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.

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

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

–Mary Gotz

As University Grove changes, it stays the same
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? Vandalsm 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 showiness 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 professor of microbiology who came to the university in 1965, 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
Home Improvements

When you’re getting ready to list your home for sale, you might want to consider some improvements to attract buyers and increase your profit. But which ones should you do?

The good news is that the top upgrades that are sure to enhance the value of your property are relatively minor. Those things that we would recommend are:

- **Clearing 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.

The Sparrs

Peggy: 651-659-6385 peggy@mnhouses.com
Gary: 651-659-6304 gary@mnhouses.com
Peter: 651-659-6508 peter@mnhouses.com

---

Dan Bane CPA, LLC
Certified Public Accountant
Serving clients for 34 years at the corner of Como and Dowsew.
Providing Individual & Business Tax Service.
Call for an appointment at 651 999-0123

I chose St. Joseph’s

My baby was born under the sign of Water.

I wanted the best birth experience possible for my baby and me. Naturally. That included a midwife and water birth.

St. Joseph’s Maternity Care Center offers many different options, including water birth tubs for midwife-assisted births. It was a great experience.

Just ask my little swimmer!

I’m glad I chose St. Joe’s.

---

Dunn Bros Coffee
651-644-5033
2264 Como Avenue, St. Paul

Save $1.00 on a pound of beans. Our beans are roasted and priced to perfection.

One coupon per customer please. Coupon good through 07-31-05 only at the Como Dunn Bros Coffee.

---

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 Tietzven, 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.

---

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 or kurt@spnec.org.
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 his 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, at 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 spirits,” 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 in 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
612-824-1564

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 area’s oldest mixing 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, biotechnology, chiropractic, clinical nutrition, massage, naturopathy, psychotherapy, stress management, weight management and yoga.

Holly House Center for Integrated Health Care
2265 Como Ave.
645-6951

Christy Myers Photography - 651/647-0776
Individual & Family Portraits / Wedding / Seniors / Children / Pets
2145 Knapp Street • Call for a FREE Consultation

We’ve Popped the Cork!
unique selection & personal service
where you will find great wine at great prices, and a fun variety of specialty beer and spirited spirits
in Milton Square
2326 Carter Avenue
St. Paul, MN 55108
(651) 645-5178
off street parking available
Monday - Thursday
10AM - 8PM
Friday & Saturday
10AM - 8PM
Closed Sunday

We've Popped the Cork
where you will find great wine at great prices, and a fun variety of specialty beer and spirited spirits
in Milton Square
2326 Carter Avenue
St. Paul, MN 55108
(651) 645-5178
off street parking available
Monday - Thursday
10AM - 8PM
Friday & Saturday
10AM - 8PM
Closed Sunday
to make a specific request log onto:
www.thelittlewineshoppe.com

Kitchens & Bathrooms
All projects well planned and managed
Quality Renovations & Designs • 651-644-6530

New Beginnings Start with Good Advice
Whether you are a first time homebuyer or an experienced seller, call us for a free consultation.
Visit our website for free reports and helpful information on real estate topics.

Muffuletta
In Milton Square
2260 Como Avenue West
St. Paul, MN
651-644-9118
Learn more at muffuletta.com

Summer may be fleeting,
but its pleasures are endless.

From Farmer’s Market vegetables to fried chicken and grilled spare ribs, rediscover American summer classics, now through August.

Muffuletta
2260 Como Avenue West
St. Paul, MN
651-644-9118
Learn more at muffuletta.com

Christy Myers Photography - 651/647-0776
Individual & Family Portraits / Wedding / Seniors / Children / Pets
2145 Knapp Street • Call for a FREE Consultation

We’ve Popped the Cork!
unique selection & personal service
where you will find great wine at great prices, and a fun variety of specialty beer and spirited spirits
in Milton Square
2326 Carter Avenue
St. Paul, MN 55108
(651) 645-5178
off street parking available
Monday - Thursday
10AM - 8PM
Friday & Saturday
10AM - 8PM
Closed Sunday

to make a specific request log onto:
www.thelittlewineshoppe.com
PARSING NEIGHBORLINESS

“The impetuous 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 definite 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 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 neighborhood identity. Empty nesters may welcome a new baby at the house down the block. Scandinavians who were weaned on lutefisk may appreciate the aromas of a curry dish wafting over the fence. Hard-core vegetable gardeners may enjoy a neighbor’s profuse flowers. Home-delivered meals, help with chores around the house and word are part of the service components developed 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, so the point where the future of the programs is in doubt.

