

# Park Bugle

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

Volume 30, Number 4 / October 2003

## Fundraiser taps local artistic talent

*St. Anthony Park Community Council hosts October 11 event at North Star Ballroom*

by Dave Healy

District 12 residents will have a chance to indulge their taste buds and their artistic tastes on October 11, when the St. Anthony Park Community Council will hold a fundraiser at the North Star Ballroom on the University of Minnesota's St. Paul campus. The event begins at 7 p.m. with hors

d'oeuvres, wine tasting and a silent auction, followed at 8:30 by a live auction and program.

Auction items will feature works of local artists, broadly defined. For example, attendees can bid on a five-course dinner and wine for six, prepared in

*Fundraiser to page 4*

### St. Anthony Park Community Council Fundraiser

Saturday, October 11, 2003

7-8:30 p.m. Silent auction, hors d'oeuvres, wine tasting

8:30 p.m. Live auction, program

#### North Star Ballroom

University of Minnesota Campus Center, 2017 Buford Avenue

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Jessica Martinez, a member of the East Side Conservation Corps, helps plant a rainwater garden behind the 1666 Coffman condominiums in Falcon Heights.

## If life gives you depressions, make rainwater gardens

by Dave Healy

You know that low-lying area in your back yard where water collects? Some summers it never really dries out, and you can bet the mosquitoes are going crazy in there. What to do?

Residents of 1666 Coffman, a condominium complex on Larpenteur Avenue and Coffman Street, across from the University of Minnesota Golf Course, have faced that problem for years.

A storm water basin behind the complex collects runoff in an area that connects to the city's storm sewer system. After significant rains or snowmelt, that spot remains soggy for several days.

Last March several residents started talking about what they could do to enhance the stormwater basin without significantly changing the topography of their collective back yard.

Two couples—Marcia and Burt Sundquist, and Dorothy and Fred Waltz—spearheaded the planning effort. One of their first steps was to contact the Ramsey Soil and Water Conservation District (RSWCD), who sent someone out to examine the site.

RSWCD suggested installing a rainwater garden—a collection of native plants with deep root systems. Tom Peterson, RSWCD district manager, explained that rainwater gardens create several benefits:

- They help filter runoff, removing nutrients and pollutants that degrade water quality and harm rivers and wetlands.
- They provide habitat for butterflies, hummingbirds and dragonflies.
- They enhance an area's appearance, substituting attractive flowers and grasses for weeds and mud.

*Rainwater gardens to page 6*

## District 12 comprehensive plan process continues

by Dave Healy

David Lanegran's recent study of St. Anthony Park, jointly commissioned by the District 12 Community Council and the St. Anthony Park Community Foundation, has been published.

Printed versions of the report are available for perusal or check-out at the St. Anthony Park Library. The report may also be accessed on the Foundation's Web site: [www.sapfoundation.org](http://www.sapfoundation.org).

Lanegran, an urban

geographer from Macalaster College, compiled demographic data on St. Anthony Park. He and his research team also administered a survey to neighborhood residents and business owners. Finally, at a May 6 community meeting, additional community input was solicited. The final report reflects all these sources of information.

The District 12 Community Council will use the study to inform its revision of a

neighborhood plan. That work will be undertaken by a task force of 18-20 people that will include council members and other residents and business owners.

The task force will start its work early in 2004, according to Melissa Mathews, the council's executive director. Community meetings will be held to discuss initial drafts of the revised neighborhood plan.

*District 12 plan to page 4*

## Food scientist searches for the perfect nectar

by Dave Healy

As a kid, Dave Rowley liked to read food labels. He didn't understand most of what he found there, but he was fascinated by the lists of ingredients with their often technical names. Years later, as a food science major at the University of Minnesota, Rowley learned what those terms mean.

"Big words in a list of ingredients can make things sound scary," says Rowley, who lives in St. Anthony Park. "But my education impressed me with the overall quality of the food industry."

For years, Rowley made a living in that industry, including a stint as an employee of

Pillsbury, where his specialty was developing new flavors. In 1998, wanting more independence than working for a large corporation provided, he left Pillsbury and started his own consulting company, Food Advantage Inc.

As a consultant, Rowley works with small food companies to help them develop new products. He creates flavors for all kinds of foods—coffee creamer, shaved ice, frozen yogurt, beverage syrup, candy, sauces and more.

As a flavor maker, Rowley is part detective, part chemist, part gourmand. He must be able to respond to clients who want to be able to taste "the fuzz on a

peach" or "the seed in a raspberry."

While Rowley continues to find his consulting work engaging, a couple of years ago he began thinking about how he could have a more personal effect on the food industry.

"I wanted a legacy I could be especially proud of," he says, "by creating something that tastes good and is good for you."

Rowley was also motivated by his experience as a cancer survivor, which motivated him to change his diet and plunged him into the world of anti-oxidants and phytochemicals, which are

*Nectar to page 15*

**St. Anthony Park's annual Fall Festival will take place Saturday, October 4 from 9 a.m. to 5 p.m. along Como Avenue between Carter and Doswell. The event features food, music, free carriage rides and sidewalk sales. The festival is sponsored by neighborhood businesses: Milton Square, Bibelot, Crescent Moon, Emile Gustafson Jewelers, Hearts and Vines, Micawber's, Milton Bridal, Muffuletta, Park Hardware and Speedy Market.**



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## CITY FILES

### Como Park

On October 1, Stonebridge Corporation and Gerald Frisch together with St. Paul Area Revitalization Corporation (SPARC) will break ground on Arbor Pointe, 47 units of senior rental apartments located at Dale and Maryland.

### Falcon Heights

Lavone Johnson has been appointed to the Neighborhood Commission.

The council unanimously approved a resolution involving a tax parcel split to facilitate a land swap between the owner of the property adjacent to Dino's and the developer of the Larpenteur-Snelling southeast corner, George Sherman. There will be no effect on local tax base or revenues.

The city has begun the budgeting process, which is expected to take six months. Staff are developing a preliminary budget. Residents who have ideas about the budget

should contact a City Council member.

Elections for mayor and for two council positions will be on November 4.

### Lauderdale

The Annual Halloween Party will be held on Halloween night from 5-7 p.m. at City Hall. This is a Lauderdale tradition that provides an alternative to the custom of going door to door. All ages are welcome at this free event. People are encouraged to come in costume.

There will be hot dogs, cider, hot cocoa, trick or treat bags for children and a scary maze to explore. Cartoon movies will be shown throughout the evening.

Donations of candy or money will be accepted at City Hall to help with the costs of the event.

Residents who donate to the party and want to forgo passing out treats at their home can get a flyer to display that invites people to the party and explains that the resident has donated to the event.

On November 4 elections will be held for city council and school board. All residents vote at Lauderdale City Hall. Polls are open from 7 a.m. to 8 p.m.

### St. Anthony Park

On Saturday, October 4, residents of St. Anthony Park, Como Park and Falcon Heights can participate in a neighborhood

cleanup at the north end of the State Fairgrounds. The cleanup starts at 8 a.m. and continues until 2 p.m., or whenever all the containers are full.

Residents must bring the flyer they received in the mail to gain entrance and must enter from Larpenteur Avenue. Fees will be assessed: \$7 for cars; \$12 for small SUVs, station wagons and minivans; \$23 for pickups and large SUVs.

Residents may bring brush and general refuse but no household hazardous waste or recyclable materials. Additional fees will be charged for appliances, electronics, mattresses or box springs, and tires. Reusable goods will be accepted.

### St. Paul

The St. Paul League of Women Voters will sponsor a forum for school board candidates on October 16 from 7-9 p.m. at Hubbs Lifelong Learning Center, 1030 University Avenue West.

Eight candidates have been invited to participate. Four of them will be elected to the seven-member school board on November 4 and will serve a four-year term.

The event is also sponsored by Support Our Schools, the Network of Education Action Teams and the Community Education City-wide Advisory Council.

The St. Paul School Board oversees a budget of \$558 million and a student population of approximately 44,000. The district employs about 8,000 people, including 3,665 teachers and specialists.

—Susan Conner

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## Raymond Bryan's Home for Retired Computers

by Judy Woodward

Where are the computers of yesteryear? The Osbornes, the Apples, those long-forgotten Commodore 64s? What became of those clunky machines with the funny green-on-green screens and the big floppy discs that really did flutter when you waved them in the air?

A sizable fraction of those cyber-pioneers can be found stacked floor to ceiling in the serried quarters of Raymond Bryan's shop on Raymond Avenue in south St. Anthony Park. When it comes to overcrowded premises, Raymond Computer more or less defines the industry standard. If there were any more elderly keyboards and antique CPUs crammed into Bryan's store, likely there wouldn't be room for the owner himself.

And that would be a pity, since Bryan is as much an oral historian of the computer age as he is a businessman.

Bryan loves to talk about the early days of the personal computer, those semi-mythical times when brainy college dropouts could and did revolutionize computing from workspaces in their parents' garages.

