

Park Bugle

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

Volume 33, Number 11, May 2007

Dances with cows

by Natalie Zett

With 22 years' experience in dance and choreography, Maggie Bergeron can claim veteran status in her chosen field — and she's not yet 30.

Bergeron is hardly resting on her laurels, though. Instead, she's launching her own dance company and planning a new show, and she wants her neighbors to be part of it all.

Bergeron, who lives in St. Anthony Park, recently established her own dance company — Maggie Bergeron and Company — and will perform excerpts of an original piece, "House/Home," at the Gibbs Museum on May 19. The full version of "House/Home" will premier July 12–14 as a part of the "Momentum" series that will be presented by the Walker Art Center and the Southern Theater.

Bergeron grew up "on this little farm in the middle of nowhere in northwestern Minnesota. Yet somehow I was exposed to dance. There was a teacher from Grand Forks who came to our town to teach dance classes in the cafeteria of my elementary school. So that's how I got hooked on the dance thing."

Later, another instructor invited her to study at his dance studio in Grand Forks, N.D.

"My parents, who were sugar beet farmers, drove me three or four times a week to Grand Forks — an hour one way," said Bergeron.

Eventually, Bergeron began teaching dance classes herself. "I wanted to dance. I knew it back then," she said. "Later on, I would doubt it, but I knew then."

At age 15, Bergeron found herself torn between home and following her dreams. "I decided to leave home because I couldn't get what I needed there," she said. "It was hard, but I had to do it."

She found what she wanted at the Interlochen Arts Academy in Michigan, site of the well-known Interlochen Arts Summer Camp. Bergeron attended Interlochen for her junior and senior years of high school, and after graduation she worked summers at the camp as a dance teacher.

Dances with cows to 16



Photo by V. Paul Virtucio

St. Anthony Park resident Maggie Bergeron will perform excerpts of an original piece, "House/Home," at the Gibbs Museum on May 19. The full version will premier July 12–14 at the Southern Theater.

The eagle has landed (and Duke knows where)

by Judy Woodward

A bald eagle is an impressive sight. Even when viewed through an 80-power magnifying scope on a freezing early spring evening with busy freeway traffic not 30 yards away from the bare branch on which the bird huddles to keep warm, the view conjures up patriotic images and prompts nature-loving thoughts.

As the bird turns his white head to reveal the familiar beaked profile, a viewer feels that the

only things missing are Old Glory and the familiar strains of "The Star-Spangled Banner" welling up in the background.

It's a sight that Falcon Heights resident Duke Addicks plans to enjoy a lot in the coming weeks. Addicks, a long-time wildlife volunteer and a recognized expert on both the biology and the folklore of the eagle, will offer nature talks and eagle sightings every Wednesday

evening from 6:30 until dusk at a special viewing site near the Spoon Lake fishing area, west of the Highway 61/Highway 36 interchange.

For Addicks, 67, it was retirement from his day job as an attorney with Minnesota League of Cities that allowed him to ramp up his interest in eagles. Although he is a 25-year veteran

The eagle has landed to 18



Graphic courtesy of Paul St. Martin, St. Paul Dept. of Public Works

Changes approved for Raymond Ave.

At its April 12 meeting, the District 12 Community Council approved traffic-calming measures at the Raymond-Gordon intersection. Plans call for raised islands in the middle of Raymond, as well as additional signage and parking restrictions. Also, bike lanes will be added on both sides of the street. This intersection is one of three along Raymond that a task force identified as needing structural changes to improve pedestrian safety. The District 12 Community Council has submitted a grant application to the city of St. Paul that would fund the larger project. In the meantime, in response to concerns about a recent accident at the intersection, Ward 4 City Council Member Jay Benanov was able to procure \$24,000 to begin the project at Gordon Avenue this summer. Changes should be complete by Labor Day.

Vote in this month's Bugle poll at www.parkbugle.org: Is Raymond Avenue safe for pedestrians?

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CITY FILES**Como Park**

Hundreds of homes in the Como area will participate in a May 19 garage sale day organized by the District 10 Community Council. Area residents can register with District 10, and their sale will be listed on a map that will be distributed in the neighborhood, as well as available at www.ComoPark.org.

To register a sale online, go to www.ComoPark.org, then to the Contact Us page. Choose "Garage Sale" and fill in your name, phone number, e-mail address and a short description of your sale.

Registration is free, but donations to the nonprofit Como Park Community Council (also known as "District 10") are appreciated. Note that sales may begin earlier than scheduled or even the day before, but all will be advertised for the same times on Saturday.

Falcon Heights

Residents are invited to sign up for the Minnesota Energy Challenge at www.mnenergychallenge.org. Once you sign up, you will receive energy-saving tips. By entering your Falcon Heights address, you will be added to the city team and help Falcon Heights excel in the challenge.

Lauderdale

Lauderdale's citywide garage sale will be May 19. There is no cost to participate. The city will advertise the sale and create a map of sale locations. Residents who plan a garage sale that day and wish to have it included on the map must call City Hall (631-0300) by Monday, May 14. Sales may begin at 8 a.m.

St. Anthony Park

The third and fourth in a series of forums to discuss planning for the future of Como Avenue will be held in May.

At 7 p.m. on May 2, the third and final session directed by the Corridor Housing Initiative and the Center for Neighborhoods will be held at St. Anthony Park Elementary School. A panel of experts will present information and respond to questions.

On May 24, the District 12 Community Council will host a 7 p.m. meeting at Luther Seminary to discuss a total vision for the Como Avenue 2030 Plan.

Meetings are also planned in October and November to review drafts of the plan. For more information, visit www.sapcc.org/events/Como.php.

If you would like to be kept up to date on St. Anthony Park

news, join SAPark, an electronic discussion group of people in St. Anthony Park. To sign up, scroll to the bottom of www.sapcc.org until you get to the Yahoo Groups box.

Elections for the St. Anthony Park Community Council were held April 10. The following board members were elected: north delegates Greg Haley and Matt Carlson; north alternates Chris Donaldson and Chris Kalla; south delegates Ranae Hanson, Gregg Richardson and Arnold Ramler; south alternate Steve Van Houten.

The St. Anthony Park Community Council recently passed a resolution in support of naming one of the proposed light-rail transit stops the St. Anthony Park Station. In addition, the council continues to push for an interim zoning overlay that would help guide transit-oriented development on University Avenue.

Proposed improvements to the Raymond and Gordon intersection were presented to the SAPCC Board in April. To see drawings of the proposed changes, call the office at 649-5992.

— Anne Holzman

2007 COMMENCEMENT
Luther Seminary Graduates
Sunday, May 27
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 Professor of Church History,
 Luther Seminary

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Syttende Mai Celebration
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Neighborhood Volunteers

by Lisa Steinmann

Mary Hamel loves a warm kitchen. It's a place to gather thoughts along with ingredients, to be creative, to produce something nourishing for others and herself.

Hamel has spent more time in kitchens than most people. She's always cooked for her family, and for a time she was co-owner of the May Day Café in Minneapolis.

Now her culinary skills benefit Open Arms of Minnesota, where Hamel volunteers once a week. Open Arms prepares and delivers free meals to people living with chronic diseases such as HIV/AIDS, MS, ALS and breast cancer.

Each week Hamel leaves her home in St. Anthony Park and drives to the Phillips neighborhood of South Minneapolis. Open Arms is housed in a one-story brick building on Franklin Avenue and Fourteenth Street.

The building has a large kitchen and adjacent office space. In the entryway is a shelf for magazines such as HIV Plus and POZ: Health, Life and HIV.

Open Arms was founded in 1986 to serve healthy meals to people with HIV/AIDS, a population for whom it was clear that a nourishing meal would make a difference for both body and spirit.

In 2005, Open Arms expanded its services to include people with other chronic illnesses. It has also expanded its mission globally by developing a relationship with the Zwane Community Centre in the township of Guguletu, South Africa.

Upon arriving for her two-hour volunteer shift, Hamel scrubs her hands, dons an apron, puts on her paperboy hat and runs a lint roller over her clothing. She's ready for the kitchen.

For the past year, Hamel and her shift partner, Katharine



Photo by Lisa Steinmann

St. Anthony Park resident Mary Hamel volunteers at Open Arms of Minnesota, which delivers free meals to people with chronic diseases.

Rheinberger, have perfected their routine. On a recent Monday afternoon they assembled 225 dinner meals.

They start by opening two 30-pound boxes of vegetables — zucchini slices and mixed vegetables — and apportion them to trays. Soon one of the four kitchen staff members, Asei Tendle, brings out a tray of orange, cheesy spaghetti squares flecked with herbs, which the volunteers gingerly lift by spatula from the pan and add to the trays.

By now the long, stainless steel countertops where Hamel and Rheinberger work are a mosaic of green, orange and red food in neatly organized trays. It's time to wheel out "Oliver," the packaging machine that lays a plastic sheet on top of each tray and heat-seals it.

The meals are then labeled and put into a freezer until it is time for the weekly meal delivery to 475 Open Arms clients. In

Volunteers to 12

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Park Bugle

Office: 2190 Como Ave.

Mailing Address

P.O. Box 8126
St. Paul, MN 55108

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

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"In the spring," the poet sang, "a young man's fancy lightly turns to thoughts of love."

Love is not only for the young, of course, but many for whom the blush of youth has faded find their springtime fancy turning in a different direction: to the garden. Rather than addressing a loved one, the poems of these devotees are likely to be titled "To a Pansy":

Drink to me only with thy blooms, and I will pledge with mine.
And leave a flower in the cup, and I'll not ask for wine.

In the merry month of May, there is perhaps no sweeter agony than to walk the multicolored rows of the flower merchants and know that only a paltry fraction of their wares can be purchased and taken home. So many blossoms, so little garden space.

And once home, how tempting to compare one's own floral array with the spread next door. For the gardener, it's not only the grass that's greener on the other side of the fence.

Dost thou covet thy neighbor's primrose?

Yea, verily, we do. And not only that: sometimes we succumb to peony envy.

But, we're quick to explain, it's only natural that a Minnesota winter — even a comparatively mild one — would leave us prey to the wandering eye. After looking at white and brown for so long, is it surprising that one loses control in the face of red and pink and blue and yellow and orange? And really, we're not actually lusting after the flowers next door; we're just admiring their physical form.

Of course, gardens can grow more than flowers, and there is great pleasure to be taken in the springtime deliberations of the vegetable grower: how much space for the carrots vs. the peas vs. the beans; when

is the ground warm enough to plant the tomatoes; does one really need more than one zucchini plant; should one take the road less traveled and plant some kale and arugula; will the neighbors mind if our cucumbers climb their fence; and so on and so forth.

But for many flower gardeners, the utilitarianism of the vegetable garden renders it a notch lower in the grand scheme of things. Though some flowers can be eaten, people don't grow them for food. People grow them for . . . for what?

