Marching to Zion — or at least as far as Como Park

St. Anthony Park Elementary school patrols will be part of annual parade

by Lisa Steimann

The familiar orange flags of the school patrols will soon be on view in a brilliant mass of fluttering color as some 3,000 St. Paul students gather on May 9 to march in the 80th annual school police patrol parade and picnic.

Thirty-six patrols from St. Anthony Park Elementary School will be part of the event. They will have practiced their marching for a couple of weeks, perfecting their lock step and chant: “We’re from SAPSA, super, super SAPSA. Everywhere we go, people want to know. . . .”

Students will gather at Fourth and Sibley streets and march to Fifth and Washington streets, accompanied by marching bands from area high schools and St. Paul police officers. Then they will board school buses and head for Como Park to enjoy a day of picnic treats, raffles, games and the chance to check out Como’s new amusement park.

St. Paul is famous for having one of the first school patrols in the world, thanks to the efforts of Sister Carmella Hanngi over 80 years ago.

There were very few cars on the road when young Caroline Hanngi walked to the Cathedral School of St. Paul, where she was a student. Before 1900, she and other children would keep an eye out for horse-drawn carriages before crossing Summit Avenue.

But by the time Caroline grew up and became Sister Carmella Hanngi, principal of the Cathedral School that she once attended, things had changed dramatically.

By 1920 the presence of cars had increased on St. Paul’s streets. When it came to traffic safety, the learning curve was steep. Cars were new-fangled and unfamiliar for most everyone learning to drive. The rules of the road were just being written. The now ubiquitous traffic light was invented in the early 1920s after its inventor witnessed a terrible traffic accident.

At that same time, communities around the country wondered how they could protect schoolchildren from traffic danger as they walked to school.

Sister Carmella was familiar with the idea of teaching older children to provide safe street crossings for younger children. She realized that older children would need not only the respect of the younger children they would shepherd across streets, but they would also need to be respected and obeyed by adult motorists.

She turned to the St. Paul Police Department to lend an air of authority to the school patrol program. In 1921, St. Paul Police Lieutenant Frank Hertzenecker swore in 17 boys and girls, kitted out in Sam Browne belts stitched together by a harness maker in Lowertown, and carrying yellow hand signs that read STOP—SCHOOL POLICE. Best of all, school police, as they were called then, were issued badges designed to look like St. Paul police badges.

The first school police crossing took place on February 21, 1921, at Summit and Kellogg near the Cathedral School. Within a year, nearly 90 other private and public schools in St. Paul organized school police patrols. Traffic accidents involving children immediately decreased.

To celebrate, the proud pioneers of the first school police patrols marched alongside police units through downtown St. Paul in the spring of 1921. To show their appreciation, the citizens of St. Paul organized a picnic to go with the parade in 1926. Sister Carmella’s school police patrol model spread throughout Minnesota. It has been adopted nationally and in more than 20 countries around the world.

Continuing that proud tradition this year are 37 St. Anthony Park school patrols. They provide safe crossing at

St. Paul students gather on May 9 to march in the 80th annual school police patrol parade and picnic.

“Because rain gardens are specifically planted with plants that can withstand periods of extreme moisture and drought, these gardens will thrive regardless of conditions, with little homeowner maintenance.”

–Jeanna Smith
Earthworks Landscape Design

The Como-area gardens are strategically placed to absorb water before it enters Como Lake. At residential properties, a rain garden could catch water from a roof or driveway. Given that up to 70 percent of pollution in storm sewers, rivers and lakes comes from storm runoff, any size rain garden will improve water quality.

A properly constructed rain garden will not provide habitat for mosquitoes. According to the Metropolitan Mosquito Control District, it can take from five days to a few weeks, depending on weather conditions, for a mosquito to develop from egg to adult. A rain garden typically infiltrates in less than

Rain gardens provide bonus for street renovation work in Como Park area

by Rebecca Batalden

With warm weather, Minnesotans’ thoughts turn to outdoor barbecues, lake cabins and, of course, mosquitoes. If you’re looking for a natural, environmentally friendly method of controlling mosquitoes at your home or cabin, consider installing a rain garden.

As part of street renovation in the Como Park neighborhood this spring and summer, the Capitol Region Watershed District is installing rain gardens.

Some residents have raised concerns that these gardens will increase the mosquito population, but in fact they will do the opposite. Rain gardens are depressed or bowl-shaped landscaped areas that function as miniature wetlands. They’re designed to absorb storm runoff from a nearby impervious surface before it enters a body of water.

Rain gardens help improve water quality by reducing storm runoff, which accounts for up to 70 percent of water pollution in urban areas. They can also make a beautiful addition to residential landscaping.

Linnea Gardens condos get off the ground

by Dave Healy

On April 17, Linnea Gardens moved a step closer to completion when a newly formed company, Linnea Condo Developers, closed on the purchase of the 2040 Como Ave. property from Ecuem, which operated the former Linnea Home at that location.

Linnea Condo Developers was organized by St. Anthony Park resident Ray Peterson. They will gut the building, which was built in 1917, and build 23 condominiums. Asbestos abatement began on April 21, with internal demolition set for the second week in May.

Four buyers have already put money down on units. Peterson said Two of those have requested custom layouts.

Individual condo sales are being handled by local real estate agent Steve Townley (644-3557).

Vote in this month’s Bugle poll at www.parkbugle.org: Would you consider installing a rain garden?
The Environment Commission is currently seeking new members. This commission is gathering information on a crucial topic, including the Bell Museum, the community garden and water problems, including runoff.

Lauderdale
Lauderdale has been selected as one of eight Ramsey County Walkable Community Workshop sites. The Walkable Community Initiative is part of a growing effort to make local cities and the National Center for Bicycling & Walking, with additional support from outside organizations.

Lauderdale would like citizen assistance in developing realistic strategies for ways to make the community a safer and more pleasant place to walk and bike. Citizens are invited to participate in a workshop to explore Lauderdale’s potential as a walkable community.

Lauderdale’s Walkable Community Workshop is scheduled for Tuesday, May 9, 1 to 5 p.m. at City Hall, 1891 Walnut St. At the workshop, participants will learn more about pedestrian design, safety, education, enforcement and encouragement. The workshop will focus on the northeast section of the city that includes Lauderdale Community Park and Walsh Lake. This area is adjacent to the Midland Hills Country Club and the University of Minnesota Golf Course. A walking audit of this area will help participants understand and identify obstacles to walking and suggest potential short- and long-term solutions. Wear comfortable shoes and clothing suitable for the weather that day.

To participate in the workshop, contact Jim Bownik at jim.bownik@ci.lauderdale.mn.us or 792-7656.

Lauderdale’s Annual Community Garage Sale will be held Saturday, May 20. To have your sale included on the community sale map, contact the city at 792-7656.

The City Council has decided to proceed with the reconstruction of the tennis courts and to leave open options for improving the basketball area and making safety improvements to the hockey area at Lauderdale Community Park.

St. Anthony Park
A survey by the St. Anthony Park Community Foundation about the neighborhood’s retail sector drew 574 respondents. The foundation is still analyzing survey results. A detailed report will be presented to local retailers at a May 16 meeting at St. Anthony Park Elementary.

Senior Chore Service Program Coordinator Heather Magee-Hill now is reporting to the Community Council in March. SCS coordinates neighbor-to-neighbor cross-generational assistance with property care for seniors.

Magee-Hill said that as baby boomers age, the program will need to expand. She said a recent survey has shown that most care providers believe current chore services are inadequate, but many seniors don’t know about the SCS. She said that helping people stay in their homes will help reduce nursing home costs.

The Community Council voted to support the Lexington-Hamline Council’s appeal of a Planning Commission approval for the SuperTarget site plan on University Avenue.

Both councils, as well as the Merriam Park Community Council, join University United in their opposition to the site plan, citing it as an example of non-transit-oriented development along the proposed Central Corridor.

St. Anthony Park Council’s Land Use Committee will discuss non-transit-oriented development at its May 6 meeting. New members of the committee are Paul Mix and Chris Kalla.

Park Midway Bank continues to work on site plans in response to community concerns about its new building at Como and Doswell. Another community meeting will be held in June to discuss revised plans.

Friends of the Parks and Trails has proposed an ordinance whereby the city would dedicate more land to parks. It would require property owners who are increasing the number of residential units to dedicate land or money for park development.

St. Paul
St. Paul has received a first-place award for participation in National Night Out 2005. In celebration, the city’s district councils are hosting a National Night Out Kick-Off Picnic on Thursday, May 18 from 6 to 8:30 p.m. at the Midway Picnic Pavilion in Como Park.

Mayor Coleman and Police Chief Harrington will attend. The St. Paul Police Canine Unit and the Fire Department will be represented. Free hot dogs, chips, cookies and beverages will be served while supplies last.

Door prizes will be given, and information will be provided on the August 1, 2006 National Night Out planning process: how to close off a street, register an event and request police or fire special unit appearances. Live music will be provided by the Edinns.