"Altair was the first real home computer," Bryan reminisces. "It was offered as a kit in the magazine Radio Electronics."

Introduced in the mid-70s, the Altair proved too sophisticated for most do-it-

yourselfers, says Bryan. "Most people failed at putting it together."

Shortly afterward, though, there emerged one of Bryan's computing favorites: the Commodore. If Bryan has a personal computer hero, it's probably Jack Tramiel, Holocaust survivor, Canadian immigrant

Microsoft," he says. "Bill Gates ripped off every idea he's ever made money on."

In Bryan's view, the early breakthrough models like Commodore and Amiga were driven from the digital garden, displaced by an army of utilitarian Windows-driven PCs. Now, years later, the refugee

machines of that fabled era have finally come to rest at Raymond Computer.

"I've found," says Bryan, "that there's a market for them. Lots of people want to buy the kind of Commodore they had as a kid. It's similar to buying a classic car."

Wedge behind the one operable terminal in the store, Bryan in his bright purple shirt provides a spot of color amid the piles of tan and gray hardware. With his prodigious beard and comfortably sandaled feet, he looks more like a semi-retired hippie than a techie pioneer.

"If we'd been told in high school that we all were going to work with computers some day, we'd have laughed," he says. Bryan might have laughed even harder than most.

Unlike many of the standard bearers of the electronic revolution, Bryan was never a cyber-geek in high school. Son of a professor at the University of Minnesota, he grew up in University Grove and found himself more interested in the arts than in technology when he

Raymond Bryan to page 20



and developer of one of the great machines of the PC's pioneer era—the Commodore 64.

"It was an approachable thing," is the way Bryan describes that early machine. "I could write the software for it. A lot of people could engineer hardware or software."

Bryan waxes equally enthusiastic about another early effort, the Amiga 1000. "In 1984, it was the first PC to do color and stereo sound. It did true multitasking, and it did all of this with 250 kilobytes of memory and one floppy that held 800K."

Bryan remembers the early era of home computing as a kind of cyber-Eden—innocent, carefree and full of the satisfaction of youthful discovery. Alas, every paradise contains a serpent. "I am not a strong fan of

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## EDITORIAL

*The soul of an old machine*

In Minnesota, as in most of the country, we don't vote for another month, but owing to recent developments in California, we've been obliged to think about voting quite a bit lately. The on-again, off-again recall election in that state has prompted all kinds of commentary—on the relative wisdom of initiative and referendum, on government by petition, on party politics and celebrity candidates and the future of democracy as we know it.

But another thing that events in California have (re)dramatized is the mechanics of elections. For awhile it looked as though the recall vote would not take place because not all voters had access to the same voting machinery. Americans have been thinking much more about how we cast our votes ever since the 2000 presidential election, when we learned that hanging chad is not a form of capital punishment.

Of course, the mechanics of voting—punch cards and paper ballots and voting machines—aren't as important as whether one votes in the first place. But we've learned that the physical means by which people vote can influence an election's outcome.

Should the mechanics of voting prevent one from inadvertently casting a vote for two candidates running for the same office? Should voters have a chance to rectify mistakes they make in filling out ballots? And how should it be determined that a mistake has been made? What happens if people from different areas voting in the same election have access to different means of casting their ballots?

These are important procedural questions, but they don't get at one important dimension of voting—the emotional one. How do the mechanics of voting make you *feel*?

For voters of a certain age, the business of voting has lost some of the romance it once had. The old voting machines are gone now, the ones you went inside and closed the curtain and pulled levers to register your choices.

Now you stand in front of a glorified desk and connect the two halves of a severed arrow. Voting feels like taking a test—one of those with the answer sheet that has the little bubbles, which have to be darkened just so. When you turn in your ballot these days it's easy to find yourself wondering when you'll get it back, with all your wrong answers corrected.

Entering the old voting booths was a much different experience. It was more private, for one thing, and somehow it seemed more . . . official. There was something about pulling a lever that made your vote seem more momentous than it does when you fill in arrows with a felt tip pen.

No doubt people who first confronted voting machines lamented the loss of the old ballot box and used the occasion to rail against the encroachments of technology. And now that we've reverted to actual ballots, it might seem curmudgeonly to complain about the loss of the voting booth.

But the emotional dimension of voting is worth paying attention to, because like it or not, how an activity makes us feel can influence how, or whether, we participate in that activity.

For example, consider the dynamics of walking into a gym and discovering you're the only voter there. The election judge has to be roused from slumber to find your name in the book, and you can choose any desk you want to vote at.

Contrast that experience with having to wait in line with your neighbors to cast your vote. People are chatting each other up. Some have brought their kids. Which scenario is likely to make you feel more motivated to participate in democracy's fundamental rite?

There are any number of obstacles to casting one's vote. Making people feel like they're in a classroom taking a test shouldn't be one of them. Let's bring back the old voting machines.

**A successful duathlon**

Thanks to everyone who helped support me and my friend Adam McIntosh in this year's Buckman Challenge. Together we raised \$5100 to help support the Children's Cancer Research Fund.

This duathlon was a great event around which to focus our fundraising. We had a gorgeous day, and neither of us had to miss work on Monday to nurse abused body parts. We can only hope next year's efforts will be as successful.

Again, thanks to the neighborhood for your generous support.

Adam Seeley  
Desnoyer Park

**District 12 plan from page 1**

Once the plan has been approved by the District Council, it will be sent to the Planning Commission, then to the St. Paul City Council and mayor for their approval.

A summary of the neighborhood plan becomes part of the city's comprehensive plan, which is used to guide development and priority setting throughout St. Paul.

Jon Schumacher, executive director of the Community Foundation, said that the foundation will postpone its next grant-giving cycle until spring in order to provide time for the council's planning process to proceed.

The foundation gives grants

to local organizations, and that mission will be better fulfilled by allowing the neighborhood plan to be more fully developed, Schumacher said.

"The Community Foundation's purpose is to assess needs," he added, "and this report and the subsequent planning process is a comprehensive attempt in that direction."

According to Mathews, "Planning must involve more than a commitment to keep things the same. A neighborhood plan is a consensus document that should reflect ownership by the people who would be affected by the change."

**Fundraiser from page 1**

one's home by Mike Phillips, executive chef at Chet's Taverna on Raymond Avenue. Chocolat Celeste on University Avenue has donated something they call a "wine and chocolate experience."

Those interested in visual art will have much to choose from, including a painting by St. Anthony Park resident Anders Himmelstrup and a print by Dan Mackerman of Lauderdale. Several local photographers have also contributed samples of their work.

Music lovers may want to pursue the services of a local musician. For example, Robin Fox will perform for two hours at the pleasure of whomever places the high bid for his talents. There will also be tickets for a Music in the Park Series performance. Autographed books by local authors will round out the artistic offerings at the auction.

Community Council member Rose Gregoire noted that while the fundraiser has been organized around an artistic theme, non-art-related items will be available as well. Gregoire worked with council members Connie Powell, Deb Keuhl, Paul Kirkegaard, Mike Phillips and Joe Ring to plan the event.

According to Melissa Mathews, District 12 executive

director, money raised at the October 11 event will be used to help the St. Anthony Park Community Council meet its annual budget of \$80,000.

Of that amount, Mathews said, about \$54,000 comes from the city of St. Paul to fund crime prevention and citizen participation efforts in District 12.

**"To remain fully staffed and to maintain or expand our services, we'll need more money. The fundraiser will help us accomplish that."**

—Melissa Mathews,  
District 12 executive director

The city and the Greater Minneapolis Council of Churches contribute another \$17,000 toward the Handiworks program, which matches local citizens who have particular skills with elderly and disabled residents who need assistance with household tasks.

The remaining \$9,000 of District 12's budget comes from the Community Council's own fundraising.

Mathews said the council is anticipating an 8 percent reduction in its citizen participation funding from the city in 2004, owing to general

budget cuts. In addition, the city's share of Handiworks funding (\$5,000) will be cut off.

"To remain fully staffed and to maintain or expand our services, we'll need more money," she said. "The fundraiser will help us accomplish that."

Mathews noted that with the city's recent budget cuts, St. Paul employs fewer planners. "That means district councils have to do more planning," she said, pointing to St. Anthony Park's current efforts to update its comprehensive plan as an example.

**Fund Drive**

In October the Bugle will begin its annual fund drive. Look for a letter from the Fund Drive Committee to arrive soon. We thank the following contributors for giving us a head start on this year's campaign.

