

Park Bugle

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

Volume 31, Number 4, October 2004

Vets and pets: U of M students meet seniors in new program

by Michelle Christianson

Last spring, University of Minnesota Instructor Rebecca McComas was looking for a solution to a problem.

As director of experiential education in the College of Veterinary Medicine, she realized that veterinary students needed to connect with human beings much earlier in their education than their fourth and final year, as the program was organized at that time. While attending the University's volunteer fair last spring, she found the solution.

At the fair McComas struck up a conversation with Como Park Living at Home/Block Nurse Service Coordinator Caryn Erickson. Erickson was also seeking a solution to a problem.

One of the seniors her program served had a sick pet but didn't have the money or transportation to go to a clinic. McComas sent a student to help the senior, and a new University/community program was born.

Last summer 12 students were paired with 7 seniors in a pilot program to test the

collaboration. The experiment went so well that this fall all sophomores are taking part in the program, which has become part of the core curriculum.

The program is under the auspices of three groups: the College of Veterinary Medicine, the Living at Home/Block Nurse Program, and the University's Career and Community Learning Center.

The latter provides diversity and sensitivity training for students and serves as a liaison between the college and various community programs.

This year's sophomore class of 93 students will be paired with 47 seniors, each with up to two pets.

Student pairs will contact an individual, set up a meeting, visit the senior, do a wellness check on the pet and give the owner a "report card" and referral to a clinic, if necessary.

Then they will follow up the visit with a phone call or second visit if needed. The senior has the option to follow up on the

Vets and pets to page 20

District 12 council awarded grant to study watershed

by Karlyn Eckman

On September 9 the Mississippi Watershed Management Organization approved a proposal submitted by the St. Anthony Park Community Council for \$35,000 to fund a study of the historic Bridal Veil Creek watershed.

Bridal Veil Creek once drained the neighborhoods of St. Anthony Park, Southeast Como (Minneapolis), Prospect Park, portions of St. Anthony Village, the Hamline-Midway neighborhood and Lauderdale.

Today the creek flows mainly through the Minneapolis sewer system and emerges under the Franklin Avenue bridge as Bridal Veil Falls, where it cascades into the Mississippi River more than a hundred feet below.

The Community Council study will look at both hydrologic and ecosystem aspects of the Bridal Veil Creek watershed. It should result in a series of recommendations intended to help St. Anthony Park and other neighborhoods make informed decisions about water and land

use. A series of public workshops will be convened by the council's environment committee in 2005 to discuss the results of the study.

The St. Anthony Park neighborhood straddles two urban watershed districts: the Capital Region Watershed District (CRWD), which covers the majority of St. Paul, and the Mississippi Watershed Management Organization (MWMO).

Although only a small portion of St. Anthony Park lies within the MWMO boundaries, there are many watershed issues in that small corridor: pollution and drainage, development, storm water and habitat loss.

The area roughly borders Highway 280 and contains the Kasota ponds, wetlands and several polluted sites (Valentine-Clark Superfund site, Elm Street ash dump and others). The Community Council has representation on the MWMO, rather than CRWD, for these reasons.

MWMO, a public agency

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Renovation of an apartment building at 95-97 Langford Park has drawn complaints from neighbors who believe that the changes violate city codes. On September 22 the St. Paul City Council heard arguments from the owner, the developer and neighbors. The council elected to postpone a decision on the matter for two weeks.

Neighbors appeal project at 95-97 Langford

by Anne Holzman

The height, living space and garage space added at 95-97 Langford Park this past spring and summer went too far and should have been subject to neighbor approval, according to next-door neighbor Tom Holman and a dozen co-signers to letters and appeals to the St. Anthony Park Community Council, Zoning Board of Appeals and St. Paul City Council.

The brick building, owned by Stephen McCarty, is undergoing renovation and will be sold as six condominiums.

The original plans, approved by St. Paul zoning officials last February, showed two new garages that would need setback variances in order to fit behind the building. The District 12 Council reviewed the plans and recommended approval.

The Holmans suggested an architect who had helped them with their own garage. They weren't pleased with McCarty's plan, Holman said recently, but they did not challenge the garages, which will block a view of the trees and houses along Knapp Street through their first-floor side windows.

Last spring, tenants moved out of the building, which was then gutted. Neighbors watched brickwork being repaired and dormers being reconstructed.

But when one of those dormers appeared to have grown into an additional story, Holman and others began to suspect more families would be added. They

claim only three or four tenants have been living there in recent years; the renovated building will contain six condominiums.

In July, backed by other neighbors, Holman appealed to the city to stop construction and challenge the apparent expansion. The city issued a stop-work order, also known as a red tag, on July 19.

The owners contend that they have followed all the rules and that the neighbors waited too long to challenge the plan, and have asked a Ramsey County judge to hold Holman and the city responsible for financial losses due to the delay for appeals if the city does not allow construction to move forward.

Holman's appeal raised three issues: the number of units in the building, the amount of living space in the building and the exterior size of the reconstructed dormer. He and his neighbors say that the attic is being expanded to create a new unit and also constitutes an expansion of the

overall living space in the building, neither of which is legal in a building that was already "nonconforming" under the zoning code.

"Who would want to live near a building with 14 zoning code violations," Holman wrote in an e-mail, "right on the main park of a classic old neighborhood? The zoning code is designed to prevent these things from happening."

The neighbors listed their requests: restore the original roofline of the building, construct four condominiums instead of six, build only one garage instead of two and "reduce obtrusiveness through landscape and lighting," as Holman put it.

Holman expressed anger at the property owners for pursuing damages. "They're wanting money from me, and all I've done is try to stop them from building a building next to my property that has 14 zoning code

Neighbors appeal to page 14

St. Anthony Park's annual Fall Festival will take place Saturday, October 2 from 10 a.m. to 4 p.m. along Como Avenue between Carter and Doswell. The event features food, bagpipes and Scottish dancers, free carriage rides and sidewalk sales. The festival is sponsored by the Midway Chamber of Commerce and neighborhood businesses: Milton Square, Micawber's, Muffuletta and Park Hardware.

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CITY FILES

Como Park

The Como Park Community Council will hold an open house as well as elections for new board members on October 19, 7 p.m., at St. Timothy's Church, 1465 N. Victoria. All Como residents are invited to attend and learn more about the district council, its services and activities. Refreshments will be available.

At 8 p.m. the council will hold elections for new board members. Nominations will be accepted from the floor. Residents may have a friend nominate them. Call the district office (644-3889) to learn more about this process and about being a board member.

Falcon Heights

Roseville Schools Superintendent John Thein addressed the City Council on August 25. He had high praise for Falcon Heights' role in the Roseville School District. Thein said the district is

experiencing declining enrollment. Currently it serves 6,500 students, down from a high of 13,000.

The district is considering ways to use facilities over the next 10 years. According to Thein, the community is aging and houses are starting to turn over to younger families. He stressed that the small neighborhood schools are an attractive feature of the Falcon Heights/Roseville area.

Lauderdale

The city of Lauderdale will again sponsor an alternative-to-trick-or-treating Halloween Party for all ages on Halloween night, October 31, from 5-7 p.m. at City Hall, 1891 Walnut Street. There will be scary movies, a maze, candy give-away, hot dogs, chips and hot chocolate. Everyone is encouraged to come in costume. The festivities are free; donations of money or candy are accepted. Call 631-0300 for more information.

St. Anthony Park

The St. Anthony Park Community Council has committed to collaborate with University United on developing a policy agreement with the city of St. Paul to support transit-oriented development on University Avenue.

Residents of St. Anthony Park, Como Park and Falcon Heights may bring materials to a neighborhood cleanup on Saturday, October 9 from 8 a.m. to 2 p.m. in the Camel Lot at the north end of the State Fairgrounds. Residents should enter from Larpentour Avenue and bring the flyer they received in the mail. Fees range from \$7 to \$23 depending on vehicle size.

