



Murray Junior High students symbolize their new-found connectedness at Wolf Ridge Environmental Center.

Murray students bring Wolf Ridge lessons home

Annual trip to environmental center continues Ann Bulger legacy

by Tim Chase

The post cards were sitting on the counter, the ones I sent home from Wolf Ridge Environmental Center. There was the traditional voyageur canoe picture, the kid on the ropes course, the wildlife, the aerial photo of the grounds.

Did they represent the experience our 72 Murray Junior High School students had at their week-long retreat? In part, perhaps, but they only begin to scratch the surface of the growth our students made when they realized that they were more alike than different.

That growth was evidenced when we got home, with retreaters teaching their fellow students about the different cultures represented at Murray. They introduced stories, food, celebrations—and they talked about how their various cultures have affected the larger Minnesota cultural landscape.

When we as staff members

look at our students, we tend to see differences—different family backgrounds, interests and levels of maturity. But watching 72 of those students work through the challenges presented in our week-long retreat, we saw them become unified.

"The retreat was when I got to understand people and I made more friends. I saw people that I never saw at school."

—Murray Junior High student

Some of those challenges were physical. As one student said, "The thing I overcame the most was trusting my belayer on the rock wall. It is a great test of courage and trust."

Other challenges were interpersonal. Another student noted, "The retreat was when I got to understand people and I made more friends. I saw people that I never saw at school. I blend in more with other people now."

The week at Wolf Ridge teaches students that challenges

don't disappear when a bell rings and everyone has to go to another class. They experience total immersion, which is what they'll face in real life.

Wolf Ridge has an impressive environmental curriculum. But what really makes the program work for Murray students is what happens after the retreaters get back to school. That's when the ideals that Ann Bulger brought to the program are realized.

For 30 years—first at Isabella and later at Wolf Ridge in Finland, Minnesota—Ann and the rest of the staff at Murray worked so that the students who attend this annual retreat would have a positive effect on their school when they come back to Murray. Some of the fruits of that vision are represented by suggestions retreaters generate for how they can make Murray an even better school. Here are some suggestions students came up with at this year's retreat:

"I'll try to be around different people."

"We should set a better example for younger students."

"I can keep our school clean."

"I should be respectful of other students."

"We can improve by showing morals through actions."

"I can be a better student."

2003: Invasive species battle continues in St. Anthony Park

by Mary Maguire Lerman

During 2003, St. Anthony Park witnessed several efforts to eradicate invasive species in the neighborhood. Projects were facilitated by a DNR Environmental Partners grant, with matching funds

provided by the St. Anthony Park Garden Club. In-kind volunteer hours provided by the Boy Scouts, Garden

Club members and other neighborhood residents supplemented the grant.

During the summer, plant samples were collected of 13 invasive trees and shrubs and two non-invasive shrubs sometimes mistaken for buckthorn. Samples were packed in floral tubes with coolant and shipped overnight to Iowa artist Mark Müller, who

created detailed color drawings of these plant materials in all stages of growth. Müller completed the drawings in September and assembled them on two CDs.

The CDs were copied for

everyone who attended an invasive woody species identification session on October 5. Participants included master

gardeners and volunteers.

Training was provided by St. Anthony Park Garden Club members Ron Dufault and Mary Maguire Lerman along with Janet Larson of Bloomington.

Volunteers learned why invasive plants need to be controlled, how to identify these pests in different seasons

Invasive species to page 6



Tasha Duffy straightens vintage coats at her store, Tasha's Eclectic Clothing and Furnishings, on Cleveland Avenue near Buford.

Eclecticism, thy name is Tasha

by Michelle Christianson

If you wandered into Tasha's Eclectic Clothing and Furnishings, you might think it was just another ordinary second-hand clothing store, but you'd be wrong. There's nothing ordinary about Tasha's.

True, it is a second-hand shop, but it's also a vintage shop, a consignment shop for local artists, a used furniture store, a card shop and the home base for Tasha Duffy—who is willing to be your own personal shopper.

The little store, near Lori's Coffeehouse on Cleveland Avenue near Buford, has only been in business since August 16, but it has already built up a loyal clientele. That's because owner

Duffy is remarkably attuned to the needs of St. Anthony Park and the surrounding area.

"The shops on Como are great if you need upscale clothing or expensive gifts," says Duffy. "But if you are a student, a senior on a fixed income or just someone who is not looking to spend a lot of money, there wasn't anyplace for you. My store fills that need."

Duffy knows what she's talking about. She's young herself—24—and has lived in St. Anthony Park all her life. She worked at nearby Lori's Coffeehouse before opening

Tasha to page 8

Community Meeting

Historic Preservation in St. Anthony Park
Monday, January 26, 7-8:15 p.m.
St. Cecilia's Church, 2357 Bayless Avenue

Residents and business owners will have an opportunity to hear a proposal to designate the Raymond-University area a historic district, and to establish Milton Square as a historic building.

Wolf Ridge to page 5

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Falcon Heights

Community response to the first
year of hosting the Farmers'
Market has been positive. The
city received only one complaint
and that turned out not to be
related to the market.

There were no parking
problems and traffic was
manageable. Many commented
on how much they enjoyed the
market and hope for its return.
Many vendors participated—
flowers, vegetables, meat, cheese
and bakery—and several said it
was one of the best locations in
the Twin Cities.

The consensus of the City
Council is that the Farmers'
Market is a great addition to
Falcon Heights.

From November to April the city
sponsors a community playroom
at the United Church of Christ,
1795 Holton Street, on
Wednesday and Friday from
9:30 a.m. to noon. The fee is \$2
per visit for a child/adult or \$3
per family. Multi-visit punch card
rates are also available. The
playroom is a place where adults
can bring infants and preschool
children for recreational play and
social interaction. It is not a
drop-off day care center.

The city also sponsors Saturday
morning open gyms at Falcon
Heights Elementary School, at no
cost to participants. Basketballs
and other equipment are
provided, or participants can
bring their own. Clean, dry
footwear is recommended for
admittance to the gyms.

Volunteers are needed for several
city commissions: Planning,
Parks, Solid Waste, Neighbor-

hood and Human Rights. Check
the Web site (www.ci.falcon-heights.mn.us) for more
information. Falcon Heights has
a reputation as one of the best-
run cities in the state because of
its volunteerism, according to
City Council member Richard
Talbot.

Lauderdale

The annual community
celebration of winter, "Snow
Commotion," will be held
Saturday, January 31 from
3-6 p.m. at Lauderdale
Community Park. There will be a
medallion hunt with clues given
throughout the event, ice skating,
a bonfire, food and beverages for
sale, and horse and buggy rides
through the village.

St. Anthony Park

On December 4, 400 neighbor-
hood activists gathered at the
College of St. Catherine to
recognize nominees to St. Paul's
Neighborhood Honor Roll.
Mayor Randy Kelly and
Representative Betty McCollum
were on hand to honor the
nominees. Three St. Anthony
Park residents were recognized:
Julie Himmelstrup (for her work
with Music in the Park Series),
Terry Gockman (for lifetime
service to the community) and
Elizabeth Clark (posthumous, for
neighborhood activism). Clark's
award was accepted by her three
daughters.

On December 15, University
United held its annual awards
program. The organization
recognized Emerald Gardens as
the project of the year.

On Monday, January 26 the
Community Council will hold a
public meeting to discuss
proposals for creating a historic
district in the University-
Raymond area, and for
designating Milton Square a
historic building.