A draft environmental impact statement for the Central Corridor light rail transit project has been completed. A copy is available at the St. Anthony Park Library and at www.centralcorridor.org. Public comments are due by June 5.

Informational meetings will be held May 2 at 7:30 a.m. and 7 p.m. at Episcopal Homes, University and Fairview. Three public hearings will be held during May. Dates and locations of these meetings are available at www.spcoc.org.

On April 19, the St. Paul City Council passed a resolution to begin implementing recommendations of the St. Paul Environmental Roundtable, a yearlong series of meetings involving over 500 citizens. Recommendations include the following:

Create a zero-waste plan and establish measurable goals to reduce waste for the next 20 years.

Review the 1987 Municipal Food Policy in order to improve availability of and access to local, healthful foods.

Strive to attain 25 percent of total electricity from renewable energy sources by 2020, and work to make carbon dioxide emissions 20 percent lower in 2020 than they were in 1988.

Develop sustainable design and building guidelines for new and existing buildings.

Work with watershed districts to develop sound standards and exemplify responsible stewardship of the Mississippi River.

For more information, visit www.eurekarecycling.org/environmentalroundtable.

—Susan Conner
Retiring teachers leave a legacy of learning

by Lisa Steinmann

Several teachers with long careers in St. Paul schools and the schools of the St. Anthony Park neighborhood will be retiring this spring. All of them are noted for establishing important programs and inspiring students to love learning.

Joyce Peters, a first-grade teacher at St. Anthony Park Elementary, has spent her 35-year teaching career with first and second graders in the St. Paul Public Schools.

For the last 10 years she has been a wise and worldly presence at St. Anthony Park Elementary, where she is spending her last year in the classroom with first graders, the class of 2017.

Peters grew up on the West Side of St. Paul and attended Roosevelt and Linwood elementary schools before graduating from Central High School. She has taught at six different schools over the years.

Peters says she knew she had found a home when she started teaching at St. Anthony Park Elementary. “I knew when I came here that I would stay. The school had a community feeling, one of caring and dedication to learning.”

Peters’ interests in travel and world cultures were well matched to the diverse backgrounds and experiences of her students. Her career highlights are made up of experiences of her students. Her future plans include travel. She and her husband have done volunteer work for many years on behalf of an orphanage in the Philippines.

For a while in the early 1980s, “We would chum around together, shake up the mellow mood around school,” they called us ‘The Terrible Two,’” Their sense of humor, creativity and collaboration also revitalized the school in a way that is still going strong on the eve of their retirement. Tim Chase, science teacher and department chair, credits Payne and Bland with creating the science program that became the magnet theme at Murray.

For a while in the early 1980s, there was talk of closing Murray. Payne and Bland worked to save the school.

An excited first grader could have retired long ago. She stayed because she loves teaching and children.”

Baltes, a special education teacher at Murray Junior High, spent 40 years in the St. Paul Public Schools. She was a physical education teacher at Murray in the late 1970s. Later she moved to special education, working for a time with small groups of students in a janitor’s closet.

According to Johnson, “She was one of those teachers who fought for change so that her students were treated equally. Those of us who have come after her owe her a debt of gratitude.”

Besides teaching, Baltes served as an advisor for the student council. She’s been an advisor for the student council. The tall pine trees that flank the entrance to Murray were planted by council students along with Baltes.

She and neighborhood activist Ann Bulger started the Wolf Ridge program at Murray, which enables students to attend the Wolf Ridge Environmental Learning Center in the Superior National Forest each year.

For her distinguished work, Baltes was honored as the 2005 Rotary Club Educator of the Year. Her future plans will probably include travel. She and her husband have done volunteer work for many years on behalf of an orphanage in the Philippines.

Ann Payne and Dr. Johnny Bland were a rowdy pair from the beginning of their tenure as science teachers at Murray Junior High. Payne remembers that after they arrived at the school in the 1980s, “We would chum around together, shake up the mellow mood around school. They called us ‘The Terrible Two.'”

While supplies last.

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The street is at once a symbol of life’s peril and its possibilities. For Americans in particular, perhaps nothing suggests a world of possibility more evocatively than the open road, a fact that advertisers exploit with an endless series of television commercials featuring sleek automobiles speeding along empy ghettos.

We’re all bound for Oz, and the only way to get there is by crossing the street. After laboring mightily to surmount the four-inch barrier of the road’s edge, the turtle begins to make its way across. One car manages to avoid it, but then a pickup truck driver deliberately swerves to hit it, striking the edge of the shell and flipping the turtle “like a tiddlywink” off the highway.

Marching from 1 seven corners around the school building and along Como Avenue. In addition, the kindergarten patrols walk the half-day kindergarten and 1st grade children and early childhood programs.

Support charter schools Our neighborhood is fortunate to be near two public foreign language immersion charter schools that provide families with free educational options that are not elsewhere available in the St. Paul Public School district, or anywhere in Minnesota for that matter: Yinghua Academy (instruction in Mandarin Chinese) and the Twin Cities German Immersion School. Both schools are accepting applications for fall 2006.

Unfortunately, public charter schools are sometimes perceived as being in competition with district schools. For example, I just called the SPPS Student Placement Office to request that information about the Chinese and German Immersion schools be sent to families that have applied but were not admitted to the district’s language immersion schools, Adams (Spanish) and L’Etoile du Nord (French), and to families affected by the French Immersion School’s move across town.

The head of the Placement Office said that because charter schools aren’t part of the SPPS district, they wouldn’t consider the request. For families interested in language immersion education, knowing about free public alternatives is especially critical for kindergarten and first graders. Language proficiency criteria may prohibit children starting as older students.

Public charter schools and district schools are both funded with public money and both want the students in our community to achieve academically. We believe by ensuring that these educational options work together. Families and local businesses are actively involved in St. Anthony Park Elementary School, and its presence lends our community together.

The language immersion charter schools complement St. Anthony Park Elementary by providing families with unique educational options, piloting new forms of curriculum, supporting the language needs of the international students living in the University of Minnesota’s married student housing, and developing the demand for language immersion education among native Minnesotans.

Like the district magnet schools, public charter schools provide our children with educational opportunities that neighborhood schools are unable to offer but which may be critical to our academic success. More information on the Chinese and German language immersion charter schools can be found at www.yinghuaacademy.org and www.germanschool-mn.org.

More Larson-Bright St. Anthony Park

The contemporary novelist T. C. Boyle opens “The Tortilla Curtain” with a fateful collision between a car and a pedestrian that turns out to be a collision between cultures, and though the victim, an illegal Mexican immigrant, will eventually recover from his injuries, he never really recovers from his clash with an alien society.

Even the premodern street could bode evil. Luke set his story of the Good Samaritan there. A man on his way from Jerusalem to Jericho was overtaken by thieves, who strip and beat him, leaving him half dead in the road, where he is avoided by two of his countrymen, who “pass by on the other side,” before being rescued by a sympathetic outsider.

The street is a place of menace, and we prepare our children for its dangers with a litany of admonitions: Stop. Be careful. Look both ways.

Yet the street is also an arena of compassion. What is the prototypical act of charity for a civic-minded Boy Scout? Why, helping an old lady across the street, of course.

Helping each other across the street may be as good an example as any of the responsibilities of citizenship, one that has been happily institutionalized in the school patrol. What better way to instantiate the social contract than by creating a cadre of young caretakers whose job is to shepherd their classmates across the highways and byways of life.

So the next time you find your commute interrupted by an orange flag, don’t fret. Use the brief interval to reflect on the business of comings and goings, on the importance of crossings and on our shared journey to the Emerald City.

Patrols no longer carry yellow signs or wear the classy badges that look like orange plastic flags. They still wear badges that look like “the heat, the rain, the days turned them in to their supervisor, Tim Olmsted. He forwarded them to the St. Paul Police, who issued tickets. Olmsted, a second-grade teacher at St. Anthony Park and supervisor of the patrol program for the past several years, is clearly proud of the patrols. “They are out there in all weather,” he said, “they get their rain, the days below zero. They don’t complain.”

Last year, the school received the prestigious Winterhalter Award for doing an outstanding job with school patrol. The school got a plaque, and the St. Anthony Park patrol got to share it with the front of the parade with the chief of police. The previous year, St. Anthony Park received a second-place trophy for excellent marching. Olmsted is hoping that this year St. Anthony Park’s school patrol will again be recognized for its award-worthy efforts.


In-kind Contributions Lisa Adwan, Christine Elsing, Nancy Healy, proofreading

Eric Schiffman & Karen Kloser

Karen Kloser

For many former Boy Scouts, the bonds forged during scouting last long after the boys become men. During World War II, former members of St. Anthony Park’s Troop 17 serving in the war kept in touch through a circulating newsletter. Members of Troop 17 during the early 1950s have remained close friends. The former Scouts, who call themselves “the Old Geezers,” continue to camp together.

After its foundation in England in 1907, the Boy Scouts reached St. Anthony Park in 1916, when a group of neighborhood boys approached Professor James “Dad” Drew about becoming their scoutmaster. Troop 17 started with 50 members.