—Susan Conner

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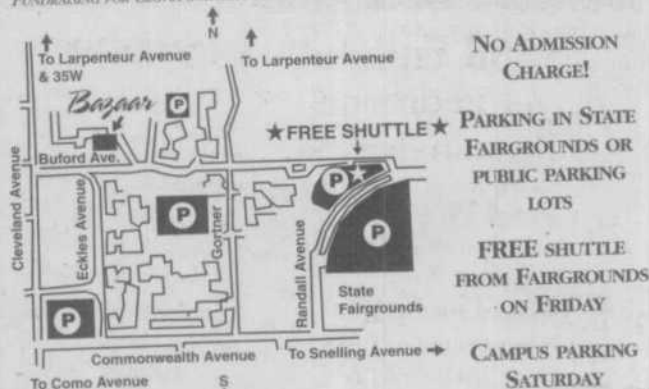
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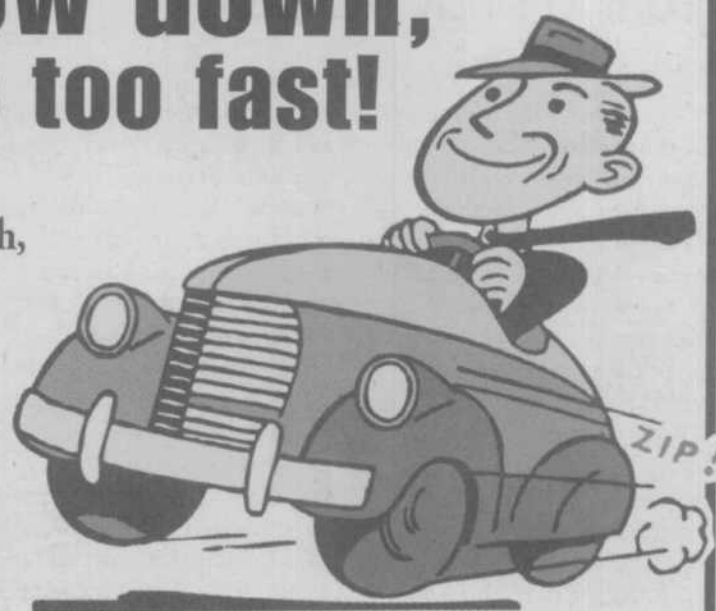


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Sloooooow down, you move too fast!

Community meeting,
Wednesday, October 20th,
7-9PM at the South
St. Anthony Park
Recreation Center.

Neighbors have complained about speeding traffic on Raymond Avenue near Hampden Park Co-op. Help us brainstorm solutions to make our neighborhood safer. We'd also like suggestions to help beautify Hampden Park. Questions? Call 651-649-5992.



St. Anthony Park Community Council

890 Cromwell, St. Paul, MN 55114 • phone: 649-5992 • fax: 649-5993 • e-mail: sapcc@visi.com
NW St. Paul HandyWorks Program: 649-5984

Savoring a garden view on Larpenteur Avenue

by Jean Larson

Sitting contentedly at a small table and enjoying a giant sandwich that was just made to your specifications, one feels lucky to have found this cozy neighborhood café. Toss in a cup of chicken chili, a homemade muffin and a bottomless cup of one-dollar, fresh-ground coffee, and you're inclined to sing the praises of this place to whomever will listen.

Craving this home-town feeling and another bite of a turkey sandwich on marble rye, plenty of regulars feel torn between savoring Falcon Heights' best-kept secret and sharing the joy of the Garden View Café.

Tucked between houses on Larpenteur Avenue at the corner of Lindig Street just west of Fairview Avenue, the Garden View is a coffee-shop-sandwich-café right where it needs to be. It comforts patrons with great food and prices and is unpretentious enough to endear itself to a university neighborhood's inhabitants.

The garden view is two-fold. There are the U of M farm fields across the street. And there is the café's own greenhouse-turned-dining-atrium, which echoes Larpenteur Avenue's history—from nurseries to strawberry farms, Gibbs farm to agricultural experiment station.

A coupon for a bottomless cup of coffee first lured me in to experience the Garden View

Café—a place just like I'd always hoped would find its way to this spot that had undergone frequent turnover. After many long mornings tapping the coffee carafe dry while reading, I finally tried one of the gargantuan sandwiches I'd seen Tina or Danielle haul to other wide-eyed customers.

The half-sandwich option seemed necessary, or else someone to share with, so I invited two family members to join me. Happily munching a yummy sandwich on incredibly thick whole wheat, I felt a kid-like warmth, as if we were playing house in our newly renovated garden fort—and satisfaction knowing I was spreading the love to new aficionados.

Owner Dave Kerr conceived of the Garden View Café when his wife, Mary, switched her scrap booking business from the old florist shop site to the Internet. The greenhouse solarium screamed for loitering diners munching on really good sandwiches.

Dave had noticed sandwiches shrinking at other places, so he decided to offer sandwiches of substantial size with fresh, overflowing extras. He topped that off with stuff to warm the cockles of anyone's heart who braves Larpenteur's open field's in winter temperatures—great coffee and soup.

Coffee was emphasized at

first, but box lunches of the turkey or egg-salad-sandwich sort have taken over the headlines. Check them out at www.gardenviewcafe.com. You can get custom-built bagel breakfast sandwiches, too, but coffee remains my personal mainstay.

My favorite Garden View story is of a quick stop I made one day for a cappuccino. During an intense conversation with the barista about the weather, she intently focused on my every word.

As she talked she reached for my cup with its perfectly piled bouffant coiffure. As I spoke her arm lifted it. As she spoke my brain's finest antennae perceived a slight lack of typical elbow extension in her arm.

Curiosity distracted me from her words as the cup slowly elevated. I held my breath, waiting for her arm to suddenly straighten and hand me my coffee.

But instead, she put it to her lips and sipped, then jerked it away suddenly from her mouth, her face bewildered, with a curve of white foam on her lips. "Oh!" she exclaimed. I burst out laughing and she did, too, but in embarrassment.

When any of us, distracted, feels the moist warmth of a paper cup of coffee in our palm, we

Garden View to page 8



The Garden View Café at 1871 Larpenteur Avenue serves coffee, soup and sandwiches.

Right: Bob Hiatt of Minneapolis works on a crossword puzzle while enjoying a cup of coffee in the Garden View's sunlit atrium.



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E D I T O R I A L

Of castling and kings

A man's home is his castle.

We wouldn't put it that way anymore, of course. Home ownership is no longer a male prerogative. But does the principle still hold? And what is the principle, exactly?

At one level, the saying suggests that any home can be a castle to its inhabitants. Though it may not look regal to others, to those who live there home has a grandeur that accrues precisely because it is home.

Another platitude expresses a similar sentiment: Be it ever so humble, there's no place like home. Home, these sayings assert, has a special status that transcends its physical properties and apparent limitations.

But the first saying, by invoking castles, implicitly confers a special status not only on a home but also on its occupants. Castles are for royalty—for kings and queens, princes and princesses. Are we all royalty in our own home? And if so, what does a nation of homeowners look like?

It's nice to think that we can all be kings and queens in our own home/castle. But the whole idea of royalty is that it constitutes a very small club. So elevating any homeowner to that status calls into question the whole idea of the ruler and the ruled. Who are the subjects in a land of kings and queens?

All this might appear to be making too much of a shopworn sentiment. But the question of what status property ownership should entail is not a trivial matter. In a feudal society, serfs had little status and few rights. If you didn't own land, you didn't rate. Even in early America, voting rights were tied to property ownership.

Although we no longer make that link, the very idea that property can be individually owned carries with it certain assumptions. A crudely stated homeowner's credo might sound like this: "It's my house and I can do what I want with it."

That conviction is honored in our society, but it is tempered by laws that restrict property owners. Zoning ordinances govern what kinds of structures can be erected in a given area and what to purposes those structures can be put. Building codes dictate how those structures can be constructed and outfitted.