The proposals come from
St. Paul's Heritage Preservation
Commission. The HPC will
make a presentation, and
residents and business owners will
have an opportunity to ask
questions and make comments.
The meeting will be at 7 p.m. at
St. Cecilia's Church, 2357 Bayless
Avenue.

The St. Paul Police Department
is currently in the process of
charging the Warehouse
Nightclub, 2554 Como Avenue,
with excessive consumption of
police services.

The Police Department
wants to hear from citizens or
businesses in the area who have
been negatively affected by the
bar due to noise, public
intoxication, fighting, obscene
language, indecent exposure or
lewd conduct. Complaints should
be made to the Police Depart-
ment's FORCE Unit at
292-3712.

Copies of David Lanegran's
neighborhood report are available
at the St. Anthony Park Library
and at the St. Anthony Park
Community Foundation's Web
site (www.sapfoundation.org).
The report summarizes
demographic information and
the results of a community
satisfaction survey completed by
area residents and businesses.

—Susan Conner

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Famous piano man keeps ragtime music alive

Butch Thompson to perform January 11 in St. Anthony Park

by Judy Woodward

When Butch Thompson was in seventh grade in Stillwater Junior High School, the teacher went around the room and asked each kid what he or she planned to be.

The name Thompson is near the end of the alphabet, so Butch had time to give his answer some thought. "I want to be a piano player in a nightclub," he said seriously.

His classmates' response to his ambition was straightforward. They laughed their heads off.

Five decades later, it's Thompson's turn to have the last laugh. A semi-regular performer on "The Prairie Home Companion" who has recorded more than a dozen CDs, the courtly, white-mustached Thompson may just be the best-known performer of ragtime and early jazz piano music in the world.

On January 11, a local audience will have a chance to hear him when he joins nine classically-trained musicians, including cellist (and St. Anthony Park resident) Laura Sewell, under the direction of special guest conductor David Reffkin, for "A Ragtime Entertainment."

The group, which appears



under the auspices of Music in the Park Series and the St. Anthony Park Foundation, will offer Sunday performances at 2 and 5 p.m. at the United Church of Christ on Commonwealth Avenue in north St. Anthony Park.

Ragtime music flourished from about 1890 through the First World War, says Thompson.

It gave way to jazz greats, like Jelly Roll Morton, who created the dance music of the 1920s.

Thompson thinks it's important to keep the emphasis on the popular roots of the form. Although he knows that his music is a part of American

Piano man to page 4



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Saturday & Sunday February 7th & 8th.

This fun filled neighborhood festival is a mini winter carnival function that the whole family can enjoy. Volunteers are needed for both events.

If interested call Langford at 651-298-5765.

Registration continues for boys and girls ages 5-8 for the instructional basketball program that starts Wednesday, January 7th at 6 p.m. This program is a fun and informal method of learning fundamental basketball skills.

LANGFORD REC. CENTER BOOSTER CLUB MEETINGS

take place on the third Wednesday of each month at 7 p.m. We are looking for board members that will serve a two year term. This is a great way to volunteer in the community at the recreation center.

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EDITORIAL

Staying home

Lucille Halverson, who is profiled in this issue, has lived her entire life—83 years—on the same block. Although that's unusual, it was certainly more common in her generation than today.

Even among baby boomers, geographic stability prevailed in many neighborhoods. In the 1950s and 60s, getting a new kid in one's class during the school year was rare. Today, on the other hand, in some neighborhoods over half the population of the school changes from September to June.

Staying put is something that many people now seem ambivalent about. Most of today's adults who spent their entire childhood and adolescence in the same neighborhood probably look back at that experience fondly. Yet many don't seem particularly interested in duplicating it for their children.

To be an American is to be upwardly mobile, to climb every mountain and ford every stream and dare to dream the impossible dream.

Americans have always left home. First we left Europe for the New World, then we left the settled East for the frontier, then we left the country for the city, then we left the city for the suburbs. We're a nation of movers and shakers, shaking the dust off our feet as we head out of town. You have to be foot-loose, after all, to be fancy-free.

It's not clear what the future portends regarding mobility/stability. On the one hand, forecasters talk about a transition from jobs to work. Increasingly, we're told, people won't have stable careers; they won't even necessarily have long-term jobs. Instead, they'll move from task to task as needs and trends shift.

Such a development would seem to predict, if not demand, greater mobility. On the other hand, as work becomes increasingly electronic, it becomes less tied to geographical place. If you can work from home, then home, and you, can stay put.

But should you? Is staying put a sign of commitment and security—or a manifestation of inertia, lack of ambition, laziness? Is it middle-age nostalgia that causes one to look back fondly on a settled childhood? Is that nostalgia un-American in its stubborn place-boundedness? Do we owe it to ourselves and to our children and to the economy to look for greener grass?

Who should be our role model? Is it the Lone Ranger, riding into town each week on his high white horse, then riding out of town a half hour later, each stopping place just a temporary respite on a never-ending journey?

Or should our hero be Marshall Dillon, who patiently waits for the gun smoke to clear in Dodge City week after week, year after year, always turning back to those familiar streets and the same tightly-knit cast of characters?

"Home," said Robert Frost, "is that place where, when you go there, they have to take you in." But what if you never left?

Park Bugle

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Thanks, readers, for contributing to the Bugle fund drive.

With the contributions from those listed below, our annual fund drive has collected \$14,484. Our goal for the year is \$21,000. Contributions are still welcome.

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Piano man from page 3

history, Thompson is uninterested in playing the role of archivist dedicated to preservation of early jazz in its purest form.

"Early jazz wasn't meant for record collectors or nostalgia buffs," he says. "It came straight from the dance-halls."

That accounts for its continuing appeal, he thinks.

"It's accessible," he explains. "You can analyze the music technically, but you don't have to. What I like doing is playing for regular people, just normal people rather than someone who has a prior knowledge of the genre."

Thompson has played the piano since age 6. He's always enjoyed playing for regular people, but in the beginning he had some trouble getting them to listen.

"When I was in college in the 60s," he says, "I had a problem if I played ragtime music for people my own age."

Growing up in Marine on St. Croix in the 1950s, Thompson had always listened to his father's recordings of ragtime and early jazz.

"That was his teenage music," he says of his dad. Unusual among his peers, Thompson actually liked his parents' taste in music.

But the real breakthrough came in 1962, when the 17-year-old Thompson traveled to New Orleans for the first time and heard old-time jazz masters at venues like Preservation Hall.

Although separated from them by barriers of race, age and culture, the white kid from white-bread Minnesota found a musical home with the elderly black jazzmen.

"For a person of Scandinavian background," Thompson explains, "it was a real revelation. Everybody seemed to be having so much fun! When they saw I was serious about the music, they took me in and looked on me with benevolence. I learned so much from those old guys. I had no idea I was so lucky."

Something about the manner of the older men appealed to the low-key young Minnesotan.

"Before then I thought of jazz musicians as bohemians, tortured artists. These guys weren't like that. They were businesslike. They thought of their music as a craft, a serious profession."

Over the following decades, America's taste began to catch up to Thompson's. After the 1973 release of the film "The Sting," with its score by ragtime great Scott Joplin, early jazz exploded in popularity, and Thompson no longer had any trouble attracting young, hip audiences.

The next year, his old college acquaintance, Garrison Keillor, invited Thompson to take part in a brand new radio variety show, "The Prairie Home Companion." His musical fortunes have been rising ever since.

