

Park Bugle

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

Volume 32, Number 1, July, 2005

One more book for the library

Students contribute to unique volume

by Lisa Steinmann

Several hundred local authors have a new book on the shelf at the St. Anthony Park Library.

The authors are students from St. Anthony Park Elementary School who contributed words and images to a work entitled "The Library Book," a beautifully hand-bound text devoted to their experiences with the St. Anthony Park Library, just a couple of blocks from their school.

St. Anthony Park Library Association member Jenny Oft, with help from head librarian Rosie Foreman, oversaw the

creation of "The Library Book."

"Part of the library's mission is to promote literacy through reading and writing," said Oft.

The object of the project was for children at the school to reflect on the library as a part of their life and then write about it. The product would be a book for children and their families to read at the library.

"A book is special because it is a way of keeping things that have value."

—Mary Gotz

"We thought that this would be fun and a good time capsule piece," added Oft.

One more book to page 8



Students in Tim Olmsted's second-grade class from St. Anthony Park Elementary School check out the results of their writing and illustrating efforts in "The Library Book." The hand-bound text was a joint effort between the school and the St. Anthony Park Library. The book was created with the assistance of Dan and Megan Clark, who formatted the text, and book artist Mary Gotz, who designed and bound the unique three-part volume.

Local businesses celebrate noteworthy anniversaries

Park Hardware, Speedy Market help turn Como Avenue into Main Street USA

by Judy Woodward

In the early decades of the 20th century, St. Anthony Park's Como Avenue looked a lot like an idealized version of small-town Main Street, with a bank, a library, a hardware store, a couple of medical offices and a grocer's.

After nearly a century of economic transformation, the automobile boom and the seemingly unstoppable rise of big-box retail marketers, there's something interesting happening on Como Avenue.

It hasn't changed.

It still looks like everybody's fond memory of what a village shopping district should be. True, there have been some additions. There are now a couple of places to buy a latte, and nobody would have expected to find chic boutiques or a wine merchant on Main Street c. 1915.

Nonetheless, the basic services have not departed. On Como Avenue, you can still mail a letter, buy milk, get your hair cut and find some paint to match the color of the kitchen ceiling.

In some businesses, only the name of the proprietor has changed over the years. Park

Hardware, for example, is currently celebrating its 90th anniversary as a hardware store at its current location. Owner Dave Kerry, 37, is proud of the store's resilience in what are uncertain times for small businesses in general.

"Small stores are dying," he says. "If you don't have 6,000 square feet, it's just a matter of time."

Noting that Park Hardware has 3400 square feet of floor space, Kerr says the key to success for him has been to sacrifice the idea of being an "all-purpose store," in order to expand the most profitable parts of the business.

"We've tried to concentrate on paint and garden. Those make money," he explains. Auto parts and house wares have made way for a range of lawn and garden offerings that fill the center aisle of the store with such innovations as "outdoor ant spikes" and make the sidewalk in front look like a European market with hanging plants and a tempting array of lawn mowers and barbecue sets.

Not that Kerr has abandoned the traditional bins of

As University Grove changes, it stays the same

Falcon Heights residents endure economic, demographic changes

by Sabra Waldfogel

Several years ago, the University Grove Homeowners Association invited a member of the Falcon Heights police department to their annual November meeting for a report. The worst recent crime in the Grove? Vandalism of Halloween pumpkins.

For longtime residents, the Grove never seems to change. It has always been leafy, peaceful and neighborly.

But the Grove has absorbed a few changes in its 80-year history, expanding its boundaries and its membership, sometimes with ease and sometimes with friction.

A combination of benevolence and shrewdness created University Grove. In the 1920s, administrator William Middlebrook convinced the University of Minnesota to buy a plot of land near the St. Paul campus and set it aside for faculty housing.

The university sold the land to faculty for a dollar, provided they rely on architects to design their houses and hold to a budget capped by university rules.

Architect Ralph Rapson, who built houses in the Grove in the 1950s and 1960s, said, "The university had the land, they

provided a beautiful setting, and design-wise, it wasn't controlled. They controlled the size and the cost of the houses. It was a great program."

Middlebrook saw the Grove as a recruiting tool, and decades later it was still working that way. Martin Dworkin, a retired

"One of its early functions was as an attraction to faculty. When they were trying to recruit, they would show off this wonderful place as a great perk."

—Martin Dworkin, University Grove resident

professor of microbiology who came to the university in 1965, said, "One of its early functions was as an attraction to faculty. When they were trying to recruit, they would show off this wonderful place as a great perk."

Originally, the Grove was restricted to tenured U of M faculty members, and when residents wanted to move, they had to find another faculty buyer.

Architect Elizabeth Close designed many houses in the Grove. When she decided to build a house for the Close family, it was her husband's U of M affiliation that allowed the Closes to settle there.

Throughout the 1960s, the Grove was very much a part of the university. A U of M

committee approved designs for new houses, and the university was involved in day-to-day maintenance.

W. Phillips Shively, professor in the Political Science Department, moved to the Grove in the early 1970s. He recalled, "When we first moved there, we

called a plumber, and a neighbor said, 'Why did you do that? The university will send one over.' Evidently the

university had just recently stopped doing that."

By the 1960s, University Grove was more than a place to live. It was an extension of the U of M community as a whole, where a common purpose at work reinforced a common set of values.

Melvin Waldfogel, retired professor of art history, who came to the U of M in 1955, recalled the small and interconnected world of the College of Liberal Arts, where scholars and teachers felt they were engaged in a spiritual mission to educate the people of Minnesota.

Even the children of faculty members were part of the

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Como Park

There will be a National Night Out celebration on August 2 from 6-8 p.m. at North Dale Recreation Center, 1414 N. St. Albans. The Midas Touch will provide music, and there will be food, carnival games and visits from the St. Paul police and fire departments. The St. Paul Saints will set up a pitching machine and bring Ham Solo, their mascot. The event is free and open to all.

On July 28, from 6-8 p.m., the District 10 Environment Committee, together with St. Paul Parks EcoPartners, will hold a shoreline weeding session for the native plants garden. Interested volunteers should meet at the information booth behind

the Lakeshore Pavilion. Bring gloves and small hand tools if you have them.

Falcon Heights

The following citizens have been appointed to serve on city commissions: Laura Kwong, Neighborhood Commission; Richard Rodich, Planning Commission; and Debbie Tretsen, Environment Commission.

Falcon Heights has been awarded the Government Finance Officers Association Certificate of Achievement for its 2004 comprehensive audited financial report. This is the 14th year the city has received this prestigious national award.

Falcon Heights has a contract with the Housing Resource Center to provide consultations to residents about a wide range of housing issues: repair projects, help with reviewing bids, negotiations on contracts, etc. All these issues are important for homeowners of Falcon Heights, some of whose housing stock is up to 50 years old.

Lauderdale

Work will be done on Highway 280 during the month of August. The section of 280 from Larpenteur to Highway 36 will have a "mill and overlay" procedure, in which the surface is ground up and reused to create a new surface.

The annual Summer Day in the Park will be on Saturday, July 16 from 3-7 p.m. There will be a parade, food, music and games for all ages.

St. Anthony Park

The Council passed a resolution in support of HOURCAR, the neighborhood-based, short-term mobility service. For more information, contact the Kurt Fischer at the Neighborhood Energy Consortium: 221-4462 ex. 138 or kurtf@spnec.org.

