Northrop News

Hampden Park is ailing

by Renee Letourneau

An alarmed eye might look at Hampden Park and see a healthy green space with abundant trees. Unfortunately, many know better.

South St. Anthony Park resident Carolyn Edmark works in forestry and reviewed management. In the 1970s, she rented an apartment on Bayliss Avenue. At the time, she said, Hampden Park was lush enough for a couple of large ash trees, which still remain.

When Edmark moved back to the neighborhood 15 years later, she found that the city had planted the trees one by one in the park today. However, she said, the planning and planting were not done well scientifically.

"Although the plan was developed from a landscape point of view," she said, "from a forestry perspective it was doomed. The trees were planted too close together and included non-native trees不适 for the region.

A 2001 study conducted by the St. Anthony Park Community Council (SAPCC) and the Minneapolis Park and Recreation Board found that the park today is largely unable to withstand a future storm. Without intervention, the city would likely lose many trees due to disease and pollution.

Keeping it festive and local in St. Anthony Park

by Dave Healy

This year’s 20th annual St. Anthony Park Fall Festival will feature many new events, including a drive-up facility at that location. Operations formerly split between two Como Avenue facilities are now consolidated.

The 15,000-square-foot building houses 52 employees and has three drive-up lanes. In addition to offices and conference rooms, it includes an employee exercise room and showers.

New Park Midway Bank building is up and running

by Dave Healy

A project over two years in the making came to fruition on September 10, when Park Midway Bank opened a new building on the corner of Como and Dowell avenues. The five-million-dollar building replaces a drive-up facility at that location. Operations formerly split between two Como Avenue facilities are now consolidated.

The 15,000-square-foot building houses 52 employees and has three drive-up lanes. In addition to offices and conference rooms, it includes an employee exercise room and showers.

The Van Heckes loved their house and their St. Anthony Park neighborhood. Eventually, they decided to sell where they were, but with a few changes.

The result of those changes was a three-story, handicap accessible addition to their house, plus a slopehouse from rear garden that effectively transforms their wheelchair ramp from an adaptive mobility structure to an elegant countertop to the surrounding flowers.

Visitors will get a chance to examine their work on October 27, when the Van Hecke residence will be open to the public from 11 a.m. to 6 p.m., as part of the 2007 St. Anthony Park Home Tour. The Van Hecke house will join other houses on display because of recent remodeling projects or for their historic or architectural importance.

One noteworthy addition to the new building is the St. Anthony Park Community Foundation’s campaign to encourage residences to support their neighborhood by shopping at local businesses along Como Avenue between Hwy. 280 and the U of M area plan will be held at 7 p.m. on Thursday, October 25, at St. Anthony Park Elementary, 2180 Knapp St.

The results showed that 97 percent of respondents believe that a vibrant retail sector is important for the neighborhood’s health.

"We took those results as a mandate from the community to take action," said Clare Caffrey, foundation board member. "So we put together a group of neighbors and came up with the campaign."
City Files

Lauderdale
This year’s Halloween party at City Hall will be 5–7 p.m., October 31, and will feature a maze and cartoon movies. There will be mini-donuts, hot dogs, apple cider, hot chocolate and trick-or-treat bags for the kids. Costumes are traditional for both adults and children. Donations of candy and money, which make the event possible, are welcome at City Hall, open 8 a.m.–4:30 p.m., Monday–Friday.

The Lauderdale/Roseville District 623 School Board election will be held November 6. Polls are open at City Hall from 7 a.m. to 8 p.m. To register to vote, or to vote by absentee ballot, call City Hall at 792-7650.

St. Anthony Park
The St. Anthony Park Community Council is planning improvements for Hampden Park. Surveys about the park are available at Hampden Park Co-op, the St. Anthony Park Library and the Artist’s Grind. They are due by October 15. A community forum will be held at 7 p.m. on Wednesday, November 7, at South St. Anthony Recreation Center.

The annual St. Anthony Park Home Tour will take place from 11 a.m. to 4 p.m. on Saturday, October 27. Advance tickets are available at Bibelot, Micawber’s and The Little Wine Shoppe. Tickets may also be purchased online at www.sapcc.org and will be available the day of the event at the St. Anthony Park Library.

The first draft of the Como 2030 small area plan will be released at a kick-off event at 7 p.m. on October 25 at St. Anthony Park Elementary School, 2180 Knapp St. For a copy of the plan, e-mail amy@sapcc.org.

At its September meeting, the Community Council supported a liquor license application for a new restaurant at 2650 University Ave. in the Metro Lofts Building.

The Mississippi Watershed Management Organization is accepting nominations for a Science Advisory Group to help create a Third Generation Watershed Management Plan. They are looking for representation from the local scientific community. E-mail renee@sapcc.org for more information.

— Anne Holzman
University of Minnesota ups its horsepower

by Anne Holzman

The University of Minnesota veterinary school has long held its own in treating, teaching about and researching horses, but it has never had a building dedicated solely to equine programs.

That's about to change. The U's new Equine Center, set for a grand opening on October 15, will house not only an expanded veterinary program but also the university's mounted police horses and the therapeutic We Can Ride program for children with disabilities.

The center's director, Stephanie Valberg, is more than a little excited. A recent tour started at the expansive parking lot, which she said will solve the first problem clients have been complaining about when they bring horses to the old facility on Gorton Avenue, where horses share space and resources mainly with dogs and cats.

“We designed this so that you can unload in a nice covered area,” she said — then waved toward the trailer-length parking spaces and turnaround area — “park and drive out of here without going into reverse.”

Just inside the doors is a room full of leather-upholstered furniture, rather puzzling, perhaps, until one considers that clients have to wait for what might turn into hours while the vet staff figures out exactly what they wanted. They brought in an architecture firm that specializes in equine accommodations to work out the interior details. The place is infused with high-tech solutions, such as a computerized pharmacy that uses fingerprint recognition for security, and an air-mattress chamber that protects a horse as it recovers from anesthesia and wants to stand up too soon.

The 60,000-square-foot, 14-million-dollar facility will mainly serve the growing population of horses raised as pets. Valberg said they expect to see 5 to 10 clients a day. Thirty-three stalls will be available for short- and long-term stays (the university has about 20 horses for study at any given time, many of which will be housed there), with more planned as the means are found to expand the building.

A large arena will be used to watch horses in action, the way an auto mechanic tries to duplicate that clunking under the hood by taking it for a test drive.

Dr. Stephanie Valberg, director of the U of M’s Equine Center, and her horse, Brooke. Brooke was donated to the university because she suffered from equine rhabdomyolysis, which is one of Dr. Valberg’s specialties. Valberg cured her with a low-starch diet.
It takes a heap o' love in a house to make it home.
— Edgar Guest

The distinction between house and home is a complex one. Presumably, a house is simply a structure that a person or people live in—what, exactly? Something more than a house, supposedly, but just what that something may be hard to specify. On the one hand, there's the story of the young girl whose family was displaced by a tornado. When a friend remarked that it must be hard to be homeless, she replied, "Oh, we have a home. We just don't have a place to put it in." Still, we describe people with no place to live as homeless, not houseless.

If you live in an apartment building, do you, literally speaking, have a home, but you can still have a house? Which would you rather go on, a house tour or a home tour? What do you mean when you describe a place as a "home"? What's the difference between people setting up housekeeping and making a home together? Why do sellers organize an open house but not an open home? Home, of course, can refer to something other than a mere abode. We have home rooms (in home-owning, insomniac, and "going home") can mean returning to an area rather than to a particular dwelling place. One can get homesick, but not housebound.

So how does a house become a home? For some people, remodeling a place — making one's own mark on it — is an important part of the process. That's why visiting a house you used to live in can be an unsettling experience if subsequent owners have modified it. But even if you don't physically change your dwelling place, simply dwelling there alters its essence. It's Edgar Guest's "heap o' love" that's at work in turning house to home. When you first move into a new place, it won't feel like home. But eventually it will, and that's the experience you have there.

In some settled neighborhoods, a house will be known by a particular family, perhaps long after they've moved on. "Oh, you live in the Peterson place," an old-timer says to the newly installed Carlsons, perhaps three removed from the property's namesake.

Homelessness is an existential condition that transcends more dwelling place. Even someone with a place to live may feel profoundly rootless.