Thompson says the hardest thing about playing his kind of jazz is "keeping the time balanced." A steady beat, in Thompson's view, is far more important than keyboard pyrotechnics.

"I'd rather hear music with fewer notes, but solid rhythm. The beat is always the foundation."

It's also a link, says Thompson. "I don't listen to the

popular scene of today. Music sounds completely different now, but there are continuities. There's a continuous basis from ragtime to rap, and that's rhythm. There's that solid rhythm against which you do everything else."

That, and the touch of sin.

We might smile at the innocent liberties of early jazz, when (or so Cole Porter tells us) a glimpse of stocking was looked on as something shocking, but the people who made the music were in no doubt.

Jazz then—like hip hop now—was edgy stuff, inveighed against by parents and responsible elders, with a tantalizing whiff of sex about it.

"There was always the association with the red-light district," says Thompson. "Ragtime was the 'sinful music' of its era."

In its day, it was popular, catchy, alarming and alluring. But the one thing nobody ever expected of ragtime was that it would be lasting.

"In the rag era, they wouldn't have thought in a million years that ragtime would survive," says Thompson. "They thought it was ephemeral pop music."

Thanks to artists like Butch Thompson, we know better now.

Tickets for "A Ragtime Entertainment" with Butch Thompson and the St. Paul Ragtime Orchestra are \$25 and are available at Bibelot and Micawber's, or by calling 645-5699. The shows are at 2 and 5 p.m. on January 11 at St. Anthony Park United Church of Christ.

Wolf Ridge from page 1

"I won't be afraid to talk to different people and listen to what others have to say."

"Volunteer more often."

Students also had suggestions for what the administration could do to make Murray a better school. Here are a few of the ideas that were shared with Murray's Site Council:

"There should be more learning field trips."

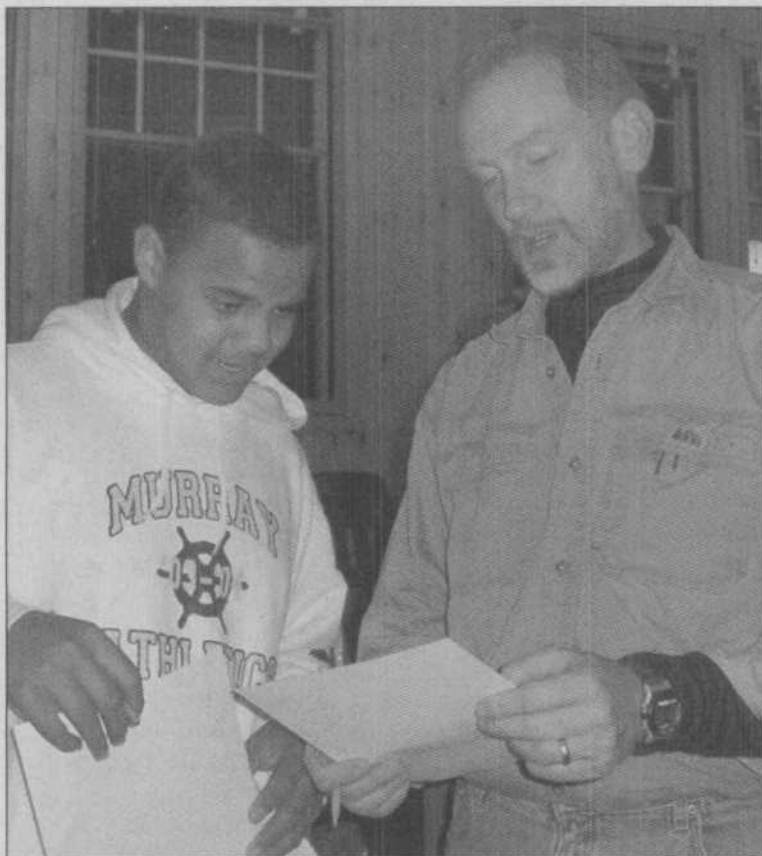
"There should be more variety of students in the classes."

"Have counselors do counseling classes."

"There could be more counselors who could help with problems if students don't have help at home."

"They could make group assemblies set by students."

Due to generous gifts from the Bulger family, the St. Anthony Park Foundation and Murray parents, we have been able to offer scholarships to those students who would not be able to afford the \$215 cost of the trip. Ann's idea was that if these gifts come from the community, the students receiving the gift should be able to repay the community in some way. Thus, students who receive a scholarship do community service, credited at \$5 per hour, to pay off the balance of their account if they cannot afford the full price of the trip.



Murray Junior High student Lewis Johnson and parent chaperone Jerry Wallace confer during a getting-to-know-you exercise at Wolf Ridge.

This Wolf Ridge experience does more than meet some curricular goal. It helps students see who they are, and prepares them to solve problems in a diverse world. It teaches them how to be members of a functional community by knowing how to give when they

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 Moose and Brutus

Invasive species from page 1

(using the new artwork), how to organize community efforts and how to survey. This free session provided many master gardeners with four credit hours of training. In exchange for the training, the Garden Club asked volunteers to assist with St. Anthony Park's survey.

Part of St. Anthony Park was surveyed this fall. The rest of the neighborhood will be surveyed in 2004, when the Garden Club will again sponsor the Invasive Species Roundup.

The Invasive Species Roundup in St. Anthony Park began four years ago, at which time the Garden Club committed to providing \$400 annually for 10 years to assist with these efforts. Last October, a number of property owners had their invasives cut, stacked and ready for pickup.

Each year, one property is recognized for having the most buckthorn removed. This fall that award went to Laura Park and Erik Jordan. Neighborhood volunteer Dave Lee assisted them in bringing down their nearly two-story, 50-foot-long

buckthorn hedge whose branches filled half of a 30-cubic-yard truck.

In addition, several removal efforts took place on public lands. On October 18, Boy Scout Troop 17 spent the morning removing buckthorn, mulberry and honeysuckle from College Park hillsides along Doswell Avenue. In spring 2004 another removal effort is planned for the Carter Avenue side of the park.

On October 18 and 25, other volunteers removed Russian olive and buckthorn at Kasota Pond.

These combined efforts resulted in 70 cubic yards of woody invasives being collected from private and public lands in St. Anthony Park.

Some materials were recycled. Each year before the pickup, wood turner and St. Anthony Park resident Dody Bemrick joins the shop teacher at Roseville High School, and the two visit all the brush piles.

They collect materials suitable for turning and treat them so that they slowly dry. The students at Roseville High and members of the Minnesota Wood Turners Association benefit from their efforts.

WARNING! Do not eat Buckthorn berries! They are a laxative, you will spend most of your time going to the bathroom... and that's how more Buckthorns are made!



This is a public service announcement to all birds of Minnesota, DO NOT eat the berries of the Buckthorn. You will be helping yourself and the environment!

Anna Nordling, Coon Rapids Learning Center

Scientists predict that over the next 50 years we will be coping with two times the number of invasive species we currently are battling. It is important that we "nip these in the bud" before they become nightmares like buckthorn.

Doing so will require private/public partnerships such as the one begun in St. Anthony Park four years ago. Now many neighborhoods are sponsoring similar efforts, and the education effort is growing.

The Minnesota Department of Agriculture has prepared an invasive species curriculum for the state's teachers. Anna Nordling, a student at the Coon Rapids Learning Center, created a poster after hearing her teacher discuss the dangers of buckthorn.