The Congregational Church, now the St. Anthony Park United Church of Christ, agreed to become the new troop’s institutional sponsor. By the 1950s, the Methodist, Lutheran, Catholic and Episcopal churches in the area all sponsored their own troops.

Scouting was more closely tied to religion in those years. In exchange for a place to meet, Scouts would serve a church by ushering, answering phones and folding bulletins.

After peaking in the 1960s (Troop 17 reached 50 members in 1961), scouting’s popularity declined, and by the early 1970s, Troop 17 was the only St. Anthony Park troop remaining. Some of that decline can be traced to the proliferation of sports, clubs and activities during the last part of the 20th century. At one time, scouting included athletic competition, and troops had their own sports teams.

Competition carried over to other parts of scouting as well. In a video commemorating the Boy Scouts’ 75th anniversary, local resident Gale Frost, a Scout in the mid-1920s, recalled that his troop competed in military drills, signals, bagging, knot tying, model-airplane flying and wall scaling. Wall scaling was taken very seriously, and the troop even built its own wall behind the Congregational Church to practice.

Reminiscing in the same video, Al Dexter, a Scout during the early 1930s, recalled his troop’s success during knot-tying contests. He attributed their success to the expertise of their first scoutmaster. “Dad Drew was the chief knot-tier over all of the United States, maybe even today,” he said.

In the 1930s, Boy Scouts were involved in Native American pageantry. A “Scout Roundup” was held annually at the State Fairground’s Hippodrome, currently known as the Coliseum. Each member would design Native American garb to be worn at the event, which featured tepee-making contests.

Although much has changed, the goals of scouting have remained the same. Boy Scouts still learn by doing, serve their communities, participate in outdoor activities and have fun. Another goal has been to keep scouting affordable. Troop 17 accomplishes that through fundraisers, especially the sale of homemade Christmas wreaths. Thus, weekend camping trips only cost each boy $15 to $25.

Current and former members of Troop 17 will secure their bonds and form new ones at a reunion this summer at the Fred C. Anderson Campgrounds. All current, former and future Scouts, as well as family members, are welcome to attend the June 9–11 event. Participants are encouraged to camp overnight in a tent or one of the reserved shelters. Memorabilia, photos and videos will be on display, along with presentations on the history of scouting.

A canoe flotilla will be held on Saturday, with a Pinewood Derby that afternoon. To reserve a canoe, contact Mark Hanson at 644-2451. For more information about Troop 17 and the reunion, visit www.troop17.sap.org.

Troop 17 celebrates rich scouting history

by Susan Triemert

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Retiring teachers from 3

together to create a science program that would integrate life, earth and physical sciences in a challenging two-year curriculum for junior high students. The district approved their proposal, and the Murray Junior High Science and Math Magnet was born.

Since then Murray has become a popular school, with a waiting list every year. According to Chase, Murray is the district role model for teaching junior high science.

One of Payne and Bland's notable contributions was a mentoring program whereby Murray students work with scientists at the H.B. Fuller Company and the University of Minnesota. They also built Murray's science fair into the largest junior high science fair competition in Minnesota. Murray students regularly advance to regional, national and international levels in science fair competition.

Blace describes his two fellow teachers as “two strong-willed, compassionate men who really, really love teaching.”

Art Payne has taught for the St. Paul Public Schools for 35 years. Besides his work at Murray, he has also been a cross country and track coach at Central High School for many years and has led teams to several state titles.

Johnny Bland, originally from Louisiana, came to Minnesota to earn a Ph.D. in plant morphology from the University of Minnesota. He became a teacher and taught for 35 years in the St. Paul Public Schools.

Bland was considered the “grandpa” of Murray's science department because of his seniority, his laid-back southern attitude and his wry one-liners. He continues to mentor students and will be attending a former student's graduation from MIT this spring. Although he actually retired last summer, Bland will join the retirement party planned for him and his colleagues on June 13.

Students — former and current — and parents are cordially invited to an open house to celebrate the careers of Phyllis Baltes, Art Payne and Johnny Bland. It will be held June 13 from 4 to 6 p.m. at Murray. Former students are invited to send written remembrances to the school.

Payne says they hope to see plenty of current and former students. “We want to see the kids. They’re the ones we’re here for.”
Getting ready for the other shoe to drop

by Michelle Christianson

To say that Dr. Mel Baughman is prepared for the worst is a major understatement.

It’s hard to think of any emergency situation in which a reasonable person wouldn’t put his or her life in Baughman’s hands. He is calm, smart, well-organized, forthright and, oh yes, a Community Emergency Response Team (CERT) trainer.

Baughman, a Falcon Heights resident who is originally from Ohio, has B.S. and M.S. degrees from Michigan State and a Ph.D. from the University of Minnesota. He is currently assistant dean and extension forester in the College of Food, Agricultural and Natural Resource Sciences at the University of Minnesota.

But he has always been interested in preparedness, from his days as a Boy Scout to years of wilderness canoeing in Canada, the Arctic Ocean and Alaska.

During those extended trips in remote areas, he needed to be ready to deal with emergencies of all sorts, learning wilderness medicine and creative ways of using any resources at hand, as well as careful planning and packing.

This preparedness mindset made him a good candidate to take CERT training. This program was first developed in Los Angeles in 1985 as a way to prepare civilians for dealing with natural disasters such as earthquakes when the normal first-responders (such as firemen or paramedics) were unable to reach victims quickly.

The Mexico City earthquake highlighted the need for emergency preparedness. Though over 800 people were saved by volunteers during that disaster, another 100 died trying to help.

CERT is now a national program under the auspices of FEMA and the Department of Homeland Security. Communities, including Falcon Heights, in 28 states and Puerto Rico have conducted training sessions.

By its own definition, “CERT is about readiness, people helping people, rescuer safety, and doing the greatest good for the greatest number. CERT is a positive and realistic approach to emergency and disaster situations where citizens will be initially on their own and their actions can make a difference. Through training, citizens can manage utilities and put out small fires, treat the three killers by opening airways, controlling bleeding, and treating for shock; provide basic medical aid; search for and rescue victims safely, and organize themselves and spontaneous volunteers to be effective.”

In eight weeks of intense training, Baughman learned about disaster preparedness (identifying possible neighborhood hazards and learning safe and effective ways of helping family members and neighbors), fire suppression, medical operations, light search and rescue techniques, disaster psychology, terrorism and team organization. Following another three days of instructor training, he was qualified to teach others.

In Falcon Heights, over 60 volunteers are CERT members. Recently the city has been conducting monthly workshops where Baughman, other CERT trainers and county officials teach community members about new emergency response techniques.

The March 20 meeting was about how to deal with a pandemic flu, the one on April 27 was about evacuation, and on May 4 they will discuss communication. All meetings are at Falcon Heights City Hall from 6:30 to 8:30 p.m.

Another basic training session for Falcon Heights CERT volunteers runs from September 21 to November 9 and requires a commitment of three hours every Thursday night during that period.

Baughman himself has done an extraordinary amount of preparation for possible emergency situations, whether pandemic flu, tornado, earthquake, chemical spill or terrorism attack. A room in his basement would function as a tornado shelter and is stocked with enough supplies to last him and his wife for an extended stay.

He has also prepared his van and cabin with emergency supplies, including food for six weeks, medical supplies, batteries, a radio, gasoline, a manual can opener, plus important medical and legal information.

Baughman’s thoroughness is evidenced in the handouts he prepares for community workshops. They include plans for sheltering in your home, escaping from your house, evacuating the city and finding one another if separated. His documents are more comprehensive than those typically posted on government disaster preparedness sites.

A list of food and supplies for emergencies, as well as what information and documents should be accessible, is posted on the Falcon Heights Web site: www.falcon-heights.mn.us.

No one wants to think about the possibility of a disaster close to home, but as Baughman shows, being prepared can certainly give one peace of mind.
than 24 hours. In fact, bird baths and clogged gutters are more likely to increase the mosquito population than rain gardens. Rain gardens provide habitat for wildlife, and can increase the number and diversity of birds and butterflies in one’s yard. They also provide a home to dragonflies, which eat mosquitoes, so people who live near a rain garden may notice a decrease in the mosquito population at their next backyard party.

Rain gardens have economic benefits, as well. Homeowners will save money and time since a rain garden needs no mowing, fertilizing or watering. Also, by absorbing excess storm water, rain gardens reduce standing water and the likelihood of home flooding.

Aesthetically, a rain garden can be a beautiful addition to a home’s landscaping. According to Jeanna Smith of Earthworks Landscape Design, “Because rain gardens are specifically planted with plants that can withstand periods of extreme moisture and drought, these gardens will thrive regardless of conditions, with little homeowner maintenance.”

Smith recommends that a rain garden be at least 10 feet from a house to ensure that infiltrating water does not seep into the foundation. The best sites have full or partial sun. Native plants will fare best in the extreme conditions present in a rain garden. Smith also suggests buying plants in gallon pots rather than starting from seed. This will increase a garden’s likelihood of success and minimize erosion.