The American experiment depended on people willing to leave home, but also on those who kept, and keep, the home fires burning. "I'm just a poor wayfaring stranger," say the folk song, "travelling through this world of time. But there's no sickness, sord or danger in that home to which I go.

This notion, that there's some separable home we're bound for, is a powerful one that crosses kinds of oppositions (race, religion). But even the most insidious among us have probably, at least from time to time, felt the truth of Dorothy's mantra near the end of "The Wizard of Oz": "There's no place like home."
Kickin’ up your heels with the Odd Fellows
by Natalie Zett

“It’s the Odd Fellows up there again, dancing,” said the clerk at Hampden Park Co-op, explaining the thunderous pounding coming from the ceiling.

St. Anthony Park resident Teresa Neby Lind might not consider herself an odd fellow, but she’s happy to be one of many musicians and dancers who use the upstairs hall at the corner of Raymond and Hampden avenues.

“We have a nice relationship with the co-op,” said Neby Lind, “even though the noise can be a bit much. They’re good sports.”

The building that houses the co-op and Parkview Cafe is owned by the Grand Lodge of Minnesota—Independent Order of Odd Fellows, a fraternal organization similar to Kiwanis, Lions or the Masons.

One purpose of the Odd Fellows is education, which the Hampden and Raymond lodge meets through folk dance instruction. The second floor of the building has offices, meeting space and a large room with a maple floor, perfect for dancing.

The Odd Fellows began in England in the 1700s as a labor group. Christened the “Odd Fellows” by some of its detractors, the group decided to embrace the moniker rather than fight it. The organization was brought to the United States in the 1800s, and lodges sprouted up throughout the country. The Minnesota Odd Fellows started in Stillwater in 1849, and there are several lodges throughout the state, including the one on Hampden and Raymond.

“The Odd Fellows hall is Jim Brooks, who has been involved in folk dancing since the 1970s,” Brooks said. “One regular at the Odd Fellows hall is Jim Brooks, who has been involved in folk dancing since the 1970s. According to Brooks, “Clogging comes from the English. The heavy nail boots that factory workers wore in the 1800s were called ‘clogs,’ and the workers would beat out rhythms that were akin to the machines that they were working on. When they settled in the U.S., they brought that style with them and incorporated what they’d seen from Native-American ceremonial dancing and African-American dancing.”

Brooks joined the Wild Goose Chase Cloggers (www.wildgoosechasecloggers.org) and the Wild Goose Chase Cloggers are a regular at the Odd Fellows hall.

Neby Lind, a fiddler, started the Old Time Toe Jam on Tuesday nights at Odd Fellows. “It’s mostly fiddles and guitars,” she said, “but there’s some clogging as well. I would encourage anyone to attend. One thing about clogging is you don’t need a partner. Lots of single people show up since this is a good alternative to the bar scene, plus it’s great exercise.”

Another regular at theOdd Fellows hall is Jim Brooks, who has been involved in folk dancing since the 1970s. According to Brooks, “Clogging comes from the English. The heavy nail boots that factory workers wore in the 1800s were called ‘clogs,’ and the workers would beat out rhythms that were akin to the machines that they were working on. When they settled in the U.S., they brought that style with them and incorporated what they’d seen from Native-American ceremonial dancing and African-American dancing.”

Brooks joined the Wild Goose Chase Cloggers (www.wildgoosechasecloggers.org) and the Wild Goose Chase Cloggers are a regular at the Odd Fellows hall.
New bank building from 1

employees who carpooled. Employees who do not carpool are encouraged to park off site. The bank leases parking places for that purpose at Children's Home Society and Luther Seminary.

"It's already clear that our new facility has a much more advantageous parking situation than the old building," said Beeson. "The lot is deeper, making it easier to get in and out of parking spots. Also, our customers are not competing with the customers of other businesses, as they were at our previous location."

Visitors entering the new building from Como Avenue are greeted by Park Perks, an espresso bar that sells coffee and cookies. Profits will be donated to various Twin Cities nonprofits. In September and October, the beneficiary is Eco Education.

Park Midway Bank has a 90-year history on Como Avenue. Established in 1916, what was originally Park Bank first occupied an office at the corner of Como and Carter avenues. Within a year the bank had its own building at 2250 Como Ave., current site of Children's Home Society and Family Services.

In 1974 the bank built a drive-up facility on land it had purchased at Como and Doswell, and in 1986 the main bank moved across the street to 2205 Como Ave., where it leased space.

The inefficiencies of maintaining two facilities, along with the impending expiration of its lease at 2205 Como, led the bank to consider erecting a new building at 2300 Como.

The small site at Como and Doswell left room for only 38 parking spots out of the 41 required by city code. Getting a variance for the parking shortfall required the bank to go before the District 12 Community Council and St. Paul's Zoning Commission.

At these meetings, some residents lamented the loss of a coffee shop attached to the drive-up building and expressed reservations about the design for the proposed building.

In response, the bank formed an advisory committee composed of local residents and business owners. Their deliberations resulted in several changes to the building.

A proposed tower was eliminated, a canopy over the drive-up lanes was moved back from the sidewalk and the windows were redesigned. Also, more benches were added outside the building, and plans were made for the espresso bar inside.

The bank's new facility drew on the talents of two local residents. Landscape architect John Thomas, who lives across the alley from the new building, coordinated all the plantings on the site. Tim Smith, a St. Anthony Park resident who owns the Carter Avenue Frame Shop at 2186 Como Ave., framed all the artwork in the new bank.

The new bank building is open from 9 a.m. to 4:30 p.m. Monday through Friday, and 9 a.m. to noon on Saturday. Special Grand Opening events will be held October 1-6.

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St. Anthony Park resident Matthew Buechler, a ninth grader at Como Park High School, was recently nominated as a semifinalist in the Discovery Channel’s 2007 Young Scientist Challenge for a project he did last year at Murray Junior High.

Buechler is one of 400 students in grades 5–8 from around the country who were selected as semifinalists. Finalists will be chosen this month.

Buechler’s eighth-grade science project was his winning venture. As a student in Murray’s magnet science program, he was required to participate in the annual science fair.

"From the school fair, you can go on to regionals and even state if you’re selected," Buechler said. "At regionals, the judges look over your project and decide to nominate you for the Discovery Award."

To complete the nomination process, Buechler wrote essays on various project-related topics.

"I had to write a few 500-word essays," he said. "One was on my idea for the project: how I came to think of what I was going to do. Another was filling out a survey on my extracurricular activities, and another was on why I like science and how my project could make a contribution to the future of science."

According to the Discovery Channel’s Discovery Education Web site, semifinalists were selected from tens of thousands of students in grades 5–8 participating in science fairs in 44 states. From the 400 semifinalists, 40 students will be chosen as finalists and will head to Washington, D.C., to compete in the finals October 21–24.

The Young Scientist Challenge has been in its ninth year and, according to the Discovery Channel Website, is “designed to encourage the exploration of science during the critical middle school years and... to nurture the next generation of American scientists at a critical age when interest in science begins to decline.”

The 2007 Challenge focused on environmental issues and sustainable development.

Buechler’s project was titled “The effect of culvert inlet design on the efficiency of culverts operating on inlet control.” He said, “I was basically finding which culvert is most efficient at transferring water from an upstream point to the downstream point.”

He made a model from wood and PVC but did not bring it to any of the fairs, relying on his board presentation to describe his project and findings.

“Tears have always been interested in hydrological studies and water and math,” Buechler said. "In seventh grade I did my science project on storm sewer inlets, but this year I switched to culverts because I thought it would be a harder topic. There’s more variation to inlets. I’ve always been interested in making models and things that deal with building, doing real calculations instead of simulations on the computer."

Buechler said his project could have practical benefits.

"Theoretically, it could help make culverts safer and more efficient, and ultimately more efficient for a city to install," he said. "There are many things you could do to make them more efficient and better for the environment."

Buechler said science and math are his favorite subjects.

"I might become a scientist," he said. "My projects have been on civil engineering, so that’s something I’m interested in — right now, at least." He added, “This whole Discovery Channel contest is just a side thing. The big accomplishment was getting my project done and going to state. This is just extra. I liked doing it, and I’m glad I did well.”