—Susan Conner

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- Cleaning and Decluttering - This is crucial!
- Lightening and Brightening - Today, most buyers want an open, bright, airy feel.
- Minor Landscape Upgrading - Don't do a major project, but trim those bushes, plant some colorful flowers, put fresh mulch in.
- Fresh Interior Paint - This can be very worthwhile, especially if the current colors are very personal or out of date.
- Exterior "Spiffing" - You may not need to paint, but you should definitely wash off the exterior, especially around the front door.
- Kitchen and Bathroom Upgrades - Some minor things in these areas can be very worthwhile. There are companies that specialize in economical cosmetic makeovers.
- Front Door - If that storm door is old, consider spending the money for a new contemporary look. First impressions are important.
- Windows - Wash them! Sparkling clean windows can make an excellent impression.

We would be happy to meet with you to discuss ideas like this and work with you to get you the top dollar possible from the sale of your home. Please feel free to call us.

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Local alternative health care options abound

by Natalie Zett

While Minneapolis-St. Paul may not be the Mecca of alternative medicine, we certainly hold our own, what with educational institutions such as Northwestern Health Sciences University (formerly Northwestern College of Chiropractic) and the Center for Spirituality and Healing at the University of Minnesota.

Chiropractors, acupuncturists, herbalists, massage therapists and energy workers abound in the Twin Cities in general and in the Bugle delivery area in particular.

While most people are unlikely to renounce allopathic medicine entirely, many augment their health care with non-traditional medical practices.

Alternative medicine is nonconventional medicine used in place of allopathic (conventional) medicine. Complementary medicine is nonconventional medicine used in conjunction with allopathic medicine.

A survey conducted by the National Institutes of Health, part of the U.S. Department of Health and Human Services, revealed that 36 percent of U.S. adults aged 18 years and over use some form of complementary and alternative medicine.

There are innumerable reasons for complementary and alternative medicine's popularity, but the biggest draw for die-hard adherents is that practitioners listen to and get to know them.

Clients also find the treatments are not invasive and are often more affordable. And alternative medicine sometimes works for conditions where conventional treatments and procedures have failed.

Dr. Zhaoping Li has been practicing acupuncture for over 30 years, having begun at age 15, working alongside her uncle, a well-known acupuncturist in China.

"My mom was educated in China in Western medicine," said Li, "and she practiced as an OB-GYN physician. Later, though, my mom began using Chinese herbs and acupuncture in her practice. She found they were more effective for her patients than drugs and surgery and wanted me to study them as well."

Li studied Western and traditional Chinese medicine at Shaanxi College of Traditional Chinese Medicine. In addition to maintaining her private practice at 1612 Como Avenue, she is an adjunct faculty member at Northwestern Health Sciences University in Bloomington. In 2002, she addressed a White House committee about the value of acupuncture.

Li further complements her acupuncture treatments with Qigong, an ancient Chinese

health care system that integrates physical postures, breathing techniques and focused intention.

"I work with a Qigong master and also teach Qigong at the Chinese Dance Theater," she said.

Zhaoping Li
Acupuncture/Herbs
1612 Como Ave.
612-791-8628

According to energy worker Kay Grace, the Great River Healing Arts Center, at University and Raymond, "has a community of practitioners ready to work with you."

Their menu of services includes energy therapy, intuitive massage, spiritual direction, guided imagery, visualization, stress management, sound healing and music therapy, career and life transition coaching, and skin care.

"Our mission is to create a welcoming place for those in need of healing, support and refreshment of the spirit," Grace said. "We have rooms for nine practitioners and a classroom that will fit 20 people. We do all kinds of classes, such as yoga, energy work and so on. Whether its personal growth you seek or chronic pain that you're dealing with, we have a someone who can work with you."

When asked about the types of people the center attracts, Grace said, "Anyone who's read the book, 'The Cultural Creatives' would probably be drawn to a place like ours."

Grace also teaches a meditation class for people who can't sit still. "If you have ants in your pants, you ought to try it," she laughed.

Great River Healing Arts Center
2388 University Ave., Suite 200
612-824-1664

Lauderdale residents Dana and Brian Malzer opened the Lauderdale Wellness Center on January 1, 2005. "We bought this building several years ago

and remodeled it," said Brian, a former engineer who graduated from the Northwestern College of Chiropractic.

"There is another chiropractor working with me who focuses on nutrition," Malzer said. "We also offer Chinese medicine, acupuncture and massage therapy. We have some later hours to accommodate folks who work during the day. Also, we take appointments over the lunch hour. That was such a big deal for me when I was an engineer and only had an hour for lunch."

He added, "Our philosophy is conservative care—that is, we try the least invasive thing first."

Lauderdale Wellness Center
2443 Larpenteur Ave.
917-9800

Holly House describes itself as the oldest existing integrated health care center in the Twin Cities. It was founded by Dr. Patricia Lawler in 1977.

Lawler and her team of practitioners offer the following services at Holly House Center for Integrated Health Care: acupuncture, allergy assessment and elimination, applied kinesiology, bioenergetic medicine, biofeedback, chiropractic, clinical nutrition, massage, naturopathy, psychotherapy, stress management, weight management and yoga.

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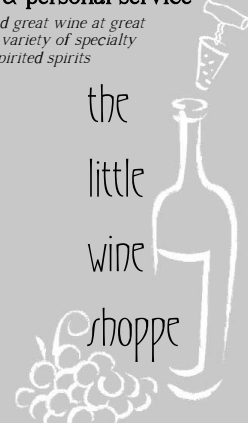
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EDITORIAL

Parsing neighborliness

"The impersonal hand of government can never replace the helping hand of a neighbor."

—Hubert H. Humphrey

What makes up neighborhood identity?

One obvious ingredient is geography. An area with recognized boundaries tends to have a more cohesive identity than one that lacks geographic specificity. South St. Anthony Park, for example, is fairly easy to define because it's bounded by major thoroughfares: Highway 280, University Avenue, the Burlington Northern tracks.

The confines of the Como Park neighborhood are perhaps a bit less distinct, owing to the lack of a definitive boundary on the east side of that area. For the question of where Lauderdale gives way to Falcon Heights, and Falcon Heights to Roseville, one can consult a map, for those municipalities are just that—distinct municipal entities whose borders have been legislatively determined.

Yet even with recourse to a map, some geographical ambiguity can persist. University Grove, for example, is technically in Falcon Heights, yet many of its residents feel part of north St. Anthony Park. And even the distinction between north and south St. Anthony Park is not without controversy.

But geographical boundedness is only one facet of neighborhood identity. Another important one is local institutions. If you meet your neighbors, not only over the back fence but also at the library or hardware store or delicatessen, relationships can be extended and enhanced.

In St. Anthony Park, the fact that two businesses are celebrating important anniversaries this year—10 for Speedy Market and 90 for Park Hardware—means local residents have benefited from the stability of stores that bring them together as well as provide them with sparcibis and spare parts.

The physical configuration of a neighborhood along with its goods and services represent measurable contributions to collective quality of life. But what might be called "neighborliness" is often intangible and difficult to quantify.

For some, neighborliness is enhanced by commonality. Living among people who are similar to you can engender kindred spirithood and fellow feeling. The original residents of University Grove, for example, were united by the fact that they were all U of M faculty.

For others, diversity is a boon to neighborliness. Empty nesters may welcome a new baby at the house down the block. Scandinavians who were weaned on lutefisk may savor the aromas of a curry dish wafting over the fence. Hard-core vegetable gardeners may enjoy a neighbor's profuse flowers.

We all find ourselves at different points on the homogeneity-heterogeneity continuum, but in contemplating the merits of commonality and diversity, we would do well to remember the words of Mignon McLaughlin: "Few of us could bear to have ourselves for neighbors."

Park Bugle

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Subscription rate: \$25 per year

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

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Next Issue: July 27

Display Ads: July 13 • News & Classifieds: July 15

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The Park Bugle is published by Park Press, Inc., a nonprofit organization guided by an elected board of directors. Currently serving on the board are Farhad Anklesaria, Tom Countryman, Shelley Diment, Rose Ann Foreman, Kim Holman, Thor Kommedahl, Don Marier, Mary Jo McGuire, Carolyn Nestingen, Connie Powell, Sheila Richter, Eva Rogness, Milton Sherburne, Tim Smith and Cindy Thrasher.