Some shrubs that can tolerate dry periods and temporary pooling of rainwater include serviceberry, willow, dogwood and honeysuckle. Perennials to try are flag iris, Joe-pye weed, goldenrod and some ornamental grasses. For a more complete list, consult a local nursery.

Although one of a rain garden’s benefits is low maintenance, young plants will require extra care, Smith says. During the first year, it may be necessary to give the garden supplemental water during dry spells. Weeding is necessary until native plants are established. After that, the only maintenance required is periodic mulching, pruning and occasional plant replacement.
Can quilts be blessed?

For parishioners at St. Matthew’s Episcopal Church in St. Anthony Park, the answer is decidedly yes. Indeed, on Mother’s Day, St. Matthew’s rector, Rev. Blair Pogue, will bless 15 very special quilts that were made by a group of women from Brooklyn Park Lutheran Church. In July, the quilts will be sent to Uganda, where they will be given to AIDS orphans.

The St. Matthew’s-Uganda connection was forged in 1987, when the late Beatrice Garubanda, her husband, James, and their three eldest children came to the United States as refugees from Uganda. They settled in St. Anthony Park and joined St. Matthew’s, where Beatrice started a volunteer tutoring program for African and African-American children. She served as a volunteer Missioner to International Students, Immigrants and Refugees at St. Matthew’s until her sudden death at age 49 in September 2005.

In 2003 when Beatrice and her family returned to Uganda to visit family, she was distressed by the number of AIDS orphans she saw. She began an effort to start an orphanage, the Blue House. Beatrice and James used their own money to buy 8.7 acres near Kazo Town as a site for the orphanage.

In 2004 and, seeing that the AIDS orphan situation was even more desperate, bought a small commercial building in Kazo Town and made arrangements with family members and other adults to temporarily house 12 orphan girls until the permanent orphanage could be built.

Back in the United States, Beatrice began to campaign for help for the orphanage. Through the International Student Fellowship at Brooklyn Park Lutheran Church, she met Dorcas Quilters, a group ranging from teens to seniors that has been making quilts to donate to charity for more than 25 years.

At the church’s 10:30 service on May 14, 15 of the quilts made by the Dorcas Quilters for the Blue House orphans will be blessed, then displayed in the Parish Hall during the coffee hour that follows the service. In July, James Garubanda and Pat Owen, a St. Matthew’s parishioner who was recently in Senegal with the Peace Corps, will take the quilts to Uganda, where they will begin making more definite plans to build the new orphanage.

St. Matthew’s is located at 2136 Carter Ave., between Raymond and Como avenues. All are welcome at the 10:30 a.m. service/quilt blessing (and all services) and the coffee hour afterward.

In addition, on Saturday, May 13, from 10 a.m. to 4 p.m. and Sunday, May 14, from 9 a.m. to 1 p.m., the HMII/Blue House crafters and board members will hold a spring boutique and bake sale at St. Matthew’s to raise money for the orphanage.

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Foundation announces grants
by Dave Healy

The St. Anthony Park Community Foundation has awarded $14,900 to six nonprofit organizations. These grants are in addition to $15,000 in support of the KinderPlus Scholarship Program at St. Anthony Park Elementary School.

The following organizations received grants:

Murray Junior High Band: $900 for six master classes for band members with local professional jazz musicians.

These classes give the students one-on-one and group opportunities to learn technical skills as well as other aspects of the music industry from the best musicians in the area.

Murray ESL Program: $1,000 for audio-visual equipment to teach English-language skills.

This program strengthens the language skills as well as other aspects of learning. Each class will have a native speaker to teach.

Music in the Park Series: $2,000 for the Family Concert Series and educational outreach.

This grant helps supplement the arts residency programs. These residencies bring local arts groups to create programming that includes every student at the school.

Second Annual Spring Sale: $1,000 for audio-visual equipment to teach English-language skills.

This program strengthens the language skills as well as other aspects of learning. Each class will have a native speaker to teach.

St. Anthony Park Block Nurse Program: $2,000 to promote home safety for seniors.

The Block Nurse Program provides transitional care that allows seniors to live independently in their homes. This tool will help seniors and family members prevent accidents by improving home safety.

St. Anthony Community Council: $4,000 to develop and expand a long-range sustainable communications strategy.

This grant will help the Council improve opportunities for St. Anthony Park residents to participate and share information about the important issues that face the neighborhood.

St. Anthony Park Elementary School: $5,000 for arts residency programs.

These residencies bring local arts groups to create programming that includes every student at the school.

The community has consistently expressed its concern for their viability and we are committed to providing them with the necessary funding and expertise.

Charles Nauen, Foundation Board co-chairperson, said it’s always a challenge deciding how best to award the grants. “Every Board co-chairperson, said it’s always a challenge deciding how best to award the grants. “Every..."
Give, Grow & Grill
On Saturday, May 20, in connection with the Como Neighborhood Garage Sale, Mt. Olive Lutheran Church (1460 Almond Ave.) will hold a threefold event. Visitors can give blood at a bloodmobile, participate in a plant exchange and sale, and enjoy free food and music. Festivities begin at 9:30 a.m.

Carnival/Reunion
On Friday, May 5, St. Anthony Park Elementary will hold its 50th anniversary school carnival. The event is also an all-school reunion.

Volunteers
Como Park Zoo and Conservatory is looking for volunteers to greet visitors and provide general information about exhibits and attractions. Greeters are needed on Fridays through Sundays any day of the week from 10 a.m. to 4 p.m.

Model Railroads
The Twin Cities Model Railroad Museum will hold a model railroad and hobby show/sale on Saturday, May 20, from 9 a.m. to 3 p.m. Admission is $4 (children 8 and under are free).

Feline Rescue
On Saturday, May 13, from noon to 5 p.m., Feline Rescue will celebrate the grand opening of their new facility at 583 Fairview Ave. The event includes musical entertainment, silent auction, raffle and children’s games. Admission is free.

People
On April 19, Como Park High School student Dana Korval was one of 32 female athletes honored for receiving the St. Paul Area Athena Award. Now in its 12th year, the Athena Awards recognize female athletes for their dedication and excellence in sports.

Korval has earned letters in softball, tennis and hockey cheerleading. In addition, she has been on Como’s honor roll and has participated in Big Brothers-Big Sisters. She plans to attend UW-Stout next year. She is the daughter of David and Renee Korval.

Teams from Parkview Center and St. Anthony Park Elementary will participate in the Destination Imagination Global Finals Competition May 24–27 at the University of Tennessee–Knoxville. The event will include over 8,500 participants representing teams from 15 countries.

The St. Anthony Park and Parkview teams both placed second in their division at the April 22 state championship in Maple Grove.

Adam Swenson, a member of St. Anthony Park’s Pack 22, recently took advantage of a safety lesson from a Cub Scout meeting. One topic at the meeting was how to help someone who is choking.

About a week after the meeting, Adam’s younger sister, Molly, swallowed a magnet and began choking. After calling for his mother, Adam performed the Heimlich maneuver on Molly and watched the magnet fly out of her mouth.

Adam, a second grader at St. Anthony Park Elementary, is the son of Brian and Julie Swanson.

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Corner cluster: food, gifts, remodeling, law
by Anne Holzman

The diversity of north St. Anthony Park’s business sector is epitomized in the building on the southwest corner of the Como-Carter intersection, where shoppers can pick up a birthday gift, sip a latte, get legal advice and plan a new kitchen.

In 40 years, the Bibelot shop has grown from a one-room general store to quadruple the space and then quadruple the locations. It forms one of a cluster of buildings on the southwest corner of Como and Carter, all of them owned by St. Anthony Real Estate Associates, a partnership of local residents formed in 1985 to fix up that corner and maintain it.

Other tenants of the property are Finnish Bistro restaurant and Dunn Bros. coffee shop; Steven and Cynthia Ahlgren’s law office above the bistro; and the Transformed Tree remodelers behind the bistro, at 2239 Carter Ave.

Steve Wellington, who has been involved with the buildings over the years, said the building occupied by the Finnish Bistro and the Ahlgrens has sometimes been called the Evenson building, although he didn’t know the history behind that. He said the entire cluster is about 13,000 square feet.

Finnish Bistro has a short but complicated history. Caterer Soile Anderson said she started Taste of Scandinavia about eight years ago in the basement of Milton Square, across Como from the bistro’s current location.

About four years ago, when Munnings Restaurant closed, Taste of Scandinavia remodeled the space and moved in along with Dunn Bros.

Anderson changed the restaurant’s name to Finnish Bistro and sold the Taste of Scandinavia business last year. She can now be reached at Deco Catering, at Highway 280 and Hennepin Avenue, 612-625-4477.

She said customers still try to reach her at Taste of Scandinavia, but she’s owned Deco for more than 20 years and continues to run it along with the bistro. Deco, too, has changed locations, having once operated in downtown St. Paul.

Anderson said she’s heard little about prospective changes on the block but expressed general support for Park Midway Bank. “The bank is a great neighbor,” she said. “It’s a big asset to the neighborhood.”