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## Park Bugle

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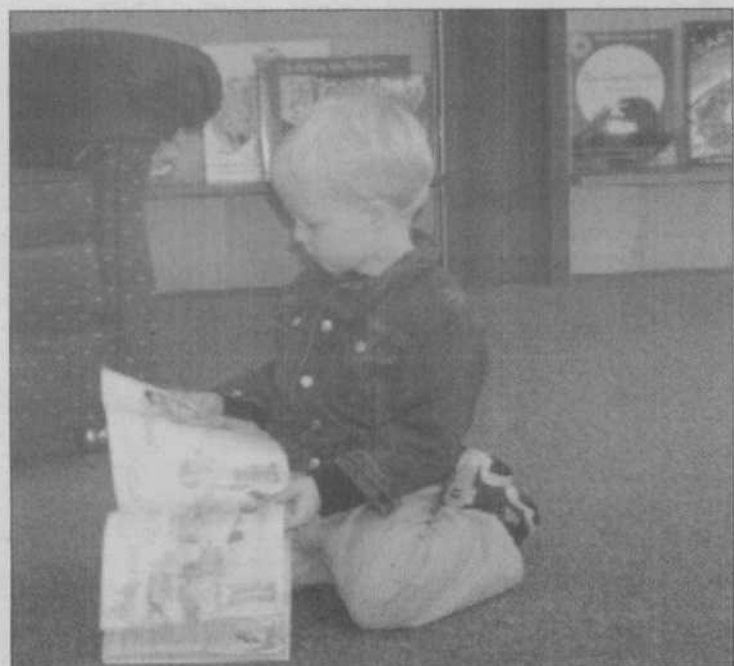
Construction of new houses in St. Anthony Park is unusual, but two such projects are currently underway.

Above: Doug Carlson lays block for part of the triplex that he and his wife and two other couples will occupy on Eustis Street.

Left: Paul Ormseth works on the house he designed for his parents, Dennis and Turid Ormseth, on Raymond Avenue.



Jacque Karas and Nancee Rust Yabani, members of a tai chi class that meets at Langford Rec Center, work on their movements outdoors. The class is sponsored by St. Paul's Community Education program.



Micawber's Bookstore, which re-opened under new management on August 1, held its official Grand Opening Party on September 13.

Here Bjorn Holtey enjoys the just-opened children's book room.



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Karen Howland  
Laura Iandola &  
Rudy Vecoli  
Jack Neely  
Deborah Jaffey &  
Jeff Roberts  
Len & Mimi Jennings  
Allen Johnson &  
Janice Nicodemus  
Jay Johnson  
Maggie Johnson  
Mark Johnson &  
Sharon Oswald  
Larry Jones  
David & Joan Jones  
Nick Jordan &  
Debbie Smith  
Ann Juergens  
Ann Kamp  
Roman Kanivetsky  
John Karvel  
Jane Keeley & Doug Weiss  
Desiree Kempcke  
D. Perry Kidder  
Laura Kinkead  
Laura Krause  
Vernelle Kurak

(more names next month)



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- ☎ Silent Auction
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- ☎ Pizza, Cider & Dessert

**Friday, October 24**  
**6:00 - 9:00 pm**

St. Anthony Park  
Elementary School  
2180 Knapp St.  
St. Paul

**Everyone Welcome!**

### Rainwater gardens from page 1

1666 Coffman residents received two matching grants to cover materials and labor for their rainwater garden: \$600 from RSWCD, and \$1200 from the Capitol Region Watershed District.

The project was also partially supported by nondesignated 1666 Coffman memorial funds.

Technical assistance on site preparation and plant selection was provided by RSWCD as part of its Native Vegetation Landscape Restoration Program.

RSWCD's Melissa Lewis recommended a variety of plants—wildflowers, grasses, rushes and sedges—that are native to east-central Minnesota and well adapted for the conditions at the Coffman site.

Over 3,000 seedlings were ordered from Dragonfly Gardens in Amery, Wisconsin.

Planting began on August 25. Residents were assisted by members of the East Side Conservation Corps, part of the Community Design Center of Minnesota.

Under the direction of Ruth Murphy, these inner-city young people spent the summer working on habitat restoration, including a number of rain gardens on St. Paul's East Side.

Several volunteers also helped with planting, including Ramsey County Commissioner Janice Rettman.

Coffman residents will assume responsibility for maintaining the site, including weeding, watering and replanting when necessary.

Asked whether all their hard

work was worth it, Marcia Sundquist replied, "When our committee looked at the 2600-square-foot site, freshly planted with seedlings, we realized it was

quite an accomplishment. Come next growing season, and the next, we'll know how successful we were."



Over a dozen people assisted with planting the new rainwater garden on August 25.

Top: 1666 Coffman resident Gretchen Kreuter  
Above: East Side Conservation Corps member Kou Vang

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## SUPPORT THE SCOUTS

Once again, the Cub Scouts from St. Anthony Park PACK 22 will be out selling wreaths door-to-door in our community beginning 10/20. As our only fundraiser, all proceeds go to our pack's activities, and to send our scouts to camp.

Made in Minnesota, these wreaths are very fresh with pinecones and a red velvet bow. Only \$15 for a 24" wreath or swag, 36" wreaths are \$30, and garland is \$1 per foot in either 25 or 50 foot rolls.

If we miss you, please call us. Sales end 11/16/03. Wreaths are delivered to your door by Cub Scouts on 11/22/03.

### SCOUTING FOR FOOD

This month our cub scouts will be delivering SCOUTING FOR FOOD grocery bags to every home in the Park as part of a statewide program to restock food shelves. Place non-perishable food items in the bag and leave it on your doorstep for pick up before noon on Saturday November 1st. Last year we delivered over a ton of food to the local food shelf. Help us help others.

### HAVE FUN! MAKE FRIENDS! BE A SCOUT!

JOIN US! Come to our next pack meeting on Oct. 20th 7pm, at United Methodist Church basement for more info or to sign up. New members are always welcome!

### THANKS FOR YOUR CONTINUED SUPPORT.

For more info contact Blaine Thrasher at 651-644-4794

## PACK 22 - Over Fifty Years Strong! - SAP UMC

Pack 22 has a policy prohibiting discrimination against any individual who wants to make a positive contribution to our scouting program.





# The Wright sisters keep Como tennis flying high

by Michelle Christianson

When Como tennis coach Kathy Dumas began the 2002 season, she realized that the team needed some new blood because of the many seniors who had graduated the year before.

She asked returning junior Florence Wright if she knew of anyone who would like to play, and Florence knew right away whom she would ask—her seventh-grade sister, Rose. Now the Wright sisters are ranked number one and two on the Como team.

The sisters had lots of role models growing up; both parents and their grandmother play. Of course, it did help that they live almost next to the tennis courts at College Park in St. Anthony Park and had ready-made partners in the same household.

They both have taken lessons from Greg Hiers at the St. Paul Tennis Club, Florence starting when she was in third grade and Rose beginning when she was five years old.

The Como team now has about 15 girls on the varsity and about 20 on the junior varsity.

Coach Kathy Dumas has been at Como since 1981 and strongly believes that because tennis is such a great life sport, as many people as possible should be involved. She and her husband, volunteer coach Dick Dumas, appreciate the maturity and liveliness, as well as the skill level, that the Wright sisters bring

to the team.

"They are both good athletes and good students," says Dumas, adding that the team as a whole is a joy to work with. "There are no 'clinkers' in the bunch. They're wonderful kids."

**"In tennis, I am a senior. The others don't give me special treatment and I am competitive. That makes me play better."**

—Seventh grader Rose Wright, on playing for the Como High School tennis team

The students feel the same way about their coaches. "They do so much for the team and have brought us so far," says Florence. "They are both very dedicated and hard-working."

Rose concurs: "They always think of the kids first and make sure that everything goes well."

Florence works at the Downtowner Grill and likes to hang out with her friends when she is not competing or doing homework. She feels that tennis will always definitely be a part of her life and would play in college if she got the chance. She wants to major in art or environmental science.

Rose, though farther from that possibility, definitely wants to play tennis at the college level and even beyond if she can. She knows she would have to work really hard, but would like to play as a pro tennis player. Right now she divides her time among tennis, basketball, volleyball,

swimming, schoolwork and friends.

The sisters, though competitive with each other, enjoy being on the team together. Rose has improved quite a bit by playing with good players, and they challenge each other to do their best.

"In tennis, I am a senior," she says. "The others don't give me special treatment and I am competitive. That makes me play better."

The season started on August 11 and in mid-October regionals will begin. The top four players on the team will get to go on as singles or doubles players, and the Wrights will most likely get to decide at which game they would do best.

The girls say that Cretin and Central are the strongest teams in the area, but Como, Harding and Johnson are moving up. One gets the feeling they are also saying, "Bring 'em on!"

