

Park Bugle

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

Volume 31, Number 3, September 2004

Have tuba, will travel

by Natalie Zett

Ralph Hepola's dossier rivals that of a Foreign Service officer, with stints in a variety of far-flung locales: Chicago, Manitoba, Washington D.C., Salzburg and many points in between.

For this exciting life of travel and learning, Hepola has his trusty tuba to thank. Tubas, actually. Hepola owns four of the instruments, plus a bass trombone.

From the enclosed porch of the Como Park home that he shares with his wife and affable tabby cat, Hepola clarifies his citizenship. "No, I'm not Canadian or Swiss. I was born in Midway Hospital, right here in St. Paul."

The Canadian connection began when Hepola was 17 and attending an international music camp in North Dakota. That was also the year the Royal Family visited Canada, and their visit included a concert by the Manitoba All-Province Band, which lacked a tuba player. So Hepola became an honorary Canadian, at least for that event.

Hepola's love affair with the massive brass instrument began when he was a child. He started on piano, but at age 12 he found himself fascinated with the tuba—an instrument almost as big as he was.

"You had to be fairly big to take up the tuba because even

the student instrument weighs 25 pounds," Hepola says. "The heaviest professional instruments—the big contrabass tubas—can weigh up to 40 pounds."

After high school Hepola auditioned for the United States Army Band, and he played with that group for three years. Then it was on to Northwestern University, where he continued his music studies. At Northwestern's School of Music, he studied with Arnold Jacobs, who also played in the Chicago Symphony.

"Since the 1960s, thanks to Arnold Jacobs, the tuba has undergone a renaissance," says Hepola. "He taught a lot of professional tuba players who are working today."

After graduating from Northwestern, Hepola moved to Europe and found a position with the symphony orchestra in Basel, Switzerland. He also performed as a soloist on Swiss radio and



Ralph Hepola gets friendly with his tuba.

played in the Vienna Philharmonic at the Salzburg Music Festival in Austria.

After five years in Switzerland, Hepola returned to St. Paul to plan an eventual New York City relocation. While here, he met a woman who would eventually become his wife. They lived in New York for two years, where Hepola freelanced with various jazz and classical ensembles, and returned to St. Paul in 1988.

Though New York may have

Have tuba, to page 20

Local schools react to federal No Child Left Behind law

by Caroline Daykin

When President Bush signed the No Child Left Behind Act in January 2002, the new law promised to create increased academic accountability in public schools by requiring annual testing in grades 3-8 and "annual statewide

progress objectives," and by stipulating that progress reports be based on the poverty level, race, ethnicity, disability status and

English proficiency level of students in a particular school, so no one group of students is "left behind."

However, local principals say their schools have always had high expectations for their students.

Winston Tucker, principal of Murray Junior High, said that "we were, we are" concerned about the academic achievement of the school's students, and that for Murray accountability is "nothing new."

Likewise, Andrea Dahm, principal of St. Anthony Park Elementary, said the school has

always focused on children as individuals, a practice that continues with passage of the new law.

According to Dahm, "Accountability is wonderful." She finds the data provided by

"Although No Child Left Behind is noble and well-intentioned because it strives to give every child an equal chance at success, it may not be possible for all students to achieve at the level stipulated by the law."

—Dr. Forest Tucker, principal
Murray Junior High School

increased testing helpful in pinpointing the specific areas each child needs help with.

Tucker agreed that the intensified testing

prompted by NCLB is important because of the data it provides. He also sees value in testing because students must master test-taking in order to get into college.

However, Tucker noted that NCLB creates "only a snapshot based on test scores," which can obscure some important facets of education such as the quality of teaching and the lives of individual students.

For example, said Tucker, a student may come from a poor

NCLB to page 6

Proposed changes for district councils debated

by Susan Conner

St. Paul's 30-year-old citizen participation system is under scrutiny. Changes have been proposed in how the city's 19 district councils should be funded and held accountable.

The most recent proposal was endorsed by the Como Park District Council but opposed by the St. Anthony Park Community Council.

St. Paul's district councils vary in area size from .94 to 9.52 square miles, in population from 6000 to 31,500, in the percentage of non-English-speaking adults from 4 percent to 19 percent and in poverty rate from 5 percent to 40 percent.

Each council is organized as an independent nonprofit with its own structure and procedures. Each contracts with the city to receive basic funding, then solicits donations, holds fundraisers and competes for grants to fulfill its remaining financial needs.

The current system was established in 1975 and has achieved a national reputation for excellence, according to a report by the City Council's research department.

In recent years, however, district councils have suffered from reduced resources in both the public and private sectors. City funding has been cut, while grant support and donations have become harder to get.

For example, the St. Anthony Park Community Council (District 12) saw its city allocation drop from \$39,154 in 2003 to \$36,413 in 2004, according to Melissa Mathews, District 12 executive director.

The city no longer provides a staff person as a citizen participation liaison. At the same time, St. Paul has witnessed population changes, both in numbers and in ethnic diversity.

At a City Council policy session last April, the council

heard testimony on the importance and success of St. Paul's citizen participation system, as well as current concerns.

In response, the council created an ad hoc committee on citizen participation to identify issues and make recommendations to coincide with the city budget process for 2005.

The committee held six meetings, during which they addressed city staff support for councils, inclusiveness, accountability and funding. Their proposals were sent to the 19 district councils.

St. Anthony Park was one of several districts that raised objections. Como Park (District 10) was one of the majority of districts that supported the proposals.

The committee presented its plan at an August 4 City

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Milton Square wine shop off-sale liquor license approved

by Dave Healy

On August 18, the St. Paul City Council voted unanimously to approve an off-sale liquor license for The Little Wine Shoppe at 2236 Carter Avenue in Milton Square.

Jeffrey and Christina Huff of St. Anthony Park applied for the license, which required the consent of at least 75 percent of residential property owners and tenants within 300 feet of the proposed location.

Once the necessary signatures were obtained, a hearing was held on July 29, when a legislative hearing officer recommended several conditions:

- Deliveries may be made between 9:15 a.m. and 5:00 p.m. only.

- The store will not sell malt liquor, domestic 40 oz. beers (excluding micro brews) or half pints of liquor.

- The St. Anthony Park Community Council will be notified by St. Paul's Office of License, Inspections and Environmental Protection 60 days prior to the expiration of the license so that the neighborhood can meet to discuss or recommend changes or additions to the license.

The City Council approved those conditions and also stipulated that the license is not transferable and that the licensee may not expand the off-sale store without city licensing and zoning approval.

The Huffs plan to open The Little Wine Shoppe by October 1. The 350-square-foot store will sell wine, micro-brewed and imported beer, and a limited selection of high-end liquor and liqueurs.

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CITY FILES

Falcon Heights

The City Council has declared a goal for 2005 that most transactions a resident can carry on with the city be done electronically. The city intends to collect e-mail addresses from those residents who want to share them. Residents can be assured that addresses will not be shared with anyone and will only be used for communication between the city and residents. Residents are encouraged to send their e-mail addresses to: mail@ci.falcon-heights.mn.us.

Falcon Heights businesses were recently checked for adherence to the law concerning sale of tobacco products. There was 100 percent compliance.

Falcon Heights resident Kimberly Greenstein has been awarded the Girl Scouts Gold Award. About 3,000 Girl Scouts receive this award each year.

To qualify for the award, girls must complete extensive leadership training, skill development and career exploration. In addition, they perform 50 hours of community service.

Kimberly's community service project was to collect over 100 toys and trucks and distribute them to shelters in the area. To raise money for this project, she held a volleyball tournament and sought contributions from local businesses.

Colton Graham, a Falcon Heights resident, made a presentation to the City Council regarding his Eagle Scout project. His service project involved organizing and completing a prairie planting project in Community Park. About 500 plants were added and six bags of weeds were removed from the park.

Citizens are invited to contact the City Council and City Hall with input regarding the budget.

St. Anthony Park

Updated Neighborhood Nuisance handbooks are available. The handbooks provide information about addressing problems such as junk cars and abandoned vehicles, noise, street maintenance and vacant buildings.

Telephone numbers, city departments and steps to address the problem are included in the book. Free copies are available from the Citizen Service Office (266-8989) or from the city's Web site: www.ci.stpaul.mn.us/depts/cso/nuisances/.

The annual neighborhood garage sale will be Saturday, Sept. 18 from 9 a.m.-5 p.m. A registration form should be delivered to each residence at the end of August. The \$15 registration fee will be waived for anyone volunteering to help with the garage sale. Volunteers are needed to help

drop off and pick up materials, and to make signs. To volunteer, call the Community Council office at 649-5992.