For love, perhaps. Love of beauty, of shapeliness, of color, of a multifariousness that far exceeds the demands of mere utility. Love of life that lies hidden in the earth through a monochromatic winter and emerges to remind us that a world of made is not a world of born.

Our springtime fancy, it turns out, really is about love. Our love is like a red, red rose that's newly sprung in June. And that rose — and those petunias and impatiens and irises and gloxinia and coneflowers and dahlias — are a daily reminder during our too-short spring and summer that the soil yields that which feeds our spirits as well as our bodies.

Gladiolas make us glad. Daisies quicken the pulse of the most staid and sober matron. Even confirmed bachelors come unbuttoned in the spring.

And the memory of a host of golden flowers sustains us through the winter to come.

For oft, when on my couch I lie / In vacant or in pensive mood,
They flash upon that inward eye / Which is the bliss of solitude;
And then my heart with pleasure fills, / And dances with the daffodils.

EDITORIAL

St. Anthony Park Community Foundation announces 2007 grants

by Dave Healy

The St. Anthony Park Community Foundation will award more than \$35,000 to 14 organizations and initiatives during its 2007 spring grant cycle.

The following organizations will receive board-directed grants:

IFP Minnesota: \$1,000 for gallery exhibitions featuring area photographers. This organization supports and promotes the work of artists who create screenplays, film, video and photography in the Midwest.

Metropolitan Symphony Orchestra: \$500 for concert support. The symphony brings the best of classical music to the

neighborhood for an annual free concert.

Music in the Park Series: \$2,000 for its Family Concert Series and educational outreach. This program brings world-class artists to the neighborhood for performances that include free concerts at local schools and senior homes.

Park Bugle: \$2,000 to digitize back issues. The Bugle will convert all the issues in its 33-year history to PDF files and make them available through its Web site.

St. Matthew's Tutoring Program: \$500 for equipment and supplies. This program

provides tutoring and meals to children of African immigrants.

St. Anthony Park Block Nurse Program: \$1,500 to expand services and enhance outreach. The Block Nurse Program is a critical link to the neighborhood senior population, providing transitional care that allows them to live independently in their homes as long as possible.

St. Anthony Park Booster Club: \$1,000 for South St. Anthony Park Rec Center upgrade. The Booster Club is providing additional funds to upgrade the floor of the SSA gym from tile to wood. St. Paul Parks

and Recreation did the repairs as part of its regular maintenance, but the Booster Club decided that improving the surface would be a benefit to users of all ages.

St. Anthony Park Community Council: \$4,000 for a consultant for the Como Avenue Small Area Plan. This process will help the neighborhood meet the housing, retail and planning challenges of north St. Anthony Park's main thoroughfare.

St. Anthony Park Elementary School: \$3,000 for arts residency programs. These

2007 grants to 5

LETTERS

Ending the war

"War is costly. Peace is priceless." I saw that on a T-shirt, and like many similar T-shirt slogans it strikes me as both true and somewhat flip.

Of course war is costly. The cost of this war in terms of lives and money just keeps escalating. But just how do we end the war? Just how do we get to peace?

We live in a free democracy, so as citizens we have both the right and the responsibility to express our ideas. California is considering putting an Iraq war plebiscite on its ballot next February. Should Minnesota do the same?

On Saturday, May 5, members of St. Anthony Park Neighbors for Peace will be demonstrating in front of the

Library from 11:30 a.m. to 1 p.m. Our signs will ask HOW CAN WE END THE WAR?

Come and join us. Or stop and give us your ideas. I will bring my ironing board so you will have a stable surface on which to write. We will compile and forward your ideas to our elected officials.

Most important, let us think, talk to our friends and family, and help find a way out of this costly morass.

Sheila Richter
St. Anthony Park

A team effort

I would like to thank the District 12 Community Council, the Center for Neighborhoods, the Corridor Housing Initiative, the

Design Center of the University of Minnesota and the many neighbors who showed up on April 11 for the block exercise portion of the small area plan for Como Avenue. This was one of those rare opportunities for a neighborhood to become involved on the ground floor of the planning process.

During the course of the evening, thanks to the remarkable talents of the Design Center, we were able to mix and match retail, housing, green space, parking and other options along some key sections of Como Avenue. We gained firsthand knowledge of the challenge of finding economically feasible solutions to our commercial and residential needs.

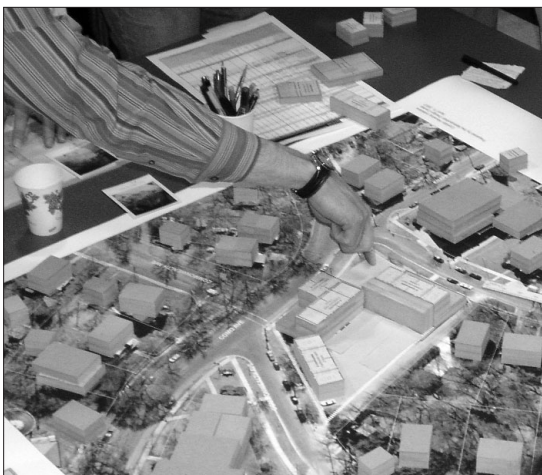
This exercise, along with the panel discussion on May 2, will

help ground our small area plan in the realities of public expectations and the current marketplace.

I am always impressed and reassured by the level of passion, expertise, creativity and collaboration brought to public meetings by our community members.

The experience of this block exercise gives me a great deal of confidence that we can craft a final plan that will attract the kind of development that enhances the character of our community by helping us achieve our shared goals in design, livability and inclusion.

Jon Schumacher
executive director
St. Anthony Park
Community Foundation



On April 11, St. Anthony Park residents were invited to a "block exercise" sponsored by the Center for Neighborhoods, the Corridor Housing Initiative, the U of M's Design Center, the District 12 Community Council and the St. Anthony Park Community Foundation. Residents constructed model developments on four sites along Como Avenue, part of the Como Avenue 2030 plan, which will attempt to guide development along Como between Highway 280 and the U of M transitway.

2007 grants from 4

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

St. Paul Vocal Forum: \$1,000 for concert support. This local group provides a unique musical experience by exploring important issues through vocal music augmented by lectures, poetry and visuals. Their goal is to promote peace through understanding.

The following organizations received grants from designated funds:

Murray Junior High Science Lab: \$1,800 for the computer science probe lab. This lab is used for teaching a range of scientific curricula. The money

will help purchase batteries for the iBook laptops critical to these studies.

Murray Junior High School: \$2,100 for exhibit cases. Murray has a strong tradition of achievement in academics, athletics and extracurricular activities. This money will match funds raised by the class of 1946 to purchase exhibit cases to display awards that students and clubs have received.

Murray Junior High School: \$2,000 for the Wolfridge Environmental Program. This grant will support scholarships for the Wolfridge Environmental Learning program emphasizing leadership and cultural understanding.

St. Anthony Park Elementary School: \$12,577 for teacher support in the classroom.

This grant will pay for a teacher's aid to help in classrooms where numbers are high but not high enough for the school district to support an additional classroom.

CONTRIBUTIONS

R.K. Anderson
Eleanor J. Andersen
Ann Bettenburg
Denise Copeland
Elizabeth Danielson
Joe and Sue Everson
Gordon & Christy Myers
Earl G. Nelson
Judith Payne
Kari & Jesse Rise
Gil & Ginie Sem
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Spring plant sales offer timely help for seedling-challenged gardeners

by Anne Holzman

Spring started with great intentions: As weather soared into the 70s, then dipped well below frost temperatures, we got out our seed-starting supplies, took inventory of seed stock, maybe even got the soil and seeds into the pots and the pots under plastic and then settled near a sunny window.

But the older kids didn't water, and the younger kids couldn't keep their fingers out of the dirt, and by late April a few sad little sprigs of parsley may be all we have left.

Plant sellers, here we come.

With the demise of Park Hardware, it's a little harder for some Bugle readers to shop for plants this year, but there are still many options nearby.

Hampden Park Co-op begins stocking garden plants in late April and tries to stay current with the weather, holding back those eggplants and tomatoes until we really should be putting them in the ground. But shipments are infrequent, and membership coordinator Naomi Jackson advises shoppers to "buy it when you see it, because there probably won't be any more."

Shoppers new to Hampden's plant sales might be surprised at finding staffers and volunteers willing to baby-sit their selections while they carry a written list inside to the cashier.

"This avoids wet, muddy counters, and customers having to do unnecessary lifting," Jackson explained.

Hampden's Mayfest Mini-Fair will be May 11–13 this year. While shopping for plants, neighbors can also snack on free food samples, browse booths from various organizations and enjoy live music.

Hermes Floral, 1750 W. Larpenteur, sells annuals and perennials, including some sought-after varieties of hosta and heuchera, and a new hydrangea for this year, "Blushing Bride."

Hermes will host an open house May 5 and 6 and a free information session on container gardening May 19.

For those who still have bare patches to fill in June (or are patient enough to plant when the weather really is finally ready), the St. Anthony Park Garden Club holds its annual sale during the neighborhood art festival, June 2, in front of Park Service.

And of course there's that mother of all plant sales, the Friends School sale at the Fairgrounds Grandstand on Mother's Day weekend, offering over 1,900 varieties of plants.

Catalogs can be picked up at the St. Anthony Park library and numerous businesses in the neighborhood, and browsing the catalog to make a wish list ahead of time can be very helpful.

The catalog states that this year's sale will, for the first time, be arranged to correspond to the order of catalog listings, making list-shopping easier.

In addition, the catalog offers "New Shopper Tips," a recipe for sorrel soup, a feature about one of the sale's suppliers (Glacial Ridge Growers) and other helpful articles.


The plant sale Web site, www.friendschoolplantsale.com, offers more tips for shoppers, including a nifty use for those wooden clementine boxes nobody wants to throw away.

Staffed by hundreds of volunteers — including students, parents and quite a few people who just like to contribute to a good cause — the sale supports the Friends School of Minnesota's scholarship fund.

On a smaller scale is the Mother's Day Plant Sale put on by St. Anthony Park Elementary School. Sellers will set up shop near the school's Peace Garden (at Knapp Street in front of the main office doors) the Friday and Saturday (May 11 and 12) before Mother's Day. Expect to find colorful annuals and hanging baskets.

Another annual feature on the local landscape is the plant sale put on by the Horticulture Club at the U of M's St. Paul campus.

This year's sale will take place May 3–6 at Larpenteur Avenue and Gortner Street, which is east of Cleveland Avenue. Hours are 8 a.m.–7 p.m. Thursday and Friday, 9 a.m.–5 p.m. Saturday, and 10 a.m.–2 p.m. Sunday.



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Sounds of a buzzless summer: Bees in crisis

by Clay Christensen

A summer without bees.

That may sound good to kids and adults who are allergic to bee stings. But if bees were to disappear, \$15 billion worth of food crops wouldn't get pollinated.