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- |                        |  |
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| <b>NOV. 2</b><br>4 PM  | <b>CONCERTANTE</b> ,<br>String Sextet                            |
| <b>NOV. 30</b><br>4 PM | <b>BELLADONNA</b> , Baroque Quartet<br>with Maria Jette, soprano |
| <b>FEB. 8</b><br>4 PM  | <b>DAVID FINCKEL</b> , cello<br><b>WU HAN</b> , piano            |
| <b>MARCH 7</b><br>4 PM | <b>ST. PAUL CHAMBER ORCHESTRA</b><br>WIND QUINTET                |
| <b>APRIL 4</b><br>7 PM | <b>PACIFICA STRING QUARTET</b>                                   |
| <b>MAY 9</b><br>7 PM   | <b>COPES/ROSS/HARA/MUZIJEVIC</b><br>QUARTET                      |

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## Carter Ave. Frame Shop makes top 100

by Dave Healy

St. Anthony Park's Carter Avenue Frame Shop was recently named one of the nation's 100 top art and framing retailers by DECOR magazine.

According to DECOR, there are at least 17,000 retail framers in the industry. The 100 winners, who were featured in the magazine's August 2003 issue, are the industry's pioneers and market leaders.

Carter Avenue Frame Shop, one of only two retailers from Minnesota to be recognized, was honored at a September 5 ceremony in Atlanta.

"To be singled out among the thousands of retailers in the nation is truly an honor," said Tim Smith, certified picture framer and owner of Carter Avenue Frame Shop.

Smith noted that framing pictures involves much more than working with wood, metal and glass.

"We're in the relationship business," he said. "We try to ask our customers the right questions about how their art will

be displayed so we can help them make good design choices."

Carter Avenue Frame Shop has specialized in custom framing since 1975. They are located at 2186 Como Avenue. Information is available at

Carter Avenue Frame Shop owner Tim Smith and his staff were honored by DECOR Magazine as one of the country's top 100 art and framing retailers.

www.carteravenueframeshop.com or by calling 645-7862.



## Sing the Catechism

A Pre-Reformation Event

Sunday, October 19

4:00 p.m.

Sing hymns that reflect the meaning of the Ten Commandments, the Apostles' Creed and the Lord's Prayer.

Commentary by Dr. Jim Nestingen  
Professor of church history at Luther Seminary  
and author of the new book *Martin Luther*

Kathryn Ulvilden Moen, Organist

No Admission

All ages welcome. A nursery will be provided.

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Church office: (651) 645-0371

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## 4-H News

by Bobby Ragoonanan

Hello. I am Bobby Ragoonanan, not your old faithful 4-H reporter because now you have a new reporter—me, Bobby, who is crazy and thinks he is Luke Skywalker. I have been in 4-H for about 2 1/2 years, and I am

11. I also have a lightsaber (just kidding).

Our 4-H group always comes together at the Lauderdale City Hall on Walnut Street, and September 8, 2003 was no exception. We started the

meeting by saying the Pledge of Allegiance and the 4-H pledge. Then we did roll call. We had four new members!

Next, our president, Anne Drache, described how judging takes place at the state and county fairs. She went to the Minnesota State Fair with a lamp she made. Other members showed us their projects from the State Fair and the Ramsey County Fair. There were 10 projects.

We watched demonstrations by Lila Johnson on how to make lemon-lime soda pop, and by Amanda Weber and Linnea Holman on useful babysitting tips.

For our October project meeting, we decided to do a talent show at Linnea Home. We might also make cards there, but I'm not sure.

We also evaluated last July's pie and ice cream social, which is a fundraiser we do every year and lots of people know about. We made a profit of around \$800.

Finally, we had a snack of brownies, banana bread and lemon-lime soda pop. It was a great first meeting for the Northern Lights 4-H Club!

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## Invasive species roundup focuses on College Park

by Mary Maguire Lerman

Did you know that if you live within 1/3 mile of College Park and have fruiting buckthorn on your property, your berries are a source of infestation in the park?

Fourteen years of data indicate that maintaining a 1/3-mile buckthorn-free perimeter around an area that has been cleared of the invasive plant prevents reinfestation. Why? The cathartic element in buckthorn berries causes birds that consume them to excrete them within 1/3 mile.

In the fall of 2000, St. Paul Parks and Recreation forestry staff and a Ramsey County Sentencing to Service crew helped cut and stack for removal mature buckthorn and mulberry from College Park. A year later, members of Boy Scout Troop 17 helped remove smaller buckthorn in the west end of the park using a root talon and weed wrenches.

However, if you walk in College Park today, you will again see young buckthorn shrubs and mulberry trees approaching fruiting stage. We need the help of all neighbors to help rescue College Park from invasive buckthorn and mulberry that is again dominating the understory. These invasive plants shade out desirable plants and develop extensive root systems that take much needed moisture and nutrients away from other landscape plants.

Our neighborhood has spent a lot of time, energy and money in recent years to install new hardscapes in the park including a playground and tennis and basketball courts. Now it's time to work on the greenscape so that the park continues to be an appealing and safe place to visit.

Anyone living within the area bounded by Como Avenue, Luther Place/Grantham Street, Dudley Avenue and Cleveland Avenue who has buckthorn or mulberry in their yard is encouraged to take the opportunity this fall to remove the plants from your property so

that College Park's desirable plants have a chance to survive and thrive once again.

That opportunity comes in the form of a buckthorn roundup on October 25. Residents who sign up and pay the reduced fee (the St. Anthony Park Garden Club partially covers the cost of the roundup) can stack their buckthorn, mulberry or honeysuckle plants on their boulevard and have them picked up by a tree service.

If you are physically unable to handle the woody invasive removals on your property, you can request assistance by calling the St. Anthony Park Community Council office (649-5992) before October 8. Leave your name, address and phone number. You will be contacted and volunteers will assist you.

Prior to the roundup, Boy Scout Troop 17 will again work at College Park to remove invasives. On October 18 they will join other community volunteers using weed wrenches and other tools. The troop invites neighborhood residents and students from Luther Seminary and the University of Minnesota to assist them. Meet at the park at 10 a.m. to join the work crew, and bring a pair of garden gloves.

Again this year volunteers will be surveying the neighborhood. A flyer will be left at your home if observers spot invasive plants on your property. They will not walk onto private property unless invited. If you're home while they are surveying and want them to look at areas

that might not be visible from the alley or sidewalk, invite them in.

A training event for surveyors will occur Sunday, October 5 from 1-5 p.m. at the St. Anthony Park Library. Master gardeners and volunteers from around the metro area and the state have been invited for this training. In the two weeks following the training, surveyors will walk down public sidewalks and alleys to look for buckthorn and other invasive species.

As part of a DNR grant received by the St. Anthony Park Garden Club, a set of weed wrenches will be available at no cost. Simply bring your driver's license and a credit card to fill out the tool loan form at Park Hardware. There is no charge for the use of these tools; a credit card is required simply as a deposit.

Weed wrenches are great new tools that can help you rip shrubs or trees up to 2.5 inches in diameter out of the ground. Using the weed wrench, you need not use saws or treat stumps to prevent new growth.

A cleanup effort is also being planned for the Kasota Ponds, where both buckthorn and Russian olive have invaded. Volunteers are needed to help at the various removal events. To volunteer, call 649-5992 and leave your name and phone number. When you volunteer you will become enrolled in the St. Anthony Park affiliate of the IBBB, the International Brotherhood of Buckthorn Busters. We need your help. Please join us!

## Homes in the Park



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333 S. 12th Street, Minneapolis, freewill offering  
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### Singing the Faith

Oct. 26, 7 p.m., Chapel of the Incarnation  
1490 Fulham Street, St. Paul, freewill offering  
This musical evening will celebrate the works of Swedish hymn writer Lina Sandell and Danish hymn writer Thomas Kingo. The service will feature the Roseville Lutheran Church Choir, under the direction of John Helgen, and some of Helgen's compositions.

For more information:  
[www.luthersem.edu/reffest](http://www.luthersem.edu/reffest) or (651) 641-3451

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## by Susa

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# council, school board contests

Conner

first on the Park Community before taking on the remainder for re-election.

een the council and the Park way park events bring the come work of the last four years that ct near completion. She has t to be valuable in her work with Management.

tti said, "The city recently opolitan Council to explore rede- rridor in Lauderdale. I very much that happen."

ent, was appointed to the council the work the council has done in e city. Portions of the plan are almost completed.

orts to improve its sewer system, ackup. She said she enjoys work- apt the needs of the community that the council has been "reaf- ul force of MNDOT around the vn."

she replied, "I enjoy the icy and we can actually have an ontinue to maintain the good and

rdale since January 2000, said she was able to manage it. "I would very week," said Lemire, a single hink of how I would really like to, safe, healthy community."

cializing in working with Fortune ler motivation to run for a coun-

ny daughter was raised I would ent off to college this year. Second, and with the business of living ry involved and then later wish

uncil not enough input sought is n open door. If I'm elected to the of the residents, that they will s heard."

lived in Lauderdale for 1 ere he has experience leading e sees as useful for city council uncil is a way that he can "give elp it "keep on going forward."

He is particularly interested in the upcoming Highway 280 project and will "want to be certain that the community will be heard" as it proceeds.