The Community Council has written to St. Paul's planning department to reiterate its opposition to a nonconforming use permit for a building being used as a duplex at 2417 Commonwealth Avenue.

According to the council, the plan has not changed, there have been no changes in conditions, there is no financial hardship and there has been no compliance with city directives since the previous request was denied in 1989.

On Thursday, August 12, the Community Council approved the following resolution and sent it to the Board of Zoning Appeals:

"The St. Anthony Park Community Council's recommendation concerning the variances for 95 Langford was based on drawings, plans, and information about the development that were not complete and did not accurately reflect the project as it is currently being built. The Council's recommendation concerning the variances may have been different if the Council had received complete and accurate information about the project."

—Susan Conner

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Music in the Park gears up for 26th season

by Judy Woodward

Look for an all-Czech program that's romantic in the best old-fashioned sense, followed by the "week of the Norwegians" when the St. Anthony Park Music in the Park Series begins its 26th season next month.

That's the way Artistic Director Julie Himmelstrup sums up the first three concerts of the new season for the acclaimed chamber music series, which makes its home at the St. Anthony Park United Church of Christ on Commonwealth Avenue in St. Anthony Park.

"Visceral" and "emotionally out there" is how Himmelstrup describes the go-for-broke romantic style of the Prazak Quartet.

The Prague-based string ensemble will open the season on October 17 at 4 p.m. with a program of Janáček and Smetana.

They'll be joined by Uzbek pianist Stanislav Ioudenitch for Dvorák's well-known Quintet in A Major, which they will perform to mark the centenary of the composer's death.

Prefacing the musical portion of the program will be a reading by Czech-American author Patricia Hampl at 3 p.m.

Hampl, who is the author most recently of "I Could Tell You Stories: Sojourns in the Land of Memory," will read from her own work and from modern Czech writers in translation.

The following month, the Norwegians arrive. On Sunday, November 7 at 7 p.m., the annual Gus Donhowe Memorial Concert will feature the Trio Medieval, three young Norwegian sopranos who have achieved cross-over success with their beautiful, unaccompanied sound.

They'll perform 14th-century English motets and a cappella versions of Norwegian folk songs. Despite their name, the trio is equally at home with contemporary music and medieval sacred polyphony.

Himmelstrup describes their breakthrough hit "Words of an Angel" as "bone-chilling." She adds, "There's something electrifying about this group."

Then, a week later, on November 14 at 4 p.m. the great Norwegian cellist, Truls Mørk, will return to St. Anthony Park for a recital with British pianist Kathryn Stott.

"Truls Mørk is one of the world's biggest deals," says Himmelstrup. "He's one of the best cellists in the world."

Mørk was last seen by Music in the Park audiences when he played with the Grieg Festival Quartet for the Series' 15th anniversary in 1988. This time, he and Stott will perform sonatas by Prokofiev and Chopin, as well as works of Janáček and Miaskovsky.

Later performances in the season will include the Daedalus String Quartet with Minnesota cellist Pitnarry Shin; Minnesota Orchestra Concertmistress Jorja Fleezanis with local colleagues, including soprano Maria Jette and pianist Lydia Artymiw; and the American Brass Quintet.

The Music in the Park Series is one of the most distinguished and durable of all classical music venues in the Twin Cities. As the Series begins its second quarter

century of existence, however, some challenges loom. Chief among them is the aging of its audience.

When the Series conducted a recent survey among its ticket holders, they found that 98 percent of the respondents were over 40, and almost a third were older than 70.

Although overall ticket sales remain strong, comments by respondents made it clear that age-related infirmities have begun to take a toll on long-time audience members.

On the plus side, the survey also revealed that audience members are loyal, returning season after season and highly enthusiastic about the quality of programs offered.

In the end, the St. Anthony Park Music in the Park series is probably a reflection of the neighborhood that sponsors it.

"I could never have done this in another community," says Himmelstrup. "I'm hoping that the community will keep on supporting it. I think the Series is one of the things that hold us together."

For more information or to purchase tickets, call Music in the Park Series at 645-5699 or visit their Web site at www.musicintheparkseries.org.

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EDITORIAL

School days

The way to know if a cultural phenomenon is really on the map is when its economic implications are regularly cited. By that criterion, school is a heavyweight and always has been.

The school calendar evolved because in an agricultural economy, able-bodied children and adolescents couldn't be spared for intellectual pursuits during the growing season. These days there's no one left on the farm, so it could be argued that there's no reason to close the school doors every summer.

And indeed, the occasional school or school district has flirted with a year-round calendar. But despite support from many educators, who lament the annual three-month brain drain most students suffer during summer vacation, those experiments haven't really caught on.

One reason is because the rhythm of the school year has become inextricably bound up with the rhythm of the economy. In a global marketplace that enables us to eat apples year round, the economic effects of what once was called the harvest season are diluted. But fall is still economically important because it's back-to-school season. And that means shopping.

For starters, there are the requisite school supplies—crayons and glue for the younger set, calculators and ballpoints for their older siblings. There may even be a big-ticket purchase: a new laptop that parents hope will see an occasional break from Doom and Warcraft so that Junior can actually type up a book report once in awhile.

And of course there are clothes to be purchased. Fashions may change, but not the assumption that before heading off to the bus, the old wardrobe needs some serious updating. Which is why school uniforms, like year-round classes, haven't really caught on. Where would The Gap be in a world of navy blue skirts and slacks?

In short, the economy needs September just like it does December. As America becomes increasingly secularist and religiously pluralistic, what was once called the Christmas season becomes the "holiday season." But what's important is that there's still a season and that the season means shopping. Similarly, while public schools' lock on the educational marketplace may be threatened by charter schools and private schools, the larger marketplace isn't endangered as long as all those kids go back to class every fall with new gear.

According to the National Retail Federation, families with school-age children planned to spend an average of \$438 on back-to-school items this year, a 7.2 percent increase over last year, while America's Research Group predicted overall back-to-school consumer spending would go up 6 percent. That's a key phrase, by the way: "overall back-to-school consumer spending." It indicates that school is truly an economic force on the order of Christmas. Whether or not you celebrate December 25, whether or not you have children, December and September loom large on the retail horizon.

But while retailers eagerly await school starting, the hospitality industry wants to postpone it. If school starts before Labor Day, the family vacation season gets cut short and a host of businesses suffer.

So whether you're looking forward to school starting or dreading it depends on who you are: parent, kid, teacher, truant officer, Target or Old Navy employee, resort owner. But for all of us, school makes the world go round.

Park Bugle

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Thanks for your support

Five months ago we began the application process to obtain an off-sale liquor license for a small boutique wine shop at Milton Square. Our intention is to offer an aesthetic shopping environment, where the focus is on personalized service and affordable quality wines with a small selection of microbrew/small import beer and high-end liquor and liqueurs.

Over the past five months, we have talked with many residents and local business owners about our plans. The response has been overwhelmingly supportive. During the licensing process, which was long and thorough, we met with a few neighboring residents who expressed concern about the potential effect our business could have on the neighborhood.

On July 29th a public legislative hearing was held to provide an opportunity for those interested in the proposed application to express their opinions, particularly those concerned residents located within 350 feet of the proposed store.

At the conclusion of the meeting, the legislative hearing officer determined that all requirements of our application were met and recommended the off-sale liquor license be approved by the City Council with conditions. The conditions negotiated were designed to address concerns of those few dissenting residents.

While we have tried to the best of our ability to please everyone, we realize the difficulty of such a goal. In the end, we feel we have addressed the reasonable concerns by reasonable means. We are confident that a majority of our neighbors will consider our

wine store to be a complimentary addition to the neighborhood, providing them with a unique shopping experience in a close and familiar environment.

On August 18, the City Council unanimously approved an off-sale liquor license for the Little Wine Shoppe, to be located at 2236 Carter Avenue.

Our family lives in the St. Anthony Park neighborhood. We take great pride in being part of this unique urban village, and we look forward to also being part of the business community that contributes to the character of our neighborhood.

Thanks to all those who have shown their support.

Christina and Jeffrey Huff
St. Anthony Park

Fourth in the Park thank you

Thank you to the following additional people for their contributions to the Fourth in the Park event:

Fire Cracker (\$100 or more):
Mietek & Julie Glowka, Dave Vik

Starburst (\$200 or more):
Dave & Elizabeth Lee

The St. Anthony Park Association

Welcome to the real world

In reply to Eric Brendtro's letter in the August Park Bugle, welcome to the world of political lawn signs. Unfortunately, this is an ever-evolving problem for candidates for office. It is a punishable offense for trespassing and removing such signs.