To enjoy blueberries, cranberries, cucumbers, oranges, strawberries, tomatoes, watermelons and even squash, we need bees to help flowers turn to fruit. Even milk is affected, since bees pollinate alfalfa, a major food source for cows.

But bees are disappearing, especially from the hives of commercial beekeepers, who truck their colonies to the fertile valleys of California and elsewhere to pollinate crops.

The missing bee phenomenon has been labeled colony collapse disorder, but not much else is known about it beyond the symptoms. Hives are found empty — no bees, no bodies, no clues.

However, there is a local expert on the case. Dr. Marla Spivak, professor of apiculture/social insects at the University of Minnesota's Department of Entomology on the St. Paul campus, has been studying bees for over 30 years. She says colony collapse disorder is a very complicated problem that she suspects is caused by many factors.

Just trucking a million bee colonies across country can lead to stresses on the colony, Spivak says. And weather, drought, and inadequate nutrition and water en route can further weaken the bees' immune systems.

The commercial pollination setting itself packs hundreds of hives together in an orchard, where disease and parasites can easily move from one colony to another.

In the 1980s, a parasitic mite inadvertently introduced into the United States damaged many hives. Hives were decimated not only by the mites themselves but from a virus they carried with them.

Researchers developed insecticides that helped control

the mites, according to Spivak, until the mites became resistant to them. She had a role in providing an alternate way to combat the mites.

Spivak and her team bred a bee known as the Minnesota hygienic. This strain of honeybee is able to identify diseased and mite-infested larvae and toss them out the door of the hive.

Spivak has provided hygienic queens to beekeepers across the nation. This forestalled further hive collapse for a time, but unfortunately even these hygienic hives can be overwhelmed by mites and eventually collapse.

Spivak says colony collapse disorder is "caused by the way we do agriculture in this country. Bees are at the bottom of a large pyramid."

One major problem is our land use policy, she says. Fields and meadows are replaced with buildings, concrete and asphalt.

"There are not enough plants for bees to feed on," she says. "Our environment is not friendly to bees."

And it's becoming less friendly all the time.

Insecticides meant to target crop-damaging pests can inadvertently affect bees, weakening their immune systems

and leaving them vulnerable to fatal diseases.

The specific causes of this new wave of colony collapse have yet to be isolated, says Spivak. It may involve a new type of pesticide or an as-yet-unidentified disease. But, as she emphasizes, it is probably a multitude of factors.

Asked about the future of bees and beekeeping, Spivak says her prediction is not dire.

"Beekeepers will rebuild," she says. "Those who drop out of the business will be those that can't take the financial loss or the heartbreak. The bees that survive will be a bit better."

"This year will be particularly hard," she says, "with some mishapen fruit." Lower yields could mean higher prices.

"The long-term solution to the problem is far more than bees," she says. Spivak, her staff and students will continue to study and research the problem. When answers are found, they will likely be an integral part of the solution.

In the meantime, plant some flowers for the local bees. Leave a few dandelions in the boulevard. And as you bite into a juicy piece of watermelon this summer, remember to thank a bee.



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Lauderdale company believes in "Love at First Sit"

by *Jc Drobac*

How do you get people to shell out \$70 for something that straps their back to their shins?

Victor Toso, founder and president of Nada Chair, says it helps to have a bit of the missionary spirit. Toso's parents were missionaries, and he is, too, in his own way.

"Nothing in the industry is better to do what we do," he says. "Chairs don't work. You cannot get the lumbar spine supported the way it needs to be."

Many people spend much of their lives sitting, and what most of them sit in doesn't provide what they need, says Toso. Enter the Nada Chair.

"With this you've got all the things all the doctors have been begging, wishing, wanting," he says, "and in a way that is elegant, infinitely adjustable and totally within your control."

Like any missionary, Toso knows that the key to a conversation experience is personal contact. That's why he doesn't emphasize print media, infomercials or other traditional marketing channels. Instead, he preaches the gospel of lumbar support at fairs and trade shows.

"People look at my pictures from 10 feet away and say, 'You gotta be kidding.' Then they sit down and they put it on and this look comes over their eyes."

When his parents' missionary stint was over, the family settled in Minnesota. Toso attended Concordia College in Moorhead and then headed to Los Angeles, where he lived for nearly a decade.

While there, he and longtime friend and engineer Stuart Spector collaborated on the idea of a back-support system, prompted by their interest in yoga and meditation. Toso thought their idea was original but found out it's been done for 6,000 years.

"Our original patent was obviated by prior art," says Toso, who holds the patent on the remaining concept.

After moving back to the Twin Cities in the mid-1980s, Toso started making chairs in his mother's attic. Later he moved the business to Northeast Minneapolis and then, in 1998, to their present location at 2448 Larpenteur Ave. in Lauderdale, where he has four employees.

In 1985, Toso was invited to rent a booth at a conference called "The Challenge of the Lumbar Spine" in Minneapolis. Doctors attending the conference tried the product, and several placed orders.

Later that year, Toso brought his Nada Chair products to a computer show in Bloomington, after which sales "really took off." Since then, the Nada Chair has been featured in Newsweek, Business Week, the Chiropractic Journal and Orthopedics Today,



Victor Toso, founder and president of Nada Chair, located at 2448 Larpenteur in Lauderdale, models one of his company's products.

and it's been used by NASA astronauts on space flights.

But Toso still fights the Nada Chair's odd appearance.

"You've got all these sexy Arran chairs out there that are fine for what they are, but will destroy your back if they expect you to use them."

A Toso sermon about proper sitting includes an illustration: The pelvis is a pedestal, and the spine is a statue. The pedestal must be level in order to balance the statue.

To sit properly — in a position that's good for the back — the pelvis must be rolled forward. The Nada Chair helps one maintain this position comfortably and effectively, says Toso.

"When the pelvis isn't properly supported," he says, "it rolls backward and the back becomes a C-curve, which is the body's attempt to counterbalance the pelvis. Without support, there's also a counter curve in the neck, which has to keep the head rolled up to keep the eyes looking forward. This creates two areas of stress: in the lumbar spine and in the neck."

The Nada Chair products assist in rolling the pelvis forward and anchoring it using the knees. The effect is that the upper back rolls back without any effort and the problems correct themselves, explains Toso.

Their Web site (www.nadachair.com) has a section called Scientific Studies that cites results from a variety of

research testing the effects of chair design on posture and muscle fatigue.

Toso's original patent for the Nada Chair has expired, though he still holds patents on specific features such as the waist belt, buckle, pads, zip-up pouch, etc. But Toso no longer sees patent security as the greatest good.

"As it stands, we're one little company being asked to educate the world on a very geeky idea," he says.

Without patent protection, Toso now believes, his large corporate competitors would have been able to educate many more people. And maybe he would have had 1 percent of a billion-dollar market rather than having a much smaller market to himself.

"Some ideas need to be protected for something that's going to go quickly into the market. But when you are alone to teach the world about something so awkward and unusual as this, it's an impossible thing for a small company to do."

Toso says he now welcomes the moment when his patents expire. He expects a competitive product to surface, one that may even be better in some respects.

"But we will always be the first," he says. "To me, it's not something I ever have to fear. I've gotten over that."

Nada Chair, 2448 Larpenteur Ave., welcomes walk-in shoppers. For more information, call 644-4466 or go to www.nadachair.com.



The Birdman of Lauderdale

by Clay Christensen

I really get a kick out of introducing people, especially kids, to birdwatching. Last month I got a kick raised to the eighth power.

It started with a request from Renee Peek, my neighbor, who is an instructor at the HHH Job Corps Center in St. Paul.

Would I be willing to come over and share some information about birdwatching? Maybe take a group on a field trip? Would I?

She has a class of 10 students (18-20-year olds) she calls the "River Rats." They want to be volunteer aides on the "Big River Journey."

That's a paddleboat ride on the Mississippi River sponsored by the National Park Service to get fourth, fifth and sixth graders more involved in nature.

Ms. Peek's students want to be able to help these younger kids learn a bit about birdwatching.

I joined the group around a lunch table at the Job Corps campus for a get-acquainted session. I learned that they receive the Bugle in their classroom and read the Birdman of Lauderdale column every month (ego boost). They address her as Ms. Peek, and so will I.

Ms. Peek had given the kids an illustration from the Minnesota Conservation Volunteer showing two dozen birds. Their assignment was to identify them all, so we worked on that, using one of my field guides.

After we were done, we finalized plans for a field trip to the Bass Ponds, next to Long Meadow Lake in Bloomington, for the following week. After I left, Ms. Peek asked the group where they'd like to go on their next outing. "Lauderdale" was the response.

Last summer, Ms. Peek started a program called Adventure Club.

"I want my students to know that everything is an adventure," she said. "I want them to know that they already know a whole lot, but that knowledge grows exponentially when they apply it to the unknown. It's all about experiential education."

Many of her students have had limited opportunity to experience the joy and peacefulness of nature. When they are involved in the environment, they get to be the people they want to be.

"The pressures of society fall away and they are free," she said. "As Ms. Peek and I exchanged e-mails finalizing our field trip, she noted that her kids usually last for just an hour or two."

"Their attention has a very short existence," she said. "They're a bit like May flies: very dramatic, but they die off quickly."

I borrowed ten binoculars and field guides from St. Paul Audubon's Youth Mentorship Program and met the gang early on a drizzly March morning.

Ms. Peek drove the van and we headed for the Minnesota Valley National Wildlife Refuge Visitor Center in Bloomington.

As we walked in, the students headed for the big windows near the bird feeders and were welcomed by a whole passel of turkeys on the other side of the glass. "Wow! They're huge!"

Then one young fellow saw a bird flit to the feeder. "There's a white bird!" he shouted. "What's that white bird?"

"Vang," she said, addressing the young man, "that's the bird you told me says its name. Remember that one?"

"Oh, yeah," Vang said. "It's a chickadee-dee-dee!"

The students spread out through the Visitor Center. Some of them were watching the feeder on the north side of the building when a sharp-shinned hawk swooped in and nailed a downy woodpecker.

The hawk worked its prey over on the ground for a few moments, then headed off to a private perch with the bird clutched in its talons. You can't program teachable moments like that.

We had spent a fair amount of time at the Visitor Center and decided to forego the hike at Bass Ponds. It was still drizzling, and we would have been at the mercy of the elements. So, we headed for one other stop, a look at the bald eagle's nest on Keller Lake, near Highways 36 and 61.

The nest looked empty when we got there, but I set up my spotting scope to give it a closer look. There, tucked down out of the rain, was just the back of an eagle's white head showing over the rim of the nest.

The students were pretty excited to see even a part of the head of such a magnificent bird. And then, the nest dweller's mate flew in and perched on a nearby

branch, in full view. Now we could see both the perched bird and the nest in the scope. Again, you can't program sights like that.