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Neighbor honored for longevity on Bourne Ave.

by Dave Healy

The way Lucille Halverson sees it, if you like the street you live on, why move? She settled in on Bourne Avenue in St. Anthony Park some 83 years ago and never left. Recently, her neighbors honored her longevity with an open house hosted by Peg Michels and Grover Dimond.

Lucille Jenkins was born to Raymond and Selma Jenkins in a blizzard out in the country between Worthington and Brewster, Minnesota.

The year was 1920 and Minnesota was in the midst of a flu epidemic that would claim both of Lucille's parents within days of her birth. The premature infant was given little chance of survival, but she pulled through.

Lucille was adopted by Lottie and Albert Kratz, who in 1917 had built just the third house on Bourne Avenue. Albert cleared some 200 trees from the lot to make room for the new house. Lucille lived there for over 50 years before moving up the hill a ways to her present home.

Like many other St. Anthony Park children of that era, Lucille attended Gutttersen School, Murray Junior High and Mechanic Arts High School. "Gutttersen was in pretty bad shape when we went there," she recalls.



Louise Rathburn (left) visits with Lucille Halverson at a November 29 open house held in Lucille's honor by Peg Michels and Grover Dimond.

She remembers tobogganing down Bourne hill in the winter and following the lamp lighter who came by each evening. As she got older she shopped at Kusterman Drug and Blomberg Grocery.

During World War II Lucille worked at the ammunition plant. In 1947 she married Clarence Halverson. He died in 1986. They had one daughter, Lynda, who now lives in Wimberley, Texas. Lucille will spend the winter there with Lynda and her family.

Though Lucille is used to Minnesota winters, she's looking forward to the warmer environs of Texas as she continues to convalesce from an accident she suffered in August.

While walking across Snelling Avenue she was struck by a car and seriously injured her leg. After several months in a wheel chair, she graduated to a walker just in time for the November 29 open house. She hopes to move up to a cane while she is in Texas.

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Tasha from page 1

Tasha's and thus got to know many of the people who are now her customers.

Duffy designed the interior of the shop herself. She credits her mother for inspiration. "My mom is very gifted in interior design," she says.

The actual remodeling work was done by Duffy and several friends, with some professional assistance from Safi Home Construction.

The inventory includes lots of things students would want: jeans, clutch purses, wool coats, hats, sweaters. There are also shoes and vintage apparel. And if you don't see what you want, Duffy will find it for you.

"I'm materialistically gifted," says Duffy. "I've always been good at shopping for my friends. I remember sizes, favorite colors, what the person already has, and then I find just what they need."

That's a service she now offers her customers. She will find the clothes, then turn them over to an associate for alterations

or custom decorating.

Duffy likes the idea of reusing and recycling clothing. But that's not all shoppers will find in her store. She also sells furniture, jewelry, art—even custom-made dog beds from local artists and designers on consignment.

"I'm materialistically gifted. I've always been good at shopping for my friends. I remember sizes, favorite colors, what the person already has, and then I find just what they need."

—Tasha Duffy

One local designer, Kersten Beyer, has lived in Japan and Sweden and brings a cosmopolitan touch to her line, "Shush."

In addition, Duffy sells Fresh Flower Designs, Dania Designs, Karma Dandi and four lines of hand-made greeting cards and jewelry. She is eager to develop relationships with design graduates from the St. Paul campus looking for outlets for their work.

There are all kinds of things to see in the store right now: clocks, furniture, wall art, flower boxes, pottery, soaps and lotions, used videos, bedding—even chains for eyeglasses.

In order to see everything, you should have a guided tour of the store. And if you're not sure if articles of clothing go together, Duffy is happy to give fashion advice, too.

Duffy's great-grandfather owned several small businesses in Wiley, Minnesota, and he has been an inspiration to her. She would eventually like

to open a second shop in Grand Marais, where her mother is moving soon. She would then showcase artists and designers from the Twin Cities and Grand Marais in both stores.

Duffy believes there is a market for unique, eclectic and hand-made merchandise—for items that you won't see just any place. If this sounds good to you, visit Tasha's. You won't be disappointed.

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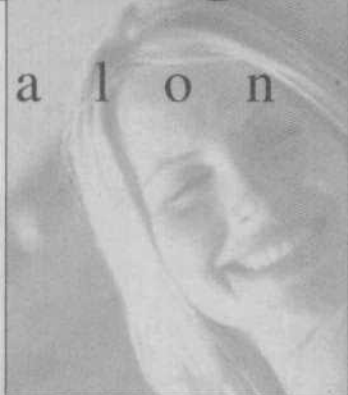
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No bones about it

by Kristi Curry Rogers

Dinosaurs range in size from the tiny sparrow that dines at your backyard birdfeeder, to the giant sauropods (like Brachiosaurus) that were the largest animals ever to walk on the planet. One of the hottest topics of current research in dinosaur paleontology is figuring out how these enormous dinosaurs got to be so big.

If you're like me, you might wonder how fast it took dinosaurs to reach their enormous adult sizes, how old dinosaurs may have been when they reached that size and how long a dinosaur might have lived.

I spend a lot of time researching these very questions through the study of bone histology. Bone histology is simply the study of thin slices of bones under a microscope. The patterns that bones preserve reflect their rates of growth and give us revealing insights into these exciting questions of dinosaur biology.

Instead of the longstanding view of dinosaurs as slow-moving, cold-blooded behemoths, a new view of dinosaurs is emerging that paints them as fast growing, active and exciting creatures.

The really amazing thing about studying fossil bones is that, while there are a ton of interesting stories to tell by examining the outside of bones (figuring out where muscles attach, how the dino might have moved, what the dinosaur looked like with its skin and muscles

attached, and what the mass of a dino might have been), the inside of dinosaur bones tells an exciting story too.

When any animal grows (even you), their bones grow along with them and record the pattern of their growth in very specific patterns. A thin section of a dinosaur's bones viewed under a microscope is basically a snapshot of that dino's growth history up to the moment it died.

The patterns we can see under a microscope include the orientation of the hard parts of dino bones (the mineral called hydroxyapatite), as well as the pattern of blood vessels and cells that formerly ran through the bones of the living animal.

If the mineral component of bone and the canals for blood vessels are organized into distinctive patterns, the bone is growing relatively slowly. If they are very disorganized, the dinosaur was likely growing relatively quickly.

Sometimes, dinosaurs stop or dramatically slow their growth during part of the year. Crocodiles also do this, as do some hibernating mammals like bears. When these animals experience a slowdown in bone growth rates, they deposit a line in their bone tissue, similar to the rings in a tree. If we simply count these lines, we can estimate the amount of time a dinosaur lived.

I have spent a lot of time studying the largest of the

dinosaurs—the sauropods like Brachiosaurus, Diplodocus, and Rapetosaurus. When we look deep inside the bones of these dinosaurs, we find that the patterns of their blood vessels and bone minerals closely match those of living mammals and birds.

This is in sharp contrast to the old view that these supersized dinosaurs would have reached their adult sizes in over 100 years. Instead, their bones tell us that a large sauropod probably reached its adult size in only 12-15 years, about the same growth rate as modern whales.

Other dinosaurs, including plant-eating duckbilled dinosaurs like Maiasaura, also grew very quickly—at least as fast as modern mammals and some birds (like ostriches). Other, smaller dinosaurs like Syntarsus (a small meat-eating dino) and Protoceratops (a horned dinosaur related to Triceratops) grew at slightly slower rates, but still grew faster than living reptiles.