It was effective to see the Kerry signs up en masse. However, there is a state law restricting putting up political

signs before August 1. I was informed, though, that one can purchase a sign online and place it on one's property. I called Representative Hausman to find out if the law is being circumvented or had been amended. To date her office has not replied.

Mrs. Betty Ernst
Falcon Heights

License requests have history

I read with dismay that someone again has applied for an off-sale liquor license in St. Anthony Park. I doubt that Jeff and Chris Huff know very much about past requests, having lived in the area for only five years.

Over the years, other requests have been made for liquor licenses in St. Anthony Park, and they always been denied, except for the Muffuletta. St. Anthony Park is a unique and special place. One major reason is because this area has repeatedly denied liquor license requests, which has kept the neighborhood safer.

Anyone who supports granting an off-sale liquor license to the Huffs should take a good look at any number of off-sale liquor stores around the city. Is this the kind of environment you want introduced in St. Anthony Park?

I believe the safety and character of the business district is at stake. We need to uphold the vision and work of those who came before us that make St. Anthony Park what it is today. Setting up an off-sale liquor store is not the way to go.

Barbara Hartwick
Falcon Heights

COMMENTARY

In anticipation of the upcoming school year, the Bugle asked a parent and a charter school administrator to share their thoughts on preparing for the challenges ahead.

by Nancy Healy

Here's my favorite bumper sticker: "If you can read this, thank a teacher!"

I've been a teacher for 30 years. That means I've had the pleasure of teaching almost 1,000 kindergarten, first-, second- and third-grade students how to read, write, compute and—most important—how to learn.

And now as I near retirement, I'm teaching teachers—teachers who are faced with mounting pressure from all segments of society to be sure that no child is left behind, that all children succeed. This is a worthy goal and one that good teachers have always held.

But what is success? What is it we really want for our children—for tomorrow's citizens? After all, they're the ones who will be taking care of us in our senior years!

At one time in our not-so-distant past, it was enough for an American to be able to write his name. Only sons of the wealthy were guaranteed

by Lisa Steinmann

I have a tip for parents on how to get the best out of the coming school year for your children. It works whether you have a child just starting kindergarten (as we do) or one who'll be a senior in high school (as we do) or one who falls somewhere in between (as we do).

For many years my husband and I have tried to help our children navigate the daunting world of school. Our experience has yielded a guiding principle that may sound simple but is by no means simple to put into practice. It is this: Be fair.

Like many parents, we try to run our home like a microcosm of the greater world our children are gradually entering. We ask them to take on roles in the family that will eventually turn them into sharing, caring and responsible adult members of society. But like many parents we find that these lofty ideals are a constant challenge to execute.

We have three children of different ages and genders—and with other differences too. We

Nancy Healy to page 5

Lisa Steinmann to page 5

Nancy Healy from page 4

more.

Later, education acquired moral purposes, providing lessons in etiquette, morality and citizenship.

Then came Rudolf Flesch's infamous "Why Johnny Can't Read" (1955), Sputnik, the national report "A Nation at Risk" and the general hue and cry that America was losing the race because teachers were not teaching all children to read.

Flesch claimed that over two-thirds of American citizens could not read the newspaper. Another report from the National Commission on Reading, "Becoming a Nation of Readers," predicted that reading demands in an information age would only increase. And then, of course, we come to No Child Left Behind and the current emphasis on state standards for reading, annual testing and school report cards defining adequate yearly progress—with penalties for not measuring up.

The latest news on the reading front is a National Endowment for the Arts report, "Reading at Risk," that claims most Americans simply don't read. In a survey of 17,000 adults, NEA found that only about half had read a book of any kind in the past year. Fewer than half of those had read "literature," defined as poetry, plays, short stories or novels not assigned for schoolwork.

Those figures represented a 10 percent decline from 1982 to 2002—a loss of 20 million potential readers. Especially troubling is that the decline in the 18-24 age group was 55 percent greater than that of the total adult population.

It seems that our 50-year history of researching reading skills, testing, writing standards and finger-pointing has yielded a population of citizens who are not illiterate but alliterate. It's not that they can't read but that they don't.

According to the NEA report, adults who reported that they read literature were also "more likely to be involved in cultural, sports, and volunteer activities than non-readers." And the most important factor in literary reading was not family income but education.

So what does this mean for the teachers I teach? My message to them is to teach children to love books. Children need to see themselves in the stories they read, make "movies in the mind" and make connections to their own lives. They need to think critically about their reading material, determine what is important, analyze the author's perspective, ask questions and make inferences beyond the text.

Teachers can make time for reading, make books available, allow for student choice and let children talk about what they read. But teachers are not the only ones responsible.

What can we as a community do? We can make sure our libraries are open and accessible. We can support our local bookstores, promote readings by authors, join book clubs and let our children see us reading. That means turning off the TV, rearranging some priorities and sending a clear message to our politicians that we care less about increasing test scores and more about nurturing readers.

If we can, indeed, create a nation of real readers, that will be real success—and there will be many people to thank.

Nancy Healy is instructional facilitator for Community of Peace Academy, a K-12 charter school on St. Paul's East Side. She lives in St. Anthony Park.

Lisa Steinmann from page 5

discovered early in the parenting game that giving each child the same things, whether toys or tasks, did not amount to equal treatment. We've been at this for some 18 years, and we still hear the common refrain that the way we do things is "NOT FAIR!"

I think that we still hear this complaint because it is hard, really hard, to be fair. There is no question that we love our children equally. But it's also true that we have assumptions and biases that bear examination. Sometimes we are simply forgetful.

So, because it is important to be fair, we never take it for granted that we are being fair. We always listen and consider the situation from each child's point of view. Sometimes we modify a situation and sometimes we hold firm.

We ask our children to have faith and respect for our efforts. We don't have a master plan that we can execute smoothly every day. Instead, we try to create attitudes that bring out the best in everybody.

My point of view is that school is an extension of the education that begins in the intimacy of the family. It is the next step out into a bigger world. Schools continue the education that families start, which requires the ongoing support of families that are sharing, caring, responsible community members.

The hard part for teachers, just as for parents, is being fair. Different children have different needs. Different families have different values and expectations that they bring to school. The extra challenge faced by educators is the diversity of people who must work together to be fair to every child.

The teachers and administrators who work in our schools are partners with families in the effort to be fair and effective educators for our children. I like to compare schools to families because they both hold lofty goals for our children. They both have difficult jobs and are often conflicted about how to do things fairly.

Being fair consists of listening and considering another person's point of view. For those of us with children in school, that means listening to other parents, our own and other children, teachers and staff.

Schools, like families, function best when attitudes on all sides reflect good faith and respect. So, be fair. It's a good resolution to make as we begin a new school year.

Lisa Steinmann is a parent of three children and a former public school teacher. She lives in St. Anthony Park.

On August 9, students in Barb McIntosh's art classes held an exhibition and silent auction at Coffee Grounds in Como Park. About 20 students participated in the program, offered through the Northwest Como Recreation Center. They met twice a week for six weeks.



Above: Peter Erickson, 11, of Como Park



Left: Meg Huelskamp, 6, of Como Park

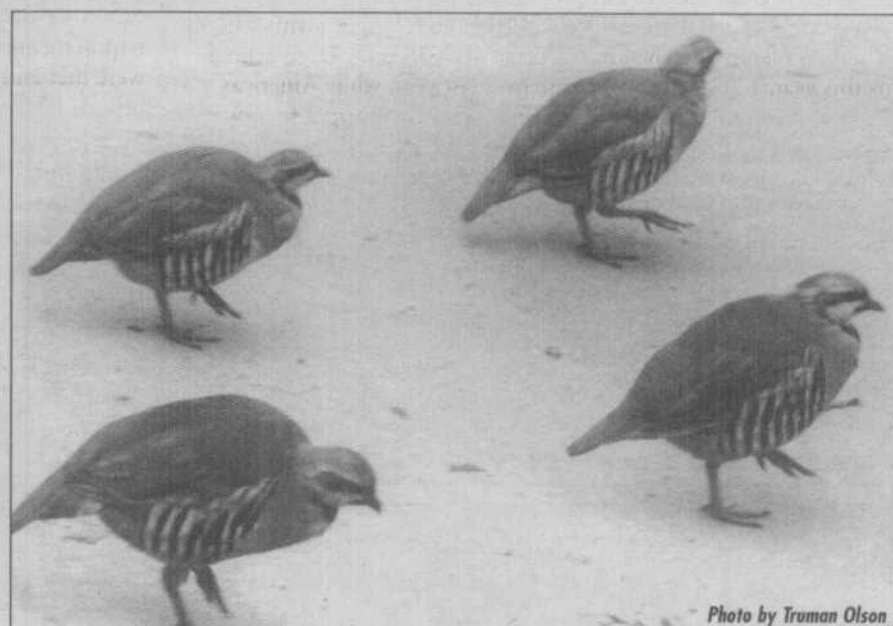


Photo by Truman Olson

A flock of chukar partridges has been spotted at various locations in north and south St. Anthony Park. The species is not native to this area, and some local birders speculate that the flock was raised in captivity and then released.



