For the love of a Frenchie

by Lisa Steinmann

It isn't unusual to see Reba, a young French bulldog, swaddled in blankets in a tattered baby carriage, enjoying a ride along Hillside Avenue in St. Anthony Park. Young Meg and Nate Stover enjoy the neighborhood strolls with the Frenchie whose family is caring for.

Reba has the bat ears typical of her breed, but of generous size. They soften the effect of her pig-nosed face, as do her round, nut-brown eyes.

She's gentle but insistent on getting a hands-on greeting from everyone she meets. That's no small effort because she has to drag herself along to say hello. Reba started having trouble walking last fall and has been diagnosed with meningitis.

Meg (11), Nate (7), and their parents, Rebecca Merica and Carl Stover, agreed to provide foster care for Reba this winter when her medical condition, along with a divorce, forced her owners in Minneapolis to surrender her.

At this point, many dogs would have been euthanized. But, however, was placed in the care of the French Bulldog Rescue Network (FBRN), a nonprofit organization devoted to rescuing, rehabilitating and finding new homes for Frenchies in need. After several months of rest and therapy, Reba will be ready for adoption this spring.

The Stover family was chosen to care for Reba because of their proximity to and association with the U of M Veterinary Clinic. Rebecca Merica is an instructor in the School of Veterinary Medicine and thus well qualified to oversee the care that Reba requires.

Soon after Reba arrived at the Stover's home she was taken to a veterinary neurologist at the U of M. A spinal tap revealed that she had been suffering from meningitis.

Reba started having trouble walking last fall and has been diagnosed with meningitis.

Meg Stover shares a quiet moment with Reba, a French bulldog her St. Anthony Park family is caring for through the French Bulldog Rescue Network. The Stovers hope Reba will be ready for adoption this spring.

Love of a Frenchie to 15

Java Train faces detour in pursuit of liquor license

by Anne Holzman

Perched above a candy dispenser inside the Java Train coffee shop is a box with a slot in the top and a stack of paper slips next to it. A handmade sign invites customers to weigh in on whether Java Train should seek a liquor license so that wine and beer sales can be added there.

So far, this looks like any small business appealing to its neighbors to take a chance on something new. But Java Train, at 1341 Pascal St., has to jump through an extra hoop. Because it's located in St. Paul and within a half mile of the State Fairgrounds, it needs a vote from the state Legislature granting a special waiver before it can launch the usual process of seeking a liquor license from the city.

The Como Avenue plan now underway for Como Avenue comes on the heels of a larger effort recently completed by the Community Foundation and Community Council: a revised district plan. Both the district plan and the area plan are part of St. Paul's comprehensive plan for the whole city.

Sparks said that because the district plan focused on south St. Anthony Park, it made sense to undertake an area plan for north St. Anthony Park.

And because Como Avenue is currently witnessing several development projects — including a new bank building, condominium conversion and gas station/convenience store remodeling — that particular area seemed appropriate for the planning efforts in St. Anthony Park are benefitting from a confluence of two initiatives designed to parley citizen participation into more livable and sustainable neighborhoods.

One of these programs, the Corridor Housing Initiative (CHI), is coordinated by the Center for Neighborhoods (C4N), a nonprofit formed in 1994 to facilitate cooperation among neighborhoods and city and regional policy-makers.

CHI was created in part to address a 2002 projection by the Metropolitan Council that the Twin Cities region would grow by 600,000 over the next 20 years.

CHI provides technical expertise to communities looking to maximize their housing choices. St. Anthony Park recently received a $38,000 grant from C4N to help plan for future development along Como Avenue.

Dubbed the Como Avenue 2030 plan, the undertaking is being coordinated by the District 12 Community Council, with financial support from the St. Anthony Park Community Foundation.

The Como 2030 plan will address more than housing. According to Amy Sparks, executive director of the Community Council, the plan will consider the mix of housing, businesses, schools and services that currently occupy Como, as well as new developments that might take place there.

Planning Commission guidelines suggest that area plans address the following: housing, jobs and economic development, community development, land use, environmental quality/health, circulation (including vehicular traffic, bicycles and pedestrians) and adjacent areas. In addition, an area plan should take into account any existing plans.
**CITY FILES**

**Como Park**
The Parks Department will present planting plans for
Midway Parkway at the March 20 District 10 Board
meeting, 7 p.m. at the Streetcar
Station. Neighbors are invited to
attend and discuss the plans.

**Lauderdale**
Comcast and the North
Suburban Communications
Commission are accepting
applications for their annual scholarships. Lauderdale
residents are eligible.

**Falcon Heights**
The new City Code, approved by
the City Council on January 24,
is now available online. From the
city’s homepage at www.ci.falcon-
heights.mn.us, choose “City
Government,” then “Ordinances”
to find a link to the document.

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The parks department will
present planting plans for
Midway Parkway at the March 20 District 10 Board
meeting, 7 p.m. at the Streetcar
Station. Neighbors are invited to
attend and discuss the plans.

**Applications**
Applications, available at
Lauderdale City Hall, are due by
4 p.m., April 13. More
information can be found at
www.sapcc.org.

**City Code**
The City Council on January 24,
approved the new City Code.
Applications, available at
Lauderdale City Hall, are due by
4 p.m., April 13. More
information can be found at
www.sapcc.org.

**Lauderdale**
The city has amended its rental
housing license. Interested parties
can call City Hall (631-0300) for
suggestions.

**St. Anthony Park**
At its March 8 board meeting,
the St. Anthony Park
Community Council will
consider revisions to the bylaws
defining who can vote in
elections for SAPCC board
members.

**Proposed Revisions**
Proposed revisions include
restricting voting to residents and
allowing residents to vote for
board members only in their part
of St. Anthony Park (north or
south). In addition, a proposal to
raise the voting age from 16 to
18 has been offered.

**District 12 Board**
The District 12 Board of
Directors election will be
April 10. Anyone interested in
serving on the board must file an
application by March 12.
Applications can be found at
www.sapcc.org or by calling
649-5992.

**Participation**
Participation in the St. Anthony
Park e-mail group continues to
grow. To keep up with the latest
announcements, scroll to the
bottom of the page at
www.sapcc.org and sign up.

**Council**
The St. Anthony Park
Community Council will
host an open house at 6 p.m. on
March 8 at South St. Anthony
Recreation Center. This will be
an opportunity to find out about
attending meetings, joining a
committee or serving on the
board of directors.

**District**
The community will
host an open house at 6 p.m. on
March 8 at South St. Anthony
Recreation Center. This will be
an opportunity to find out about
attending meetings, joining a
committee or serving on the
board of directors.

**Midway**
The Midway Chamber of
Commerce appoints business
delegates.

**Proposed Revisions**
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restricting voting to residents and
allowing residents to vote for
board members only in their part
of St. Anthony Park (north or
south). In addition, a proposal to
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**Support**
Support transit.

**Proposed Revision**
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board members only in their part
of St. Anthony Park (north or
south). In addition, a proposal to
raise the voting age from 16 to
18 has been offered.

**March**
March 8 - 4:00 p.m.
Pacifica String Quartet
Described by Gramophone as one of the fin-
est and most energetic quartets of the younger
generation, the Pacifica performs a program of works by Beethoven, Mendelssohn and Bartók.

**All Concerts**
All concerts on Sundays at
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Tickets/Information:
(651) 645-5699
Single tickets: $20 Advance, $22 Door. $10 Students, single tickets also available at the Bildefot Shop
& Micawbers Bookstore in St. Anthony Park.

**Concert details**
Concert details: www.musintheprkseries.org

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“piano playing at its most awesome.” — The New York Times
From works by Mozart and Schumann, to dazzling
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Morneau Gottschalk.

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**A surprising mix of obsessions at Micawbers!**

**Join us at Micawbers on Wednesday, March 7th as Ander Monson reads**
from his new book, *Neck Deep and Other Predicaments* (Graywolf Press
and winner of the Graywolf Press Nonfiction Prize)

**Monson uses unexpectedly nonliterary forms - the index, the Harvard Outline, the**
mathematical proof - to delve into an equally surprising mix of obsessions: disc golf, the
history of mining in northern Michigan, car washes, snow, topology and more!

**MN BAC**

**For more information, call**
646-5992.

**Participation**
Participation in the St. Anthony
Park e-mail group continues to
grow. To keep up with the latest
announcements, scroll to the
bottom of the page at
www.sapcc.org and sign up.