Park Press Inc. to hold annual meeting in July

As a nonprofit corporation, Park Press Inc. has a board of directors that represents the four communities the Park Bugle serves: St. Anthony Park, Falcon Heights, Lauderdale and Northwest Como Park.

The board of directors meets monthly. Its July meeting also serves as the organization's official annual meeting, when the new budget is approved and new board members are welcomed.

Park Press Inc. will hold its annual meeting at 7 a.m. on Monday, July 11 in the conference room at Park Midway

Bank, 2265 Como Avenue. The meeting is open to the public, and all interested Bugle readers are invited to attend.

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COMMENTARY

by Angie Hoffmann-Walter and Mary Jo Tarasar

When the older American Act was passed by Congress in 1964, it was intended to make sure that those who had contributed to society during their more productive years would have the support they needed as they aged.

Home-delivered meals, help with chores around the house and respite care were some of the service components developed through this legislation.

Over the last four decades, the allocation of funds through this act (known as Title III funds) has become more and more cumbersome for neighborhood-based agencies that are funded through this program, to the point where the future of the programs is in doubt.

For example, last year District 12 requested more funding due to increased costs of services. But because Title III funds can only be increased if more area is covered, District 12 had to agree to serve the North End/South Como area as well.

Several years ago, the National Aging Services Information System (NAPIS) was developed. Prior to then, all individual client data were private, and service information was reported only in aggregate form.

With the advent of the NAPIS form, all clients were asked to complete a questionnaire with such questions as "Do you have more than three drinks per day" or "Can you go to the bathroom by yourself?"

While such questions might be appropriate for a home health care client, many clients served by Title III programs were just getting help mowing their lawns.

In addition, because this information is reported electronically to the government

funders, some seniors opted not to get services they really needed.

As of 2006, the Minnesota Board of Aging (MBA) will require each chore program to pay \$500 per year for use of the databases the programs are required to consult in order to report to the MBA.

As of this year, the largest provider of housekeeping services to low-income St. Paul seniors—Wilder Foundation—has discontinued the program because it has not been cost-effective.

We are apparently changing from a society that values taking care of its own to one that spends big money on development projects like stadiums while ignoring essential human services.

Wilder is a large agency with its own endowment. If they can't afford to operate this program, how much more difficult will it be for small nonprofits like the District 12 Community Council to provide these services?

The latest threat to St. Paul-area chore programs is a new requirement that all chore providers be certified as Elderly Waiver/Alternative Care (EW/AC) providers by 2007.

The EW/AC certification would allow some programs to receive reimbursement from Ramsey County for chore services received by clients who are certified as EW/AC—eligible.

These clients typically comprise less than 5 percent of chore service recipients, and reimbursement levels are less than costs.

What makes this a deal-breaker for most chore programs is that, according to Ramsey County regulations, if a chore program bills the county for EW/AC clients, that program must also bill all its other clients who receive the same services.

So the volunteer services that are a huge and essential part of the chore services would be

undermined by this regulation. Volunteers would be affronted that their donated time was being billed out, and of course clients wouldn't like it either.

Also, EW/AC clients cannot be served by youth under age 18, who represent the majority of the chore programs' contract workers.

In addition, the paperwork for EW/AC is very time-consuming. The District 12 Community Council Chore Program currently employs one half-time staff member. Trying to squeeze yet another set of forms into this job

description could be the straw that breaks the camel's back.

So in the very near future, there may be no phone number for seniors

in our community to call when they need to be shovelled out, to have their lawn mowed or even to get a light bulb changed.

The funny thing in all this is that the people who use the chore services still need them just as much, if not more, than they did in 1964.

But we are apparently changing from a society that values taking care of its own to one that spends big money on development projects like stadiums while ignoring essential human services.

Anyone with questions or concerns regarding chore services may contact either Angie Hoffmann-Walter, program coordinator for Northwest St. Paul Senior Chore Service: angie@sapcc.org, 649-5984; or Mary Jo Tarasar, executive director of the St. Anthony Park Block Nurse Program: 642-9052, apbnp@bitstream.net.

The NW St. Paul Senior Chore Service provides service to five neighborhoods in the northwest region of St. Paul: North End/South Como, Como, Hamline-Midway, Merriam Park and St. Anthony Park.



On June 1, St. Paul Mayor Randy Kelly helped open Como Town, the new amusement park next to the Como Zoo.

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University Grove from page 1

university community, attending the U of M's elementary school and becoming its "youngest alumni" when it closed in 1964.

In the 1970s, external circumstances began to tug at the fabric of University Grove. The hiring explosion of the postwar years was over. Like most academic institutions, the U of M wasn't hiring.

A Grove resident who wanted to move found that there was no one to sell a Grove house to. The Grove, once so useful, was in danger of becoming a nuisance.

Gus Donhowe, Grove resident and administrator, came to his friend Dworkin and suggested that residents consider opening the Grove to people outside the university. He proposed that residents buy their land from the university, freeing them to sell it to anyone.

Dworkin said, "The Grove was riven. Some agreed, especially those who wanted to sell, since the market was not good. Others felt that the Grove was unique, socially as well as

architecturally. It was one of the remaining little clusters that was a community of faculty. They felt that the whole idea of the university was under attack."

It was a bitter debate, Dworkin said. "The Regents were drawn in. A vote was held and the Grove narrowly turned down the proposal."

Over time, the Regents worked out a series of compromises about who could live in the Grove.

"First, selling to someone on tenure track was okay," Dworkin said. "Then it was expanded—the prospective owner just had to be on the faculty. Then they just had to be a university employee. Finally, if you still couldn't sell, you could sell to anyone."

But the economics of the housing market may have the biggest impact in the Grove.

"When we built our house in 1965," said Dworkin, "I was a young associate professor, and my salary was about \$13,000. This house cost us roughly \$30,000. Just what economists recommend—two and a half

times salary."

Today, property values in the Grove have kept pace with other desirable areas in the Twin Cities. Houses currently advertised on the U of M's real estate office Web page are listed between \$430,000 and \$620,000.

Dworkin said, "You do the arithmetic. What faculty member will buy it? Family income has to be over \$200,000. There aren't many people in CLA making that."

Current owners who are having difficulty selling to faculty or staff can claim a hardship and sell to outsiders.

Dworkin observed, "As housing prices outstrip faculty salaries, the homes in the Grove will increasingly not be sold to CLA faculty or young associate professors. That inevitably will change the character of the Grove."

Today, about 15 percent of the houses in University Grove are owned by people who don't have a direct connection with the U of M. Some of these new residents have created new connections with the surrounding community. The mayor of Falcon Heights now lives in the Grove.

"I know the mayor and one or two people on the city council," said Dworkin, "so I tend to have a sense of connection with Falcon Heights. I feel free to call Sue Gertz and ask about snow shoveling, for instance."

The Grove is still a special area—peaceful, safe and neighborly. The original design, which included common areas without fences, has encouraged connection.

Dworkin can sit in his backyard, point to each of the houses around his, and name all his neighbors.

"I walk my dog and as I walk through the Grove, I'm likely to say hello to six to ten people I know."

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The 500 hats of St. Anthony Park's Patty Hanson

by Michelle Christianson

Patty Hanson wears a variety of hats.

On the personal side, she is a wife, mother, daughter, sister, friend. Professionally, she has been a teacher of the deaf and hard of hearing, and now is a disability services counselor at the College of St. Catherine. She often wears a bicycle helmet, having ridden over 10,000 miles for Habitat for Humanity.

But the hat that she finds she must wear these days is a hard hat.