How close to the edge of your property can you build? How tall can the edifice be? What color can you paint it? Can people live in the basement? What kind of wiring can you use? Which animals can you keep in it?

The answer to these and a host of other questions is: It depends on where you live. So go ahead and put up that castle. Just be sure that the walls are at least x inches thick, no taller than y feet, and at least z yards from your neighbor.

Your neighbor. Aye, there's the rub. Palace dwellers needn't worry about the neighbors because they haven't got any. But we urban home-is-our-castle folks don't have that luxury. We have to consider the people next door.

Want to add a garage? Put up a fence? Plant a hedge? Put in a swimming pool? Cut down a tree? Zoning ordinances and building codes may allow you to do so, but there are codes of neighborliness to consider as well. The problem is that those codes aren't written down, and not everyone operates with the same guidelines.

Say you want to add on to your house, but doing so will obstruct your neighbors' view of a nearby park. Or what if you want to take out a tree that has a branch extending over your neighbors' yard, a branch they hang their bird feeder from?

It's dilemmas like this that make some people long for more "elbow room" and dream of living in the country, where they don't have to worry about neighbors looking in their windows or treading on their grass seed. Such sentiments make them heirs of Daniel Boone, who moved from Kentucky to Tennessee, then from Tennessee to Missouri, where he was said to complain that someone had the effrontery to settle within a hundred miles of him.

But, as historian Henry Nash Smith reminds us, Daniel Boone was not only a "child of nature who fled into the wildness before the advance of settlement," he was also a "standard-bearer of civilization and refinement" who was instrumental in blazing the Wilderness Trail and founding the commonwealth of Kentucky.

Boone thus serves as a fitting hero for modern Americans, some of whom feed the apparently inexorable forces of urban sprawl, others of whom feed a building boom of lofts and townhouses in the heart of our large cities.

The American Dream has always included owning one's own home. But the thing about a home is that it cannot exist in the abstract. It has to be located here or there, next to this or that. Which means home is inextricably bound up with relationships, as me and mine inevitably come up against thee and thine.

One's home may be a castle, but most of us have to get out of the fortress now and then, where we're likely to encounter the castle dwellers next door.

Best wishes to new business

I am writing to express my appreciation for the gracious and accurate report made in last month's letter to the editor from Jeffrey and Christina Huff concerning issuance of an off-sale liquor license to their new business, The Little Wine Shoppe.

I was one of the few who opposed issuance of the license. My objection, however, was not to the kind and scope of the business described by the Huffs, but to the kind of license for which they had applied.

That was an unrestricted off-sale liquor license authorizing a type and scope of business very different from what they intended to conduct. As they were quick to explain, however, that is the only type of license available.

Through several meetings with the Huffs and other concerned residents, and with the assistance of Jay Benavaz, our Ward 4 City Council representative, we identified restrictions to be placed on the license that were acceptable to the Huffs and allayed the fears that I and others had of an unrestricted license.

That we were able to resolve this matter by honest debate and courteous discussion speaks well for the quality of life in the St. Anthony Park community.

There will always be conflicts between the interests of the business community and those of the residential community. So long as each group is willing to consider and accommodate the reasonable needs of the other, we

can hope to preserve the good order and vitality of our whole community. We need not imitate Grand Avenue or Dinkytown.

I wish Jeffrey and Christina Huff success in their new business venture.

William Glew
St. Anthony Park

Vote for Dorothy Waltz

Dorothy Waltz is running for supervisor of the Soil and Water Conservation District (SWCD) in Ramsey County, a nonsalaried office.

For 16 years, Dorothy was a Dakota County supervisor of the SWCD, playing a major role in an amazing range of local and statewide conservation initiatives.

These include the Minnesota Conservation Reserve program, the Reinvest in Minnesota program and the Minnesota Adopt A River program.

For the latter she won Minnesota's first national Take Pride in America award. We need her experience and skills in Ramsey County.

On November 2, please seek out the nonpartisan section of the ballot and give your vote to Dorothy Waltz.

Richard McHugh
Falcon Heights

Familiar face leaves Muffuletta

Allyson Tarnowski has left Muffuletta Café in St. Anthony Park. Please join me in

congratulating her on many years of dedicated service, and in wishing her well in her future pursuits.

I've always enjoyed Alyson's warm smile and good nature. Todd Bolton, an affable, generous guy and also a long-time Parasole employee, takes the helm as Muffuletta enters its 28th year.

Kevin Kuester, Partner
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Thank you to neighbors

We want to express our deep gratitude for the tremendous support and encouragement Judy received through personal visits, meals, cards, phone calls, e-mails and Caringbridge guest book messages during her hospitalization. All of this nourished and sustained her throughout her long struggle with leukemia.

And now, after her death on July 23, we also thank you for your many expressions of sympathy and generous memorial gifts. Judy fought very hard and courageously. We will miss her, and we are extremely proud of her.

Andreas, Kaela, Adrian
and Sarina Schramm
St. Anthony Park

Art and Darlene Anderson
Big Lake Township, Minnesota

Park Bugle

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Kat Daze draws felines and their friends



On September 19, cat lovers gathered at the South St. Anthony Rec Center to see the latest in merchandise and services.

Above: Ted Kiebkke, inventor of Litter Mate, explains his product.

Right: Alicia Eisenzimmer of the Pet Crossing Animal Hospital in Bloomington brought along a friend named Tough.

Below: Members of Funcharacters provided entertainment and activities for children. From left to right: Rachel Wilkie-Johnson, Angie Hardy and Jolene Putt.



St. Anthony Park Neighbors for Peace



Planning meeting (all are welcome):

Wednesday, October 6, 7 p.m.

Benson/Wulling's, 1495 Raymond Avenue, 651-644-6861

For information check out our amazing web site

www.ParkPeace.org

& see our resource materials at the reference desk of the St. Anthony Park Library

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Youth Basketball Registration

October 11th - October 29th

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For more information, please call
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Watershed study from page 1

for the enhancement and protection of the middle Mississippi River watershed, includes most of Minneapolis. Its funding comes from tax levies approved by the state legislature and paid by property owners within MWMO boundaries. This year, the MWMO budget is slightly over \$4 million.

Funds are used for watershed studies and research, capital improvement projects, monitoring water quality and the MWMO Stewardship Fund. MWMO stewardship grants are available to local organizations to improve and protect the Mississippi watershed, and have been granted for a wide variety

of local projects.

For example, the Southeast Como Neighborhood Association received money to create a habitat corridor with native plants between the Bridal Veil duck pond and Kasota Pond.

Other grants have been made to local groups for storm drain stenciling, promoting rain gardens, flood control and other greening activities. Applications for the current stewardship funding cycle are due October 15. (See details at www.mwmo.org).

The commissioner representing St. Anthony Park and the city of St. Paul on the MWMO is Karlyn Eckman, and the alternate is Gregg Richardson.

The MWMO benefits from a Citizen's Advisory Committee (CAC), which provides an independent, community-based voice in reviewing proposals and advising board members on budget and policy decisions.

The CAC post representing St. Anthony Park is vacant, and candidates are being sought by the MWMO.

Anyone interested in local watershed issues and in ensuring that local opinions are included in MWMO decision making is encouraged to contact Karlyn Eckman at 649-1606 for more information, or visit the MWMO Web site at www.mwmo.org.

St. Anthony Park residents can also have a voice on local environmental issues by joining the St. Anthony Park Community Council Environment Committee. Call Nina Axelson (649-5992) for information about that committee.



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For tickets call (651) 641-3419.

Singing the Faith will focus on the Lord's Prayer and the meanings of the petitions. The service will feature the combined choirs of Roseville Lutheran Church, directed by John Helgen, and St. Michael's Lutheran Church, directed by Karen Wilkerson.