**St. Paul**
The Minnesota Department of
Transportation is seeking three
volunteer citizen representatives
to serve on the State Bicycle
Advisory Committee. For more
information or to apply, visit

**— Anne Holzman**

**Family Concerts 2007**
Friday March 2 - 6:15 & 7:30 p.m. tickets limited!
Pacifica Quartet - “Welcome to the String Quartet.”
St. Matthew's Episcopal Church, 2136 Carter Ave., St. Paul
Tickets $5 advance, $6 door
Getting the inside scoop on dairy sales

by Judy Woodward

What's maroon and gold, hard to find and good to eat? How about Gopher Gold ice cream, a tempting mixture of lush French vanilla and raspberry/chocolate ripple? For the dedicated Gopher fan, what better way to break a fledgling New Year diet than with a large bowl of ice cream whose very colors should excite the palate of any true Minnesotan?

But there's only one place you can find genuine Gopher Gold, and the catch is, it's only open for two hours on Wednesday afternoons. Welcome to that rarest and most elusive of retail food outlets — the Dairy Food Products Salesroom of the Department of Food Science & Nutrition on the St. Paul campus of the University of Minnesota.

A small, windowless room at the end of a long corridor, it's outfitted with two freezers and a deli-style cheese display case. Enshrined in that deceptively simple setting are some of the best flavors in Minnesota. It's a living tribute, you might say, to that golden (as in French vanilla) era when dairy was one of the four major food groups and cholesterol was but a distant, ugly rumor.

According to manager Jodi Nelson, the salesroom has been offering cheese, yogurt and ice cream — she refers to it collectively as "product" — to the general public for nearly 40 years. Nelson, who is senior lab services coordinator and a graduate of the Food Science & Nutrition Department, said that some of the product, like Gopher Gold ice cream, was developed with a specific purpose in mind.

Nelson remembers when the university ordered one ton of the maroon-and-gold treat to serve at freshman orientation. Much of the time, however, the salesroom stocks more conventional flavors and varieties, from chocolate ice cream to their trio of best-selling cheeses: blue, aged cheddar and Gouda.

On a recent Wednesday afternoon, Nelson reflected on the virtues of their top sellers. A down-to-earth woman by nature, Nelson has nevertheless mastered the rarefied vocabulary of the cheese expert.

"We're artisan cheese makers," she added. "We don't get the inside scoop on dairy sales by Judy Woodward

What's maroon and gold, hard to find and good to eat? How about Gopher Gold ice cream, a tempting mixture of lush French vanilla and raspberry/chocolate ripple? For the dedicated Gopher fan, what better way to break a fledgling New Year diet than with a large bowl of ice cream whose very colors should excite the palate of any true Minnesotan?

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"We're artisan cheese makers," she added. "We don't
EDITORIAL

Are human beings capable of altruism? That question has engaged both philosophers and scientists. From one perspective, the struggle for survival that has driven evolution renders altruism suspect. According to this view, our nature, and the competitive conditions in which we live, predict self-interested behavior. We will contribute to another’s survival only if doing so enhances our own. In “The Selfish Gene,” Richard Dawkins stated the matter baldly: “Be warned that if you wish, as I do, to build a society in which individuals cooperate generously and unselfishly towards a common good, you can expect little help from biological nature. Let us try to make human nature and altruism, because we are born selfish.” Under these conditions, perhaps the best that can be expected of humans or other animals is what the primatologist Frans de Waal calls “reciprocal altruism.” Unlike cooperation with immediate rewards — for example, wolves co-opting a downed deer — in reciprocal altruism there is an immediate cost to the performer and benefit to the receiver — and a level of uncertainty. One gives in anticipation of later being a recipient, but reciprocation is not guaranteed. Reciprocal altruism, then, involves a risk. You spend time and effort helping your neighbor dig their car out after a snowstorm. Will they return the favor later? And what if having a garage makes it easier helping your neighbors dig their car out after a snowstorm? Will you expect anything in return?

The best behavior springs from something deeper than a rational accounting of costs and benefits or a sober assessment of another’s survival only if doing so enhances our own. Let us try to make human nature and altruism, because we are born selfish.”

COMMENTARY

by Dawn Tanner

My partner and I recently journeyed to the Middle East, a first for both of us. It was a time filled with unique encounters and an opportunity to test our unfamiliar preconceived notions along the way. Considering the state of our world today and the fear Western people express about Middle Eastern countries, our visit to Cairo, Egypt, raised apprehensions. In Cairo, we were surprised to be regarded as something: worth a stop and a long stare. As a woman, my uncovered head was unusual in this Islamic city, but the friendly curiosity exchanged in those moments was striking. People we met along the way looked us over, grabbed their friends and pointed, giggled and smiled; they were far from unwelcoming or aggressive.

Soon became accustomed to the shocked but friendly looks as people responded to my Western dress, which I considered quite conservative. Even so, I realized there might be times a headscarf would be appropriate, so we bought one I could carry along in my day pack.

This was especially useful when we decided to visit a mosque just outside the huge Khan el-Khalili market. This ancient market has catered to locals and tourists since 1382. Dozens of mosques surround the market, located in the oldest part of the city and in the traditional center of Islamic Cairo. We selected one to enter, I donned my headscarf and we walked up to the door.

The men inside the doorway motioned for us to enter separately. I looked at my partner, shrugged, and said, “OK, see you in a minute,” thinking I was supposed to enter from the opposite side of the doorway. I walked around the wide red carpet and attempted to enter from the other side of the same doorway. “No, no, no,” the men inside answered, waving even more frantically and motioning with wide hand gestures for me to find a different entrance.

“Ah,” I thought, “I need to go around to the other side of this big awning.” Just then, a young girl appeared; she motioned for me to follow her and helped me fix my headscarf, which was slipping off of place.

If we hadn’t known for a long time that St. Anthony Park is not only a pleasant area but also a great neighborhood, we would have found out as a result of my accident on January 50, when I was hit by a car at the Como/Carter intersection.

A big thank you to all who provided assistance at the scene. I’m sorry I didn’t have the presence of mind to ask for everyone’s names, including the kind lady who immediately tried to contact my husband, carried my letters to the post office and hand-delivered another letter.

Toni Deutsch, having observed the accident, made sure I was as comfortable as the situation allowed and guided other supporters, including police and emergency crews.

In the weeks that followed, friends and neighbors spoiled us with their attention, meals and well-wishes. We cannot thank you enough.

by Dawn Tanner

MARCH 2007

LETTERS

Hand-delivered another letter.

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In the weeks that followed, friends and neighbors spoiled us with their attention, meals and well-wishes. We cannot thank you enough.

Dorothee and Alfred Spegell
St. Anthony Park

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

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Game maker says it’s easy being green

by Michelle Christianson

When is a game not just a game? A. When it’s the beginning of a new business. B. When it’s environment-friendly and biodegradable. C. When it’s fun and challenging way to socialize with friends and family. D. All of the above.

If you picked D, you’re correct. The game in question is HeadLiners, the brainchild of Como Park resident Tony Kvaale. He describes it as simple in concept and easy to learn.

Each player writes a headline for the same photo. Then the headlines are read aloud in random order and everyone votes for their favorite caption. Each player moves one square for every vote he or she receives, and the first one around the board is the winner.

There are tip cards for those having trouble coming up with a headline, and theme assignment cards to narrow the scope for those who’ve passed the halfway point and are now “Senior Writers.”

Kvaale, who grew up in a game-playing family in the northern suburbs and attended North Dakota State University, has been keeping notebooks full of ideas for businesses all his life.

He worked in sales and marketing, gradually gravitating toward herbal supplements, organic foods, and natural vitamins and health care products. Gradually, the idea of forming a business meshed with his interest in “green” products, and Kvaale decided to begin designing and marketing environmentally friendly games.

Kvaale Good Natured Games LLC was born in 2005, and its first product, HeadLiners, was released last November.

Kvaale says coming up with the ideas for the game was easy because of the popularity of CNN, fake news shows like the Daily Show and the Colbert Report, and the ubiquity of entertainment news.

Making the game environmentally friendly as possible was another matter.

Kvaale researched printers at the Great Printer Initiative — a coalition of 40 printers who exceed environment, health and safety standards — where he found the Anderberg Lund Company.

The boxes, game pads and cards are constructed with 100 percent recycled paper that is processed chlorine-free and printed with soy-based inks. The tokens are made from recycled wood composite, and the pencils are biodegradable and nontoxic.

Even the electricity used in Kvaale’s home office comes from wind-energy sources.

Kvaale had to procure a small business loan, which he did with the assistance of the Small Business Development Center in St. Paul. He also had help from Walt Prouter of Nakota Designs in devising a layout for the game and creating a logo and mascot (Henry, the monkey on the front of the box).

