

Making a name in St. Anthony Park

by Judy Woodward

St. Anthony Park — home of the historic, focus of the famous and nurturing place of the notorious? Well, that might be overstating it a bit, but there's no doubt that the neighborhood, along with adjacent University Grove, has numbered some illustrious residents over the years.

The area has seen a lot in its century and a quarter of existence, and some of what its walls could reveal include the private moments of people whose names are still talked about in circles far larger than the few square miles at the extreme northwest corner of St. Paul.

Maybe it has to do with the way the neighborhood got its start. St. Anthony Park was founded as an elegant suburb that aspired to be the summit of worldly achievement for Minnesota luminaries. In the 1880s, two competing land development companies built several elegant mansions clustered about modern-day Langford Park.

Although the area never became the upper-class preserve its founders had hoped for, it did attract a number of well-known Minnesotans as residents. Two early governors, William R. Marshall and Andrew McGill, both owned large houses in the neighborhood. McGill's home on Scudder Street still stands.

The early mansions of Langford Park and environs were much admired but not much imitated because people couldn't afford them. To the likely disappointment of its first developers, St. Anthony Park was not destined to take its place among the gilded retreats of the robber baron elite of the Industrial Age.

The area was growing, to be sure, but it was a more middle-class group of residents that the neighborhood ended up attracting. In 1887, the area was annexed to the city of St. Paul, with the stipulation that the sale of alcohol would be forbidden within the new addition's precincts. It was a ban

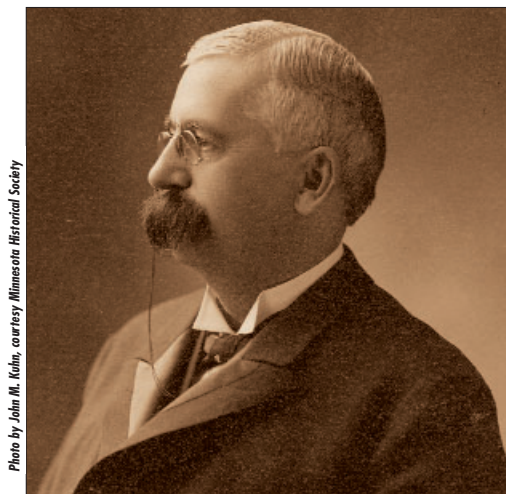


Photo by John M. Kuhn, courtesy Minnesota Historical Society

Andrew Ryan McGill, Minnesota's governor from 1887 to 1889, lived on St. Anthony Park's Scudder Street in a house that still stands.

Making a name to 12



Photo by Christy Myers

Christianna Hang is the director of Como Park's Hmong Academy.

Hmong Academy moves to Como Park neighborhood

by Lisa Steinmann

"This is a wake-up time in the community," says Christianna Hang, director and co-founder of Hmong Academy, a charter school that relocated this fall from Minneapolis to the Como Park neighborhood.

Hmong Academy has been tailored to offer an alternative for students who may not fit what Hang calls "the one-size-fits-all" public school.

Hmong Academy celebrated the grand opening of its new building on October 13, an event attended by St. Paul City Council Member Jay Benanav, State Representative Alice Hausman and members of the public.

Located in a large building at 1515 Brewster — formerly Energy Park Studios, a film

production facility — Hmong Academy has 72,000 square feet, twice the size of its former site. Inside, the building has been outfitted with new lockers, carpets, classroom furniture and two state-of-the-art computer labs.

Nearly 500 students, in grades 6 through 12, dressed in white and navy-blue uniforms, move through the halls and stand in greeting when visitors enter a classroom.

Currently the student body is 95 percent Hmong, but the school hopes to attract more than just Hmong students with its focus on college preparation and a disciplined atmosphere.

Hang says the school plans

Hmong Academy to 8

Paws in the Park treats lonely dog syndrome

by Natalie Zett

In a society where too much time is consumed by long work hours and lengthy commutes, families — including pets — can get shortchanged.

Dogs, particularly, can experience separation anxiety when parted from their owners, sometimes manifesting behavioral and physical problems, such as weight gain due to lack of exercise.

To deal with these challenges, pet day cares began popping up a few years ago. Today, they've become a necessity for many pooch parents who hate the idea of leaving their "babies" alone during the day.

For dog owners in the St. Anthony Park vicinity, the newly opened Paws in the Park may be the perfect solution. Located near Raymond and University avenues, the service has been open since September 19, 2006.

Owner Jennifer Albrecht has made "Paws" a true family affair, with her mother, Jean — a librarian who recently retired from the Department of Forest Resources at the University of Minnesota — as her full-time co-worker. Jennifer's 10-year-old daughter, Brianna, also lends a hand after school, playing with her mom's charges.

For Albrecht, Paws in the Park grew out of her wanting to work for herself — and loving dogs. "This is something I've always wanted to do — have my own business," she said.

"Growing up (in Falcon Heights), we had a lot of close family friends who had their own businesses."

Albrecht said she got the idea for her business when her dog was a puppy.

"I wanted to put him in day care when I went to work, but all the places I looked at had long waiting lists. I also wanted a space that had an open area for my dog. I wanted it to be a welcoming environment. Then I found an opportunity to make that happen, and here I am. It's a great space, and it's heated and air conditioned."

Albrecht said the facility can accommodate as many as 30 dogs. Currently, Paws in the Park has nine clients.

Albrecht said that although the Twin Cities has quite a few day care facilities for dogs, they're not widely known — but they should be.

At Paws in the Park, the dogs spend much of the day playing with each other. A fenced outdoor area even has its own faux fire hydrant. Dogs who stay all day take a two-hour nap.

When asked how she gets

Paws in the Park to 3



Photo by Natalie Zett

Brianna Albrecht plays with one of the dogs at Paws in the Park, a dog day care facility owned by her mother, Jennifer Albrecht.



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CITY FILES

Falcon Heights

Residents can now sign up to receive notices via e-mail from the city, including announcements, park and rec information, and crime alerts.

The City Council has approved construction of a community garden at Falcon Heights Community Park. The next step is to obtain approval from the University of Minnesota, which owns the site, and to form a steering committee of gardeners to oversee the operation. Those interested in serving on the committee may attend a 7 p.m. meeting at City Hall on January 8.

Lauderdale

The city has extended its recycling contract with Eureka

Recycling for another two years. Eureka representative Alex Stanovich said that Lauderdale has an excellent recycling program. It is Eureka's only customer that provides service to 100 percent of multifamily units. Lauderdale's service collects 233 pounds of recyclables per year per unit, compared to St. Paul's 239 and Roseville's 139. The curbside program generates 630 pounds per year per household, compared to 500 pounds in St. Paul and 640 pounds in Roseville.

St. Anthony Park

The Community Council welcomes people interested in serving on a transportation study task force. Interested volunteers should contact the office: 649-5992 or sapcc@sapcc.org.

Following up on the October 26 meeting to discuss crime in St. Anthony Park, the District 12 Council's Community Connections Committee will attempt to increase the number of block clubs and block workers. People interested in helping organize their block should contact the office: 649-5992 or sapcc@sapcc.org.

The future of power generation at Rock-Tenn drew over 100 people to a November 14 public meeting hosted by the Community Council.

Due to the scheduled closing of Xcel Energy's coal-fired High Bridge power plant, Rock-Tenn will lose the steam heat that has been pumped to its paper recycling plant on University Avenue.

Rock-Tenn is considering installing a plant on its property that would burn refuse-derived fuel (RDF). At the public meeting, Rock-Tenn officials explained the company's plans and fielded questions. They estimated it could take as long as five years to get an RDF burner built and permitted. Until then, they will burn a combination of natural gas and fuel oil.

Carole Livingston has been hired as coordinator of the Senior Chore Service.

—Susan Conner

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Paws in the Park from 1

several dogs to take a two-hour nap at the same time, Albrecht said, "It's actually easy. They're playing a lot with each other, so they naturally get tired and start to lie down on the floor. They each have their own kennel, so they can sleep undisturbed."

If owners want their dogs to be fed during the day, they bring their own food.

Paws in the Park screens all applicants and maintains a vigilant watch over the dogs they accept. Most dogs aren't used to other dogs, Albrecht said, but they adapt well.

Aggressive behavior is grounds for dismissal. "If one dog attacked another dog and drew blood," Albrecht said, "that dog would be out. If a dog snapped at another dog, we would tell the owner and watch to make sure it doesn't continue. But we can't have dogs that are aggressive."

When dogs arrive, they are "introduced" to one another in a small room that acts as a staging area. Said Albrecht, "We let the dogs in one at a time until the new dog has met all the dogs. Then we let them out into the general play area."

Albrecht said the building has a special floor "that's good for the dogs' joints and also resistant to 'accidents,' though we have very few of those."

She's in the process of hiring

two additional helpers.

"It's hard to find people for this work," she said. "Some people think it's easy, playing with dogs all day long, but it's not. The dogs are constantly monitored and are never alone."

She added that Paws in the Park is certified by the Red Cross in pet first aid.

If there were an additional certification for "dog whisperer," Albrecht would qualify, as evidenced by her happy charges. Although they vigorously

announce the arrival of a visitor, the dogs are soon quiet and playing with each other as Albrecht walks inside the play area and reassures them.

In addition to day care, Paws in the Park has contracted with other professionals to offer additional services, such as training classes and grooming.

For more information about Paws in the Park, call 646-9433 or visit www.pawsintheparkinc.com.