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Murray Junior High alum is Discovery Channel Science Challenge semifinalist

by Antonie Young

St. Anthony Park Home Tour Saturday, October 27 from 11:00 to 4:00

Ten Homes & One Very Old Church

Enjoy walking through St. Anthony Park homes which have been recently remodeled, or have historic or architectural significance. Old Mine Age Church, built by Norwegian immigrants in 1844, is also part of the tour. Advance tickets are $9.50 each, at Homebase, Macaroni’s, The Little Wine Shoppe and www.stapc.org or buy them the day of the event at St. Anthony Park Library.

Information at 651/645-9582 or www.stapc.org

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Kickin’ up your heels from S

in 1984, first as a dancer and now as the leader.

“The folk art and old-time music,” he said. “I love the movement, the rhythm involved with clogging, and I also like to perform.”

The group has been on the Prairie Flute Companion radio-show and recently performed in Eau Claire at an international folk dance festival.

Brooks is also the organizer of a contra dance held the first Saturday of each month at the Odd Fellows. He’s helped by Adam Granger and Annie Spring, musicians who live in St. Anthony Park.

The contra dance group draws 50 to 80 people each month. Instruction starts at 7:30 p.m. and dancing at 8 p.m., though as Brooks says, “We teach each dance as we go, so there’s actually teaching going on all night.”

Brooks is also president of the Oak Floor Folk Music and Dance Association (OFFMDA), a coalition of groups that use the Odd Fellows hall. A common thread among those dance organizations is education.

“By the Odd Fellows charter, this second floor has to be used for teaching as well as social purposes,” said Brooks. Another member of OFFMDA is Scoil na dTrí (pronounced skull-na-dree), an Irish dance academy that holds classes and dances for all ages at the Odd Fellows. The name means “school of the thrice,” since it was founded by three teachers: Brenda Buckley, Joe Richter, and Gillian Osborn. According to Buckley, the school focuses on competition and performance.

“I came into Irish dancing as an adult,” said Buckley. “My brother went to the Winnipeg Folk Festival and came back with a tape of Irish music. My feet started moving and it called me like a pied piper.”

Buckley, the school focuses on competition and performance. “It’s hard to categorize our students,” said Buckley. “They come for a variety of reasons: fun, exercise, love of Irish dance or whatever calls them.” Scoil na dTrí holds adult lessons for beginners at Odd Fellows on Sundays from 5 to 6:30 p.m. Other classes are listed on their Web site: www.scoilnadtri.com.

The newest addition to dance instruction at Odd Fellows is an Argentine tango group (www.mntango.org). Tango started in the slums of Buenos Aires, caught on in Europe — especially Paris in the 1920s — and remains popular throughout the world.

Organizer Lindsay Orr said a group of 8 to 10 people has been meeting at the Odd Fellows from 8 to 10 p.m. on Monday nights for about a year.

“Tango takes a lot of practice,” she said. “We hold introductory lessons where you learn to lead and to follow. It’s not about learning basic steps, but is heavily into improvisation.”

She said tutors are always welcome.

Please join us for a true community event on Saturday October 20th at 2:00 p.m.

Local author Warren Hanson will read from and discuss his most recent children's book "Kiki's Hats." The subject is local SAP resident Kiki Gore.

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I watched a lady take a shower the other morning out on our front lawn. It was a female ruby-throated hummingbird that had landed on the sculptured front just as the sprinkler was starting toward her. I expected she’d flush when the water hit her, but she sat there and seemed to enjoy the coolness on a day headed for 90 degrees. All this occurred four days after my return from a six-day birding trip to Ecuador.

While we see only the ruby-throated hummingbird regularly in Minnesota, the Andes in northeastern Ecuador are home to more than 50 species of hummingbird. I was fortunate enough to see 34 of them, 20 of which were new life birds for my list.

In this country, we typically think of birds living in certain geographical ranges, north or south, depending on the season. But hummingbirds in the Andes often live in ranges that are limited by altitude, up and down, and not so much north and south. They depend on the nectar in flowers, and these bloom only at certain altitudes and at certain times of the year.

Migration of birds to the tropics is therefore often a tropical magazine, not a trade where food is available.

One of the most impressive hummingbirds was one we saw on the slopes of the Pichincha Volcano in the Yanacocha Reserve at 11,500 feet. It was the weed-billed hummingbird with its four-inch tail and four-inch bill. When perched, the bird raises its tail nearly vertical, probably to help maintain balance so it doesn’t take a nose dive off the branch.

As my buddy Bill said, “That’s a bird that can’t groom itself!” Talk about not being able to scratch where you itch! This occurred four days after my return from a six-day birding trip to Ecuador.

As the name suggests, this hummingbird is the throat yet. The females have the white boots and racket tail and body feathers that reflect the sun in a brilliant green underneath a flokering gold sheen.

How rare is this bird? If you look on a birding map for its range, you won’t find a gray shaded area marking its habitat. Instead, you’ll see two small black dots west of Quito (where we were) and one dot on the border with Colombia.

Most of the birds in the tropics have names consisting of two or more words strung together, and hummingbird names are no exception. They’re usually very descriptive.

For example, we saw the white-whiskered, twirly-tailed, and stripe-throated hermits, small hummingbirds with a slightly downward curved tail. Then there were the brown, green and sparkling violetears, four-inch hummers with violet ear patches that flare out when they confront one another at the feeder. They looked like gill cows to me.

Some names evoke magical, fairy-like scenes: green-crowned woodnymph, during northern, grey-headed, Tyrian metaltail, zebra-bearded thornbill, purple-throated woodstar and buff-tailed coronet. There’s even one called the purple-crowned fairy. I didn’t see it but others did.

As I mentioned, the ruby-throated hummingbird is the only hummer we see regularly in Minnesota. It nests in the metro area and farther north, with the northern ones migrating through in the spring and fall.

But we do sometimes see other hummingbirds in Minnesota. There are usually a couple of vagrant, rare hummingbirds each year that hang out in someone’s feeder into the cold winter months. I think of the callipe hummingbird that came to a feeder in south Minneapolis aswinter arrived a few years ago and was captured and almost successfully flown to the southwestern United States on an airplane. Unfortunately, it died on its way to the airport.

And we can get an occasional random hummingbird, a northern United States bird. A few stragglers wander through Minnesota from time to time. Personally, I’m still thrilled to see the ruby-throated hummingbird each year that fly in from time to time. I look for the young males that don’t have the full ruby gorget at the throat yet. The females have distinctive white tips on their tail feathers. Just watching them hover and feed in flight, reverse direction, challenge one another — and even larger birds — is pretty exciting for this Minnesota bird lover. And it all takes place just 980 feet above sea level!
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In this era of the overscheduled life, it sometimes seems as if the only time available to think about exercise is while stringing in the doctor’s waiting room, paging through magazines, where the smiling faces of the fit and the fabulous deliver the same message: Exercise will improve your health.

For Wendy Rahn, a St. Anthony Park resident and associate professor at the University of Minnesota, it took an appearance of adversity to make her realize how seriously she needed to heed that message.

During the summer of 2006, while putting on her bathing suit, Rahn noticed a lump beside her breastbone. She tentatively followed up with her doctor.

A mammogram and ultrasound didn’t detect the lump, but she decided to have it removed and biopsied anyway. Her doctor said that in 90 percent of such cases, the lump was benign. The phone call she received from her doctor on November 1 hit her “like a ton of bricks.” It was cancer.

Rahn, a petite blonde with a strong jaw and blazing blue eyes, didn’t let the news slow her down. It was the beginning of an odyssey that would include surgery — bilateral mastectomy — drug therapy, breast reconstruction and simply surviving.

“I think cancer,” she says. “Present tense. You never know if they get all of it.” She adds that getting the cancer diagnosis was liberating. “What’s the worst that can happen? Cancer. I already have it.”

That kind of bulldog tenacity helped Rahn focus on a cause of science that would help her survive. She asked herself, “What’s the worst that could happen?”

As a professor, she knew that not only was she a good researcher but she also had access to information and resources that others did not.

With the same energy she brought to curing a PDL in political science, she studied cancer. One thing stood out: something her oncologist never talked about. Rahn found that there are impressive survival benefits to regular exercise.

She learned that regular physical activity after a breast cancer diagnosis lowers the chance of cancer recurrence by 40 percent.

She also learned that regular physical activity improves the chances of surviving cancer by 50 percent and provides other benefits such as improved immune system function, reduced fatigue, gains in muscle mass and bone density, and enhanced well-being.