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

Several years ago, the National Aging 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. As of this year, the largest 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.

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 word were part of the service components developed through this legislation.

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.

The EW/AC certification would award 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 more 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 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 afoot that their donated time was being billed out, and of course, no one would want this to be the case.

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 shoveled out, to have their lawn mowed or even to get a light bulb changed. The funny thing in all this is that the program could still be available, but the services still need 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 Angie Hoffmann-Walter, program coordinator for Northwest St. Paul Senior Chore Service: angie@npscc.org, 649-5984; or Mary Jo Tarasar, executive director of the St. Anthony Park Block Nurse Program: 642-9552, aphb@bintostream.net.

The NW St. Paul Senior Chore Service provides services to five neighborhoods in the northwest region of St. Paul: North End, South 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.
leaving more time for whatever is important to you.

One-visit dentistry

University Grove from page 1

We know your time is valuable. That's why we've invested in CEREC technology that allows for a faster experience when you need crowns, fillings or veneers. With CEREC there's usually no need for a temporary and return visit. Everything is done in one visit, in about an hour - leaving more time for whatever is important to you.

Call us today at 651-646-1123 to learn more!

Saint Anthony Park Dental Arts, P.A.
Your caring local office for cosmetic and family dentistry
William Harrison, DDS
A tradition of excellence spanning 75+ years!
2282 Como Avenue West / Saint Paul / 651-646-1123
Fax 651-646-1987 / www.sapdentalarts.com

What is God calling you to do?

JOIN US ON JULY 19TH AT 7 P.M.

as Jordan Fisher Smith discusses his book,
"Nature Noir." Fisher Smith, who was a U.S. Park Ranger for twenty-one years, discusses the wild, wonderful and dangerous sights and people he encountered.

M I C A W B E R ’ S
the eternally optimistic book people
651-646-5206 / www.micawbers.com
2238 Carter Ave., St. Paul – In Milton Square on Carter at Como Hours: M-F 10 am - 8 pm / Sat 10 am - 6 pm / Sun 11 am - 5 pm
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.

“Even though I don’t like 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.
Fall Sports Registration
July 5th - July 22nd

- SOCCER: Ages 6u, 8u, 10u, 12u / FLAG FOOTBALL: Ages 6u & 10u
- VOLLEYBALL: Thurs., Sept. 22nd / Times: 11am-12pm Inters / 12:15pm-1:15pm Beg / Cost: $70.00 or $68 if you are a senior / Ages: 3-5 yrs old / Cost: $35.00 / Sessions: 7
- CREATIVE MOVEMENT: Weds Nov. 9th / Time: 9am-10am
- PILATES: Starts: Sept. 22nd / Time: Beginners Initiation course / 5:30-6:30pm / $70.00 / Sessions: 7
- WHITE/ORANGE BELT LEVEL: KARATE: SOO BAHK DO
- CREATIVE MOVEMENT: Weds Nov. 9th / Time: 9am-10am

Ages: 6u, 8u, 10u, 12u, 14u

Sessions: 7

1/4 mile west of Hwy 280
612-379-7232

DISTINCTIVE JEWELRY AND DESIGN SINCE 1911

MARTHA’S GARDENS

A City of Heart

IRIS PARK COMMONS

Gracious Independent Living

NOW OPEN

CORNELIA HOUSE

Come see why we are already an in-town address of choice for age 62 or better

Now that we’re open, you’ll see why right away At Cornelia House, your gracious one or two-bedroom home will join beautiful Coventry House, and you’ll be surrounded by a private campus that’s alive with neighbors who share your active, independent spirit.

Some units have been made affordable to people with qualifying incomes. The rest are at moderate market rates. Visit www.ehomesmn.org or call for a tour at 651-288-3931. Discover a gracious new home for your heart and soul!

If you want to talk to someone who lives here, talk to me after your tour.”

Gale Frost

Gale Frost knows what a big decision you’re facing. He looked at a dozen other places before deciding on us. That’s why he has offered to talk with prospective new neighbors like you.