Kvaale collected over a thousand photos from various locations in order to find the 386 pictures included in the game.

Kvaale credits his family for all the help they’ve given him. His stepfather makes the tokens, and his mother, wife and four-year-old daughter have all been very supportive, even to the point of helping assemble the games.

Although it’s been available only a short time, HeadLiners has been popular. Kvaale says he sold 150 games in the first few weeks and will sell out of the first run of 5000 in less than six months.

HeadLiners is for sale at Bibelot, Source Comics, Borders, Love from Minnesota and Re-Gifts in Minneapolis, as well as at www.Kvalegames.com. Kvaale hopes that Whole Foods and Barnes and Noble will pick up the game as well.

Eventually Kvaale wants to produce more games and have his own building and employees. He knows that he could just sell game ideas, but he likes the notion of running his own company. He predicts his next game will be even more popular than this one — and good for the environment, too.

Commentary from 5

each other outside. I learned that the men’s side was quite different. He said it was as large as a city block inside, carpeted with ornate rugs, with groups of men sitting together praying or scattered on benches. As we talked, the young girl (my self-appointed guide) found us again. We shared smiles and I nodded my thanks for her guidance, wishing I could communicate in her language.

Cairo grew on us; eventually, we stopped noticing the commentary we caused walking down the streets. I still dressed conservatively by my standards. We always smiled when we caught eyes watching us and always got smiles in return. I also felt surprisingly welcomed in restaurants and other public places.

I am a woman and yet did not feel like a second-class citizen. I felt recognized as unique, respected for what I am, but . . . separate. Though I found the mosque experience uncomfortable, it reaffirmed my belief that we need adaptability and cultural sensitivity in encountering other lands and cultures.

Cairo is Islamic, and I traveled there as a Western woman. I was admired and questioned, challenged and accepted. It was enlightening because Cairo took me out of my Western frame of reference. We arrived with apprehension about the Middle East and left with a better understanding and appreciation of cultural differences.

Even though this was a setting with rigid, culturally defined gender roles, it was apparent to me that this world of ours really is not such a lonely planet.

Dawn Tanner is a graduate student in the Fisheries, Wildlife and Conservation Biology Department at the University of Minnesota. She lives in St. Anthony Park.
just push out as much cheese as possible."

Nelson said that on a typical Wednesday, she and her co-workers will sell about 150 pounds of product in all forms, at prices that are more than reasonable. A pound of cheddar, for example, sells for $5.75. Comparable cheddar would cost at least $10 elsewhere, she said.

"For blue cheese," she noted, "we're a steal at $6 a pound." All profits from the salesroom go back into the operation. Many of the dairy goods on sale are the delicious result of the department's classes in dairy processing and food engineering. Other products are the output of research into new techniques of food preparation. Then there are foodstuffs that have been produced in the department's pilot plant testing facility.

Judging by the reactions of the steady stream of customers on a recent Wednesday afternoon, all are delectable.

Like many customers, John Speckhardt is on staff at the university. After work on Wednesday, the 32-year employee stops by the salesroom, just as he's been doing for the last quarter century, to pick up a chunk of his favorite cheese, the tomato-basil feta.

For Speckhardt, the location of the salesroom was one of the move-in tips he received from the previous owner of his Como neighborhood home. Over the years, said Speckhardt, "the staff has changed, but not the cheese. It's still the same great product."

St. Anthony Park resident Glen Skovholt swears by the Nuworld Spread, a soft blue cheese without the blue veins. Skovholt said he frequently gives pots of the spread as gifts.

Skovholt said that an earlier newspaper article about the salesroom left some longtime neighborhood residents mildly alarmed that a cherished neighborhood institution was about to be overrun.

"Some people were concerned that there was too much publicity," he noted. Fortunately for those who love it, the out-of-the-way salesroom carries its own guarantee of a select client base. After the publicity died down, the customer list settled back to the short list of those familiar or persevering enough to find the dairy hideaway.

Brö Just, a second-grade teacher at St. Anthony Park Elementary School, has been a fan of the salesroom ever since she brought her class to the food science pilot plant for a field trip.

"At the end of the tour, my colleague Ray Miller gave each student an ice cream cone," she said. One taste and it was the teacher who was hooked. Just said she is one the salesroom's most distinctive customers, because "I always ask for yogurt. Their frozen yogurt is the best."

Her companion, a well-fed gentleman who would identify himself only as "Carl," has more robust tastes. Carrying an assortment of half-gallon cartons to the cash register, he announced happily, "Six nights of ice cream here. That's why we're back every Wednesday."

The Dairy Food Products Salesroom is open to the public on Wednesdays from 3 to 5 p.m. It's located in Room 166 of the Andrew Boss Lab of Meat Science, 1354 Eckles Ave., on the St. Paul campus. Gift certificates are available.

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A Community of Heart

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Gale Frost

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Serving St. Anthony Park since 1975.
Cabin in the city veers from conventional
by Jc. Drobat

Whatever your feelings on the teal-colored log cabin that appears surreally out of place, near bustling Highway 280 in Lauderdale, it can’t be overlooked. And neither should the alternative and integrative practices offered within.

For over two years, Dr. Brian Malzer and his wife, Dana, planned the Lauderdale Wellness Center, which sits just blocks from their Lauderdale home. They wanted to create a unique environment of healing through progressive practices and practitioners.

On January 3, 2005, with the paint on the walls still damp, Brian, 30, and Dana, 31, opened the doors of their dream business. The original building was built in the early 1960s and was owned by a husband-and-wife team who lived on the main floor and ran their weather-stripping business out of the lower level.

Decades later, it was sold to another family that operated a security camera business in the basement while living on the main floor. When the Malzers purchased the building, it had been converted into four apartments, which were in disrepair. Brian did most of the renovation himself, enlisting friends and family when possible.

When it came time to open shop, the Malzers eschewed the typical open house in favor of invitations delivered to Lauderdale residents. They encouraged residents to drop by for a free spinal assessment, sweetening the offer with a free orthopedic pillow.

“A bit of a naive ‘build it and they will come’ mentality,” said the entrepreneur, “but it has worked well.”

Brian Malzer said his main goal for the first year was to get others to recognize and appreciate the difference in care offered at the Wellness Center. He strives for more personal, unhurried service, “versus the two-hour wait for your five-minute doctor visit most of us have gotten used to.”

As a U of M graduate in civil engineering, Malzer worked at a New Brighton firm for three years before the desire to flee from the purely mathematical overtook him.

“A bit of a naive ‘build it and they will come’ mentality, but it has worked well.” —Brian Malzer

It came from wanting to help people on a more personal level as well as witnessing his wife’s sense of fulfillment with her nursing career.

As a labor and delivery nurse, Dana was familiar with the demands of the health care field and well prepared for her role as the office manager.

Patients who see the chiropractor’s engineering diploma on his office wall often ask why he switched fields. Malzer doesn’t see it as much of a leap, noting that both he and his wife have brought their previous skills to a different set of challenges. He said the problem-solving skills taught in engineering school are similar to the clinical diagnostic skills taught in chiropractic school.

“The same composition and detail-oriented nature that made Dana such a good nurse has carried over to making her a great office manager,” he added.

The Wellness Center offers massage therapy; acupuncture, naturopathic medicine and a counselor/life coach, besides chiropractic services and functional medicine, which Malzer described as the “custom-tailored” nutritional treatment of chronic diseases.

There is always more than one way to fix a problem, he said, and the more tools you have available, the more likely you are to have the best solutions. He asked, “Why do two people with the same chronic condition respond differently to the same treatment? Because they are different people.”

Malzer said that small genetic differences alter how people respond to their environments. Defining these differences can explain why a person has chronic problems, he said. Functional medicine can be a catalyst in finding a solution.

“Malzer said he fights misconceptions about the chiropractic profession — that it’s unsafe or addictive. He encourages patients to communicate any such concerns to him and said he is committed to talking with them about any reservations prior to treatment. Another obstacle is a perception among insurance providers that chiropractic care is complementary or alternative medicine.

“In truth, he said, “chiropractors are specialists in the treatment of musculoskeletal injuries and, in addition, may have subspecialties like clinical nutrition, orthopedics and radiology.”

He said massage therapists use the tools of their trade to treat conditions related to muscles, and acupuncturists rely on traditional Chinese methods, which differ from the Western diagnostic and treatment system.

“Theyir systems of diagnosis and treatment are difficult to describe in Western vernacular,” he said, “but they often arrive at the same positive outcomes. It’s a completely different path to the same destination.”