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www.luthersem.edu/calendar

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THE LEADER IN IMPROVING OUR URBAN COMMUNITY



No bones about it

by Kristi Curry Rogers

Greetings "No Bones" readers! My family and I returned from Montana's summer field season with a few really neat discoveries to tell of and a lot of terrific thunderstorms to recount.

This month is dedicated to one of the Science Museum of Minnesota's coolest and best-understood dinosaurs: the meat-eater called Allosaurus. The museum's mounted specimen is a young adult, and stands 5 feet, 2 inches tall at the hip. An adult might have been closer to 10 feet tall at the hip, and could have grown to 40 feet long.

Allosaurus has a mouthful of sharp, serrated teeth perfect for "slicing and dicing" dinosaur meat. It lived alongside several other dinosaurs: plated Stegosaurus, long-necked Diplodocus and vegetarian Camptosaurus.

The Science Museum acquired its skeleton of Allosaurus way back in 1966, just a few years after paleontology at the Science Museum really took off. However, this Allosaurus wasn't actually collected by museum paleontologists.

Curator Bruce Erickson was searching for a meat-eating dinosaur that would fit into the museum's relatively small dinosaur exhibit space in the old museum building. He called up his friend Jim Madsen, Utah's state paleontologist, and asked if Jim might be able to help him out.

Although professional paleontologists don't buy and sell real dinosaur fossils these days, back then museums sometimes acquired new specimens by buying them, sometimes from other museums. Jim had the perfect skeleton for Bruce's need, and Bruce ended up finding \$2800 to donate to Jim's collecting effort at the quarry, in exchange for the skeleton of a juvenile Allosaurus.

Nowadays dinosaurs bring in much bigger bucks if they're sold on the commercial market. (Sue, the famous T. rex, went for \$8.4 million in 1997.)

Our Allosaurus was collected at the Cleveland-Lloyd Quarry in Utah. This spectacular site is one of the most productive fossil localities ever found. So far, over 12,000 bones have been collected, including nearly 80 Allosaurus skeletons ranging in age from small juveniles to old adults.

The quarry was opened in 1929 by Princeton University, and was handed over to the University of Utah and Brigham Young University in 1960. The quarry is still the subject of doctoral dissertations and master's theses. No one yet knows exactly how all of those skeletons came to be deposited in the quarry, even after years of study and collection.

The bones from Allosaurus at Cleveland-Lloyd provide one of the best examples of any dinosaur species at a variety of

different ages, and are a great sample from which to study biomechanics, injury, growth rates and all sorts of other interesting paleobiological topics.

One study on the skull of Allosaurus, by a paleontologist named Emily Rayfield, employed a special engineering technique to analyze the method that Allosaurus used to capture prey.

Emily found that Allosaurus' skull was too lightly built and not strong enough to have been able to crunch bones.

Instead, Allosaurus probably used its powerful neck muscles to drive its skull down into its prey like a hatchet and tear away pieces of flesh, much like a modern Komodo dragon.

I'm sure that meeting an Allosaurus proved a frightful encounter for the long-necked sauropods and plant-eating ornithischian dinosaurs that shared its territory. Allosaurus probably even scared members of its own species.

A scientist named Rebecca Hanna has studied one Allosaurus teenager nicknamed "Big Al" and found scores of healed injuries, at least some of which might have been caused by competition with other Allosaurus for territories or mates.

Keep your dinosaur questions coming (kr Rogers@smm.org) and stay tuned to next month's feature on Chinasaurus.

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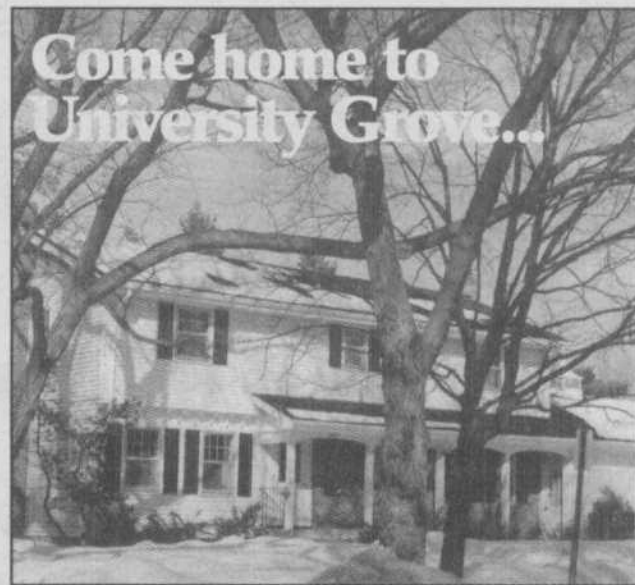
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ANSWERING



Garden View from page 3

own it and do what we should do, like a thumb to a baby's mouth. I hope it gives her a good chortle every time she thinks of it, just as it does for me.

Other memories, from before oatmeal raisin cookies, come to many long-time neighborhood residents when stepping inside the Garden View. Once upon a time the building housed Lindig Floral, the "other" florist on the block.

My friends and I would ride our bikes there and wander through the aisles, longing to buy a ceramic pig or baby booties holding cute little ivy or violets for our moms. We'd scheme how we'd make money to buy one for Mother's Day or her birthday.

Later B & J Floral took over the space. They provided my son his first purchase of roses for a girl—in eighth grade—at a time when he'd never dream of

mentioning girls to mom. And for years we'd buy Halloween pumpkins there. The memories kindle easily when sipping coffee in the greenhouse.

The Garden View closes at 3 p.m. (and opens at 7 a.m. Monday-Saturday, 10 a.m. on Sundays). I've been there at close, on my fourth refill, to see regulars rush in for their last chance at good, affordable coffee and a homemade cookie.

In fall the café is a cheek-warming reprieve from walking or raking—close but far enough away from chores and responsibilities. It's a place to stop for lunch or to grab something on the way to or from work. It's a neighborhood treasure that won't break the bank and fills our need for a home away from home. I'll see you there.

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- Fall Marketplace, including pumpkins, scare crows & donated items.
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St. Anthony Park Elementary School Patrol members Forrest Waage and Matthew Buechler stop traffic for the Lagesons: Sarah (3rd grade), Luke (4th grade) and Esther (kindergarten). The school has approximately 55 patrol members and about 225 students who walk or get rides from their parents.

Put the rubber to the road or sidewalk on October 6 for Walk and Bike to School Day

by Dave Healy

October 6 is an opportunity for students to join more than three million kids from over 3,000 schools in the United States and around the world in celebration of Walk and Bike to School Day.

International Walk to School (IWS) is promoting the special day as a way of helping kids—and their parents and teachers—learn more about the benefits of walking and bicycling; enhancing health, improving air quality and creating safer routes for cyclists and pedestrians.

According to IWS, roughly 10 percent of children nationwide walk to school regularly. Even among those living within a mile of their school, only 25 percent are regular walkers.

The IWS also notes that according to a survey done in the UK, nearly nine out ten parents who walk their children to school

see it as an ideal way to meet new people. Many said that the school gate was a better place to meet new people than pubs, clubs, evening classes or the supermarket.

Another purpose of the October 6 event is to promote Safe Routes to School programs, which were designed to improve the health of kids and the community by making walking and bicycling to school safer, easier and more enjoyable.

These programs involve parents, community members, school staff, traffic engineers, city planners, law enforcement officers and community leaders.

They work to assess the safety of school travel routes, make changes such as building crosswalks or adding crossing guards, educate students and drivers about safe travel, and encourage walking and biking to

school. Some programs expand to promote safe walking and bicycling throughout the community.

For more information about Walk and Bike to School Day, visit www.walktoschool.org.

Parents and kids who want to learn more about bicycle safety and other bicycle issues may want to visit the Web site of the League of American bicyclists: www.bikeleague.org.