We offer inviting, secure one or two-bedroom and studio apartments with a menu of assisted living services for age 55 or better. Most have views of Iris Park or the green of our private campus. Some units are available to people with qualifying incomes through various County programs. The rest are at moderate market rates.

Visit www.ehomesmn.org to learn more. Or call us at 651-646-1026. We’d be happy to arrange a tour (and if you’d like, a talk with Gale).

One more book from page 1

She envisions the children who contributed to the book someday retuning to the library with their own kids. Or she credits St. Anthony Park Principal Andrea Dahms, along with the teachers, for an enthusiastic response to her proposal.

Off 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 Pokemon 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 care 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 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.
Hey dinos! 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 Pangaea), 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 companions.

When the rains came again, dead animals on the surface were buried in milkshake-like muddy debris flows, mobilized by rains and even canopying their companions.

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.

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 Pangaea), 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 companions.

When the rains came again, dead animals on the surface were buried in milkshake-like muddy debris flows, mobilized by rains and even canopying their companions.

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.
Stone carvings of lions were common throughout the ancient Near East. Some Egyptian examples date from as early as 3,000 B.C. Throughout history, the lion has represented power, royalty and divinity. Carved lions as guardians were also common throughout the ancient world. According to 1 Kings 10, King Solomon’s throne had two lions standing beside the arms and 12 lions on the steps leading up to the throne. In China, a pair of marble lions guard Tian’anmen Gate, the main entrance of the Forbidden City. In the United States, perhaps the most famous carved lions are Patience and Fortitude, which have flanked the entrance to the New York Public Library since 1911. A tour of the neighborhoods served by the Bugle reveals that stone lions are still a popular feature of front entrances.
Art Event
Peace Lutheran Church’s Music and Arts from the Hiltop 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
Lypholmstcn Community Center will host a mystery day trip on Thursday, July 21. A bus will leave Lypholmstcn 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.

Curiosity 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 Earnest.
The revisionist look at the July 14: The Importance of Being Earnest and a matinee performance of Wilde. A revisionist look at the July 14: The Importance of Being Earnest and a matinee performance of Wilde. A revisionist look at the life and times of Oscar Wilde.

Wilde. A revisionist look at the life and times of Oscar Wilde, after an afternoon snack. T uition is $120, plus breakfast, lunch and an afternoon snack. Tuition is $120, plus breakfast, lunch and an afternoon snack.

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)

Walden Bush Nature Center
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 9-22. 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 30-31: Prairie Day. Stroll over a lake. Cost is $49.

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 Volunteer Services: 266-4090 or volunteer@Ramsey.mn.us

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 Hiner: 646-1852 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. Earnig tuition grants for their outstanding achievement in the choir school were Christopher Deacy, Michael Jacobsen, Emily Quam, Jacqueline Schmitt and Veronica Snyder. Recognition awards were presented to Madison Unison 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.

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.

Volunteers must be at least 16 years old. For more information, contact Ramsey County Volunteer Services: 266-4090 or volunteer@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 Hiner: 646-1852 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. Earnig tuition grants for their outstanding achievement in the choir school were Christopher Deacy, Michael Jacobsen, Emily Quam, Jacqueline Schmitt and Veronica Snyder. Recognition awards were presented to Madison Unison 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.

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.

Volunteers must be at least 16 years old. For more information, contact Ramsey County Volunteer Services: 266-4090 or volunteer@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 Hiner: 646-1852 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. Earnig tuition grants for their outstanding achievement in the choir school were Christopher Deacy, Michael Jacobsen, Emily Quam, Jacqueline Schmitt and Veronica Snyder. Recognition awards were presented to Madison Unison 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.

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.
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!
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 brag of the early West, the boasts of the river men and hardscrabble 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 countryside.

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 nip and nudge deck hands, singing at 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.” Of the next post. “And so it is.”

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, singing 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 bobolake 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 songs around the nest to avoid revealing the nest location.

Parents sing around their nest as the younglings 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 birderwatchers use for their song is “Poor Sam Peabody, Peabody, Peabody.” But the youngsters sound like “Poor Sam Publish, Publish, Publish.” 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 imitations. 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. They’re 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.
New Hope For Headache Victims
Local Doctor Releases Report Available Free To All Headache Sufferers
St. Paul, MN – A newly released free report reveals what leading medical researchers have proven to be the cause of most headaches. To discover the truth about what your own doctor may not know about your headaches, call the toll-free 24-hour recorded message at 1-800-513-1575.