According to Malzer, the most common complaints that bring patients to Lauderdale Wellness Center are neck and back pain. Hand numbness and shoulder pain are a close second, and digestive problems such as irritable bowel syndrome also rank high for patients, who range in age from 2 months to 90 years.

“The most rewarding part of doing what I do is being able to give people individual attention and watch their health and quality of life improve,” he said.

The Lauderdale business couple, who built their practice from the ground up, said they wouldn’t change a thing they’ve experienced so far, and they’re open to whatever the future brings.

“We have been in constant evolution along the way, and very little has been static,” said Brian Malzer. “So far, it has been a great adventure.”

The Lauderdale Wellness Center, 2443 Larpenteur Ave., has been in operation since January 3, 2005.
Join your neighbors in planning

The Future of Como Avenue

The St. Anthony Park Community Council is collaborating with the Center for Neighborhoods to host a series of public meetings to consider, discuss and imagine the potential for North St. Anthony Park’s main street.

Mark your calendar for the following dates:

- **March 21** - Kick-off - SAP Elementary School, 7pm
- **April 11** - Block Exercise, SAP Elementary School, 7pm
- **May 2** - Como Avenue Forum, SAP Elementary School, 7pm
- **May 24** - A Vision for Como Avenue (location to be announced)
- **October 10** - Public Review - Como 2030 Plan Draft 1 (location to be announced)
- **November 10** - Public Review - Como 2030 Plan Final Draft (location to be announced)

By coming to the workshops, you will help shape the Como 2030 Plan which will include detailed visions, goals, concrete actions, design guidelines, recommendations for housing, commercial uses, zoning, environmental issues, and circulation until the year 2030. The Center for Neighborhoods will provide a variety of tools and formats for gathering and sharing information, analyzing policy, and increasing the ability of citizens to participate effectively in public decision-making.

Thanks to the Center for Neighborhoods and the St. Anthony Park Community Foundation for funding this work.

For more information, visit www.sapcc.org or call 651-649-5992.

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Girls Rule!

Take part in activities that include learning about how to let your inner princess shine in a fun "girls rule" environment! Dance parties, games, hair styling, nail painting, fashion, and friends.

**Date:** March 2-30, **Time:** 5:30pm-6:30pm
**Location:** Langford Park Rec. Center

**Fee:** $75.00, **Age:** 10-14

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Java Train from 1

have inspired the law.

But as Christine Rozek, of St. Paul’s Office of License, Inspections and Environmental Protection, pointed out, that doesn’t explain why the law only restricts licenses in "cities of the first class," a reference to size that leaves Roseville and Falcon Heights unrestricted.

Rozek and others said the proposed legislation would not give businesses an easy pass to a liquor license because they’ll still have to hold neighborhood meetings and comply with other standard requirements under the city’s normal process for obtaining such a license.

"Our reasoning is, our system for administering a license is very thorough," said Wendy Underwood, of St. Paul’s Intergovernmental Affairs Office, which has been working on Java Train’s behalf to craft the proposed legislation. The liquor licensing process, she said, "is very successful" and doesn’t need the extra step to protect neighbor-hoods near the Fairgrounds.

If the bill passes, Java Train owners Chris and Steve Finnegan will seek to upgrade their current "limited restaurant" license to a "restaurant B" license and then seek a license to serve wine and beer.

Chris Finnegan said they plan to expand the restaurant space into part of the area now occupied by their other, adjacent business, the Fighting Iris flower shop. They’d like to attract an evening crowd, she said.

"Daily, we get requests for the wine and beer operation," she said. "The neighborhood is driving it."

District 10 Executive Director Sue McColl, in whose district Java Train is located, said the Community Council passed a resolution in December giving preliminary support to Java Train’s journey toward a license.

"The vote was to support seeking the waiver from the Legislature," McColl said. "It did not put any kind of stamp of approval on what Chris and Steve wanted to do."

That will have to wait for the liquor license process, McColl said, which will include at least one neighborhood meeting and other notifications. She noted that at the December council meeting, more neighbors seemed to be speaking against the license than for it, and the council approved the motion in spite of the opposition.

Chris Finnegan said that if the Legislature either grants them a waiver or changes the statute, and if the licensing goes through, they hope to have their business expanded sometime this summer.
My wife, Jean, and I, after nearly 44 years of marriage, have devised a number of ways to communicate with each other.

One way is to whistle softly a four-note phrase that sounds like “Hello sweetie,” with the “Hello” on the same two lower notes, then going up on the “Swee” syllable and back down on the “tie.”

We use this four-note whistle when we’re roaming through different aisles of a big box store and are looking for each other. When I hear that tune, I stop to figure out where it’s coming from and head in that direction.

One morning not long ago I was out with our dog in the back alley when I heard that soft whistle. What the heck was going on?

If Jean wanted to tell me the phone was for me, why didn’t she use the garden bell outside the back door and clang it a few times? (Like Pavlov’s dogs, I also respond to bells.)

My interest piqued, I walked toward the house, where I saw Jean leaning out the bedroom window, frantically waving.

“What’s up?” I asked.

“That big bird is back!” she stage-whispered. “The one that was here yesterday, out front. It’s back.”

I went in the side door so the dog wouldn’t bound around the corner of the house and into the front yard, where he might spook the bird.

While hustling to get to the front window as fast as I could, I thought of the large bird we had seen the day before, which had grabbed a smaller bird out of a shrub right next to the front window and carried it to a tree.

We thought it was a sharp-shinned hawk, based on a fleeting glance at the size. And I thought I saw the black and white pattern of a junco in its clutches.

Was today’s bird the same hungry one we had seen yesterday, or was this a new visitor?

When I arrived at the front window, Jean quickly updated me. The bird she had seen in the same shrubs next to the birdbath was now perched in our neighbor’s mountain ash tree.

It looked more like a Cooper’s hawk, larger than the sharp-shinned hawk, but with a similar appetite for eating other birds.

These two accipiters, as they’re called, are probably the toughest raptors for me to identify. Each of my hawk identification guidebooks has a bookmark stuck in the sharpie/Cooper’s section.

I pull them off the shelf every time I see either of these birds and compare my visual notes to the photos and descriptions in the books.

Both birds have orange barring across the chest, white undertail coverts (feathers) and dark bands on the tail, with a narrow white band at the tip.

The Cooper’s hawk tail is more rounded than the sharpie’s.

The sharp-shinned male is the size of a robin, the female as big as a pigeon. The male Cooper’s is smaller than a crow, the female about the size of a crow.

Some guide books say a female sharpie can be larger than a male Cooper’s. Another respectable book says they never overlap.

Despite the discrepancies, I pull out my books every time one of these beauties cruises into the neighborhood.

In a prior column, I noted that sharp-shinned hawks often beat their way into shrubbery to get to their prey. Through further research, I’ve learned that the Cooper’s hawk is every bit as much a bushwhacker as the sharp-shinned.

I was pretty convinced that this morning’s hawk was a Cooper’s hawk: the large size, rounded tail and strong white terminal band at the end of the tail.

We get a good look at it.

Since it was thrashing the same bush as yesterday’s hawk, I believe we were seeing the very same hawk. It had success yesterday and was returning for another chance today.

This morning’s hawk was spooked by a delivery man coming to the neighbors’ house. It flew about 30 feet to the Juneberry tree outside our kitchen window.

Then, after a few moments’ pause, it dropped to the sidewalk at the corner of the house.

I have no idea what it was going after, but we did have a Cooper’s snatch a vole out of the yard a few weeks ago. And with birdseed scattered under the feeders in the front of the house, there may have been an unlucky rodent in the hawk’s sights.

Having an accipiter grab a bird out of the yard reminds me that bird feeders are bird feeders, whether the food is seed or bird— a grim reality in nature.

As Jean says, “It seems everything is food for something else.”
Get ready, dinosaur fans! Get ready, artists! And most importantly, get ready, kids!

Dinosaurs are soon to take over downtown St. Paul and Minneapolis parks in honor of the Science Museum of Minnesota’s 100th anniversary.

In the spirit of the Peanuts statues commemorating Charles Schultz, 100 long-necked dino sculptures will hit city streets for a whole summer of fun.

The dino sculptures are about nine feet long and four feet high — perfect for climbing on.

Though not anatomically accurate, they are incredibly cute and are the perfect choice for highlighting the history and importance of the Science Museum as a center for popular science education in the Twin Cities.

They are an even better choice when we reflect on the role that paleontology has played in the development of the Science Museum of Minnesota over its 100-year history.