The new picture of dinosaurs that emerges from these studies is one of fast-growing, active and agile dinosaurs whose growth rates most resemble those of living mammals and birds.

Thanks for writing in, and please keep the questions coming—especially if there's something you always wanted to know about dinosaurs but never heard an answer to. You can email questions and comments to me at krogers@smm.org.

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4-H News

by Bobby Ragoonanan

This month the Northern Lights 4-H Club had a project meeting. Instead of meeting at the Lauderdale City Hall, we met at St. Michael's Lutheran Church. We made bags for the International Foreign Youth Exchange. The bags will be given to people in Africa.

In Africa, you can't go to school without a school bag, so we made bags for people who are too poor to afford them. We cut, sewed and sewed some more. We made them completely from scratch.

Here are the directions if you want to make one yourself:

1. Begin with a piece of fabric 13 by 30 inches.
2. Fold the fabric with right sides together. Bring one short end to match the other short end. Pin the sides. Sew the sides with a 1/4-inch seam.
3. Turn the bag so that wrong sides are together. Be sure the corners are square. Press.
4. Fold the top raw edge 1/4 inch to the inside. Press. Sew.

5. Fold the top edge another 1/2 inch. Press. Sew.

6. Sew the sides again with a 1/4-inch seam. Be sure to sew the seam deep enough to enclose any raw edges on the inside.

7. Sew handles to the inside of the bag.

That night was my first time ever sewing. Sewing is hard work! Afterward, we had a snack of apple juice and doughnut holes.

Our next meeting is on January 12—the new year. All Northern Lights 4-H members—see you there!

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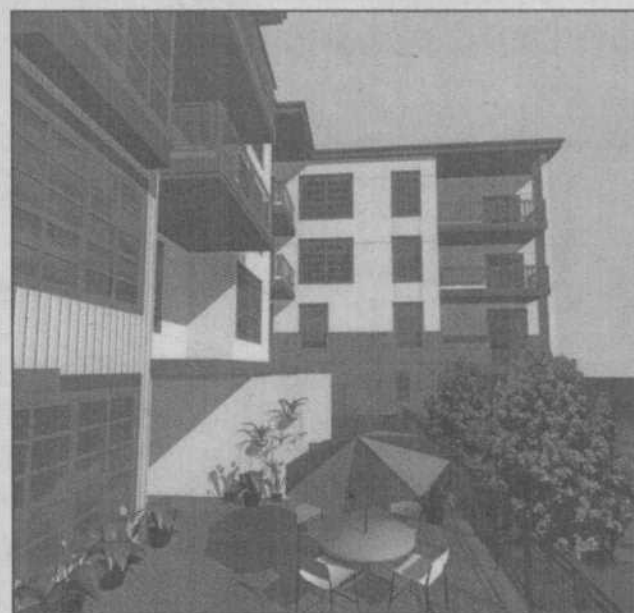


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Arts Events

Music in the Park Series announces its 2004 Family Concert Series. Concerts are designed especially for children of all ages and their families.

February 6: Speaking in Tongues.

March 5: Ross Sutter and Laura MacKenzie, musicians; Margo McCreary, puppeteer.

April 2: Pacifica String Quartet.

Each concert has 6:15 and 7:30 p.m. performances. All performances are at St. Matthew's Episcopal Church, 2136 Carter Avenue (at Chelmsford).

Season tickets (three concerts) are \$12. Single tickets are \$5 in advance, \$6 at the door. For tickets, call 645-5699.

David Ryan Moberg will be forming a new choral group in St. Anthony Park. The chorale's first concert will be part of St. Anthony Park Lutheran's "Light Music" series, which begins in the spring.

Moberg has a B.A. in vocal music education from St. Olaf College and an M.M. in choral conducting from the University of Minnesota. He has directed choirs at all levels, from grade school to college, as well as community chorales. He has sung with the National Lutheran Choir and the Dale Warland Singers.

Auditions for the chorale will be held Saturday, January 31 and Sunday, February 1. Rehearsals

will be held Sunday evenings from 7-9:30 beginning in mid-February. For more information or to schedule an audition, call David Ryan Moberg at 645-5562.

"Seasons of Faith," a liturgical art exhibit by local artist Chillon Leach, will be held during the month of January at Como Park Lutheran Church, 1376 Hoyt Avenue W. The exhibit includes hand-painted stoles, drawings and paintings.

St. Anthony Park Writers will kick off 2004 with an "Epiphany Party" at the home of new member Rosemary Dzierzynski, 1445 Sheldon Street. Festivities begin at 7 p.m. Newcomers are welcome. For more information, call 645-1345.

A new exhibit, "Art and Artifact," opens January 25 and continues through April 11 at the Goldstein Museum of Design, 244 McNeal Hall, 1985 Buford Avenue on the St. Paul campus of the University of Minnesota.

The exhibit features sweaters by Solveig Hisdal, principal designer for the Norwegian knitting mill Oleana A/S. It was curated by Laurann Gilbertson.

Hisdal and Oleana founder Signe Aarhus will give a talk on January 24, 4 p.m. at 33 McNeal Hall. An opening reception will be held January 25 from 1:30-4 p.m. at 241 McNeal Hall. For more information, call 612-624-7434.



St. Anthony Park resident Anya Abrahamson (right rear) plays Lily Belle Savage in the Theatix production of "The Curious Savage."

Theatix, a homeschool community theater, will present its 17th production, "The Curious Savage," by John Patrick, in January.

St. Anthony Park resident Anya Abrahamson plays Lily Belle Savage. This will be her 14th production with Theatix. Sixteen-year-old Anya is the daughter of Tim and Muffi Abrahamson.

The play tells the story of Mrs. Ethel Savage, who has inherited \$10 million and wants to establish a fund to help others realize their hopes and dreams. Her grown stepchildren disapprove of her aspirations and commit her to a sanatorium. The self-seeking stepchildren are driven to distraction by their vain efforts to browbeat Mrs. Savage, who, with help from the sanatorium's other patients, struggles to bring her plan to fruition.

"The Curious Savage" will be presented January 15 at 2 p.m. and January 16-17 and 22-24 at

7 p.m. Performances are at the Hobart Stage, 100 W. 46th Street in South Minneapolis. Tickets are \$7.50 for adults and \$4 for children 16 and younger and may be ordered at 952-471-9800 or tickets@theatix.org.

Potluck

St. Anthony Park Neighbors for Peace will host a community potluck on Sunday, January 25 at 5:30 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Avenue. Bring a dish to share and your own utensils. Beverages will be provided.

Following the potluck from 6:30-8 p.m. will be a presentation on Minnesota's Fair and Clean Election (FACE) initiative by Nick Palumbo, FACE education coordinator. Among other things, Palumbo will discuss election systems in Maine and Arizona that allow candidates to run with public, rather than private, funds.

The evening will also include updates on the Peace in the Precincts Initiative and other St. Anthony Park Neighbors for Peace activities.

50th Anniversary

Cub Scout Pack 233 will celebrate its 50th anniversary on Tuesday, January 27 from 7-8 p.m. at Brimhall Elementary School on West County Road B in Roseville. All Pack 233 alumni and their families are welcome.

The evening will include a speaker, festive foods and information about the North Star Boy Scouting Museum. For more information, call Lori at 631-1403.

Classes

The Minnesota Horticultural Society offers three classes in January.