The League of Women Voters will hold a joint forum for City Council candidates of both Falcon Heights and Lauderdale on October 2 from 7-9 p.m. at Falcon Heights City Hall.

Falcon Heights and Lauderdale will also be voting for school board members in School District 623. Voters will select three candidates from a slate of five: Todd Anderson, Linda K. McLoon, John Reich, Thomas E. Ring and Cecelia A. Warner.

## St. Paul

In St. Paul's Ward 4—which includes part of District 10 (Como) and all of District 12 (St. Anthony Park), District 11 (Hamline Midway), District 13 (Merriam Park) and District 14 (Macalaster Groveland)—residents will choose a City Council member. Jay Benanav is the incumbent and Denise Gulner is the challenger.

Benanav, completing his second term on the City Council, is an independent business consultant with a degree from St. John's University School of Law. He completed the Senior Executives in State and Local Government Program at Harvard's John F. Kennedy School of Government.

As a deputy commissioner of Minnesota's Department of Labor and Industry, his work was awarded a Kennedy School Innovations in Government Award in the 1980s. Currently he serves as vice president of the City Council and vice chair of St. Paul's Housing and Redevelopment Authority.

Benanav came within 500 votes of being elected mayor of St. Paul in 2001. During his mayoral campaign, he warned voters that recreation centers and libraries would be at risk in the near future. For the last two years, he said he has struggled with the city administration over its handling of the budget crunch. He said he successfully opposed Mayor Kelly's efforts to close nine recreation centers (three in Ward 4), cut library hours and decommission three fire engines.

Asked what's been the greatest satisfaction in his council work, Benanav said, "It's things that make the most difference in people's lives, the things that bind a neighborhood together, like rec centers—even part-time ones—like libraries, playground equipment, a community garden."

Benanav expressed satisfaction with his work on new housing and other revitalization along University Avenue. He is glad the council was able to amend city ordinances so that neighborhood restaurants can apply for outdoor beverage service.

Benanav noted, "My ward has more district councils than any other ward. They are my eyes and ears. They deal with the day-to-day issues, the grassroots level of the neighborhoods and the city. They are very useful."

According to Benanav, a council member's role is to be independent of the mayor, to represent his or her own ward and at the same time be

able to balance all the wards. The goal is "a strong city with strong neighborhoods."

Reminded that the Pioneer Press has referred to him as "a perennial thorn in the side of Mayor Randy Kelly," Benanav said, "I ask the most questions. I understand how the city and the budget operate and I can read between the lines."

Looking ahead, Benanav said, "Next term will be extremely difficult. We will have even more financial problems. There is a \$19 million deficit predicted for 2005. We have already cut \$32 million from the budget. How to protect core city services will be a great challenge. There are no easy answers."

He said he hopes to continue to find ways not just to keep the rec centers open but to enhance them. He thinks there are areas in the city budget that can be worked with. "I bring an understanding of the city budget and its history."

Challenger Denise Gulner of Como Park is a realtor. She makes no apologies for her lack of political experience. "I have no agenda or political experience," said Gulner. "I am a mother and a businesswoman. I maintain a business budget. That is basically similar to the city (budget)."

Gulner does, however, have years of experience with recreation centers. She described her involvement in sports and, through that, with recreation centers as an important part of her youth and said she has continued this involvement in the lives of her children. They are involved in sports and she continues to coach at rec centers.

Gulner sees rec centers as "a first line of defense for neighborhoods. Frankly, I am not thrilled with the new reorganization plan." She would like to explore the possibility of "teen councils" helping to plan recreation activities, coach younger children and even help maintain rec centers.

Gulner said she will bring "a woman's perspective" to the council. "Men and women look at things differently." In the debate and discussion forum of the council, she said this perspective will bring more "team-work" to the council.

"My concern with Mr. Benanav is that there is an animosity with the mayor's office and with others on the council team. It is possible to dissent in a way that doesn't antagonize politically."

The City Council "needs to rely heavily on the district councils," said Gulner. "They are neighbors and they have a lot of responsibility."

She added that a City Council member should be an advocate for his or her own ward with "an obligation to get out and find what the residents want" and then make the "best decision for the greatest number of people."

Gulner said she is aware of the enormous budget difficulties and that is necessary for everyone to work together to cope with the problems.

"We can figure out ways to share the burden, perhaps with some collaboration—with Ramsey County, for example, and their sheriff's department. Perhaps there can be collaboration between the rec centers

Election to page 14

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## Benefits

The Minnesota-Dakotas chapter of the Alzheimer's Association will hold a **Memory Walk** on October 4 at Como Park starting at 9 a.m. Funds raised will go toward support groups, classes, a help line and other services provided by the association.

For more information contact Tiffany Burrall at 952-857-0541 or Tiffany.Burrall@alz.org, or visit [www.alzmdak.org](http://www.alzmdak.org).

Falcon Heights resident John Hustad will bike across Minnesota to raise money for **prostate cancer research**. Hustad, a prostate cancer survivor, will leave on September 29 and hopes to finish his ride by October 2.

His route will take him from Pipestone to Cannon Falls. Hustad's goal is to raise \$10,000. Money raised will go to CaP CURE, a nonprofit public charity. Checks made to CaP CURE can be sent to: John Hustad  
Blue Ribbon Bike Trek  
1825 Arona St.  
Falcon Heights, MN 55113.

## Dinner

Peace Lutheran Church in Lauderdale will hold a **pasta dinner** on Saturday, October 25 from 5-7 p.m. at the church, located on the corner of Walnut and Ione. The price is \$6 for adults and \$4 for children. Everyone is welcome.

## Halloween

The Gibbs Museum of Dakota & Pioneer Life will host a **Halloween celebration** on Saturday, October 25. Pranks, jack-o-lanterns, ghosts and storytelling will be featured as costumed guides lead groups of 25 by lantern through seven sets on museum grounds.

The first tour begins at 6 p.m., and groups will leave every half hour. The cost is \$10 for adults, \$9 for seniors and \$8 for children. For reservations, call 646-8629. The museum is located at Larpenteur and Cleveland Avenues in Falcon Heights.

The Anaphylaxis and Food Allergy Association of Minnesota will host a **no-food costume Halloween party** on Saturday, October 25 from 1-3 p.m. at the St. Anthony Park Library.

The event includes games, story time and trinkets (yo-yos, stickers, erasers, etc.) instead of candy. There will also be an ambulance for exploring, courtesy of the Minnesota Ambulance Association.

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## Sales

Holy Childhood Church, 1435 Midway Parkway, holds its **fall rummage sale** from 9 a.m. to 7 p.m. on Thursday, October 9 and from 9 a.m. to noon on Friday, October 10.

The annual **fall garage sale** to benefit YMCA Camps Widjiwagan and du Nord takes place from Wednesday, October 8 through Saturday, October 11 in the Merchandise Mart building at the Minnesota State Fairgrounds.

Hours are 9 a.m. to 8 p.m. Wednesday-Friday and 9 a.m. to noon on Saturday.

Over 200 families contribute clothing, household items, toys, books, furniture, sports equipment and more. All proceeds go to the camps. For more information, call 645-6605.

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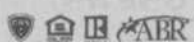
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## e t c e t e r a

**Harvest Tea**

Lady Elegant's Tea Room and Gift Shoppe in Milton Square will celebrate the autumn harvest with the **Harvest Gathering**, a six-course tea. The events take place October 24 and 25 at 11 a.m. and 3 p.m. Call 645-6676 for reservations.

**Reformation Festival**

Luther Seminary will host two events Sunday, October 26 in connection with its annual Reformation Festival.

At 5 p.m. a festival buffet takes place in the Olson Campus Center Dining Room. For reservations, call 641-3419.

At 7 p.m. in the Chapel of the Incarnation, Singing the Faith focuses on the Apostles' Creed and celebrates the works of Swedish hymn writer Lina Sandell and Danish hymn writer Thomas Kingo. The Roseville Lutheran Church Choir, under the direction of John Helgen, will perform.

**Bats**

Stephanie Reynolds, wildlife rehabilitator and nature educator, will present a **photographic tour** of some of the world's 1,000 bat species and the important role they play in nature.

The presentation takes place at 7 p.m. on Thursday, October 9 at the United Church of Christ in Falcon Heights, 1795 Holton St., and is sponsored by the St. Paul Audubon Society. For more information, call Patricia Freeman at 763-587-4932.

**Composting**

Eureka Recycling offers two free **backyard composting workshops** in October. Topics will include how to start a backyard compost pile and tips for maintaining a healthy pile.

The workshops will take place at the Midway compost site on October 4 from 10-11 a.m. and October 8 from 6-7 p.m. The workshops are free, and registration is not required.

**People**

**Terri Dooher Fleming** has been appointed senior vice president for lending at St. Anthony Park Bank. She has been employed at the bank since 1996, most recently as vice president for commercial lending. She is currently treasure of the Midway Chamber of Commerce.