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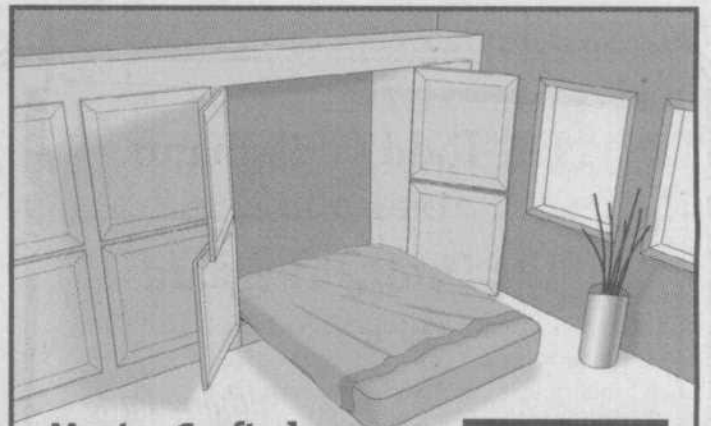
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Workin' on a Build

by Judy Woodward

What happens to the House of the Lord when the Almighty relocates?

Theologians tell us that God is everywhere, which is fine in a spiritual sense but doesn't really address a separate, and naggingly mundane, question. What becomes of that piece of prime real estate left behind when an expanding congregation outgrows its home church? Who takes over when shifting demographics cause a religious school to close?

Of course, many aging religious buildings simply go on to serve other and newer congregations. Sometimes, though, a house of worship is reborn simply as a house. For several local residents, a piece of decommissioned ecclesiastical architecture is better known as the place they call home.

According to his wife, Mike Zaccardi is a guy who always wanted to live in a church.

"Either a church or a fire station," she says, "so that he could come down the pole." There's no fire pole in their converted church on Pascal Street in Como Park, but in all other respects the former Baptist meeting place suits them fine. They even have an original stained glass window upstairs in what they refer to as "the choir loft."

Zaccardi, a commercial photographer, and his wife, Marjorie Moody, a painter, use the former church for both living and working spaces. They have their studios in what used to be the church basement, while the former sanctuary has become an airy, light-filled living space.

Moody says that their home was consecrated as a church in 1923 and served a Baptist congregation until the mid-1980s. For a few years it belonged to another religious organization but was eventually sold to private owners. Moody and Zaccardi bought the house from them 12 years ago.

The previous owners told Moody that the ex-church was haunted by a "good ghost." Moody, who describes herself as a "very religious Catholic," says she's never seen the ghost, but that she's willing to testify to its benevolence. "I get only good feelings from the house," she notes.

With its 22-inch walls, the Zaccardi/Moody home was clearly built for the ages. Moody says that they have tried to maintain the building's original contours. "We love to show it to people. They realize that it's a church the minute they walk in."

In Moody's case, her home also becomes a marketing tool for her twice-a-year art shows. "It draws people in. People come to the shows to see the church," she says, "and then they have to see my art as well."

Art lovers—as well as fans of sacred architecture—might want to mark their calendars for Sunday, November 7 from noon to 6 p.m. That's when the Moody/Zaccardi home at 1220 Pascal Street will be open for Moody's next show.

It's not only churches that find themselves put to new uses.

Consider the imposing brick structure at 921 Bayless in south St. Anthony Park, which is home to Patrick and Elizabeth Borich, among others. It's been 20 years since the building was transformed into multiple living units, but there are clear signs of its previous existence.

After all, how many condo dwellers face a stern exhortation to moral duty every time they open the front door? Pro Deo and Pro Patria (for God and country) read the stone inscriptions over the exterior archways.



That—together with the stone Celtic cross that tops the third story—gives a clue to the condominium complex's former existence as a Catholic grade school.

Built in 1924 to serve the children of St. Cecilia's parish, the school evidently sought to embed lessons of faith and citizenship into the very walls of the building. Eighty years later, the institution once dedicated to turning out small soldiers of Christ now gives shelter to a very different kind of family.

The Boriches—he is the retired Minnesota Extension Service and business—have lived in the former school gymnasium stood.

"We were the third ones in," the complex was unfinished when we moved in, which makes it nicer.



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ding, Oh My Lord



not a big organization. We enjoy each other's company."

Other things the Boriches enjoy are the large windows and 12-foot ceilings that were preserved when the school was remodeled for condos. In an unusual departure from the conventional floor plan, the Boriches' bedrooms are on the first floor and their living spaces are upstairs.

The building was extensively altered for its current role. The only interior feature that suggests you're in a former school, says Patrick, are the halls. "They were left unchanged."

The Boriches have a three-season porch that faces the sidewalk, and they're used to encountering the long-since-grown alumni of St. Cecilia's School. "People walk by and ask if they can come in and look where they went to school so many years ago."

But not all school-days memories are golden.

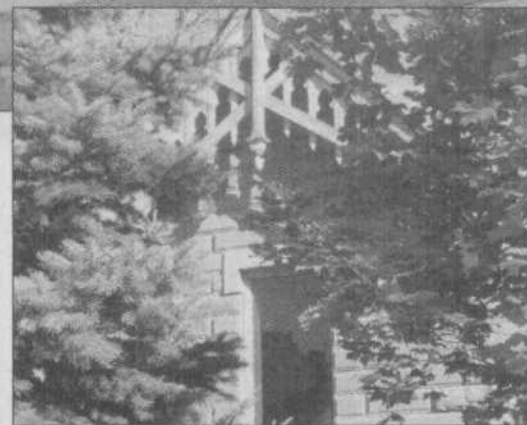
Patrick remembers one man who stopped by but refused an invitation to come inside. By way of explanation, the reluctant alum recalled a long-departed nun who had so terrified his boyhood self that he was still unwilling to return to what was once her kingdom. "That nun drove me away from religion altogether," the man recalled.



couldn't see it getting torn down."

Ward was able to rehabilitate the structure to the city's satisfaction, transforming the single room of the sanctuary into a more conventional dwelling. One piece of modernization that he added was long overdue. "When I bought it, there was no bathroom. Just an outhouse," he says.

Because the building had been heavily vandalized during its years lying empty, very little of the original ecclesiastical style remains indoors. Outside, it's another story. No amount of remodeling has been able to eradicate the distinctive Gothic Revival-style gables that once called the faithful to prayer.



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sed to own an interior design
Cecilia School since 1983. They
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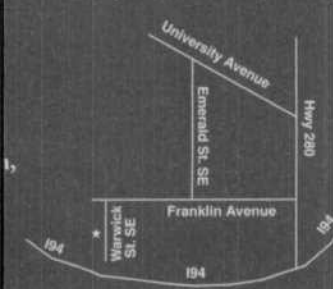
Patrick. "The condominium
ed in. There are only six units in
n big condos. We're like a family,

The modest two-bedroom house at 969 Raymond Avenue had also long since turned away from religion by the time current owner Dallas Ward acquired the building in the early 1980s.

It began life as the Bethesda Norwegian Lutheran Church in 1909. In 1925, it became the site of St. Gregory's Gnostic Church. By the time Ward took possession, it had suffered a disastrous fire and had spent years lying empty. Ward says, "The VFW wanted to run it as a bingo hall, but the Community Council turned down that idea. So they sold it to me."

The building had actually been condemned, but, says Ward, "I

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Arts Events

Artist Randy Walker's corn crib art installation at the Gibbs Museum of Pioneer & Dakota Life will officially open at 6 p.m. on Saturday, October 2. The art work will be ceremonially lit for the first time. Refreshments will be served.

On Saturday, October 2 at 7 p.m. Midway Contemporary Art will hold a dance party and silent auction. Proceeds will support the nonprofit gallery's programming and projects. The event will be held at 3306 5th St. NE in Minneapolis. Tickets are \$50 and may be reserved by calling 612-605-4504 or online at www.midwayart.org.

Goodwill/Easter Seals Minnesota will hold an eclectic art sale on Saturday, October 2 from 8 a.m. to 4 p.m. at its main headquarters, 553 Fairview Avenue N. in St. Paul.