Beginning Botanical Watercolor I meets January 7, 14, 21 and 28 from 6:30-9 p.m. Cost is \$120 for MSHS members, \$140 for non-members.

Create Your Own Dried Floral Wreath meets January 10 from 10 a.m.-noon. Cost is \$10 for MSHS members, \$15 for non-members.

Late Winter Pruning for Trees and Shrubs meets January 31 from 10 a.m.-noon. Cost is \$10 for MSHS members, \$15 for non-members.

Call 643-3601 to pre-register (required) for any of these classes.

Textile artist Karen Searle will teach **Knitwear Design: Learning from the Goldstein** on Wednesdays from March 3 through April 21, 7-9 p.m. at 144 McNeal Hall on the U of M's St. Paul campus. The cost is \$135 (\$121.50 for seniors or Goldstein members). To register, call 612-625-7777 or visit www.cce.umn.edu/scholars.

A new session of classes begins in January at the **International Institute of Minnesota**, 1694 Como Avenue.

English as a Second Language classes begin January 20 and end April 12. Morning, afternoon and evening classes are offered in 12-week sessions at beginning, intermediate and advanced levels. Tuition is \$125 for afternoon or evening classes, \$220 for morning sessions. New students must take a test.

World Language classes run January 12-April 5. Evening classes meet weekly for 12 weeks. Beginning and intermediate classes are offered in Arabic, French, Italian, Korean and Spanish. Tuition is \$125.

Free citizenship classes will begin in February. Saturday morning classes are offered in six-week sessions and include instruction in history and government as well as citizenship interview preparation. Call 647-0191 for information.

Schools

Como Park High School recently honored 43 students who were named Advancement Placement Scholars for their performance on AP exams last

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For more information, call (651) 767-8312.
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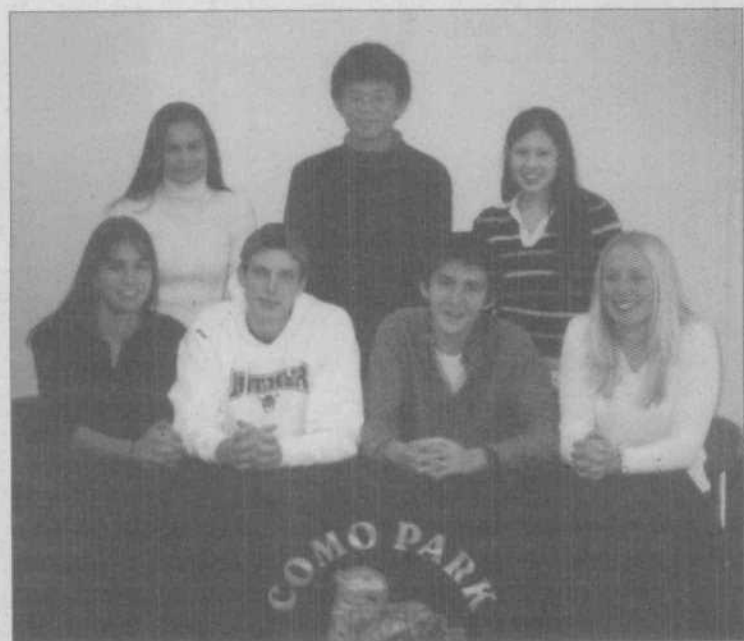
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e t c e t e r a



Como Park High School seniors honored as AP Scholars: (front row, left to right) Emily Koester, Matt Olson, Kilty McGowan, Anne Eaton; (back row, left to right) Emily Ongstad, Kenneth Qian, Sara Seeger

May.

The following local students were honored as AP Scholars: Ann Fisher, Matt Haefemeyer, Emily Letourneau, Carl Magnuson, Anna Peterson, Andy Smith, Kristin Stoeckeler, Nate Tracy, Adrian Vaagenes, Ian Vaagenes and Mattie Vandersteen.

These students ranked as AP Scholars with Honor: Kyle Krebs, Emily Ongstad, Kenneth Qian and Sara Seeger.

AP Scholars with Distinction were Anne Eaton, Emily Koester, Kitty McGowan, Matt Olson and Leah Steinberg.

St. Paul Public Schools will hold their annual **Parent Information Fair** on Saturday, January 24 from 9 a.m. to 1 p.m. at St. Paul RiverCentre's Roy Wilkins Auditorium, 175 W. Kellogg Blvd.

Representatives from more than 150 St. Paul schools and programs will be on hand to provide information and answer questions. Five-minute orientation sessions will be held to help parents understand their choices and make the most of their time at the fair.

The application deadline for the 2004-05 school year is February 27 for middle, junior high and senior high schools, and March 12 for elementary schools.

The Parent Information Fair is free, and registration is not required. Free parking will be available at 360 Colburne St. and 560 Concordia Avenue., with free shuttle buses to RiverCentre during fair hours.

Volunteers

Como Park's **Marjorie McNeely Conservatory** is looking for volunteers to interact with visitors. A year-long commitment of at least twice a month for a three-hour shift is required. Training begins in March. For more information, visit www.comozooconservatory.org/jobs/volunteer or call 487-8252.

The **Ramsey County Board of Commissioners** is seeking volunteers to serve on the Ramsey-Washington Metro Watershed Board and the Community Health Services Advisory Committee. For an application and more detailed information on these groups, call 266-8801.

The **Science Museum of Minnesota** seeks volunteers to assist museum visitors in the permanent exhibit galleries and the upcoming "Robots and Us" exhibit.

Applications for positions in the permanent exhibit galleries are due January 13. An interview/information session will be held January 14 at 6:30 p.m. Training will take place in late January and early February.

Applications for positions in "Robots and Us" are due January 6. An interview/information session will be held January 8 at 6:30 p.m. Training will take place in late January and early February.

For more information, visit www.smm.org or call 221-9444.

Conference

The **Twin Cities Neighborhood Sustainability Conference** will be held Saturday, January 17 from 8:30 a.m.-2 p.m. at Augsburg College in Minneapolis. All neighborhood volunteers are encouraged to attend.

Attendees will learn about sustainability efforts under way in Minneapolis, St. Paul and suburban communities. Issues will include social equity, economic opportunity, environmental justice and ecological health.

St. Paul Mayor Randy Kelly and Minneapolis Mayor R. T. Rybak will address the group.

Workshops and panel discussions will be held on the following topics: community gardening, tree planting, greening/open space, low-impact yard and garden care, healthy and energy-efficient homes, farmer's markets and urban-rural links, watershed restoration and monitoring, children's environmental health, green buildings and design, solid waste reduction, air quality, working with industries, promoting walking, bikes and transit, and more.

The conference is free, but pre-registration is recommended. To register, visit www.allianceforsustainability.net or call 612-331-1099 ext. 1.

Audubon Society

The St. Paul Audubon Society sponsors a presentation by Lee Grim, Voyageurs National Park resources biologist, entitled "31 Seasons of Monitoring Bald Eagle Nests."

The presentation takes place at 7 p.m. on January 8 at Falcon Heights City Hall, 2077 Larpenteur Avenue West.

Fundraiser

The **Humane Society for Companion Animals** will host a fundraiser, "Fur Bowl," at Flaherty's Arden Bowl, 1273 W. County Road E in Arden Hills. Three sessions will be held: Saturday, January 17 at 1:45 p.m. and Sunday, January 18 at 11 a.m. and 1:30 p.m.