Two weeks after our trip, Ms. Peek sent me a note telling me that she had just taken the River Rats out to Mounds Park.

She reported that when they were riding along in the van, one student, Randy, said, "I was out with my friends this weekend and, I didn't notice it right away, but I was watching all the birds. I just started birdwatching and I didn't even notice it."

That's the kick I'm talking about.

The second annual Ramsey County Birding Festival will be Thursday, May 3, through Sunday, May 6. There will be day hikes, daytime events and an evening woodcock hike, all free, led by volunteer birding enthusiasts (including yours truly).

Locations include Como Park, Reservoir Woods (Roseville), Maplewood and Tamarack Nature Centers and displays at the Snail Lake Pavilion. And there's a kick-off dinner on Friday night, May 4, featuring Laura Erickson, author and birder, speaking on "Backyard Birds: Hooov Gives a Hoot?" at Roseville Lutheran Church, a family event.

Additional details, directions and registration information are available at www.co.ramsey.mn.us/parks/NaturalResources/urbanbirdfestival.htm or by calling Ramsey County Parks at 748-2500.

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Booster club to host two events in May

by Dave Healy

On May 19, the St. Anthony Park Booster Club will host an Ice Cream Social from noon to 2 p.m. at the South St. Anthony Recreation Center. The event will celebrate the center's reopening after renovations to the gym.

Earlier that day, from 9 a.m. to noon, the booster club will sponsor its annual Soccer Saturday.

Until recently, the Langford and South St. Anthony rec

centers each had its own booster club. In February, the two groups merged. Current members are David Burke, Kevin Commers, Ardith Duren (co-chair), Chris Gaertner (secretary), Barry Nielson (treasurer), Andreas Schramm, Marcia Shonoiki, Nick Thomey, Dena Van de Voort Ehrlich (co-chair), Tim Walker and Tim Wriedt (vice chair).

The purpose of the St. Anthony Park Booster Club is to support neighborhood social

and recreational activities and to provide guidance to the neighborhood's two rec centers. The club spearheaded fundraising efforts for the new gym floor and bleachers at the SSA Rec Center.

In addition to Soccer Saturday and the Ice Cream Social, the club hosts a Winter Classic each year. It also sells food at the Fourth of July celebration at Langford Park.

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No bones about it

by Kristi Curry Rogers

This has been a big month for major paleontological discoveries.

I was planning to write this month's column about an important new look at the evolution of mammals following the dinosaur extinction event that marked the end of the Cretaceous period, but even bigger dinosaur news has supplanted that article. Stay tuned for the mammal story next month.

I wouldn't be a good dinosaur correspondent if I didn't spend this month covering one of the biggest paleontological shake-ups of all time.

My colleague Mary Schweitzer, of North Carolina State University, recently published an article on her discovery of identifiable proteins preserved in the leg bone of a 68-million-year-old specimen of *Tyrannosaurus rex*.

You may remember a No Bones article several years ago about Mary's work. She is one of the only people on earth who has made a career of looking deep inside dinosaur bones for preserved soft parts, and she hit the jackpot when analyzing a femur of *T. rex* collected from the Hell Creek Formation in Montana.

Her initial discovery, in 2005, yielded two really interesting pieces of information.

First, she observed a strange kind of bone lining the marrow cavity of a well-preserved specimen of *T. rex*. She characterized this as "medullary bone," a type of bone until then only known from female birds laying eggs.

Medullary bone is a blood-rich type of bone that allows for a rapid mobilization of calcium as eggs are being produced. It is resorbed by the body quickly and is thus a very temporary tissue in the body.

To find it in *T. rex* was interesting because previously it

had been associated only with birds. The discovery suggested a way of identifying the gender of that particular *T. rex* specimen, and it provided new insight on the reproductive biology of *Tyrannosaurus*.

That discovery alone was amazingly cool, but Mary took it a step further. She demineralized the medullary bone in a chemical bath and began to recover stretchy tubes that looked exactly like the blood vessels you would expect to see in a dinosaur — or in a bird, mammal, or reptile.

The tricky problem for Mary's discovery of soft, stretchy, blood-vessel-like structures in a millions-of-years-old dinosaur is that she could only describe what they looked like, but not what they were made of. (Fossilization, by definition, changes the structure of the original material).

So, zoom forward to last week. In order to figure out how those soft parts might have been preserved, Mary and her colleagues subjected the tissue to an assortment of mineral, molecular and chemical analyses.

Their tests revealed tiny amounts of what looked like collagen — the stretchy protein that makes bones slightly flexible. Collagen is relatively easy to chemically identify and is a pretty tough protein to degrade.

The team passed their samples on to an expert named John Asara, who used a technique called mass spectrometry to identify the sequence of amino acids in the *T. rex* collagen.

Asara found the amino acid sequences for seven fragments of the *T. rex* collagen and was thus able to compare them directly to the sequences of collagen known from modern animals, including chickens, frogs and newts.

The results indicated that three of the seven samples were most similar to those of chickens, which supported the anatomical and behavioral links that other scientists have attributed to the evolutionary relationships of dinosaurs and birds.

Now some really exciting questions can be asked. For one thing, how does the preservation of identifiable proteins change the way we understand fossilization?

Another question some people have asked is whether we can clone a dinosaur, like in Jurassic Park. The answer to that one is still no (thank goodness). The sequences that have been found are nowhere near complete.

Besides, who needs to clone fossil dinosaurs when there are modern ones all around us anyway?

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Volunteers from 3

addition to these meals, clients receive milk, fresh fruit, dessert and breakfast items — enough food for 75 percent of a client's daily nutritional needs for five days each week.

Hamel has volunteered with Open Arms for two years and has performed a variety of duties. She started as a driver delivering meals. She also did some office work and finally switched to the kitchen.

"Being a stay-at-home mom," she says, "I get enough driving on my own. I love food and it's fun to be in the kitchen."

Last year Hamel helped prepare for Movable Feast, one of several fundraising events Open Arms conducts each year. This year, she's excited to be a member of the Silent Auction Committee for another event, Butterball, that will take place next fall.

"Part of what I like about the work is the camaraderie, being part of a team," she says.

Molly Matheson, outgoing volunteer services director, says, "Volunteers make a huge difference to operating costs."

According to Matheson, last year volunteers put in more than 22,000 hours at Open Arms. She adds that part of the mission of Open Arms is to break stereotypes about illness and "to see people as people."

Matheson says, "We're here to nourish people, but what's less apparent is that Open Arms is a space where all kinds of community people come together. Community change occurs while people are volunteering."

Hamel decided to get involved with Open Arms after reading a Star Tribune editorial about the organization and later hearing Open Arms Executive Director Kevin Winge in a radio interview.

"I was really impressed," she says. "I knew that I'd be looking

for a volunteer opportunity in the fall, so I went to an orientation."

What she learned there confirmed her interest.

"It is a fun organization to be a part of," she says. "It has a great mission and great people. It's well-organized and well-respected in the community."

For others interested in supporting the work of Open Arms of Minnesota, there are many ways to be involved. Their annual fundraiser, Movable Feast, will be May 17. This year the event begins and ends with drinks, dessert and entertainment at the Woman's Club of Minneapolis. In between, guests are chauffeured to some of the Twin Cities' finest restaurants for multicourse meals.

To learn more about volunteering or the services offered, call 612-872-1152 or visit www.openarmsmn.org.



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Getting more than you bargained for at the Farmer's Market

by Jean Larson

In the curl of my left arm, atop a nine-month pregnant belly, nestled a pumpkin, a jar of honey, a head of cauliflower, a bunch of carrots and a bouquet of mums.

My right arm was taut behind me, attached to my three-year-old son, sticky-faced from the free honey-spread bread just sampled. I had gone overboard, forgetting we'd ridden the bus to the St. Paul Farmer's Market.

I still contend that running to catch the bus that day, veggies and toddler in tow, induced labor the next.

Ever since, the bounty at a Farmer's Market jangles for me with the joy of wonderful, excessive plenty. Not toy-store plenty or mall-made plenty, but a sort of reproductive, natural plenty.

You feel it at the Falcon Heights Farmer's Market, too. Ruddy-checked vendors peek out from under stocking caps in early morning chill.

They clang open their truck doors at 7:30 a.m. and serve up a feast every Tuesday morning from May through October. The parking lot of Twin City Co-ops Credit Union at 2025 Larpenteur Ave. becomes a snapshot out of someone's travel journal — and you're in it.

In its early days, Falcon Heights was mostly farms. An 1874 map shows the names of three families who settled the land north along Larpenteur: H.R. Gibbs, S. Hermes and P. Wilzbacher.

Over time some of these blossomed into nurseries and florists, and one into the Gibbs Museum. Other farms flanked the road. An elderly neighbor told me she remembers a strawberry farm on Larpenteur in a low spot.

In time the "farm campus" made a home along Larpenteur, on top of what the map calls "Mt. Gibbs" and down in the

cultivated flatlands at the "mountain's" feet. The "Poor Farm" first occupied what is now the State Fairgrounds.

Eventually, S. Hermes became Hermes Floral, spreading down the avenue alongside Rose Hill Nursery and Lindig Floral.

Hermes moved across the street and east in the 1970s, leaving the sprawling grid of crusty greenhouses, dirt roads and nursery maples to become a series of houses on Prior, Summer and Autumn Streets, along with space for a new Falcon Heights City Hall and what is now Twin City Co-ops.

With that kind of history, what better place could there be for a farmer's market?

In spring, the Falcon Heights Farmer's Market provides area gardeners with everything from starter tomato plants to early lettuce, marigolds to purple cone flower plants.

And underneath it all, under the tents and tables and the expanse of asphalt, lies the field that once bore rows and rows of rainbow gladiolas.

S. Hermes would be pleased, I think, to see farm trucks rolling onto his former property at 7 a.m. to set up their stands.

On Tuesday mornings many of my retired neighbors can be seen striding with their empty cloth bags down the street toward the market. A line of cars waiting to turn left off Larpenteur reminds me, too.

Going to the Farmer's Market in early spring makes a person want to garden. So in addition to buying a few early veggies that someone else grew, you pick up a box of bedding plants for your own plot.

Out in the garden, with soil under your fingernails, you're one with the earth and the sprouting grass, morning glory and iris. The smell of decay and loam and life fires some primal energy that

crosses the divide between animal and human. You feel alive.

Yes, S. Hermes and H.R. Gibbs would be proud of Falcon Heights. They would praise its John-Deere-colored monuments to its farm legacy, and the glass-paned signs heralding its greenhouse history. They would celebrate the Minnesotans who still make their livelihoods giving us fresh produce.

One Tuesday last fall, I rushed to the Farmer's Market on my lunch hour, hoping I'd still find a few tents up.

Tenacious holdouts ignored the noon closing time and perhaps their own exhaustion, and I left with more than I bargained for.