Music in the Park Series opens its 26th season with a concert by the Prazák String Quartet on Sunday, October 17 at 4 p.m. at St. Anthony Park United Church of Christ.

The ensemble will perform an all-Czech program. They will be joined by Uzbekistan-born pianist Stanislav Ioudenitch. At a 3 p.m. pre-concert event, St. Paul author Patricia Hampl will read her own work and that of 20th-century Czech writers.

Tickets are \$18 in advance, \$20 at the door and \$12 for students (when available). They may be ordered at 645-5699.

Great Decisions

The Great Decisions neighborhood discussions continue at the St. Anthony Park Library on Monday, October 25 from 7-9 p.m. The topic will be Middle Eastern political reform.

The group meets the last Monday of every month. Reading materials are available at the library's reference desk. For more information, call Sheila Richter at 644-9677.

Barn Dance

On Saturday, October 2 from 7-10 p.m. a barn dance will be held at the Hanson Tree Farm. All families in the community are invited to attend. The event is sponsored by St. Anthony Park churches. Call St. Anthony Park Lutheran at 645-0371 for more information.

Fall Festival

St. Anthony Park Elementary School will hold its Fall Festival on Friday, October 29 from 6-9 p.m. The event includes crafts, food, a fall marketplace, silent auction and square dance with the Adam Granger Band. Proceeds are used for field trips and classroom support.

Appreciation Party

The Langford Park Booster Club will host a party on October 2 at 7 p.m. at the Langford Rec Center. The event will honor Hal Holtkamp, former rec center director. Everyone who knows Hal is welcome.

Audubon Society

Kurt Mead, author of "Dragonflies of the North Woods Field Guide," will speak at the October 14 meeting of the St. Paul Audubon Society. The meeting takes place at 7 p.m. at the Fairview Community Center, 1910 W. County Road B in Roseville.

Woodcarving

The Viking Woodcarvers Club will host their Fall 2004 show and sale, "Artistry in Wood," at Har Mar Mall in Roseville. The event takes place Saturday, October 23 from 10 a.m.-6 p.m. and Sunday, October 24 from noon-5 p.m.

The show will feature over 60 woodcarvers with a wide variety of carvings. The event is free. For more information, contact Russell Scott, 917-2125 or iscott56@netzero.com.

Mini Vet School

The University of Minnesota's College of Veterinary Medicine will offer a mini vet school in six Tuesday evening sessions (6:30-8:30 p.m.) beginning October 5.

Participants will have a chance to sample the college's curriculum, including such topics as physical examinations, anatomy, reproduction, food safety, cardiology and behavior. They will also get a behind-the-scenes tour of the Veterinary Medical Center, where more than 40,000 animals are treated each year.

Participants must be age 18 or older. Tuition is \$125. To register or for more information, call 612-624-3434, email vop@umn.edu or visit www.cvm.umn.edu/outreach.

Sales

Beta of Clovia's 22nd annual bazaar will be held at the North Star Ballroom, on the second floor of the St. Paul Student Center. The event runs from 9 a.m.-7 p.m. on Friday, October 22 and 10 a.m.-2 p.m. on Saturday, October 23.

Items for sale include quilts, woven rugs, holiday items, nature crafts, antiques, collectibles and specialty foods.

The event benefits Clovia Sorority, which provides cooperative housing for women at the University of Minnesota.

There is no admission charge. Parking is available at campus lots or the Fairgrounds. A free shuttle from the Fairgrounds will run on Friday.

The Como Park Lutheran Church Fall Bazaar will take place Saturday, October 9 from 9 a.m.-2 p.m. at the church, 1376 Hoyt Avenue. Hand-crafted items, baked goods and a coffee shop serving from 9-11 a.m. will be featured, along with a lunch from 11 a.m.-1 p.m.

For more information, contact Myrna Huebsch, 646-7127, ext. 203 or huebsch@minister.net.

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M. Allen Cunningham the author of "The Green Age of Asher Witherow" reads at 7 p.m. at Micawber's on October 9th.

Cunningham's first novel, which is Booksense's #1 pick for October is already being hailed by writers and booksellers as an instant hit.

Steve Yarbrough said, "The Green Age of Asher Witherow is one of the finest debut novels I've ever read."

e t c e t e r a

YMCA Camps Widjiwagan and du Nord will hold their Annual Fall Garage Sale from October 13-16 at the Minnesota State Fairgrounds Merchandise Mart.

Hours are 9 a.m.-7 p.m. Wednesday, October 13 through Friday, October 15, and 9 a.m.-noon on Saturday, October 16.

The sale will include clothing, household items, toys, books, antiques, furniture and sports equipment donated by more than 200 families. All proceeds go to the camps.

For more information, call 612-465-0450.

Lyngblomsten Auxiliary's Fall Rummage Sale will be held October 6-8 at the Lyngblomsten Community Center, 1298 N. Pascal Street. Sale dates and times are 9 a.m.-4 p.m. Wednesday, October 6; 9 a.m.-2 p.m. Thursday, October 7; 9 a.m.-noon, Friday, October 8.

Donations of new and gently used items will be accepted through October 1. Call 646-2941 for more information.

Volunteers

Volunteer tutors are needed for the "Read with Me" program at St. Paul Public Libraries.

Tutors meet one-on-one with an elementary school child for one hour a week. "Read with

Me" is a literacy program offering free help with reading and writing for 1st-3rd graders. All meetings are held afternoons and evenings at a public library branch.

Tutors attend a three-hour training session and must submit to a background check before beginning the program.

St. Anthony Park Library, 2245 Como Avenue, has applications for tutors, ages 13 and up, and students, grades 1-3. Call 642-0343 for more information.

Ramsey County Community Human Services needs volunteers to assist staff in serving non-English-speaking clients by translating and reverse translating Hmong, Cambodian, Vietnamese, Russian, Somali or Spanish, and performing related duties as assigned.

Volunteers must be at least 16 years of age. For more information, contact Volunteer Services at 266-4090 or volunteerservices@co.ramsey.mn.us

Zoo Boo, an annual fund-raising event for St. Paul's Como Zoo and Conservatory, needs volunteers to assist on weekend nights in October. Shifts are from 3:30-8:30 p.m., and a one-hour orientation session is required. Volunteers must be 17 or older. Call 487-8287 for more information.

St. Paul Public Schools needs child advocates in its Surrogate Parent Program. Volunteers represent and advocate for special education students who do not have parents available to represent them.

Adult volunteers need to be available 1-5 times during the school year to participate in school meetings concerning their student's special education plans. Training is available. If interested, call Stacy Sokol at 293-8850.

Parent Forum

The Murray School Association will sponsor a forum on Monday,

October 4 at 7 p.m. entitled "Help Bring an End to Bullying." Call Murray at 293-8740 for more information.

Horse Show

The Minnesota Harvest Horse Show takes place at 7:30 p.m. Saturday, October 9 at the Minnesota State Fair Coliseum. Tickets are \$8 and are available at the door.

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- Experience Family Day at the St. Paul Gym
- Enjoy a \$0.50 brunch and other activities for the whole family

Fall Fest is a free event open to the public.

All community members, alumni, parents, students, faculty, and staff are invited to attend.

Parking is free on Sunday's in the Gortner Ave Ramp.

Squirrel away treasures at the Lyngblomsten Auxiliary's FALL RUMMAGE SALE

Wed., Oct. 6
9:00 AM - 4:00 PM

Thurs., Oct. 7
9:00 AM - 2:00 PM

Fri., Oct. 8
9:00 AM - Noon
"\$2 Bag Day"

Enter the sale at 1298 N. Pascal Street - St. Paul (Senior Center Entrance)



Donations of new & gently used items accepted Sept. 27 - Oct. 1.

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Neighbors appeal from page 1

violations," he said.