Hanson is St. Catherine's project manager for the Habitat House it is building to celebrate 100 years (1905-

2005) of educating women. Because of this position, along with her five years of committed work for the college, she won an award as administrative staff person of the year.

Though she is loath to boast about her accomplishments ("There are lots of people here doing really good work"), the fact is that she has done a tremendous amount of work for the project.

Two years ago, committees were assembled to plan for the centennial celebration, and Hanson started the intense work needed to make the building a reality.

She and her committee developed a brochure describing the reasons St. Catherine's decided to build a house and asking for volunteers.

She helped design the Habitat part of the college's Web site, which had a form for volunteering (there were 1,040 positions to fill), and she was the liaison with the college and with Habitat for Humanity.

Once the undertaking was begun, Hanson arranged for transportation and food for the students, staff, faculty, alumnae and Sisters of St. Joseph who

worked at the site. She will be at the location for at least five of the 10 weeks that it will take to build the house, and she makes sure there is always someone in each area who really knows what to do.

Because she has worked on WomenBuild houses for four years, Hanson has a pretty good working knowledge of carpentry, siding, roofing, etc.

"The goals of Habitat for Humanity fit really well with the goals of the college. St. Kate's has a strong history of promoting social justice, community service and teamwork. There has also been a tie-in with parts of the curriculum—engineering, mathematics and even the sociology of volunteerism."

—Patty Hanson

"I know some—not nearly enough," she says, "but I'm not afraid to say what I do and don't know." She has also been on the board of the St. Paul Habitat for Humanity chapter for many years and knows the workings of that organization as well.

"The goals of Habitat for Humanity fit really well with the goals of the college," says Hanson. "St. Kate's has a strong history of promoting social justice, community service and teamwork. There has also been a tie-in with parts of the curriculum—engineering, mathematics and even the sociology of volunteerism."

The house, which is on the Eastside of St. Paul, is a new construction and will be occupied by a Native American family. Groundbreaking was on April 14 and included a purification ceremony.

The Eastside Development Company and St. Paul American Indians in Unity were some of the partners with Habitat, so representatives of those organizations joined with Sister Andrea J. Lee (president of the college), Susan Haigh (Habitat director for the Twin Cities) and

Pamela Wheelock (chairman of the college board) at the groundbreaking.

Hanson's job at the college is also service oriented. She meets with any student, with any disability, at the beginning of the year. Together, they decide what would be most helpful to that student and come up with accommodations, which could

include hiring an interpreter, getting books on tape, arranging for separate testing rooms or sometimes allowing the student to move around the room during class.

She then sends a letter to each professor who works with that student so that they, too, know what to expect.

After this initial meeting, Hanson monitors the student's progress, sometimes in weekly meetings, and may refer him or her to others for counseling or treatment of health problems.

"I like this job a lot," says Hanson. "There's always something new to learn about, there's a lot of variety, it's great being around the students and it's really fun to be on a college campus—there's always something going on."

Obviously, the college likes her, too. Several colleagues nominated her for staff person of the year, an award usually given to one person at the end of the year.

This year two people got the award, the second going to Julie Michener, who is in communications. The honor includes a monetary award that Hanson will use to buy "Carhartt construction pants, a good tape measure and a good screwdriver."

It seems likely that she will need that hard hat again soon.


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- **CREATIVE MOVEMENT** Starts: Wed. Nov. 9th / Time: 9am-10am Ages: 3-5 yrs old / Cost: \$35.00 / Sessions: 7
- **KARATE: SOO BAHK DO** Starts: Sept. 22nd Time: Beginners Initiation course / 5:30-6:30pm / \$70.00 / Sessions: 7
- **WHITE/ORANGE BELT LEVEL** 6:30-7:30pm / \$35.00 a month / Sessions: 7



The Langford Park Booster Club serves to organize, promote and sponsor recreational, athletic, social and civic activities for the benefit, enjoyment and advancement, especially for the young people of the St. Anthony Park community.

One more book from page 1

She envisions the children who contributed to the book someday returning to the library with their own kids. Oft credits St. Anthony Park Principal

Andrea Dahms, along with the teachers, for an enthusiastic response to her proposal.

Oft suggested several writing themes to teachers, who then created writing assignments for their classes.

The chapters are arranged by grade level. Kindergartners listed favorite books and drew pictures inspired by those books. (Will Pokeman still be a popular story character in the future?)

First graders wrote about favorite library experiences.

Amanda Baden wrote: "Story time is my favorite. One of my favorite story time tellers is Mr. Foster (former St. Anthony Park School principal) because he has lots of expression. At the public library I like the big window on top. It looks like a big spider."

A third grade class did a photo essay describing a walking field trip to the library. Older children speculated on what the library of the future will be like.

Dan Clark, a computer education assistant at the school, with help from his wife, Megan Clark, spent over 60 hours formatting student work onto fine paper.

The colophon at the end of the book describes the various materials and stylistic choices that went into making every part of the book.

Another important collaborator in this book project was St. Anthony Park resident Mary Gotz, a book artist and

teacher of many years, specializing in literacy. She is also one of the library's most faithful patrons.

"I come to the library almost every day," she said.

Gotz volunteered her time for the book project. She started by asking students how the bookbinding should look. One response she liked was "wild and crazy."

Gotz created a unique binding that holds the pages in a single book that has two spines and opens into three parts in two directions. The pages themselves are joined accordion style so that the book can stand upright and many pages can be displayed at a time.

Gotz also made a traditional case for the book using handmade Japanese paper in peony pink and blueberry blue. A handy bookmark is inserted into a slot on the side.

The book is dedicated to Mary McKay, a longtime St. Anthony Park resident who loved both children and the library. Her generous bequest to the library helped pay for the book project.

Said Gotz, "A book is special because it is a way of keeping things that have value." She believes that "The Library Book" project was a way of saying to our children, "Your ideas are valuable."

All are welcome to see the book at the St. Anthony Park Library, 2245 Como Avenue.

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No bones about it

by Kristi Curry Rogers

Hey dino fans! This installment of No Bones finds me gearing up for my next field expedition to Madagascar, the large island off the eastern coast of Africa that is now home to a bunch of bizarre living and recently extinct animals, like lemurs, chameleons and the elephant bird.

Some 70-65 million years ago, Madagascar had recently drifted away from the other land masses that made up Gondwana (the southern part of the supercontinent called Pangea), and it was already an island. Back in the Cretaceous Period, Madagascar was a rough place to live.

Imagine a landscape that was seasonally hot and dry, populated by monstrous crocodiles and big meat-eating dinosaurs, as well as vegetarian crocodiles and sauropods (brontosaurus-like dinosaurs—my favorites!), birds and even mammals.

As rivers dried up and plants were eaten, animals congregated around the remaining sources of water, trampling, scavenging and even cannibalizing their compatriots.

When the rains came again, dead animals on the surface were buried in milkshake-like muddy debris flows, mobilized by rains in the highlands.

My husband, Ray, is also our project geologist, and he recently figured out that ancient environment and gave us a setting for all the ancient animals that we've found there.

Lucky for paleontologists like me, the debris flows that Ray teased apart repeatedly captured dinosaurs and other extinct vertebrates in our field area in the northwestern part of Madagascar, providing us with a rich record of paleobiology in ancient Madagascar.

This is my first trip to Madagascar in six years, and I am incredibly excited to get back. During the last several years, along with the other members of

our team, I've been spending my time studying the fossils that we've already discovered.

I even got to name one of the new dinosaurs from Madagascar—a large, plant-eating titanosaur called Rapetosaurus krausei (Rapeto, from a legendary Malagasy giant).

I can't wait to get back to discover more of Rapetosaurus' bones! Even though it is the single-most complete titanosaur ever found, it's skeleton is still incomplete. We don't have a complete skull, and we're missing the base of the tail and parts of the hands.

