



Park Bugle



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

Volume 30, Number 5 / November 2003

Local residents tackle foreign policy questions

Discussion group will use "Great Decisions" curriculum

by Susan Conner

A small group of St. Anthony Park residents has decided to host a foreign policy discussion group that will be open to any who are interested. The group will use the materials and structure of the "Great Decisions" discussion program, designed to stimulate thinking and discussion. The program is used on campuses and in citizen-organized groups across the country. There are at least 29 such groups in Minnesota.

Great Decisions uses a publication, developed annually by the Foreign Policy Association, that provides balanced articles on eight crucial foreign policy issues. Discussion questions, other readings and resources are included in each section.

In October, St. Anthony Park residents Barbara and Gordon Murdock, Ron Matross, Bob Munsen, Sheila Richter and Sue Conner gathered at the Murdocks to discuss the first topic of 2003: "Alone or together; the U.S. and the world". They agreed to open the group to more who are interested and to continue through the next year.

"It is a way of educating ourselves regarding certain issues," said Sheila Richter. "People will come having already done some reading, and together—hopefully in a nonpartisan setting—we will get some education about the issues."

The group plans to meet on November 20 at the St. Anthony Park Library from 7-9 p.m. and discuss topic #5 in the 2003 Great Decisions series: "International food wars: growing controversies." The publication will be available at the reference section in the library. Those who attend are expected to read the material before the meeting.

"It's a way of educating ourselves regarding certain issues."

—Sheila Richter

The group intends to begin the new year with the 2004 publication and schedule eight discussion evenings to cover the selected topics.

The Foreign Policy Association is an independent, nonpartisan, nongovernmental organization that has worked since 1918 to educate the public about foreign policy issues.

The Great Decisions discussion program was begun by the FPA in 1954. It encourages citizens to reach informed opinions about U.S. foreign policy. The Minnesota International Center is the state affiliate of this program and acts as a resource for all state groups.

To find out more about Great Decisions or the Foreign Policy Association, visit www.fpa.org. The publication "Great Decisions" can be ordered from the Foreign Policy Association or from the Minnesota International Center (612-625-4421).

New church makes a joyful noise in St. Anthony Park

Liberian congregation shares sanctuary with local United Methodist Church

by Natalie Zett

You can't miss St. Anthony Park's newest neighbors. Even though most visit the area just once a week, their colorful garb, animated chatter and contagious smiles make it impossible to ignore the Liberians who form the Victory Temple of Jesus Christ.

Since June they have been meeting every Sunday from 11:45 a.m. to 1:15 p.m. at St. Anthony Park United Methodist Church.

According to Mary Baker, SAP UMC parishioner, sharing their space with this budding nondenominational church has worked out well.

"Victory Temple had been meeting at another Methodist church on Wheelock Parkway," she said, "and needed a larger space. Our congregation has its services just before Victory Temple's, but we've also done joint services. That was a really great experience and we will be doing more of that."

Although the older,

established congregation had never shared their space with another congregation before, they've enjoyed doing so.

"They've added so much. They're a strong congregation with lots of families and young people. It really has been a welcome addition," said Baker. Currently a nondenominational congregation, Victory Temple is seeking to affiliate with the United Methodist Church.

A nation of almost 3 million people located on the Atlantic coast of West Africa, Liberia, the first republic in Africa, was founded in 1822 by former slaves from the United States and Caribbean.

In recent decades, Liberia has been fraught with civil war and government instability, causing tens of thousands of people to flee for their lives into neighboring countries as refugees. Lives and livelihoods have been dismantled while families and

Liberian congregation to page 8

Co-ops of all shapes and sizes thrive in St. Anthony Park

by Judy Woodward

Co-operatives, those odd economic step-children of capitalism, have been around ever since a dozen impoverished weavers in 19th-century Rochdale, England raised enough capital to organize their own store.

The idea then was to provide co-op members with the staples of existence at fair cost while insuring quality and honest dealing among community members.

Minnesota, with its prairie traditions and strong Scandinavian influences, has always been thought to have a special affinity for the co-op tradition, even though our modern era of unabashed entrepreneurial fervor no longer seems to assign highest priority to ideals of economic cooperation.

We don't hear much about co-ops anymore, and some Minnesotans probably consider them—when they think about them at all—quaint hangovers from an earlier era of populist

politics and the Grange movement.

Still, co-operatives survive and even thrive in St. Anthony Park. With purposes as basic as food, shelter and family, they share a common vision of what can be done by people working together.

Hampden Park Co-op remains true to its roots (and sprouts)

At Hampden Park Co-op, the pleasantly crowded grocery store on Raymond Avenue in south St. Anthony Park, the Rochdale principles—the original Ten Commandments of the co-op movement devised more than a century and a half ago—are printed prominently in the membership handbook.

"We're what you might call an old-style co-op," says Assistant Manager Kathy Vaughn. "Our principles are our guiding light."

Vaughn, who has been a member of the co-op since 1978, attributes the group's longevity to

Co-ops to page 6



Hampden Park Co-op member Rachel Hertel rings up a purchase for fellow member Rick Fournier. Hertel, of St. Paul, has been a member at Hampden Park since 1992. She and her husband volunteer six hours a month at the store. Fournier, a co-op member since the early 1970s, lives in Minneapolis.

CITY FILES

Como Park

The St. Paul Port Authority will give a presentation to the District Council on November 18 at 7 p.m. at the North Dale Community Center, 1414 North St. Albans. The public is invited to come and learn about what the Port Authority is and does.

Jim Reiter, Ward 5 City Council member who had filed for re-election, died on October 7. Reiter was scheduled to face Lee Helgen in the November 4 general election. City rules require substitute candidates to obtain 500 signatures supporting their candidacy. Four candidates have filed to run against Helgen for the Ward 5 seat: Kathy Weyandt Jackson, Sheryl Kabař, Kris Reiter and Mamie Singleton.

Falcon Heights

The City Council has unanimously adopted a policy with regard to budget reserves. This step was taken after extensive study.

Initially the council set goals and developed action plans. They invited financial consultants from Ehlers and Associates to discuss long- and short-term concerns and issues.

City Administrator Heather Worthington and Finance Director Roland Olson worked on 5- and 10-year capital improvement plans. Finally, the new reserve policy was developed.

St. Anthony Park

An October 11 fundraiser held by the St. Anthony Park

Community Council raised \$6978. Ticket sales accounted for \$2460, and \$4518 was raised through silent and live auctions.

Over 100 people attended the event, held in the North Star Ballroom at the University of Minnesota's Student Center. With this event, the council has met its fundraising goals for the year.

St. Anthony Park is part of a biotechnology zone that would be eligible for tax breaks and public spending if an application filed by the city of St. Paul is approved.

The city has applied to the Minnesota Department of Employment and Economic Development to designate a corridor along Energy Park Drive and Highway 280 as a special biotech zone. The application is aimed at enhancing prospects for attracting biotech development in St. Paul.

St. Paul

On October 23, Eureka Recycling announced a 10-year agreement to sell recycled newsprint to Abitibi-Consolidated Inc. Eureka is the nonprofit corporation that manages St. Paul's recycling program.

This arrangement guarantees a long-term, stable market for the newspapers that Eureka collects curbside. In turn, Abitibi, which recycles over 4 million tons of newspaper a year, will receive a steady supply of materials for their paper recycling mills throughout North America.

Eureka Recycling also announced that it has secured a new material recovery facility, located at 2828 Kennedy Street in Minneapolis.

—Susan Conner



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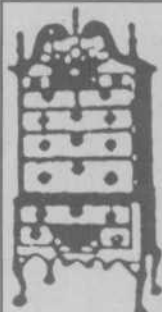
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College grads tackle real world with paddles

by Michelle Christianson

Everyone does something different when they graduate from college. Some take a bit of time off, others travel and some get right to work.

After graduating from the University of Wisconsin at Madison, Christopher (Kip) Barrett, Kees van der Wege and Chris Gorton decided to do all three at once.

They took last summer off, canoed from Grand Portage to Hudson Bay and worked harder than they ever had in their lives.

Barrett and van der Wege grew up in St. Anthony Park and were comfortable in a canoe. Barrett's parent's introduced him to paddling when he was six years old, tying the paddle to his wrist so he wouldn't lose it. When he was 11 or 12 the family started going on three-week trips, and his good friend Kees joined them.

After high school graduation (Como for van der Wege and Central for Barrett), the two friends took a three-week trip to the Boundary Waters with Barrett's golden retriever, Gorby. The trip was a success, even though Gorby ate all five pounds of Barrett's beef jerky (the only protein he could eat because of his allergy to fish) at the very beginning of the trip. They ate a lot of Ramen and rice.

Barrett had always wanted to do a longer trip and got the idea for last summer's journey after talking to some people who had canoed from Hudson Bay to New Orleans. Van der Wege and Gorton quickly signed on, and they began planning six months before leaving.

The three bought and set up service for a satellite phone, secured border permits and a gun permit (in case of polar bear attack) and planned their route. Because this was their first time doing this, everything took longer and led to more blind alleys than they had expected.

"This took three or four times longer than we thought it would. I could do this in a



fourth of the time now," said Barrett. "We really learned to focus and not procrastinate, or we never would have gone."

Some things they learned by reading books by Hap Wilson and Cliff Jacobson, along with Eric Sevareid's "Canoeing with the Cree" and "Distant Fires" by Scott Anderson. They also consulted the My Canadian Canoe Route Web site (www.mycr.com).

Of course, they had to be in top physical shape. Barrett worked out six times a week and van der Wege close to that. (Gorton worked out less, leading to his 30-pound weight loss on the trip.) They knew that their safety depended on being able to traverse long distances over varying terrain in all kinds of weather.

The three brought one canoe, one kayak, one tent, three sleeping bags and pads, a cook kit, three packs and a day pack, three paddles and a shotgun (which they fortunately never had to use). They picked up the food from three drops—one 11 days into the trip, one at day 30 and one two months into the trip.

The young men prepared all their own food including 50 pounds of beef jerky, 50 pounds of gorp and a rotating menu of

Top: Kees Van der Wege portages the kayak.