The Fur Bowl is a non-competitive bowlathon with "cosmic" lights, upbeat music, contests, photo opportunities, vendor booths, appearances by shelter dogs and more.

Cost is \$20 per person for registrations postmarked by January 6 and \$24 thereafter. The fee includes two games of cosmic bowling, shoe rental, pizza and pasta lunch, and door prizes. Participants are encouraged to raise pledges. For more information and pledge forms, call 730-6008 or visit www.hsca.net.

Model Railroads

The **Twin City Model Railroad Museum** presents its annual Christmas train show from 11 a.m.-7 p.m. December 26, 29 and 30.

Also, on January 17 the museum will hold a model railroad and hobby sale from 9 a.m.-3 p.m. Toys, trains, books, videos, prints, hobby items and collectables will be available for purchase.

The museum is located in Bandana Square, 1021 Bandana Blvd. E, Suite 222. For more information, call 647-9628 or visit www.tcmrm.org.

People

Catherine E. Holtzclaw, president of Holtzclaw & Associates, LLC in St. Anthony Park, served as chairperson for the 2003 Minnesota Society of CPAs Tax Conference, held at the Minneapolis Convention Center.

The conference was attended by 1300 tax professionals, who chose among sessions on tax planning strategies, regulatory changes, important updates, and ways to improve and broaden a tax practice.

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Sunday Brunch 11:00 am - 2:00 pm

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- MAY 9** **COPE/ROSS/HARA/MUZICEVIC**
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JANUARY ARTS

Music

Coffee Grounds
1579 Hamline Ave., 293-8800

- Jessica Onlee Ebert
January 2, 8pm
- Ivory Bridge
January 3, 8pm
- Open Mic with Bill Hammond
January 4, 6pm
- Mile From Mars
January 9, 8pm
- Bridgeling
January 11, 11am
- Sock Angels
January 16, 8pm
- Booley Band
January 17, 8pm
- Open Mic with Bill Hammond
January 18, 6pm
- 78 Spot
January 23

- Tsaktskelehs
January 24, 8pm

- Gordon Globe
January 31, 8pm

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

- Saturday Jams
Every Saturday, 10am-1pm

Ginkgo Coffeehouse
721 Snelling Ave., 645-2647

- Bluegrass and Oldtime Jam Session
Fourth Wednesdays, 7pm

- 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

- "A Ragtime Entertainment"
January 11, 2 and 5pm

Visual Arts

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Como Park Lutheran Church
1376 Hoyt Ave. W., 646-7127

- "Seasons of Faith," Chillon Leach
Through January

Goldstein Gallery
244 McNeal Hall, 612-624-7434

- "Art and Artifact:
Sweaters by Solveig Hisdal"
January 25-April 11

Northern Clay Center
2424 Franklin Ave. E., Mpls.,
612-339-8807

- "Three Jerome Artists"
January 16-February 22

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Raymond/University and establishing
Milton Square as a historic site.

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St. Cecilia's Church, 2357 Bayless Avenue
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JANUARY CALENDAR

1 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.

2 Friday

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

• Falcon Heights recycling.

5 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.

• Como Park & Lauderdale recycling.

6 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.

• 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.

• Chair Exercise Classes - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 1:30 p.m. Call 651-642-9052 to pre-register.

7 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. Free blood pressure clinic by the St. Anthony Park Block Nurse Program.

• St. Anthony Park recycling.

8 Thursday

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

• St. Anthony Park Writers (645-1345), 1445 Sheldon St., 7 p.m.

• St. Anthony Park Neighbors for Peace organizing meeting, 1480 Chelmsford St. (646-3620), 7 p.m.

9 Friday

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

12 Monday

• Park Press Inc., Park Bugle Board Meeting, 6 p.m.

13 Tuesday

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

14 Wednesday

• Falcon Heights City Council, City Hall, 2077 Larpenteur 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.

16 Friday

• Falcon Heights recycling.

19 Monday

• Como Park & Lauderdale recycling.

20 Tuesday

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

21 Wednesday

• Langford Booster Club, Langford Park, 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.

25 Sunday

• St. Anthony Park Neighbors for Peace, potluck and program: Fair and Clean Elections. St. Anthony Park United Church of Christ, 5:30 p.m. potluck, 6:30 p.m. program.

26 Monday

• Environment Committee meeting, St. Anthony Park Community Council, South St. Anthony Rec Center, 890 Cromwell, 7 p.m.

• Community Meeting on Historic Districts, St. Cecilia's Church, 2357 Bayless Ave., 7 p.m.

• St. Anthony Park Block Nurse Program board of directors meeting, St. Anthony Park United Methodist Church library, 7 p.m.

• Great Decisions discussion, St. Anthony Park Library, 7-9 p.m.

27 Tuesday

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

28 Wednesday

• Falcon Heights City Council, City Hall, 2077 Larpenteur 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.

Items for the February Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, January 16th.

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A Foundation of Neighbors To Our Health!

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

Happy New Year!

On behalf of the board of directors of the St. Anthony Park Community Foundation, I wish you good health, good fortune, and good community in 2004.

Of those three important ingredients to a happy life, community is certainly the anchor. Our friends, family, and cherished institutions play such a critical role in the quality of our lives, especially when we struggle with challenges to our health and fortune.

The collection of friends, family, and institutions known as St. Anthony Park is entering a momentous year. With your help, the district council will develop a neighborhood plan to address the needs identified by the neighborhood report, survey, and public forum. The underlying theme emerging from all of your feedback seems to be a deep concern for the potential loss of community diversity.

Will our rising real estate prices decrease the numbers of singles, young couples, and

young families? Will our lack of adequate senior housing options force our older residents to move away? What impact will those changes have on local institutions that rely on the dedicated volunteerism and support of these valued neighbors? How will all of this affect our retail and commercial areas? These questions will not be easy to answer, but we will work together as a community to find solutions that preserve the special spirit of St. Anthony Park as we grow to meet the future.



Jon Schumacher

The start of a new year is traditionally a time when we rededicate our energies to those things that matter most in life. I urge you all to eat right, exercise, spend time with the ones you love, and take care of your community. The health of future generations of St. Anthony Park residents depends on it.



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Aging Gracefully by Mary Jo Tarasor

The Medicare drug plan enacted in Congress recently has pretty high out-of-pockets costs in the first few years. But as time goes by, the patient costs soar, a feature of the plan that has been minimized by its supporters.

But then, some of the bill's supporters stand to make a lot of money from the plan, which allows private insurers to compete for the senior dollar, rather than minimizing drug costs by allowing Medicare to buy drugs in bulk.

Many senior organizations that supported the bill, such as the AARP, derive substantial income from insurance sales and endorsements. In 2002, AARP had a total of over \$161 million in insurance income, over 25 percent of its annual budget. So rather than support a plan that would benefit seniors as a whole, they supported a plan to benefit their own bottom line. But what about the bottom line for seniors in Minnesota, who have an average annual income of \$13,500?

2006 is the first year that the drug "coverage" plan is to be in effect. That year the costs to seniors will be a monthly premium of \$35 (\$420 annually) and a deductible of \$250. After paying the deductible, one will pay 25 percent of drug costs up to \$2250. All costs for prescriptions between \$2250 and \$5100 must be paid by the senior.

So, in 2006, a senior who had monthly prescription costs of, say, \$250 (not an uncommon drug bill) and who would thus have paid \$3000 annually for

prescriptions, would, under the new Medicare drug plan, pay \$2100 annually. Not much benefit, huh?