Photo by Rob Stafford

Six members of Boy Scout Troop 285 from Como Park Lutheran Church spent a week in Cozumel, Mexico in July, improving their scuba diving skills: Jake Hedlund, Andrew Parker, Rob Stafford, Ryan Stafford, Kevin Williams and Steve Williams.



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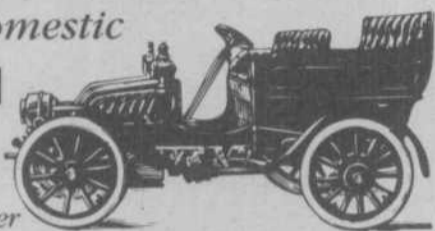
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NCLB from page 1

family whose focus is on daily survival rather than education, or she may have immigrated recently and consequently know little English. Students in this situation may improve significantly, yet their performance could still be considered inadequate according to state standards due to the low level of skills they began with.

For this reason, although he called NCLB "noble" and "well-intentioned" in that it strives to give every child an equal chance at success, Tucker said that it may not be possible for all students to achieve at the level stipulated by the law.

Furthermore, he noted, under NCLB an entire school may be labeled a failure due to the low performance of some students.

As enthusiastic as Dahm is about the extensive data NCLB provides, she also acknowledged that this information does not create an accurate picture of the entire child. For example, one student in her school could not have been expected to perform well on the test since she had had leukemia and had spent much of the school year in the hospital.

Testing can also be problematic in that it creates stress for students as well as for teachers and administrators.

Tucker described the pressure principals face to keep their schools off the "bad" list, and speculated that his school would have been more aware of negative aspects of NCLB had Murray not made what the state terms "adequate yearly progress."

On the other hand, he made it clear that not all students find the tests stressful, and that testing existed prior to NCLB.

Another concern about increased testing in public schools is that the tests will dictate what students learn, or that "teaching to the test" will occur.

Indeed, Dahm said her staff is aware of what will be on the test, which leads them to teach "particular skills."

However, she maintained that the philosophy of focusing on the student hasn't changed with NCLB; instead, different criteria are used to evaluate the results of this focus.

In reference to teaching to the test, Tucker acknowledged that there is a "certain pressure to do that."

Tucker and Dahm both said another obstacle to the success of NCLB is funding. Every year Tucker has been at Murray, enrollment has increased as financial resources have decreased.

While he said the St. Paul school district is doing what it can to provide schools with adequate resources, he described the school budget as "really, really tight."

Dahm echoed that sentiment, calling NCLB "one more unfunded mandate," as the federal government has failed to provide Minnesota with funds to implement the legislation.

Dahm said that NCLB is a chance to continue the high academic expectations her school has always had of its students, but said it is a challenge to reconcile the accountability imposed by the act with a "holistic approach to education."

Tucker affirmed a belief in education that goes beyond test scores, stating that students learn as a result of "positive relationships with their teachers that lead to a greater interest in learning," and through positive home lives.

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THE LEADER IN IMPROVING OUR URBAN COMMUNITY



No bones about it

by Kristi Curry Rogers

I recently returned from Montana, searching for dinosaurs near the area where some of the Science Museum of Minnesota's first dinosaur fossils were discovered.

Even though the museum has held fossil collections and employed scientists since it opened in 1907, the first paleontologist to work at the museum who was really interested in dinosaurs was Bruce Erickson.

He arrived at the museum in 1959 and made his first priority the discovery and mounting of new dinosaurs in the exhibit halls. He headed for the badlands in eastern Montana known as the Hell Creek Formation and promptly discovered the museum's first dinosaur skeleton.

A small crew on horseback originally prospected the buttes that eventually yielded the awesome skeleton of Triceratops that now resides in the Science Museum's Dinosaurs and Fossils Gallery.

Erickson reasoned that it was just as easy to prospect on those treacherous badland hills from the saddle, as long as the horse was comfortable walking in the rough terrain.

Since the site was far from roads, horses also played a big role in excavating the "overburden" (all the dirt that lies on

top of the bones that you're trying to dig out). Instead of bulldozers or jackhammers, the overburden was removed with shovels and carried from the site by a horse-drawn scoop.

Luckily, the Triceratops that Erickson and his crew discovered was exceptionally preserved and included most of the skeleton. In fact, the Science Museum's Triceratops is one of the most complete specimens ever found.

The mount at the Science Museum is mostly real bone with very few casts, but the real bones that make up the skeleton are actually from two different but similarly sized animals.

The skull and backbone, the hips, and parts of both forelimbs and hind limbs all come from a single large Triceratops. A second discovery helped fill in the gaps (like missing ribs or toe bones).

The Science Museum's Triceratops stands 10 feet high at the hip and is 25 feet long. Its head alone is over 7 feet long.

The museum's Triceratops has provided important clues about the lives of horned and frilled dinosaurs. Since the skeleton found was almost complete, it provided a first look at how Triceratops' legs and hips articulate.

Scientists have long been divided about how Triceratops walked. One group hypothesized

that Triceratops, like most dinosaurs, walked with its legs directly underneath its body (kind of like us). The other group thought that Triceratops might have had sprawled legs that made it look more lizard-like.

The Science Museum mounted our Triceratops with the front legs slightly sprawled and the hind limbs directly under the body, a posture that is still the subject of debate.

Another insight our Triceratops provided concerned what the brain of a dinosaur might have looked like.

Plaster was poured into the brain cavity in one of the two specimens of Triceratops recovered from Hell Creek. When the plaster hardened, it provided a perfect cast of the shape of a Triceratops' brain, even down to the smallest nerve.

We know that Triceratops had large, well-developed smelling nerves, but smaller nerves for vision, for moving muscles of the face and for sensation.

Who knows? Perhaps Triceratops liked to stop and smell the recently evolved flowers in its neighborhood!

Stay tuned for next month's feature on Allosaurus, and keep those dinosaur questions coming (krogers@smm.org).

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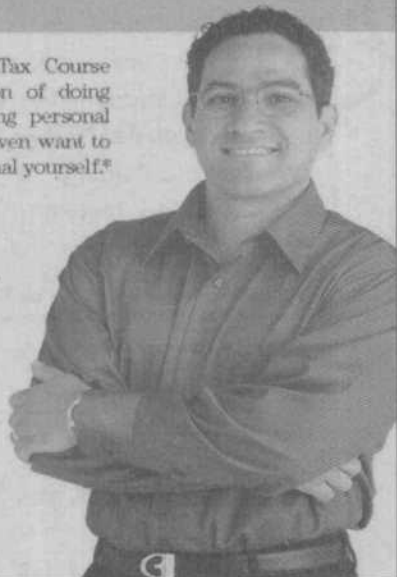
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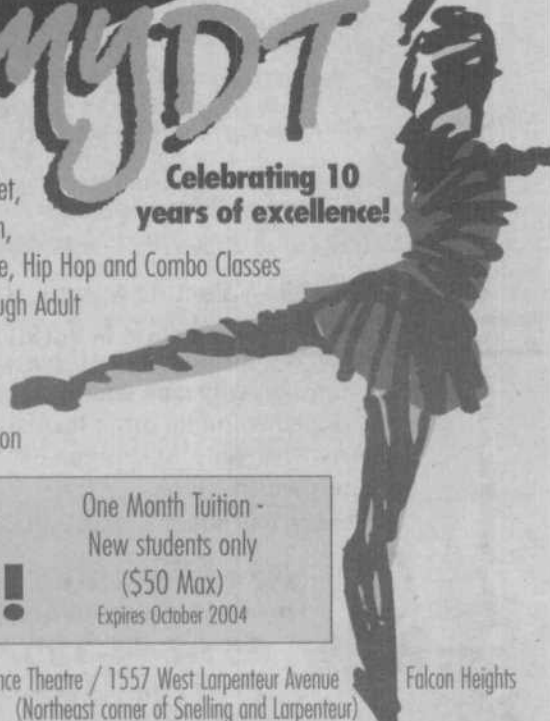
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Chocolat Celeste, France 44 form new business alliance

by Dave Healy

Chocolat Celeste and France 44 have formed a partnership designed to expand their services to customers.