I found my coveted onions, and the friendly vendor threw in the potatoes I was fingering — two bags for the price of one.

Go early for the best selection, and go late to bargain. But whatever you do, go.

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Arts Events

The Northstar Watercolor Society will present its fifth annual **Art on a Line** water media show and sale in the Fine Arts Building at the Minnesota State Fairgrounds. Hours are 10 a.m. to 7 p.m. on Friday, May 18, and Saturday, May 19, and 10 a.m. to 5 p.m. on Sunday, May 20.

The free event will feature original paintings by over 80 regional artists, plus painting demonstrations each day. Participating local artists include Margarite Beyer, Gitte Mohr, and Ann and Wayne Sisel.

The 2007 **Twin Cities Tibetan Film Festival** will be held May 11-13 at the Riverview Theatre in Minneapolis.

The festival will include recent releases such as "10 Questions for the Dalai Lama," "Vajra Sky Over Tibet," and "Mirage," as well as classics like "The Lion's Roar" and "Tibet: A Buddhist Trilogy."

Tickets are \$10 and \$12. Proceeds will benefit the Tibetan American Foundation of Minnesota, the Society for Gyuto Sacred Arts and the Rimé Foundation.

The **10th Annual Arts Off Raymond Studio Event** will take place May 4 and 5. Studios will be open from 5 to 9 p.m. on Friday, May 4, and 10 a.m. to 5 p.m. on Saturday, May 5.

Painting, photography, prints, sculpture, ceramics, textiles, jewelry and furniture will be on display. Several demonstrations are scheduled, and the Minnesota Textile Center will be opening its new show on Mexican textiles.

The event will range along University Avenue, from the Midway neighborhood to Prospect Park. A 1950s bus will circulate among the 10 participating buildings.

Maps will be available at all participating buildings and selected businesses. They can also be viewed at this Web site: www.artsoffraymond.org, where additional information is available.

School Carnivals

Como Park Elementary will hold a school carnival on Thursday, May 31, from 5:30 to 7:30 p.m. The school is located at 780 W. Wheelock Parkway.

The event will include food, prizes, games, bingo, face painting, dunk tank and a Bopper Hopper. Proceeds are used to update and maintain the school playground.

St. Anthony Park Elementary's school carnival will be from 5:30 to 8 p.m. on Friday, May 4, at the school, 2189 Knapp St.

On tap are a cakewalk, popwals, white elephantsale, face painting, games and refreshments.

Free Comic Book Day

Source Comics & Games in Falcon Heights is one of thousands of comic book shops around the world that will celebrate the comic book art form on Saturday, May 5. On Free Comic Book Day, shop owners expect to give away nearly 2 million comic books.

The event will run from 10 a.m. to 5 p.m. at Source Comics & Games, 1601 W. Larpen Avenue. It will include comic book artists and writers, prizes and many surprises.

For more information, call 645-0386 or visit www.FreeComicBookDay.com.

Gardening

The Minnesota State Horticultural Society will sponsor several classes in May at the **Center for Northern Gardeners**, 1755 Prior Ave. N. in Falcon Heights.

Practical Gardening Tuesdays, May 1, 8, 15, 22, 29 6:45-8:45 p.m.

\$20 per class, \$90 for all five (members); \$25 per class, \$115 for all five (nonmembers).

Proven Performing Plants for Pots Tuesday, May 15, 6:30-8:30 p.m. \$15/members, \$20/nonmembers

One class will be held at Fighting Iris, 1339 Pascal St. N. for children 4 and older. One adult required for each child.

Living Wreath Class for Kids Tuesday, May 8, 6:30-7:30 p.m. \$30

The **St. Anthony Park Garden Club** will meet Tuesday, May 1, at 6:30 p.m. at the St. Anthony Park Library. At 7:15 p.m., Dave Zlesak, rose breeder, will present a program on shrub roses. All are welcome.

Como Zoo and Conservatory

The **Sunken Garden Summer Flower Show** will open May 4 and run through September 30 at the Marjorie McNeely Conservatory.

Bird Day will take place Saturday, May 12, at the zoo, and will include raptor visits, story time and a bird walk for beginners with St. Paul Audubon volunteers.

The **Minnesota Bonsai Society Mother's Day Show** will take place May 12 and 13 at the Marjorie McNeely Conservatory.

Hours for all these events are 10 a.m. to 6 p.m.

Sales

Como Park Zoo and Conservatory will hold its Annual Bulb Sale on Saturday, May 19, from 8 a.m. to noon.

A rummage sale will be held at **Holy Childhood Church**, 1435 Midway Parkway, on Thursday, May 10, from 9 a.m. to 7 p.m., and Friday, May 11, from 9 a.m. to noon.

YMCA Camps Widjwagan and **du Nord** will hold their Spring Garage Sale May 9-12 in the Merchandise Mart at the State Fairgrounds. Hours are 9 a.m. to 7 p.m., May 9-11, and 9 a.m. to noon for Saturday's Bag Sale.

More than 250 families contribute clothing, household items, toys, books, antiques, furniture, sports equipment, etc. All proceeds go to the camps. For more information, call 645-6605.

The **Northern Lights 4-H Pie and Ice Cream Social**, held annually in conjunction with the St. Anthony Park Arts Festival, will take place Friday, June 1, from 7 to 8:30 p.m. at Luther Seminary, at the corner of Como Avenue and Luther Place. (Note change of location from previous years.) Music will be provided by the St. Anthony Park Community Band.

Cooperative Caregiving

Lyngblomsten Care Center will sponsor Critical Caregiving Conversations on May 3 from 3 to 4:30 p.m. in the Newman-Benson Chapel.

There is no charge for this educational event, but pre-

registration is appreciated. Call 952-261-5235 to register. Visit www.lyngblomsten.org for more information.

Raptor Center

A Spring Raptor Release — co-sponsored by 3M, Carpenter Nature Center and the Raptor Center — will take place Saturday, May 5, at the Carpenter Nature Center, 12805 St. Croix Trail (County Road 21) in Hastings. For directions, visit www.carpenternaturecenter.org/mapto.htm.

People

On March 31, **Mark Hansen**, a leader with Boy Scout Troop 17, chartered with St. Anthony Park United Church of Christ, was awarded the Silver Beaver by the Northern Star Council, BSA.

On May 6, Boy Scout Troop 17 of St. Anthony Park United Church of Christ will hold an Eagle Court of Honor for **Tom Smith** and **Eric Brost**, who were recently awarded the rank of Eagle Scout. Only about 5 percent of all Boy Scouts achieve this rank.

Caitlin Durkee, a senior at Como Park High School, received the St. Paul Athena Award at a ceremony in Oakdale on April 18.



Durkee, who lives in St. Anthony Park, was recognized for her accomplishments in soccer, football, basketball and golf; academic achievements (Como Top Ten, AP Scholar with Distinction); participation in extracurricular activities (Young Democrats, Senior Board, National Honor Society); and volunteer work. Next fall she will attend Georgetown University on a soccer scholarship.

Margaret Dorer, of St. Anthony Park, was named to the 2007 Division III All-USCHO hockey team. Dorer, a junior at Gustavus Adolphus College, was also voted an American Hockey Coaches Association All-American and was on the All-MIAC team for the second year in a row. She is the daughter of Michael and Rose Dorer.

In March, members of the **Midwest Youth Dance Theatre** in Falcon Heights collected over 425 pounds of food and \$100 for the Second Harvest Food Shelf.

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Rock-Tenn fuel deliberations continue at state legislature

by Mary Turck

This article originally appeared in the Twin Cities Daily Planet and is reprinted by permission.

Biomass fuels, energy efficiency and public money are on the line in the legislature, with a decision on the shape of Rock-Tenn's replacement fuel plant at stake.

A House-Senate conference committee will decide whether to accede to Xcel Energy's demand for limits on public energy use. It will also determine whether and how the community can have a voice in the process.

A community advisory council, promised in a memorandum of understanding between Rock-Tenn and the Minnesota Pollution Control Agency last October, has yet to be created.

The Rock-Tenn plant, located at Cetin Avenue and I-94, will convert from steam produced by burning coal to some other fuel.

All the players agree that Rock-Tenn is a community asset, employing about 500 people and recycling half of Minnesota's paper.

Beyond that, serious disagreements exist on the type of fuel to be used and on community involvement in decision making.

Xcel Energy requested legislation to prevent competition from a nonprofit or publicly owned energy plant at Rock-

Tenn, and that provision became part of a Senate bill.

Early discussions of a new Rock-Tenn power plant included possible operation by St. Paul District Energy and possible excess steam and energy capacity that could be used for district heating and cooling in the Midway area.

Such an operation would have been modeled on the highly successful District Energy operation that provides heating and cooling in downtown St. Paul.

According to Xcel lobbyist Rick Evans, the Senate bill (SF 2096) as it is now written "would prevent District Energy from setting up a district heating and cooling district in the Midway area."

Sen. Ellen Anderson insists that nothing in the bill is final, and that "district energy is still under negotiation."

Rock-Tenn's original plan, strongly supported by the city of St. Paul and the St. Paul Port Authority, called for using refuse-derived fuel (RDF), which some community members oppose.

Early proposals for a legislative ban on RDF did not make it into the omnibus environment, energy and natural resources bills now in conference committee.

Proposals to give district councils the power to approve or reject plans for the new power

plant foundered on strenuous objections from the city. Current language mandates considerably less community involvement, beginning with two public meetings before August 1.

The bill also says the City Council "must take into consideration" district council resolutions from the affected districts.

The St. Paul Port Authority

would be required to make informational presentations at community meetings, but not until after planning and an environmental impact statement have been completed.

The environment, energy and natural resources conference committee is chaired by Sen. Ellen Anderson (D-St. Paul) and Rep. Jean Wagenius (D-Minneapolis).

Rock-Tenn

When the High Bridge power plant stops burning coal in June, the Rock-Tenn recycling plant in St. Paul will lose its energy source. That poses major concerns for a wide variety of stakeholders throughout the metro area and beyond.

Concerns focus on the sources of energy that will replace the coal-generated steam of Xcel's High Bridge plant.

The Rock-Tenn plant, which began as family-owned Waldorf Paper in 1908 and was bought by Rock-Tenn Corporation in 1997, processes half of all paper recycled in Minnesota, about 1,000 tons daily.

Rock-Tenn is an international recycling and manufacturing firm, with about 10,000 employees in plants in the United States, Canada, Mexico and Chile.

In St. Paul, Rock-Tenn employs about 500 people, at an average salary of \$60,000, according to senior executive Jack Greenshields, and spends about \$75 million annually on goods and services.

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Dances with cows from 1

But while attending a small college in Pennsylvania, Bergeron was told she "might not have what it takes to pursue a career in dance." She left the school and returned to her family's farm.

This gave her time to sort things out, as well as look at her home differently. Indeed, the concept of home would prove to be a prominent theme in her work to come.