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www.parkbugle.org
phone: 651-646-5369
fax: 651-646-0159

Editor

Dave Healy
651-646-5369
editor@parkbugle.org

Obituaries Editor

Mary Mergenthal
651-644-1650
mary.mergenthal@comcast.net

Arts Editor

Antonie Young
antonieyoung@gmail.com

Calendar Editor

Raymond Yates
parkbugle@yahoo.com

Art Director

Stephen D. Parker

Proofreaders

Lisa Adwan, Christine Elsing,
Nancy Healy

Subscriptions and Delivery

Raymond Yates
651-646-5369 ext. 3

Billing

John A. Knutson & Co.

Display Advertising

651-646-5369
Dan Schultz (ext. 1)
Raymond Yates (ext. 2)

Classified Advertising

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EDITORIAL

It's getting easier to become famous. Find someone to grab a video camera and shoot you doing something outrageous, put it on YouTube, and within hours you can be seen by millions.

If you can sing, you don't have to work your way up through the music profession, hoping eventually to get noticed by a producer. Instead, you can stand in line for a few hours, belt out an audition for the "American Idol" judges, and within weeks be heard by millions.

If you have something to say, you don't need to beg, borrow and steal your way onto radio or into the newspaper. Just get a computer and start a blog, or get a microphone and start a podcast, and within months you can be read or heard by millions.

Want to be on TV even though you have no acting experience? No problem. There are new reality shows starting every week, and they're looking for people just like you. You could be famous precisely because you're just a regular Joe or Joan.

But while fame has never been more accessible, it's also never been more fleeting. It was almost 40 years ago that Andy Warhol predicted, "In the future everyone will be world-famous for 15 minutes." Given the accelerated pace of change and the shrinking attention span in those intervening decades, one's time in the limelight these days is probably even shorter.

In the old days, fame was not only more difficult to achieve, it was also less often the result of a conscious intention to become famous and more often an unintended result of trying to do something well. In the words of Oliver Wendell Holmes, "Fame usually comes to those who are thinking about something else — very rarely to those who say to themselves, 'Go to, now let us be a celebrated individual!'"

Holmes sounds terribly old-fashioned today. So do the

curmudgeons who warn against the ephemeral nature of fame. Of course fame is fleeting. But why should that stop us from trying to become famous?

Other sages, however, have warned that fame has more pernicious effects. Joseph Addison put the matter baldly: "Many actions calculated to procure fame are not conducive to ultimate happiness."

For those who respond that ultimate happiness is too much to hope for, there are the words of Francis Bacon: "Fame is like a river that beareth up things light and swollen, and drowns things weighty and solid."

And for those who deem such a sentiment too high-flown, there is the blunt testimony of perhaps the most famously smart person of all time, Albert Einstein: "With fame I become more and more stupid."

Here in Minnesota, we're famous for people who are uncomfortable with fame. The taciturn Bernie Bierman, the University of Minnesota's most successful football coach, frustrated sportswriters with his studied reserve. The equally stoic Vikings coach Bud Grant was more comfortable in a duck blind than in front of a microphone.

Another famous native son, Garrison Keillor, reputedly left the state for a while because he was tired of being recognized — though one does have to wonder why a self-styled shy person continues to seek the public eye and ear.

Perhaps there's a little of the Keillor in all of us. We crave the spotlight but fear what it might reveal. We want to be famous but worry about being infamous. We know that the bigger we are, the harder we'll fall.

Fame comes with a price. In the words of Reggie Jackson, "Fans don't boo nobodies."

LETTERS

Progressive Dinner

Mark your calendar now for the 21st annual St. Anthony Park Progressive Dinner on Saturday, February 24, starting at 5:30 p.m. For more information or to be added to the mailing list, contact Karen Kistler (645-7706) or Fariba Sanikhatam (pruitt@mcg.net).

Fariba Sanikhatam
St. Anthony Park

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kept our promise and ran positive campaigns on the issues. I believe it is more important than ever to reform our electoral process to stop the smear campaigns and to take special interest money out of the process.

Thank you for the ideas that you shared with me during the campaign. Your advice will be helpful to me at the Capitol. I hope you will contact me whenever you have concerns.

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Once again, I look forward to working for you in the Senate.

Sen. John Marty

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St. Paul adds conditions to JPI development

by Bill Hoffmann

Construction is expected to start in the spring on three apartment buildings in St. Anthony Park, housing up to 552 college students. They will be located on what was once industrially zoned land behind the KSTP building on University Avenue just west of Highway 280. The opening is projected for fall 2008.

Both the District 12 Community Council and the Prospect Park East River Road Neighborhood Association in Minneapolis argued against rezoning to allow the housing development. In response, St. Paul planning staff added conditions regarding student safety, tenant behavior and transportation.

Before the City Council approved rezoning the site this year, District 12 representatives argued that industrial development would be more appropriate than housing on the site.

JPI Development, a Texas-based student housing and apartment complex developer, sought rezoning to develop a vacant 4.3-acre site at 2669 Territorial Rd., at the northwest corner of Berry Street.

JPI purchased the land from Hubbard Broadcasting, which operates KSTP radio and TV. Only the city-county line separates the site from a 5.6-acre parcel owned by Hubbard in Minneapolis. Hubbard has a contract with JPI for developing the Minneapolis parcel, which is zoned industrial. JPI wants to build student housing there as well.

According to its Web site (www.jpi.com), JPI has developed 35 student-oriented apartment communities in 19 states, housing 24,000 residents. Those developments are part of its 200 multifamily projects in 30 states or provinces in 107 cities in the United States and Canada.

The St. Paul parcel is bounded by the University of Minnesota's transitway on the north, Westgate Industrial Park on the east, KSTP broadcasting on the south, and the

Minneapolis parcel, containing a new parking lot, on the west. West of that, 4th Street S.E. in Minneapolis contains townhouses and single-family houses.

Nearby, across University Avenue, two condominium developments, including Emerald Gardens, have recently opened with several hundred units, along with Berry Place and its 267 rental units. Also, Wellington Development plans a mixed-use condominium and grocery development at University and Emerald Street.

JPI's student housing project approval is subject to 13 city planning staff conditions for subdivision plat approval. Some appear to address District 12 and Prospect Park concerns about isolation of the site, student vulnerability to crime, problem student behavior and transportation.

The conditions include providing police and the District Council with the name and telephone number of a 24-hour answering service that will respond to neighborhood complaints about tenant behavior and property conditions.

Conditions also call for a checkpoint system and foot

patrol. An apartment would be provided at no cost for an off-duty police officer hired for escort services and nighttime foot patrol.

The conditions also require subsidized resident memberships in car-sharing programs, such as the university's ZipCar program. Also stipulated is a wide sidewalk to University Avenue on the west side of Berry and, where possible, a boulevard with trees and grass. Five parking spaces must be eliminated from the original plan to provide room for landscaping and to strengthen the pedestrian orientation.

Two tenants may share a single bedroom within an apartment unit in the project, the conditions state, provided that the total number of students housed in the project at any time does not exceed 552, and that no more than four unrelated persons occupy any apartment unit. Each bedroom in a 2- to 4-bedroom unit would be leased separately, but each occupant would share the entire unit.

"The conditions that relate to operations are consistent with JPI's general operating policies," said Eric Galatz, a lawyer

JPI to 6



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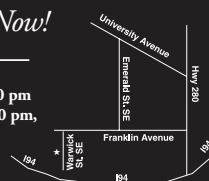
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JPI from 5

representing JPI. "They were added to the zoning approvals to reassure the city that any successor to JPI will be subject to the same operating conditions."

In Prospect Park, JPI also developed the University Commons student apartment complex, now owned and operated by Real Property Systems. It manages complexes in several states. JPI officials noted that University Commons is 98 percent occupied. Parents guarantee students' leases, which include a code of student conduct.

Galatz said JPI expects to proceed later on development of the Minneapolis portion of the site.

However, rezoning it from industrial to residential may have become more difficult after the Minneapolis City Council on November 3 adopted an Industrial Land Use Study and Employment Plan, intended to preserve land for industry and jobs. The plan specifies that industrial employment districts are "prioritized for industrial uses and that residential uses are strongly discouraged."

However, JPI officials said earlier they would apply for rezoning for a mixed-use designation, and that if the land use study appears to prohibit rezoning for residential use, they would request an amendment to the study.

The Prospect Park Neighborhood Association raised concerns about rezoning and development of both parcels for student housing.

Joe Ring, president of the association, said the neighborhood is already overwhelmed by housing for university students, which make up 60 percent of residents. He added that students living in large-scale housing complexes, such as Melrose Place and University Village, have become targets and victims of crime, including robbery and theft.

Ring argued that the neighborhood would benefit from industrial development and good-paying jobs at the Hubbard site, which is within walking and biking distance of the residential neighborhood.

JPI officials argued that the site is well suited for student-oriented housing. Students are more likely to take the University Avenue bus to campus than drive, they said, adding that students could also walk and bike to campus on the university's transitway between the St. Paul and Minneapolis campuses. The transitway is restricted to university buses and vehicles.

JPI asked the U of M to add a bus stop at the Hubbard, but the university declined. JPI later said if it approaches the university again, it would likely be in cooperation with neighbors

to seek a single stop that would serve JPI and others.

However, according to Bob Baker, U of M director of Parking and Transportation, the university is unlikely to add any stops to the transitway.

"The transitway was built to move students as quickly as possible between the St. Paul and Minneapolis campuses," he said. "Additional stops would slow that process down."

JPI said it is committed to a transit-oriented development at the St. Paul site, and to similar incentives if the Minneapolis parcel is developed.

JPI intends to provide tenants with a "U-pass" for their first semester to encourage use of the bus. Incentives would include participation in HourCar and ZipCar programs to provide an alternative to car ownership.