**Kent E. Eklund** has been appointed president of the Fairview Foundation, which works to promote philanthropy on behalf of Fairview Health Services. Eklund, a St. Anthony Park resident, most recently served as president of the consulting firm Cincinnatus, Inc.

Former St. Anthony Park resident **Dr. Francis J. Haddy** has been named a Mayo Foundation Distinguished Alumnus for 2003. He has chaired physiology departments at three universities and is past president of the American Physiological Association.



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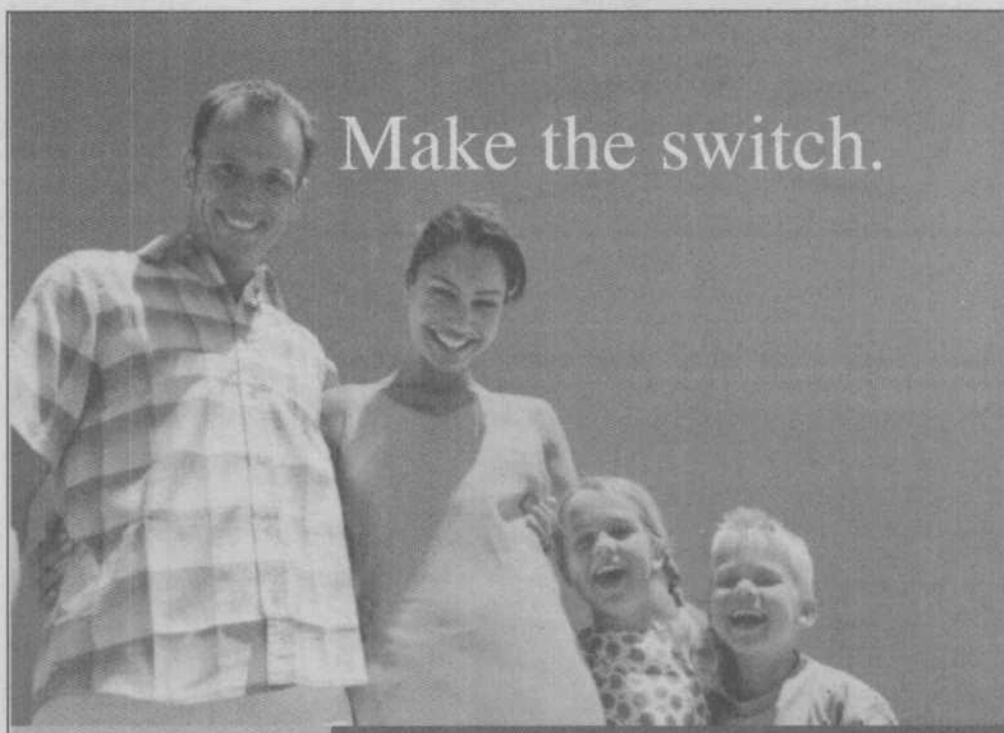
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## No bones about it

by Kristi Curry Rogers

This month I received several e-mails with questions about dinosaurs and paleontology.

Thanks for writing in, and please keep the questions coming! You can email questions and comments to me at [krogers@smm.org](mailto:krogers@smm.org).

*Did dinosaurs live in Minnesota? (Rebecca, age 10)*

Dinosaurs definitely lived in Minnesota, but unfortunately for paleontologists their bones are unlikely to be found here (still, there's always a chance).

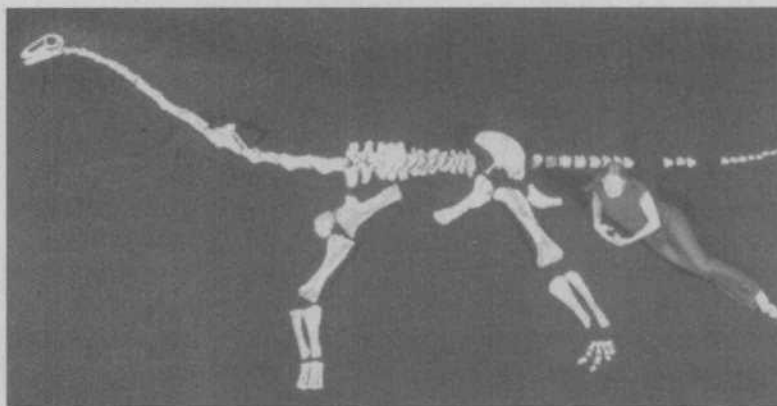
At times during the Age of Dinosaurs, Minnesota's western half was under a shallow sea where plesiosaurs, mosasaurs and ichthyosaurs thrived.

Remains of these kinds of marine creatures have been found in western Minnesota. The eastern half of Minnesota was relatively flat. No mountains were forming, and no large basins were present to preserve the bones of dinosaurs.

In geological terms, a basin is similar to Death Valley, which is rimmed by mountains. Sediment eroding off the mountains washes into the basin, sometimes covering the bones of animals who die there.

Minnesota during the Age of Dinosaurs didn't have a basin like this, and was more like the east coast of the United States. Any dinosaur that got preserved here would have to have been incredibly lucky. So far, none have been found.

In spite of the fact that we haven't discovered dinosaurs in Minnesota, we know they were here. On the east coast of the United States, dinosaur tracks and bones have been discovered, and it makes sense that dinosaurs would have been distributed throughout North America. Besides, who wouldn't want to live on the beachfront property of Mesozoic Minnesota?



*My favorite dinosaur is Stegosaurus. What is your favorite dinosaur? (Susan, age 9)*

Hmmmm. That is a very difficult question to answer. I love all dinosaurs, especially when I can learn something about how they lived.

My favorite dinosaur has to be the one I got to name myself. It is the dinosaur that I spent several summers digging up, and I certainly studied it in the most detail.

My favorite dinosaur is a member of the group called Titanosauria. Titanosaurs are a specialized group of sauropod (brontosaurus-like) dinosaurs. They all walk on four legs, have extremely long necks and tails, and are unique because they have bony armor plates underneath their skin (like crocodiles).

Titanosauria includes the largest animal to walk on earth

(a huge dinosaur from Argentina called Argentinosaurus), and titanosaurs have been found on every continent on earth (even Antarctica).

The titanosaur that I discovered was found in Madagascar (the island off the east coast of Africa known for its lemurs and chameleons). The first specimen that we found was only a baby but was already 25 feet

long! After the fossils were cleaned up at the museum, I began to study its bones and eventually wrote a paper that gave that new dinosaur its name.

It was a species new

to science and had never been found before. I named the dinosaur Rapetosaurus krausei (ruh-pay-too-sore-us kraus-eye). Because Rapetosaurus was found in Madagascar, I wanted to give it a name that reflected its heritage.

Rapeto is the name of a legendary giant in Malagasy folklore. Since this dinosaur really was a giant in Madagascar, I thought the name was a perfect fit.

The second name is after David Krause, one of my professors in graduate school, and the man responsible for getting me to Madagascar in the first place.

You can see a picture of Rapetosaurus at the Science Museum of Minnesota's Web page ([www.smm.org](http://www.smm.org)). Just go to the Research and Collection Object of the Month archive for the story.

## Election from page 11

and education."

She said that more can be done to help the city with budget problems if people work to utilize neighborhood block clubs and encourage neighbors to volunteer.

Gulner said that "traditional values" are important to her, which she described as a "simpler way of life."

"I would like us to go back to that time when neighbors knew their neighbors. I want more of a sense of community. Of course, magnet schools work against this. We need more adult mentors to take an interest in kids, people fulfilling their civic

obligations, voting, for example, and setting an example by volunteering. When people volunteer, they meet and work with others. By working together with others, people come to accept and respect others, even when there are differences."

If elected, Gulner said, she would do the "best job that I can" and would hope that, at the end of her term, "people would feel that I had worked for them."

A candidates forum for Ward 4 will be held Monday, October 20 from 6:30-8:30p.m. at the Merriam Park Community Center, 2000 St. Anthony Ave.

Also on November 4, St. Paul voters will elect four school board members from a slate of eight candidates: Warren Anderson, Richard Broderick, Anne Carroll, Tom Conlon, Georgia Dietz, Brian Joyce, Kazoua Kong-Thau and Al Oertwig. A candidates forum takes place Thursday, October 16 from 7-9 p.m. at Hubbs Lifelong Learning Center, 1030 University Avenue West.



## Nectar from page 1

non-nutritive components of fruits and vegetables that help prevent chronic disease.

All this resulted in the formation of another new company in March 2002: Benefruit LLC, a beverage manufacturing firm that Rowley operates in an office off Vandalia Street in south St. Anthony Park.

"I knew that fruit is a great food for fighting cancer, heart disease and many age-related maladies," says Rowley.

But he also recognized that acquiring, washing and preparing fresh fruit is a barrier to eating it for many people. What if, he wondered, people could just drink their fruit?