Eventually, Bergeron reaffirmed her commitment to dance and returned to school — this time at the University of Minnesota, which proved a much better fit. She graduated summa cum laude with a B.F.A. in dance.

Currently Bergeron is an instructor at the Saint Paul Conservatory for Performing Artists. Her résumé includes teaching at various national and international dance schools, universities and dance companies. With over 20 years in dance, she finds herself naturally drawn toward choreography.

"I love dancing," she said, "but doing is very different for

me than seeing. I'm observing. I want to know if the piece is 'seeable' as well as doable. I know that when I dance, the experience of doing, of performing, is totally different from watching. Something that might be rewarding to dance may not be as rewarding to watch."

After forming her dance company, Bergeron began thinking of ways to promote it. She got the idea for the Gibbs Museum event after talking to a friend who said, "What about having an event at a farm?"

She approached the Ramsey County Historical Society, which operates the Gibbs Museum of Pioneer and Dakota Life in Falcon Heights.

"They said, 'Well, we've never done anything like this before, but it could be fun.'"

Bergeron said, "I wanted to find a way to share my favorite things: food, my family's farm and dance — and also introduce this project to new audiences. Why not combine them and invite everyone I know to a barn dance?"

Bergeron's dance piece is only part of the event, which will include children's games, a silent auction, a bonfire — and a barn dance featuring music and entertainment by Eva and Linnea Mohn, the Shim Sham Shufflers and the Como Avenue Jug Band.

"I'd like to get people acclimated to me, to my company and to dance," Bergeron said. "But I also hope people get excited about the idea of co-ops and organic produce, locally grown. That will be a big part of the event."

Bergeron believes that dance and other arts ought to make people respond to their environment thoughtfully and consciously.

"I want people to think," she said. "For example, if I go to the grocery store, buy food, and I don't think of educating myself about the food — where it comes from, how healthy it is, how is it sustaining the local economy — that's not good. It's important to have a conversation about that. I'm hoping that my work and this event will instill that."

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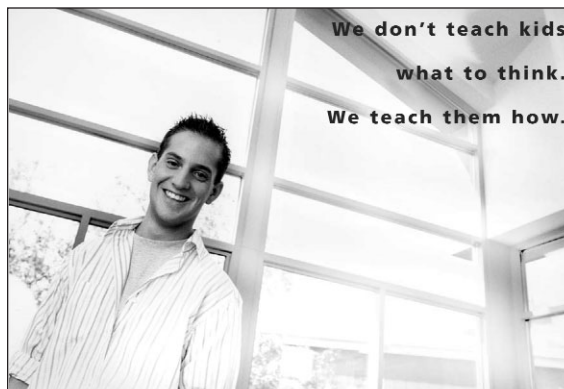
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School News

by **Antonie Young**

The last day of school at **St. Anthony Park Elementary** will be June 12. Before then, May will see a flurry of activity: talent show, concert, race, parade, plant sale and carnival.

A spring barbecue will take place on blankets spread around the school playground (weather permitting) on May 3. Families are invited to join their children at lunchtime for hot dogs and beans served by the lunchroom staff.

Running Club is underway. Students are training with the support of parents and teachers to run in the Melpomene One-Mile Kid's Run on Saturday morning, May 5.

This is the 25th annual Melpomene Run/Walk for Every Body. Melpomene, an organization named for the first woman to run the marathon in Greece in 1896, works to help women and girls achieve adequate nutrition, physical activity, rest and personal safety.

One hundred sixty volunteers join the school staff in organizing the annual Spring Carnival. This popular event draws many alumni as well as members of the community.

This year's version will feature a cakewalk, popwalk and white elephant sale. High school students will paint faces and create colorful hair-dos. There will be games for all ages, such as the sponge toss, operated by sixth graders raising money for their annual field trip to the Wolf Ridge Environmental Learning Center.

Everyone is welcome on Friday, May 4, from 5:30 to 8:30 p.m.

The annual School Patrol Parade and Picnic, organized by the St. Paul Schools and St. Paul Police, will take place May 8.

The St. Anthony Park Elementary patrols, coached by teacher and patrol supervisor Tim Olmsted, will march at 10 a.m. through downtown St. Paul, from Sibley and Fourth to Washington and Fifth. After the parade, patrols will head to Como Park for a picnic and celebration.

This year the Mother's Day Plant Sale will take place near the school's Peace Garden (near Knapp Street in front of the main office doors) the Friday and Saturday (May 11 and 12) before Mother's Day. There will be colorful annuals and hanging baskets.

Students will showcase their talents as singers, dancers, comedians, musicians, actors and

much more when they take the stage at 7 p.m. on the evening of May 18 in the Murray Junior High Auditorium for the annual St. Anthony Park Elementary Talent Show.

Another musical event, the Triple Music Showcase, is a spring concert bringing together the band, orchestra and vocal music program. It will take place May 24, with two performances: 2:30 and 7:00 p.m.

Band teacher Anita McLaughlin will direct students in regular and honors band, orchestra teacher John Middleton will direct the school orchestra, and vocal music specialist Brad Ollmann will direct students in grades 4-6 in a vocal music program.

The Hullabalooos from St. Anthony Park Elementary will compete against students from across the United States and more than 10 countries and provinces at the Destination ImagiNation Global Finals, May 23-26, in Knoxville, Tennessee.

The team of seven fifth-graders includes Abbie Larson-Barker, Viola Holman, Rachel Hausman, Martha Torstenson, Olivia Swartz, Emma Eubanks and Elhaim Adem Ibrahim. Team managers are fourth-grade teacher Nancy Hausman and her husband, Matt.

The team worked their way through several levels of competition in order to win a shot at the biggest challenge of them all: the Global Finals. The 8,000 participants that will proceed to Global Finals emerged from a field of 350,000 participants.

The Destination ImagiNation program runs annually and presents students working in teams of up to seven with the opportunity to choose from five mind-bending team challenges. Challenges might be building a load-bearing structure, creating a vehicle, writing a performance piece or exploring history.

The Hullabalooos won first place at their regional tournament in St. Paul in March and went on to the state tournament on April 21 in Chaska. There, they tied for second place, which sends them on to the international competition.

On May 25, a Memorial Day program will include a flag presentation, songs, readings and recognition of the winner of the patriotic essay contest. There will be no school on Memorial Day, May 28.

On May 30, a group of students in grades 5 and 6 will spend the day at Bethel University

attending the Young Authors Conference. They will participate in storytelling, poetry and illustration workshops taught by professional authors.

St. Anthony Park Elementary School is located at 2180 Knapp Street. For more information, call the school at 293-8735 or visit www.st.anthony.spps.org.

Chelsea Heights Elementary continues to explore African and African American art with Young Audiences of Minnesota through its Arts for All — Arts 25 Program.

One of nine St. Paul Public Schools that received a \$5,000 Arts 25 award in 2006-2007, the Chelsea Heights project includes performances and workshops that explore African and African American art forms.

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

Young Audiences of Minnesota is in its 43rd year of providing arts-in-education programs for students, families and communities in Minnesota and western Wisconsin. It is a chapter of Young Audiences, Inc., a nationally recognized arts-education provider.

Upcoming Chelsea Heights Arts 25 performances will feature a variety of art forms and cultures, from Africa to America. Universal Dance Destiny will present "From Native West African Dance to Modern American Hip Hop," with a company of six dancers and drummers, on May 3.

In addition to the performance, Universal Dance Destiny's artistic director, Edna Stevens Talton, will conduct African dance workshops for students in first through fifth grade.

The musical ensemble Karibuni will perform songs from Kenya, Uganda, Tanzania, the Republic of Congo and South Africa on May 4. Storyteller Nothando Zulu will perform African and African American folktales for K-3 classes on May 11.

Como Park Elementary will hold a school carnival on Thursday, May 31, from 5:30 to 7:30 p.m. The event will include food, games, prizes, bingo, face painting, a dunk tank and silent auction. The school is located at 780 W. Wheelock Parkway.

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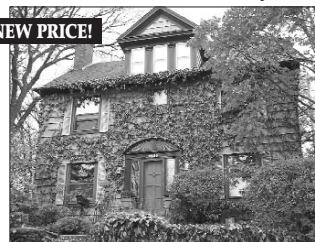
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Photo courtesy of Duke Addicks

Eagle expert Duke Addicks holds Angel, an American bald eagle he uses in his educational programs.

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651-644-2438

The eagle has landed from 1

volunteer naturalist with the Minnesota Valley Natural Wildlife Refuge in Bloomington, he disclaims any special sharp-eyed talents as a birdwatcher. For one thing, Addicks is partially blind in one eye.

He says that's partly why he's drawn to eagles. Once they nest, they aren't that difficult to spot. "Eagles need a tree that is taller than any of its neighbors to grow a huge nest, which will weigh more than a ton," he explains.

The birds use the same nest year after year, always adding on until eventually it can reach the size of the master bedroom in some of the suburban houses near the viewing site.

Eagles, says Addicks, are one of the great environmental comeback stories of the last 30 years. Once reduced to fewer than 50 pairs by the widespread use of the pesticide DDT, Minnesota's eagle population has steadily risen since DDT was banned in the 1970s.

There are now close to 1500 pairs in the state, many of them in the metro area. As the numbers have risen, the eagles have begun homesteading on some fairly unlikely sites.

Addicks reports that several years ago, when an eagle's nest was spotted practically next door to Highway 36, "Everyone said they were too close to the freeway. They're going to get hit by cars."

The eagles apparently didn't realize the dangers. Three years later, says Addicks, "they're basically oblivious to the traffic."

In fact, it's the cars that may be in danger. Busy freeways are no place to stop for bird-watching, but for motorists who catch sight of the huge nest looming up beside the highway, the urge might be irresistible.

That's where Addicks and the observation point come in. By setting up a viewing point on

the tranquil shores of the lake on the other side of the freeway, Addicks hopes to provide a safer way to do some avian nature study.

He's also planning to share a lot of eagle folklore. That's the other half of Addicks' expertise. He's a natural storyteller who gets his gifts from his part-Cherokee grandmother.

Addicks grew up in Minneapolis but spent boyhood summers in Georgia on his grandpa's farm.

"From the time I could talk," he says, "Grandma would tell me a story in the barnyard as she brushed her hair in the morning. If I could tell her the story the next morning, she would reward me by telling me another story. So I became a storyteller by the time I was three."

A burly man with thick, sandy-white hair and bright blue eyes that scarcely suggest Native American ancestry, Addicks traces his Indian heritage to a hybrid Scottish/Cherokee tribe called the Echota.

All members of the tribe are descended from a common Scots ancestor named John Ross, who intermarried with the Cherokee. It makes for some interesting ancestors.

Among other distinctions, the Echota are almost certainly the only Indian tribe in the world to have their own clan tartan and sporran.