Chocolat Celeste, 2500 University Avenue West in St. Paul, is an artisan-inspired chocolatier that creates gourmet chocolate products, with a focus on truffles.

France 44 sells wines, spirits, cheeses and gourmet items. They are located at 4351 France Avenue South, in Edina. France 44 also offers a bistro for lunch and dinner as well as wine tasting

and gourmet education.

Both stores will provide a "store within a store," offering selections of each other's gourmet product lines.

The partnership will enable the stores to educate their employees about each other's products to provide background and advice on food or wine pairings.

The new alliance was formally launched on August 27. Outside signage at both stores announces the presence of the new offerings.

Select staff members of France 44 will receive a chocolate education and background on the hand-dipped European cream truffles Chocolat Celeste has become well known for over the past two years.

In turn, Chocolat Celeste will promote and sell some of France 44's select gourmet food and wine at their St. Paul boutique location.

"I'm thrilled to partner with France 44's gourmet offerings," said Chocolat Celeste owner Mary Leonard. "Our chocolate appeals to the discriminating consumer and we think that

Alliance to page 9

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Partnership from page 8

France 44 clients will appreciate the fact that they can get these luxury treats at a convenient location. Overnight my shop will offer exponentially more gourmet offerings that will appeal to our core customer base. I see this as truly a win-win business alliance."

Rick Anderson, vice president of France 44, remarked, "This business alliance will be appreciated by our clients who have come to expect the finest of gourmet products from our store. Our wine and chocolate tasting events will especially benefit by having a nationally recognized artisan chocolatier present to educate and recommend pairings."

More information about the two stores is available at their respective Web sites: www.chocolatceleste.com/ and www.france44.com.

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Oct. 4, 10 a.m., Chapel of the Incarnation
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Guest Speaker: Dr. Dana Robert, the Truman Collins Professor of World Mission at the School of Theology, Boston University.
The lecture is free.
Ventures in Vocation
Oct. 10-11, Olson Campus Center
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Teenagers try their hand

This summer, a creative writing class was held at the St. Anthony Park Library. From 6-8 teenagers participated in the six sessions, which were taught by Diane Eberline. At one session, Eberline used Richard Brautigan's "The Pumpkin Tide" as a prompt, which resulted in four of the following poems.

The Pumpkin Tide

*I saw thousands of pumpkins last night
come floating in on the tide,
bumping up against the rocks and
rolling up on the beaches;
it must be Halloween in the sea.*

Richard Brautigan

Apocalypse

*I saw waves crashing
hurling themselves on
the land we hold dear
coming closer, coming near.
All the people shedding tears
and shuddering in fear.*

Brandon Tice, 13

*I saw three raccoons
trapped in a dumpster at the park.
They looked like prisoners of some great war,
trapped against their will by the enemy (gravity).
I put in an escape ladder made of sticks and freed them.
I guess it's war time in the park.*

Zack Kagan, 13

Impossibility

*I saw a small orange marigold
planted in a terra cotta pot,
its leaves green with health
beside a cactus
in the desert so hot you could hardly breathe.
The cactus must have been gardening!*

Linnea Holman, 13

The Commu

Wellingt

MANAGEMENT

at poetry

Music Man

a man play two trumpets
jumping on a pogo stick.
as a one man band:
ony, melody and percussion.
uld have been the first trio
e played as a solo.
music washed upon my ears
water in a drought.
eyes couldn't comprehend the
rising talent that my ears captured.
ust have been "try something new"
at the nursing home.

n Fisher, 14

Tree

I fell the rough skin and I cannot begin
to tell the past that he has felt.
I can feel the wounds that have not healed.
But in this tough mold lies a heart of gold.
For all pollution is our sin.
He fixes it with smooth oxygen and
saves our lives.
But then we cut him with the saw and
watch as he dies.

Zach Kagan

Writers Are Here

The writers are here
to give a respite
from the cold world,
our world.

The writers are here
so when you read
you can float in their stories
to be with them.

The writers are here
to teach you the lessons
that characters learn,
for our lives.

The writers are here
to give you the friendship
of the people in their stories.
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You feel their loss.
You know their joy and success.

The writers are here
to make the world a better place.
We are the writers!

Linnea Holman

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Audubon Society

Bob Brister, outreach coordinator for the Southern Utah Wilderness Alliance, will present a slide show entitled "Wild Utah: America's Redrock Wilderness" on September 9 at 7 p.m.

The event is sponsored by the St. Paul Audubon Society and will take place at Fairview Community Center, 1910 W. County Road B in Roseville.

Raptor Center

The Raptor Center and Three Rivers Park District will co-sponsor a raptor release on Saturday, September 18 at 11:30 a.m. and 2 p.m. at Gale Woods Farm in Minnetrista, Minnesota.

The event is free and parking fees are waived. Dogs are not allowed.

In addition to viewing the raptor release, visitors can hike the park's scenic trails, tour the farm's barn and view farm animals. For a small fee, canoeing, a climbing wall and a

hayride are also available.

Gale Woods Farm is located at 7210 County Rd. 110 West. From I-494 go west on I-394/ Highway 12 for four miles. Exit on County 15 West in Wayzata and travel eight miles. Turn left in Mound on County Rd. 110, travel three miles and look for park signs. Turn right at the driveway and proceed up the hill to the park.

Urban Gardening

University of Minnesota experts will offer a series of urban gardening classes in September and October. Classes are sponsored by Farm in the City and held at Dunning Recreation Center, 1221 Marshall Avenue in St. Paul.

Classes are held Thursday evenings from 6:30-8 p.m. The fee is \$20 per class. Register online at www.farminthecity.org or by phone at 641-8831. Pay at the door.

Classes include soil (9/16);

fall lawn care (9/23); annuals, perennials and natives (10/7); garden design and fall plantings (10/14); and composting (10/21).

Great Decisions

The Great Decisions neighborhood discussions resume at 7 p.m. on Sept. 27 at the St. Anthony Park Library. Discussions center on U.S. foreign policy. The topic for September is U.S.-Latin America relations after 9/11.

The group meets the last Wednesday of every month. Reading materials are available at the library's reference desk.

Library Events

Preschool story time for ages 3-5 resumes at 10:30 a.m. September 17 at St. Anthony Park Library, 2245 Como Avenue and continues every Friday throughout the fall.

On Monday, September 17 the St. Anthony Park Library Association will hold an open meeting at the library. Prospective members are welcome.

Volunteers

RSVP, the Greater Twin Cities Retired and Senior Volunteer Program, is accepting applications from people 55 and over who are interested in tutoring students in reading.

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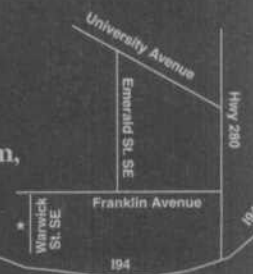
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e t c e t e r a

RSVP places volunteers at schools in their own neighborhoods. In 2003, RSVP volunteers contributed 9,113 hours, tutoring 1130 children and 219 adults in the metro area.

The RSVP program provides placement and follow-up, transportation reimbursement, supplemental insurance and other benefits. For more information, call Connie at 612-617-7807.

The Brain Injury Association of Minnesota is looking for volunteer receptionists. The organization is involved in brain injury prevention, research, education and advocacy.

Receptionists perform a variety of phone and administrative duties. They should have strong oral communication skills, fluency in English, excellent interpersonal skills and be comfortable working with people with disabilities.

For more information, call 612-378-2789.

Children's Home Society and Family Services seeks volunteers for its Crisis Nurseries. Volunteer families commit to caring for children from the local community once a month for up to 72 hours.

For more information, contact Stephanie Tribby-Walbridge at 255-2410 or visit www.chsfs.org.

Bridal Fashion Tea

On September 25, Milton's Bridal will present newly arrived bridal, bridesmaid and mother-of-the-bride gowns at Lady Elegant's Tea Room, 2230 Carter Avenue in Milton Square. Door prizes from Milton's Bridal and Lady Elegant's will be given out. Teatimes are 11 a.m. and 3 p.m. and are by reservation only: 645-6676.

Cookie Booth

The Church of the Holy Childhood, located two blocks east of the State Fair's main entrance, will host a "Cookie Corner" during the Fair.