Some of the first collections housed at the museum were of dinosaur bones, some of the first scientists on staff were paleontologists, and some of the oldest and most popular permanent exhibitions at the museum have paid homage to the research in paleontology that goes on in the bowels of the museum, behind the scenes.

The best part of these dinosaur statues is that they also allow us to highlight not just where the Science Museum of Minnesota started but also where we are now.

As you loyal readers of No Bones know, sauropods are my personal favorite dinosaurs, and the group is the subject of the biggest part of my own research. What a great way to bring our own real science research, and our iconic dinosaurs, to the public eye.

I’m already getting e-mails from kids filled with questions about sauropods, and just a few days ago at the press conference, kids rushed the sample statue to give it a hug. Who doesn’t love sauropods?

And believe me, those of you who read No Bones are probably the best-trained population of newspaper readers ever to observe sauropods. You already know more than most paleontologists about sauropods, just because I can’t stop talking about them.

So, a little more information on the sauropods on parade:

They’re modeled after a group of dinosaurs called rebbachisaurids (ruh-bach-ee-sore-ids). Rebbachisaurids lived at the end of the age of dinosaurs in Africa and South America, and they are among the most poorly known of all sauropod groups.

Only a few well-preserved skeletons have been recovered. I find them particularly interesting because, along with the group of dinosaurs that I study (the titansaurians), rebbachisaurids stuck around once other, more familiar groups of long-necked dinosaurs were extinct.

My colleagues Jeff Wilson and Paul Sereno described a new species of rebbachisaurid they called Nigersaurus, since they discovered it in Niger. Nigersaurus is one of the weirdest dinosaurs you’ll ever see. I heard Paul describe it as a “Cretaceous lawn mower.”

Unlike most other sauropods, who have weak, peg-like teeth that don’t seem to be very adept at “in-mouth food processing” (aka chewing), Nigersaurus’ delicate teeth are stacked together in what paleontologists call a “dental battery.”

You can think of it as a conveyor-belt-like system of teeth that comprise a grinding surface perfect for masticating vegetation before swallowing. Only a few other groups of dinosaurs have this structure — the duckbilled hadrosaurs and horned ceratopsians.

Nigersaurus’ dental battery picked up to 600 tiny teeth into a shovel-shaped skull — perfect for chomping on newly evolved grass. Comparing rebbachisaurs and titansaurians is a project my colleagues and I are just beginning to explore.

The sculpted rebbachisaurids will be painted by local artists, and you could be one. A call for artists has just been released. Check out www.digdinos.org for more information, and get those creative juices flowing.

I would love it if No Bones readers used their deep knowledge of sauropods to appropriately and beautifully outfit one of these little dinosaurs.

Until next time, stay warm!
Local women keep in the pink for a friend

by Dave Healy

As a fashion statement, streaked hair comes and goes. But as a gesture of solidarity, it’s timeless.

St. Anthony Park resident Christina Huff learned that recently when a group of her friends and relatives gathered at Salon EQ to have their hair treated with pink streaks.

Huff learned in December that she has breast cancer. When her sister, Jennifer, heard the news, she told Chrish about getting pink streaks in her hair to honor a friend who has the disease.

Huff mentioned the idea to her friend and hairstylist, Emma Quinlan-Connelly, who owns Salon EQ at 2464 Como Ave. Connolly started making calls. The result was a combination fundraiser and show of support attended by about 40 women. They paid $5 per streak, the money going to the Huff Breast Cancer Benefit Fund, which Connolly’s husband, Pat, set up at Park Midway Bank.

Not everyone who attended the party got her hair streaked, but most did.

“I was surprised at some of the people who took the plunge,” Connolly said. Surprises were also in store for people attending a February 12 open house at St. Anthony Park Elementary, where several of the greeters were sporting newly streaked hair.

“He is in the midst of chemotherapy, which she has every three weeks. She has been encouraged that tests show the cancer is shrinking. Huff is in the midst of chemotherapy, which she has every three weeks. She has been encouraged that tests show the cancer is shrinking.

On February 10, about 40 women gathered at Salon EQ for a Pink Streak Party in honor of St. Anthony Park resident Christina Huff, who has breast cancer.

Area dentists help kids brush up on oral health

by Dave Healy

Emily Durand had a problem.

After organizing a group of her fellow dental hygiene students to conduct a free dental health presentation in the Phillips-Powderhorn neighborhood in Minneapolis, she realized they had no toothbrushes to distribute.

Durand, who lives on Downwell Avenue in St. Anthony Park, turned to four dentists with nearby offices on Como Avenue. Any chance, she asked, you might have a few extra toothbrushes to donate for a good cause?

Todd Grossman and Paul Kogegard of St. Anthony Park Dental Care, Bill Harrison of St. Anthony Park Dental Arts, and Franklin Steen dug through their drawers and collectively came up with 150 brushes.

“It was great to have these dental offices so close to home, and great that they were so willing to help out,” said Durand.

Durand, a dental hygiene student at the University of Minnesota, leads the local student chapter of the American Dental Hygienists Association (SADHA). February was National Dental Health Month, and SADHA was part of a program called “Give Kids a Smile,” which uses volunteers to provide free dental care and dental health education for children and parents.

Last year, the program provided free dental services for over 500,000 underserved children on the first Friday in February. Events took place at some 2,000 locations across the nation, with over 27,000 dental team volunteers and 12,000 dentists participating. This year, even more were expected to be involved.” Give Kids a Smile” represents only part of SADHA’s volunteer activities this year, Durand said.

“It was a really wonderful show of support,” she said. “I feel very blessed.”

On February 10, about 40 women gathered at Salon EQ for a Pink Streak Party in honor of St. Anthony Park resident Christina Huff, who has breast cancer.
Area legislators hear constituents’ concerns at February 17 town meeting

On February 17, three Minnesota legislators — Sen. Ellen Anderson (DFL-66B), Rep. John Lesch (DFL-66A) and Rep. Alice Hausman (DFL-66B) — held a town meeting at the Como Park Pavilion. Each made a presentation about his or her legislative priorities for the current session. Then the three entertained comments and questions from the audience.

Anderson began by warning that the size of the current budget surplus has been misrepresented in recent news reports. “The projected surplus doesn’t take inflation into account,” she said, “and all of us know that you can’t ignore inflation.”

Anderson said she is focusing on six areas this session:
1. Property tax relief and reform.
2. Transportation funding.
3. Early childhood education and all-day kindergarten.
4. Renewable energy.
5. Comprehensive health care.
6. Dedicated funding for the environment, recreation and the arts.

Hausman said other cities are ahead of St. Paul in transportation planning and improvement, and the west metro area is ahead of the east metro. “We have some catching up to do, especially when competing for federal dollars,” she said.

Hausman said transportation funding must serve both rural and metro Minnesota, both roads and transit. She argued that a sound transportation policy will improve economic health, public and environmental health, and access to affordable housing.

“If the availability of public transit can enable a family to give up a car, that means less pollution and more money for them to put toward other needs, like housing,” she said.

The second half of the two-hour meeting was given over to comments and questions from the audience. People expressed the following concerns:

- In-state long-distance rates are too high.
- Property taxes are pricing some people, especially younger families, out of their homes.
- The school year should be lengthened.
- We need more affordable housing.
- Universal health care legislation should be passed.
- Local government aid should be restored so we can increase police and fire protection.
- Domestic partner benefits should be available for GLBT citizens.
- Prescription drug prices are too high.
- Minnesota should not tax federal and military pensions.
- Constitutionally dedicated funds should be split between conservation and the arts.

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- Minnesota should not tax federal and military pensions.
- Constitutionally dedicated funds should be split between conservation and the arts.
Como Park Elementary will host an open house for prospective students Thursday, March 6, 6–7 p.m. Meet in the Planetarium to start the evening. All are welcome to take a tour, see the classrooms, talk with teachers and learn about the school’s programs.

Kindergarten orientation will be held April 12, when faculty will be available to help complete registration forms.

March 8 is an early release day; students will be dismissed at 12:35 p.m. There is no school on Friday, March 9. Evening conferences will be held on March 20 and 22, and daytime conferences on March 25.

All St. Paul Public Schools will be on spring break April 2–6.

St. Anthony Park Elementary held an open house February 12. Some parents visited as part of National African-American Parent Involvement Day. They enjoyed breakfast in the school cafeteria before visiting classrooms with their child.

Parent volunteer Vicki Stewart said that the school’s reputation for academic excellence drew some 50 families from neighborhoods throughout the Twin Cities.