The bistro isn’t the first purveyor of baked goods in that cluster of buildings. Bibelot owner Roxana Freese recalled that early in her store’s history, a bakery occupied the floor above. As Bibelot expanded, it ran a fabric room in the upstairs space for a while, and eventually expanded both upward and sideways to its current configuration.

Freese runs the operation out of an office at 1114 Grand Avenue, down the street from another of her Bibelot stores. “I think I’m the longest-running” business in the Como and Carter area, Freese said. “Multihera would be a close second.”

Freese, who lives close by at Chilcombe and Brompton, said she’s sad to think of the bank building at Como and Doswell disappearing but hasn’t given a lot of thought to what the new building might look like or to what else might be needed on the block.

“It was wonderful when they built the building,” she said. “I’m confident that even though there are hard decisions, there’ll be good decisions made.” Freese added, “I assume that the preciousness of St. Anthony Park will be preserved, because people really do treasure it.”

Hey!
Who let the jeweler in?
by Clay Christensen

St. Anthony Park is home to a veritable gaggle of dentists, three of whom practice within hailing distance of each other, in adjacent buildings on Como Avenue. Tucked among these denizens of the back molars, like a gold filling in a row of enamel, is a small jewelry store.

St. Anthony Park Dental Arts, 2282 Como Ave.
The building at 2282 Como began as a National Tea grocery store in 1933. It had a recessed entranceway with large glass windows, typical of a storefront grocery.

When the grocery moved out, Thomas Bacheller and Goody Lewis rented the building and had a woodworking and hobby shop in the back. Bacheller’s son, Ken, along with Helmer Johnson, set up a photo business in the front of the building.

In the meantime, Jack Ross had been developing photographs in the basement of his parents’ house on Carter Avenue. The city passed an ordinance requiring such businesses to be moved out of homes. So in 1947, Ross joined Bacheller and Johnson at 2282 Como. They used the storefront windows on one side of the entry to display their photography and advertisements, and blacked the windows on the other side to set up their dark room.

The business was named JBR Photographers. They specialized in photography for the Minnesota Trucking Industry, including covering the truck rodeo at the state fairgrounds.

When the building came up for sale, Ross used his life savings as a down payment and got it on a contract for deed. He was in college at the time, working two jobs. The building became his when the contract for deed was paid off.

Ross sold his interest in the photography business in the
Bjorndahl and Oddsdottir rented the storefront entryway for a while, arranging benches for their patients inside the glass wall. Bjorndahl set up a children’s play area in one corner, with a raised floor and surrounding railing. Bjorndahl and Oddsdottir bought the building from Ross in 1986 and continue to own it. Another dentist, William Harrison, moved into the building in 2001 and is now its sole tenant. He remodeled the lobby in 2005, but the children’s play area is still a prominent feature of the waiting room. Harrison says he plans to be at this location for another 18 or 19 years and is working toward purchasing the building at the end of his lease in five years. St. Anthony Park Dental Care, 2278 Como Ave. St. Anthony Park Dental Care is home to two dental practices: Todd Grossmann, D.D.S., and Paul Kirkegaard, D.D.S. The building is owned by Richard and Mary Slind. The building grew from front to back in three stages. It started in 1915 as a hardware store with wooden floors over a sand base. The pipes often froze in the winter. The building has settled and shifted over the years, concrete footings have been added to reinforce the 8x8 posts that support the original floor. The back wall was pushed out and the building expanded for use as medical offices, but it still had not reached its current footprint. Finally, the back portion was added, a concrete block structure over a cement slab. Dr. Bill Harwick was the first dentist in the building, arriving in the early 1950s. His practice had been in a corner of St. Anthony Park Square, next to the current location of Muffalotta. Harwick was in the front of the building, and Dr. Richard Balcombe, M.D., had his office in the back of the building. Henry Bjorndahl and his twin brother, Oscar, had long run a dental practice where the current Park Midway Bank building is located. Henry’s son, Bob, was born and raised in St. Anthony Park, joined them in 1962. He said that his uncle, Oscar, didn’t like to treat kids. He preferred mostly periodontal work with older patients. Bob’s father, on the other hand, liked to work with children, and Bob set up a play area for them in the waiting room. The building the Bjorndahls were in was sold to H.B. Fuller in 1964. At the same time, Dr. Balcombe passed away, so the three Bjorndahl dentists were able to move their practice across the street to the back of 2278 Como. Dr. Lewis Pierce joined Harwick in the front of the building in 1967, so there were five dentists in the building for a time. Henry and Oscar Bjorndahl retired in 1968, leaving Bob with the practice. He was joined by James Dods that same year. Bjorndahl and Dods stayed at 2278 Como until 1970, when they moved next door to 2282 Como. Todd Grossmann bought Bill Harwick’s practice in 1979 and has been there since. Dr. Pierce sold his practice to Dr. Paul Kirkegaard in 1985. Grossmann and Kirkegaard operate separate practices in the same building. Each has his own staff, billing, lab areas and operatories. The dentists occupied only the west half of the building for about ten years. The east half has been many things. At one time, a dress shop was in the back and a smoke shop in the front. The former space became a toy store for a while. Later the dress shop moved up to the front, and there was an optometrist’s office in that space for a time. Tim Smith’s Carter Avenue Frame Shop had the whole east half of the building from 1989 to 1994, with entrances both front and back. He eventually relocated to 2186 Como. In 1995-96, Grossmann and Kirkegaard expanded into the back half and the east side of the building, including the area behind the jewelry store now in the front of the east side. The lobby features a curved saltwater aquarium in one corner, and there is a tooth-shaped bike rack in front of the building. Kirkegaard says he enjoys working in the neighborhood. He and Grossmann have thought about moving but love it here. Grossmann’s grandmother grew up on the corner of Commonwealth and Como avenues, and he often watched the Fourth of July parade from her yard. Emil Gustafson Jewelers, 2278 Como Ave. Emil Gustafson Jewelers was established in 1911 in Northeast Minneapolis. Suzanne M. Fante is the owner and president of the company. Gustafson Jewelers has been at its present location for eight years. For four years before that, they were located in Milton Square. They sublet their current space from dentists Paul Kirkegaard and Todd Grossmann, who occupy the rest of the building. Fante’s father was a partner with Emil Gustafson. When her father died at an early age, Gustafson took her under his wing and taught her the jewelry business. She bought the business from Gustafson, who has since passed away. Fante intends to stay in the building as long as she’s able. She has some plans for upgrading the showroom. She said they are doing more custom work all the time, including the design, wax carving and casting of rings. They also work on antique crowns and pieces with filigrees — “very detailed work,” in Fante’s words. A customer from Switzerland told Fante that her shop reminds her of those in Europe where the owners are in the shop and do the work. She says people often don’t realize how many hours a small shop owner has to put in to stay in business. Fante regularly works 60-hour weeks, including working this past Easter morning, rushing home to prepare dinner for her family, and returning to finish up some projects. Some time ago, Fante said, she was contemplating plans for the business and had reached a difficult point. She mentioned it to a customer, who suggested she come next door, buy him a cup of coffee, and they’d talk it through. She did. He freely shared his expertise with her and helped her determine what her next steps should be. As she says, “Neighbors help each other.” Fante regards St. Anthony Park as a very special area. When asked about the parking situation, she replied that she parked two blocks away that very morning and enjoyed the walk to the shop. People walking their dogs greet her by name, and she stops to pet their dogs. She considers the people who come into her shop as friends. “We sell them their baby rings. We sell them their wedding rings. And we hold their hand when someone dies. When they call from the nursing home when someone dies, we go and cut the rings off their fingers. We don’t charge for that. It’s what neighbors do.”

Doswell and Como Body & Soul

by Judy Woodward

Occupied these days by a religious arts store that takes its name from John 15:5 (“I am the vine; ye are the branches”), the building at the corner of Doswell and Como, built in 1912, was for many decades better known for tending to the needs of the body rather than the soul. Ed Groh was the first owner of a pharmacy at the location. In 1932, his daughter sold the business to Bertram Miller, and as Miller’s Drugstore, it soon became a landmark for the next six decades. Several generations of St. Anthony Park residents enjoyed a mixture of small-town sociability and ice cream treats at Miller’s old-fashioned soda fountain. Even after the fountain was removed, local residents relied on Miller’s for the small essentials of life, from medical prescriptions to Christmas cards to small toys that were kept in child-size, eye-catching tacks by the front door. After Miller’s closed its doors for good in the mid-1990s, the building was sold to Catherine Holtsclaw, who owned the accounting firm formerly all tied in the part of the building that faces Doswell. Perhaps reflecting the “boutiqueization” of neighborhoods like St. Anthony Park, the tenants that have occupied the space since then have all dealt with more specialized areas of commerce than a local drugstore.

An organization devoted to adopting families was followed by a gift store, before Vine & Branches opened in 2005. This building sits directly across Como from another local landmark, Speedy Market. In 1983, the space between the two buildings was the site of the characteristically St. Anthony Park scene.