The owners concede that they raised the roofline by three feet, but they say the building always had six units, even though they weren't continuously inhabited as such, and that their additional space accommodates such modern necessities as insulation, not expanded living space.

The Land Use Committee of the District 12 Council reviewed the matter in July and sent the zoning board the following comment: "The Council's recommendation concerning the variances may have been different if the Council had received complete and accurate information about the project," suggesting that the city might need to reconsider the project.

In mid-August, the owners asked the Ramsey County Court to direct the city to lift the stop-work order. They asked as an "alternative" that Tom Holman put \$150,000 in escrow to cover damages due to further delays.

City Attorney Peter Warner studied the appeal and the history of decisions made by licensing and inspection staff, and dismissed many of Holman's claims. He did direct the zoning board to consider, however, whether the attic had always been intended as living space.

If not, the board might find that the staff had made an error in issuing permits without subjecting the project to a site plan review, which would involve notifying neighbors and allow the board to overturn the permits in question.

Warner also commented that Minnesota law allows repairs to existing structures, but not if the repairs increase the cubic footage of the building.

"This appears to be a statement of legislative intent that a nonconforming structure must remain within its original three-dimensional foot print," Warner wrote in his notes to the zoning board. The board might consider this project to violate that standard, he added, and would then want to refer the case to the

planning commission, which is the only body that can grant permission to enlarge a nonconforming structure.

The zoning board met in late August and denied Holman's appeal. Holman then appealed to the City Council, which took up the matter September 22 but decided to lay the matter over for two weeks.

Peggy McCarty Grubbs, sister and spokesperson for Stephen McCarty, contends that the renovation saved a building "in desperate need of repair" and will improve the neighborhood. She said water damage had caused rot in walls and dormers, the brick needed replacement and tuck-pointing, and the floors were sagging.

She and McCarty met with the resident manager last December and decided the only financially practical option was to gut the building, renovate, add garages and sell it as condominiums.

Grubbs said they have worked closely with St. Paul licensing and inspection staff throughout the project.

"We've done everything according to the process," she said. She noted that they started working on the garage plans in March and finally got approval in June.

"I think we had to do six revisions" in order to meet city requirements, she said, citing the position of curb cuts as an example of a change.

A similar process led to raising the roof of the main building three feet, she said. "We do not feel that we have expanded the building. At one time we believe there were maids' quarters on the third floor."

The extra height made room for insulation and other modern requirements, she said, including an elevator, but it did not add to the living space in the building.

"There are spaces that weren't being used before that are being used now," she said, but that's because those spaces are now up to code for occupancy, not because they're new.

Grubbs said the current dispute is between Holman and the city, although she and McCarty are holding both responsible for the delay.

"All we are, are the property owners in the middle," she said. She listed costs of the delay such as taxes, interest, insurance, payment to idle workers and the loss of rent. "We need to protect our investment," she said.

Grubbs also admitted that when the city red-tagged the project in July, her brother retaliated by putting up a sign announcing that the property would be converted to low-income housing.

The sign "was stupid; he shouldn't have done it," she said. The sign disappeared a short time later.

Holman said that soon after his appeal caused the work stoppage, a dumpster appeared in his front yard, an irrigation line in his garden was buried under gravel and a fence was broken—all of which he took to be retaliation.

City Zoning Administrator John Hardwick said he stands by his staff's choice to issue permits without notifying neighbors or involving the planning commission.

"If you were to build a new six-unit apartment building today, that would require a site plan review," he said, but not for replacing a roof and making other repairs to an existing building.

Alice Hausman, a neighbor who is also a state legislator, signed one of the letters supporting Holman's appeal to the zoning board.

She said it is important for St. Paul and Minneapolis to "clarify the legislative intent" of a new section of Minnesota's zoning laws, which affects only older cities with large numbers of nonconforming buildings and was designed, in part, to overcome St. Paul's resistance to billboards.

Hausman said the nonconforming use rules should be "tools to protect ourselves from blight." If the city staff is applying the new law to justify a project that clearly involves expansion, she said, a bad precedent could be set.

"I believe it was very clear that legislative intent did not allow expansion," she said. "If it's misapplied, it would be dreadful."

Apart from the new law, though, Hausman sees another issue. She thinks the permit process didn't work well in this case.

"Watching this zoning stuff, I came away with a very bad feeling that something wasn't working right," she said. "You sort of trust your city to do the right thing."



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The Birdman Of Lauderdale by Clay Christensen

Bird watching sounds easy enough. You look at a bird, then find its picture in the field guide, write it down or mark it off your checklist and that's about it, right?

Well, that may be true for some birds, but definitely not for "confusing fall warblers," a term coined by Roger Tory Peterson, an avid birder, naturalist and artist who published his first "Field Guide to Birds" in 1934.

Warblers are colorful, flittery, woodland dwellers, smaller than a house sparrow. They eat mostly insects and spiders, but fruit and nectar are important food sources in the spring and fall. Some 27 species of warblers nest in Minnesota, many up in the northern third of the state, where they can be assured of plenty of insects to feed their fledglings.

As warblers migrate north after wintering in Mexico and northern Central America, they're in their spring finery, all dolled up to meet somebody. The males are usually singing as they go, practicing their mating calls. And both sexes chirp to keep in touch with each other.

So finding and identifying warblers in the spring is relatively easy. Easy, that is, compared to the task that awaits the bird watcher in the fall, when these same birds, and their new youngsters, pass by on their way south for the winter.

In the fall, the colors of many warblers are muted. Some species retain most of their spring color, but in general the need for showy displays is over for another season. Few warblers sing in the fall. Again, there isn't a need for birds to pair up at this time of the year.

And the youngsters of some species are especially plain, which makes them confusing in their own right.

Thus, many bird watching field guides have a section on confusing fall warblers. It's very handy because it usually features a two-page spread illustrating each of the species that can be confusing in the fall.

Here's Jack Connor's advice on warbler identification from his book "The Complete Birder": "Aim for the head first. When you first have a warbler in your binoculars, concentrate on the head and face. Do not shift your gaze until you have studied the bill, eyes, cheeks, cap, and throat."

Connor goes on to say, "Every single spring male, almost all spring females, and even most fall warblers of both sexes can be identified by head pattern alone."

I challenge you to put him to the test. Once you've had a good look at the head, you can move on to the belly, tail, any undertail spots and the wings.

I had a golden opportunity to practice this approach one October morning at Sunrise Pool #1. That's in the Carlos Avery Wildlife Management Area east of Stacy, Minnesota, and has been one of my favorite birding spots for years.

On this particular morning,

I sat across the trail from an oak savannah and watched, amazed, while wave after wave of migrating warblers passed through the oaks. These were mixed flocks with one or two species represented in each wave.

There was seldom an opportunity to see an entire bird at once. But each individual bird did stick around long enough—flitting about, gleaning insects, caterpillars and spiders—so that I could study the head, look for wing bars, belly and chest color, and any tail spots (not necessarily in that order). And I would have enough clues to put together some points of identification before I consulted the field guide.

I learned a lot about confusing fall warblers that day. It was a rare opportunity, enhanced by an apparently rich food source in the oak trees that kept the birds close by and busy while I got a chance to examine them carefully.

My hope for you is that you'll have several such pleasant encounters as you get out this fall to look for and to learn to identify those confusing fall warblers.

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with KATHRYN STOTT, <i>piano</i> |
| FEB. 6
4 PM | DAEDALUS STRING QUARTET |
| FEB. 27
4 PM | THE VERDEHR TRIO
<i>violin, clarinet, piano</i> |
| MAR. 20
4 PM | FLEEZANIS/TURNER/ROSS/
ARTYMIW QUARTET
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OCTOBER CALENDAR

1 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.

4 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.

5 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, 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.

6 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.

7 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, 1:30 p.m. These classes are FREE to all AREA SENIORS, but PRE-REGISTRATION is NECESSARY. CHAIR EXERCISE CLASSES are appropriate for all fitness and ability levels, and offer cardiovascular workout. All major muscle groups are exercised. Call 651-642-9052 to PRE-REGISTER.