One highlight of the tour was an Egyptian Museum Walk through Colleen Osterbauer’s and Judy Roe’s sixth-grade classrooms. Students had research projects on display and answered questions on the pyramids, mummies and clothing fashions of ancient Egypt.

A fundraiser kick-off will be held February 28 for the St. Anthony Park Elementary Read-A-Thon. Students are asked to read 30 minutes a day during a two-week period. The goal is for the whole school to read 100,000 minutes.

In addition to establishing a daily reading habit, the event will raise money for the school. Students are asking friends, neighbors and relatives to sponsor them.

Principal Andrea Dahms has promised that she will kiss a pig if the students reach their goal. The St. Paul Saints baseball team has promised to supply the pork for the culminating event on March 22.

On March 5, the Pacifica Quartet will give a concert at the school. Students will learn how folk music influenced the works of composers such as Haydn, Dvorak and Beethoven.

Second-grade students will be put to the test while working with guest artist and cartoonist Duane Barnhart during March. Fifth graders will focus on environmental studies with an overnight field trip to Camp St. Croix near Hudson, Wisconsin, March 28–30. The last part of March will witness an art show, part of the Celebration of Talent, an annual rite of spring at St. Anthony Park Elementary. The celebration showcases visual, performing and literary art.

A talent show will take place in May, and the literary journal will be published at the end of the school year.

Fourth-grader Ellen Pundy and fifth-grader Cal Nicholson recently won highest honors in this year’s WordMasters Challenge — a national language arts competition.

Other students who also achieved outstanding results were third-graders Avery Larson and Maksie Lighthiott; fourth-graders Celia Cimmes and Rachel Williams; fifth-graders Dan Baden, Henry Johnson, Dane Oflut-Olson, Dalan Cassidy, George Hinson, Whitney Manning, Madison Ostergren, Bailey Perry and Chloe Slikman; and sixth-grader Luke Lageson.

Fifth-grade teacher Bill Leslie, who organizes the program for the school, says that WordMasters was adopted into the school curriculum about six years ago to help with vocabulary.

“Our main motivation is not the competition,” he says, “but it is fun to see how we do. We always do better than average.”

Kindergarten registration will take place March 8, 6–7:30 p.m. Families from throughout the Twin Cities are welcome to register for full- or half-day kindergarten. Conferences will be March 22 and 23.

St. Anthony Park School is located at 2180 Knapp St. For more information, call the school at 283-6735 or visit stanthony-apps.org.

Chelsea Heights Elementary will continue its Arts for All — Arts 25 Program this spring. The school was one of nine in St. Paul to receive a $5,000 award to explore African and African-American art forms. January events included a musical performance in honor of Martin Luther King, Jr. Day, as well as a workshop for teachers. Upcoming events include music, dance and storytelling performances.

The Arts for All — Arts 25 Program is funded by the St. Paul Public School District and is designed to stimulate students’ imaginations and expand their understanding of the arts. Projects encourage long-term partnerships between schools and the local arts community.

Ninety cast members are gearing up for three performances of “Footloose” at Murray Junior High. Shows will run Friday and Saturday, March 2 and 3, at 7 p.m., and Sunday, March 4, at 2 p.m.

Tickets are $7 for adults and $5 for students. However, tickets purchased during school lunch the week of the show will be $4 for all.

For more information, contact Lisa Schibel (lisa.schibel@spps.org) or visit www.murray.spps.org.

Falcon Heights Elementary School has started a new project, “Equity, Equity Read All About It.” The program was created by school staff to help implement the district’s Equity Vision, which was adopted several years ago to create a welcoming learning community for all.

The project includes teachers reading a carefully chosen set of picture books (one per month) and leading follow-up discussions. A goal of the discussions is to further awareness of difference and to understand how all people need to be treated respectfully.

Como Park High School’s Music Department will present a choral concert — “Ready, Set, Go” — featuring the Women’s Choir, Men’s Choir, Donna de Cantare Concert Choir and Sounds Reinforcement Vocal Jazz.

The concert will be Wednesday, March 14, at 7 p.m. Tickets at the door are $2 for adults, $1 for students and seniors.

Como Park High School is located at 740 Rose Ave., three blocks west of Dale and just south of Maryland.
Community Art Show

An opening reception for the 2129 Commonwealth Ave. show will continue through April 13.

The gallery is located in St. Mark's Episcopal Church, 2136 Carter Ave. Regular gallery hours are 9:30 a.m. to 2:30 p.m. M-F and 8 a.m.–noon Sunday.

Music in the Park Series presents Arts Events will take place at St. Anthony or call 645-5699. The concert includes works by Beethoven, Dutilleux and Britten.

The Metropolitan Symphony Orchestra returns Sunday, March 25, at 4 p.m. for its annual concert at St. Anthony Park Lutheran Church, 2353 Como Ave. Adam Kuenzel, principal flutist of the Minnesota Orchestra, will perform with the orchestra in Mozart's Concerto #2 for Flute and Orchestra in D major, K. 314. Kuenzel will also present the world premiere of local composer John Tartaglialla’s “The Dreamcatcher” for solo flute, strings and harp. Also on the program is Beethoven’s Symphony 6 (Pastoral) and his Overture to Coriolanus.

The concert is free. Donations will be accepted.

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

An opening reception for the ninth annual Celebration of Community Art Show at the Undercroft Gallery will be held Sunday, March 4, 6–8 p.m. The show continues through April 13.

The Art Variations Group will host an opening reception for a presentation on soil amendment and composting. Long is the owner of Minnesota Mulch and Soil, and Scott County Nursery.

The business meeting will start at 6:30 p.m. and the program at 7:15 p.m. It will take place at the St. Anthony Park Library.

Home and Garden Show

The 16th annual Greater Midway Home & Garden Show will be held at Crossroads Elementary School (Front and Daley) on Saturday, March 17. The event is sponsored by Space, a nonprofit community development corporation.

Workshops will be offered on energy-saving home improvements, choosing a contractor, planning for a kitchen remodelling project, mosaic tile for kitchens, creating landscaping spaces, city vegetable gardening and gardens for shady spaces.

The exhibit hall will feature local home improvement contractors and products, landscaping experts, master gardeners, senior resources and financing options. A children’s birdfeeder building project will be led by Elpis Enterprises.

Workshops will be from 9 a.m. to 2:30 p.m. The exhibit hall will be open from 10 a.m. to 3 p.m. Admission and parking are free. For more information, call 481-1039.

Raptor Center

As part of its spring lecture series, the Raptor Center will present Stan Tekiela and “Uncommon Facts about Common Birds.” The talk will take place Sunday, March 18, from 1 to 2:30 p.m. at the Raptor Center, 1920 Fitch Ave. on the U of M’s St. Paul campus.

Tekiela, director of Starring Lake Outdoor Center, is also an award-winning author, naturalist, columnist, wildlife photographer and radio personality.

Cost for the event is $10 for adults, $5 for seniors. To register, call 612-624-9753.

Raptor Tails Story Time continues with two sessions this month:

March 8: Raptor beaks March 22: Raptor geology Sessions are 1–1:45 p.m. at the Raptor Center, 1920 Fitch Ave. on the U of M’s St. Paul campus.

Participants will hear a story, meet a live raptor and make something to take home. Call 612-624-9753 to register. Cost is $5 per child; no charge for adults. One adult per five children is required.

The U of M’s College of Veterinary Medicine has named Julia Ponder as executive director of the Raptor Center.

A graduate of Texas A&M University’s College of Veterinary Medicine, Dr. Ponder practiced small animal medicine in the Dallas area before moving to Minnesota in 1998. She originally joined the Raptor Center as a volunteer, working three mornings a week as a veterinarian in the center’s clinic. She became staff veterinarian in 2002, providing medical care and rehabilitation to the more than 800 eagles, hawks, owls and falcons that are treated each year.