Above: Van der Wege (left) and Kip Barrett negotiate rapids.

five dried dinners: spaghetti with meat sauce, shepherd's pie, chili with rice, tacos and rice with beans.

The first part of the trip was the Grand Portage, eight miles with all their gear along with the canoe and kayak. Because it was the beginning of the trip and they weren't yet in top shape, this portage took them 12 hours one day and three hours the next. Barrett and van der Wege had done it at the end of their high school graduation trip in four hours with only one boat.

They ended the trip at York Factory on Hudson Bay two and a half months later. "It was really relaxing," said Barrett, "I could have gone another two months."

Not that there weren't any challenges along the way. This summer's dry weather obliged them to change their route, and they had to canoe through forest fires with trees exploding on either side of the water. They suffered several twisted ankles and Barrett pulled a muscle in his back, forcing him to refrain from

College grads to page 14

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EDITORIAL

Claiming our rights

You have the right to speak your mind, to worship or not as you choose, to bear arms. You have the right to a speedy and public trial. You have the right to remain silent and the right to an attorney.

And, pre-eminently, you have the right to drive.

To be sure, we occasionally pay lip service to the notion that driving is only a privilege. Such talk accompanied Gov. Pawlenty's recent suggestion to revoke the driving licenses of truant teenagers. There is no want of self-satisfied license holders to remind their less empowered fellow drivers that the piece of plastic they carry around is not theirs by inalienable right.

But that argument is belied by a host of countervailing rules and practices. We've made the driver's license a de facto identification card. Your license is how you prove who you are. In a culture that lacks formal rites of passage, we've conferred adult status on 16-year-olds by defining them as drivers.

Furthermore, we've made it extremely unlikely that one's driving license be revoked for bad driving. Drive drunk or dangerously and you'll get a fine, maybe even a jail term. But only as an absolute last resort will we take away your license. In the land of the free and the home of the brave, we don't mess with the freedom to drive.

The conviction that driving is an entitlement shows itself in a thousand ways. It's behind most urban sprawl, the logic of which goes something like this: I have a right to live wherever I want. I have the right to get to and from my place of residence quickly and in comfort. I have the right to privacy in my means of conveyance. Therefore, I have the right to well-maintained roads on which to travel in my personal vehicle wherever I need to go.

It's no accident that we use the term "right-of-way."

And of course the right to drive begets the right to park. So it isn't just roads I need; it's also parking lots and ramps. Pave paradise and put up a parking lot? Who says paradise wasn't paved to begin with?

A sense of entitlement also affects how we drive. Once I've established residency in a traffic lane, I have no obligation to let others share it. Let them stay in their own lane or wait on the entrance ramp.

And speaking of entrance ramps, I have the right to enter a freeway on my own terms. Ramp meters are an infringement on my freedom. Hey, why do you think they call it a "freeway"?

And heaven help anyone who's not in a motorized vehicle. Roads are for drivers, not bicyclists or pedestrians. Bike lanes just eat up parking spots. If you don't have a car, stay home.

We hold these truths to be self-evident, that all drivers are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are roads, personal automobiles and the pursuit of a parking place. That, to secure these rights, governments are instituted among drivers, deriving their just powers from the consent of the driven.

Forever and ever, amen.

Park Bugle

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The Bugle is a community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Northwest Como Park. The Bugle reports and analyzes community news and promotes the exchange of ideas and opinions in these communities. The Bugle strives to promote freedom of expression, enhance the quality of life in the readership communities and encourage community participation.

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COMMENTARY

by Robert Lamb

In September, the Falcon Heights City Council voted to change its reserve policy and to establish a 2004 levy that is less than that of 2003. This decision was the culmination of an intensive assessment of where we are and where we want to go as a city.

That assessment began with a long-range attempt to justify all of the city's financial policies. Most recently it resulted in an effort to systematically look at what is an adequate level of reserves for Falcon Heights to maintain in order to meet its commitments and preserve financial stability.

We thoroughly reviewed our current condition, our foreseeable needs and our available resources. The level and quality of city services is high. Our infrastructure, with the completion of Sheldon Street, is in good shape.

We have retired some debt, and what remains is clearly manageable. Property values are high and, with the completion of the southeast corner development at Larpenteur and Snelling, should continue to rise. Overall, the city is in good to excellent condition.

Adopting this policy will allow us to maintain city services and the city infrastructure at least at current levels. It will assure community members that tax dollars are well managed, that resources are adequate to meet future needs and that, as proper stewards, we are holding no more of the taxpayer dollar than is necessary.

This policy will provide guidance to city staff and to the

city council as we establish budgets and spending priorities. And, it will allow us to lower the property tax levy and probably lower the individual property tax.

The single greatest barrier to the adoption of this policy, frankly, is the state of Minnesota. The state, which at times has a great deal of difficulty managing its own affairs, has chosen in its wisdom to manage ours.

Periodically, the state has ruled that property tax levies may only be raised if the levy was raised the previous year.

This poorly conceived state mandate might encourage local governments to raise levies, not because they have immediate need for the monies, but to preserve the option to raise levies, if needed, in the future. Indeed, that very thing happened recently in Little Canada.

This state policy is wrong, and I urge Gov. Pawlenty and his administration to repudiate this foolish notion and allow us to manage our own affairs as we were elected to do. By adopting this new policy on reserves, we are taking the risk that the state will punish us. Nonetheless, it is the right thing to do.

We are also running the risk, by adopting this policy, of appearing to endorse Gov. Pawlenty's stance on state aid to cities, counties and school districts.

Local units of government are the primary providers of services. Cutting local aid has the effect of hurting the most vulnerable—the young, the old and those most in need. At the

same time, it puts tremendous upward pressure on property taxes, which are among the most regressive of all taxes. Rising property taxes could force the elderly and those on fixed incomes out of their homes.

I urge Gov. Pawlenty to revise his stance on local government aid, on the provision of services at the local level and on this harmful reliance on property tax.

That being said, adopting our new policy was the right thing for us to do. It will become an integral piece of the management practices that, in part, have made Falcon Heights a premier place to live.

Robert Lamb has been a Falcon Heights City Council member for two years.

Correction

In last month's article about the upcoming city council election in Lauderdale, incumbent candidate Moose Giannetti was misidentified as an archeologist. That job description actually belongs to another incumbent candidate, Karen Gill-Gerbis, who is also a commissioner on the Mississippi Water Management Organization.

In the same article, Leanne Lemire was described as an investment banker. A more accurate description is that Lemire is employed in a bank, where she does some investment-related work. The Bugle regrets the errors.

Dear friends and neighbors,

Every month you find it on your doorstep, or in a stack near the door of a store or business place. It's the Park Bugle, and we think it's the best neighborhood paper in the Twin Cities. It's written, compiled and produced by people living around us. It goes to folks in St. Anthony Park, Falcon Heights, Lauderdale and Northwest Como Park.

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Eva Rogness
Bugle Board of Directors

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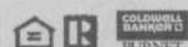
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Co-ops from page 1

volunteers who give "tons and tons of time." Volunteer involvement has always been important to Hampden Park.

According to Vaughn, preserving the role of volunteers and the maintaining the close interaction between the co-op's board of directors and its general membership was such a priority that Hampden Park declined to join an affiliated group of area food co-ops, because the larger group decided to phase out volunteer workers in individual stores.

"With volunteers, it's always a learning experience with the membership," says Vaughn. "At Hampden Park we want an independent membership with an independent board."

Nowadays, slightly less than half the shoppers at the store are non-members. The other 1700 households who shop there have purchased at least one \$30 share entitling them to voting membership in the co-op.

According to the co-op system, at the end of the year each member household receives a dividend that represents a percentage of the profit attributable to their purchases. The more a member spends during the year, the more he or she gets back in dividends at the end.

"At first they said we'd never make a profit," reports Vaughn with satisfaction, "but the first year we gave back 30 percent and every year since then we've given back dividends."

Although Hampden Park doesn't have a work requirement, about 400 member households earn additional discounts, which range from 15-28 percent, by volunteering their time.

While the co-op has about 25 paid staff people, many of the jobs around the store are handled by members.

Volunteers stock the shelves, package bulk orders and assist with intake of the merchandise. Vaughn estimates that, of members who volunteer, each contributes an average of three hours weekly to make the store a success.

As for what you can find at Hampden Park, "We have everything they have at Whole



Sheila Jordan, a Hampden Park Co-op member from St. Paul, chops vegetables for tuna salad. Jordan volunteers six hours a month.

Foods but in a smaller space," Vaughn says. "We're small and we listen to our customers and answer their needs. We have natural foods, health goods, bulk spices, bulk flours. Our deli reflects the high percentage of vegetarians among our customers, with less meat and no additives. We always carry organic products."

In addition to the range of foodstuffs, the co-op stocks books, gifts and household items that reflect the interests of the membership. Around the holidays, says Vaughn, customers are on the lookout for the store's special stock of ethnic clothing from Guatemala, and bags and purses from Nepal.

When crisis strikes Hampden Square, as it did several years ago when two young men died in a tragic holdup attempt at the store, the membership reacts as a community with discussions and consensus building.

"There had been robberies all around us. We made the decision to seek protection, and we continue to have a security guard in the store. But we've never been robbed again," Vaughn says.

In the end, it all comes down to atmosphere and community.

"We have a very loyal group of shoppers," says Vaughn. "They feel comfortable complaining, but we continue to fill a need for people who like to walk into a place and know some people."

Commonwealth Terrace: A place to come home to

At Commonwealth Terrace Cooperative, Americans are a minority. Residents at the 764-unit housing development, which flanks the St. Paul campus of the University of Minnesota, come from more than 70 countries, and it's a good bet that most of them have not given a lot of thought to the Rochdale principles. For them, a co-op means a clean, safe and reasonably priced place to live.

The fact that Commonwealth Terrace is also a multi-cultural paradise where children can learn to play in a half-dozen different languages without having to leave the block is strictly a bonus.

The sole qualification for residence at CTC, as it's been known to generations of residents, is that at least one member of the family must be a full-time student at the University of Minnesota.

Couples and families are eligible for the townhouse-style units, where monthly rents run from \$488 a month for one bedroom to \$656 for a three-bedroom unit.