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.
Readings
Friday, July 15, 7:30 p.m.
Dunn Bros., 2264 Como Ave.
Poetry Night w/ Beadrin Youngdahl. Open mic.

Tuesday, July 19, 7 p.m.
Micawber’s Bookstore.

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 children

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
Thursday, 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.

Healthy Meals, Great Value, Amazingly Convenient
Express Lane Foods offers high quality meals at a tremendous convenience. You will be spared the hassles of grocery shopping, time spent to and from stores, as well as meal preparation time!

“From our family to yours we are please to be of service.”
Rob and Mindy Lane, Owners
expresslanefood.com

THE FOURTH OF JULY

LANGFORD PARK DISTANCE RACES
Registration at 8:30 at the Recreation Building (small registration fee). Races start at 9:00. 4 miles:
Divisions for men, women, and masters (40 and over); 2 miles: Joggers and juniors (15 and younger).

GRAND PARADE ASSEMBLES
Children’s bikes, trikes, wagons, etc. assemble at Park Station. Bands, vehicles and marching units assemble on Luther Place. Get your free American Flag!

GRAND PARADE BEGINS
Proceeds from Luther Place and down Como Avenue to Langford Park. Parade includes color guard, neighborhood units, bands, floats, VIP’s, music, kids and much more!

OPENING CEREMONY
Ceremony takes place at the Bandstand in Langford Park following the parade. Presentation of winning Patriotic Essays from St. Anthony Park School (Sponsored by the Library Association).

ST. ANTHONY PARK COMMUNITY BAND plays.
First clue for the Treasure Hunt (win a medallion and grand prize!)

REFRESHMENT STAND OPENS
Get your holidays, pop and ice cream by the tennis courts! Sponorted by the Langford Park Booster Club.

HORSESHOE TOURNAMENT
Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765.

registration begins at 1:00.

VOLLEYBALL TOURNAMENT
Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765. Tournament begins at 1:00.

Two tournaments include a power tournament and a recreational tournament. Sign up individually or as a team.

TEENAGE TOURNAMENT
Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765. Tournament begins at 1:00.

Parent-Child doubles tournament. 12 and under 15 and over.

PONY RIDES

LOCAL MUSICAL TALENT AT THE BANDSTAND
Children’s races and contests

Events for kids of all ages. Ribbons for all participants. Family events, too!

DOOR PRIZES
Drawing at the bandstand for children and adult prizes. Must be present to win.

LANGFORD PARK BOOSTER CLUB DINNER
Step up and taste Langford Park's star spangled hot sandwiches and salad! Proceeds help sponsor athletic activities supported by the Langford Park Booster Club.

DANCE MUSIC PROVIDED BY THE BELFAST COWBOYS!
Dance with the band that features the music of Van Morrison! Sponsored by Park Midway Bank.

DRAWING - FOUR $100 PRIZES
Tickets available throughout the day and at the evening performance.

You do not have to be present to win!

DONATIONS ARE NEEDED TO SPONSOR THIS 2005 EVENT. PLEASE MAIL TO:
PO BOX 8062, ST. PAUL, MN 55108 OR DROP OFF AT THE INFORMATION DESK AT PARK BANK.
Sponsored by the St. Anthony Park Association, the Department of Parks and Recreation and YOU!
July Arts

Music

Coffee Grounds
1579 Hamline Ave. 644-9959
Out of the Blue
July 1, 8pm
Dave Mehling
July 2, 8pm
Open Mic with Bill Hammond
Wolves and Ravens
July 3, 6pm
Bill Cagley's Bluegrass and Old Time Music Showcase
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

Visual Arts

Anodyne Artist Company
825 Carleton St., 642-1684
Art… what is it?
Each third Thursday
Doors open at 7pm
Performance starts 7:30pm

Goldstein Museum of Design
241 McNeal Hall
1985 Buford Ave.
612-624-7437
www.goldstein.che.umn.edu
Maya Textiles for the Guatemalan Highlands
Through Sept. 17

Midway Contemporary Art
3338 University Ave. SE # 400
612-605-4504
www.midwaycomtemporaryart.org/
"Diamond Hard Grenade"
New paintings by Rebecca Morris and Katherine Bernhardt, new sculpture from Anne Hew.
July 9- August 13

St. Paul Student Center
612-625-0214
Sculpture by William Pergl
Through August 25

We're growing to better serve our kids, our seniors... our neighborhood.