The Raptor Center reaches more than 250,000 people annually through public information programs.
Frenchies: Buddy, T onka, Gypsy
designate them with a greeting or
monetary donations and
treatment goes as well. XO Kat." says, "For Reba: I was treated at
and Dolly," reads one. Another
oiled machine."
organization has it all together,"
they are impressed. "This
first experience with FBRN, and
network.
tion matters with others in the
and conversation on rehabilita-
caregivers, the Stovers seek advice
Yahoo chat groups. As foster dog
help FBRN pay Reba's medical
fees collected for adoption, will
the familiar Humane Society,
about 10 years ago. FBRN
availability of dogs. There is a
rehabilitation and adoption
features information on the
maintains a Web page that
Massachusetts, conducts much of
FBRN, headquartered in
the country supports Reba's care.
has weekly physical therapy.
muscle tone and alertness, and
showing steady improvement in
course of antibiotics. Reba is
meningitis, and she was put on a
dog rescue organizations offer a
second chance for pets. One advantage of FBRN is
that the people involved have:
neurogenic paralysis, and plants an AV
mitochondria in each dog before
adoption. The organization provides education about the
need for caregivers. It maintains
rigorous requirements for foster
families and prospective adopters.
Applicants who want to
adopt Reba, Shoeless Joe, Lucy
or others profiled on the
FBRN Web site must submit an
application that is reviewed by
Lou or others profiled on the
site. A home visit is arranged
before the adoption is final.
Merica says the foster
experience has had many benefits for her and her family. As a
microbiologist, she enjoys
discussions with Reba's vets about
the diagnosis and treatment of
meningitis. Having Reba has been an opportunity to learn
more about health care for dogs,
particularly French bulldogs, a
dog the family loves.
The whole Stover family,
which includes a Frenchchi named
Gigi and a Sheltie named
Sapphire, has grown fond of
Reba. Nate and Meg have
learned about the special needs and pleasures of caring for a
disabled dog.
"It's about the dogs, but it's
also about saving something," says Merica. "It's about putting
together and saving something.

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collection of poems is "The Rhubarb King," Loonfeather Press,
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column is supported by The Poetry Foundation. The Library of
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poetry.

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1579 Hamline Ave.
644-9959, 373-2600

Music
Every Monday, 7:30pm

Roots Music Showcase
Every other Thursday, 7pm

Open Mic with Bill Muenzer
Every other Sunday, 6pm

Feigning Interest Benefit Concert
March 2, 8pm

Wild Raspberries
March 3, 8pm

Loud Ray
March 9, 8pm

The Mirabelles
March 10, 8pm

B.L.T. (Burke, Lidell, Tate)
March 16, 8pm

Inish Mohr
March 17, 8pm

Matthew Fox & Shaun Akers
March 23, 8pm

Scott Bravo
March 24, 8pm

Como Park High School
740 W. Rose Ave., 293-8800

Choir Concert: Ready, Set, Go
Women’s Choir, Men’s Choir,
Donna di Cantare Concert Choir,
Sound Reinforcement Vocal Jazz
March 14, 7pm

Pacifica Quartet
March 25, 4pm

St. Anthony Park Lutheran
Church
2323 Como Ave., 645-0371

Benefit concert for China Service
Ventures and the Hongzhi
Donation Program featuring
award-winning young pianists from
the Twin Cities
March 3, 7pm

Metropolitan Symphony Orchestra
March 25, 4pm

Visual Arts

Anodyne Artist Company
825 Carleton St., 642-1684

Art ... what is it?
Each third Thursday
Doors at 7pm
Performance starts 7:30pm

Goldstein Museum of Design
2129 Conservatory Ave.
645-5699
www.museum.luther.edu

Design Redux: Eames as Paper
Through March 31

Raymond Avenue Gallery
761 Raymond Ave., 645-2677

“Talent in Our Town”
Photographs by Donald Kahn
March 9-April 13
Opening reception, March 9,
6-8pm

St. Anthony Park Lutheran
Church
2323 Como Ave., 645-0371

Koffe Mbairamadji
Through April 8

Textile Center
Joan Mondale Gallery
3000 University Ave.
“A Common Thread,” Annual
Members Exhibition
Through March 10

Undercroft Gallery
St. Matthew’s Episcopal Church
2136 Carter Ave., 645-3058

Community Art Show
February 28-April 13
Opening reception and awards
March 4, 6-8pm

Grantmakers:
Not-for-profit organizations, neighborhood, and
community-based groups serving the needs of
the St. Anthony Park/District 12 area.

Grant Application Forms:
Available on-line at sapfoundation.org or at the
St. Anthony Park Branch Library.

Grant size:
$5,000 maximum

Questions:
Contact Jon Schumacher at
651/641-1455 or
on-line at jons@sapfoundation.org

Saint Anthony Park Community Foundation
2007 Grants Program

Deadline:
Must be postmarked by Friday, March 16, 2007
to PO Box 8038, St. Paul, MN 55108

Eligible Organizations:
Not-for-profit organizations, neighborhood, and
community-based groups serving the needs of
the St. Anthony Park/District 12 area.

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651/641-1455 or
on-line at jons@sapfoundation.org

Saint Anthony Park
Community Foundation

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Su 11 a.m. - 5 p.m.
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The Saint Anthony Park
Community Foundation
2007 Grants Program

Deadline:
Must be postmarked by Friday, March 16, 2007
to PO Box 8038, St. Paul, MN 55108

Grantmaking Priorities:
Arts & Humanities, Community Economic Development,
Education, Environment, Health, and Housing

Questions:
Contact Jon Schumacher at
651/641-1455 or
on-line at jons@sapfoundation.org

Saint Anthony Park
Community Foundation
Falcon Heights recycling.
9:30-11:30 a.m. Every Friday.
Anthony Rec Center, 890 Cromwell, bowling and darts, South St.

10:30 a.m. Every Friday.
St. Anthony Park Library, 6:30-7:30 p.m.

Story Time for preschoolers, ages younger), South St. Anthony Rec Center today through March 26.

12 Friday

Quarter Carving classes start today at Langford Park Library, 7:15-8:45 p.m., Gopher Spot. Stop by between 4:30 and 5:30 p.m. to register.

• Neighbors for Peace planning meeting, 7 p.m.
St. Anthony Park Library. Call 642-0411 for more information.

• Toastmasters (645-6675), training continues. Call 644-0809 for more information.

• Free in-store wine sampling at The Little Wine Shoppe (2236 Carter Ave.). Stop by between 4:30 and 7:30 p.m. Must be 21 years of age or older to attend. All featured wines 10 percent off during the tasting.

9 Thursday

• St. Anthony Park Elementary School Board Meeting, 7 p.m.

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

• Total for 5-year-olds and younger), Langford Park Rec Center (298-5765), 10 a.m.-noon. Every Tuesday.

• Internet and word processing tips, community room, 7 a.m.
St. Anthony Park Library. Call 642-2599 for more information.

• Full Council Meeting, St. Anthony Park City Hall, 6:30-7:30 p.m.

• Park Press, Inc., Park Bugle board meeting, 5:30 p.m.

• FREE: 1-hour wine sampling at The Little Wine Shoppe (2236 Carter Ave.). Stop by between 4:30 and 7:30 p.m. Must be 21 years of age or older to attend. All featured wines 10 percent off during the tasting.

7 Wednesday

• Free five-state wine sampling at The Little Wine Shoppe (2236 Carter Ave.), 4-5:30 p.m. Every Wednesday at St. Anthony Park Library. Call 642-2599 for more information.

• St. Anthony Park Block Nurse Program, 1st and 3rd Wednesdays, 3:30-4:30 p.m.

• Chair exercise classes at Seal High-Away, 3-4:30 p.m. 952-256-1185.

• St. Anthony Park Elementary School Board Meeting, 6:30-7:30 p.m.

• Total for 5-year-olds and younger), Langford Park Rec Center (298-5765), 10 a.m.-noon. Every Tuesday.

• Internet and word processing tips, community room, 7 a.m.
St. Anthony Park Library. Call 642-2599 for more information.

• Full Council Meeting, St. Anthony Park City Hall, 6:30-7:30 p.m.

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6 Tuesday

• St. Anthony Park Express Club, 5:30-6:30 p.m.
St. Anthony Park Library.

• Chair exercise classes at Seal High-Away, 3-4:30 p.m. 952-256-1185.

• St. Anthony Park City Hall.

11 Sunday

• St. Anthony Park Elementary School Board Meeting, 5 p.m.

• St. Anthony Park Elementary School Board Meeting, 7 p.m.

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

• Total for 5-year-olds and younger), Langford Park Rec Center (298-5765), 10 a.m.-noon. Every Tuesday.

• Internet and word processing tips, community room, 7 a.m.
St. Anthony Park Library. Call 642-2599 for more information.

• Full Council Meeting, St. Anthony Park City Hall, 6:30-7:30 p.m.

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• Chair exercise classes at Seal High-Away, 3-4:30 p.m. 952-256-1185.
LIVES LIVED

Clifford Christenson
Clifford E. Christenson, age 91, who once lived on Brewster St. in St. Anthony Park, died on February 8, 2007, in South Carolina. He is preceded in death by his wife, Marie, and sister, Marion. He is survived by his son, Noel E. (Suzanne) and daughter, Anne Lockwood; two grandchildren; two brothers; and three sisters.