Doswell and Como to 14
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Doswell and Como from 13

After a long struggle, community activists concerned about the dangers to children darting across the street finally persuaded the city to install a traffic light at the corner. Local minister Joe Everson presided over the dedication ceremony of the light with a quotation from existentialist philosopher Soren Kierkegaard about the desirability of taking a daily walk. That prompted another dignitary at the ceremony, Mayor George Latimer, to joke that only in St. Anthony Park would “a stoplight be turned on with a quote from Kierkegaard.”

Vine & Branches is one of five tenants in the building Catherine Holtsclaw owns. The others are the St. Anthony Park Clinic, Salon in the Park, Music in the Park Series and an apartment. The space formerly occupied by Holtsclaw’s accounting office is being prepared for rental. She said they have done considerable renovating during the past year to enlarge the space available for Salon in the Park and Vine & Branches. “When Hearts and Vines moved out, I had several inquiries about that space from various professional services. But I wanted if at all possible to keep that corner retail.”

Holtsclaw expressed excitement about the prospect of a new bank building across the street. “That will only serve to increase activity on our end of Como,” she said.

Tim Faacks and Tom Spreigl celebrated their 10th anniversary as co-owners of the Speedy Market, 2310 Como Ave., just about a year ago, but there’s been a grocery store on this corner since the main structure was built in 1922.

The Blomberg family had previously operated a grocery at the corner of Como Avenue and Knapp Place. In 1922, they moved to expanded quarters at 2310 Como. A residential suite upstairs allowed the whole family to live over the store.

The Blombergs eventually expanded to open another store on Hamline Avenue. Their name lives on in Blomberg Pharmacy, which still operates at the same site in the Como Park neighborhood. Meanwhile, back on Como, the store expanded in 1954 to its present footprint. By then, the business also housed Kleinert’s Meat Market. The 1976 City Directory shows that the Blomberg family had moved to the suburbs, leaving the upstairs apartment for Kleinert the butcher.

The butchers changed over the years, but the name Blomberg didn’t disappear from the name of the store until the late 1970s, when a small grocery chain bought the store and changed its name to Speedy Market.

As Speedy Market, the site is arguably the best-known commercial landmark of the neighborhood. Site of many a local child’s first independent purchase at the candy counter, the store has offered first jobs to countless neighborhood youths, as well as an informal meet-and-greet opportunity for residents waiting in line and a local merchandise exchange on the bulletin board by the front door.

Faacks and Spreigl were longtime employees at Speedy when they combined their resources 11 years ago, purchasing the business and the building. They added “Tim and Tom’s” to the official name of the store, and longtime customers may have noticed that they’ve gradually nudged the stock in the direction of more gourmet and natural products. In the long run, though, one suspects that the first customers of 1922 would probably still feel at home in their corner grocery store.

SAVE ENERGY
(yours and the environment’s)
Shop your neighborhood merchants and support the local community. You can make a difference.

St. Anthony Park Business Council
When I first discovered chimney swifts in the Twin Cities, I was amazed. I don’t know where I thought they were typically found — East Coast industrial cities maybe — but I never expected to see them over the Twin Cities, let alone Lauderdale.

That was until I visited the Villa Maria, a retreat near Frontenac, Minnesota, the first weekend in May one year. One of the regular events there is the return of the chimney swifts to the Villa chimney each night, just at dusk. Some years, hundreds of chimney swifts have roosted there.

After seeing the swifts in Frontenac, their flighty flight and twirly chitter became familiar to me and I realized I was seeing chimney swifts over downtown Minneapolis, downtown St. Paul, and even Lauderdale and St. Anthony Park.

Chimney swifts look like flying cigars, totally black, silhouetted against the sky. The body is about five inches long and tapered front and back. The tail is usually tucked closed and not visible. The wings curve back from the body, forming a crescent from wingtip to wingtip, scimitar-shaped. Flight action is a very rapid flitting, followed by occasional glides.

Although its beak looks small when closed, the chimney swift’s mouth opens quite wide (called a bird’s “gape”). That allows it to take its meals on the wing, assisted by exceptional eyesight, great speed and agility.

Most of its food consists of insects less than a quarter inch long — mosquitoes, flies, gnats, flying ants — so it needs to catch a lot of bugs to keep flying.

Chimney swifts have a unique pair bonding display. Two swifts fly as a synchronized pair, one behind the other. The trailing bird, thought to be the male, lifts its wings into a V and glides. The bond is completed when the leading bird also lifts her wings, gliding in the same way. They glide for a time in synchronized flight, like aerial figure skaters.

As the swift pair prepares for brooding, their saliva glands swell with a sticky saliva, which they use to attach twigs and small sticks to the wall of their chimney. Their nest begins to bulge out from the wall like a small woven bundle, typically they settle into from time to time to shape it correctly.

Birders used to joke that chimney swifts didn’t exist before there were chimneys. They did, of course, but they were called American swifts in colonial America. Before there were chimneys, swifts probably nested in hollow trees and caves. Today, besides those natural sites,

swifts roost in building air shafts, wells and outbuildings as well as chimneys.

The female begins to lay the first egg even before the nest is complete, with both parents adding twigs to the nest as incubation continues. The clutch size varies from two to seven eggs.

If the bird’s saliva is so sticky, doesn’t that interfere with bug catching? No, actually the parent collects bugs, mixes them with the saliva and swallows the resulting “bug ball” in a special pocket in its throat. When it returns to the nest, the adult offers a little chunk of the tasty “gazpacho” to each hatching, then gulls the rest down for itself.

Although there may be many swifts roosting in any one chimney, there is usually no more than one nesting pair per site. And they usually have exclusive possession of the lower third of the chimney. Personally, I wouldn’t want to be at the bottom of a chimney with a hundred birds roosting on the walls above me, but then, I’m not a bird.

Chimney swifts are very social birds. When the breeding pair in a chimney has its first egg in the nest, the swifts that are flying above will pause over the chimney to look down and chitter their congratulations. And they really get excited each time a little hatchling appears. They’re like aunts and uncles oohing and aahing behind a hospital nursery’s glass window.

I’ve never seen chimney swifts perch and always thought it was because they had weak feet. That’s not true. In fact, swifts have very strong legs and feet, remarkable feet that allow them to cling to the inside of a chimney. They have three toes forward and one toe back, like most perching birds. But they can swivel the back toe forward, giving them four in the front, providing the extra clinging power they need for hanging to a vertical surface.

Chimney swifts winter in eastern Peru’s upper Amazon basin, completing an annual migration round trip of 10,000 miles. The life span is about four years with an annual mortality rate of 50 percent. So approximately half of them don’t survive the full migration trip in any given year.

Chimney swifts return to our area when there are enough flying insects to satisfy their appetites. Last year, we saw them on May 6 in Frontenac and May 20 here in Lauderdale. They can be seen all day long but are especially active toward late afternoon. Since they fly so fast, it’s hard to follow them with binoculars. I try, but seldom do I get more than a few seconds before they whiz out of my field of view.

You can learn more about chimney swifts at www.chimneyswifts.org.
We started our April project meeting with some running games. Later we had a demonstration on terrariums before we made our own. To make a terrarium, we first put a layer of gravel inside our container. The gravel is to make sure the plant's roots aren't in a puddle of water. After that we put a layer of moss and a layer of soil. Then we planted our flowers and put moss around the plants, covering the soil.

We were all very proud of our creative terrariums. We had all brought containers of different shapes and sizes. Some kids decorated theirs by putting sea shells inside their terrariums.

We would like to invite you to our next meeting, which will be held on May 8 at Lauderdale City Hall. At 6:45 p.m. our games will start, and the meeting begins around 7 p.m. If you have any questions, call Amanda Weber at 355-6100. Also, don't forget about our annual pie social. It's coming up on Friday, June 2. Once again, it will be held at the Park Midway Drive-in Bank at the corner of Como and Doswell.

The pie social is a fundraiser for the Northern Lights 4-H Club. We hope to see you there.

Brad Bowland helps his daughter Grace put the finishing touches on her terrarium.
This month’s issue of No Bones is dedicated to the topic of transition.

Just think about all the times in the history of life on Earth that transitions had to be made — from water to land (fish to tetrapods), from land to air (dinosaurs to birds), from air to land (flying birds to flightless birds) and from land to water (land-living mammals to whales, dolphins and manatees).

These transitions have happened over and over again during the 3.5-billion-year history of living things on Earth, but tracking those transitions is usually a pretty difficult proposition.

Just the right conditions have to be present to fossilize the changes, and we have to be in the right place at the right time to discover the animals and plants in the midst of change.

A new 375-million-year-old fossil from the Canadian Arctic provides one of those rare opportunities to witness transition in deep time.

Tiktaalik roseae, Inuit for “big freshwater fish,” is among the most important fossils yet found for detailing the transition from aquatic to land-loving backboned animals.

Fossils detailing this evolutionary node have been found before and are particularly common in places like Greenland and Scotland.

But until now, the known fossils were really more fish like and still fully adapted for aquatic lifestyles, or more “tetrapod like,” better equipped for full-time four-legged life on land.