With all the erosion that has happened over the last few years, new Rapetosaurus bones are sure to be weathering out, just waiting to be discovered. Even more exciting is the possibility of identifying the remains of another large-bodied plant eater.

So far, we've only found a handful of tail vertebrae and a little part of the shoulder, and we've not yet been able to give it a name or even to figure out what it might look like overall.

We know for sure that it is different than Rapetosaurus, and this summer I'm sure to be on the lookout for more of the mysterious second titanosaur species.

Our upcoming journey to Madagascar isn't all about fossils.

I'm really looking forward to seeing all the friends that we've made, and especially seeing the work of the nonprofit organization that our team started to help improve the health care and education of Malagasy kids in rural areas—it's called the Ankizy Fund. Check out our Web site for more information at (www.ankizy.org).

This summer, we're inaugurating the second school that our organization has built, and we're holding a clinic that will be staffed by volunteer doctors and dentists.

Stay tuned to next month's No Bones—"live" from Madagascar!

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e t c e t e r a

Arts Event

Peace Lutheran Church's Music and Arts from the Hilltop Series continues with two events in July.

July 1, 6-9 p.m. Artists from Lauderdale. Opening reception and sale.

July 22, 7 p.m. Performances by young Lauderdale musicians.

Admission is free and open to all. The church is at 1744 Walnut Street in Lauderdale. For more information, call 644-5440.

Mystery Day Trip

Lyngblomsten Community Center will host a mystery day trip on Thursday, July 21. A bus will leave Lyngblomsten at 8:30 a.m. and return at 4:30 p.m. Passengers will enjoy great scenery and a steak dinner overlooking a lake. Cost is \$49. To register, call Geri at 632-5330.

Curiosity Camp

The University of Minnesota's College of Continuing Education hosts two sessions of **Curiosity Camp** in July. The multi-disciplinary sessions for adults are taught by U of M faculty and community experts.

Camp sessions run from 9:30 a.m. to 4:30 p.m. at the Continuing Education Conference Center on the St. Paul campus. Tuition is \$120, plus \$10-\$15 for supplies, and includes breakfast, lunch and an afternoon snack.

July 14: The Importance of Being Wilde. A revisionist look at the life and times of Oscar Wilde, and a matinee performance of "The Importance of Being Earnest" at the Minnesota Centennial Showboat.

July 28: Puppy Love: Exploring the Animal-Human Bond. Advice from animal behaviorist Petra Mertens, a puppy training

demonstration and a tour of the University's Veterinary Medical Center.

To register, or for more information, visit www.cee.umn.edu/curiosity or call 612-624-4000.

Raptor Center

The Raptor Center's **Family Fun Nights** continue with three sessions in July.

July 14: Eagle Tales

July 21: The Wonder and Wizardry of Owls

July 28: The Dinosaur-Bird Connection (or T. Rex Tasted Like Chicken)

Admission to Family Fun Nights is free, but registration (612-624-4745) is required. The Raptor Center is located at 1920 Fitch Avenue on the U of M's St. Paul Campus.

Rec Centers

Registration for fall soccer and flag football at **Langford Rec Center** will take place July 5-22. Soccer includes ages 6-12, and flag football is for ages 8-10.

Gibbs Museum

Special events in July:

July 2-4: Ice Cream. See how ice cream is made the old-fashioned way, and have a dish of one of America's most popular foods.

July 9-10: Collector's Day. Learn about collecting, and view others' collections, from buttons and bottles to quilts.

July 23-24: Wedding Day. Celebrate a turn-of-the-19th-century wedding. Learn about wedding preparation, gifts and other traditions of the time.

July 30-31: Prairie Day. Stroll through the Gibbs Prairie and learn to identify native grasses

and wildflowers.

The museum is located at Larpeur and Cleveland Avenues in Falcon Heights. For more information, call 646-8629.

Kindermusik

The Music House will begin its 15-week fall semester of Kindermusik classes on September 15 for children ages birth to 7 years.

Kindermusik programs provide early childhood learning opportunities through innovative music and movement. Music House classes are taught by Ann Welsh.

Classes meet at Como Park Lutheran Church, 1376 Hoyt Avenue. Classes are offered Wednesday morning and afternoon, and Thursday morning, afternoon and evening.

For more information, visit www.missannsmusic.com or call 493-TUNE.

Volunteers

The Ramsey County Human Services Department is looking for volunteers to serve as **child care and nursery assistants**.

Volunteers will assist agency staff in providing supervision and care for children while their parents complete interviews or attend support groups or counseling sessions.

Volunteers must be at least 16 years old. For more

information, contact Ramsey County Community Volunteer Services: 266-4090 or volunteerservices@co.ramsey.mn.us

Store To Door is a nonprofit, volunteer-supported grocery shopping and delivery service for elderly and disabled Twin Cities residents. Volunteers' schedules are flexible and designed to accommodate working adults.

For more information, visit www.storetodoor.org or contact Angie Fitzner: 642-1892 or volunteer@storetodoor.org.

People

Stu and Corinne Peterson, St. Anthony Park residents and owners of Camp Aquila Pure Maple Syrup, learned recently that a dark amber sample of their syrup was named 2005 Grand Prize winner by the Minnesota Maple Syrup Producers Association.

The family-owned business is located near Dent, Minnesota. The USDA-certified organic maple syrup is available at Speedy Market and Hampden Co-op.

Five sixth-grade students at **Church of the Holy Childhood**, 1435 Midway Parkway, were awarded music honor scholarships by the Buchanan-Larsen Endowment on May 15. The Schola music program continues through eighth grade.

Earning tuition grants for

their outstanding achievement in the choir school were Christopher Deacy, Michael Jacobsen, Emily Quam, Jacquelyn Schmitz and Veronica Snyder. Recognition awards were presented to Madison Umidon and Michael Barton.

Two Como Park residents are among 150 leaders who are profiled in a book published in celebration of **Hamline University's** 150th anniversary.

George T. Vane taught English at Hamline, and **Howard Vogel** teaches in Hamline's School of Law.

Designer **Patrick Redmond** recently received a distinguished alumnus award from Pius XI High School in Milwaukee, Wisconsin. Redmond's business, Patrick Redmond Design, was formerly based in the Security Building at Raymond and University Avenues, and is now based in downtown St. Paul. Redmond, who has taught part-time at the U of M, is currently writing a college textbook.

Dr. Richard H. Bliese has been named president of Luther Seminary. Formerly he was the seminary's dean of academic affairs. Before that he served in parish ministry in Germany, Zaire and the United States, and was director of graduate studies at the Lutheran School of Theology in Chicago.

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4-H News

by Bobby Ragoonanan

Well, faithful readers, it's been good writing to you for two years. Now that I've been voted

out of office (by a mere two votes!), my reporting days are over.

Our pie social was a huge success. We raised lots of money for our club. I assume that everyone got the kind of pie they wanted, since I didn't hear any complaints.

I would like to thank a few folks for making our pie social so successful:

- Everyone who helped us with chairs, tables, coffee, etc.
- All the people who came, despite the tiny drizzle at the beginning.
- Everyone who was so patient with our cashiers. They deserve a big thank you for putting up with some people's slow math skills.
- The people who bought whole pies to get them out of the way.

• The St. Anthony Park Community Band. They played wonderful music, some from back in the '40s.

• The person who bought a slice of pie for \$2, paid for it with a \$10 bill and said to keep the change. We are really grateful for that person's donation to 4-H.

For the 4-Hers, the pie social is quite exhausting, especially for the people in charge. It's worth it, my mom says, to be this exhausted but have fun and raise money. Still, she says she's glad it's our only fundraiser.

Thank you for reading my last report. May the Force be with you, and watch Star Wars Episode III, now in theaters.