A Mass of Christian Burial was celebrated February 14, 2007, at Corpus Christi Catholic Church in Roseville, with interment at Fort Snelling National Cemetery.

Leslie Curtiss
Leslie B. Curtiss, age 91, of St. Anthony Park, died peacefully on February 10, 2007. He was a proud World War II veteran and an accomplished musician active in big bands and orchestras for 65 years. He was a member of the Evergreen Club, a prestigious musicians’ fraternity, and was also active in Knights of Columbus, Masons, Shriners and Scottish rites organizations.

He was preceded in death by his wife, Jean, and is survived by a daughter, Lynn (Don) Kloek, a son, Todd (Tisha) Curtiss, and five grandchildren.

A Mass of Christian Burial was celebrated February 16, 2007, at Corpus Christi Church, Roseville, with private interment.

George Hewetson
George B. Hewetson, age 84, formerly of St. Anthony Park, died February 4, 2007. He was a jazz drummer, World War II veteran, CPA and good father. He is survived by his son, David Hewetson, of Las Vegas.

A memorial gathering was held January 26, 2007, at American Legion Post 39 in North St. Paul.

Saulala Mafi
Saulala Mafi, former resident of St. Anthony Park and longtime employee of the Minnesota Housing Finance Agency, died peacefully, surrounded by family and friends, on January 18, 2007. He is survived by daughters, Nunia and Akesa, and brothers, Sitiveni (Julie), Malani (Fine), Sioeli and Fuatapu.

A memorial service was held February 2, 2007, at Lakewood Cemetery Chapel, with interment at Lakewood Cemetery.

Sir Bent Skovmand
Sir Bent Skovmand, an internationally renowned plant scientist and conservationist, died on February 6, 2007, in Kävlinge, Sweden, of medical complications related to a brain tumor.

A citizen of Denmark, he came to the University of Minnesota in 1966 as a participant in the Minnesota Agricultural Student Trainee program. He trained on a family farm in southwestern Minnesota, then returned to live in St. Anthony Park while he earned his B.S., M.S. and Ph.D. degrees (1971–1976) from the university in plant pathology.

His scientific career began at the International Maize and Wheat Improvement Center in El Batan, Mexico. There he worked with another U of M plant pathology alum, Dr. Norman Borlaug (1970 Nobel Peace Prize Laureate), in the wheat and triticale improvement programs.

From 1983 to 1989 he was on loan to a United Nations development project for wheat improvement in Turkey. Later, he headed a wheat genetic resources program, where his scientific, social and organizational skills, along with his ability to speak six
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Lives Lived from 18

language, were great assets. In 2003, Queen Margrethe II of Denmark awarded him the Order of Dannebrog. He was knighted for his scientific achievements in wheat research and for conservation of wheat genetic resources. He was then appointed director of the Nordic Gene Bank in Alnarp, Sweden, an international center for the conservation and documentation of plant genetic resources funded by a consortium of Nordic countries.

His wife, Eugenia; daughters, Kristen, Anneke and Astrid, and a son, Francisco, survive him.

Bent Skovmand was an enthusiastic advocate for higher education. He kept close ties to the University of Minnesota. The Skovmand family established the Bent Skovmand Fellowship for support of a graduate student at the University of Minnesota.

There is no charge for Bugle obituaries. Please alert the Bugle about the death of current or former residents of the area. Send more complete information if you have it. Obituaries are compiled by Mary Margenthal, 644-1650, mary.mergenthal@comcast.net.

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

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

Call Jennifer at 612-729-6481.

LIFE IN THE CHURCH:
Come and Share

BETHANY BAPTIST CHURCH
Skalthom at Cleveland St. Roseville. 651-651-0211
9:30 a.m. Christian Education for nursery - adults 10:45 a.m. Sunday Worship, Dr. Bruce Peterson 1:00 p.m. Korean Sunday Worship. Judge SLY Park Sunday 6:30 p.m. Wednesday Kids’ Club and Youth Groups.

COMO PARK LUTHERAN CHURCH - ELCA
1370 Hoye Ave. S., St. Paul, MN 55108-2300 651-666-7272
Handicapped Accessible
office@comoparklutheran.org PCLContact ministry 651-644-1897 www.comoparklutheran.org
Sunday Worship Schedule:
8:00, 9:00, and 11:00 a.m. Worship (nursery care provided from 8:45 a.m. to 12:15 p.m.)
10:00 a.m. Adult Education and Sunday School.
Holy Communion on 1st & 3rd Sundays.
Bible study available for 11:00 a.m. worship - call the church office before noon on Friday for a ride.
Wednesday Lenten Worship and Soup Suppers, Worship at 7:00 p.m.
Please join us for soup suppers every Wednesday during Lent (March 7, 14, 21 & 28) from 5:00–6:30 p.m. and worship at 7:00 p.m., Sopppers include soup, bread, fruit, dessert and beverages. Proceeds from soup suppers will be used to help youth for their summer mission trip and Bible camps.
Suppers: $5 for adults and children 12 & $3 for children 3 - 11.
Sunday, March 10: Visiting Preaching Scholar Dr. Mary Hinkle Shore
We welcome Dr. Mary Hinkle Shore from Luther Seminary as our visiting preaching scholar and adult forum leader. The topic for the adult forum at 10:00 a.m. is “Following to the Table.” Please join us!
Pastors: Martin Ericson and Mary Kaye Ashley
Director of Music Ministry: Thomas Ferry

FALCON HEIGHTS UNITED CHURCH OF CHRIST
1795 Holton St. at Garden. 651-646-2641 www.falconheightsuc.org
Sunday Worship: 10:00 a.m.
Education: 9:15 a.m.
Lenten suppers: 7 p.m. Thursday, March 1-29
An open and affirming, Jesus Christ Church
Handicap-accessible.

NORTH COMO PRESBYTERIAN CHURCH
963 Larpenteur Avenue W. Roseville 651-648-5581, ncpcmain@northcomochurch.org www.northcomochurch.org
Sunday Services: Worship 9:45 a.m., Education 11:00 a.m.
We welcome all to attend.
Handicap accessible.

PEACE LUTHERAN CHURCH - ELCA
1744 Walnut (at Erie) LAndale, 651-644-5440 www.peacelutheranlida.com
Lenten Wednesdays: 5:30 p.m. Soup Supper
100 Marty Haugen Songs Voings.
Thurdays, March 1-29: 5:30 St. Louis Cathedral Service.
March 28: 5:30 Holy Week Vespers.

ST. ANTHONY PARK UNITED CHURCH OF CHRIST
2129 Commonwealth at Chelmsford. 651-446-7173
Website: www.sapuc.org
Handicapped Accessible and an Open and Affirming Congregation.
Rev. Howard Erikson, 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.
March 4, Worship/Holy Communion: 10:00 a.m.

ST. ANTHONY PARK UNITED METHODIST CHURCH
All are welcome!
2209 Hiawatha Ave at Como 651-466-4859
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
More to choose (call us for details):
Fairfaith Fall FOREster – Mondays, 10:00 – 11:00 a.m.
Choir – Wednesdays, 7:00 – 8:30 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
2523 Como Ave. W., 651-645-0371
Staffed nursery available. Handicap accessible.
Pastor 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.
Wednesday in Lent.
Soup Supper 5:30 p.m.; Worship Service 7:00 p.m. “The Psalms”
February 28: Psalm 3 (Personal lament), Dr. Michael Rogness, Preacher
March 7: Psalm 121 (Pilgrimage), Dr. Buel Jacobson, Preacher
March 14: Psalm 126 (Rejoicing), Dr. Kathryn Schifferdecker, Preacher
March 21: Psalm 128 (Praises), Dr. Frank Gebhardt, Preacher
March 28: Psalm 144 (Praise), Dr. Doug Stanke, Preacher
Minnesota 50th Chinese Lutheran Church. 1:30 p.m.

ST. MATTHEW’S EPISCOPAL CHURCH
The Rev. Blair Pogue, Rector
2136 Carter at Chelmsford. 651-645-3058
Website: www.stmatthewsloc.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.
Wednesday - 10:00 a.m. Holy Eucharist (Rite I)
Lenten Services: March 1, 8 & 15
Soup supper @ 6:00 p.m. followed by Taize Worship

ST. CECILIA’S CATHOLIC CHURCH
2323 Como Ave. W., 651-646-4101
Pastor Howard L. Stedman
Brooklyn Park, MN 55428
Website: www.stcecilia.org
St. Cecilia’s Catholic Church is a community of believers called to joyfully serve God, one another, and the world.
We welcome all!
Come and Share