Since 1999
$130,000 in grant awards
BUT $230,000 in grant requests

PO Box 8038 / St. Paul, MN 55108
651-641-1455 / sapfoundation.org

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.
1 Friday
- Senior Center Fun Group (5 p.m. bowling and drugs), 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 Black Nurse Program, 9:30-10 a.m.
- Falcon Heights recycling.

Saturday
- Nocturnal Bowling (612-629-9266), 10:30 a.m. at the Copee Spot, St. Paul Southwest Center, 2017 Holland 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
- Full soccer registration at Lowfold Park Recreation Center, Jul 5-22, ages 5-12.
- Full Big football registration at Lowfold Park Recreation Center, Jul 5-22, ages 8-10.
- Jr Tour (for 5-year-olds and younger), Lowfold Park Rec: Cromwell (297-5765), 10 a.m.-noon. Every Tuesday.
- Yomkwanym (649-5162), U.S. Forese Service, 1992 Foolish Ave., St. Paul Campus, 11:30 a.m.-12:30 p.m. Every Tuesday.
- Close Exercise Classes - Seal High School, 825 So. Smithfield 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.
- St. Anthony Park Community Council Land Use Committee, South St. Anthony Rec Center, 890 Cromwell, 6 p.m.

7 Thursday
- Jr Tour (for 5-year-olds and younger), South St. Anthony Rec Center (297-5765), 10 a.m.-noon. Every Thursday.
- Yomkwanym (649-5162), U.S. Forese Service, 1992 Foolish Ave., St. Paul Campus, 11:30 a.m.-12:30 p.m. Every Thursday.
- Close Exercise Classes - Seal High School, 825 So. Smithfield 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.
- 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 sculpture, painting, and carving to stimulate skills in flexibility and building a better understanding, of self, leading to improved self-esteem. This is for seniors age 60 and younger, adults ages 60-80, (649-1456) and other family members). For our children with special needs there are reservations, developmental delays, new diagnoses, change in circumstances while remaining, alive and learning, to reinforce the literacy of the non-Responding seniors. 7-9 p.m. at Falcon Heights United Church of Christ, 1795 Holton St. $96. Pre-registration is required. To register call 651-2527 at 779-8199, or register online at www.familythings-cwb.org.
- Park Pass Inc., Park Bowl Board special meeting, St. Anthony Park community room, 7 a.m. every Wednesday.
- St. Anthony Park Block Nurse Program board of directors meeting, St. Anthony Park United Methodist Church Library, 7 p.m.
- Como Neighborhoods for Peace meeting, Coflin Center, 6 p.m.
- Footcraft, Empire, 7 p.m.

11 Monday
- "Welcoming A River of Change" (parents, grandparents, with caregivers). For our children with special needs there are reservations, developmental delays, new diagnoses, change in circumstances while remaining, alive and learning, to reinforce the literacy of the non-Responding seniors. 7-9 p.m. at Falcon Heights United Church of Christ, 1795 Holton St. $96. Pre-registration is required. To register call 651-2527 at 779-8199, or register online at www.familythings-cwb.org.
- Free blood pressure clinic and health resources by the St. Anthony Park Black Nurse Program, Seal High School (625 Seal St.), 7:15-2:15 p.m.
- District 10 board meeting, City Hall, 6-8 p.m. for dinner.

12 Tuesday
- Family Council, City Hall, 1891 W. 7th St., 7 p.m.

13 Wednesday
- Oscar and Rebeca, cleaning and vacuuming, and fun, 10 a.m. at St. Anthony Park Library.
- Falcon Heights City Council, City Hall, 2017 Larpenteur Ave., 7 p.m.
- S.P.D. Parents meeting, Coflin Center, 7 p.m.

14 Thursday
- Free Kidstop Boys and Girls club at Como Park Lutheran Church 1576 Hoyt Avenue W. St. Paul 9:30 a.m. & 6 p.m. For more information, or to pre-register call Ann Wilcox at 493-3176 or visit www.mnboysandgirls.org. 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." Brackets, sculptures, games, and activities that helps your healthy and creativity with a healthy activity. Through the use of art we will guide you to explore the unexplainable to those who will soon walk in our shoes. 6-8 p.m. at Como Park in the shelter off Hammont and Midway Parkway across the zoo. $36 for family. Pre-registration is required. To register call 651-2527 at 779-8199, or register online at www.familythings-cwb.org.