• St. ANTHONY Park COMMUNITY Council LAND USE COMMITTEE, South St. ANTHONY REC CENTER, 890 Cromwell, 6 p.m.

11 Monday

• Como Park & Lauderdale recycling.

12 Tuesday

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

• Park Press Inc., Park Bugle Board Meeting, St. ANTHONY Park Bank COMMUNITY ROOM, 7 A.M.

13 Wednesday

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

• LEISURE CENTER FOR SENIORS (651-603-8946), St. ANTHONY Park UNITED Methodist Church, 9 A.M.-1 p.m. LUNCH RESERVATIONS by Monday. FREE blood pressure clinic by the St. ANTHONY Park Block Nurse Program.

• St. ANTHONY Park recycling.

14 Thursday

• FULL COUNCIL MEETING, St. ANTHONY Park COMMUNITY Council, South St. ANTHONY REC CENTER, 890 Cromwell, 7 p.m.

15 Friday

• Falcon Heights recycling.

19 Tuesday

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

20 Wednesday

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

25 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.

26 Tuesday

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

27 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.

• St. ANTHONY Park recycling.

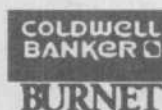
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A Foundation of Neighbors

United We Stand

By Jon Schumacher
Executive Director
St. Anthony Park Community Foundation

My wife and I have done some backyard landscaping recently and decided to replace our old fence with one that affords a bit more privacy. For months we've gone back and forth to find a style that would accomplish that goal without cutting us off from the important daily social interactions with our neighbors that define city living.

The rewards of neighborliness always outweigh those few moments when the cacophony of activity on our block can make me want to retreat. But, let's be honest, there are occasions when one finds oneself questioning the timing or appropriateness of certain activities on one's block, like someone mowing his lawn at night when you're trying to sleep (okay, that was me once, I needed to get it done before we left on vacation.) That thought led me to consider the way we interact in general with people of differing perspectives, especially when it comes to those issues closest to our hearts.

The approaching election should provide an opportunity for neighbors to celebrate our political diversity by engaging in thoughtful, vigorous, but respectful conversations about the direction of this country. Needless to say, the thoughtful and respectful elements are usually the first to go when emotions rise. In this national climate of dogmatic distrust, how can we remain

neighborly with someone who holds opinions we consider wrong?

I think the key word in that question is "we." We have to work hard to keep that "we" as inclusive as possible. In order to do that successfully, we have to believe our similarities outweigh our differences. We have to believe in our power to build community. We have to be willing to engage our neighbors over that backyard fence as fellow community members.

So, while we all have a right to a comfortable space to enjoy our individual choices, let's not build fences that exclude our neighbors locally, nationally, or globally. Make the effort to understand others and to help them understand you...thoughtfully, vigorously, but with respect. Only by knowing our neighbors as whole people can we put their political viewpoints or lawn mowing indiscretions into perspective.



Jon Schumacher



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Aging Gracefully by Mary Jo Tarasor

Deciding that you're no longer able to drive safely is tough. We don't like to admit our frailties, nor do we enjoy giving up our independence, and this decision means both. But we need to realize that driving once our physical abilities are no longer up to it is very risky for ourselves and those around us.

Drivers 65 or older are more likely to get into multiple-car accidents than any other age group. Drivers in this age group are also more likely to receive citations for failure to yield, improper turning and running red lights or stops signs—all of which are indications of decreased driving capability.

Let's look at the risk factors that increase as we age:

- Loss of hearing acuity makes us less likely to hear important driving cues such as honking horns, screeching tires or emergency sirens.
- Loss of visual acuity. With age, we lose visual contrast sensitivity, which means our vision can test normal and still be less than ideal for driving.
- Chronic disease or

impairments that affect our range of motion, such as Parkinson's, arthritis, or muscular degeneration, reduce our ability to respond as we drive.

• Medications may interfere with the physical demands of driving.

To make sure that we are still driving safely, there are several measures we can take.

If we get our vision and hearing checked annually, we can reduce our likelihood of driving past the time that our eyes and ears are up to it.

At that same annual check-up, we can ask our physician if any other condition we have is detrimental to our ability to drive safely. We can also check to make sure the medications we take do not interfere with our driving.

We can also ask those around us how we're doing behind the wheel. And we can sign up for one of the defensive driving classes designed for those over 55, such as AARP's 55-Alive classes.

In addition to making us safer drivers, participation in such classes can also mean a reduction in car insurance rates.

But inevitably, if we live long enough, there will come a time when we are no longer able to drive safely. When that time comes, we still have options other than being isolated at home.

We can barter with relatives or neighbors, learn to use the bus system, take occasional taxis or rely on senior transportation services in our community.

For example, the Block Nurse Program provides free transportation for older adults when they need to get to medical appointments.

And let's not forget that we live in a community that is very pedestrian friendly. Walking rather than driving will provide us with fitness benefits far beyond being a safe alternative to driving.

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

Judith Lee Schramm

Judith Lee Schramm, a resident of St. Anthony Park, died peacefully of leukemia on July 23, 2004, at the age of 43.

Besides being a loving parent and spouse, Judy was active in academia, service, music, travel and politics until her illness slowed her down in 2000. She traveled often to Germany,

France and Austria. She worked with WAMM, Wellstone Action and a refugee family through the International Institute. She was a proficient musician, claiming flute, piano, viola, dulcimer and marimba as her instruments, and playing with a Gamelan orchestra and in the percussion section of the Norseman Band at St. Olaf.

After obtaining degrees in

psychology, German and nutrition, she continued seeking knowledge in numerous areas including religion, economics, peace, geography and Jeopardy trivia. Her energy, generosity, love of life and internal peace were particularly evident throughout her experience with a life-threatening illness, and she touched and motivated everyone she knew.

Judy was preceded in death by her brother, Paul Anderson. She will be missed by her husband and best friend of nearly 20 years, Andreas; her children, Colleen (Kaela) 19, Adrian (Adi) 17 and Sarina 15; and her parents Art and Darlene Anderson.

A funeral service was held July 28 at Dayton Avenue Presbyterian Church.



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Vets and pets from page 1

recommendations (or not) with a local clinic.

Students in the summer pilot program were overwhelmingly positive about the experience, said McComas. Many of them had had little experience with the elderly and appreciated the chance to meet with them.

They also enjoyed the opportunity to develop their communication and problem-solving skills. The seniors were similarly happy with the program.

"The collaboration is mutually beneficial," said Erickson. "It helps the students learn to deal with seniors, but it also helps the seniors keep their pets longer."

Dr. Marty Becker, in his book "The Healing Power of Pets," says "our beloved pets are like vitamins fortifying us against life's crashes."

The Journal of the American Geriatrics Society cited a 1999 study showing that pets help the elderly "live longer, healthier and more enjoyable lives."

Those with pets were more active, coped better with stress, and had lower blood pressure and cholesterol than those who did not have pets.

A 1997 study found that seniors in an experimental program who lived in a community with many cats, dogs, birds and fish had a 15

percent lower mortality rate than a control group.

Since the goal of the Living at Home/Block Nurse program is to keep seniors in their homes as long as possible, the organization is very supportive of the partnership. There are seven LAH/BN programs in the metropolitan area taking part in the collaboration.

McComas said, "Our students are highly motivated and medically knowledgeable but may lack strong interpersonal skills. If necessary they will receive additional training in communication with seniors. It's an important part of their training as professionals."

The LAH/BN programs participated in the student training in September and are looking forward to the actual visits in November. They have

room for a few more senior clients. Anyone interested in participating can call Caryn Erickson at 642-1127.

For further information about LAH/BN, visit www.elderberry.org or call 1-800-320-1707 or 612-649-0315.

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Sunday Fall Worship Schedule: Beginning RALLY DAY, September 12

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