Rahn hired a personal trainer and got serious about her exercise regime. She established a routine that includes aerobic and weight training and stretching. She thought she should share her experience with other women surviving cancer by making an exercise DVD, and started looking for money to produce it.

She turned to the Lance Armstrong Foundation for funding but discovered that to apply for money she had to be part of a nonprofit organization. Rahn knew that many nonprofits focus on diagnosis and treatment, not quality of life after treatment ends. She saw a need for an organization to provide information about the importance of exercise for cancer survivors.

Rahn got in touch with the Minnesota Council on nonprofits last spring, and they provided her with a how-to kit. She put together a board of directors, who met for the first time in June. By July 2007 it was official. Rahn became president and founder of a nonprofit organization called Survivor’s Training.

One of the first things she did was launch a Web site: www.survivorstraining.org. It includes “Training Day,” Rahn’s gym, fitness, personal and sometimes academic blog devoted to cancer, exercise, health care policy and social science.

She also plans on getting her message out through speaking engagements. In September she was invited to a rally and workshop for franchise owners of Curves, a chain of women’s exercise studios.

Rahn mission includes making exercise part of the national conversation about health care reform. She would like to see insurance policies that reward physicians for providing this information to cancer patients and enable patients to get reimbursed for exercise. “It makes bottom-line sense,” says Rahn. “I spent $1500 working with a personal trainer for three months. A recurrence of breast cancer results in direct medical costs of $80,000.”

Rahn acknowledges that the message “exercise will improve your health” is out there, in magazines and other media. She worries that the message could be getting lost in its own mass production.

She found that in her own life, when things got really busy, like they did nine years ago after the birth of her son, Aaron, exercise was the first thing to get eliminated from the schedule.

Even after coming back to part-time hours at the university, she had little time to exercise.

“Exercise became reclassified as a luxury,” she says. “I have the perfect excuse to exercise. It’s not selfish. It’s medicine.”

St. Anthony Park resident Wendy Rahn, left, gets weightlifting pointers from Sandra Swami, her personal trainer.
Arts Events
Music in the Park Series will present the Parker String Quintet with Robert Wirtz on October 4, on Sunday, October 21, at St. Anthony Park United Church of Christ, 2120 Commonwealth Ave. For ticket information, call 645-5699.
On Friday, October 26, the quartet will perform two family concerts: 6:15 and 7:30 p.m., at St. Matthew’s Episcopal Church, 2130 Harvard Ave. Tickets are $5 in advance; $6 at the door. For ticket information, call 645-5699.
Encore Winds, a 45-piece ensemble of wind and percussion instruments, will perform at 4 p.m. on Sunday, October 28, at St. Anthony Park Lutheran Church, 2523 Como Ave. For more information, call 645-8571.
On October 10, from 5 to 7 p.m., a reception will be held for artist Duane Varon at the Olson Campus Center at Luther Seminary.
The film “Enemies of Happiness,” part of the Woman’s Human Right Films Series, will be shown at the St. Anthony Park Library on Tuesday, October 23, at 7 p.m. For more information, call 645-5699.

Sales
Como Park Lutheran Church, 1750 Hoyt Ave., will hold a meatball dinner bake sale on Monday, October 15, from 5 to 7 p.m. Tickers are $5 for adults, $3 for children 6–12, and $5 for children under 5. Call 646-7127 for more information.
Holy Childhood Church, 1435 Midway Parkway, will hold a rummage sale on October 12. Hours are 9 a.m. to 4 p.m. on Thursday and 9 a.m. to noon on Friday.
Holy Childhood Church will host its Oktoberfest celebration, “A Taste of Germany,” to take place on October 5, from 5 to 9 p.m. The event will include food sampling, beer and wine tasting, and German music. No tickets will be admitted. Tickets are $15 in advance and $20 at the door. Call Larry Malcolm (489-2428) for ticket information.
Falkon Heights United Church of Christ, 1759 Holton St., will hold a rummage sale from 8 a.m. to 5 p.m. on October 4 and 5. Call 646-2041 for more information.
YMCA Camp Wajungan and du Nord will hold their annual fall garage sale October 3–6 in the Merchandise Mart at the Minnesota State Fairgrounds. Hours are 9 a.m. to 7 p.m. Wednesday through Friday and 9 a.m. to noon Saturday. All proceeds go to the camps. For more information, call 645-6465.
The Lymphomites Auxiliary will hold its annual fall rummage sale on October 17–19 at 1455 Almond Ave. Hours are 9–4 Wednesday, 9–3 Thursday, and 9–noon Friday.

Donations of new and gently used items will be accepted October 8–13. For more information, call 646-2901.

Churches
Falkon Heights United Church of Christ, 1759 Holton St., will hold a Parenting and Faith session on Thursday evening, October 12–November 15, from 6 to 7:30 p.m. A light supper and child care will be provided.
Discussion topics will include praying with children, sharing Bible stories, observing the seasons of the church year, helping children cope with grief and loss, and teaching children about stewardship. The series will be facilitated by church member Jo Bohn, a licensed early childhood family education specialist, and Rev. Jane McBride, associate pastor. Call 646-2041 to register or for more information.
St. Anthony Park United Methodist Church, 2200 Hillside Ave., will hold its annual Country Festival on Saturday, October 27, from 9 a.m. to 4 p.m., with lunch served from 11 a.m. to 1:30 p.m. Lunch is $8 for adults, $3 for children. The festival includes an indoor garage sale, craft sale and bake sale. Call 644-3959 for more information.

Green Roofs
A green roof workshop hosted by the Capital Region and Ramsey Washington Metro Waterboard Charters will be held October 15, from 6:30 to 8:30 p.m., at 1410 Energy Park Dr., #4. The workshop is free but registration is required: 644-8888 or stahub@cityofminneapls.org.
The workshop will explain how to create a green roof for garages, patios, sheds or outbuildings. A green roof is a vegetative roof cover made up of plants, a growing medium, drainage layer and waterproofing membrane. Green roofs reduce greenhouse gas emissions and can extend the life of a roof. For more information, visit www.greenroof.org.

Recreation
Registration for Langford Park Rurality will be October 4 from 6 to 8:30 p.m. at Langford Rurality Center. Basketball registration will take place October 15–26.

Gardening
The St. Anthony Park Garden Club will present a panel of three club members — Ann Stout, Mary Magие, and Philip Galantin — as its October 2 meeting at St. Anthony Park Library. A business meeting will start at 6:30 p.m., with the panel at 7:15 p.m. All are welcome.

World Awareness Day at Como Zoo, on October 14 from 10 a.m. to 4 p.m., will include educational activities for the whole family.

Wellness Day at Como Zoo: ZooBoo, Como Zoo’s annual not-so-scary Halloween festival, will take place on October 26, 27 and 28, from 4:30 to 7 p.m. Octo 00 is a fun family event featuring costume characters entertaining children. The event is sponsored by Calh Foods.

Programs at Como Park resident Mel Duncan, executive director of The Nonviolent Peaceforce, has received the 2007 Pfeffer Peace Prize from the U.S. Fellowship of Reconciliation.
The Nonviolent Peaceforce is a federation of more than 80 organizations from around the world that works to train a global civilian corps of unarmed peacekeepers.

River City Clinic, 2365 Como Ave., suite 284, welcomes parent and trainer Tina Fargat. The author of “The Pocket Parent Coach,” Fargat teaches therapeutic parenting techniques. She has been featured on KARE 11 TV and in several newspapers and magazines. She can be contacted at 646-8985 or tinat@nurturedheart.com.
For much of human history, a son was expected to follow in his father’s footsteps. Erick Wiger gave the long-standing formula a twist. He became an artist, and he credits some of the influence for that career decision to his mother, Jeanne, who counts art among her many vocational and avocational pursuits.

Mother and son will be featured in a joint exhibition that opens October 30 at the Undercroft Gallery, located in St. Matthew’s Episcopal Church. This is a first for Jeanne and Erick, as well as for the Undercroft.

For Erick, “Having an artist as a parent has an inevitable influence. She was always encouraging and she exposed me to a whole world that many people just get to glimpse. I eventually had to find my own path separate from what my mother was doing. Ultimately, though, she taught me to see the world differently than others, which is a gift I will always treasure.”