The booth, at the corner of Snelling Avenue and Midway Parkway, will be open from 9 a.m. to 9 p.m. every day throughout the Fair.

Home-made chocolate chip, sugar, ginger and peanut butter cookies will be sold for 50¢ apiece or \$5 a dozen. Proceeds benefit Holy Childhood School.

Seniors

The St. Paul Parks and Recreation Department-Senior Citizens Program sponsors a mixed bowling league for adults 50 and over.

The league meets Mondays at 9:30 a.m. at Minnehaha Lanes, 955 Seminary Avenue, starting September 13. Bowlers pay a one-time WIBC/ABC sanctioning fee of \$9 and a weekly bowling fee of \$8. The 27-week season includes a holiday potluck and an end-of-the-season banquet. For more information, call Mary at 266-6363.

Gibbs Museum

Special Sunday events in September:

Sept. 12: Basket making
Sept. 19: Harvest festival
Sept. 26: Cooking and baking on the cookstove

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"I'm so confident in the product that we offer you a nine-month money-back guarantee and 20-year no-clog guarantee."
- Dan Corley

A new product for keeping the gutters clean is the basis for a new business owned by Daniel Corley at 764 Marshall Avenue, St. Paul, MN 55104. Called GutterFilter, the product was invented in Grand Rapids, MI, about six years ago by a man John Othloff, Corley said.

Corley was so impressed with the product, he bought the franchise for Minnesota, and in January he opened DC Gutter Filter Inc. "It's so advanced, it's simple," he said. "When you look at it, you think it's foam, but it's a filter and more like a sponge."

GutterFilter is made from exterior-grade urethane that fits snugly into the gutters and cannot be seen from the ground. The urethane serves as a filter for moisture while filling the gutter so twigs, leaves and other debris can't fall in. Any leaves or debris that do fall on the urethane remain on top and blow away.

While sunshine will harden the surface of GutterFilter over time, the porous, filtering quality of the product remains unchanged. It is capable of handling up to 24 inches of rain in an hour, Corley said.

Another advantage to GutterFilter is that it can stay up year-round. It never needs to be cleaned, containing a special product, BioCide, which retards the growth of mildew and moss.

When Frozen, GutterFilter still allows water to go through it. It may help with ice dams if the dam is caused by frozen downspouts. "The GutterFilter will keep the gutter clean, and any melting that happens will be absorbed immediately," Corley said.

The product comes in four-foot sections, retailing for \$8 to \$10 per foot, Corley said.

Corley installed GutterFilter into his first home on April 1st. Since then he has installed over 60 homes. The response has been overwhelming to the product and referrals are rolling in.

Corley offers a nine-month money-back guarantee on GutterFilter, and it also comes with a 20 year no-clog guarantee.

Two subcontractors do all of the installations. Corley said they come out, clean the gutter and do small repairs to gutter, if needed, before installing GutterFilter. "You will never have to clean your gutters again," Corley said.

For more information, go to the company's web site at: www.GutterFilter.net

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Council changes from page 1

Council meeting. The mayor's August 12 proposal supported the plan and proposed an increase in funding that would provide a minimum allocation of \$37,000 per district.

"That's about the minimum required to run an office," said Sue McCall, District 10 community organizer.

The new funding formula allocates money to each district as follows: 75 percent based on population, 15 percent based on the percentage of people living in poverty, 5 percent based on the percentage of non-English-speaking residents and 5 percent based on the percentage of jobs in an area. This formula results in sizeable increases for more populous districts.

Since the mayor's proposal includes a guaranteed minimum for each district, some districts would receive additional funds to bring them up to \$37,000. Como Park would receive an additional \$10,700 and St. Anthony Park \$20,900 in order to reach the minimum.

To address fiscal and administrative accountability as well as inclusivity, the committee created two matrices for each district to complete annually when they apply for renewal of their contracts.

According to committee member Joe Spencer of the West Side Citizens Organization, these matrices are a "first step toward accumulating data" in these areas.

"The bulk of the committee's energy was spent on the funding issue," said Spencer, "and I think that what we came up with was pretty impressive.

The reality of taking on inclusiveness and accountability is that we made a start."

The committee also requested that contact people be identified in each city department, office and division who would be directed to liaison with district councils. A list of ways that the city could provide technical help was proposed.

The District 10 Council would not experience much change with the proposed plan, said McCall, though there will be "additional paperwork and tracking for this one-person office."

District 12 would receive a slight increase in city funding under the new proposal. Nonetheless, the board objected to the process used by the committee.

A July 20 letter from the St. Anthony Park Community Council to the St. Paul City Council outlined the board's objections:

"Our board has determined that the staff process was flawed. The committee was self-selecting, self-facilitated, and brought its own issues to the table. . . . The process needed a non-partisan facilitator and adequate research. . . . The documents produced are vague and simplistic, and do not encourage creative solutions. . . . We believe it is in the best interest of all the districts to initiate a new process with a neutral facilitator, citizen participation from the city of St. Paul, consideration of alternative models, and funding for optimal organizing and outreach. Permanent funding

should be based on a model that is open to reconfiguring the districts and addressing the greater needs of the city."

Bob Kessler, of the City Council research department, worked with the ad hoc committee.

Kessler said, "We couldn't go through a comprehensive review as St. Anthony Park has suggested. We don't have the time or the resources. The city budget is bleak. Even if we did do such a review and came up with something, at the end of the process we would have to fund it. As important as citizen participation is, as far as the ideal plan, we can't do it at this time."

According to Kessler, the committee accepted the reality that resources are limited, asked for a reasonable amount and developed a new formula based more on population.

Bruce Kimmel, District 12 board member, said that as a "stopgap measure" the funding plan is "adequate," but he sees it as prescribing a "static approach" to the issues being addressed.

"The proposal provides no guidelines or opportunities to develop more creative solutions for future citizen participation," Kimmel said.

He added, "Inclusivity and accountability are laudable goals, but the matrices seem tacked on with no real plan for their use. We need a more comprehensive, integrative approach developed without the pressure of such a short timeline."

A final decision on the proposal is expected from the City Council in October.

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The Birdman Of Lauderdale by Clay Christensen

Imagine for a moment that you're a red-tailed hawk. You've spent your summer in Canada feeding and, if you're lucky, breeding, and now you're migrating south for the winter. As you cross into Minnesota, you see before you the inland sea of Lake Superior.

You can barely make out the far shore and, in the interest of conserving energy, you decide not to head straight across the lake. Instead, you instinctively turn right and follow the shoreline looking for an easier crossing. And you're not alone.

From September through December, tens of thousands of hawks, over a dozen different species, head south and are funneled by the lake to the west end.

In fact, on September 15 last year, over 100,000 hawks were counted passing over Hawk Ridge, the most western peak at the end of the ridge that runs along the north shore of Lake Superior. From there, the hawks can go around the lake instead of risking a long flight across it.

The Hawk Ridge overlook is a wide spot in a dirt road, and where that road goes up over the

ridge, folks gather to watch hawks. Huge boulders line the downhill edge of the road. The view is breathtaking.

The lake stretches out before you, Duluth's tree-covered east end below you. Conditions at the overlook are rustic. There is no running water, and the port-a-potties are down the road.

Just below the overlook itself but still in view, on the edge of another ridge, is an "owl on a stick," a decoy to attract a passing raptor. Often, a sharp-shinned hawk will come in to take a glancing swipe at the owl. That's when one can get a look at the top of a hawk, a rare opportunity.

On Minnesota Ornithologists Union (MOU) weekend, September 17-19, there will be lots of people and a few dogs up on the Ridge. That Saturday afternoon, resident experts will give informal talks on raptors.

Visitors will be able to see hawks that were caught at the banding station just over the hill. The Friends of Hawk Ridge have a raptor adoption program where contributors can have their photo taken with a hawk, receive a

certificate of adoption and a record of the leg band number, and help release the bird.

Besides the events on Hawk Ridge, there are evening talks on Friday and Saturday at UMD and birding field trips in the Duluth area on Saturday and Sunday mornings.

Check the Hawk Ridge Web site at <http://hawkridge.org/> to learn more about the program and to register for the talks and field trips. Click on "Events" and "Hawk Weekend."

But you don't have to go to Hawk Ridge on MOU weekend. There are usually people on the Ridge every day in the fall and nearly always an official counter/spotter.

To get to Hawk Ridge, take Duluth's Superior Street northeast to 43rd Avenue. Turn left on 43rd to Glenwood Street, left again on Glenwood, and as you climb the hill, watch for a wooden sign that points you to Hawk Ridge and a sudden turn to the right onto Skyline Parkway. It's about a mile from there to the main overlook.