Tiktaalik is the first animal that gives us a snapshot of what life was like in between. So far there have been more than 10 fossils of Tiktaalik discovered, ranging in total body size from 4 to 9 feet long.

How do we know where on our family tree Tiktaalik falls? We have to take a close look at its bones and their connections to one another.

Unlike its more fish-like relatives, Tiktaalik didn’t have plates of bone covering its gills, and its skull and shoulder are almost completely disconnected.

In other words, Tiktaalik, unlike other fish, had a neck, just like you and I do.

Tiktaalik’s skull is a wide triangle and its eyes are on the top of the skull, like those of other early land-living tetrapods. It has fish-like scales but also has broad ribs, which would have helped support its body if it lumbered out of the water.

The limbs of Tiktaalik provide some of the most convincing evidence of its potential for life on land. The arms provide the earliest evidence of a distinctive wrist and hand, and its fins could all move up and away from its body. These features would have allowed Tiktaalik to shove itself up, and maybe even scoot around (albeit ungracefully) on land. Bottom line? Tiktaalik is one of our oldest relatives — still in the water but with a capability to hang out (at least sometimes) on land.

What an awesome example of why I love to study fossils!

Now, get out there and use those tetrapod limbs and necks of yours to enjoy spring (and thank Tiktaalik for trying something new).

Until next time, keep those questions coming (krogers@smm.org), and keep your eye out for exciting new fossil news!
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Write your Congress people
Congress about this issue

Mother’s Day May 14th

Aging Graciously by Mary Jo Tonsor

Minnesotans traditionally worry
about the dangers of cold winters
rather than hot summers. But the
potential danger of excessively hot
weather is very real and bears
consideration before we get into the
swell of summer.
Some troubling facts:
• Each year, exposure to
excessive heat causes more
deaths in our country than
hurricanes, tornadoes, floods and lightning
combined.
• In 1993, a Philadelphia heat
wave caused 115 deaths.
• In 1995, heat killed more
than 700 people in Chicago and
85 in Milwaukee.
• The 2003 heat wave killed
an estimated $5,000 people in
Europe.

Here’s how to combat global
warming on a personal level:
• Keep air in your home
circulating. Air conditioning
reduces the risks of heat-related
health problems dramatically, but
some people don’t use it even
when it’s available because of high
electricity costs, or due to
environmental concerns. If you
don’t have air conditioning or
don’t want to use it, make sure
you have at least one fan in good
working order. However, aiming
a fan directly at yourself in
extreme heat, during which body
fluids have not been adequately
replaced.

Some troubling facts:
• Do not leave elderly adults,
small children or pets in parked
cars in hot weather.
• Keep outdoor activities to a
minimum.
• Take baths or showers, or
use cool wet cloths or compresses
on pulse points to prevent body
temperature from rising.
• Stay out of the sun.
• Schedule any strenuous
activities for the coolest part of
the day — early morning or
evening.
• Wear light-colored clothing
that protects you from the sun
and reflects heat.
• Drink lots of water and
juices to keep yourself hydrated,
but avoid alcoholic beverages,
which will dehydrate your body.
(Some bottled water brands
contain electrolytes to replace
those lost in perspiration. Look
for these.)

Symptoms of heat stroke or
heat exhaustion include:
• Headaches, vomiting, dizziness,
muscle cramps, fatigue, nausea,
loss of appetite and rapid pulse.

Here’s how to combat heat
related symptoms:
• Take baths or showers,
• Use air conditioning that is
directly at yourself in
extreme heat, during which body
fluids have not been adequately
replaced.

Some troubling facts:
• If you or someone in your
home experiences these
symptoms during a heat wave,
call your physician immediately.
• To intervene when heat is
affecting someone in the above
ways, provide cool fluids, place
the individual in a recumbent
position and elevate legs, then
transport to a medical facility for
follow-up.

We’re always glad to see
the first signs of spring. But
remember: Too much of a good
thing is still too much. Use
summer in moderation and enjoy
it responsibly.

The St. Anthony Park Block Nurse
Program offers services to older
adults and those who care for them.
Aging Graciously is one way we
communicate with our community.
We welcome ideas and feedback for
this column at 642-9552 or
sapbnp@bitstream.net.

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THE MAMAS, Denny & THE DAWGS, PATCHOULI,
RIRA, DAVE PORTER & FRIENDS AS
“THE MIGHTY GAMACHE”
Readings
Tuesday, May 9, 7 p.m.
Micawber’s. Catherine Friend (“Hir By A Farm”).

Wednesday, May 17, 7 p.m.
Micawber’s. “St. John’s at 150.”

Thursday, May 25, 7 p.m.
Micawber’s. Elizabeth Weber, daughter of St. Anthony Park resident Alvin Weber, will read from her two collections of poems.

Groups
Wednesday, May 3, 6:30 p.m.
St. Anthony Park Library.
St. Anthony Park Writers Group. All welcome.

Monday, May 15, 7 p.m.
Micawber’s. Probers’ Book Group. "Namesake" by Jhumpa Lahiri. All welcome.

People
Hail cold/wet/dry enough for you! Don’t ask your next-door neighbor; ask Mark Seeley.

The St. Anthony Park resident has been fascinated with the vagaries of weather for some 35 years, ever since he volunteered as a weather observer in Salt Lake City while his wife was a graduate student at the University of Utah.

Seeley cheerfully admits to suffering from MAD: meteorological affective disorder. Recently his preoccupation with weather resulted in the publication of a book, “Minnesota Weather Almanac” (Minnesota Historical Society Press), which began appearing in bookstores in April.

Seeley is already known to many Minnesotans as a regular commentator on Minnesota Public Radio’s Morning Edition. In fact, it was feedback from listeners to the show that convinced him there was interest in a book about Minnesota weather.

Seeley got the idea for a book in 1998, and after working on it for seven years, he submitted a 60,000-word manuscript to Minnesota Historical Society Press. Editors there helped him pare the book down to about 300 pages. In addition to chapters on the state’s hottest and coldest places, notable storms, May rituals and fire weather, the book includes eight maps, 39 photos, tables, a glossary and a bibliography.

Unlike Seeley’s previous academic publications, this book was written for a general audience. Researching it mostly meant tapping his 29 years of experience as an extension meteorologist at the University of Minnesota, a post that takes him all over the state.

“My travels have convinced me that Minnesotans, perhaps more than people in most other places, highly value their weather information and history,” he says. “Our weather has shaped who we are, and because of that we’re highly attuned to the environmental consequences of our behavior.”

He consciously addressed a statewide audience, Seeley adds, “Before my book, the main reference on local weather was Bruce Watson’s ‘WCCO Weather Almanac’ from 1975. His book was quite popular among Twin Cities residents, but I’m hoping my attempts to include weather stories and information from throughout Minnesota will resonate with citizens in all 87 counties.”

Seeley has several readings scheduled during May, including an appearance at the Har Mar Barnes and Noble on May 24. In June, MPR will include his book as a pledge drive gift.

American Life in Poetry
By Ted Kooser, U.S. Poet Laureate

A circus is an assemblage of illusions, and here Jo McDougall, a Kansas poet, shows us a couple of performers, drab and weary in their ordinary lives, away from the lights at the center of the ring.

What We Need

It is just as well we do not see,
in the shadows behind the hasty tent
of the Allen Brothers Greatest Show,
Lola the Lion Tamer and the Great Valdini
in Nikes and jeans
sharing a tired cigarette
before he adjusts the glimmering cummerbund
and snaps the tigers into rage,
before she girds her wrists with glistening amulets
and snaps the tigers into rage,
before he adjusts the glimmering cummerbund
and makes from air
the white and trembling doves, the pair.


This weekly column is supported by The Poetry Foundation, The Library of Congress, and the Department of English at the University of Nebraska, Lincoln. This column does not accept unsolicited poetry.