The parcels in St. Paul and Minneapolis are part of the former Schnitzer industrial site. Later, the property was acquired by the U of M, which directed pollution cleanup.

Funding for cleanup included tax increment notes. Minneapolis paid off its note. St. Paul's note has a balance of \$800,000.

The site was sold to Hubbard Broadcasting, which planned a satellite broadcast operation there. However, the satellite business was merged and moved to California. Hubbard has been marketing the site since 1999.

JPI was selected and it purchased the St. Paul portion of the site. A St. Paul City Council ruling directed JPI to seek a conditional use permit, and it set certain conditions to proceed. Later in the process, JPI successfully received rezoning for the St. Paul portion.

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Suka-Rama: Finding your dream job(s)

by Michelle Christianson

Everyone has a dream job — the one occupation that would make him or her happier than any other. But what if you could decide between two dream jobs? How would you choose? Luckily for Sue Rohricht, she doesn't have to make that choice. She does both jobs.

Rohricht, a St. Anthony Park native, had a job at Donaldson Company in the gas turbine systems division. She didn't hate it but she didn't love it anymore, and rather than wait until she was miserable, she decided to quit.

She got a real estate license and started buying, rehabbing and selling houses. She's learned, and is still learning, to do everything: painting, electrical work, plumbing, drywall, laying carpet, refinishing hardwood floors, remodeling kitchens and bathrooms.

"My father taught me there was nothing I couldn't do," she said, "so if a problem presented itself, I just got a book or took a class and learned how to solve it."

She is also a skilled decorator, so she "stages" the houses with furniture and cozy touches so they're more attractive to buyers. That business earns her a living, so she is able to pursue her second dream job: running a boutique.

On a trip to Kenya and India last December, Rohricht found some interesting art and crafts she knew she would be able to sell easily. A vision of a store filled with such objects started to take shape, and she began to stock up on eclectic artifacts that appealed to her. Later she made a return trip to India to buy more, and "Suka-Rama" became a reality.

The name comes from her own name combined with an Indian suffix meaning older sister, which became "Suka." She used it when filling out a survey in a restaurant in India.

When asked for a (husband's) last name to go with it, Rohricht, who is not married, made up her own surname. She chose "Rama" because it is a common last name in India, the name of a successful jeweler and also the name of a god. The combination seemed to be a perfect name for her shop.

After running the boutique out of her home for a month, Rohricht contacted Steve Wellington about space in the lower level of the Healy Building at Como and Doswell avenues. Vacant for two years, the space had been divided into nine offices, but Rohricht envisioned what it would look like after being remodeled and decorated. The boutique officially opened last June.

Because she likes her rehab business and has no desire to be in a shop all day every day, the store has only been open the last weekend of each month. But she

also opens by appointment for groups of three or more.

Rohricht buys whatever appeals to her at the best prices. "If I get a deal, you get a deal," she said.

And because she only needs to recoup the basic costs of insurance, phone and rent (her other business supports her), she doesn't bump up the prices as much as she could.

Suka-Rama carries a variety of goods from all over the world and from many different parts of the United States. Rohricht doesn't exclusively sell fair trade items, but tries to get them when she can.

For example, Kazuri ceramic beads from Nairobi are made by women who work in favorable conditions and receive a fair wage to help support their families. Rohricht was able to visit their factory and hand-pick the beads she has in her boutique.

Clothing includes shoes from India and China, scarves, bags from Nepal and Peru, jackets, skirts, blouses and much jewelry. There are original paintings, photographs and wall hangings, as well as home furnishings such as lamps, tables and decorative plates. A special room with children's books and toys keeps little ones occupied while the adults shop.

Rohricht has had many requests to open the shop more often, which she plans to do starting the day after Thanksgiving, when she'll be open Wednesday through Sunday from November 24 through December 24. Starting in January, Suka-Rama will be open the last weekend of the month, the first weekend of the following month and the week in between.

A sampling of what's in the store may be viewed at www.suka-rama.com.

One of the joys of Rohricht's involvement with Suka-Rama is that she can work with her old friends Kasandra (Berglund) Kuchenmeister and Laura Wood, who also is a partner in her rehab business.

"I couldn't have pulled this off without my family and my friends' support and help," she said. "And I never would have known I could do all I'm doing if my parents hadn't instilled that confidence and know-how in me."

Rohricht said that she is happier than she has ever been before. The hard physical labor of rehabbing is balanced with the sheer delight she has in stocking and decorating her shop.

"It's all about having fun and doing what you want to do," she said.

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The Birdman of Lauderdale

by Clay Christensen

The other day while I was at a small North Oaks store catering to bird lovers, I spotted a roosting box, which is a wooden box designed for chickadees to roost together on cold winter nights. I told the owner, Kraig Kelsey, that I was thinking about making one myself.

Kelsey chuckled about people who make bird feeders and nest boxes for retail sales. "I've never seen one of those guys who still had all his fingers," he said. "They're missing a tip here, a tip there. Or they have a slash right through their fingernail. If you do it long enough, that's what happens."

So, I bought a roosting box and decided to forego the thrill of making one myself.

I asked Kelsey how he works with people who want to put up bird feeders for the first time. He said he first asks them what their yard is like. If it's mostly open, he tells them they probably won't get many birds.

He encourages them to put in some plantings that will provide good cover near the feeder, or even a brush pile, until they can get things growing.

Kelsey suggests that folks who want to start feeding birds begin with a vertical tube feeder.

This design stores feed in the tube and allows the birds to get at it through ports (metal ports are more serviceable and last longer). The tubes are usually a hard, clear plastic. Several designs are made by Droll Yankees, Duncraft and other manufacturers.

As soon as you put up a feeder, the squirrels in the neighborhood will consider it a challenge to get at the seed. I enclosed my tube feeder in a metal cage that's designed to keep squirrels out but let most birds in. Larger birds like cardinals or blue jays can't make it through the grid, but finches, chickadees, goldfinches, even downy woodpeckers have no problem.

I also have a platform feeder atop a pole. We put a squirrel guard or baffle around the pole. Our squirrels still try to climb the pole, but when they get to the baffle, they are, in fact, baffled. One of our friends had a squirrel that nibbled away at the edge of the sheet-metal baffle and eventually got past it (probably had some serious gastro-intestinal consequences though).

Another approach is to hang feeders from a "shepherd's crook" pole. Some poles have multiple arms that allow you to hang a variety of feeders. Again, a pole baffle might be necessary. Smearing the pole with silicone grease may also work, but it's very messy.

Another option is a suet feeder. They come in wooden, metal mesh or a hanging bag design. Then there's the thistle feeder, a tube with tiny holes or a bag made of fine mesh that goldfinch bills can get into.

Some window feeders stick to the glass with suction cups. They're really good for bringing birds in close so children can see them better.

If possible, it would be great to provide a birdbath with heated water. Birds are attracted to a source of water, especially in the winter. You'll find such baths in catalogs and bird stores, but they're a bit pricey if you want one that will last more than a year. And you'll need an outdoor electrical outlet.

The seed you offer will determine the birds you attract. For example, cardinals like safflower seed and whole sunflower seed because they can crack it open with their strong beaks. And chickadees love it because they know how to peck the seeds open, holding them in the tiny feet. But sparrows, goldfinches, house finches and starlings don't like seeds in the shell. Bonus: Squirrels don't like safflower seed either!

Nearly all birds like hulled sunflower seeds. I prefer the sunflower seeds without shells, too, because there is a growth inhibitor in the hulls that harms the grass under the feeder. Kelsey has a handout that lists feed and feeder preferences for over 50 birds.

You can find prepackaged seed mixes in many stores, but read the label to see what's included. The sequence of ingredients indicates which seeds make up the bulk of the mix.

Watch out for packages that include a lot of cracked corn, wheat, buckwheat, flax, red millet or milo. Look for packages with clear plastic so you can see the contents. Examine bags for pieces of stem and stalk, empty hulls, even weed seed heads. You want to buy seed, not inedible scraps.

I buy safflower and large sunflower chunks in bulk and make my own seed mixture, half of each. I'll probably go through 200 pounds of seed during the winter. You could start with 10 pounds of each from the bulk bins in a pet store or bird store. That way you can see the seed quality before you buy it.

Store your seed in an airtight container, in the garage or shed, not in the house. That way, if there are moths that hatch from the seed, they won't infest your home.

Besides seed, you can also offer peanuts, shelled or whole; cracked corn; and mealworms, live or roasted. One of my friends raises mealworms at home and draws in bluebirds, warblers, robins and indigo buntings. I'm a little too squeamish to consider a worm ranch in my home — and I think my wife would have reservations, too.

For help in selecting a bird feeder or birdbath, buying seed or squirrel-proofing your feeder, I'd recommend stopping at a wild bird store. Check the phone book under Birds & Bird Supplies.

Hardware stores and big-box stores also stock feeders and seeds, although the inventory varies and the knowledge of the staff may be limited. There are catalogs and Web sites for Droll Yankees, Duncraft and other manufacturers.

The library or book store offers resources, including "Wild about Birds," by Carol L. Henderson, and "101 Ways to Help Birds," by Laura Erickson, where feeds and feeders are covered extensively.

Henderson even describes how to make your own feeder, but consider Kelsey's advice and perhaps let a pro do the work. I love birds and may spend hundreds of dollars to feed them, but I'm not willing to sacrifice any of my fingers for them!



Photo by Christy Myers

Students show off their work in an art class at Hmong Academy, which relocated this fall from Minneapolis to Como Park.