Have a great summer everybody!

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THE LEADER IN IMPROVING OUR URBAN COMMUNITY



The Birdman of Lauderdale

by Clay Christensen

The current issue of the "Virginia Quarterly Review" arrived and it's all about Walt Whitman. One article explores the relationship of Whitman's poetry to the brags of the early West, the boastings of the river men and barge deck hands.

In that light, his poem "Song of Myself" could be seen as less of a conceited, self-centered rant and more of a "brag" about himself and his country.

While I'm not a big fan of poetry, this idea resonated with me as a birder. It occurred to me that when a bird sings, he's really singing the song of himself. I say "he" because it's almost always the males who sing.

Birds' vocalizations are usually divided into songs and calls. Songs are for declaring territory, attracting a mate and just for the pleasure of expression. Songs are linked to the hormonal cycles that birds go through. They're also related to light levels: Listen for the dawn and dusk choruses.

My wife and I contend that robins never want to go to bed. They're always the last ones singing as light fades from our neighborhood.

One of the main reasons a bird sings is to declare his territorial boundaries. I watched a meadowlark going from one fencepost to another, singing his heart out at each stop. He's singing, "This is my territory." Off to the next post. "And so is this."

In a sense, song is a bird's method of confrontation. Yes, birds do sometimes physically drive other birds out of their territory. But in the main, they declare their boundaries with song. Isn't that cool? I imagine it's the kind of a battle poets would fight, slinging poetry at each other.

Male birds also sing to attract a mate. They usually choose a prominent perch to demonstrate their vocal prowess. The females listen to see if the song is sung correctly, with suitable vigor and volume. Larks and bobolinks, which nest in open fields, don't have many good singing perches, so they sing their songs from the air.

Some female birds sing, but usually not a full territorial song. These include some thrushes, dippers, wrens, orioles, tanagers and finches. The northern cardinal and rose-breasted grosbeak females sing songs every bit as complex as their male counterparts.

Antiphonal singing consists of songs that alternate between a mated pair of birds. The male and female sing them one at a time, sometimes different songs, sometimes the same. It's thought that antiphonal singing is useful in reinforcing pair bonds, especially in dense habitats.

Birds that sing antiphonally include the bobwhite and brown-headed cowbird. Bobwhites are regularly found in extreme southeastern Minnesota, and cowbirds throughout the state.

Birds use what is called a "whisper song" or "subsong" in the presence of a threat, to let others know there's danger without attracting attention to themselves. Some also use soft songs around the nest to avoid revealing the nest location.

Parents sing around their nest as the youngsters prepare to fledge. The theory is that birds are born with the basic, generic song pattern for their species. But listening to the singing of the adults helps them learn the details and variations of their songs, how to sing them "correctly."

I get a kick out of hearing juvenile white-throated sparrows practicing their songs during their first fall migration. They'll have two out of three phrases right, but really miss it on the third.

The mnemonic memory phrase we birdwatchers use for their song is "Poor Sam Peabody, Peabody, Peabody." But the youngsters sound like "Poor Sam Pubbidy, Pubbidy." And they lose volume as they lose confidence. Even the next spring, the newbies are still trying to get it right. Listen for the rookies this fall and next spring.

Some birds demonstrate variety, especially those classified as mimics. The brown thrasher, catbird, some thrushes and the northern mockingbird are mimics that borrow songs and

sounds from a variety of sources, so their prospective mates are probably looking for variety of repertoire.

We have a blue jay in the neighborhood that faked me out with his excellent red-tailed hawk imitation. I heard the high-pitched descending call (found in every Western movie as the hero steps outside), looked up for the hawk and saw only the blue jay in the tree above me.

As I watched, he repeated his mimicry. I suspect he does it to scare off his competition for food—and just for the fun of it.

Some singing is an expression of just plain exuberance. That's an easy conclusion when you watch a cardinal throw back his head and sing his heart out. It appears to be an emotional release.

It's also likely that the mimics who imitate others' songs and concoct their own "concertos" are not only demonstrating their facility but having fun as well.

Songs are different from calls. Calls are signals that are used for warning, defense and distress, uttered as needed. They are usually not musical.

Boreal owls use calls to be sure it's safe to return to the nest. The male will call from a distance. If the nest area is safe to approach, the female will respond to him. If she doesn't respond, he doesn't come in. He'll repeat the call and wait for an answer.

Nestlings use calls to beg for food. Birds use very brief short calls or chips to keep in touch with each other, providing flock cohesion during migration.

Calls are also used while foraging to identify a food source. A mother bird with a brood of chicks uses a gathering call to keep them together and a warning call to bring them to safety.

So the calls are signals. And the songs are for territory, finding a mate and—my favorite—just for the fun of it.

When I hear a bird in song, like the brags of Walt Whitman, I feel he's singing the song of himself.

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Aging Gracefully by Mary Jo Tarasor

Each summer, whenever a bad hot spell hits, we hear about older adults who have died in their homes due to the excessive heat.

Although this spring's weather has been even more unpredictable than usual, by the time you read this column, hot weather will be here.

What can we do to ensure that we take care of our health during the summer months?

First of all, drink plenty of water. My affinity for good old H₂O has been expressed in this column before, but I can't say enough about this simple practice and its role in good health.

I was first advised to drink large quantities of water when I went through chemotherapy, which tends to dehydrate you. But the benefits have been so good to live with that I continue the practice.

I used to get headaches frequently; they've all but stopped completely. I have less dry skin than I used to, and despite ongoing problems with cancer in that area, my digestion has never been better. When I get hot, I sweat freely, which is one of the ways our bodies keep from dehydrating, since the sweat cools us down.

A minimum of 64 ounces of water daily was recommended to me, although I try to drink closer to 80 ounces a day. That works out to about 5 ounces hourly if you are up 16 out of 24 hours. So it's really not such a huge amount as it sounds if you simply sip steadily throughout the day.

Stay indoors during very hot periods, and when you do go out in the sun, wear a scarf or hat and clothes that are light in color,

loose fitting, and cover your arms and legs. To protect exposed skin areas, use plenty of sunscreen. Avoid strenuous activity during the midday and afternoon heat; weed that garden in the cool of the evening.

Keep your home as cool as possible by lowering shades on the sunny side of the house and opening windows during the cool times of day. If your home does not have air conditioning, make sure you have a good fan for very warm days.

Exercise is important to your health, but find places to exercise that are cool and comfortable. For example, HarMar Mall has an indoor walking program, so you can get your paces in without burning up in the sun or melting in the humidity.

Our program offers free senior chair exercise twice weekly in the air-conditioned community room at Seal High Rise in south St Anthony Park. And several churches in the area offer "Faithfully Fit" classes in a cool and comfortable environment.

If you want to walk or bike outside, get your exercise early in the morning or in the evening.

Eat light but healthy meals during heat waves. Salads with plenty of fresh fruits and vegetables, light soups and veggie sandwiches on whole grain bread are great, simple meals for hot weather.

And if there is anyone you know who is older and living alone, give them a call during the hot weather and make sure they're surviving it too.

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.

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WORDLY WISE

Readings

Friday, July 15, 7-8:30 p.m.
Dunn Bros., 2264 Como Ave.
Poetry Night with Beadrian
Youngdahl. Open mic.

Tuesday, July 19, 7 p.m.
Micawber's Bookstore.
Former Park Ranger **Jordan
Fisher Smith** ("Nature Noir").

Groups

Thursday, July 7, 6:30 p.m.
St. Anthony Park Library.
St. Anthony Park Writer's
Group. All welcome.

Thursday, July 7, 10:15 a.m.
Coffee Grounds.
Storytelling for children with
Pam Schweitzer.

Saturday, July 9, 8 p.m.
Coffee Grounds.
Storytelling for older kids and
adults.