Of course, the market was already crowded with fruit juices, sweetened nectars, smoothies and the like. But Rowley was after something as close as possible to pure, drinkable fruit—with no added preservatives, sugars or fillers.

He set about making various fruit purees, but they weren't very successful. "They just didn't taste very good," he admits.

But by adding a small

amount of unfiltered apple juice and some natural flavors, Rowley found that he could create a fruit nectar that satisfied all the criteria that had prompted the creation of



Dave Rowley uses a refractometer to test levels of natural sugar.

Benefruit. It tasted good, was good for you and filled a void in the market.

Rowley dubbed his new product Fruituosos™, and he

launched it last July in four flavors: blueberry, cherry, grape and raspberry. Each bottle represents over a pound of fresh fruit.

Developing a new product all his own has immersed Rowley in the world of marketing. With no advertising budget yet to work with, that's meant relying on personal contact—pressing the flesh at grocery stores and farmers markets.

Rowley knows that he faces long odds. "About 10,000 new food products are introduced each year, and only 5 percent of those last more than a couple of years," he notes.

But for Rowley, the risks are worth it. "I wanted to create something I could really be proud of," he says, "and I've done that. Now it's just a matter of helping people find out about it."

Locally, Fruituosos™ is available in the juice coolers at Hampden Park Co-op and Speedy Market. For more information, contact David Rowley at 646-8795 or visit [www.fruituosos.com](http://www.fruituosos.com).

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- Music TBA  
October 17, 8pm
- RIVER FOLK  
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OCTOBER 11

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 Fundraiser, **"Arts in the Park"** Saturday Evening, October 11, at the  
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7:00 - 8:30 p.m., Silent Auction - items from local artists,  
 hors d'oeuvres and wine tasting. 8:30 p.m. Live Auction and Program.

**Congratulations** to Terry Gockman, Elizabeth Clark, and Julie  
 Himmelstrup! District 12 Community Council awards 3 outstanding  
 volunteers annually for the St. Paul neighborhoods honor roll. Please  
 join us for the annual District Council Celebration this fall - look for  
 more information in October announcing the event.

## St. Anthony Park Community Council

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# OCTOBER CALENDAR

## 1 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.
- St. Anthony Park recycling.

## 2 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. These classes are free to all area seniors, but pre-registration is necessary. Chair exercise classes are appropriate for all fitness and ability levels, and offer cardiovascular workout. All major muscle groups are exercised. 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.
- St. Anthony Park recycling.

## 3 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.).
- Falcon Heights recycling.

## 6 Monday

- AA, St. Anthony Park Lutheran Church (651-644-0809), 8 p.m. Every Monday.
- Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.

## 7 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. Call 651-642-9052 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 Garden Club, St. Anthony Park Library Meeting Room, 6:30 p.m.

## 8 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.

## 9 Thursday

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

## 10 Friday

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

## 13 Monday

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

## 14 Tuesday

- Como Park & Lauderdale recycling.
- Lauderdale City Council, City Hall, 1891 Walnut St., 7:30 p.m.

## 15 Wednesday

- Langford Booster Club, Langford Park, 7 p.m.
- St. Anthony Park recycling.

## 17 Friday

- Falcon Heights recycling.

## 21 Tuesday

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

## 22 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.

## 27 Monday

- Como Park & Lauderdale recycling.

## 28 Tuesday

- Lauderdale City Council, City Hall, 1891 Walnut St., 7:30 p.m.
- St. Anthony Park Block Nurse Program board of directors meeting, St. Anthony Park United Methodist Church library, 7 p.m.
- St. Anthony Park Writers, St. Anthony Park Library Meeting Room, 6:30 p.m., 645-1345.

## 29 Wednesday

- St. Anthony Park recycling.

**ITEMS FOR THE NOVEMBER COMMUNITY CALENDAR MUST BE SUBMITTED TO THE BUGLE OFFICE BY 6 p.m., Friday, October 17.**

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## A Foundation of Neighbors

*Supporting the Urban Village*

**By Lori Fritts**  
Treasurer,  
St. Anthony Park  
Community Foundation

I grew up in nearby Como Park, went to Murray High School through 11th grade and was in the first graduating class of Como Senior High School. When my husband and I moved back to Minnesota ten years ago, we chose to live in St. Anthony Park for its mix of older homes, quality education and recreation programs, convenient retail, and committed citizenry.

With three active boys moving through our neighborhood schools, I have had the opportunity to become involved in many community activities and groups, including my current board position with the St. Anthony Park Community Foundation. I believe the Foundation has an important part to play in maintaining the institutions so important to our quality of life in St. Anthony Park.

I am now leading the Midway Chamber of Commerce and have gained an additional perspective on the value of this neighborhood. I have been to countless planning meetings where community, state, local, and federal representatives spend millions of dollars to plan and develop "Urban Villages" in the suburbs and on underutilized urban properties. Communities everywhere are struggling to create what we already have here in St. Anthony Park!

If we want to keep our urban village healthy, we need to support one of its essential components: a strong local business community. Our recent Foundation survey showed residents deep concern for preserving "walkable" business districts. The economy of the past several years has been difficult for everyone, but in particular for small retailers. Your community businesses annually step up to the plate for fundraisers of every kind. They advertise in the Bugle, support non-profits like Music in the Park, the Foundation, the Community Council, the schools, the Fourth of July committee...the list goes on and on. They have been there for us and we need to be there for them by shopping locally whenever possible.

The Annual Fall Festival at Carter and Como is coming up October 4th. Show your support by visiting an area merchant and most importantly, spend some money!!

**Lori Fritts**

**ST. ANTHONY PARK COMMUNITY FOUNDATION**  
651/641-1455  
sapfoundation.org





St. Anthony Park Block Nurse Program  
651-642-9052

**Flu Shot Clinic at SAP Library**  
**Wednesday, October 15th, 2003**  
**1:00 - 3:00 p.m.**

**Beat the Flu Season!!!**  
**for more information call us!**



## Aging Gracefully by Mary Jo Tarasur

The flu season cometh. Can flu shots be far behind?

Some of you may be fortunate enough to have plans to be out of Minnesota during the cold weather. Somewhat enviously, the rest of us wish you well. Those less fortunate, however, must prepare for the coming cold and flu season.

The St. Anthony Park Branch Library will be the site of a flu shot clinic on Wednesday, October 15 from 1-3 p.m. The library is an accessible space with on-street parking available nearby.

In the interests of full disclosure, I must inform you that the St. Anthony Park Block Nurse Program is hosting the clinic, in collaboration with the Minnesota Visiting Nurses Association.

The cost of a shot is \$16 and can be billed to Medicare or other insurance, but to do that the person getting the shot must bring the insurance information along to the clinic. If you are interested, please contact Mary Hayes at 642-9052 for more information or to sign up for the clinic.

There has been some controversy about flu shots, but the main points are as follows:

- Some individuals have adverse reactions to flu shots, but the majority of people benefit from the shots.

- Check with your medical provider if you are unsure whether a flu shot is a good idea for you.

- There are many new strains of flu each year, and the flu can be very hard on your body and hard to get over.

- With more severe strains of the flu, a shot may not prevent you getting flu entirely, but it will lessen the severity and duration of your illness.

- If you have any health condition that is aggravated when you become ill, a flu shot may be a lifesaver.

When you come to this or any other flu shot clinic, it is advisable to wear short-sleeved, comfortable clothing. You should plan to remain onsite for about 20 minutes after receiving the shot so that the medical personnel present can be sure your body is not reacting negatively to the injection.

It is a good idea to have someone with you as well; perhaps you and a friend or two can take care of yourselves and catch up with each other by coming to the clinic together.

Like so many of the services the St. Anthony Park Block Nurse Program offers, this flu shot clinic would not be possible without the assistance of dedicated volunteers.

We want to take this opportunity to thank our dedicated and invaluable volunteers, who have been faithfully delivering meals, taking people to medical appointments and performing a variety of helpful services. Thank you!

*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 642-9052 or [sapbnp@bitstream.net](mailto:sapbnp@bitstream.net).*

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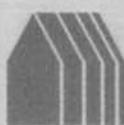
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## LIVES LIVED

### Alice Irene Neetzel

Alice Irene Neetzel died on July 1, 2003 in Roseville, Minnesota. She was born December 24, 1907 in Frost, Minnesota and lived for many years in St. Anthony Park.

She was preceded in death by her husband, John R. Neetzel; a son, Raymond; and a brother, Russell Berge. She is survived by sister-in-law Mary Berge of California and many friends.

An interment service was held July 8 at Riverside Cemetery in Blue Earth, Minnesota.

**The Community Calendar is sponsored monthly by**

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## CLASSIFIEDS

**Classified deadline:****October 17th, 6 p.m.****Next issue: October 29th**

■ Type your ad. Usually we put the first few words in capital letters.

■ Count the words. A word is numbers or letters with a space on each side. A phone number is one word.