But wait, there's more! More cost to seniors, that is.

Each year, senior out-of-pocket costs increase 10 percent, so that by 2013, out-of-pocket costs go up 78 percent!

Here's the yearly math, from the Congressional Budget Office:

2007: Premium, \$444, Deductible, \$275, initial coverage limit, \$2470, catastrophic limit \$5596, out-of-pocket expense \$3126.

2008: Premium, \$492, Deductible, \$300, initial coverage limit, \$2710, catastrophic limit \$6158, out-of-pocket expense \$3448

2009: Premium, \$516, Deductible, \$325, initial coverage limit, \$2920, catastrophic limit \$6596, out-of-pocket expense \$3676.

2010: Premium, \$564, Deductible, \$350, initial coverage limit, \$3170, catastrophic limit \$7165, out-of-pocket expense \$3995.

2011: Premium, \$588, Deductible, \$380, initial coverage limit, \$3400, catastrophic limit \$7715, out-of-pocket expense \$4315.

2012: Premium, \$648, Deductible, \$410, initial coverage limit, \$3690, catastrophic limit \$8360, out-of-pocket expense \$4670.

2013: Premium, \$696, Deductible, \$445, initial coverage limit, \$4000, catastrophic limit \$9066, out-of-pocket expense \$5066.

Remember our average Minnesota senior back there with a fixed income of \$13,500? If such a senior has prescription costs exceeding coverage limits, this plan will consume over 40 percent of his or her income.

Possible provisions for lowering drug costs were removed from the bill prior to its passage. This means that even the high prescription costs we know now may grow astronomically by 2013. In fact, it would be surprising if they did not.

So what happened here? In short, special interests dominated the process to the exclusion of seniors' best interests. Rather than improve Medicare by adding a drug benefit, Congress undermined the Medicare program by enacting legislation designed to profit the insurance and prescription drug industry.

And the Congressional Budget Office, which provided the numbers used in this article, has one more reminder: The numbers used for the monthly premium and deductible are not fixed, but are estimates that may change before 2006. In this context, the definition of "change" is "increase."

Additional background information used for this article is available by contacting the St. Anthony Park Block Nurse Program. We hope that "Aging Gracefully" is helpful to older adults and those who care about and care for them. We welcome ideas and feedback for this column at 642-9052 or sapbnp@bitstream.net.

LIVES LIVED

Lillian Victoria Hoberg

Lillian Victoria Hoberg of Falcon Heights died October 31, 2003. She was 95 years old.

Lillian Victoria Nelson was the fourth in a family of eight girls and three boys born to Olaus and Christina Nelson in rural Atwater, Minnesota. She grew up on the family farm, attended Atwater High School and Litchfield Normal School, and taught for several years in country schools in the area.

She married Herbert Hoberg and they moved to St. Paul, where she worked for Robertson Curtain Factory for 35 years. After retirement, she was a babysitter for area churches and schools.

Lillian enjoyed baking pies, cookies, lefse and other Scandinavian goodies. She sewed dolls, made Christmas decorations and crocheted gifts for friends, neighbors and relatives.

She is survived by daughter Virginia (Paul) Homme of Granite Falls; granddaughter Kris Homme of Berkeley, Calif., and grandson Erik Homme of Lake Lillian, Minn.; sisters Effie LaSalle of Wilmar, Mildred Berg of Atwater and Carol (Ward) Sonstebj of Alexandria; sisters-in-law Helen Olson and Hazel Lee; and many nieces, nephews and cousins.

A service was held November 7 at Bethlehem Lutheran Church in St. Paul, with burial at Roselawn Cemetery.

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DON'T BE DECEIVED by appearances! Beautiful cottage home in St. Anthony Park. 3BR, 2BA, 2-car garage. This home is being offered at \$234,900. Don't miss out on this wonderful home located at 1276 Eustis St., which boasts 1480 FSF, gorgeous stone fireplace, a family room, and a living room. Totally remodeled with ceramic tile, Pergo flooring, new kitchen cabinets, and appliances. Roof was replaced in 2001 and the yard was professionally landscaped in 2000 including automated irrigation system. This is not a drive by as the home looks much smaller than what it really is. To schedule a private showing for you, a family member, or a friend, call Houses by Crouse, Mary Crouse 651-260-2081.

N. ST. ANTHONY PARK apartment available Feb. 1. Two bedrooms, living room, kitchen, full bath, extra room. Second floor of modern house; private entry, AC, laundry. Hardwood floors, big windows with nice views, lots of storage. 1 block from UM-St. Paul gym. \$750/month, heat included. No smoking, no pets. 651-644-3927.

FOR SALE: Condominium at 2250 Luther Place. Bright second floor corner location, 2 bedrooms, 1 bath, fully equipped kitchen, in-unit washer/dryer, large living room with built-in bookcases, dining room with built-in buffet, heated garage, 55+ building. \$190,000; immediate occupancy. Call 651-642-9165 or 651-602-9715.

ULTIMATE SENIOR LIVING! 2 bdr, 2 bath apartment available Nov. 1 at 2250 Luther Place. Security system, garage space, appliances, no pets, no smoking. Deposit, lease, references required. Age 55 and above. Call Gloria (605-882-6996) or David Holt, RP Management (612-379-7890).



Season's Greetings from your friends at the Park Bugle

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- 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

CPL Contact ministry 651-644-1897

www.comoparklutheran.org

Sunday Worship Schedule:

- 8:00, 9:00 & 11:00 a.m. Worship:
- 10:00 a.m. Adult Education & Sunday School
- (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.

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

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1460 Almond at Pascal. 651-645-2575

Sunday Worship: 9:00 am.

Education Hour: 10:30 am

Christmas Eve: 7:00 pm, Christmas Day 9:00 am.

❖ ST. CECILIA'S CATHOLIC CHURCH

Cromwell and Bayless Place. 651-644-4502

Website: www.stceciliasp.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

December 17 - Advent Reconciliation: 6:30 pm

December 24 - Christmas Eve: 5:00 pm

December 25 - Christmas Day: 8:15 am & 10 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 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, January 4, 10:00 am - Epiphany "The Twelve Days of Christmas"

Sunday, January 11, 10:00 am - Communion/Healing Service

Sunday, January 25, 10:00 am - Worship - Thanking Leaders

11:15 am - Annual Meeting of SAPUCC

❖ ST. ANTHONY PARK UNITED METHODIST CHURCH

Living in the Light of Christ

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.

Wednesdays:

9:00 a.m. - 1:00 p.m. Leisure Center (senior fellowship, activities, noon meal)

❖ ST. ANTHONY PARK LUTHERAN CHURCH

We are a community of believers called to joyfully serve God,

one another, and the world. www.saplch.com

2323 Como Ave. W. Handicap-accessible. 651-645-0371

Pastor Glenn Berg-Moberg. Email: sapluth@mtn.org

Education Hour: 9:45 am

Christmas Eve Services 4:00 pm & 11:00 pm

Christmas Day Service 10:00 am

Sunday Worship: 8:30 & 11:00 am

Minnesota Faith Chinese Lutheran Church 1:30 pm

信義教會 星期日下午

❖ 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:

Christmas Eve Services:

3:00 pm Children's Pageant & Holy Eucharist (Rite II)

10:00 pm Carols & Holy Eucharist (Rite II)

Christmas Day:

10:00 am Holy Eucharist (Rite I)

❖ 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