Hmong Academy from 1

to expand by adding two grade levels each year until they offer preschool through grade 12 by 2010.

Hang, a graduate of the Minneapolis Public Schools, tells a story familiar to many Hmong immigrants. But she doesn't emphasize the stress of war and losing a familiar home and family life.

Instead, Hang talks about the hardship, after her arrival in the United States, of feeling different.

"I think about that a lot," she says, remembering her days as a student in elementary school in Hawaii. "I experienced racism and ignorance; I got beat up after school."

It wasn't until she arrived in Minnesota a few years later and became part of the burgeoning Hmong community that Hang's life took a more positive turn.

She graduated from South High School's popular magnet program and went to St. Paul's Concordia University, where she studied education.

Along the way, she served the Hmong community through volunteer work that encouraged and enriched Hmong youth in their traditional culture.

Today she has degrees in education and organizational management, and is working on her Ph.D. She is the founder and director of Hmong Academy and parent to four children.

After graduating from college, Hang worked in the Minneapolis Public Schools and became increasingly concerned about low educational achievement among Hmong students. She believed that true public education should deliver on the promise of opportunity.

Taking stock of the assets the Hmong community had to offer its youth, Hang determined that a great part of her own success was due to a strong sense of where she comes from.

She observed that many Hmong students were losing their

sense of being Hmong and didn't really understand what it meant to be American. She describes it as "living between two worlds."

Hmong Academy works to bridge the two worlds of Hmong and American culture. In history class, besides the regular curriculum, students study the Vietnam War and why the Hmong emigrated from Laos.

Language learning opportunities include Hmong, Chinese and Spanish. Advanced placement and honors classes are offered as part of a curriculum geared to individual learning, with an average class size of 18-25.

The school is building an athletics and arts program that will eventually put its offerings on a par with other high schools.

The counseling office and career center invite colleges and universities to recruitment and informational meetings for students twice a year. The school helps students plan and pay for college testing, arranges college tours and works to find scholarships.

The involvement of family and community is important in this college prep school, where 98 percent of students qualify for free and reduced lunch.

As a charter school, there is no tuition to pay. However, students must wear a uniform and follow a strict code of discipline. Families are required to volunteer 40 hours per year.

The attendance rate this year is 98 percent. More than 70 percent of the students pass their Minnesota Basic Standards Tests.

"The school has a structure that holds students accountable to a high degree," says Hang. "Our ability to bridge the language and culture barrier is a big key to our success."

Hmong Academy is located at 1515 Brewster, just south of Como and east of Snelling. For more information, call the school (209-8002) or visit their Web site: www.hmongacademy.org.

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Citizens Police Academy: Countering the CSI effect

by Dave Healy

What do police officers do all day?

For those whose main source of information about the police is television and movies, misconceptions abound, according to John Ohl, chief of the St. Anthony Police Department.

"We sometimes refer to it as the 'CSI effect,'" he said.

In part to counter that distorted representation, Ohl's department conducted a Citizen Police Academy this fall.

Twenty residents of the neighborhoods patrolled by the department — Falcon Heights, Lauderdale and the city of St. Anthony — participated in the eight-week academy, which met Thursday evenings from 6 to 9 p.m.

"To do effective policing, we depend on citizen participation," Ohl said. "We thought that our traditional crime-prevention efforts needed a boost, and we decided that educating a group of residents about what we do would help accomplish that."

Ohl said the purpose of the academy was twofold: to foster positive relationships in the community, and to create realistic expectations of police work by providing an introduction to law enforcement.

"We usually meet people under duress," he said. "This was a great opportunity for the police and citizens to encounter each other under more positive circumstances."

Two of the participants in the academy were Lauderdale residents John and Lara Mac Lean.

"After taking the eight classes, we have a whole new respect for what police officers do on a daily basis," John said.

Week one of the academy included a tour of the department

and an introduction to the procedures police use when taking someone into custody. The second week was about two specific tools police officers use: radar and fingerprinting.

Weeks three and four covered drugs and alcohol. Participants were divided into two groups and took turns doing controlled drinking and administering tests for alcohol consumption. John Mac Lean found the experience eye-opening.

"Once we field tested members of the other group, it was up to us to determine — without blood testing or breathalizing — whether we would book them or let them go," he said. "The results were amazing and almost frightening."

During the fifth class session, officers explained the philosophy and use of "reasonable force." Mac Lean was one of the volunteers who agreed to subject himself to a Taser.

"I can only suggest to people that they cooperate and not need to have it done," he said.

Week six was about firearms and shoot/don't shoot situations. The academy concluded with sessions about the use of K-9 units.

Police Academy to 10



No bones about it

by Kristi Curry Rogers

This month has been a whirlwind of dinosaur fun, No Bones readers.

It began with our annual Society of Vertebrate Paleontology meeting in Ottawa, and ended here in St. Paul, where the BBC recently filmed me for a new dinosaur documentary.

Did you ever wonder how those dinosaur TV shows you see get put together? I had a first-hand lesson when the BBC showed up at my office yesterday morning.

Over the next eight hours, the small crew shot tons of video footage — all for just 5–10 minutes of screen time.

I never thought when I became a professional paleontologist that part of my job responsibility would be acting!

The filmmakers plan to play with the idea that dinosaurs never really went extinct, that they still exist among us today in their regular dinosaur form — not just as birds, which all No Bones readers know are really just dinosaurs with feathers.

They wanted to talk to me because I study two topics relevant to the idea that dinosaurs were doing pretty well on the planet just before the big extinction event 65 million years ago.

Bone histology is the study of bones' microscopic internal structure. When fossil bones are well preserved, we can determine

how fast a dinosaur was growing and how old it might have been when it died by looking at patterns of blood vessels and bone minerals at a microscopic level.

The results of my research indicate that dinosaurs grew between 2 and 56 times faster than modern reptiles, depending on adult body size. The bigger the dinosaur, the faster the growth rate.

An inside look at bones tells us that dinosaurs were doing a good job being dinosaurs.

They weren't exactly like mammals and birds, though their growth rates were on a par with those of these modern warm-blooded animals, and they were certainly not like modern reptiles.

To illustrate these points, the BBC filmed me thin-sectioning bones and studying them under a microscope.

The other major research question the filmmakers highlighted was my interest in titanosaurs, among the last survivors of the major group of long-necked dinosaurs called sauropods.

Most of us think about those behemoth dinosaurs in the Jurassic period — the middle of dinosaur time.

It's during that time period (150 million years ago) that we find the remains of Brachiosaurus, Apatosaurus, Diplodocus, and Camarasaurus.

These dinosaurs were all

extinct by the beginning of the Cretaceous period, the last part of the "age of dinosaurs."

Titanosaurs are cool because they lived on every continent and were an incredibly diverse group of dinosaurs. That surprises most people, who think of the sauropods as veritable icons for extinction.

Titanosaurs were an adaptable group of dinosaurs, capable of eating lots of different kinds of food (including newly evolved grass), living in lots of different environments and developing new anatomical specializations — like dwarfism and special "skin-bones" called osteoderms.

Titanosaurs are one of the best examples of how awesome dinosaurs were, even at the very end of their reign on earth.

To get these points across, I used two "assistants" — casts of skulls from a juvenile and adult Rapetosaurus, the titanosaur that I named from Madagascar.

The best part of this experience was answering tough questions, such as, "If you could have a pet dinosaur, what would it be?"

I answered, "A sauropod genetically engineered to stay small. Otherwise I'd be eaten out of house and home — and owls, of course."

Until next time, No Bones readers!

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Shop Home for the Holidays

"Shop Home for the Holidays," a special evening to promote St. Anthony Park businesses, will take place December 7 from 6 to 9 p.m.

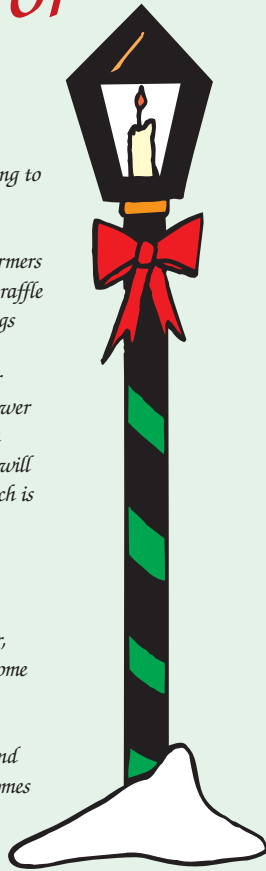
Area retailers will offer in-store specials, performers will play and sing seasonal music, and there will be a raffle for gift baskets, along with wine and chocolate tastings and various holiday treats.

The event will be centered at Como and Carter avenues. Extra shopping space will be set up in the lower level of Milton Square, where local artisans will sell a variety of handmade crafts. Ten percent of their sales will be donated to the St. Anthony Park Foundation, which is sponsoring the event, along with local retailers.

Micawber's Bookstore will contribute 10 percent of the day's sales to St. Anthony Park Elementary School.

Jon Schumacher, foundation executive director, said, "We hope our residents will really turn out for some early holiday shopping and enjoy our one-of-a-kind Main Street."

Jeff Huff, owner of the Little Wine Shoppe and one of the event's organizers, said, "We hope this becomes an annual tradition."



Police Academy from 9

John Mac Lean said he's glad he and his wife participated in the academy.

"I'd strongly urge anyone who has the chance to take this class," he said. "It will be the most worthwhile time you ever spend, and it will give you new appreciation for what police

officers do day in and day out. It will also make you more aware of what goes on in your neighborhood."