Monday, July 11, 2:15 p.m.
Storytelling for children with
Vicky Joan.

Wednesday, July 27, 7 p.m.
Coffee Grounds.
Mothers and More Book Club.

Summer Reading Events

St. Anthony Park Library,
10:30 a.m. and 2 p.m.

July 6: Bill the Juggler

July 13: Oscar and Becca
Clowning Around, 10:30 a.m.
Mad Scientist Pat Davis, 2 p.m.

July 20: Puppets To Go

July 27: The Flyers, 10:30 a.m.
Three Rivers Park District, 2 p.m.

Local Author

Roseville author **Mary Clare
Lockman** has written a book
that's designed for the summer
travel season: "Warning! Family
Vacations May Be Hazardous to
Your Health."

The book was inspired by a
1985 family trip to Yellowstone
National Park that Lockman
took with her mother, husband
Paul and three daughters. Later
chapters recount other trips: to

Lake Superior and Canada in
1990; and Washington, D.C.,
Gettysburg and Niagara Falls and
in 1992.

Readers learn not only about
these places but also about family
dynamics and the challenges of
traveling with children.

Spanning seven years in the
life of a family, "Warning!"
describes life on the road with
preschoolers, adolescents and
teenagers.

Mary Clare Lockman is a
registered nurse who lives in
Roseville. She has a B.A. in
writing from Metropolitan State
University.

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July 3, 6pm

Wolves and Ravens
July 8, 8pm

Bill Cagley's Bluegrass and
Old Time Music Showcase
July 14, 7pm

Irish Moore (formerly Booley Band)
July 15, 7pm

Aural Dimensions
July 16, 8pm

Open Mic with Bill Hammond
July 17, 6pm

Real Book Jazz
July 25, 8pm

Bill Cagley's Bluegrass and
Old Time Music Showcase
July 28, 7pm

Scott Brave
July 29, 8pm

Kate Smith
July 30, 8pm

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ST. ANTHONY PARK COMMUNITY COUNCIL NEWS

Welcome aboard to our new Executive Director

Sparks join SAPCC

The St Anthony Park Community Council, a volunteer group working to maintain and enhance the quality of life in our neighborhood, announces the hiring of **Amy Sparks** as Executive Director. Amy will be responsible for facilitating the Council's activities and implementation of its programs. She will be working in partnership with the council's Board of Directors, Community Organizer Nina Axelson, volunteers, neighborhood residents and local businesses to promote the best interests of the community.

Sparks' civic activism in her own community has included serving on the St. Anthony Village City Council, serving as Chair of Villagefest and on the Board of the Family Service Collaborative. She has worked as Executive Director for a small non-profit promoting youth development. In the distant past, she worked at the Minnesota Senate and served as Community Organizer to the District 17 Council. She is married and has two teenage children.

Sparks is eager to meet with community members and can be contacted at the offices of the SAPCC at **651-649-5992**.



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July 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.

2 Saturday

- Nocturnal Bowling (612-625-5246), 10:30 a.m. - 5 p.m. at the Gopher Spot, St. Paul Student Center, 2017 Buford Ave, St. Paul Campus. Every Saturday.

4 Monday

- AA, St. Anthony Park Lutheran Church (644-0809), 8 p.m. Every Monday.
- Como Park recycling. Every Monday.

5 Tuesday

- Fall soccer registration at Langford Park Recreation Center, July 5-22, ages 6-12.
- Fall flag football registration at Langford Park Recreation Center, July 5-22, ages 8-10.
- Tot Time (for 5-year-olds and younger), Langford Park Rec Center (298-5765), 10 a.m.-1 p.m. Every Tuesday.
- Toastmasters (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.), 1:15-2:15 p.m.
- Chair Exercise Classes - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 12:30 p.m. These classes are free to all area seniors, but pre-registration is necessary. Call 651-642-9052 to pre-register.

6 Wednesday

- Bill the Juggler, 10:30 a.m. and 2 p.m. at the St. Anthony Park Library.
- Women's Connection, a women's networking organization (603-0954), Hubert Humphrey Job Corps Center, 1480 Snelling, Building #1, 8 a.m. Every Wednesday.

7 Thursday

- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Every Wednesday. Free blood pressure clinic by the St. Anthony Park Block Nurse Program 1st and 3rd Wednesdays, 11 to 11:45 a.m..
- St. Anthony Park recycling. Every Wednesday.
- Tot Time (for 5-year-olds and younger), South St. Anthony Rec Center (298-5765), 10 a.m.-noon. Every Thursday.
- Toastmasters (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 12:30 p.m. These classes are free to all area seniors, but pre-registration is necessary. Call 642-9052 to pre-register.
- St. Anthony Park Community Council Land Use Committee, South St. Anthony Rec Center, 890 Cromwell, 6 p.m.

8 Friday

- "The Places You'll Go!" - Explore the places you've been and the places you hope to go. We will use creative activities such as sculpting, painting and carving to stimulate skills in flexibility and building a better understanding of self, leading to improved self-identity. This is for transition age youth and young adults (ages 14 + including siblings/best friend and other family members). 10 a.m. - 12:30 p.m. at 2131 Fairview Ave. N., Roseville in the former school attached to Corpus Christi. \$90/Family. Pre-Registration is required! To register call 639-2527 or 779-8199, or register online at www.familyinstitute-cwb.org.

11 Monday

- "Rafting A River of Change" (parents, grandparents, adult caregivers). For our children with special needs there are transitions, developmental changes, new diagnoses, change in caregivers, doctors and teachers, different programs, alternative therapies or techniques - a never-ending river of change. In this series we will explore through the written word and other forms of creative expression the ways we must adjust and adapt to changing circumstances while remaining aloft and learning to embrace the beauty of the ever-changing scenery. 7 - 9 p.m. at Falcon Heights United Church of Christ, 1795 Holton St. \$96. Pre-Registration is required! To register call 639-2527 or 779-8199, or register online at www.familyinstitute-cwb.org.

- Park Press Inc., Park Bugle Board Annual Meeting, St. Anthony Park Bank community room, 7 a.m.

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

- Como Neighbors for Peace meeting, Coffee Grounds, 6 p.m.

- Lauderdale recycling.

12 Tuesday

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

13 Wednesday

- Oscar and Becca, clowning and juggling and fun, 10:30 a.m. Mad Scientist Pat Davis, 2 p.m. St. Anthony Park Library.
- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- S.P.D. Parents Meeting, Coffee Grounds, 7 p.m.

14 Thursday

- Free Kindermusik Story time offered at Como Park Lutheran Church 1376 Hoyt Avenue W. in St. Paul at 9:30 a.m. & 6 p.m. For more information or to pre-register call Ann Welsch at 493-TUNE or visit www.missannsmusic.com. All ages are welcome.

- 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

- "Family Art in the Park." Barbecue, treasures, games, music. Stimulate your health and creativity with a family activity. Through the use of music, we will create a song to explain the unexplainable to those who will never walk in our shoes. 6 - 8:30 p.m. at Como Park in the shelter off Hamline and Midway Parkway across from the zoo. \$36/family. Pre-registration is required. To register call 639-2527 or 779-8199, or register online at www.familyinstitute-cwb.org.

- Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, Seal High Rise (825 Seal St.), 1:15-2:15 p.m.

- District 10 board meeting, Call 644-3889 for details.

20 Wednesday

- Puppets To Go at St. Anthony Park Library, 10:30 a.m. and 2 p.m.

- Leisure Center for Seniors (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 1st and 3rd Wednesdays 11-11:45 a.m.