20 Wednesday
- P. Paters Go to St. Anthony Park Library, 10 a.m. and 2 p.m.
- Leisure Center for Seniors (603-8946), South St. Anthony Park United Methodist Church, 9 a.m.-11:15 a.m. Tuesdays by reservation only.
- “Rafting A River of Change.” (parents, grandparents, with caregivers). For our children with special needs there are reservations, developmental delays, new diagnoses, change in circumstances while remaining, alive and learning, to reinforce the literacy of the non-Responding seniors. 7-9 p.m. at Falcon Heights United Church of Christ, 1795 Holton St. $96. Pre-registration is required. To register call 651-2527 at 779-8199, or register online at www.familythings-cwb.org.
- Footcraft, Empire, 7 p.m.

21 Thursday
- "Family Art in the Park." Brackets, sculptures, games, and activities that helps your healthy and creativity with a healthy activity. Through the use of art we will guide you to explore the unexplainable to those who will soon walk in our shoes. 6-8 p.m. at Como Park in the shelter off Hammont and Midway Parkway across the zoo. $36 for family. Pre-registration is required. To register call 651-2527 at 779-8199, or register online at www.familythings-cwb.org.

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 sculpture, painting, and carving to stimulate skills in flexibility and building a better understanding of self, leading to improved self-esteem. This is for seniors age 60 and younger, adults ages 60-80, (649-1456) and other family members). For our children with special needs there are reservations, developmental delays, new diagnoses, change in circumstances while remaining, alive and learning, to reinforce the literacy of the non-Responding seniors. 7-9 p.m. at Falcon Heights United Church of Christ, 1795 Holton St. $96. Pre-registration is required. To register call 651-2527 at 779-8199, or register online at www.familythings-cwb.org.

25 Monday
- "Building A River of Change." (parents, grandparents, with caregivers). For our children with special needs there are reservations, developmental delays, new diagnoses, change in circumstances while remaining, alive and learning, to reinforce the literacy of the non-Responding seniors. 7-9 p.m. at Falcon Heights United Church of Christ, 1795 Holton St. $96. Pre-registration is required. To register call 651-2527 at 779-8199, or register online at www.familythings-cwb.org.

26 Tuesday
- Lauderdale City Council, City Hall, 1891 W. 7th St., 7 p.m.

27 Wednesday
- The Flyers musical group, 10:30 a.m. Three Rivers Park District Annual Show, 2 p.m.
- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-11:15 a.m. June reservations by Monday. Free blood pressure clinic by the St. Anthony Park Black Nurse Program, Seal High School (625 Seal St.), 7:15-2:15 p.m.
- District 10 board meeting, City Hall, 6-8 p.m. for dinner.

28 Thursday
- Outpost Class, 10:30 a.m. at the St. Anthony Park Library.

For the August Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, July 15.
LIVES LIVED

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) Portanz, 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 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 Lymphoebsten 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 (Teresa); 14 grandchildren; 16 great-grandchildren; and other relatives and friends.

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

—Compiled by Mary Mergenthaler

Need someone to care for your pet while you’re away?

Don’t put your pet in a cold kennel! I will give them a warm, loving place to stay while you’re away on business, on vacation, or just for the day. I have over 30 years’ experience loving and caring for pets, and a beautiful fenced-in yard for them to play. Must be a smaller animal and get along with other pets. All animals are considered. Inexpensive with great deals for long-term care. References available.

Call Jennifer at 612-729-6481

PARK SERVICE

Pumps OPEN 24 hours
FOR CREDIT CARD USERS!

CAR WASH
OPEN!

• Tires • Batteries • Expert Repair • Certified Mechanics • Quality Citgo Gasoline

THE STATION IN THE PARK
227/ COMO AVE / 612-644-4775 / 651-644-1134

Four Seasons Title

If you could save over $1000
the next time you buy a house, or
over $500 the next time you refinace it,
would it be worth a phone call???

“We specialize in smooth closings!”