The St. Anthony Police Department will offer another citizen academy next spring. For more information, call 612-782-3350.



St. Anthony Police officer Jon Mangseth (left) and Dominic Cotroneo demonstrate "use of force" tactics.

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e t c e t e r a

Arts Events

The Catherine G. Murphy Gallery at the College of St. Catherine presents a retrospective of Lauderdale artist **Betty Olson** through December 17. "Persistence of Vision" includes works that span Olson's six-decade artistic career. The gallery is located at 2004 Randolph Ave. in the Visual Arts Building. Hours are 8 a.m.-8 p.m. Monday-Friday, noon-6 p.m. Saturday and Sunday.

Music in the Park Series will present the **Blue Baroque Band** in concert December 3 at 4 p.m. The ensemble will be joined by soprano Maria Jette.

The Blue Baroque Band consists of Brazilian recorder player Cléa Galhano, along with four musicians from the St. Paul Chamber Orchestra: Daria Adams, violin; Cathryn Greenbank, oboe; Chales Ullery, bassoon; and Layton James, harpsichord.

Their performance of Baroque and contemporary music will include works by J.S. Bach, Vaughan Williams and Telemann, along with the Midwest premiere of "Clarissa Graceful," a heroic-comical cantata by Minnesota composer David Evan Thomas.

The concert will take place at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave. For ticket information, call 645-5699 or visit www.musicintheparkseries.org.

The Theatre Department at **Como Park High School** will present four performances of Rodger and Hammerstein's "Cinderella" in December. Show times are December 7, 7 p.m.; December 8 and 9, 7:30 p.m.; December 10, 2 p.m. The December 9 performance will include a dinner theatre. For ticket information, call 293-8800.

On December 14, Como's orchestra and concert band will be in concert at 7 p.m. Como High School is located at 740 Rose Ave.

Exultate, a professional choir and orchestra, will present favorite and traditional carols in a 7:30 p.m., December 9 concert at Luther Seminary Chapel, 1490 Fulham St. Included will be works by Anton Bruckner, Dietrich Buxtehude, John Rutter, Morton Lauridsen, Johann Sebastian Bach and others.

Tickets are \$18 for adults and \$15 for seniors (65+) and students (16 and under). To reserve tickets, call 707-0727 or visit www.exultate.org.

From December 3 to January 11, the **Undercroft Gallery** will host an exhibition of heirloom lace. Lace samples have been loaned by members of the congregation at St. Matthew's Episcopal Church, where the gallery is located.

An opening reception will be held Sunday, December 3, at 11:45 a.m. The gallery is located at 2136 Carter Ave.

MOMS Club

The **St. Anthony Park/Como West Chapter** of MOMS Club offers a variety of daytime activities for mothers and their children, as well as a monthly Mom's Night Out. MOMS Club is an international organization that supports women who are home with their children full- or part-time. For more information, call Tam at 646-2405.

Art Classes

Falcon Heights Parks and Recreation will offer two children's art classes this winter.

A three-day art workshop will introduce 7-10-year-olds to ceramics, sketch board and pencil drawing, and acrylic and watercolor painting. The sessions will be led by N. Nigel Kojic and will take place December 27-29 from 9:30 to 11:30 a.m. Cost is \$50 for residents, \$55 for nonresidents.

Create with Clay, a class for ages 7-12, will be held Saturdays, January 6-27, from 10 to 11 a.m. Participants will create pots, human heads and animals. Cost is \$40 for residents, \$45 for nonresidents.

All art classes will be held at Falcon Heights City Hall. Registration can be done online (www.ci.falcon-heights.mn.us) or by calling 792-7616.

Play Group

The **Garden Play Group**, a preschool program for two- and three-year-olds, is enrolling children for second semester, January 9-May 3. The group meets Tuesdays and Thursdays, 9-11 a.m., at Falcon Heights United Church of Christ, 1795 Holton St. Call 426-5358 for more information.

Holiday Sales

A holiday craft boutique to benefit the **Blue House orphanage** for girls will be held at St. Matthew's Episcopal Church, 2136 Carter Ave. The sale will take place Saturday, December 9, from 9 a.m. to 5 p.m. and Sunday, December 10, from 9 a.m. to 1 p.m.

Handmade clothing, Christmas ornaments, greeting cards and other items will be for sale. A silent auction will be held for a handmade quilt. For more information, call 387-8264.

The fourth annual **Lake Como Holiday Art Show** will be held at the Historic Streetcar Station, 1224 N. Lexington Ave. in Como Park, on Friday, December 8 (noon-6 p.m.) and Saturday, December 9 (10 a.m.-5 p.m.).

Handcrafted and original works will be for sale, including photography, jewelry, watercolors, woven textiles, pottery and blown glass. For more information, call 488-4421.

Lyngblomsten Auxiliary's annual **Scandinavian Cookie and Craft Fair** will take place December 1 and 2 from 9:30 a.m. to 2 p.m. at the Lyngblomsten chapel, 1415 Almond Ave. All proceeds will go to the Lyngblomsten Youth Scholarship Fund. For more information, call 646-2941 or visit www.lyngblomsten.org.

Businesses

Running Tiger Karate recently awarded black belts in Shaolin Kenpo karate to Robyn Mathews-Lingen, Lori Schmidt and Beth Shaw, the first women in the Midwest to achieve that level. Schmidt's husband, Andy Schmidt, also earned his black belt.

The three women have been studying with Sifu Dave Meyer since 2001. Meyer owns the Running Tiger Shaolin Kenpo studio at 783 Raymond Ave. For more information, call 247-6602 or visit www.runningtiger.com.

Park Midway Bank was recently designated a Community Development Financial Institution (CDFI) by the U.S. Department of the Treasury.

According to Rick Beeson, president, the bank was recognized for commitment to strengthening local communities by financing local housing and small-business projects, offering socially responsible banking services, and volunteering for area nonprofits and boards.

For more information about Park Midway Bank, visit www.parkmidwaybank.com.

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Making a name from 1

that would last the better part of a century.

Sober, God-fearing, hard-working and respectful of education. That's the way residents might have been described at the dawn of the 20th century. And it may explain why the area became increasingly popular with people connected in some way with academic life.

Certainly, over the next few decades the most famous people from the area often had something to do with the University of Minnesota.

Take Bernie Bierman, for example. Only diehard Gopher fans know his name now, but at one time he may have been the best-known resident of the University Grove section of Falcon Heights.

From 1932 through 1941, the "Silver Fox of the Northland," as he was known to Minnesota sports fans, led the Golden Gophers to five undefeated football seasons, six Big Ten championships and five national championships.

Those who liked Bierman said that he produced winning seasons without ever raising his voice or losing his temper. Those who were less fond of him — a group that included much of the sports press — decried his uncommunicative ways.

In reality, he was probably a typical Minnesotan who couldn't see the point of using words when actions on the football field could make his point more eloquently.

Bierman took a long time out from football in order to serve three years in the Marines as a 50-something lieutenant colonel during World War II. When the war ended, he returned to coaching, but by that time his winning streak had ended.

After an embarrassingly bad season in 1950, he retired from the game, eventually moving from his Folwell Avenue residence to California, where he died in 1977.

Folwell was also briefly home to B.F. Skinner, the famous experimental psychologist and author, who taught at the U of M from 1936 to 1945.

Skinner's two children were born during his Minnesota years, so his Folwell residence may even have been the site of the first "baby in a box" experiment, the widely misunderstood attempt to provide infants with a sheltering atmosphere that would make heavy, constrictive clothing and blankets unnecessary.

When the Ladies' Home Journal ran an article in 1945 on Skinner's invention, with a photo of his infant daughter peering out of what appeared to be a clear plastic holding cell, the neighborhood may have achieved its first-ever touch of notoriety.

Meanwhile, about a block down Folwell, another University Grove resident was making a name for himself in very different circles. Economics professor Walter Heller had helped create the postwar German economic miracle with his astute tax advice

to the U.S. military occupation.

With that track record of success, it was only natural that President Kennedy should call on Heller to become chairman of the Council of Economic Advisors in 1961.

While serving in that position, he was credited with inspiring one of the few enduringly upbeat (and quotable) remarks associated with the dismal science. "A rising tide lifts all boats," was Kennedy's formulation of Heller's explanation for why tax cuts for the wealthy would result in prosperity for all income levels.

When Heller's time in the political limelight was over, he returned to a life of quiet satisfaction and achievement back in University Grove.

Other luminaries did not follow his example. Literary talent in particular has not had a lasting relationship with the neighborhood.

It's not that literary ability is unknown among neighborhood residents. In fact, the area seems to produce more than its share of gifted wordsmiths. But by the time true fame strikes, the artist has usually decamped for other, more exotic locales.

Shortly after World War II, for example, a temporary lecturer in the English department at the University of Minnesota lived in a rented house on Commonwealth Avenue for a couple of years. By the time his first book was published, the fledgling writer had left town.



Photo courtesy Minnesota Historical Society

Bernie Bierman, a former resident of University Grove in Falcon Heights, coached the U of M football team from 1932 to 1950, with a hiatus during World War II. His Gopher teams were 93-35-6.

Years later, he won the Nobel Prize for Literature, but by that time Saul Bellow had lived and worked in Chicago so long that no one connected him with St. Anthony Park.

The same thing applies to best-selling science writer Lewis Thomas. Thomas lived on Branton Avenue in the early 1950s while he taught in the U of M's Medical School.

By the time he became famous in the 1970s for books like "The Lives of a Cell" and "The Medusa and the Snail" — works that have been acclaimed as among the most beautiful bridges between science and the arts ever constructed — Thomas had moved on to the East Coast.