Thanks to his ancestry, Addicks has had a lifelong interest in all things Indian. It was a logical step for him to begin collecting the legends of the Dakotah Sioux of Minnesota, and that's what led him to the eagles.

"The eagle is the ancestor of all the Sioux," he says. "When a Sioux sees an eagle, he takes out his pouch and offers a pinch of tobacco and he says, 'Grandfather.'"

Addicks tells the story of how the eagle became Sioux. After a great flood, an eagle rescued the sole survivor, an Indian maiden, who asked the eagle to assume the shape of a man and become her consort.

According to Addicks, it was a tough sell. "The eagle was not pleased to become human," he says.

And when Addicks describes the remarkable physical characteristics of the eagle, it's not hard to understand the legendary bird's reluctance to trade its wings for an earthbound existence.

"Their eyeballs are the same size as ours," Addicks says, "but they have ten times as many cones as we do. They see a brilliant world."

Eagles, he explains, can recognize individual birds from three miles away. They can also see underwater, which is great help when it comes to catching the three daily pounds of fish the adult male eagle must provide so his offspring can accomplish the three-month growth spurt that transforms them from a fistful of fluff to a 12-lb. eagle that's ready to leave the nest by mid-June.

"Each cone in an eagle's eye is covered with a layer of oil," Addicks says. "It gives them polarized vision, and the surface layer of water just disappears."

Duke Addicks' eagle-viewing sessions, which are free and open to all, will be held every Wednesday evening through mid-June, from 6:30 to sunset.

For detailed directions on how to reach the lookout point, visit www.dukeaddickstoyteller.com/dukeprograms.html.

Addicks has recently recorded a CD, "Eagle Tales." Copies may be purchased at Micawber's Books in St. Anthony Park and Coffee Grounds in Como Park.

WORDLY WISE

Readings

Wednesday, May 2, 7 p.m.
Micawber's. **Deborah Keenan**
("Willow Room, Green Door")
and **Jim Moore** ("Lightning at
Dinner").

Tuesday, May 8, 7 p.m.
St. Anthony Park Library.
Elisa Bernick ("Family
Sabbatical").

Groups

Wednesday, May 2, 6:30 p.m.
St. Anthony Park Library.
St. Anthony Park Writers Group.
All welcome.

Monday, May 7, 7 p.m.
Micawber's. **Probers' Book
Group.** Discussion on world
hunger continues with "Grace at
the Table: Ending Hunger in
God's World," by David
Beckman and Art Simon, and
"Rich Christians in an Age of
Hunger," by Ron Sider. All
welcome.

Wednesday, May 9, 7 p.m.
**St. Anthony Park Library Book
Club.** "Charming Billy," by
Alice McDermott. New members
welcome. For more information,
call Carla at the library:
642-0411.

Storytelling

Thursday, May 3, 6:30–
7:30 p.m. Coffee Grounds. P.J.
Stories: A Storytelling Event for
Families featuring the Arts-Us
Young Storytellers Ensemble.

Library Events

Tuesday, May 1, 7 p.m.
The Rose Ensemble, an early
vocal music group, will present a
workshop about music for Queen
Christina of Sweden.

Thursday, May 17, 7 p.m.
Larry Millett, author and
architecture critic, will host a
walking tour of the St. Anthony
Park neighborhood. Sponsored
by the Friends of the St. Paul
Public Library.

Book Sale

A sale of used books will be held
at St. Anthony Park Library on
June 2 during the annual Arts
Festival.

Friends and neighbors may
donate used books through
May 30. Leave books at the
Community Room door on the
lower level, in clearly marked
bags or boxes. No textbooks
please. Proceeds from the sale
benefit St. Paul Public Libraries.

Micawber's Bestsellers

Hardcover Fiction

1. The Road—Cormac McCarthy.
2. Lost City Radio—Daniel Alarcon.
3. Heyday—Kurt Andersen.
4. Andy Catlett—Wendell Berry.
5. Double Bind—Chris Bohjalian.

Hardcover Nonfiction

1. Speaking of Faith—Krista Tippett.
2. Where One Voice Ends Another Begins—Robert Hedin.
3. Dog Years—Mark Doty.
4. Infidel—Ayaan Hirsi Ali.
5. Born on a Blue Day—Daniel Tammet.

Paperback Fiction

1. Namesake—Jhumpa Lahiri.
2. Gangster We Are All Looking For—le thi diem thuy.
3. The Time of Our Singing—Richard Powers.
4. Oxford Murders—Guillermo Martinez.
5. Yacoubian Building—Alaa Al Aswany.

Paperback Nonfiction

1. White Bicycles—Joe Boyd.
2. Eat Pray Love—Elizabeth Gilbert.
3. West Bank Boogie—Cyn Collins.
4. Year of Magical Thinking—Joan Didion.
5. Rereadings—Anne Fadiman.

AMERICAN LIFE IN POETRY

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

Naomi Shihab Nye is one of my favorite poets. She lives in San Antonio, Texas, and travels widely, an ambassador for poetry. Here she captures a lovely moment from her childhood.

Supple Cord

My brother, in his small white bed,
held one end.
I tugged the other
to signal I was still awake.
We could have spoken,
could have sung
to one another,
we were in the same room
for five years,
but the soft cord
with its little frayed ends
connected us
in the dark,
gave comfort
even if we had been bickering
all day.
When he fell asleep first
and his end of the cord
dropped to the floor,
I missed him terribly,
though I could hear his even breath
and we had such long and separate lives
ahead.

Reprinted from "A MAZE ME," Greenwillow, 2005, by
permission of the author. Copyright (c) Naomi Shihab Nye,
whose most recent book of poetry is "You and Yours," BOA
Editions, Ltd., 2005. 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.

U of M student groups work to restore wetland

by Allison Wickler

*This article originally appeared in
the Minnesota Daily and is
reprinted by permission.*

Amid student housing, facilities
buildings and the University
transitway lies a natural habitat
that sets itself apart from the
surrounding urban sprawl.

While unknown to many
University students, the three-
and-a-half-acre Sarita wetland on
the St. Paul Campus serves many
functions, including catching
storm water and providing
wildlife habitat, but issues with
the wetland's conditions also
exist.

A major effort to restore
Sarita began when then-graduate
student Suzanne Savanick
Hansen started the Sustainable
Campus Initiative in 2000 as part
of her graduate work.

"Nobody knew what the
Sarita wetland was," she said,
"including me."

According to the Minnesota
Board of Water and Soil
Resources, before Minnesota was
settled, there were 18.6 million
acres of wetlands in the state,
which has since been cut in half.

Over a century ago there
even was a Lake Sarita where the
Commonwealth Terrace
Cooperative now sits.

Near the turn of the century,
many wetlands were drained to
create farmland and were often
regarded as swamps that were
health hazards, Hansen said, but
recently people have understood
the need for wetlands.

Though Hansen's research
on the area has ended, many
people at the University continue
their own wetland improvement
efforts.

Scott Alexander, an
environmental health specialist
with the Department of
Environmental Health and
Safety, said that as the campus
was built up, little was done to
make sure the wetland was
adapting to it.

"We're playing a little bit of
catch up," he said, "but we're
gaining good ground."

The wetland catches the
storm water from the entire
St. Paul campus, said Alexander,

which causes the water level to
fluctuate three to four feet with
every rainstorm.

Native plants don't adapt
well to the sudden changes, he
said, so the diversity of plant life
in the wetland has decreased.

The water also is not always
of the best quality, said third-year
water resources science graduate
student Erica Schram.

Schram, who did storm-
water quality monitoring at Sarita
during her first two years in the
program, said sediment and waste
from fields and the State
Fairgrounds goes into the wetland
along with water, which affects
the natural life and also flows into
the Mississippi River.

Schram is also part of Water
Resources Students in Action,
which participated in wetland
cleanups and is working to create
signage to label the wetland and
tell some of its history.

To help the storm-water
problems, Alexander said the
University created a forebay, a
large sediment basin to catch
storm water and feed it more
slowly into the wetland, which
stabilizes the water levels.

This spring, a basin in the
sheep pasture will be built, which
is planned to catch about a third
of the campus' storm water,
sending it into the ground to
replenish groundwater instead of
into Sarita, he said.

Fisheries and Wildlife
Professor Emeritus Peter Jordan
said the wetland is big enough to
be a valuable teaching tool, in
addition to restoring it for its
other ecological functions.

He and other professors have
already used Sarita to teach about
water management and wildlife,
and many want to turn the
wetland into a better outdoor
classroom space.

"We are not trying to
promote Sarita as a picnic ground
or a park," he said. "We want it
to be part of the academic
resources of the University."

He said the University is
fortunate to have the wetland on
campus.

"Not many college campuses
would have a bona fide wooded
wetland," he said.

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May 11, 8pm

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The Gleason Brothers
May 18, 8pm

Lazy Red
May 19, 8pm

Roger Anderson Trio
May 25, 8pm

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May 26, 8pm

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Orchestra Festival
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Spring Concert
May 24, 7pm

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May Calendar

1 Tuesday

- Parent Conferences at Murray Jr. High, 3:30-6:30 p.m.
- 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, 6:30 p.m.

2 Wednesday

- Free in-store wine sampling at The Little Wine Shoppe (2236 Carter Ave.) from 4:30 to 7:30 p.m. Must be 21 or older to attend. All featured wines are 10 percent off during the tasting.
- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Every Wednesday. Free blood pressure clinic by the St. Anthony Park Block Nurse Program 1st and 3rd Wednesdays at 11 a.m.
- St. Anthony Park recycling, Every Wednesday.

3 Thursday

- Parent Conferences at Murray Jr. High, 5:30-8:30 p.m.
- St. Anthony Park Elementary Spring BBQ for families on the playground.
- 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, 7 p.m.

4 Friday

- "Arts Off Raymond," artist studios along University Avenue between the Midway and Prospect Park, 5-9 p.m. www.artsoffraymond.org
- Spring Carnival at St. Anthony Park Elementary School, 5:30 - 8:30 p.m. All are welcome.
- Story Time for preschoolers ages 3-5, 10:30 a.m., St. Anthony Park Library.
- Senior Citizen Fun Group (gym, bowling and chess), SSA Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday.

5 Saturday

- "Arts Off Raymond," artist studios along University Avenue between the Midway and Prospect Park, 10 a.m.-5 p.m. www.artsoffraymond.org
- Free Comic Book Day. Source Comics & Games, 10 a.m.-noon.
- 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.

7 Monday

- Neighbors for Peace planning meeting, 7 p.m. at Karen Lilly's home, 2079 Dudley Avenue, 644-3927. All are welcome.
- 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.
- Como Park recycling, Every Monday.

8 Tuesday

- St. Anthony Park Elementary School Patrol Parade and Picnic, downtown St. Paul and Como Park Parade at 10 a.m., Sibley and Fourth.
- Lauderdale City Council, City Hall, 1891 Walnut St., 7:30 p.m.