Residents can gain a small reduction in rent in exchange for serving on upkeep and administrative committees. About 75 percent of the residents participate in service

Co-ops to page 7

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Local Episcopal church helps house the homeless

by **Antonie Young**

Homelessness is not something most St. Anthony Park residents have much direct experience with. However, through a program called Project Home, several area churches have been helping to offer temporary shelter to homeless people from around the Twin Cities.

Among these congregations is St. Matthew's Episcopal, which has been opening its doors for the past three years to those seeking shelter.

Ann Nerland, a St. Matthew's member who coordinates volunteers, has attended the church for over 20 years. Nerland sees to it that each shift has an adequate number of volunteers, who come from the five local churches involved in the temporary shelter program: St. Matthew's, St. Anthony Park Lutheran, St. Anthony Park United Church of Christ, the Society of Friends and Corpus Christi Catholic.

Project Home is organized by the St. Paul Area Council of Churches (SPACC). The area

churches volunteer for the month of August each year, with each church taking approximately a week of the volunteer duties.

"I coordinate two shifts of people for every night in August," Nerland said, adding that there are other volunteer churches all over St. Paul that work through the SPACC and Project Home to offer temporary housing.

"St. Matthew's volunteered as the host church to house the homeless, so we are where all the beds and equipment are," Nerland explained. Beds, bedding and other items are provided by the SPACC.

Approximately 20 people per night are needed to run the St. Matthew's program. Nerland said the volunteers change every week. "I feel that we really can make a difference in these people's lives. They are very grateful for the program, and I think they appreciate having a place to sleep."

Nerland added that one of the program's most positive outcomes is the experience it has

given St. Matthew's members.

"The thing I feel we've done—what's important—is that the program brings us in contact with people we might not otherwise come face-to-face with," she said. "It helps church members realize that the homeless are just like you and me, just having hard luck."

"I have taken my kids along to work at Project Home, and it is a frank realization for them to see people in that situation," Nerland said. "It has been a really positive experience for us, for our church and hopefully for the other churches."

Another outcome of St. Matthew's participation in Project Home is the recent job transfer of Grant Abbott, former rector at the church. According to Nerland, Abbott was at St. Matthew's for over 20 years and recently became the executive director of the SPACC.

"We've really had great success getting churches involved," Nerland said. "But we always need more volunteers to keep the program going."

Muñoz, who is married to a native of Columbia, explains that cross-cultural borrowing cuts in all directions.

"There's a Korean custom where you put a tray of household objects in front of a one-year-old. Whichever one the child grasps first is prophetic. If he takes a pencil, for example, he'll be an intellectual."

Muñoz liked this notion of predicting a baby's future so much that she tried it out on her own child.

St. Anthony Park Preschool cooperates for children's sake

Benefits to the community's children are an unexpected side benefit of the Commonwealth Terrace Cooperative. At the St. Anthony Park Cooperative Preschool, they're the whole point.

"We don't save a lot of money by having parents involved as volunteers," says Barbara Burk, teacher and registrar of the school, which has been housed in the basement of the St. Anthony Park United Church of Christ for most of its four decades of existence.

"But parents feel more connected to each other and to the program, and that sense of community filters down to the kids."

The 20 families whose 3-5-year-olds attend the preschool three mornings a week are not required to contribute a certain number of hours of work, but they tend to be involved in everything from the school's board of directors to the weekly production of homemade playdough.

Parents also handle the demanding job of fund raising, sponsoring everything from a silent auction at the school's annual Family Fun(d) Night to a massive all-school garage sale.

"The co-op attracts people who want to be involved. We have second generations attending the school," says Burk. "Strong bonds form (between the families and the school) and they do last."

Burk says that the school's cooperative philosophy is important to her as a teacher. "I never feel in danger of burning out, because of the support I receive from the parents."

Co-ops from page 6

opportunities, which can range from grounds maintenance to dealing with policies and procedures for the community.

The units at CTC, which was founded in 1954, have traditionally been in high demand. Currently, there's a one-year waiting list for space.

If residents come for the housing bargains, what keeps them at CTC is the opportunity for friendship and learning in an environment that resembles a miniature United Nations. According to Tammy Muñoz, program director at CTC, even residents from traditionally adversarial nations manage to put their differences aside and learn to cooperate, in a way that makes the housing complex a great place to raise kids.

As an example of the kind of cross-cultural experiences that are routine at CTC, Muñoz describes a birthday party one of her children attended in the CTC community building. The birthday child had just turned three, and although the 15-20 guests spoke six languages among them, communication in the universal language of childhood went off without a hitch.

In addition to food, music and games from the birthday girl's native Taiwan, there was one item not normally found at a traditional Asian party. "The family had made their own piñata," reports Muñoz, noting that they had probably encountered the Latino party staple at other children's parties at CTC.



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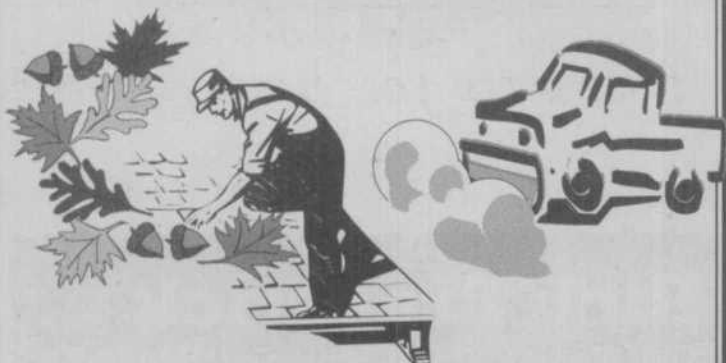
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Edina Realty



Liberian congregation from page 1

friends have been torn apart.

According to the International Institute of Minnesota, there are approximately 2,500 Liberians living in the Twin Cities, most of whom are concentrated in Brooklyn Park and Brooklyn Center.

"We are thinking of changing the name of Brooklyn Center to Monrovia" (the capital of Liberia), joked Victory Temple member Marie Hayes, who is the coordinator of international student services at Luther Seminary and also from Liberia.

For many Liberians, the Sunday morning service is a time for worship and a chance to connect with their community.

"Many Liberians work in nursing homes, so they often have to work weekends," said Hayes. "But they all make sure to request the same weekend off each month in order to be together in fellowship. We call that 'Liberian weekend.'"

Starting at 11:30 a.m. on Sunday, the eight-person choir of men and women in flowing orange-yellow robes begins gathering at the front of the church. They are soon joined by a drummer, conga drum player, keyboardist and electric bass player. Assorted pastoral leaders, such as Rev. Alphonso V. Johnson, also gather around the chancel area.

Congregants begin filling the pews. Most are young families dressed in what used to be called "Sunday best"—shirts, ties, dresses. Many also don traditional African garb, such as dashikis, flowing kaftans and

dresses with puffy sleeves. Bright blues, shimmering golds and vibrant reds create a sea of color on an otherwise drab fall morning in St. Paul.

A young dreadlocked choir member steps in front of the chancel. Facing the congregation, she shouts: "Are we ready for Jesus?" "Yes, Lord" and "Amen" abound in response.

The young woman begins an a cappella version of a Liberian hymn. Closing her eyes, she moves from side to side. The keyboardist picks up the melody and is joined by the drums. Soon, the pulsating, intricate rhythms overlap one another, superseding the melody. The entire congregation is singing, shouting, clapping and dancing.

Liberian music sounds paradoxically familiar and exotic to a newcomer. The music, like its people, spans a wide spectrum—the skillful blending of Western and African influences can be heard in soul, R&B and, of course, in the American art of jazz.

After a somewhat rambunctious start, the music and the congregation slow to a sway. "Praise Jesus" sounds across the sanctuary. Where the church bulletin's "call to worship" ends and the "praise and worship" begins is hard to determine, but that distinction doesn't seem to matter to anyone.

A woman, and then a man, come forward to read the scripture passages in lilting Liberian-accented English. Although the enunciation may require adjustment for some ears, the lyrical, harmonious quality is

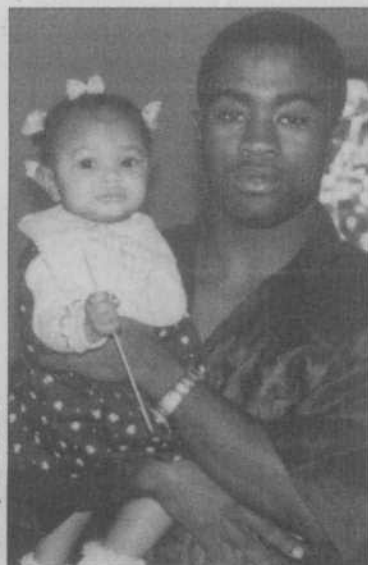


Photo by Natalie Zett

A Victory Temple member with his young niece.

beautiful.

After the readings, the choir begins a traditional anthem—"Stand up, stand up for Jesus"—accompanied by drums, tambourine and electric bass. Regardless of where one stands on the faith continuum, it's a moving experience to partake of.

Gratitude abounds during the prayer time, with many thanks to God for various healings. Throughout the service, children travel back and forth, sitting with a variety of adults. Babies are picked up by so many different people that it's impossible to determine who belongs to whom.

The preacher for this service is an earnest young man sporting a dark suit and spats. His sermon is very much in the evangelical Christian style. He is nonplussed by the little girl who stands up along side of him, and continues to deliver the word of God.

Instead of ushers passing the plate, two large woven baskets are placed near the altar, and people come forward to bring their gifts to God. They don't exactly walk, but rather dance and sing up the aisle as they deposit their gifts. They are admonished to come up twice and do so willingly.

One would never guess that these joyous, happy and grateful people have experienced tremendous loss and pain. The most amazing part of this congregation is the stories that a casual visitor would not hear. However, after the service Rev. Johnson, Marie Hayes and Harris Kiyee reveal another side of this congregation.

Liberian congregation to page 20

Pierce Richards

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Homeopathic Associates brings its brand of alternative medicine to Falcon Heights

by Dave Healy

How does a traditionally trained nurse end up in alternative medicine?