Garrison Keillor never left the state for long, but he did leave St. Anthony Park. When the Prairie Home Companion first

came to the attention of local radio audiences in the 1970s, its creator lived in a modest home on Grantham Avenue. By the time Keillor had introduced Minnesota and Lake Wobegon to the world, he was — like other luminaries before him — a former resident of St. Anthony Park.

Not that everyone flees the area at the first taste of celebrity. In her day, Carol Ryrie Brink was one of the best-known children's authors in America.

She composed the 1937 Newbery Award children's classic, "Caddie Woodlawn," at a desk in the living room of her home on Hoyt Avenue. Brink, who was married to a math professor at the U of M, lived on Hoyt for almost two decades, directly across the street from another famous long-term resident.

When the late Elmer L. Andersen was elected governor in 1960, Minnesota lacked an official gubernatorial residence. During Andersen's administration, his contemporary-style house on Hoyt became the de facto governor's mansion.

It was somehow fitting that the neighborhood that had begun life as the home of governors nearly a century before should have another turn in the limelight under the leadership of the family-oriented, civic-minded, scholarly Andersen, a man who so thoroughly represented its values.

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by Antonie Young

The St. Paul Public Schools 2007 Parent Information Fair is scheduled for Saturday, January 20, from 9:30 a.m. to 2 p.m., in the Roy Wilkins Auditorium of the St. Paul RiverCentre. The fair is designed to showcase the school choices available to students in St. Paul. Private, parochial and charter schools will have displays.

A committee will begin meeting soon to start work on this year's Parent Information Fair. To participate, contact Kris Emerson: 767-8234, kris.emerson@spps.org.

St. Anthony Park residents and Como Park High School seniors Nate Juergens and Caitlyn Durkee were named to the first team Minnesota Soccer Coaches Association Class A All-State soccer team. Emily Fate was named to the All-State honorable mention squad. Durkee, Juergens and Fate join St. Anthony Park residents Rachel Nauen and Emily Kidd on the St. Paul City All-Conference team. Emma Lee and Katie Lister were named to the St. Paul Conference honorable mention squad. Durkee was named the St. Paul Conference girls MVP.

Congratulations to the Como High School Cougar football team and all of the coaches for their 8-2 season. Special congratulations to Como's Kirby Scull, who was named the City Conference Coach of the Year.

The Como Music Department announces its production of Rodger and Hammerstein's "Cinderella," Como's annual fall musical production. It will be performed Thursday, December 7, at 7 p.m.; Friday, December 8 and Saturday, December 9, at 7:30 p.m.; and Sunday, December 10, at 2 p.m. All performances are in the auditorium at Como Park High School, 740 West Rose Ave..

Tickets are \$9 for adults, \$5 for students and seniors. Friday is food shelf night: Get \$1 off your ticket price with a nonperishable food item. A dinner theatre package is available Saturday evening, December 8, with a social hour and salad bar beginning at 5:30, a buffet at 6:00 and theatricals at 7:30. Reservations are required for the dinner. The package cost is \$23 for adults, \$18 for children under 12. For more information, contact Carole Whitney: 293-8800, ext. 1209 or carole.whitney@spps.org.

Hennepin Theatre Trust's 2006-07 SpotLight Musical Theatre Program includes Como High's production of "Cinderella." The program honors excellence in high school musical theatre. Shows are not compared or ranked against other musicals, so each category may have multiple award recipients. By working with schools across the Twin Cities, Hennepin Theatre Trust brings students from diverse social, economic, ethnic and cultural backgrounds together with professional artists.

Murray Junior High School will hold auditions for its school play on December 18 and 19. Lisa Schibel will arrange sign-up times for students. All students are welcome to audition.

Families at Holy Childhood School should remember that there is no school on Thursday, November 23, or Friday, November 24, when the school is closed for Thanksgiving break. Also, Wednesday, November 22 is an early dismissal day (11:30 a.m., no bus) and the end of the first trimester for all students.

Parent-teacher conferences will be held Wednesday, November 29 and Thursday, November 30, from 5 to 8 p.m.

"Holidays in Buchanan Hall," Holy Childhood's annual winter festival, will be held Saturday, December 2. This year's festival co-chairs, Mary and Curt Swenson and Lucy and Paul

Schmitz, along with their cast of volunteers, are planning a fun evening that will capture the spirit of the classic movie "Holiday Inn." The cost for each ticket is \$25, which includes a dinner catered by Tunici's and two beverages per person (pop, beer or wine). Each ticket holder will also have the chance to win prizes and bid on silent and live auction merchandise. Doors will open at 5:30 p.m., with dinner at 7 p.m.

The live auction will begin at 8:30 p.m. Music of the 1930s and 1940s will be provided by Womword. Tickets can be purchased at either the school office or parish office, or after Sunday Masses. Call Curt Swenson (636-3482) for more information or ticket sales. Limited seating is available. All proceeds for this charitable event will go to support Holy Childhood School.

Central High School presents "Fame," a student-directed musical about the trials and triumphs of students at New York's Performing Arts High School. Performances will be December 1 at 7 p.m., December 2 at 2 p.m. and 7 p.m., and December 3 at 2 p.m. Tickets are \$7 for adults and \$5 for students. Central High is located at 275 N. Lexington Ave.

Students at St. Anthony Park Elementary School have been celebrating a lot lately. On November 17, second graders, teachers and families cheered for reading with the first of three St. Anthony Saints Reading celebrations planned for the year. Named for the St. Paul Saints minor league baseball team, the St. Anthony Saints Reading Program encourages students to get on base by reading as many books as they can: 15 books (or 400 pages) get a reader to first base; 30 books (or 900 pages) count as a home run.

The school's music program will be celebrated in December. Students in grades 4-6 who participate in the instrumental music program, under the direction of teachers Anita McLaughlin and John Middleton, will rosin their bows and polish their brass for an orchestra and band concert to be held in the gym on December 14 at 2:30 p.m.

There will be a vocal music program on December 21 at 2:30 p.m. featuring students in kindergarten through fourth grade. Teacher Brad Ollmann has been working on a welcome song with students that features greetings in languages representing their diverse cultural backgrounds.

The cultural tradition of Santa Lucia, a Swedish festival of light that coincides with the solstice, will also be celebrated with a program at the school on December 14 at 10 a.m.

All year long, learning is supported and celebrated with an after-school program called Celebrate Learning After School (CLAS). Teacher Lena Mayer coordinates the program that serves up to 70 children who, she says, "need extra help with homework, organizational skills, math and reading." Four other teachers, representing various grade levels, and volunteers from the University of St. Thomas work with students every Tuesday and Thursday, from the time school is dismissed until 5:45 p.m. The St. Anthony Park School Association provides the funds for a hot meal.

The community is invited to support St. Anthony Park Elementary on December 7 by purchasing books at Micawber's Book Store, 2238 Carter Avenue. Please visit during store hours, 10 a.m. to 8 p.m., nibble cookies and browse the bookshelves. Ten percent of book sales that day will be donated to SAP Elementary.

St. Anthony Park Elementary School is located at 2180 Knapp St. For more information, call the school at 293-8735 or visit the Web site: www.stanthony.spps.org.

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As we look forward to a New Year, we often think of things we'd like to improve in ourselves. Thus we have the tradition of New Year's resolutions.

But like so many self-improvement schemes, after an enthusiastic start we often find ourselves back in the same slump as before, with no change in our unwanted habit. Frustrated, we may throw up our hands with a "Well, I tried" and go back to our old ways.

If we really want to change something about ourselves, how can we ensure that the change is lasting? Here are a few tips:

1. Start small. If the goal is, say, walking a mile a day, start with several blocks, adding incrementally every few days until the total is reached. Starting small helps one adjust to a new activity or behavior and gives one time to get accustomed to the change. In the case of physical activity, it also helps one avoid injury.

2. Zero tolerance for bad habits. Unlike new activities,

where starting small is essential, if one is trying to get rid of a bad habit, like tobacco or white sugar, it's critical to start out with no tolerance for backsliding. Get out the sugarless gum, ice cubes, carrots or whatever is needed to assuage the oral fixation, and don't give in.

3. Tell those you care about what you're trying to do and get their support. If you're going to remove all sweets from the cupboards, other family members should know why. Let those close to you know your goal so they won't inadvertently encourage you toward that which is forbidden.

4. Do it with a friend. Sharing our fitness or self-improvement goals with somebody else is a good way to make sure we don't quit before we reach them. Human nature is such that if I know Mary is waiting for me to walk a mile around Har-Mar with her, I'll be more likely to show up than if it were just for me. The team spirit

is contagious, and self-improvement is an activity that needs all the support it can get.

5. Find a positive activity to occupy time freed up by your change in behavior. A vow to discontinue watching QVC (for the blissfully uninitiated, a home shopping channel) will be easier to keep if one finds an activity to fill the time formerly spent as a couch potato. Find some volunteer opportunities, check out the library regularly, take a weekly class, make a commitment to visit a sick neighbor or friend frequently, or start that clean-up project you've been letting slide. Keeping busy helps us fill time so we don't miss our bad habit so much.

6. Reward yourself. Have you lost ten pounds, gone a week without smoking, reached the one-mile walking goal? Give yourself a pat on the back: a massage, an outing to a show or concert, perhaps a new item of clothing. When we reward ourselves, we are honoring the time and effort we put into self-improvement, and we each deserve that recognition.

