We need to remember that as the person living in our own body, in some ways each of us knows more about our own body than any medical professional. It is important to take the time to explain symptoms thoroughly to doctors, tell them when we feel that we need more care and give ourselves permission to take it easy when our bodies are recovering from a trauma such as surgery.

It is easier for me to write about this than to put it into practice. But I don't think I'm the only one who ever feels this way. I hope if you recognize yourself in any part of my story, that reading it encourages you to take the time to take better care of yourself and to insist on getting the care you need from our health care system.

*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 651-642-9052 or sapbnp@biistream.net.*



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**Development from page 1**

interest in urban living. Because core cities have no undeveloped land, adding housing means redevelopment, and often what gets replaced is industrial buildings.

In the southwest corner of St. Anthony Park, for example, Emerald Gardens—96 townhomes and 120 lofts—occupies 3.5 acres of former industrial land on the border between St. Paul and Minneapolis, next to Prospect Park. And construction of an adjacent 267-unit apartment building at 808 Berry Street is under way.

Meanwhile, another redevelopment project continues to move forward on University Avenue. MetroPlains, a St. Paul company, is planning a mixed-use development on the Johnson Brothers site, between Carleton Street and Hampden Avenue.

The conversion of commercial and industrial land to housing is a mixed blessing. Urban geographer David Lanegran sees it as an indication of confidence people have in urban communities. In his recent study of St. Anthony Park, Lanegran cited such conversion as a reason for optimism about the neighborhood's health.

At a time when St. Paul and Minneapolis are facing severe cuts in state funding through local government aid, being able to increase housing density in the core cities has obvious financial appeal. For example, the property now occupied by the Emerald Gardens/Berry Street housing development is valued at about \$70 million for tax purposes, compared to \$7 million when it was an industrial area.

On the other hand, losing industry means losing jobs. University UNITED, a coalition of business and neighborhood organizations along the University Avenue corridor, has documented a 36 percent loss of manufacturing jobs in the Midway area between 1993 and 2002. Of the seven largest manufacturing companies in the area in 1993, only two remain: Rock-Tenn (formerly Waldorf) and Minnesota Diversified Industries.

But despite a shrinking local manufacturing base over the past decade, several recent events provide some cause for optimism about a turn-around in the area's commercial-industrial fortunes.

- The 2003 session produced legislation enabling the creation of tax-free development zones in Minnesota.

- St. Paul Mayor Randy Kelly has announced a goal to establish a biotechnology corridor near the St. Paul campus of the University of Minnesota.

- The St. Paul Port Authority has created an industrial development district in an 11-acre area in St. Anthony Park bounded by Energy Park Drive on the north, the BNSF railroad tracks on the south,

Raymond Avenue on the east and the University of Minnesota transitway on the west.

- University Enterprise Laboratories has announced plans to purchase and renovate a facility at 1000 Westgate Drive, just north of the intersection of University Avenue and Highway 280. UEL, a newly created nonprofit organization, describes itself as a "laboratory-based incubator" designed to encourage the development of Minnesota's biotechnology industry.

These developments prompted University UNITED to create an Industry Planning Task Force that will study the prospects for industrial and commercial development along the University Avenue corridor. The task force includes representatives from businesses and four neighborhoods: Hamline-Midway, Merriam Park, St. Anthony Park and Prospect Park. It will be chaired by St. Anthony Park resident Sherm Eagles, a software engineer at Medtronic, Inc. and a member of

the District 12 Community Council.

The task force's work is important, said Eagles, because there is no government body responsible for planning industrial development.

"St. Paul's Department of Planning and Economic Development does planning, but not for industry," he noted. "The Port Authority concerns itself with industry, but it doesn't do planning."

The kind of planning the task force anticipates doing will benefit not only University UNITED but also the District 12 Community Council, said Eagles.

"If we can identify needs and goals for industrial development in the area, that will help inform St. Anthony Park's district plan, just as David Lanegran's study provided important information on housing and retail concerns."

Although the task force will not limit its attention to any single industry, Eagles said, he expects that the area's prospects for biotechnology development

will generate considerable interest. He mentioned several advantages the area has, including proximity to the University of Minnesota and its research hospital, and the kind of neighborhood amenities that high-tech workers find attractive.

"The two driving industries in biotech are agriculture and medicine, and the U of M's reputation in those areas is a big plus," he said. "There's also the possibility a 'life sciences neighborhood' in or near St. Anthony Park could serve as a southern gateway to the St. Paul campus."

Eagles acknowledged that competition for biotech development will be fierce. Not only are the Twin Cities in competition with other cities such as Seattle, Boston and San Francisco, but Minneapolis and St. Paul could end up vying with each other, especially because one of the areas that has attracted interest—along the U of M busway—is right on the border

between the two cities.

"Clearly, our chances of success are much greater if the two cities cooperate rather than compete," said Eagles. "But that means as each city plans development along its border, it needs to consider the impact of that development on the other side of Highway 280."

"Things are happening quickly," Eagles added. "The task force has only met once, and already we feel as if things have gotten ahead of us. These are exciting times in our neighborhood."

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11:00 a.m. Korean Worship, Pastor Jiyong Park  
6:30 p.m. Wednesday Children's Programs

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Communion Prayer Service: 7:30 am Monday

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Sunday, July 6, 9:30 am - Communion

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- Wednesdays: 9:00 am-1 pm Leisure Center (Senior fellowship, activities, and noon meal).
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Pastor Glenn Berg-Moberg, Email: [sapluth@mtn.org](mailto:sapluth@mtn.org)  
Summer Sunday Worship Service - 10:00 am begins June 1, (nursery provided)  
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