For Paula Jelinek, the journey started 11 years ago when she was diagnosed with lupus. As she began asking questions about care for chronic diseases, Jelinek found herself dissatisfied with the answers.

"I discovered that traditional medicine doesn't do very well with chronic illness," she said.

Jelinek decided to pursue other treatment options, and eventually tried homeopathy. "Eighty percent of my symptoms were eliminated within nine months," she said.

Although her experience with homeopathy was positive, Jelinek still saw the benefits of traditional medicine—enough to continue her career as a nurse and hospital administrator. But she knew that the world of medicine had more to offer.

Eventually, she decided to make alternative medicine more than just an avocational interest,

and she enrolled at the Northwestern Academy of Homeopathy. Furthermore, she convinced her sister, Brigh Haas, another health clinician, to join her.

The two women completed their training last year, and in January they opened Homeopathic Associates (644-3711) at 1755 Prior Avenue in Falcon Heights.

Although Jelinek's introduction to homeopathy was through her own chronic illness, she stressed that the treatment is effective for many acute illnesses as well.

"Homeopathy stimulates health," she said, "by treating the individual rather than the disease. What we call disease is really imbalance, and symptoms are an individual's expression of the body's imbalance."

In seeking the most effective remedy, she added, a homeopath considers the totality of an individual's symptoms—physical, mental and emotional.

Jelinek is pleased with their location in Falcon Heights, where they're in the same building as the Minnesota State Horticultural Society. "That feels like a good match," she said. "Many homeopathic remedies are made from plants."

For now, Jelinek and Haas are content to live in two worlds—both traditional and alternative medicine. "I understand the benefits of both," Jelinek said.

In her position as program manager for Fairview Hospital's Pain Management Center, Jelinek has worked to educate the medical staff there about how to deal with patients who also use homeopathy.

Currently the center's medical director is working with a pharmacy student to study the effectiveness of homeopathy for chronic pain. And Jelinek is exploring the possibility of credentialing as a homeopathic practitioner in the Fairview Healthcare system.

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4-H News

by Bobby Ragoonanan

My name is Emperor Palpatine. Bobby Ragoonanan is destroyed. I went to the October 4-H meeting disguised as him to get my name in the paper and write this report.

The Northern Lights 4-H Club went to the Linnea Home, where our talent show was a big success. We did a skit that told

the true story of the "Three Little Pigs." There were musical performances by piano players (seven of them), a bass, flute, clarinet (ME!), harmonica and two singers. Also, someone read a poem.

Afterward, we chatted, made cards for the residents and had a snack. I talked to one resident

who is left-handed, like me. She got her hand slapped with a ruler every time she tried to write with her left hand.

I think the residents really enjoyed our visit.

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Getting from here to there

by David

A recent neighborhood study by urban geographer David Lanegran identified transportation as one important issue facing St. Anthony Park. This month the Bugle invited four people to discuss transportation in and around their neighborhood.

Alice Hausman, state legislator

Mary Nelsestuen, metro representative to the State Bicycle Advisory Committee

Joe Ring, business owner (J. Ring Glass), District 12 Community Council member

Robert Straughn, commercial real estate attorney, District 12 Land Use Committee member

How does St. Anthony Park's location in the Twin Cities metro area affect the transportation issues that confront the neighborhood?

Straughn: The people who live in this neighborhood likely have two concerns. One is their ability to get to other parts of the metropolitan area. The other is the effects of traffic through St. Anthony Park and how it affects the neighborhood. But another question is how people who live outside the neighborhood and have jobs here are affected by transportation in St. Anthony Park. Particularly for the business community, that's an important consideration. It's not just how do I get to work in Bloomington, but also how does someone who lives in Bloomington get to work at, say, Joe Ring's glass studio? So St. Anthony Park's transportation issues are part of those affecting the entire metropolitan area.

Hausman: Yes, it's hard for me to get away from the idea of region and focus on neighborhood because in the area of transportation, we are so interdependent, and if the whole region doesn't work, no part of that region is going to thrive. As major highway corridors become congested, people look for other routes. So Como Avenue, Energy Park Drive, Cleveland Avenue, Highway 280—these are going to see an impact as congestion on I-94 gets worse. With 280, for instance, the original explanation for building it, according to MnDOT, was to take the truck traffic off Eustis. With each new development, that highway, which was never built for the amount of traffic it's carrying, takes more and more of the burden.

Ring: Doing business in the Raymond-University area is much different from being in the suburbs. There your busiest time is probably from 4-6 p.m. Here it's noon because there is less difficulty in fighting traffic and finding parking. So we already have an unusual situation from the perspective of retailers. If you're only serving people in the neighborhood, congestion isn't much of a problem, but that changes if your customer base expands to the rest of the metro area. South St. Anthony Park is a great location for my business. It's very easy to give people directions on how to get here. That advantage is not lost on others. This area is going to continue to grow because of its central location and because there is under-utilized land that will be developed. So the question isn't just what traffic problems do we have now, but what we will have in the future? Change is going to happen. How are we going to respond to that change?

Hausman: Congestion, then, can be seen as a good thing because it means we're a thriving area. We don't want to stifle development, but we need to make sure that development and transportation planning take place together, and that hasn't always happened in the past. For example, because we're so close to Minneapolis, it's vital that the two cities work together to address developments that take place along our common border.

Nelsestuen: We've been talking mostly about driving, but there are other important forms of transportation. For example, for people in this neighborhood who want to get to either of the downtowns, the bus service is pretty good. People who need to travel between the two campuses of the University can use buses or bicycles.

Hausman: St. Anthony Park has the potential for enjoying even more transportation options if certain plans come to pass. Take the commuter rail line that's been talked about from the St. Cloud area. If it eventually goes to Hastings, and if it takes the southern route that Amtrak now takes, that corridor would go right under the U of M transitway. That means students and faculty anywhere from St. Cloud to Hastings could get on a train, get off in St. Anthony Park and continue by bus to either campus. That not only reduces pressure on roads but also on the need for parking lots and ramps.

What recent developments have had the greatest effect on transportation in and around St. Anthony Park?

Ring: I'd point to some less visible things that may not have had an immediate impact but that have ominous implications for the future. When the Franklin-Emerald Task Force had its first meeting to talk about creating an area plan, it was specifically stated, "We will not discuss traffic." Here we were going to be discussing a plan to redevelop over 50 acres of property, and the task force was told not to talk about traffic. When I sat on the task force for the Snelling-University and Lexington-University intersections, there was no discussion about traffic in connection with those redevelopment plans. That's just bad public policy.

Hausman: If you just leave things up to local businesses to manage their own problems, they have no choice when they want to expand or build a new property but to add a parking lot or ramp, which is very controversial with residents. We've seen that happen on Grand Avenue in St. Paul. But if, 10 years ago, the city had been engaging in a regional transportation discussion, then the more recent proposal for a commuter rail line that would follow the Amtrak corridor, which parallels Ayd Mill, could have included a stop at Grand Avenue, combined with, say, a trolley that would take people down Grand. Then anyone from St. Cloud to Hastings could shop on Grand Avenue without driving an automobile there. But to make that kind of thing happen, we need advocacy that involves business owners and citizens who have been informed about regional transportation issues and plans.

Nelsestuen: So how can that advocacy be promoted?

Hausman: What St. Anthony Park is doing with its neighborhood plan is the best way to start. I was encouraged to hear Joe Ring say earlier that we know things are going to change, but we must ask how we are going to shape that change. Any

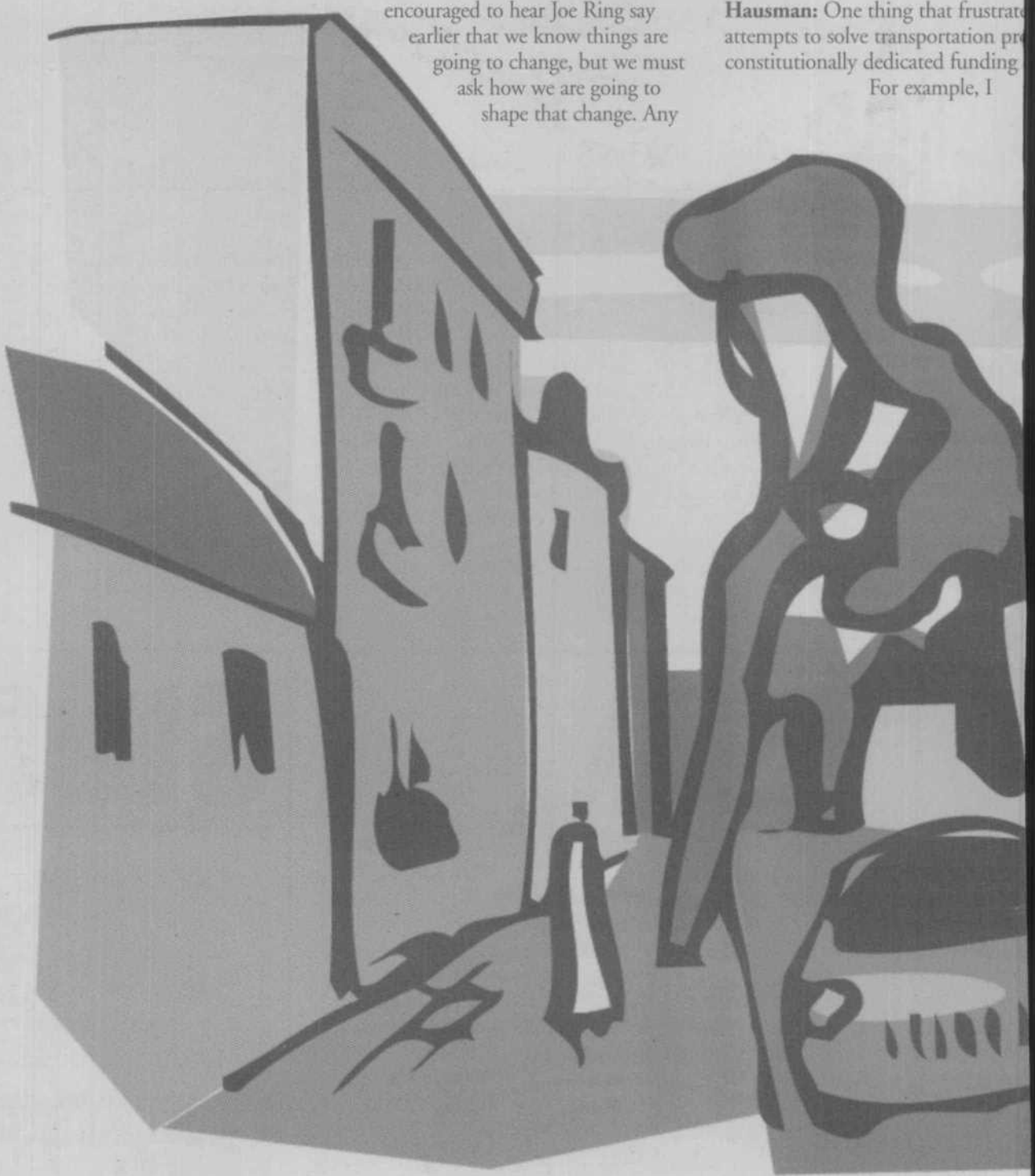
community that already says that is choices. I sat in meetings about pro in St. Paul, and people said, "We lik don't want anything to change." Bu people come into the metropolitan