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May Arts

Music

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Rock bands and other Como talent
May 12, 7pm
Book Concert
May 18, 7pm
Choir Concert: Women’s Choir, Men’s Choir, Donna di Cantare, Concert Choir and Sound Reinforcement Vocal Jazz
May 25, 7pm
Ginkgo Coffeehouse
721 N. Snelling Ave., 645-2677
Pop Wagner and Dan Newton
May 4
Bluegrass and Oldtime Jam Session
May 24, 7pm
Open Stage
First and third Wednesdays
6pm sign-up
St. Anthony Park Library
2245 Como Ave., 222-3242
Igor Begelman (clarinet) and Tatiana Goncharova (piano)
May 11, 7:15pm
performing arts

Performing Arts

Como Park High School
740 W. Rose Ave., 293-8800
Two Short Plays — Nine Dragons and Property Rites
May 4, 7pm
May 5, 7:30pm
May 6, 7:30pm
St. Anthony Park Elementary School
2180 Knopp St., 293-8733
Music Concert
May 11, 2:30pm and 7pm
St. Anthony Park Library
2245 Como Ave., 222-3242
“God Sleeps in Rwanda,” Women’s Human Rights Film Series
May 10, 7pm
Visual Arts

Anodyne Artist Company
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University Avenue between Vandalia and Bedford
May 5, 5-9pm
May 6, 10am-5pm
Luther Seminary
1490 Fulham St., 641-3390
“Jews of the Luthertown Wittenberg in the Third Reich”
Through May 31
Goldstein Museum of Design
240 McNeal Hall
1985 Buford Avenue
612-624-7434
Last Call: Give Us a Shot!
Senior exhibition
Through May 10
Reception: May 10, 2-5pm
Northeast Watercolor Society
Minnesota State Fairgrounds
Fine Arts Building, 646-8050
Art on a Line
May 20, 10am to 7pm
May 21, 10am to 7pm
Raymond Avenue Gallery
763 Raymond Ave., 644-7220
Concerts by Dick Combe
Head-scarf rap by Debby Cooker
Belly dance by Michael Whitt
May 5-7:30pm
Arts’ reception, May 5, 6-8pm
St. Anthony Park Lutheran Church
2245 Como Ave., 645-0371
Photographs by Paula Carre
Digital watercolors by Dale Gayle
You to 5pm weekdays
10pm to 8pm Sundays
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Sunday Dinner 5:00 pm - 8:00 pm
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20 P A R K B U G L E  ■  M A Y  2 0 0 6
1 Monday
• AA, St. Anthony Park Lutheran Church (644-0809), 8 p.m. Every Monday.
• Bob Sockers, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.
• Como Park recycling, Every Monday.
• Lauderdale recycling.

2 Tuesday
• Cooking Classes voice today at Como Park rec Center, 4-5:15 p.m. $15, ages 9-13. 5 sessions, start 10.
• Tea Time (for 5-year-olds and younger), Como Park rec Center (298-5765), 10 a.m.-12 noon. Every Tuesday.
• Toastmasters (649-6675), meeting in efficient speaking, Fridley Pickard, Boulevard & 780, 7:35-8:35 a.m. Every Tuesday.
• Chair Exercise Classes - Seal High School, 7:35-8:35 a.m. Every Tuesday.
• Chair Exercise Classes - Seal High School, 11:30 a.m. Every Tuesday.
• St. Anthony Park Community Board of Directors meeting, 890 Cromwell, 7 p.m.

3 Wednesday
• Women’s Connection, a women’s networking organization (603-0934), Higher House Pickel, Como Park, 1609 School Building, #1, 8 a.m. Every Wednesday.
• First blood pressure check and health resources by the St. Anthony Park Block Nurse Program, Seal Hi-Rise (625 Seal St.), 1-2 p.m.
• St. Anthony Park recycling, Every Wednesday.

4 Thursday
• St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday, Every Wednesday, First blood pressure check by the St. Anthony Park Block Nurse Program 1st and 3rd Wednesdays, 11 a.m.-1 p.m.

5 Friday
• Spring Sports Fair (game, bowling, and dinner), South St. Anthony rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday, First Friday, blood pressure check by the St. Anthony Park Block Nurse Program, 9-10 a.m.

6 Saturday
• First Free Comic Book Day, 10 a.m.-9 p.m., Source Comics & Games, 1601 Larpenteur Ave.

7 Sunday
• Free in-store wine sampling at The Little Wine Shoppe, 2236 Como Ave., 11 a.m.-2 p.m. Stop by anytime between 9:30 and 7:30 p.m. Must be 21 years of age or older to attend. All featured wines are 10% off during the tasting. www.thelittlewineshoppe.com
• Falcons Heights recycling.

8 Monday
• Park Press, Inc., Park Bugle Board meeting, St. Anthony Park United Methodist Church library, 7 p.m.
• Falcon Heights recycling.

9 Tuesday
• First blood pressure check and health resources by the St. Anthony Park Block Nurse Program, Seal Hi-Rise (625 Seal St.), 1-2 p.m.

10 Wednesday
• Falcons Heights recycling, City Hall, 2077 Larpenteur Ave., 7 p.m.
• Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday, Every Wednesday, First blood pressure check by the St. Anthony Park Block Nurse Program 1st and 3rd Wednesdays, 11 a.m.-1 p.m.

11 Thursday
• Cooks for Moms and Dads, December cooks for Mothers’ Day, Como Park rec Center, 7-8 p.m., $5, ages 8-12.
• Blood/Cancer Seminars, 7:30 & 8 p.m., St. Anthony Park Elementary.

12 Friday
• Falcons Heights recycling.

13 Saturday
• Falcon Heights recycling.

14 Sunday
• Roll Calls Bloodmobile, St. Anthony Park United Methodist Church (2235 Como Ave W.), 1-5 p.m. Call the church office (644-0371) or Shirley234 (453-5775) to make an appointment. Walk-ins are welcome but appointments are best. Bring ID or driver’s license.

15 Monday
• St. Anthony Park Community Council Land Use Committee, St. Anthony Park rec Center, 890 Cromwell, 7 p.m.

16 Tuesday
• District 10 Board meeting, Call 644-1889 for details.

17 Wednesday
• Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday, First blood pressure check by the St. Anthony Park Block Nurse Program 1st and 3rd Wednesdays, 11 a.m.-11:45 a.m.
• First blood pressure check and health resources by the St. Anthony Park Block Nurse Program, Seal Hi-Rise (625 Seal St.), 1-2 p.m.

18 Thursday
• Spring Concert, 7 p.m., Ramsey Jr. High.

19 Friday
• St. Anthony Park Elementary School Talent Show, 7 p.m., Ramsey Jr. High.

20 Saturday
• Garage Sale at Como Park High School to raise money for the outdoor athletic program, Como Park Rec. Hall, 9 a.m.-2 p.m. Como Park High School, 780 W. Rose Ave.

21 Sunday
• Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday, First blood pressure check by the St. Anthony Park Block Nurse Program 1st and 3rd Wednesdays, 11 a.m.-11:45 a.m.
• First blood pressure check and health resources by the St. Anthony Park Block Nurse Program, Seal Hi-Rise (625 Seal St.), 1-2 p.m.

22 Monday
• Falcons Heights recycling.

23 Tuesday
• Falcon Heights recycling.

24 Wednesday
• Falcon Heights recycling.

25 Thursday
• Spring Concert, 7 p.m., Ramsey Jr. High.

26 Friday
• Falcons Heights recycling.

27 Saturday
• Roll Calls Bloodmobile, St. Anthony Park United Methodist Church (2235 Como Ave W.), 1-5 p.m. Call the church office (644-0371) or Shirley234 (453-5775) to make an appointment. Walk-ins are welcome but appointments are best. Bring ID or driver’s license.

28 Sunday
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• First blood pressure check and health resources by the St. Anthony Park Block Nurse Program, Seal Hi-Rise (625 Seal St.), 1-2 p.m.
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Join us on Tuesday May 9th at 7 p.m. as Catherine Friend will read from her memoir, Hit By a Farm
Friend turns the usual move from farm to the city around and buys a farm with her partner. Together they come to learn all of the ins and outs–funny and real--of life on a Minnesota farm.
Lives Lived from 22
librarian of over 40 years at the University of Minnesota, including Walter, Wilson and Agriculture libraries. In retirement, she volunteered at various organizations including the Minnesota Visiting Nurses Agency, the SECLA neighborhood organization and the Southeast Angle Newspaper, the Immigration History Research Center and the Goldstein Gallery. She loved the activities and lectures at the U of M Retirees Association and had a wide circle of friends. A memorial service was held April 17 at Washburn-McReay Southeast Chapel in Minneapolis.

Ethel Maas
Ethel M. Maas was born in St. Paul on March 28, 1916, and married Clyde Maas in Lauderdale on January 3, 1942. She died on April 1, 2006, in Lauderdale on January 3, 1942. She grew up in Minnesota. She is survived by her husband, a daughter, two sons, of 90. She is survived by her four children, a stepchild, her two children, a daughter, two sons, of 90.

Myrtle Smith
Myrtle Lorna Smith died in her sleep Feb. 27, 2006, in Loma Linda, Calif. She was born in the West Indies on Sept. 17, 1919. Her family came to the United States in 1925. She grew up in California. All her siblings lived until they were 90. She is survived by her husband, a daughter, two sons, five grandchildren and a great-grandchild.

Myrtle married Minnesota native Orris Shulstad in 1974 after her first husband, Loren Vixie (Orris' cousin), died. Orris, an agronomist, contracted with the state of Minnesota to develop the area's soil. He and Myrtle lived in Bangladesh, Korea, Tanzania and Ghana during this time. They retired in Minnesota, dividing their time between houses in Detroit Lakes and St. Anthony Park, on the corner of Scudder and Como. He sold vegetables there for many years. They were members of the Leisure Center.

After Orris was killed in an accident in 2002, Myrtle returned to California. She is survived by her four children, Sharon, Bonnie and Loren Vixie, and her two children, a daughter, two sons, five grandchildren and a great-grandchild.

There is no charge for Bugle obituaries. Please alert the Bugle about the deaths of current or former residents of the area. Send more complete information if available. Obituaries are compiled by Mary Margaret Hall, 612-378-3602, m.margaret@mninter.net.