• We maintain Minnesota and Wisconsin
• We close on others names in 24 hours
• More of Our clients properties

Why pay more for less?

Before you call anyone, call us!

Check our website:
www.fourseasonstitle.com
651-287-5888

We deal with local Officers and Realtors everyday
and would greatly appreciate quality people to work
with. If you have questions, call us! 651-287-5888

—Compiled by Mary Mergenthaler

SWITCH gears to State Farm
for the right COVERAGE at the right price.

Find out why over 100,000 people trust State Farm for their insurance. Save on your quality 4 MultiLine and Multiple Time Discounts.

Call me today. 

Linda Grabinska, Agent 7040 Como Avenue
St. Paul, MN 55118

651-287-6189 7 days a week 8am - 9pm

State Farm Parent. 1833 East Third Street, Bloomington, MN 55425

speedy market

Fresh Meat
Gourmet Coffee
and Sandwiches
Daily!

Always Fresh Meat
Bread, and
Product!
Classified deadline: July 15th, 6 p.m.
Next issue July 27th

Type or write down your ad, and which section your ad should appear in. Usually we put the first few words in capital letters.

Count the words. A word is numbers or letters with a space on each side. A phone number with area code is one word.

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

Mail your ad & check to:
Bugle Classifieds
P.O. Box 8126
St. Paul, MN 55108

or deliver to the Park Bugle drop box at the side entrance to 2190 Como Ave. (on the Knopp Place side of building) by 6 p.m. on the deadline day.

We cannot bill you for your ad.

Call Laurie at 612-709-0622.

Instruction

KRIPALU YOGA CLASSES in St. Anthony Park Lutheran Church. Anneke Thompson, 651-636-5429.

House

Employment
START-UP PUBLISHER seeks part-time assistant. Prefer recent retiree. 651-645-3304.

 Notices
A HUGE THANK YOU to Mae Smidt who faithfully sends me the Bugle and other news from Saint Anthony Park - the finest neighborhood in Minnesota! Marie Hull, Grand Marais, MN.

Professional Services
JENNIFER'S PET SITTING - Need someone to care for your pet while you're away? Don't put your pet in a cold, expensive kennel! I will give your pet a warm, loving place to stay whether you're gone for a week or just for the day. I have over 30 years experience loving & caring for pets, and a beautiful fenced-in yard for them to play. Must be a smaller animal and get along w/ other pets. All animals considered! Inexpensive rates with great deals for long-term care. References available. Call Jennifer at 612-729-6481 today!

GRAPHIC DESIGN—Want fast, quality graphic design services for a fraction of the cost? Big or small, let’s talk about your next project! Call Raymond at 612-359-4679.

HANDYMAN/RENOVATOR. Old house expert, 26-year SAP resident, dependable, reasonable rates. 651-246-9955.

HILLARD E. SMITH, const. Block, stone, cement work, carpentry, remodeling. 651-644-0715.

CLEANING - Established business in SAP 11 years. Thorough, honest, reasonable. Call Mary 763-789-7560.


Home Services
TREE TRIMMING/REMOVAL - reasonable rates, free estimate. Call Jonathan 651-523-6495.


CARLSON Painting/Decorating - Interior/exterior painting, free estimates, 651-429-0894.

WOODWORKING - Shelves and built-ins, custom woodwork, window boxes, etc. 651-429-0894.


TUCK POINTING of chimneys, walls, interior and exterior foundations, wet basement repairs, steps, stucco repairs, roof and gutter repairs, plaster repairs. 25 yrs exp. Call 651-699-4743.


HANDYMAN/RENOVATOR. Old house expert, 26-year SAP resident, dependable, reasonable rates. 651-246-9955.

HILLARD E. SMITH, const. Block, stone, cement work, carpentry, remodeling. 651-644-0715.

CLEANING - Established business in SAP 11 years. Thorough, honest, reasonable. Call Mary 763-789-7560.


Classifieds cannot be e-mailed, along with other pets. All animals considered! Inexpensive rates with great deals for long-term care. References available. Call Jennifer at 612-729-6481 today!

GRAPHIC DESIGN—Want fast, quality graphic design services for a fraction of the cost? Big or small, let’s talk about your next project! Call Raymond at 612-359-4679.

CLASSIFIEDS
Count the words. A word is numbers or letters with a space on each side. A phone number with area code is one word.