Erick, who works primarily in three-dimensional media, describes his art as “largely nonrepresentational and intuitive. The forms tend to be very organic.”

As a sculptor and glass artist, he finds that the two media regularly inform each other. “I find that I’m increasingly interested in bringing some of the fluidity and spontaneity of the glass into my ceramics and some of the textural elements of the ceramic pieces into my glass work,” he says.

Erick’s work has also been influenced by his interest in geology. “I love rock formations,” he says. “The textures, colors and forms that both pristine and eroded rocks and landscapes have are constantly informing my work.”

Jeanne Wiger, besides being an artist, is an art educator and therapist, author, marriage and family therapist, and life coach. Her art takes many forms, including collage, watercolor, printmaking and sculpture. Regularly chances in her art reflect her commitment to spirituality, human development, native cultures and nature.

The Wigers’ Undercroft exhibition will continue through December 1, and is free and open to the public. The gallery, located at Carter and Chelmsford avenues in St. Anthony Park, is open Tuesday through Friday from 9:30 a.m. to 2:30 p.m. For more information, call 645-3058.
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Hampden Park from 1

funded by the Department of Natural Resources found that out of over 100 trees in Hampden Park, 10 percent of the deciduous trees and 52 percent of the coniferous trees were injured from the city’s planning, pruning and mowing practices.

Gregg Richardson, also trained as a forester, has lived on Como Avenue for 18 years. During that time, he said, at least a dozen sugar maples in the park have died from strangling root (the result of misplanting) or have been blown over by storms. In 10 years, he predicts, they will all be gone.

Partly spurred by the poor health of the trees, the SAPCC has secured funding from the Ramsey County Soil and Water Conservation District and the Capital Region Watershed District to implement substantial changes in the park.

Also, the Metropolitan Design Center created a survey that the SAPCC Environment Committee is using to solicit neighborhood input for the park.

The committee team to hear from residents and the many people who use the park on their lunch break.

Ideas from two community forums include a drinking fountain with a lower faucet for dogs, a decorative fountain centerpiece, rain gardens, ornamental or park lighting, greening signage that identifies the park, tree planning and cutting, more seating or tables for lunch visitors, and a larger community gathering space.

Some community members agree that the abundance of grass in the park may not be the best use of the land. They would like to see the park maintain open space for active play but balance that with other uses where appropriate.

Stephen Monea, a landscape architect who lives on Como, said, “Some of these spaces you just look at but don’t actually experience.” Instead of lawns, he said, a decorative rain or butterfly garden would be more visually stimulating and also provide ecological benefits.

With such additions come obligations for maintenance. With that in mind, the SAPCC plans to establish Friends of Hampden Park to help care for the park. Monea said if neighbors think of the park as “simply an extension of our own yards, then we could all help take care of it.

The SAPCC is emphasizing the need for the city and neighbors to work together to ensure a healthy future for current and future trees and other vegetation.

If the city doesn’t change its planning, planting and mowing practices, then “we’ll be back to square one in 10 years,” warned Edelman. Meanwhile, she said, there are preventative measures that can be taken to protect trees from lawnmower damage, such as installing road side strips.

For the SAPCC, the most crucial component of any change is a community process that includes everyone.

If the council can properly facilitate that process, said Ratze Hamson, council co-chair, the park can be “a home community gathering place, a place that we can use to build community, to meet our neighbors and feel more comfortable in our neighborhood.”

Surveys are available at the St. Anthony Park Library, Hampden Park Co-op and the Arnot’s General. They are due October 15. A public meeting to discuss the future of Hampden Park will be held at 7 p.m. on November 7 at South St. Anthony Recreation Center.

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❖ Free horse drawn carriage rides ❖ Dog Pops ❖ Musical Entertainment ❖ Food and Beverage Vendors ❖ Kids activities ❖ Neighborhood Artisans

Wine tasting and sale from 2 p.m. - 5 p.m. in the Milton Square courtyard sponsored by The Little Wine Shoppe and the St. Anthony Park Community Foundation.

10% donation and percentage of proceeds from the wine tasting and sale to benefit local nonforbund with this year’s recipient being the St. Anthony Park Block Association (SAPBA). Also hosting: Chocolate sampling by Chocolate Celeste and the appetizers from the Muffuletta Cafe and others.

For additional information please contact Jeff or Chris @ 651-645-5178
Greetings, No Bones readers!

The fall semester is upon us, the leaves are beginning to change, the temperature is steadily dropping and dinosaurs are being discovered at a rapid rate all over the globe.

This month I thought I’d feature a brand-new tiny dinosaur recently discovered in the fantastic Mongolian dinosaur graveyard, more commonly known as the Gobi Desert.

A team led by Alan Turner, a graduate student at the American Museum of Natural History, uncovered portions of the skull, limbs and most of the spinal column of a dinosaur that was only a little over two feet long from head to tail.

The little dinosaur is named Mahakala omnogovae, a name that references a Tibetan Buddhist protector deity known for being comprehensive and all-embracing. As an addition to our understanding of dinosaur evolution, this name makes a lot of sense.

Mahakala is yet another dinosaur that solidifies the link between meat-eating theropod dinosaurs and their descendants, the modern birds. More importantly, it sheds light on how the evolution of modern birds transpired.

It’s clear that Mahakala and its close dinosaur relative (including Velociraptor, of Jurassic Park fame) already sported full-fledged feathers, which blurs the distinction of birds as the only creatures on earth with feathers.

Other closely related dinosaurs, like the Mongolian theropod Oviraptor, also exhibited some bird-like behaviors, including sitting on nests of eggs.

So, many of the features that we used to associate just with birds have been moved down to the dinosaur part of the bird family tree. Mahakala adds yet another of those features to the mix: small size.

One of the key features that scientists associate with the development of flight in birds is the evolution of smaller body size. These were feathered dinosaurs over 80 million years ago, many of which were significantly larger than modern flightless birds like the ostrich.

In order to fly, an animal needs to be light enough to get its body mass off the ground. Most of us think of dinosaurs as behemoths, and many of them were some of the largest land-living animals of all time. Of course, not all dinosaurs were large, and some, including Mahakala, were very small. The big question that Mahakala helps answer is: Did the already small dinosaurs like Troodon, Velociraptor and their close relatives shrink even further in size after they took to the skies, or did their body size decrease significantly before they could fly?

The first assumption has been popular, but it’s primarily been based on a lack of fossil data to the contrary. Mahakala adds a new twist to the story. It appears that some true dinosaurs, including Mahakala, experienced miniaturization well before the evolution of birds and that this small size may have been a crucial evolutionary step in the success story of modern birds. After all, they are the only dinosaurs that survived the mass extinction events at the end of the Cretaceous period.

Until next time, happy dinosaur hunting!
A SPECIAL THANKS TO OUR COMMUNITY!

Thank you to the Neighborhood Advisory Committee:
- Jon Schumacher
- Nina Axelsson
- Kristen Wiersma
- Steve Mastey
- Roger Pundy
- Dean Fisher
- Ann Commers
- John Thomas

Approaches to:
- Pat James & Tom Beach of the City of Saint Paul
- The District 12 Community Council
- St. Paul Police Department
- Councilman Jay Benav's Office
- Luther Seminary
- Speedy Market
- Stuart & Kathy McIntosh

Park Midway Bank appreciates the involvement of the neighborhood in the planning of the new building, and in their cooperation and patience during construction. Because of your help, we were able to build our new LEED certified building on Como Avenue that will enable us to serve the community for many years.

U of M horsepower from 3
Along the edge of the arena are video cameras, and in one spot there’s a force-plate that will analyze the force of each hoof as it strikes the ground. This can be correlated with slow-motion video analysis to yield better data than the vets have ever had before.

“We’re going to have to adapt to that,” Valberg said of the piles of data. “What do you do when there’s so much more you can see? But that’s a good problem to have.”

Once the cause of a problem has been identified, a horse can go onto surgery if that’s needed. With or without surgery, a whole new world of physical therapy becomes available, including a treadmill on which a horse can run at up to 30 miles per hour (about as fast as a good race horse can go), and an underwater treadmill that will offer fine-tuned resistance training and encourage proper posture as the horse settles in gait. A powerful MRI machine will be shared with the small-animal hospital. The new facility will also upgrade the vet staff’s ability to help with breeding problems.