See you on the Ridge.

Best time of day

Hawks generally ride the thermals, and the air above Duluth doesn't begin to heat up until mid-morning. Try to get to the Ridge by about 10 a.m. As the day cools down, the thermals diminish and the hawks settle in for the night. That's usually by about 3 p.m.

Weather factors

A northwest to westerly wind has seemed to be about the best for hawk flights. Often the day following a strong storm will be good for hawk watching. Overcast days tend to bring the hawks in lower, which offers better viewing.

Raptor species often sighted in September

In September 2003, broad-winged hawks were seen in the greatest numbers, over 160,000. Sharp-shinned hawks were a distant second at 10,000. There were over a thousand turkey vultures and nearly as many American kestrels. Other birds seen last September included osprey, bald eagle, northern harrier, Cooper's hawk, northern goshawk, red-tailed hawk, merlin and peregrine falcon. It's exciting to see that peregrine falcon numbers are increasing.

Kettles of broad-winged hawks

Broad-winged hawks are quite impressive in migration, especially in quantity. They conserve their energy by riding the rising thermals in a rotating cylindrical pattern called a kettle, soaring up in a spiral ascent—hundreds, sometimes thousands in one kettle. Then, as the thermal begins to decline, they head out from the top of the cylinder, gliding in a single file looking for the next thermal. That's the point when counters have the greatest success in counting how many broad-wings were in the kettle.

Hawk-watching season

Hawks migrate over Hawk Ridge from September through December, with the larger hawks coming later in the year. October is usually a good month for greater numbers of red-tailed hawks. Mid-October to mid-November is peak time for bald eagles, golden eagles, rough-legged hawks and northern goshawks. The timing of the arrival at the Ridge seems to be related to length of day, weather, food supply and the hawks' own instinctive patterns.

Binoculars or a scope?

Bring your binoculars and your spotting scope and tripod if you have one. You'll find there are many folks with scopes on the Ridge on weekends, and most are very good about letting you take a look at an approaching raptor. It is difficult to track a migrating hawk with a spotting scope, but if you can find them at a distance, you can keep them in the field of view longer and pick them out from farther off.

What if the hawks aren't flying?

If the conditions aren't right for hawk migration, there are still plenty of other places to go birding in and around Duluth. There are ponds and mud flats just south of 40th Street West and I-35. Park Point can be very good. The Lester River and water treatment facility are east of the city. And you can always run up the coast to Two Harbors, where the area around the harbors is good for birding.

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September 11, 8pm

- Kelly Brighwell
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www.mikemangione.com
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SEPTEMBER CALENDAR

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- Leisure Center for Seniors (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Every Wednesday.
- St. Anthony Park recycling.

2 Thursday

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

3 Friday

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

6 Monday

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

7 Tuesday

- Tot Time (for 5-year-olds and younger), Langford Park Rec Center (651-298-5765), 10 a.m.-1 p.m. Every Tuesday.

- Toastmasters (651-645-6675), training in effective speaking, Hewlett Packard, Broadway & 280, 7:35-8:35 a.m. Every Tuesday.

- 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. Pre-registration is necessary. 651-642-9052.

- Chair Exercise Classes - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 1:30 p.m. Pre-registration is necessary. 651-642-9052.

8 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpeur Ave., 7 p.m.

9 Thursday

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

13 Monday

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

14 Tuesday

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

15 Wednesday

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

- St. Anthony Park recycling.

17 Friday

- Falcon Heights recycling.
- Preschool story time, St. Anthony Park Library, 10:30 a.m.

18 Saturday

- Raptor release, Gale Woods Farm, 11:30 a.m. and 2 p.m.

21 Tuesday

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

22 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpeur Ave., 7 p.m.

- St. Anthony Park Community Council Environment Committee, So. 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.

24 Friday

- Preschool story time, St. Anthony Park Library, 10:30 a.m.

25 Saturday

- Bridal Fashion Tea, Lady Elegant's Tea Room, 2230 Carter Ave., 11 a.m. and 3 p.m.

- Tree identification trek, District 10 Environment Committee, Como Park Lakeside Pavilion by kiosk, 10 a.m.

27 Monday

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

- Como Park & Lauderdale recycling.

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

28 Tuesday

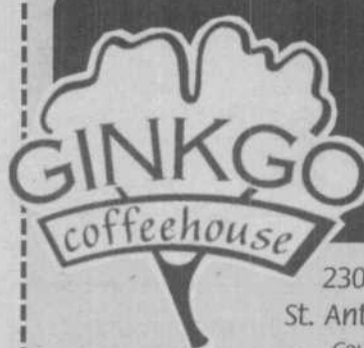
- Lauderdale City Council, City Hall, 1891 Walnut St., 7:30 p.m.

29 Wednesday

- St. Anthony Park recycling.

Items for the October Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, September 17.

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A Foundation of Neighbors

Supporting Our Schools

By Paul Fate
Board Vice Chair
St. Anthony Park Community Foundation

It has been a real pleasure and honor serving on the Board of the St. Anthony Park Community Foundation the past two years. I am excited about the potential it provides to assure a vibrant, engaged neighborhood. One of the most gratifying aspects of board membership is the chance to direct financial support to those neighborhood institutions that mean so much to our vitality as a community. Among those institutions, our local schools certainly merit special attention. I have three children who have attended St. Anthony Park Elementary and Murray Junior High and have witnessed first-hand the linkage between the quality of our public schools and the health of our neighborhood and the larger urban environment.



Paul Fate

chosen to be the pilot school for **KinderPlus**, a new fee-based kindergarten enrichment option offering students a half-day kindergarten session with a half-day enrichment session administered through Community Ed.

The foundation's support will be used to build a fund subsidizing the user fees for lower income families unable to afford the full cost of this enrichment program. Coupled with \$12,000 in private donations from concerned neighbors, this program has a good start toward its \$60,000 goal for this year. These scholarships will allow our elementary school to compete with all-day kindergarten programs offered by other school choices in the area and reverse the downward trend in our student population.

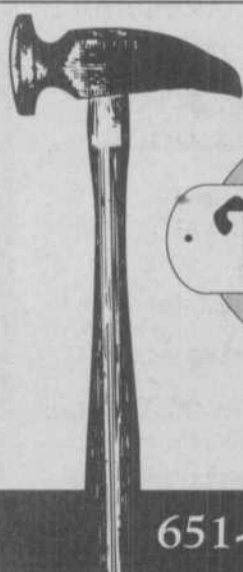
This is another great example of how we can work together to strengthen and preserve the neighborhood institutions that will keep St. Anthony Park healthy and thriving. Please give generously to this important initiative. For more information contact our executive director, Jon Schumacher.

Recently, the foundation granted \$5,000 to a new program designed to address declining enrollment at our elementary school. Consistently testing in the top five schools district-wide, St. Anthony Park Elementary provides an exceptional educational opportunity for kids from all over St. Paul. Unfortunately, due to budget cuts, declining birth rates, and the many educational options available to parents in the metro area, it has seen its enrollment drop over the past years. This is clearly a trend we need to reverse in order to maintain its future.

Fortunately, the school's principal and site council have been working hard on new initiatives to attract students. This proactive strategy paid off recently when the St. Paul Public School District announced that St. Anthony Park Elementary has been



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St Anthony Park Flu Shot Clinic

October 12, 2004
11:00 a.m. to 1:30 pm
SAP Library - Lower Level
(Handicap Accessible!)
Pre-Registration Suggested,
but not Required.
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651-489-2510
a program of the St Anthony Park
Block Nurse Program



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Aging Gracefully by Mary Jo Tarasac

As we age, we generally become less active. Pounds accumulate, muscles lose their tone and then one day we look at the mirror in horror, rush out and start to exercise, injure ourselves—and then quit exercising to avoid further injury.

It can be difficult to admit that as we age, our bodies become more fragile and need TLC if exercise is to be a permanent, healthful part of our lives. The International Council on Active Aging has developed a list of guidelines for older adults who begin exercise programs.

Since regular, moderate exercise increases our chances for an active, healthy life, it makes sense to look at some of these ideas in order to give ourselves a better chance for long-term fitness.

1. Get a check-up. Make sure your physician knows you are interested in beginning an exercise program, and discuss any concerns or limitations. Some programs may require a doctor's permission prior to registering for a fitness class.

2. Research your options. Would you prefer to walk or swim? Classes or private lessons? What's available close to home? By making sure that exercise is convenient and enjoyable, we increase our likelihood of sticking with it over the long haul.