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

Mail your ad & check to:
Bugle Classifieds
P.O. Box 8126
St. Paul, MN 55108

or deliver to the Park Bugle drop box at the side entrance to 2190 Como Ave. (on the Knopp Place side of building) by 6 p.m. on the deadline day.

We cannot bill you for your ad.

Call Laurie at 612-709-0622.

Child Care

Professional Services
JENNIFER'S PET SITTING - Need someone to care for your pet while you're away? Don't put your pet in a cold, expensive kennel! I will give your pet a warm, loving place to stay whether you're gone for a while or just for the day. I have over 30 years experience loving & caring for pets, and a beautiful fenced-in yard for them to play. Must be a smaller animal and get along w/ other pets. All animals considered! Inexpensive rates with great deals for long-term care. References available. Call Jennifer at 612-729-6481 today!

GRAPHIC DESIGN—Want fast, quality graphic design services for a fraction of the cost? Big or small, let’s talk about your next project! Call Raymond at 612-359-4679.

HANDYMAN/RENOVATOR. Old house expert, 26-year SAP resident, dependable, reasonable rates. 651-246-9955.

HILLARD E. SMITH, const. Block, stone, cement work, carpentry, remodeling. 651-644-0715.

CLEANING - Established business in SAP 11 years. Thorough, honest, reasonable. Call Mary 763-789-7560.


Classifieds cannot be e-mailed, along with other pets. All animals considered! Inexpensive rates with great deals for long-term care. References available. Call Jennifer at 612-729-6481 today!

GRAPHIC DESIGN—Want fast, quality graphic design services for a fraction of the cost? Big or small, let’s talk about your next project! Call Raymond at 612-359-4679.
Local businesses from page 1

nut, 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 Schoeder 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 Schoeder'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 Volver 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.

LIFE IN THE CHURCH: COME AND SHARE

▪ BETHANY BAPTIST CHURCH
  Milliken at Cleveland St., Roseville. 651-631-0211
  Sunday Worship: 10:00 a.m.
  Handicapped Accessible
  Website: cph.org

▪ COMO PARK LUTHERAN CHURCH - ELCA
  1370 Hoyt Ave. W., St. Paul, MN 55108-2300
  651-646-7127
  Handicapped Accessible
  Website: www.comoparklutheran.org

▪ COMMUNITY OF GRACE CHRISTIAN CHURCH
  Meeting at Lutheran Campus Ministry
  1407 Cleveland Ave., St. Paul
  Worship and Commission second and fourth Sundays, 6:00 p.m.
  Open and Affirming
  Website: www.commgc.org

▪ COMMUNICATE HEART OF MARY CHURCH
  An Ecumenical Catholic Community
  2300 Hillside Ave • 612-872-4619 or 651-776-3172
  Sunday Mass: 5:30 p.m in Upper Chapel
  De Graagius Wedding Ministry

▪ MOUNT OLIVE EV. LUTHERAN CHURCH
  A WELS Congregation
  "AN OLD CHURCH WITH A NEW VISION"
  Handicap-accessible: Wheelchair available.
  1400 Almond at Pascal. 651-645-2575
  Website: www.molive-wels.net
  Sunday Worship: 9:00 a.m.
  Education Hour: 10:30 a.m
  Chinese Worship: Sundays at 2:00 p.m.
  Vacation Bible School starts June 27 at 9:00 a.m.

▪ NORTH COMO PRESBYTERIAN CHURCH
  965 Larpenteur Avenue W., Roseville
  651-648-5581, ncpcmain@northcomochurch.org
  Sunday Services: Worship 9:45 a.m., Education 11:00 a.m.
  Handicapped accessible.

▪ PEACE LUTHERAN CHURCH - ELCA
  1744 Walnut (at Soyen) Lauderdale
  651-644-5440
  www.peacelauderdale.com
  Sunday Worship: 9:00 a.m.
  Pastor: David Greenlund
  All are welcome! Come as you are

▪ PEACE LUTHERAN CHURCH
  2375 shelves Place, 651-644-9292
  Website: www.peacelutheran.org
  Handicap-accessible.
  Saturday Mass: 5:00 p.m. at the church
  Sunday Masses: 8:15 a.m and 10:00 a.m at the church
  (morning provided during the 10:00 a.m Mass)