Valberg said the campus’s proximity to a large airport is an advantage when the staff wants to send frozen embryos to a remote location. But the Equine Center isn’t strictly about diagnosis and treatment. Its main functions, as part of the vet school, will be to train students in equine specialties and to support research. And it will house the We Can Ride program and rent space to local horse organizations for their gatherings.

Valberg said the horses’ therapists have already begun an exchange with the human therapists, to the enrichment of both fields. We Can Ride works mainly with children who have cerebral palsy and other physically limiting diseases.

She also cited continuing collaborations between equine and human health research in musculoskeletal disease, genetics and arthrosis.

“Results will benefit human health care,” she said. “Including muscle dystrophy, obesity, arthritis and atherosclerosis.”

And if the Equine Center were to spring in an era of crisis in human health care, Valberg said, concerned citizens should know that horse owners and other private donors have picked up half the tab, with the university covering the other half. The center was built at Fairview and Dudley, on land already owned by the university.

“There was no legislative support for the project,” Valberg said. “No human health institution were unhappened because of this addition to veterinary medicine.”

Valberg and others also point to the growing horse population in Minnesota, expressing confidence that the wealth of horse owners will contribute to the region’s economy.

The facility is already drawing top-notch personnel at every level. Valberg said, from beginning students to specialists, and will thus attract a growing circle of clients and researchers. She said raising a horse in frigid Minnesota requires more commitment than in warmer climates. “We have very dedicated horse owners,” she said, “who will ask good care for their financial and emotional investments.

As for neighbors curious about the new Equine Center, Valberg said drop-in touring will be limited, but the grand opening is designed to wow the general public. It will take place from 2 to 4 p.m. on Monday, October 15. She hopes the U’s summer children’s camps will find ways to use the facility, and interested neighbors can contact her with questions (lah@umn.edu) or get more information from the Equine Center’s Web site: www.cvm.umn.edu/umec/home. Just 10 minutes away at 2190 Como Avenue

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10 years in business!
Performances will take place in "Be in a Play," at 7:30 p.m. on October 12, at 7 p.m. on October 13, at the school.

The upcoming football game will be at 7 p.m. on Saturday, October 6, against Highland Park (40-20).

On October 16, a social studies teacher Roy Magnuson will receive the Horace for Children Award from the Minnesota Children's Law Center. The award recognizes an individual who has made significant contributions to Minnesota children. Magnuson was nominated by twin sister, Mele Moser for his 25 years of teaching, coaching and mentoring students in St. Paul.

The event will be at the MCLC annual benefit at the Millennium Hotel in Minneapolis. This event will run from 5:30 to 8:30 p.m., with a program at 6:45 p.m. For information, call 651-8438.

Murray Junior High
2280 Buford Ave, 651-870
http://murray.spps.org

On October 8, Murray will host a Parent Association forum on how to help your child succeed in the Science Fair. The forum will be at 7 p.m. in the library.

On October 15 (3:30-6:30 p.m.) Murray will hold parent conferences in the cafeteria.

St. Anthony Park Elementary
2180 Kuip St, 651-875
www.starboro.org

During September, parent volunteers, led by Holly Jordahl and art teacher Courtney Olen, placed the first mosaic pieces in a wall of art that was started last spring by students in art class.

The mosaic, on the wall near the front doors, represents the "spider mite" that spreads in multiple ranks toward the playground. Each classroom created part of the trunk and background, and each student created a leaf for the tree using chips of denimpaper and a special button, bead or trinket.

The following new staff members started this fall: Jeffrey Budin, third-grade teacher; Jane Carlson, sixth-grade teacher; Elisa Tocher, ELL teacher; Leslie Badoff, librarian; Mary Anderson, library clerk; Lou Breykhe, orchestra teacher; and Bill Leslie (former fifth-grade teacher), math specialist.

The St. Anthony Park School Association (SAPA) will have its first meeting on September 10. Meetings will continue throughout the school year on the second Monday of each month, from 6:30 to 8 p.m. Free childcare is always provided.

SAPA's co-chair this year are Deb Borden and Donen Thorsv璟reme. All parents are welcome to attend meetings.

The new policy for uniform passes is as follows: The policy for special events. Parents must be allowed only on Fridays, except for a Holy Day.

The new policy for school sweatshirts (regular as well as the middle school sweatshirt) states that they are only allowed to be worn from November 1 to April 1.

Enlightenment Awards from the Minnesota Veterans Commission will be offered this year to students in special education who meet the criteria.

The St. Anthony Park Library will host an annual book sale on Friday, October 26, from 6 to 9 p.m. and second grade family science night on Monday, October 22, from 6:30 to 7:45 p.m.
After 21 books, Warren Hanson finally said yes. Hanson, a prolific St. Anthony Park author and illustrator, has people approach him all the time with “this great idea for a book.” “I’ve learned many diplomatic ways of saying no,” Hanson said. But when his longtime friend and neighbor Kiki Gore called in the summer of 2005, Hanson agreed to listen to an idea she had. The result was “Kiki’s Hats,” Hanson’s 22nd book, and the first one based on a real person. The book tells the story of Kiki, who loves to knit hats, which she gives away. Furthermore, Kiki encourages the recipients of her hats to take an extra one and give it to someone else. Eventually, the hats end up all over the world.

Knitting a community together with hats
by Dave Healy
The woman in Hanson’s book doesn’t look like Kiki Gore, but the real Kiki is indeed a knitter of hats. A retired teacher, Gore said she started knitting 65 years ago. “I’m addicted to knitting,” she said. “I guess you could call me a ‘chain knitter’ instead of a chain smoker; I’m never without my knitting.” While the book is Hanson’s creation, he did consult with Gore during the process, and he used scanned textures from one of her hats to help create the book’s textured drawings. “The drawings for this book took a long time to finish,” Hanson said. “In fact, for the first time I had to ask my publisher for an extension so that I could complete the illustrations.” Hanson said he hopes the book finds an audience beyond children and knitters. “The book is about doing something for others that outlasts you,” he said. “I think that message should resonate with a lot of people.” Hanson and Gore will sign copies of the book at Micawber’s on October 20 at 2 p.m.
Readings
Saturday, October 20, 2 p.m.
Micawber’s. St. Anthony Park author Warren Hanson will be joined by St. Anthony Park resident Rika Goss, the inspiration for his latest book, “Kiki’s Flies.”

Tuesday, October 23, 7 p.m.
Micawber’s. Fiction writers Alyson Hagy (“Snow, Ashes”) and Benjamin Percy (“Refresh”).

Wednesday, October 24, 7 p.m.
Micawber’s. Poets Ben Tatum, Barry Canzoneri and Cooby Peterson.

Groups
Wednesday, October 3, 7 p.m.
St. Anthony Park Library
St. Anthony Park Writers Group. All welcome.

Monday, October 8, 7 p.m.

Wednesday, October 10, 7 p.m.
St. Anthony Park Library

Tuesday, October 16, 7 p.m.
Falcon Heights United Church of Christ
Monthly Book Group. “Mountains Beyond Mountains,” by Tracy Kidder. All are welcome. Call 651-2681 for more information.

St. Anthony Park Library Events
Tuesday, October 23, 7 p.m.
The Friends of the Saint Paul Public Library present the film, “Emissary of Happiness.”

Book Exchange
A book exchange has been started in the basement level of Milton Square near Banglow Pottery. Hours are T–F, 11–4, and second Saturday, 1–5, and whenever the outside door is open. Anyone is welcome to drop off or pick up books.

Minnesota Book Awards
Nominations for the 20th annual Minnesota Book Awards are open. Eighty books must be written by a Minnesota author, have a 2007 publication date and fit into one of the eight award categories: children’s literature, general fiction, genre fiction, memoir and creative nonfiction, Minnesota, novel and short story, poetry, and young adult literature.

Anyone may nominate an eligible book by completing a nomination form and submitting five nonreturnable copies of the book, plus the $55 nomination fee. Eligibility guidelines and the nomination form are available at www.thefriends.org or by calling 866-6497. Nominations close Friday, December 14, 2007. Nominations are also being accepted through Friday, October 12, for the Minnesota Book Artists Award recognizing outstanding career achievements in the book arts and significant contributions to Minnesota book arts community.