Straughn: When you're talking abo affected transportation, you have to example, the current administration detriment of transit. We have adopt approach transportation issues. Sub urban neighborhood like St. Antho great potential, the discussion abou back burner, if even there. That me significant opportunity to improve

Hausman: I was at a roundtable di of Women voters, and at one point 80s looked at me and said, "You do safe on the roads, and you want to supposed to get around?" Their poi transportation choices for people li often still active and wanting to me serving them.

Nelsestuen: And they also need ho walk to places where they need to s St. Anthony Park, we're lucky beca us can walk to those kinds of place people who live in other places dor

Hausman: One thing that frustrate attempts to solve transportation pr constitutionally dedicated funding. For example, I



and around St. Anthony Park

Healy

ing way toward making some good changes for West Seventh Street in neighborhood the way it is; we then you have a million more things are going to change.

cent developments that have sider political developments. For elected to focus on roads, to the suburban mentality about how to are auto-dependent, but for an ark, where light rail transit has ntral corridor has moved to the e're going to miss out on a ortation in St. Anthony Park.

on recently put on by the League ple who were probably in their ant us to drive. You say we're not away our keys. But how are we as that we don't provide m. That's a population that is ound the city, but we aren't

where it's safe and convenient to r receive services. Living in any of many e that.

ative s is s.

introduced a bill that said if on a major highway corridor like 494 or 35, Metro Transit proves that they can increase the capacity of that corridor by, say, 5 percent, then they would get a portion of the gasoline tax to operate the bus line on that highway. The idea was that if the purpose of the gas tax is to move people and goods on our highways, and if we could get more capacity out of a particular highway, then that's a good use of that money. But that bill didn't even get a hearing. To try doing anything more flexible with that gas tax is very difficult to accomplish.

How does St. Anthony Park stack up in promoting and using alternatives to one-passenger automobile trips? What forms of alternative transportation should the neighborhood be investigating?

Nelsestuen: One thing I'm not aware of is whether there have been studies about what forms of transportation the people who live in St. Anthony Park actually use. As I said earlier, I think we're fortunate in having pretty good access to bus lines. But as far as promoting public transit or other forms of transportation like bikes, I don't see much in the way of a community effort to do that. One thing I've become more aware of recently is that an emphasis on children's safety has resulted in fewer of them walking or riding bikes to school, which often means that parents drive them. One study found that 20-25 percent of morning traffic is parents driving their children to school. So if we could promote alternatives to cars for getting kids to school, that would reduce congestion.

Hausman: One idea that's being tried in some places is to encourage retired people or parents who work at home to become a

"walking school bus." So an adult walks down a street and picks up the children who live on that street and accompanies them to school. That kind of thing could be organized and coordinated, and in some areas it's being supported by groups such as the Juvenile Diabetes Association, which recognizes that rising diabetes rates result in part from lack of exercise. They're asking, How do we build into a child's day what at one time might have been higher levels of exercise—such as walking to and from school?

Nelsestuen: Yes, Safe Routes to School is one of those programs that several schools in St. Paul have implemented.

Straughn: There are other things we could do in this neighborhood. For example, there are some streets in St. Anthony Park that don't have sidewalks, and there are other places where sidewalks are in poor repair. In University Grove, when the streets were repaved, they replaced all the sidewalks, but we haven't done that here. We could do more to promote pedestrian safety. We could add more bicycle lanes. I wish there was a way to get from Langford Park to the U of M transitway without having to carry your bike across the railroad tracks. Also, although we say we have pretty good access to bus transportation, we really have very little say when it comes to decisions to change bus routes. When Route 3 was changed, the Como Park neighborhood was proposing changes that would have significantly reduced service on Como Avenue through St. Anthony Park, yet I didn't hear an outcry from people in our neighborhood. Also, just a few weeks ago major changes were made to the Cleveland Avenue bus route (Route 87), but I would bet that hardly anyone in the neighborhood knows about those changes.

Hausman: If users have an opportunity to be part of the dialogue early enough in the process, they are the ones who understand how the system works and can make some good suggestions. But that kind of process is more time consuming and "messy" than simply having someone in an office somewhere draw a line on the map.

Ring: Many alternative forms of transportation have to come from the ground up. For example, I bike to work. That's a personal choice I've made. But I don't hear a lot of agitation from other people in the neighborhood about improving conditions for bicyclists. Yet if we could get even one percent of drivers to ride a bike, that's one percent of growth in congestion that we won't have. So if there are people in St. Anthony Park who want to see more resources devoted to alternative forms of transportation, they have to speak up.

Hausman: Our mindset is that the automobile is supreme. I'm always struck when I travel in Europe that no matter how winding and narrow the roads, there are bicyclists on those roads, and they are treated as if they have a right to be there. Drivers behave as if they have an obligation to share the road.

Nelsestuen: I've ridden a bike in Ireland, and I never felt unsafe. The roads were narrow, but if drivers didn't think it was safe to pass, they stayed behind you until it was. Here, on the other hand, there are a lot of drivers who don't think bikers should be on the road. That attitude creates fear in many people who would otherwise use a bike, not necessarily for commuting, but for running errands and things like that.

Hausman: People in St. Anthony Park are open to and are already walking, biking and using the bus. I think citizens here are ready for alternatives. When government has to provide the initiative, it has been slow in coming. I like some of the concrete suggestions Bob made for how we could move more creatively and safely around in this neighborhood, and I'm hoping they get picked up in some way because we have the resources to accomplish things people believe are important. We've proved that with projects like the library. If there's a good idea, the neighborhood says, let's do it.



e t c e t e r a

Arts Events

Music in the Park Series presents the Twin Cities debut of New York-based Concertante on Sunday, November 2 at 4 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Avenue.

Concertante consists of Ittai Shapira and Xiao-Dong Wang, violins; Ara Gregorian and Rachel Shapiro, violas; and Zvi Plesser and Alexis Pia Gerlach, cellos. They will perform Schoenberg's "Verklärte Nacht" and the Sextet for Strings in B flat major by Brahms.

Tickets are \$18 in advance, \$20 at the door and \$12 for

students (when available). All seating is general admission. Advance tickets are available by calling 645-5699.

St. Matthew's Episcopal Church presents **Festive Evensong** at 4:30 p.m. on Saturday, November 1 at the church, 2136 Carter Avenue. The event honors the 20th anniversary of J Michael Compton as music director of St. Matthew's parish.

The concert will be followed by a 5:30 p.m. pasta dinner prepared by the Brother Lawrence Guild. Dinner reservations may be made by calling 645-3058.

Several local artists will participate in **Art at 2402's** annual open studio and sale on Friday, November 21 from noon to 10 p.m. and Saturday, November 22 from 11 a.m. to 9 p.m. The studios are located in the Chittenden and Eastman Building at 2402 University Avenue, two blocks east of Highway 280 in St. Paul.

Twenty-five artists will showcase their work in a variety of artistic forms: ceramics, paintings, textiles, prints, photographs, decorative objects and more.

For more information call 645-4637 or 645-3379.

When Darkness Falls, a group exhibition by 12 emerging artists, opens November 14 and runs through December 14 at Midway Contemporary Art. Works in the exhibit will include photography, video, drawing and sculpture.

An opening reception will be held November 14 from 6-8 p.m. The gallery is located at 2500 University Avenue, Suite C2. For more information, contact John Rasmussen at 917-1841 or johnr@midwaycontemporaryart.org.

Lectures

The second annual **Patrick Green Memorial Lecture** will be held Sunday, November 23 from 4-6 p.m. at St. Anthony United Church of Christ, 2129 Commonwealth Avenue.

The lecture will be given by Minneapolis architect John Cunningham and Rev. David Keller, former spiritual director at the House of Prayer in Collegeville, Minnesota and current retreat leader in northern California. Their presentation will focus on creating and celebrating sacred spaces.

For more information, call the church at 646-7173.

Mark Martell will discuss "Minnesota's Important Bird Areas" at a meeting of the St. Paul Audubon Society on November 13 at 7 p.m. The meeting will be held at Falcon Heights City Hall, 2077 Larpentur Avenue, just east of Cleveland Avenue.

Martell is director of bird conservation for Audubon Minnesota. He will discuss that organization's efforts to identify the state's Important Bird Areas (IBA). For more information, call 763-587-4932.

Gardening

St. Anthony Park Garden Club member Ann Stout will present "Exploring the Forests of the South: Belize to Tierra del Fuego" at the group's November 18 meeting. The program begins at 7 p.m. and is open to the public. It takes place at the St. Anthony Park Library.

The Garden Club will sponsor a poinsettia sale this fall. Order forms will be available at the library and at local businesses beginning November 1. Proceeds from the sale go to the landscaping project at the library.

Sales

The gift shops of Como Zoo and the Marjorie McNeely Conservatory will hold their **annual holiday shopping event** on November 19 and 20 from 5-8 p.m. Complimentary refreshments and gift wrapping will be available.