7. Get back on the horse. If we fail to keep the discipline we have established for ourselves, we don't need to throw in the towel based on our "failure." We can start over again and again until it comes out the way we want it to. Failure is the only practice we get for success. We can learn valuable lessons in how not to do something through experiencing failure by analyzing what didn't work and avoiding it next time.

Decide what you want to be, and take steps to become your dream. This option is open to all of us. Happy New Year, Happy New You!

The St. Anthony Park Block Nurse Program offers services to older adults and those who care for them. Aging Gracefully is one way we communicate with our community. We welcome ideas and feedback for this column at 642-9052 or sapbnp@bistream.net.

Please join us
December 17, 2:30 p.m.
Children's Christmas Program
Fourth Sunday of Advent
December 24, 10:00 a.m.
Sunday Worship on New Year's Eve
December 31, 10:00 a.m.

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Christmas Day Worship
December 25, 10:00 a.m.

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WORDLY WISE

Readings

Monday, Nov. 27, 2-4 p.m.
St. Anthony Park Library.
Memoirist **Ruth Knutson** ("On the Other Side of the Ocean").

Wednesday, Dec. 6, 7 p.m.
St. Anthony Park Library.
Poet **Mary Kay Rummel** ("The Illuminations").

Groups

Wednesday, Dec. 7, 6:30 p.m.
St. Anthony Park Library.
St. Anthony Park Writers Group. All welcome.

Monday, Dec. 11, 7 p.m.
Micawber's. **Probers' Book Group.** Discussion continues on "Collapse: How Societies Choose to Fail or Succeed," by Jared Diamond. This month: Part Three, "Modern Societies," about Rwanda, the Dominican Republic and Haiti, China and Australia. All welcome.

Wednesday, Dec. 13, 7 p.m.
St. Anthony Park Library Book Club will discuss "A Long Way Down," by Nick Hornby. New members welcome. For more information, call Carla at the library: 642-0411.

Local Author

Lauderdale resident **Ruth Knutson**, who was profiled in the September Bugle, will read from her memoir, "On the Other Side of the Ocean," on Monday, November 27, from 2 to 4 p.m. at the St. Anthony Park Library.

Knutson's book recounts her childhood and adolescence in the Swiss village of Dornach. She describes living in a three-generation household during the 1940s and 1950s.

Knutson's first career was as a window dresser, both in Switzerland and Minnesota. Later she worked in nursing homes, until her retirement in 1980.

AMERICAN LIFE IN POETRY

By Ted Kooser, U.S. Poet Laureate, 2004-2006

Many of this column's readers have watched an amaryllis emerge from its hard bulb to flower. To me they seem unworldly, perhaps a little dangerous, like a wild bird you don't want to get too close to. Here Connie Wanek of Duluth, Minnesota, takes a close and playful look at an amaryllis that looks right back at her.

Amaryllis

A flower needs to be this size
to conceal the winter window,
and this color, the red
of a Fiat with the top down,
to impress us, dull as we've grown.

Months ago the gigantic onion of a bulb
half above the soil
stuck out its green tongue
and slowly, day by day,
the flower itself entered our world,

closed, like hands that captured a moth,
then open, as eyes open,
and the amaryllis, seeing us,
was somehow undiscouraged.
It stands before us now

as we eat our soup;
you pour a little of your drinking water
into its saucer, and a few crumbs
of fragrant earth fall
onto the tabletop.

Reprinted from "Bonfire," New Rivers Press, 1997, by permission of the author. Copyright (c) 1997 by Connie Wanek. Her most recent book is "Hartley Field," from Holy Cow! Press, 2002.

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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December 3, 6pm

Sans Souci
December 8, 8pm

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December 10, 3pm

Roots Music Showcase
December 14, 7pm

Ivory Bridge
December 15, 8pm

Ira's Jazz Quintet
December 16, 8pm

Open Mike
December 17, 6pm

Minnesota Blue Band
December 22, 8pm

Gordon Court
Christmas Music Sing-A-Long
December 23, 7:30pm

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Maria Jette, soprano
December 3, 4pm

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December 7, 7pm

December 8 and 9, 7:30pm

December 10, 2pm

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December 3-January 7
Meet the Artist December 3, 9:45AM


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Faces of Change: Conservation
Biology in Borneo
Photographs by Dawn Tanner
Through December 14
Paul Whitney Larson Gallery

Undercroft Gallery
St. Matthew's Episcopal Church
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Opening reception, December 3,
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DECEMBER CALENDAR

1 Friday

- Story time for preschoolers ages 3-5, St. Anthony Park Library, 10:30 A.M. Preregistration requested, 642-0411.
- Senior Citizen Fun Group (gym, bowling and darts), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 A.M. Every Friday.

2 Saturday

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

4 Monday

- AA, St. Anthony Park Lutheran Church (644-0809), 8 p.m. Every Monday.
- Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.
- Chair exercise classes at Seal Hi-Rise, 825 Seal St. Every Monday and Thursday at 12:30 p.m. These classes are free to all area seniors, but pre-registration is necessary. Call 642-9052 to preregister.
- Como Park recycling. Every Monday.

5 Tuesday

- Tot Time (for 5-year-olds and younger), Langford Park Rec Center (298-5765), 10 a.m.-noon. Every Tuesday.
- Toastmasters (645-6675), training in effective speaking, Hewlett Packard, Broadway & 280, 7:35-8:35 a.m. Every Tuesday.
- St. Anthony Park Garden Club, St. Anthony Park Library, 7 p.m.

6 Wednesday

- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church. Every Wednesday, 9 a.m.-1 p.m. Lunch reservations by Monday. Free blood pressure clinic by the St. Anthony Park Block Nurse Program, 1st and 3rd Wednesdays, 11 a.m. to noon.
- St. Anthony Park recycling. Every Wednesday.

7 Thursday

- Micawber's Book Event. Book sales today benefit St. Anthony Park Elementary.
- Murray Junior High PTA Book Fair at Barnes & Noble, Har-Mar Mall, runs all day. A percentage of all proceeds benefits the Murray PTA.
- Shop Home for the Holidays, 6-9 p.m. Special neighborhood shopping night on Como Avenue featuring artisans, wine and chocolate samplings, seasonal music and specials. Sponsored by the St. Anthony Park Community Foundation.
- Tot Time (for 5-year-olds and younger), South St. Anthony Rec Center (298-5765), 10 a.m.-noon. Every Thursday.
- Toastmasters (649-5162), U.S. Forest Service, 1992 Fohwell Ave., St. Paul Campus, 11:30 a.m.-12:30 p.m. Every Thursday.
- Chair exercise classes at Seal Hi-Rise, 825 Seal St. Every Monday and Thursday at 12:30 p.m. These classes are free to all area seniors, but pre-registration is necessary. Call 642-9052 to preregister.
- St. Anthony Park Community Council Land Use Committee, South St. Anthony Rec Center, 890 Cromwell, 6 p.m.

8 Friday

- Story time for preschoolers ages 3-5, St. Anthony Park Library, 10:30 A.M. Preregistration requested, 642-0411.
- Falcon Heights recycling.

11 Monday

- Site Council meeting, St. Anthony Park Elementary School.
- Park Press, Inc., Park Bugle board meeting, St. Anthony Park Bank community room, 7 a.m.
- Join the Falconers for 500 and cribbage at 1 p.m. at Falcon Heights City Hall.
- Lauderdale recycling.

12 Tuesday

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

13 Wednesday

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

14 Thursday

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

15 Friday

- Story time for preschoolers ages 3-5, St. Anthony Park Library, 10:30 A.M. Preregistration requested, 642-0411. Story times will resume mid-January.

19 Tuesday

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

20 Wednesday

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

21 Thursday

- Winter Holiday Concert, 7 p.m., Murray Junior High Auditorium.

22 Friday

- Falcon Heights recycling.

26 Tuesday

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

27 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- St. Anthony Park Community Council Environment Committee, So. St. Anthony Rec Center, 890 Cromwell, 7 p.m.

Items for the January Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, December 14.



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LIVES LIVED

David Alexander

David J. Alexander, age 48, of Champlin, died of cancer on October 23, 2006. He grew up in St. Anthony Park, where he graduated from Murray High School in 1976 and attended St. Anthony Park Lutheran Church.

Dave was a devoted husband and father who will be dearly missed by wife, Deanne; children, Stephen, Andrew and Lauren; mother, Ruth; brothers, Tom (Sue) and Bob (Cindi); sister, Denise; other relatives and friends; and his loyal dog, Duke. He was preceded in death by his father, Gerald T. Alexander Sr.

Memorial services were held October 27 at Zion Lutheran Church in Anoka.

Doris Bernstrom

Doris E. (Lundell) Bernstrom, age 89, of Lauderdale, died peacefully, surrounded by her family, on November 8, 2006. She was born and raised in Lake Bronson, Minn.

Doris lived in Lauderdale and attended Rose Hill Alliance Church for over 50 years. She was a quiet woman of strong faith, devoted to her family.

Doris worked for almost 20 years at Paper Calmenson. More

recently, she volunteered at her church and at Presbyterian Homes of Roseville.

She was preceded in death by her husband, Allen, and son, Blaine. She is survived by her daughter, Kathy (Bob) Lorfald; son, Roger (Kathi); Donna Bernstrom; grandchildren, great-grandchildren and other relatives.

Her funeral was held November 11 at Rose Hill Alliance Church, with interment at Fort Snelling National Cemetery.

Marlene Block

Marlene (Moldenhauer) Block, age 71, of Como Park, died on November 6, 2006, after a one-year battle with cancer. She had been active raising money for many organizations, especially the Danny Thomas Cancer Fund. She was also active in the Women's Club at Holy Childhood Catholic Church.