New Book

AMERICAN LIFE IN POETRY

Poet Marianne Bordon of Indiana finds a bird’s nest near her door. It is the emblem of discovery, yet the nest is not as tidy as she remi

National Book Awards are open. Eighty books must be written by a Minnesota author, have a 2007 publication date and fit into one of the eight award categories: children’s literature, general fiction, genre fiction, memoir and creative nonfiction, Minnesota, novel and short story, poetry, and young adult literature.

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New Book

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Get Connected to the Rock-Tenn Community Advisory Panel (RCAP)

RCAP will exchange sites and information about the proposed development of a renewable energy plant to supply the future needs of Rock-Tenn Company’s St. Paul paper recycling facility. This project could impact public health, air quality, the environment, safe & efficient energy choices, paper recycling options for Minnesota, and St. Paul’s economic and job vitality.

RCAP Calendar

October
8th: RCAP Meeting, 7pm / 10th: Rock-Tenn Tour, 9am
13th: Rock-Tenn Tour, 6pm / 18th: Rock-Tenn Tour, 9am
22nd: RCAP Meeting, 7pm

November
8th: RCAP Meeting, 7pm / 12th: RCAP Meeting, 7pm
2007 RCAP meetings will be held at the St. Anthony Park United Methodist Church, 2200 Hiawatha Avenue

Contact Information
Web: www.rcapminnesota.org
Email: info@rcapminnesota.org or panel@rcapminnesota.org
Phone: 612-788-4151 / RCAP Listserv: To join, and to send an e-mail to RCAPJOBS-subscribe@yahoogroups.com

O C T O B E R  2 0 0 7   •   P A R K B U G L E   19
October

Music

Coffee Grounds
1579 Hamline Ave.
644-9959, 373-2600
Real Book Jazz
Every Monday, 7:30pm
Bill Cagley's Roots Music Showcase
Every other Thursday, 7pm
Open Mike with host Bill Hammond
Every other Sunday, 6pm
Riverfolk
October 5, 8pm
Raymond Yates Band
October 6, 8pm
Karl Burke
October 12, 8pm
Greg Tiburzi
October 13, 8pm
Rick Griffith
October 19, 8pm
Inish Mohr
October 20, 7:30pm
B.L.T. (Burke, Lindell, Tate)
October 26, 8pm
Steve Harlan Marks
October 27, 8pm
Anna Vasquez
October 30, 6:30pm
Ginkgo Coffeehouse
721 N. Snelling Ave., 645-2647
www.ginkgocoffee.com
Bluegrass and Oldtime Jam Session
October 24, 7pm
Open Stage
First and third Wednesdays
6pm sign-up
Justin Roth
October 5, 8pm
October 6
7pm  Erik Ritter
9pm  Jeff Clark
Curtis and Loretta
October 11, 7:30pm
Oct. 13
7pm Davis Jones
9pm David Hakan
Cliff Eberhardt with Anais Mitchell
October 18, 7:30pm
Jake Armerding with Ben Tucker
October 19, 8pm
Luther Seminary
Chapel of the Incarnation
"Singing the Faith," Augsburg College Choir
October 28, 7pm
Music in the Park Series
St. Anthony Park UCC
2129 Commonwealth Ave.
645-5699
www.musicintheparkseries.org
Parker String Quartet with Soyean Lee, piano
October 21, 4pm
Family Concerts: Parker String Quartet
October 19, 6:15 and 7:30pm
St. Matthew's Episcopal Church
St. Anthony Park Lutheran Church
2323 Como Ave., 645-0371
www.saplc.org
Encore Winds
October 28, 4pm
Performing Arts
Como Park High School
740 W. Free Ave., 293-8800
50 Reasons NOT to be in a Play
October 25, 7pm
October 26 and 27, 7:30pm
Visual Arts
Anodyne Artists Company
825 Cleveland St., 642-1604
Art — what is it?
First and third Thursdays
Doors at 7pm
Performance starts 7:30pm
Goldstein Museum of Design
280 McNeel Hall
1985 Buford Ave.
St. Paul Campus, 612-624-7434
Here by Design III: Process and Prototype
October 23-31, 7
Luther Seminary
OCC Auxiliary Dining Room
Works by Duain Vierow
Through October 31
Reception: October 10, 5-7pm
Larson Art Gallery
U of M Student Center
612-625-0214
Works by Rachel Vogt and Randy Walker
Through October 4
Works by U of M students, faculty
October 11-November 8
Reception: October 11, 6-8pm
Raymond Avenue Art Gallery
761 Raymond Ave., 644-9200
"Red Dish, Yellow Dish," earthenware pots by Lisa Buck
October 12-November 5
Reception: October 12, 6-8pm
Larson Art Gallery
U of M Student Center
612-625-0214
Works by Marion Moulton
Through October 31
Reception: October 11, 5-7pm
Larson Art Gallery
U of M Student Center
612-625-0214
Works by Jeanne Wiger and Erick Wiger
October 30-December 1
Reception: October 30, 6-8pm
Here by Design III: Process and Prototype
October 23-31, 7-10pm
Luther Seminary
Chapel of the Incarnation
"Singing the Faith," Augsburg College Choir
October 28, 7pm

PARKER STRING QUARTET and SOYEAN LEE, PIANO
114th Street Festival: Parker performs a Jewish string quartet; Soyean Lee performs chamber for 4
a movement by Bashir Bassioni and joins the quartet for the beloved Shostakovich piano quartet.
* 3 p.m. pre-concert discussion with the artists

PHILHARMONIA QUARTETT BERLIN
VENDORS: VINYL, CD'S
January 20, 2008 - 4:00PM

BRINTANO STRING QUARTET with MICHAEL KANNEN
February 24, 2008 - 4:00PM

SKAMPIA STRING QUARTET with IVA BITTOVA, viola; LITA, cello
Armenia 6, 2008 - 4:00PM

THE CLAREMONT TRIO
NOVEMBER 29TH

THE CLAREMONT TRIO
NOVEMBER 29TH

ALL CONCERTS ON SUNDAYS AT ST. ANTHONY PARK UNITED CHURCH OF CHRIST
1579 Commonwealth Ave., St. Paul

TICKETS:
(651) 645-5699
Email: musicinthepark@isohpe.com

6-Concert Series still available: $95
Single tickets: $10 Adults, $7 Teens, $5 Students
Single tickets available at the Birchline Shop
6-Member Bookings in St. Anthony Park

SPECIAL CONCERT EVENT
BUTCH THOMPSON, piano
December 2, 2007 - 4:00 PM, $10
Annual Glo-Domino Memorial Concert

Monday-Thursday 10pm-2am
Friday-Saturday 10pm-4am
Sunday 11am-3am

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OCTOBER 2007

PARK BUGLE 21

October Calendar

1 Monday
• AA, St. Anthony Park (United Church), 645-6855, 8 p.m. Every Monday.
• Boy Scouts, St. Anthony Park Council of Chiefs, 7 p.m. Every Monday.

2 Tuesday
• Computer and social proficiency training, SAP Library, 7-9 p.m. Drop-in, no appointment necessary. Ongoing.
• Ice cream (for 5-10-year-olds and younger), Lauderdale Park Rec Center (298-5765), 10 a.m.-noon. Every Tuesday.

3 Wednesday
• English conversation group, 6-8:30 p.m., St. Anthony Park Library. Drop-in; no appointment necessary. Ongoing.

4 Thursday
• Ice cream (for 5-10-year-olds and younger), South St. Anthony Rec Center (248-5765), 10 a.m.-noon. Every Thursday.
• St. Anthony Park Community Council (248-5765), 7-8 p.m. Every Thursday.

5 Friday
• Young men for pre-orientation ages 5-3, 10:30 a.m. St. Anthony Park Library, Every Friday.

6 Saturday
• 20th Annual St. Anthony Park Fall Festival, 10 a.m.-5 p.m. Como Avenue from Carter to Doswell. Free admission, free music, food, vendors, children’s activities, and more. Questions: dmrobinson@bitsteam.net. Community parking lot.

11 Monday
• Full council meeting, St. Anthony Park Community Council, South St. Anthony Block Party, 7:30 p.m.

12 Friday
• Como Park H.S. Homecoming dance, 6 p.m. in the school.
• Beer, wine, and food at Millers Kmom, 2 to 5 p.m. Sponsored by the Little Wine Shoppe and the St. Anthony Park Community Foundation. A donation of $25 is suggested. A percentage of the proceeds will go to the St. Anthony Park School Assurances.