For more information, call the Conservatory Gift Shop at 487-8260 or the Zoo Gift Shop at 487-8223.

Holy Childhood Catholic Church will hold its annual **turkey dinner and boutique** on Sunday, November 9 from 11 a.m. to 2 p.m. at the church, 1435 Midway Parkway. For more information, call Agnes Dynes at 644-9911.

Library Events

On Wednesday, November 5 **Kim Heikkila** will talk about women who served in Vietnam.

On Monday, November 17 **Warren Gore** will discuss the book "Casanova's Parrot and Other Tales of the Famous and Their Pets."

Both events take place at 7 p.m. at the St. Anthony Park Library.

Tea

Lady Elegant's Tea Room and Gift Shoppe in Milton Square will host their third annual **Chocolate Lover's Tea** on November 7 and 8 at 11 a.m. and 3 p.m. To make a reservation for this six-course tea, call 645-6676 or visit www.embellishteat.com.

MOMS

The St. Anthony Park/West Como MOMS Club is looking for moms who are interested in joining the group. MOMS Club is an international nonprofit organization that offers day-time activities and support for mothers who are home with children during the day. The group also sponsors a monthly "Moms' Night Out." For more information, contact Traci Schabert at 659-0038.

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Dr. Roland Martinson, the Carrie Olson Baalson Professor of Children, Youth and Family Ministry, Luther Seminary

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Stay for dinner and more conversation with Brent after the program. Guests will purchase their own meals. Books will be available for purchase and signing.

For more information call
651-641-3399

e t c e t e r a

Recreation

Registration is under way for basketball at Langford and South St. Anthony Recreation Centers. There will be teams for boys and girls ages 8-16. Practices start in mid-November and games during the second week of December. Instructional basketball for ages 4-7 will begin January 7.

The annual Halloween Party for boys and girls ages 12 and under takes place Tuesday, October 28 from 4:30-5:30 p.m.

Langford Park Booster Club meetings are held every third Wednesday at 7 p.m. and are open to all residents.

Volunteers

Ramsey County Mental Health Center is looking for people to serve as a recreation group assistant. Volunteers will provide additional one-to-one attention, direction and support for participating clients.

Volunteers must be at least 18 years old. For more information contact 266-4090 or volunteerservices@co.ramsey.mn.us

People

On September 20, St. Anthony Park resident Gerald McKay was named "Honorary Isanti City Resident" as part of the city's downtown revitalization celebration. McKay, 94, served as a teacher and principal in Isanti during the early 1930s. During that time he also conducted the community band.

McKay went on to teach in Brainerd, and later joined the University of Minnesota's State Extension faculty as an audio visual specialist.



St. Anthony Park author Anne Ylvisaker appeared recently in Schaumburg, Illinois, where her book, "Dear Papa," was chosen for the all-city reading program. Ylvisaker was a guest at several schools and book groups in October.

Set in World War II, "Dear Papa" is a novel in the form of letters from a nine-year-old girl to her dead father, as well as to family and friends. Signed copies of the book are available locally at Micawber's.

On September 20, St. Anthony Park resident Clarissa Schwartz won the 2003 Grand National Championship in Gold Medal Equitation at the 31st Grand National Paso Fino Horse Show in Perry, Georgia. She was also named the Paso Fino Horse Association Youth of the Year.

Schwartz is a 2003 graduate of Concordia Academy, where she was a member of the National Honor Society and National Spanish Honor Society. Currently she is a first-year student at the University of Wisconsin-River Falls.

Falcon Heights resident Barbara Reid, a retired professor in theatre

arts and dance at the University of Minnesota, was recently inducted into the College of Fellows of the American Theatre at the Kennedy Center, one of the highest honors that theatre educators and professionals confer on peers.

Minnesota Diversified Industries has named Lance Novak chief financial officer and corporate treasurer. Most recently, Novak was information systems group director for Jostens. Novak is a CPA and received his MBA in corporate finance from the

University of Minnesota.

Founded in 1964, MDI's mission is to create employment for people with disabilities and disadvantages. They currently employ 500 people at three sites in St. Paul, Hibbing and Grand Rapids.



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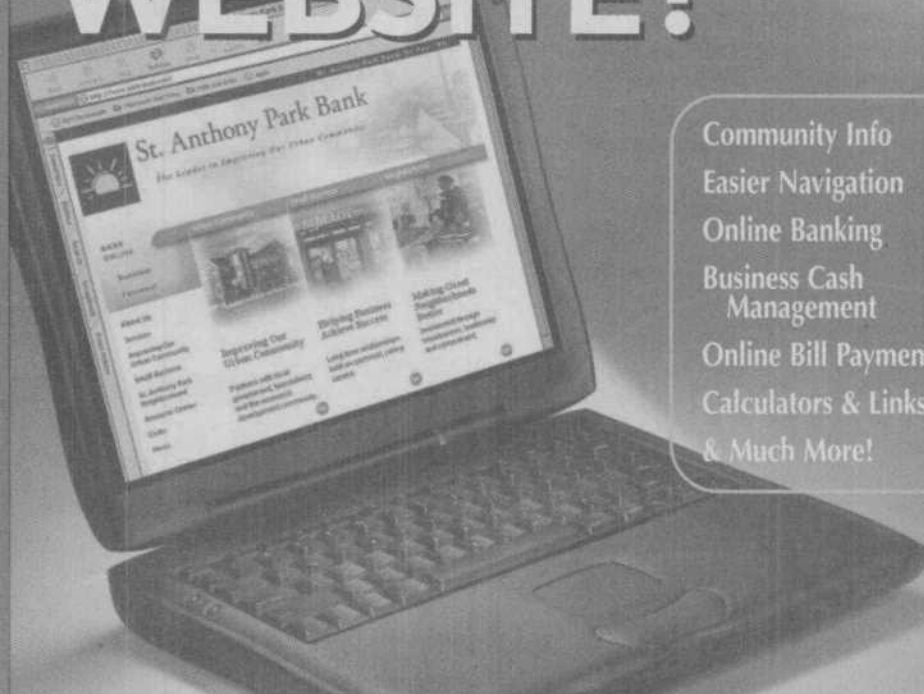
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College grads from page 3

bending at all for 10 days. He got through it with Ibuprofen and by sitting in the cold water.

But the rewards far outweighed the problems. The scenery was remarkable, especially on the Bloodvein River (from Red Lake, Ontario, to Lake Winnipeg). The sheer cliffs and pristine waters were worth every bit of effort it took to get there.

They also enjoyed meeting people in the towns they passed through. Everyone was friendly and open, and the canoeists appreciated socializing with someone other than their traveling companions.

On the other hand, they didn't have the luxury of disagreeing with each other. They had to rely on one another for everything, every day.

The three friends have scattered now, Gorton back to New Jersey, van der Wege to Montana and Barrett to St. Anthony Park, though he is looking into going to Asia somewhere and is learning Russian ("just in case"). They would all like to do the trip again, and Barrett has even looked into becoming a guide.

Barrett emphasized that this kind of trip is within most people's grasp. You just have to know that you are going to do it and keep asking questions. And, of course, it doesn't hurt to be young, fearless and in great shape.

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No bones about it

by Kristi Curry Rogers

Every year for four days in the fall, paleontologists gather at a big meeting of the Society of Vertebrate Paleontology. This society is made up of paleontologists from around the world who study extinct animals with backbones—otherwise known as vertebrate paleontologists.

I'm writing to you from the conference at the Radisson Riverfront Hotel in downtown St. Paul.

For the first time ever, this meeting is being held in St. Paul, and over 1000 paleontologists are listening to talks, viewing posters and making plans to work together at new field sites and on new projects. It is a great time to share stories and plan new adventures.

The meeting officially began on October 15, when four different sets of talks were held at the Radisson, but scientists started coming into St. Paul as early as last week to view the fossil collections at the Science Museum of Minnesota and to go on a field trip to the high plains of North Dakota, where they find lots of fossil mammals.

The scheduled talks included a special meeting of fossil preparators (people who put fossils back together again after they are discovered), as well

as an entire day dedicated to discussing how bones form and how they become fossils, how ancient creatures such as dinosaurs lived in extremely cold places like Antarctica and Alaska, and how major events in the history of vertebrate animals, such as the evolution of birds from dinosaurs, came to pass.

On October 17, I participated in a special press conference and heard several really exciting talks. A professor from the University of Michigan showed some amazing evidence of woolly mammoths and fossilized wounds indicating that these ancient elephant relatives fought each other just like elephants in Africa do today.

Another paleontologist at the press conference investigated the possibility that the very biggest dinosaurs (the brontosaurus, or sauropod dinosaurs—my favorites) might have reared up onto their hind legs to feed.

This talk was interesting because the scientist answered his question by looking for fossilized fractures in bones that were around 150 million years old. He found so few stress fractures that he concluded that sauropods probably spent most of their time with four feet on the ground.

I presented the last talk at the press conference. I focused on

some really exciting new information that my friend Greg and I have been gathering about how dinosaurs grew. We've been able to figure out that all dinosaurs probably grew much faster than living turtles, lizards, and crocodiles—and instead grew as fast as modern mammals and birds.

The meeting ended on October 19, and all of the paleontologists headed back to their colleges and museums. Some came from as far away as Japan and Australia.

Next year the meeting will be in Denver, and I can't wait. To me, there is nothing more exciting than sharing stories of discovery with my fellow fossil hunters.

Remember that I'm always interested in your questions about dinosaurs. You can e-mail me at krogers@smm.org.

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791 RAYMOND AVENUE ST. PAUL, MN 55114

HOURS
TUE-FRI 11:00 AM-9:00 PM • SAT 5:00-9:00 PM
SUN 5:00-8:00 PM • RESERVATIONS ACCEPTED FRI & SAT 651-646-2655

NOVEMBER ARTS

Cure for Cabin Fever? Experience the Arts On Campus

"Sounds of the Season"—Holiday choral favorites. 2 p.m. Dec. 7, Ted Mann Concert Hall. 612-626-8742; www.music.umn.edu

"New Photography: 2002-03 McKnight Fellows"—Katherine E. Nash Gallery, Regis Center for Art. 612-624-7530. Through Dec. 18.