9 Wednesday

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

10 Thursday

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

11 Friday

- SAPSA Plant Sale, SAP Elementary playground, 3-6:30 p.m.
- Story Time for preschoolers ages 3-5, 10:30 a.m. at St. Anthony Park Library.
- Falcon Heights recycling.

12 Saturday

- SAPSA Plant Sale, SAP Elementary playground, 8:30 a.m.-12:30 p.m.

14 Monday

- SAP Elementary Site Council meeting, 5-6:30 p.m. at the school.

- Park Press, Inc. board meeting, St. Anthony Park Bank meeting room, 7 a.m.
- St. Anthony Park Block Nurse Program board of directors meeting, St. Anthony Park United Methodist Church library, 7 p.m.
- Join the Falconers for 500 and cabbage at 1 p.m. at Falcon Heights City Hall.
- Lauderdale recycling.

15 Tuesday

- Last SAPSA meeting for the school year, 6:30-8 p.m. at St. Anthony Park Elementary.
- District 10 board meeting. Call 644-3889 for details.

16 Wednesday

- Free in-store wine sampling at The Little Wine Shoppe (2236 Carter Ave.) from 4:30 to 7:30 p.m. Must be 21 or older to attend. All featured wines are 10 percent off during the tasting.
- St. Anthony Park Booster Club, Langford Park, 7 p.m.

18 Friday

- St. Anthony Park Elementary School Talent Show, 7 p.m., Murray Junior High auditorium.
- Story Time for preschoolers ages 3-5, 10:30 a.m. at St. Anthony Park Library.

22 Tuesday

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

23 Wednesday

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

24 Thursday

- Spring Music Concert at Murray Junior High.
- St. Anthony Park Elementary Band/Orchestra/Vocal Music Concert 2:30 p.m. & 7 p.m.

25 Friday

- This weekend, 15 percent of purchases at Linder's Garden Center or Flower Marts today will be donated to the Gibbs Museum of Pioneer and Dakota Life. For information, call 646-8629 or visit www.rechs.com.
- Falcon Heights recycling.

26 Saturday

- Book sale, St. Matthew's Episcopal Church, 9 a.m.-1 p.m.
- Linder's Weekend of Fundraising.

27 Sunday

- Linder's Weekend of Fundraising.

28 Monday

- Memorial Day: No school.
- Linder's Weekend of Fundraising.
- Join the Falconers for 500 and cabbage at 1 p.m. at Falcon Heights City Hall.

29 Tuesday

- Red Cross Blood Drive, 3-8 p.m. at St. Anthony Park Lutheran Church, 2323 Como Ave W. Call for appointment: Shelley (645-4373) or church office (645-0371).
- Lauderdale recycling.

31 Thursday

- School Carnival, Como Park Elementary School, 5:30-7:30 p.m.

Items for the June Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, May 18.

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LIVES LIVED

Robert H. Gruber, Jr.

Robert H. Gruber, Jr., age 51, of North St. Paul, died March 23, 2007. He grew up on Ludlow Street in St. Anthony Park.

He is survived by his children, Andrew and Courtney, two sisters and a brother.

Private family services were held.

Dr. William Kavanaugh

Dr. William Kavanaugh, age 93, formerly of St. Paul, died April 15, 2007, in Springfield, Va.

William served in the U.S. Marines during World War II. He attended Dunwoody and then the U of M, where he graduated with a Ph.D. in 1955.

He joined the U of M's College of Education as an instructor of industrial education in 1946 and moved through the ranks to full professor. He retired in June of 1984 after 36 years of service.

Dr. Kavanaugh participated in an AVA/USAID program in Turkey.

He was a member of St. Anthony Park United Church of Christ before moving to Illinois and then Virginia to be near his daughters. He was also a member of Tusler-Summit Lodge #263 and the OES, St. Anthony Park Chapter #212.

His volunteer work included many years with Camp JIM, in Brainerd, Minn.

He is survived by his wife of 63 years, Katharine Ida; daughters, Katharine (Roy) Schmiesing and Barbara (Allen) Andersen; four grandchildren; four great-grandchildren; and a sister, Evelyn Nelson.

His funeral service was April 21, 2007, at Holcomb-Henry-Boom Funeral Home in St. Paul.

Jean McIntosh

Jean M. McIntosh, 85, died of lung cancer on January 16, 2007.

Jean grew up in the St. Anthony Park neighborhood and attended Guttererson School and Marshall U High. In 1942, she graduated from the University of Minnesota with a degree in botany.

After graduation she worked in the U of M's Botany Department as principal secretary for 41 years until her retirement in 1983.

Jean was an avid traveler and photographer. She belonged to two photo clubs, Women's Color Photo Club and the Minnesota Nature Photography Club.

She joined the Early American Glass Club of Minnesota in 1973, joining her mother, Jane, who was a member. Jean remained active in the club until this past year when she was diagnosed with lung cancer. She much enjoyed sharing a meal and learning about the antiques that were presented at their meetings.

Jean is survived by her niece, Elizabeth (James) Paetznick of St. Cloud; nephews, Bruce (Kathy) McIntosh of Fifty Lakes, and Stewart (Kathy) McIntosh, of St. Anthony Park; and a grand-nephew, grandniece and great-grandnephew.

A memorial service was held April 4.

Laura Rust

Laura Evelyn Rust, Falcon

Heights, died April 3, 2007. She was born August 8, 1921, in Bunker Hill, Ill.

She is survived by her husband, Richard; daughter, Deanna Zimmer; sons, Richard, Mark and Robert; two grandchildren; and a sister and brother in Illinois. She was preceded in death by son James.

Her memorial service was held Easter Saturday, April 7, 2007, at Emmaus Lutheran Church, in Como Park. Interment will be in the Bunker Hill, Ill., cemetery in May.

Edward B. Stanford

Edward B. Stanford, age 97, died on April 13, 2007, in Hayward, Calif. "Ned" was born in Moorhead, Minn., March 31, 1910.

He graduated from Dartmouth College in 1932 with a degree in biography and comparative literature. He married Maverette Ericson on July 3, 1937, in Hanover, N.H.

He earned a Ph.D. in library science from the University of Chicago in 1942. He served with the U.S. Army in Europe in World War II.

Ned and "Mav" moved to St. Anthony Park in 1946. They resided at 2188 Hendon Ave. from approximately 1953 through 1984.

He was an active member of the St. Anthony Park Association. His son Jim recalls accompanying him on a door-to-door fund-raising mission to support the annual Fourth of July celebration.

He served as committee chairman for Troop 17 in the late 1950s. Jim recalls him driving a trailer for several years supporting the annual newspaper fundraiser.

Ned and Mav served as chairpersons of the U of M Faculty Dance Club. Twenty years ago they joined the 1666 Coffman community as founding members to enjoy their golden years.

They enjoyed travel, Elderhostels, and supporting worthy programs, including foreign study programs at St. Olaf College, immigrant training programs at the International Institute of Minnesota, the Children's Literature Research Collection at

Lives Lived to 24

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OFFICE MANAGER for well-established community chamber music series. Responsibilities include mailings, bookkeeping, data base entry/management, concert assistance. Music background preferred. Approx. 20 hrs/week. Submit letter/resume by May 15 to Music in the Park Series, PO Box 8183, St. Paul, MN 55108.

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Lives Lived from 22

the University of Minnesota and the Alzheimer's program at Lyngblomsten retirement home.

Edward Stanford served on the faculty of the University of Minnesota from 1946-1977. He was appointed director of libraries in 1951.

He oversaw planning and construction of Wilson Library, the Biomedical Library and the Agriculture Library. He was a strong supporter of the library's special collections, attracting books and materials to the Kerlan Collection of children's literature at the university.

He is survived by son James and two grandchildren, Jeffrey and Amanda, all living in the San Francisco Bay area. He was preceded in death by his beloved wife, Mavertte, on October 9, 1996.

In deference to his wishes, there will be no funeral. A memorial gathering at 1666 Coffman will be scheduled.

Memorials are preferred to the Mavertte E. Stanford Memorial Fund for Alzheimer's Disease, the Lyngblomsten Foundation, 1415 Almond Ave., Saint Paul, MN 55108.

Duane Tchida

Duane "Swede" Tchida, of Mora, formerly of Lauderdale, died March 25, 2007. He is survived by his wife, Shirley; children, Dale, Duane Jr., Kim, Jackie and Nancy; nine grandchildren; four great-grandchildren; and sister Vivian. He was preceded in death by a son, David.

His funeral was March 29, 2007, at Zion Lutheran Church in Mora, with interment in Royallan Cemetery.

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



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 www.comoparklutheran.org

Sunday Worship Schedule (through May 20):

8:00, 9:00, and 11:00 a.m. Worship
 10:00 a.m. Adult Education & Sunday School
 (Holy Communion on 1st and 3rd Sundays; nursery care provided)
 Rides available for 11:00 a.m. worship.

Call the church office before noon on Friday for ride.

Summer Worship Schedule (begins May 27):

8:30 & 10:00 a.m. Worship
 (Holy Communion on 1st and 3rd Sundays)
 Rides available for 10:00 a.m. worship.
 Pastors: Martin Ericson and Mary Kaye Ashley
 Director of Music Ministry: Thomas Ferry

◆ FALCON HEIGHTS UNITED CHURCH OF CHRIST

1795 Holton St. at Garden, 651-646-2681
 www.falconheightsucc.org
 Sundays: Education 9:15 a.m., worship 10:30 a.m.
 Nursery care available 9:15-11:45 a.m.
 Spring rummage sale Thursday, May 10, 8-5, and Friday, May 11, 8-4
 May 20 - Celebration of children and youth at 10:30 a.m. worship
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 Tuesdays: 9:30 a.m. Bible Study
 Thursdays: 6:30 p.m. Stained Glass Workshop
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 All are welcome - Come as you are

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 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.
 May 6 - Worship/Holy Communion 10 a.m.
 May 20 - Worship/Senior Choir Concert 10 a.m.
 May 27 - No Adult Ed.

◆ ST. ANTHONY PARK UNITED METHODIST CHURCH

www.sapumc.org
 All are welcome!
 2200 Hillside Ave (at Como) 651-646-4859
 Pastor Donna Martinson
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 10:20 a.m. Sunday School for 3 years old to 5th grade
 11:00 a.m. Fellowship & Refreshments

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 Pastors Glenn Berg-Moberg and Amy Thoren, Email: info@saplc.org
 Worship: 8:30 a.m. and 11:00 a.m.
 Summer Worship Schedule begins May 27: 10:00 a.m.
 Education Hour for all: 9:45 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:
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 10:30 a.m. Holy Eucharist (Rite II)
 Classes for all ages between the services at 9:15 a.m.
 Mondays - 7:00 p.m. Night Prayer
 Wednesdays - 10:00 a.m. Holy Eucharist (Rite I)