13 Saturday
• Como Park H.S. Homecoming dance, 7 p.m.

14 Tuesday
• AA, St. Anthony Park Lutheran Church, 9 a.m.-11 a.m. and 7 p.m.
• Mother’s Day reception, 6-8:30 p.m., Lauderdale Park Rec Center.

15 Wednesday
• Total Time (for 5-year-olds and younger), Langford Park Rec Center. Drop-in; no appointment necessary. Ongoing.

16 Thursday
• Donuts 101 book discussion, 644-3899.

17 Thursday
• PSAT test, 7-11 a.m. at Como Park Hodson.

18 Friday
• Nocturnal Bowling (612-625-2110), 10 p.m.-5 a.m. at the Gopher Spot, St. Paul Student Union, 2 to 5 p.m. Sponsored by the St. Anthony Park Community Foundation. A donation of $25 is suggested. A percentage of the proceeds will go to the St. Anthony Park School Assurances.

19 Saturday
• St. Anthony Park Community Council Environment Committee, 10 a.m. St. Anthony Park Library, Every Saturday.

23 Tuesday
• Lauderdale City Council, City Hall, 1891 Webster St., 7:30 p.m.

24 Wednesday
• Lauderdale City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.

25 Thursday
• PLAN now, 7:30-10:30 a.m. Como Park H.S. Millbrook.

26 Friday
• Fall Festival, please report. Schedule: Brick- o- lane, corn and hot dogs with pumpkin donuts, St. Anthony Park Elementary, 2180 Knapp St., 6-9 p.m. 293-8735.

27 Saturday
• N.D. City Council, City Hall, 9 a.m. St. Anthony Park Elementary, 2180 Knapp St., 6-9 p.m.

29 Monday
• Second Carol's Family Science Night at SAP Elementary, 6:30 - 7:45 p.m.

31 Wednesday
• Early morning walk at SAP Elementary. School doors at 1-40 p.m.

Items for the November Community Calendar must be submitted to the Bugle office by 5 p.m., Friday, October 19.

Community Calendar is sponsored by

Wellington Management, Inc.

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Flu Shot Clinic

Children ages 5 and up are invited to attend a Flu Shot clinic at the Lower Level of St. Anthony Park Library, 2245 Como Avenue. Call Gary at 612-770-3057 or 612-706-9319 to reserve a time slot and for more information.

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Dorothy Amundson

Dorothy M. Amundson, age 88, of Como Park, the “Cake Lady,” died peacefully at home on September 11, 2007, surrounded by family. She had been diagnosed in June with multiple cancers.

She was born in Frederic, Wis., on August 14, 1919, to Arthur W. and Ruth F. Bykman. Dorothy taught throughout her life, first in Wisconsin one-room schoolhouses and later as a wife, mother, grandmother, and great-grandmother and friend.

In 1957, Dorothy took a cake decorating class and from then on became famed for her large, decorative occasion cakes. She made the cakes (large ones with pillars and fountains) for each of her six children and most of her grandchildren’s weddings. She is survived by her husband of 64 years, Leif; children, Connie Parish, Adrian (Marc) Bykman, Judy Melichar, Ron (Heidi) Bykman, Valerie (Jim) Gibbons and Roy (Don) Medin, 17 grandchildren, and 22 great-grandchildren.

Her funeral service was September 15, 2007, at Como Park Lutheran Church, with interment at Roselawn Cemetery.

Alice Borton

Alice (Anders) Baron of Lauderdale died on August 15, 2007, at age 93. She is survived by a daughter, Rosalie (Jim) Sprafka, and three grandsons.

Paul Baumhoefner

Paul E. Baumhoefner, a 40-year postal worker, died on September 2, 2007, at age 87. He is survived by his wife of 51 years, Millie; daughters, Connie Parizek, Adrian (Marc) Bykman, Judy Melichar, Ron (Heidi) Bykman, Valerie (Jim) Gibbons and Roy (Don) Medin, 17 grandchildren, and 22 great-grandchildren.

His funeral service was September 5, 2007, at Como Park Lutheran Church, where he had been a member for 46 years.

Sharon Johnson

Sharon L. Johnson, age 57, of Shoreview, died peacefully on September 8, 2007. Sharon is survived by her husband, Robert Blomberg, owner of Blomberg Pharmacy, her sons, Barbara Bremida, and infant brother, Roger Blomberg. She is survived by her husband of 34 years, Chuck; daughter Carson (Stuart) Rose and Sandra Johnson; one granddaughter.

Her memorial service was held September 13, 2007, at St. Anthony Park United Church of Christ, with interment at Roselawn Cemetery.

Falcon Heights United Church of Christ, with interment at Roselawn Cemetery.

Taka Milligan

Taka Milligan, age 83, died peacefully on September 7, 2007. She grew up in Japan and married Andrew Milligan of St. Paul, who preceded her in death in 1984. Taka was a long-time resident of St. Paul and since 1999 lived at Luther Place condominiums in St. Anthony Park. She loved to read, garden, and cook. She was a member of a Japanese dance group and a Japanese nursery poetry group for many years. In later years, she was a member of the Japanese singing group, Minni.

Korkes is survived by her daughter, Koko Katozawa, and son-in-law, Dr. Eric Stoll of St. Anthony Park; grandchildren, Nita, Dinnint and Tamara; and great-grandchildren, Solomon and Maya.

A memorial service will be held September 23, 2007, at First Memorial Chapel in Minneapolis.

Rosella Steinbruch

Rosella K. Steinbruch, age 91, of Como Park, died on August 27, 2007. She was preceded in death by her husband, Wilfred. She is survived by her son, Vaughn (Shiono) Steinbruch, anguish, Chuck (John) Davis; two grandchildren; and a great-granddaughter.

A memorial service will be held September 23, 2007, at First Memorial Chapel in Minneapolis.

Ernest Stall

Ernest Stall, age 85, of Falcon Heights, died on September 3, 2007. Ernest was in the food-service business for over 40 years and was the manager of several restaurants and country clubs.

He was preceded in death by his wife of 49 years, Carolyn, and brothers, Raymond and Joseph. He is survived by his son, Joseph Stall and Price (Pam) Stall; sister, Mady; son-in-law, Ros Jones; special family friends, Helen Lutsky and Mary Anderson; and many other friends and relatives both in the United States and Europe.

A private family service was held.

Sally Stipek

Sally J. Stipek, who was born in 1935, died September 11, 2007. Sally was a graduate of the lives lived to 24
University of Minnesota. She worked for Congressmen Bruce Vento and Jim Oberstar in his capacity as a church member and a friend to the League of Women Voters, volunteering and politics.

She was always a wonderful smile and an open spirit,” said Rep. Alice Haukkan, a neighbor of Sally’s. “She never, ever stopped working. She continued to contribute, whether it was politics or the community.”

She is survived by her children, Sandra (Christopher) Payne, Ken Phillips (Glenna Huber) and Martin; six grandchildren; two sisters; a brother; and two sons-in-law.

She was preceded in death by her husband, David, who died last December, and a brother.

She was 65.

Gary earned his Ph.D. from the University of Wisconsin and in 1969 joined the Political Science Department at the University of California, Berkeley, where he was appointed professor in 1979. At the time of his retirement, he was Korean Professor of Latin American Studies at Caltech College.

The author of five books and numerous scholarly articles on Argentina and Latin America, Gary was also a dedicated family man, a devoted husband and a wonderful father.

Gary is survived by his wife, Ann; sons, Jan (Richard) Jacobs and Jeanne Dikken; brothers-in-law Bill and David (Dulcie) Ibele; his much loved mother, nephews, great-nieces and nephews in California, Texas and Colorado; and special cousins, Kathleen Buce.

Special thanks to the staff of the Episcopal Church Home for their care and friendship and to all the family and friends who supported and cared for Gary and Ann throughout his illness.

A memorial service was held September 1, 2007 at St. Anthony Park United Methodist Church.

There is no charge for Bagle altmnatives. Please alert the Bagle about the death of current or former residents of the area. Seed more complete reformative if you have it (Obituary and compiled by Mary Hegeland, 644-1936, mary@haxquin@frontcom.net).

Lives Lived from 22