3. Set fitness goals, make a list of benefits and make a date. List both the fitness goals you have and the benefits you expect to derive from your exercise program. Then see if you can talk a friend into exercising with you. This is one of the best ways to ensure your own long-term participation. It's funny how we won't let a buddy down by missing a session, but we'll often overlook our own goals for a day or two until we are back to our sluggish pre-exercise routines.

4. Start slowly. If you are working with a teacher or coach, follow their recommendations. If you are following an independent exercise program, such as fitness walking, start with four or five blocks each week until you reach your walking goal.

5. Integrate exercise into daily activity. Wear a step counter throughout the day to get an idea of your activity level. Then keep wearing it as you increase your activity level, and make sure to congratulate yourself. Stretch to reach items on high cupboard shelves. Do as much of your own house and yard work as you possibly can.

6. Put mini-workouts into your day by parking at the outer edges of shopping center parking lots; walking up a flight of stairs, rather than waiting for the

elevator, adding a floor each week; walking rather than driving whenever possible.

Right here in the city there are great walkways and paths to encourage you and a friend to walk your way to fitness. If you prefer a more structured exercise program, the St. Anthony Park Block Nurse Program offers a chair exercise program at the Seal High Rise on Tuesdays and Thursdays. The class is free to all older adults, but pre-registration is required. This class works all major muscle areas, and if you think a chair exercise class is by definition easy, I invite you to try it out. Pre-register by calling 642-9052.

Whatever exercise options you decide on, give yourself the gift of fitness by keeping at it. Share your results with friends and family to help keep yourself motivated. Or send an e-mail or call the number below to let us know how your fitness plan works for you. Good ideas will be shared in a future column.

The St. Anthony Park Block Nurse Program offers services to support caregivers. 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

Margaret McKillips

Margaret "Marge" McKillips passed away August 19, 2004 from complications due to Alzheimer's disease. She was 91.

Marge was born in Harvey, ND; lived in Santa Barbara, CA; and for nearly 70 years resided in St. Anthony Park on Gibbs Street and on Manvel Avenue.

She was employed by the Paramount Pie Co. on Pelham Blvd. She was a member of St. Cecelia's Church in St. Anthony Park and Incarnation Lutheran Church in Shoreview.

In 1936 Marge married Merle A. McKillips Sr., a lifelong resident of St. Anthony Park. They had two children: a son, Merle Jr., and a daughter, Linda. Both were graduates of Baker School and Murray High School.

Marge's hobbies included playing canasta with her neighborhood friends: Audrey McKillips, Mary Johnson, Mable Reynolds, Ilene Mikesch and Linda Kemble.

Marge was the recipient of a special award from the St. Paul Police Department for taking

personal risks to help the police solve neighborhood crime.

Marge was preceded in death by her husband. She is survived by one remaining sister in Dearborn, MI; son Merle A. McKillips Jr. of Forest Lake; daughter Linda (Robert) Mattson of Shoreview; four grandchildren; and several great grandchildren.

Funeral services were held August 23 at Incarnation Lutheran Church, with burial at Roselawn Cemetery.

You're Invited!

The Community Center at Lyngblomsten celebrates its

25TH ANNIVERSARY
Tuesday, September 14, 2004

11 AM - 3 PM Open House •
Music, treats, & reminiscing

12 Noon - Lunch
(Kentucky Fried Chicken, mashed potatoes/gravy, coleslaw, and biscuit). The cost for lunch is \$5;
RSVP by Sept. 9 by calling (651) 632-5332.

3 PM - FREE Concert in the Chapel
The Mouldy Figs ("Old Jazz" & Variety Band)

The Community Center is located at 1298 North Pascal Street in St. Paul on the Lyngblomsten campus. Everyone age 55 and better is welcome to participate in Community Center activities.



CLASSIFIEDS

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

■ Type or write down your ad, and which section your ad should appear in. 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 with area code is one word.

■ Figure your cost: 90¢ x number of words (\$9.00 minimum).

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or deliver to the Park Bugle drop box at the side entrance to 2190 Como Ave. (on the Knapp Place side of building) by 6 p.m. on the deadline day. We cannot bill you for your ad.

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■ Call Ray at 651-646-5369, voice mailbox #3, with questions.

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Employment

Children's Music Director - 10 hours per week Wednesday evenings and Sunday mornings. Primary responsibility for 3 children's choirs and 1 possible middle/high school group. Contact Como Park Lutheran Church 651-646-7127 for a job description and application or visit www.comoparklutheran.org.

The Dining Service department at Luther Seminary seeks individuals to fill a variety of part-time positions. Experience is desired but not required. We provide daily cafeteria meals and catering services to our community and guests. Positions available include: kitchen prep, short-order grill, cashier, dish room, and wait staff. If you are interested in joining our team, contact our office at 651-641-3255.

The Dining Service department at Luther Seminary seeks a full-time Service Lead in our cafeteria. This position requires strong customer service and supervisory skills, and a self-starter who supports our mission of providing personal and friendly service to our community and guests. Food service experience desired. Salary range \$11-\$13 per hour, plus paid vacation, holidays, and sick leave. If interested, contact our office 651-641-3255.

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NEIGHBORHOOD SALES - Saturday, September 18th, southeast Como in Minneapolis. 11th-27th Aves. SE, maps 612-676-1731, www.secomo.org

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Have tuba, from page 1

seemed the ideal place for a musician, Hepola has no regrets about returning to Minnesota.

"I'm probably one of the most active freelance musicians in the Twin Cities," he notes. "The one contracted thing I have is the Minnesota Opera; otherwise, everything else is freelance."

Hepola works with Philip Brunelle, substitutes for both the Minnesota Orchestra and the St. Paul Chamber Orchestra, and is an adjunct faculty member at Hamline. He also has made recordings for and with other musicians, such as Amy Grant.

One thing Hepola has had to learn is how much to practice. He discovered that more is not necessarily better.

"I used to practice more than I do now—up to four hours a day," he says. "But about five years ago, I backed off to two hours, and that's optimal for me. One downside of practicing too much is that you can develop serious health problems."

For a tuba player, says Hepola, an important part of practicing is breathing routines, which help one play with "as little physical effort as possible. It's like being a ballerina as opposed to a prizefighter. We use a great volume of air, but we don't put it under very much pressure."

Hepola admits that the tuba doesn't get much respect.

"People associate it with polka and marching bands. They don't think it's on the same level as other instruments."

One surprising place Hepola has encountered an anti-tuba attitude is among jazz musicians.

"I've sent out flyers to some local clubs," he says. "I think they feel the tuba is too weird."

Still, he doesn't waste time bemoaning the jazz world's shortsightedness; he has plenty of other projects.

Recently Hepola completed a seven-week residency at the Wurlitzer Foundation in Taos, New Mexico, where he focused on composing and arranging music for solo tuba.

He has produced a 22-minute sampler CD called "Heptones," which includes classical, jazz and contemporary selections. The CD shows off not only the tuba's versatility but also Hepola's electronics prowess.

On the first track, Bach's Minuet, Hepola gives Bach a tuba/techno makeover. "You Leave Me Breathless" by Fredrich Hollander evokes a hazy 1920s

Berlin nightclub. And Pink Floyd's "Money" proves a surprising but apt subject for an innovative tuba player. The other three tracks on "Heptones" are original compositions by Hepola.

Another Hepola project is a group called Route 3, where he joins a banjo player and vocalist. Formed in 1988, Route 3 has performed all around the upper Midwest. They play mostly American popular music.

For more information about Ralph Hepola or to order his CDs, visit his Web site: www.RalphHepola.com.

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Pastor Donna Martinson
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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)

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2323 Como Ave. W. Handicap-accessible. 651-645-0371
Pastors Glenn Berg-Moberg and Amy Thoren, Email: info@saplc.org
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Sunday Services: 8:30 a.m. and 11:00 a.m.
Sunday School: 9:45 a.m.
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Website: www.stmatthewsmn.org
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9:15 am Christian Education for All Ages
4:00 pm Prospect Hill Friends Meeting

❖ ST. MICHAEL'S LUTHERAN CHURCH - ELCA

1660 West County Road B, Roseville. 651-631-1510
one block west of Snelling
Sunday Worship: 8:45 a.m. & 11:00 a.m.
Education hour for ages 2 through adult: 10:00 a.m. to 10:50 a.m.
Nursery provided. Handicap accessible.
Pastors: Roland Hayes and Sarah Breckenridge Schwietz
For more information, check www.stmichaelselca.com

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