■ Figure your cost: 85¢ x number of words (\$8.50 minimum).

■ Send your ad & check to:  
Bugle Classifieds  
P.O. Box 8126  
St. Paul, MN 55108  
or deliver to the drop box at the side entrance to the Bugle office at 2190 Como Ave. (on the Knapp Place side of building) by 6 p.m. on the deadline day.

■ Classified ads can not be taken over the phone.

■ Call Raymond Yates at 651-646-5369 with questions.

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HATHA YOGA Classes start week of October 27. Call Holly House @ 651-645-6951.

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**Professional Services**

GRAPHIC DESIGN—Want fast, quality graphic design services for a fraction of the cost? Let's talk about your next project! Call Raymond at 612-339-4679.

PASSPORT PHOTOS—\$12 (tax included), International Institute, 1694 Como Ave., Hours Mon. - Thurs. 9 a.m. - 4:30 p.m.; Fri. 9 a.m. - 4 p.m.

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**Employment**

SECRETARY -Make appointments, some word processing, filing, 6 to 8 hours per week, 2 to 4 from home. Call Linda @ 651-644-8235.

**Sales**

MOSTLY WEAVING 31st annual sale of fine arts and crafts. 27 Melbourne Ave. SE, October 11-12 Saturday 10-4, Sunday 1-4.

**Notices**

EN ROUTE, an art exhibition of Lisa Erickson and Jane Cameron October 12 to November 2. Opening reception October 11, 7-9pm, Louvin Art Gallery, 499 Wacouta, St. Paul. 651-298-0858 Thurs. 3-6pm, Sat. to Sun. 2-5pm.

**Housing**

1545 HAMLINE AVE., side-by-side duplex. 2 br, no pets, no smokers, not Section 8 qualified. \$725 per month + utilities, 651-646-7127, ext.253.

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1666 COFFMAN - stunning updates - sun drenched 1 BR southeast corner unit, \$129,900. For further information, go to: www.mnhouses.com or call the Sparrs at 651-639-6383 - Edina Realty

1953 SUMMER - Large Falcon Heights rambler. 4 BR, 3 BA, 3 Fplc, main floor family room, lush private lot, \$324,999. For further information, go to: www.mnhouses.com or call the Sparrs at 651-639-6383 - Edina Realty

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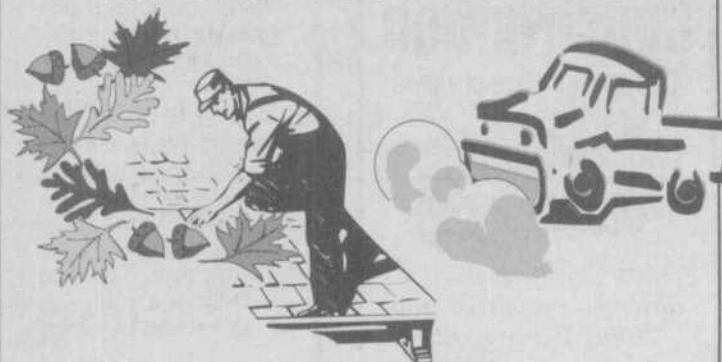
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**Raymond Bryan from page 3**

was young.

After high school, he struck out on an unusual career path for the buttoned-down Kennedy era. He became a partner in a folk music café located near the University of Minnesota's St. Paul campus on the site of what is now Lori's Cafe.

"My coffeehouse was called the Kiva, until we changed its name to the New York Public Library-Pig's Eye Branch," he recalls.

Given the times, names like these represented a frontal assault on respectable sensibilities, and it wasn't long before the café ran afoul of the law.

"The neighbors thought it was a den of iniquity," is the way Bryan remembers it. "Young people would sing dangerous, radical music. Underage kids were probably using the cigarette machine."

When the police found empty liquor bottles in the basement (actually a souvenir of one musician's pre-concert warm-up routine), "they shut us down," says Bryan.

With one career avenue closed, Bryan made a vocational U-turn and joined the Navy. As an electronics and radar technician, he mastered the rudiments of computer operation.

Those skills came in handy years later when, after receiving two degrees in fine arts and working for more than a decade as a sculptor using conventional techniques, Bryan began doing computer-driven art installations.

"I was forced to get away from 5000-year-old methods of casting," he explains, "by pneumonia and lung-related problems."

Health problems may have forced the switch, but Bryan found himself delving deeper and deeper into the technology that was supposed to be in service to his art.

Gradually, as his computer knowledge increased, his technological expertise began to outpace the art he was creating. Although he continues to do an occasional piece, his focus shifted almost entirely to computers when he opened the store in 1993.

Bryan is cagey when he describes the resale market for computers. "A three-to-five-year-old computer might have more value than you think," he allows, "but I'm not buying one unless it's a Commodore or an Amiga."

Much of Bryan's work involves repairing and refurbishing older machines. Sometimes their historic hard drives will reveal some unexpected files.

Like the antique dealer who finds overlooked treasures in the back drawer of a nineteenth-century wardrobe, Bryan has occasionally uncovered long-forgotten material on old machines.

"Sometimes there's a file with 'the great American novel.' One writer wrote his memoirs of

Vietnam on a Commodore 64. His sons wanted to publish them on the Web, so I had to convert the files."

Once in a while, the discoveries can be embarrassing. Bryan remembers when a customer brought in a nonworking Mac that the man had received as a gift.

"After I got it working," he says, "I found pornography and proprietary materials on it."

The previous owner had either forgotten or neglected to tell the recipient about the questionable stuff. Bryan decided not to reveal anything. "I wiped the hard drive and I didn't tell the guy a thing."

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**When:**  
Saturday, October 4<sup>th</sup>  
10 a.m. - 4 p.m.

**Where:**  
Carter and Como in St. Paul

Sponsored by your neighborhood businesses:  
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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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Rev. Dane Packard, Pastor.  
Sue Grove, Child & Youth Coordinator  
Sunday Worship & Sunday School: 10:00 am,  
Fellowship: 11:00 am.  
October 5 - Hymn Praise Service/Communion

### ❖ ST. ANTHONY PARK UNITED METHODIST CHURCH

United in Love and Service  
2200 Hillside Ave (at Como) 651-646-4859  
Pastor Donna Martinson  
Sundays:  
10:00 am Worship Celebration  
10:20 am Sunday School (3 yr. to 12th gr.)  
11:00 a.m. Fellowship  
Victory Temple in Jesus Christ at 11:45 a.m.  
5:00 - 7:30 pm Dinner & Bible Study  
Wednesdays:  
9:00 a.m. - 1:00 p.m. Leisure Center (senior fellowship, activities, noon meal)

### ❖ ST. ANTHONY PARK LUTHERAN CHURCH

We are a community of believers called to joyfully serve God, one another, and the world. [www.saplch.com](http://www.saplch.com)  
2323 Como Ave. W. Handicap-accessible. 651-645-0371  
Pastor Glenn Berg-Moberg, Email: [sapluth@mtn.org](mailto:sapluth@mtn.org)  
Fall Worship Schedule 8:30 & 11:00 am  
Sunday School & Adult Forum 9:45 am  
Minnesota Faith Chinese Lutheran Church 1:30 pm

信義教會 星期天下午

### ❖ ST. MATTHEW'S EPISCOPAL CHURCH

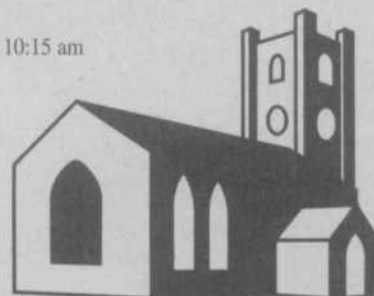
2136 Carter at Chelmsford. 651-645-3058  
Website: [www.stmatthewsmn.org](http://www.stmatthewsmn.org)  
Sunday Services:  
8:00 am Holy Eucharist, Rt. I, 10:30 am Holy Eucharist, Rt. II  
9:15 am Christian Education for All Ages  
4:00 pm Prospect Hill Friends Meeting:  
Saturday, November 1, 20th Anniversary of  
Music Director, Michael Compton.  
4:30 pm Choral Service, 5:30 pm Dinner

### ❖ ST. MICHAEL'S LUTHERAN CHURCH - ELCA

1660 West County Road B, Roseville. 651-631-1510  
one block west of Snelling  
Worship: Sunday at 8:45 am and 11:00 am  
Educational Hour for ages 2 through adult 10:00 am  
Nursery provided. Handicap accessible.  
Pastors: Roland Hayes and Sarah Breckenridge Schwietz  
For more information, check [www.stmichaelselca.com](http://www.stmichaelselca.com)

### ❖ WARRENDALE PRESBYTERIAN CHURCH

1040 Como Ave. at Oxford. 651-489-6054  
One block east of Lexington Parkway  
Rev. Timothy Held, Minister  
Sunday School: 9:00 am, Worship: 10:15 am



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