"Frank Gehry: Designs for Museums"—Weisman Art Museum. 612-625-9494; www.weisman.umn.edu. Through Jan. 4.

"The Art of Cats"—Bell Museum of Natural History. 612-626-9660; www.bellmuseum.org. Through Dec. 14.

Macbeth—Rarig Center. 612-624-2345; www.cla.umn.edu/theatre. Nov. 7-16; Jan. 29-Feb. 8, 2004.

U Bookstore Author Series—Jack Zipes and others. Coffman Union. 612-626-0559; www.bookstore.umn.edu/genref/authors.html

Evergreen Wreath Workshop—and other classes at the Minnesota Landscape Arboretum. 952-443-1422; www.arboretum.umn.edu

Sweaters by designer Solveig Hisdal—Goldstein Museum of Design, 612-624-7434; goldstein.che.umn.edu. Jan. 25-March 28.



UNIVERSITY OF MINNESOTA

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Music

Coffee Grounds
1579 Hamline Ave., 293-8800

- Machinery Hill
November 1, 8pm
- Open Mic
November 2, 6pm
- Eric Nelson
November 6, 7pm
- Brad Turner
November 14, 8pm
- Spruce Top Review
November 15, 8pm
- Open Mic
November 16, 6pm
- Children's Music and Movement
November 20, 10am
- Scott Horwath
November 20, 7pm
- Lotona
November 22, 8pm
- Ivory Bridge
November 29, 8pm

Prairie Star
2399 University Ave. W.,
646-7827

- Saturday Jams
Every Saturday, 10am-1pm

New Folk Collective
293-9021

- Gordon Bok
October 30, 7:30pm
St. Paul Student Center Theatre
- The Duhks
November 8, 7:30pm
SPSC Theatre
- Lou and Peter Berryman
November 22, 7:30pm
SPSC Theatre

Ginkgo Coffeehouse
721 Snelling Ave., 645-2647

- Celtic Halloween with Kathryn Mannying
October 30, 7:30pm
- Becky Schlegel with Brian Fesler
October 31, 8pm
- Gina Francis Anderson; Christopher Cunningham
November 1, 7-9pm; 9-11pm
- Kent DuChaine with Joe Rathbone
November 6, 7:30pm
- Charlie Parr
November 7, 8pm
- Erik Nelson; Series of Clicks and Beeps
November 8, 7-9pm; 9-11pm
- Scott Alarik
November 13, 7:30pm
- The Remnants
November 21, 8pm
- Bluegrass and Oldtime Jam Session
Fourth Wednesday, 7:30pm
- Open Stage
First and third Wednesdays,
6pm sign-up

Music in the Park Series
St. Anthony Park United Church of Christ
2129 Commonwealth Ave.
645-5699

- Concertante (string sextet)
November 2, 4pm
- Belladonna (Baroque quartet)
November 30, 4pm

St. Matthew's Episcopal Church
2136 Carter Ave., 645-3058

- Festive Evensonq
November 1, 4:30pm

Performing Arts

Como Park Senior High School
740 Rose Ave. W., 293-8800

- Rodgers and Hammerstein's "South Pacific"
November 13, 7pm
November 14 & 15, 7:30pm
November 16, 2pm
- Annual Dinner Theatre
November 15, 5pm

Visual Arts

Anodyne Artist Company
825 Carleton St., 642-1684

- Art... what is it?
Each third Thursday
Doors open at 7pm;
performance starts 7:30pm

Goldstein Gallery
244 McNeal Hall,
1985 Buford Ave.,
612-624-7434

- "Form/Inform"
Through January 4

Raymond Avenue Gallery
761 Raymond Ave., 644-9200

- "Sculptural Variations in Handmade Paper"
Through November 15

Midway Contemporary Art
2500 University Ave., Suite C2,
917-1851

- Samara Caughey and Jesse Chapman
Through November 9

- "When Darkness Falls"
November 14-December 15

Art at 2402
2402 University Ave.,
645-4637, 645-3379

- Open studio and sale by 25 artists
November 21, noon-10pm
November 22, 11am-9pm

The Community Calendar is sponsored monthly by

Wellington

MANAGEMENT, INC.

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292-9844

NOVEMBER CALENDAR

3 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.

4 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. 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.
- 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.

5 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.
- "Women Who Served in Vietnam", St. Anthony Park Library, 7 p.m., 651-642-0411.

6 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.

7 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.).
- Preschool story time for ages 3-5, St. Anthony Park Library, 10:30 a.m. 651-642-0411
- Falcon Heights recycling.

9 Sunday

- Turkey dinner and boutique, Holy Childhood Church, 1435 Midway Parkway, 11 a.m. to 2 p.m.

10 Monday

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

11 Tuesday

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

12 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpenue 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.

13 Thursday

- Full Council Meeting, St. Anthony Park Community Council, South St. Anthony Park Rec Center, 890 Cromwell, 7 p.m.
- St. Paul Audubon Society (763-587-4932), Falcon Heights City Hall, 2077 Larpenue Ave., 7 p.m.

14 Friday

- Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, St. Anthony Park Library, 10-11 a.m.
- Preschool story time for ages 3-5, St. Anthony Park Library, 10:30 a.m., 651-642-0411.

17 Monday

- Book Talk with Warren Gore, St. Anthony Park Library, 7 p.m., 651-642-0411.

18 Tuesday

- District 10 board meeting; call 651-644-3889 for details.
- St. Anthony Park Block Nurse Program board of directors meeting, St. Anthony Park United Methodist Church library, 7 p.m.
- St. Anthony Park Garden Club, St. Anthony Park Library, 6:30 p.m.

19 Wednesday

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

21 Friday

- Preschool story time for ages 3-5, St. Anthony Park Library, 10:30 a.m. 651-642-0411
- Falcon Heights recycling.

23 Sunday

- Patrick Green Memorial Lecture, St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., 4-6 p.m.

24 Monday

- Como Park & Lauderdale recycling.

25 Tuesday

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

26 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpenue 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.

Items for the December Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, November 14th.



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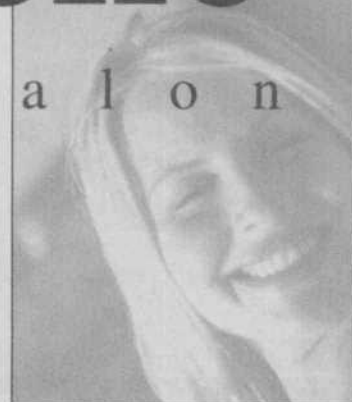
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A Foundation of Neighbors *Supporting Our Future*

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

about the richness of the environ-
ment and their role in its preserva-
tion.

Last month I had the privilege of
accompanying 72 excited and
adventurous sixth-graders from St.
Anthony Park Elementary School
on a trip to the Wolfbridge

Programs like this pay incredible
dividends for our community and
nation. The joy expressed over the
discovery of a crayfish in a stream
or the sighting of a bald eagle
soaring toward Lake Superior will

Environmental
Learning
Center in
northern
Minnesota. I
went as a
father, but also
viewed the
experience as
an opportuni-
ty to evaluate
the worth of
the St.
Anthony Park
Community
Foundation's
continuing
support of this
program.



Kia Lee, Kim Alexson and
Kristin Brintnell

connect
these chil-
dren to
nature in
deep and
meaningful
ways. The
helping
hands they
received and
offered will
shape their
lifelong
vision of
community.

Through
your gen-
erosity, the

St. Anthony Park Community
Foundation is proud to contribute
to important programs like this
one at our neighborhood elemen-
tary school. On your behalf, we
will continue to identify and sup-
port those nonprofit organizations
and initiatives essential to the
health of our community.

My one word conclusion:
Awesome! This week-long camp
set on a forested ridge overlook-
ing Lake Superior combines
nature studies, scientific experi-
ments, ropes courses, rock climb-
ing, hiking, history, and play. The
camp environmentalists and stu-
dent counselors provide an excel-
lent curriculum where all students
feel supported and challenged. For
many, this is their first experience
in the woods, for some, their first
time away from home.

As I helped these kids struggle to
succeed individually and collec-
tively, my confidence in the future
was renewed. Their determination,
intelligence, humor, and concern
for each other ignored any cultur-
al or socioeconomic differences.
They were a true community,
growing closer as they learned



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Exp 11/30/03**Aging Gracefully** by Mary Jo Tarasor

As the holidays come closer, I often find huge piles of glossy catalogues cascading into my front doorway when I go to get the mail, not to mention "pre-approved" credit card and loan offers.

Did I request these advertisements? NO! Have I ever slid on them coming in the door? YES! Is there a danger that someone could remove them from my doorway and use them to perpetrate identity theft on me? YES!

So you can bet I was happy to find out earlier this fall that there are effective ways of reducing the amount of junk mail I get.

I can still request catalogs for items I might actually want, but I will no longer get power tool catalogs just because I charged a shirt at Sears, where power tools are sold, and Sears sold my name and address to a construction supply company.

There are several reasons why this is a good thing for me:

- I will not accidentally throw away my electric bill again because it was hidden between the catalogs.

- I will not have to worry that a thief may grab one of the

credit card offers out of my doorway—since it doesn't all fit into the mailbox—and use it to make me a victim of identity theft.

- I will reduce the amount of stuff I have to cart out to the curb on recycling day—and the amount of pollution I cause on this earth.

- I will not run the risk of sliding gracefully—and dangerously—onto my posterior as I carry in my groceries because I didn't see a mound of unwanted catalogues under my feet.

At the St Anthony Park Block Nurse Program, we have begun a campaign to help people in our community who would like to get rid of excess junk mail.

If you don't think this is a problem for you, try this: For just one week, set aside all the unwanted pieces of mail you receive. At the end of the week, count them and/or weigh them.

You may be surprised at the amount of junk mail that is cluttering up your life, especially when you multiply the results by 52 and find out how much of this clutter you handle every year.

What you can do to end this is send a note to the bulk mail preference department of the

Direct Mail Association. They are then required to remove your name from lists that are shared or sold between advertisers.

St. Anthony Park Block Nurse Program will distribute the necessary forms for anyone who requests one from our office. We will also have posters in the St. Anthony Park Library and at Seal High Rise with more detailed information on the junk mail reduction campaign.