She was preceded in death by her husband, Lyle, and is survived by her son, James (Darcy); daughters, Mary Jo (Rick) Person, Jeanne Laramy and Patricia (Tom) Hombach; and three grandchildren.

A Mass of Christian Burial was celebrated November 9 at Holy Childhood Catholic

Church, with interment at Fort Snelling National Cemetery.

Johanna Eide

Johanna (nee Larsen) Eide, age 100, died October 20, 2006. She was born in rural Frederic, Wis. She was a longtime resident of St. Anthony Park and most recently lived at Lyngblomsten Care Center. She was a member of Rosetown Memorial United 542 of the American Legion Auxiliary.

She was preceded in death by her husband, Carl; son, Charles; two brothers and three sisters. She is survived by her son, David (AnneMarie).

A family memorial service will be held at a later date. The family wishes to especially thank the caregivers in the Lund neighborhood of Lyngblomsten Care Center for their care of and attention to Johanna.

Dorothy Kapitan

Dorothy I. Kapitan, age 87, died October 26, 2006. She lived in Vadnais Heights but was a member of St. Anthony Park OES Chapter #212, Daughters of the Nile and the Order of Amaranth.

She was preceded in death by her husband, "Kap," and is survived by her children, Gwen (Syl) Reed, Bruce (Beverly) Kapitan and Beth (Mike) Cassidy; five grandchildren and two great-grandchildren.

A memorial service was held October 30 at Holcomb-Henry-Boom Funeral Home in Shoreview, with interment at Fort Snelling National Cemetery.

Juanita Nelson

Juanita E. Nelson was born December 28, 1921, in Bentley, N.D., and died October 31, 2006, of natural causes.

Juanita was awarded a B.A., M.A. and a teaching certificate from the University of Minnesota. The University of Colorado granted her a doctoral degree in education. She taught

Lives Lived to 20

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every grade from kindergarten to college credit courses — in Wisconsin, North Dakota and at St. Anthony Park Elementary School. She retired 17 years ago.

She enjoyed playing drums for senior centers, playing cards with friends, dining, dancing and traveling. She was named among the 1974 Outstanding Secondary Educators of America. Teaching people how to read was a passion for Juanita. She is loved and missed by many.

She is survived by her sister, Beverly (Ervin) Diehl of Carson, N.D.; her daughter, Laura (Richard) Day of Janesville, Wis.; her son, Myron H. Nelson Jr. of St. Paul; and two grandchildren. She was blessed with three great-granddaughters, four nephews and many grandnieces and nephews.

Her funeral service was held November 11 at St. Anthony Park United Methodist Church, with interment at Fort Snelling National Cemetery.

Eunice Peterson

Eunice K. Peterson, age 96, died October 18, 2006. She was born January 2, 1910, and was a longtime St. Anthony Park resident.

Eunice was preceded in death by her husband, Harry J. Peterson, and a sister. She is survived by her children, Janet (Ray) Swinton, Jerry (Betty) Peterson and Nancy Peterson; four grandchildren; seven great-grandchildren; two step-great-grandchildren; two great-great-granddaughters; and a sister.

Her funeral service was held October 24 at St. Anthony Park United Methodist Church, with interment at Sunset Memorial Park.

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 Mergenthal, 644-1650, mary.mergenthal@comcast.net.



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Sunday Fall Worship Schedule

8:00, 9:00, and 11:00 a.m. Worship (nursery care provided from
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10:00 a.m. Adult Education and Sunday School
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Rides available for 11:00 a.m. worship — call the church office before noon on
Friday for a ride.

Saturday, December 2: Advent Dinner, 4:00 - 6:30 p.m.

Please join us for our annual Advent Dinner, put on by our Youth. Tickets may
be purchased in advance for \$7 for adults, \$4 for children 4-12, \$20 maximum
for families (2 adults and children 12 and under).

Saturday, December 9, 4:00 p.m.: Christmas Pageant

All are welcome to share in the "reason for the season" with our annual
children's Christmas Pageant. We will do a second performance at 9:00 a.m.
on Sunday, December 10th, during our worship hour.

Sunday, December 17th: John Rutter's "Gloria" performed with choir, brass and
organ at the 11:00 a.m. worship service.

Come celebrate the season as we prepare for the birth of our savior,
Jesus Christ. This song of praise begins with the song of the angels on
Christmas night and continues praising God, the Father, Son, and Holy Spirit.
"Gloria" will be at 11:00 a.m.; other worship services at 8:00 & 9:00 a.m.

Sunday, December 24th: Christmas Eve Worship Services

Please join us at 10:00 a.m. and 3:00, 4:30 or 10:30 p.m. for Christmas Eve
Worship. The service at 10:30 p.m. is meditative, with Holden Evening Prayer
and Holy Communion.

Monday, December 25th: Christmas Day Worship Services

Please join us for worship with Holy Communion at 10:00 a.m.

Pastors: Martin Ericson and Mary Kaye Ashley

Visitation Pastor: Leonard Jacobsen

Director of Music Ministry: Thomas Ferry

✦ CORNERSTONE ECUMENICAL CATHOLIC CHURCH

An Ecumenical Old Catholic Community
2200 Hillside Avenue / 651-776-3172
Sunday Eucharist: 5:30 pm in Upper Chapel
Visit our website at: www.cornerstoneecc.org

✦ NORTH COMO PRESBYTERIAN CHURCH

965 Larpenteur Avenue W., Roseville
651-488-5581, ncpmain@northcomochurch.org
www.northcomochurch.org

Sunday Services: Worship 9:45 a.m., Education 11:00 a.m.
We welcome all to attend.

Handicapped accessible.

✦ PEACE LUTHERAN CHURCH - ELCA

1744 Walnut (at Ione) Lauderdale. 651-644-5440

www.peacelauderale.com

Sunday Worship: 10:00 a.m.

Education: 9:00 a.m.

Advent Vespers (Marty Haugen Sung Vespers)

7:00 p.m. - December 6th and 13th (soup supper - 6:00 p.m.)

Christmas Eve Candlelight Service - 5:00 p.m.

Pastor: David Greenlund

All are welcome - Come as you are

✦ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place. 651-644-4502

Website: www.stceciliasp.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
(nursery provided during the 10:00 a.m. Mass)

November 23rd, Thanksgiving Mass, 9:00 a.m.

December 8th, Immaculate Conception of Mary

Holy Day Masses: 12:05 p.m. and 5:30 p.m.

December 10th, Advent Evening Prayer

Evening Sung Prayer: 7:00 p.m.

December 23rd and 24th, Fourth Sunday of Advent Mass Schedule:

Saturday 5:00 p.m., Sunday 8:15 a.m., 10:00 a.m.

December 24th, Christmas Eve Mass Schedule: 5:00 p.m.

December 25th, Christmas Day Mass Schedule: 10:00 p.m.

✦ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth at Chelmsford. 651-646-7173

Website: www.sapucc.org

Handicapped Accessible and an Open and Affirming Congregation.

Rev. Howard Tobak, Transition Minister -

Becky Stewart, Child & Youth Coordinator

Adult Education 8:30 a.m.

Sunday Worship 10:00 a.m., Fellowship: 11:00 a.m.

Nursery Care & Sunday School provided.

December 3, Worship/Holy Communion: 10:00 a.m.

December 17, Worship/Choir Concert: 10:00 a.m.

December 24, Family Service 10:00 a.m., Candlelight Service 10:00 p.m.

✦ ST. ANTHONY PARK UNITED METHODIST CHURCH

All are welcome!

2200 Hillside Ave (at Como) 651-646-4859

Pastor Donna Martinson

Go to www.sapumc.org for more about our church.

Sundays:

10:00 a.m. Worship Celebration

10:20 a.m. Sunday School for 3 years old to 5th grade

11:00 a.m. Fellowship & Refreshments

December 24th, Christmas Eve Candlelight Service: 5:00 p.m.

✦ ST. ANTHONY PARK LUTHERAN CHURCH

We are a community of believers called to joyfully serve God,
one another, and the world.

www.saplc.org

2323 Como Ave. W., 651-645-0371

Staffed nursery available. Handicap-accessible.

Pastors Glenn Berg-Moberg and Amy Thoren, Email: info@saplc.org

Worship: 8:30 a.m. and 11:00 a.m.

Education Hour for all: 9:45 a.m.

Art Shows: (exhibits open Monday - Friday, 9:00 a.m. to 5:00 p.m. and
Sunday morning)

All of December: Faith Stories, paintings by DeAnne L. Parks

Advent 4 Worship, December 24: 10:00 a.m.

Christmas Eve Worship, December 24: 3:30 p.m., 5:00 & 11:00 p.m.

Christmas Day Worship, December 25: 10:00 a.m.

Sunday Worship December 31: 10:00 a.m.

Minnesota Faith Chinese Lutheran Church 1:30 p.m.

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✦ ST. MATTHEW'S EPISCOPAL CHURCH

The Rev. Blair Pogue, Rector

2136 Carter at Chelmsford. 651-645-3058

Website: www.stmatthewsmn.org

Sunday Services:

8:00 a.m. Holy Eucharist (Rite I)

10:30 a.m. Holy Eucharist (Rite II)

Classes for all ages between the services at 9:15 a.m.

Wednesdays - 10:00 a.m. Holy Eucharist (Rite I)

December 24: 4:00 p.m. "The Living Creche" Pageant & Holy Eucharist (Rite II)

Carols by candlelight 10:00 p.m. - 10:30 p.m. Holy Eucharist (Rite II)

December 25: 10:30 a.m. Holy Eucharist (Rite I)