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

22 Friday

- "The Places You'll Go!" Explore the places you've been and the places you hope to go. We will use creative activities such as sculpting, painting and carving to stimulate skills in flexibility and building a better understanding of self, leading to

improved self-identity. This is for transition age youth and young adults (ages 14 + including siblings/best friend and other family members). 10 a.m. - 12:30 p.m. at 2131 Fairview Ave. N., Roseville in the former school attached to Corpus Christi. \$90/Family. Pre-Registration is required. To register call 639-2527 or 779-8199, or register online at www.familyinstitute-cwb.org.

25 Monday

- "Rafting A River of Change." (parents, grandparents, adult caregivers). For our children with special needs there are transitions, developmental changes, new diagnoses, change in caregivers, doctors and teachers, different programs, alternative therapies or techniques - a never-ending river of change. In this series we will explore through the written word and other forms of creative expression the ways we must adjust and adapt to changing circumstances while remaining aloft and learning to embrace the beauty of the ever-changing scenery. 7 - 9 p.m. at Falcon Heights United Church of Christ, 1795 Holton St. \$96. Pre-registration is required. To register call 639-2527 or 779-8199, or register online at www.familyinstitute-cwb.org.

- Lauderdale recycling.

26 Tuesday

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

27 Wednesday

- The Flyers musical group, 10:30 a.m. Three Rivers Park District Animal Show, 2 p.m. St. Anthony Park Library.
- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- St. Anthony Park Community Council Environment Committee, So. St. Anthony Rec Center, 890 Cromwell, 7 p.m.

28 Thursday

- Origami Class, 10:30 a.m. at the St. Anthony Park Library.

Items for the August Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, July 15.

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James A. Clausen

James A. Clausen died June 14, 2005, at the age of 41. He grew up in St. Anthony Park and graduated from Como High School.

He is survived by a son, Matthew; a daughter, Samantha; and their mother, Lynda; parents, Philip and Lynette Clausen; brothers, David (Barb) and John (Shelley); nieces, nephews, other relatives and many friends. Funeral services were held June 17 at Roseville Memorial Chapel, with interment at Roselawn Cemetery.

Doris Coffman

Doris (Miller) Coffman died peacefully at her home in Sun City, Ariz., on June 2, 2005. She was 88 years old and died following two years of failing health. Known fondly as "Dodie," she was born October 19, 1916, in Salt Lake City, Utah, and grew up in Denver, Colo.

Doris graduated from Denver's East High School in 1933, at the age of 16. In 1939, she married J. Robert "Bob" Coffman, with whom she lived until his death in 1980. They moved from Chicago to Appleton, Wis., and soon relocated in the early 1940s to the St. Anthony Park area of St. Paul. There they built a home and raised their two children.

Upon Bob's retirement from General Mills in 1974, they moved to Sun City, Ariz., where they enjoyed the warm weather and pursued their hobbies. Books were a passion for Doris, and over the years she acquired an extensive library of history, biography, politics, poetry, the American Southwest, nature and the arts.

Doris loved to write letters, and saved the majority of her correspondence with friends and family over the years, including letters that her mother (Lucy Smith Miller) and father (Oran

C. Miller) had written to each other early in their courtship.

Observing nature was another of her passions, especially trees, flowers and birds. She spent many hours enjoying them with her beloved sister, Vivian, who moved to Sun City in 1983. She also loved to travel, and especially enjoyed her tours of England, Scotland and Wales.

Doris was preceded in death by her husband, Bob, in 1980; her brother, Oran "Bud" Miller, in 1990; and her sister, Vivian (Miller) Potratz, in 2001. She is survived by her daughter, Joan (Coffman) Flint of Seattle; her son, Hugh Coffman, of Brookline, Mass.; grandchildren Lucy Higgins of Minneapolis and Theresa (Higgins) Brown of Seattle; a niece and three nephews, as well as several great-grandchildren and grand- and great-grand nieces and nephews.

Memorial services will be held at a later date.

Mae Margl

Mae G. Margl, 86, died peacefully, surrounded by family, on May 25, 2005. She lived in Falcon Heights before moving to Lyngblomsten Care Center for her final years. She will be remembered as a loving wife, mother, grandmother and great-grandmother.

Mae was preceded in death by her husband, Andy, and her sisters and brothers. She will be greatly missed by her children: Judy (Jim) Ross, Bob (Anna), Sue (Bob) Marabella, Tom (Penny), Jim (Kendra) and Rick (Terese); 14 grandchildren; 16 great grandchildren; and other relatives and friends.

The family gives special thanks to the staff and residents of Lyngblomsten. A Mass of Christian Burial was celebrated at Church of the Holy Childhood on May 28. Interment was at Calvary Cemetery.

—Compiled by
Mary Mergenthal

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Local businesses from page 1

nuts, bolts, screws and widgets. "I'm a hardware junkie myself," he says. He counts as his most satisfying business moments those times when he connects a customer with some small, obscure replacement part that just happens to be vital to the operation of whatever machine it was whose breakdown sparked the up-till-now fruitless hunt.

"My good moments," Kerr says, "are when we can find them a special doo-hickey that they can't find at Home Depot."

Kerr recognizes the value of the personal touch in a community-based operation like Park Hardware, which is why he hires his employees based on their people skills, rather than their extensive knowledge of hardware. One can be learned; the other is innate. He says that his ultimate goal is a little less hands-on management.

"If people don't know who I am, that means that my employees are doing a good job," he notes.

At the moment, there's not much chance of Kerr fading into the background. Every shirt he owns bears the Park Hardware embroidered logo, and he's as much a fixture on the shop floor as the canine mascot Maggie, a chocolate brown Labrador retriever.

In the end, according to Kerr, the message comes down to convenience in a neighborhood setting. "Once we have a customer, we usually have them for life," he says. "Getting the message out is the big battle."

Across the street at Tim and Tom's Speedy Market, they're also celebrating an anniversary. It's been 10 years since Tim Faacks and Tom Spreigl bought the store from the Schroeder Milk Company, but they believe that there's been a grocery operating on their corner since the 1920s at least.

Spreigl is sure he knows the reason for their continued success. "Service," he says emphatically. "You get to talk to a human being. We're a hands-on operation with the owners on the site. When was the last time that Mr. Rainbow or Mr. Byerly carried your groceries out to the car?"

Spreigl and Faacks developed their managerial style back when they were Schroeder's employees. Faacks ran the meat market and Spreigl was the manager of the rest of the store. Now they've become the owners, but the division of responsibilities remains the same, and the partners rarely disagree. In fact, Spreigl says that their most difficult decision was the first one.

"Getting to the point where we bought the store, lining up the financing" he says, was the most stressful moment of the last decade. But it was a good time, too. "Happy and scary as you look back," says Spreigl. "We

were able to buy it and take our destinies into our own hands."

These days their destinies seem relatively secure. "Tim and I make decisions standing in an aisle talking," says Spreigl. "People walk by and say, 'Oooh, board meeting.'"

That kind of comfortable informality extends even to the introduction of new product lines. Speedy Market owes its highly successful bread bakery operation to the fact that the partners were hungry one day when a vendor stopped by with an invitation to check out some new ovens. Tim and Tom guessed that there were probably going to be plenty of free samples

associated with the demonstration.

"We started out looking for lunch," says Spreigl, "and we ended up buying an oven."


In their decade of operation, Tim and Tom have become known for other innovations as well. They've increased their gourmet and specialty food items. In response to customer requests, they've added organic vegetables and fair trade coffee beans.

Spreigl proudly mentions their 50 different varieties of coffee beans—"everything from French Roast to Velvet Hammer"—and their competitive pricing in the fresh produce and meat sections.

To hear Spreigl tell it, it's just straightforward good service. "We offer what people want."

As Speedy Market and Park Hardware position themselves for the new century, their strategies of personal service and an

inventory tailored to customer demand don't seem all that different from what helped the Como business district thrive back in 1915. They've seen the past, you might say, and it works.



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