You may have to send in more than one form if, for example, you get mail for John Smith and also for Mr. J. Smith. Also, it is more effective if a form is sent for each individual in the household who receives mail. But you will see a reduction in your unwanted junk mail within several weeks.

Please contact our office at 642-9052 or e-mail us at sapbnp@bitstream.net for more information or to request forms.

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 sapbnp@bitstream.net or 642-9052.

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Dr. Paul Kirkegaard

644-9216

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L I V E S L I V E D**Myrna Gail Brinkmeier**

Myrna Gail Brinkmeier died October 3, 2003 at the age of 62.

Myrna Winkelmann was born in Spencer, Iowa, and was raised on a farm. At age 18 she moved to Minneapolis to attend college, where she studied nursing. She married Oria Brinkmeier in 1963, and they had three children.

In 1982 Mrs. Brinkmeier started a home child care business, and over the next 14 years she cared for over 70 children. After retiring from that business, she worked for seven years in the deli at Speedy Market in St. Anthony Park. She was responsible for inventing the "Myrna Delight," one of Speedy's most popular sandwiches.

Myrna volunteered for many organizations including the

March of Dimes, American Cancer Society and Jehovah Lutheran Church, where she served as treasurer for the Altar Guild and as a member of the board of lay ministry and pastoral search committee and also sang in the choir.

She is survived by her husband, Oria Brinkmeier; children Gail, Laura and Arlan Brinkmeier and Arlan's fiancée, Elisha Pugin; mother, Lucille Winkelmann; as well as many cousins.

A funeral service was held on October 7 at Jehovah Lutheran Church in St. Paul, with internment at Fort Snelling Cemetery.

Eleanor C. Hansen

Eleanor C. Hansen, age 85, died October 4, 2003. She was most

recently a resident of Edina.

Mrs. Hansen was a registered nurse who once cared for Albert Einstein. She and her husband, Olaf, served as missionaries in China and Japan after World War II. For 25 years she was a nurse supervisor at Lyngblomsten Retirement Center in St. Paul.

Preceded in death by her husband, Olaf, she is survived by daughters Priscilla (Jim) Lynch of Saugatuck, Michigan, and Christine (Steven) Scott of Glasgow, Kentucky; son Gordon (Carol) Hansen of Arlington, Virginia; and eight grandchildren.

A memorial service was held on October 9 at St. Stephen's Lutheran Church in Bloomington.

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CLASSIFIEDS

Classified deadline:
November 14th, 6 p.m.
Next issue: November 26th

- 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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Employment

PT RECEPTIONIST - Local neighborhood non-profit agency serving diverse clientele seeks receptionist for general office duties incl. telephone, greeting clients, light data entry, copying, etc. Afternoon hours, some flexibility. Resume and cover letter to Corleen Smith at 1694 Como Avenue, Saint Paul, 55108 or csmith@iimn.org or fax to 651-647-9268. No walk-ins. Position open until filled. EOE

Sales

CRAFT & GIFT BOUTIQUE Saturday November 1st 9am-2pm, Lauderdale City Hall, 1891 Walnut Street. 651-487-2262 for details.

BOUTIQUE, 710 Raymond Ave., one block south of University Ave. November 20 through 22. Sneak preview Thursday 3-9, Friday and Saturday 10-9. December 5 and 12, 10-9. December 6 and 13, 10-6.

For Sale

METAL SHELVING for sale. 3 sections, 72" x 36" x 18" each. No reasonable offer will be refused. Call Herb/Barb 651-645-7230.

Housing

1000 BAYLESS AVE. - Absolutely beautiful 2-story in St. Anthony Park. 3-bed, 2-bath w/ lovely wdwrk, gleaming hardwd floors, fireplace, family room, and backyard patio. Ideal location across from Hampden Park. \$299,900 Beth Richardson, Remax. 651-646-2100.

COMO PARK AREA, 1473 Sheldon St., side-by-side duplex with garage, 1,360 square ft., 3 bedroom, 1 bath, washer/dryer, fenced yard, deck. Non-smoking, not Section 8 approved. Avail. 12/1, \$1,200/month plus utilities. 651-917-8101.

FOR SALE - 2250 Luther Place Condo. 2 BR, 1 bathroom. Bright second floor corner. Large LR/DR with built-in bookcase, buffet. Indoor heated parking. In-unit washer/dryer. Walk to Como Ave. businesses, library, busline. \$190,000, immediate occupancy. 55+ building. 651-642-9165 or 651-602-9715.

LOWER DUPLEX - 1045 Everett Court, 2 BR, 1 BA, wash/dryer. Includes heat, water, and garbage. Non-smoking. Available 10-1. \$900/month. 651-645-4300 or 651-644-5907.

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Liberian congregation from page 8

"Everyone here has lost someone (in Liberia)—family and friends."

Also, with rare exceptions, most have spent time in refugee camps along the Ivory Coast, most notably in Ghana. Marie Hayes was working for the government, had a diplomatic passport and thus was granted some level of immunity. Once she was in North America she asked for and was granted asylum.

Rev. Johnson attended theological school in Liberia as

well as Luther Seminary, and also had parents who were already living in the states when he arrived.

"This is unusual," he said. "Many families can go for 10 or 20 years without seeing each other due to the civil war. We don't know who is dead, who is alive."

"I have in-laws that I have never met," said Hayes. But she also described a scene of 20 people holding hands at the airport after nearly two decades of not seeing one another.

Although he would like to go home, Johnson said simply, "We can't. We are not allowed to go back. But, praise God, we are here. This is our home now until we are all reunited in heaven."

Harris Kiyee said he is not sure that he likes the cold in Minnesota, but he is getting used to it. He too has adapted to this unwelcome change and embraces the future with strength and gratitude.

Although sadness occasionally wafts over them, members of Victory Temple are too busy building for the future to give grief much time. Besides the Sunday service, there is much work to be done during the week, and several committees tend to church business: pastoral committee, deacon board, trustee board, visitation committee, as well as groups for men, women and children.

Speaking of children, they are much loved and much passed

around during the service. Hayes confirmed that this is one big family: "Well, as they say, 'it takes a village to raise a child,' and we take that literally."

Although it is a close community, it is not a closed one. "Our aim," said Johnson, "is to reach out to the community."

"Yes," said Kiyee. "We welcome all people to the church for a contemporary service."

"Not contemporary," said Hayes. "We want to be a multicultural church, and not just for Liberians."

"Well, she's the boss," laughed Johnson.

All joking aside, the Victory Temple is a friendly, welcoming group that can lift the spirits of anyone. They welcome visitors to stop by on a Sunday morning. They offer a gift: open doors into African culture and the lives and stories of those who have suffered tremendous loss and yet exude great joy.

EMIL GUSTAFSON JEWELERS

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LIFE IN THE CHURCH: COME AND SHARE

❖ BETHANY BAPTIST CHURCH

Skillman at Cleveland S., Roseville. 651-631-0211
9:30 a.m. Sunday School
10:45 a.m. Filipino-American Worship, Dr. Sanny Olojan
10:45 a.m. Bethany Worship, Pastor Bruce Petersen
11:00 a.m. Korean Worship, Pastor Jiyong Park
6:30 p.m. Wednesday Children's Programs

❖ COMO PARK LUTHERAN CHURCH - ELCA

1376 Hoyt Ave. W., St. Paul, MN 55108-2300
651-646-7127
Handicapped Accessible
cplc@mninter.net
CPLContact ministry 651-644-1897
www.comoparklutheran.org
Sunday Worship Schedule:
• 8:00, 9:00 & 11:00 a.m. Worship:
(Holy Communion on 1st & 3rd Sundays, nursery provided every Sunday)
• Rides available for 11:00 a.m. worship;
Call the church office before noon on Friday for ride.
Wednesday, November 26 - 7:00 pm,
Thanksgiving Eve Worship and Pie Social
Pastors: Martin Ericson and David Greenlund
Visitation Pastor: Leonard Jacobsen
Director of Music Ministry: Thomas Ferry

❖ IMMACULATE HEART OF MARY CHURCH

An Ecumenical Old Catholic Community
2200 Hillside Ave • 612-872-4619 or 651-776-3172
Saturday Mass: 5 pm in Upper Chapel
Deo Gratias Wedding Ministry

❖ MOUNT OLIVE EV. LUTHERAN CHURCH

(A WELS Congregation)
"AN OLD CHURCH WITH A NEW VISION"
Handicap-accessible. Wheelchair available.
1460 Almond at Pascal. 651-645-2575
Sunday Worship: 9:00 am
Education Hour: 10:30 am
Thanksgiving Eve, November 26th: 7:00 pm

❖ ST. CECILIA'S CATHOLIC CHURCH

Cromwell and Bayless Place. 651-644-4502
Website: www.stceciliaspn.org
Handicap accessible
Saturday Mass: 5 pm at the church
Sunday Masses: 8:15 am and 10:00 am at the church
(nursery provided during the 10:00 am Mass)
Daily Mass: 7:30 am Tuesday, Wednesday, Thursday, Friday
Communion Prayer Service: 7:30 am Monday
Thanksgiving Day Mass, November 27th: 9:00 am.

❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth at Chelmsford. 651-646-7173
Website: www.sapucc.org
Handicapped accessible and an Open and Affirming Congregation.
Rev. Dane Packard, Pastor.
Sue Grove, Child & Youth Coordinator
Adult Ed. Faith & Life Breakfast Forum - 8:30 a.m. every Sunday
Sunday Worship: 10:00 a.m., Fellowship: 11:00 a.m.
Nursery Care & Sunday School provided - 10:15 a.m.
Sunday, November 2 10:00 a.m. - All Saints Special Worship
Sunday, November 23, 4:00 - 6:00 p.m. -
Annual Patrick Green Memorial Lecture, "Celebrating Sacred Spaces and
Creating Sacred Spaces for Community and the Soul"
Sunday, November 30 10:00 a.m. - Greening of the Church

❖ 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.saplc.com
2323 Como Ave. W. Handicap-accessible. 651-645-0371
Pastor Glenn Berg-Moberg, Email: 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
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

❖ 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

