

Park Bugle

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

Volume 34, Number 6, December 2007

Catholic Charities opens new facility

South St. Anthony Park residences will house 120 men

by Natalie Zett

The four-story rectangular building — with a hint of Bauhaus — at 902 Hersey St. stands out in an otherwise industrial zone north of University Avenue and east of Raymond in south Saint Anthony Park.

Inside, the sparkling floors, vibrantly colored hallways and spacious rooms bring dorm life to mind, belying the fact that this dual-purpose facility, operated by Catholic Charities, houses chronic substance abusers and the homeless.

The building is new but Catholic Charities has a long history in this area. They operated a nearby facility at 2300 Wycliff St. for 20 years. According to Bill Hockenberger, program supervisor, that building was overcrowded and inadequate.

City, county and state officials worked with Catholic Charities to create a new facility, one that's more home than institution. The result is the St. Paul Residence and St. Anthony Residence, which were completed in September.

According to Tracy Berglund, director of housing at Catholic Charities, the new facility is one building that serves two different populations. The 60-unit St. Anthony Residence is for late-stage alcoholic men. The St. Paul Residence, also 60 units, serves homeless men. Half of these units come with a lease.

"We do this because it's humane. Many of the men who are unable to stop drinking end up going through treatment and failing over and over."

— Tracy Berglund, Catholic Charities

One need look no further than Bill Hockenberger for an example of how Catholic Charities can change a life.

"I'm a chronic alcoholic myself who has been in recovery since 1995," he said.

For Hockenberger, the residents at the facility aren't simply clients. "I pretty much drank with these guys," he said, "and I've been around the corner with them. I even went to school with some of them."

Hockenberger said he went

through six attempts at treatment before one finally "took." He started working at Catholic Charities in 1995 as a janitor and eventually moved up to his present position.

"Working here helps keep me sober," he said.

Hockenberger said that "harm reduction," the treatment model used at St. Anthony Residence, differs from the total abstinence approach of Alcoholics Anonymous.

"These are late-stage alcoholics," he said, "and our goal is not to stop them from drinking. We're working with them on reducing the harm by moving them away from drinking rubbing alcohol to drinking vodka, for instance. Then we might get them to cut down on the vodka."

Berglund added, "We do this because it's humane. Many of the men who are unable to stop drinking end up going through treatment and failing over and over."

Berglund said that

Catholic Charities to 14



Musikgarten teacher Molly Weiss Breen instructs her student Elena Holmes on the finer points of rhythm. Read more about Breen and her music classes on p. 5. Photo by Lucy Steinman

Rock-Tenn fuel debate heats up

by Anne Holzman

It's a crisis, or an opportunity. It's a health threat, or an environmental breakthrough. It's an economic boon, or a risky investment.

It's the future power source for St. Paul's Rock-Tenn recycling plant, and it's got a lot of people spending a lot of time trying to figure out what to do next.

After six meetings, the 15-member Rock-Tenn Community Advisory Panel has generated reams of e-mail, exhausted a facilitator and launched an experiment in democracy that draws praise from participants but can appear impenetrable to those not involved in its deliberations.

Impanded by the St. Paul Port Authority, as directed by the Minnesota Legislature, the group is charged with recommending a power source that will help the Rock-Tenn plant keep its operations, and therefore its hundreds of jobs, in St. Paul.

Rock-Tenn needs steam, and when the Xcel Energy High Bridge plant shut down in August, Rock-Tenn began employing its backup system burning natural gas — a source the company says is too expensive to serve long-term.

The leading alternative appears to be burning "biomass," either plant material or waste, and many neighbors fear the air-quality implications, both from smokestacks and from trucks bringing in fuel.

Or, as the panel's outreach coordinator, Nina Axelsson, put it: "Fuels, technology and emissions. It boils down to those three things."

Those are turning out to be three very large topics, each with a long list of subtopics. Panel members say the panel's diversity of expertise and interests is a good thing, but it's clear that each issue quickly takes as many directions as there are people discussing it.

For example, should the power source serve only Rock-Tenn, or should a grander vision serving other Midway industries be considered?

A recent "Energy Independent" enclosure in neighborhood newspapers, published by the Port Authority, tips their hand as

Rock-Tenn to 4

Neighbors consider Hampden Park plans

by Dave Healy

What is a park for?

That question, though never explicitly articulated, lay behind much of the discussion at a November 7 meeting held to discuss the future of Hampden Park in south St. Anthony Park.

The meeting, which drew about 40 residents, was organized by the District 12 Community Council. It followed a survey distributed by the council to solicit neighborhood input on Hampden Park. Results of the survey informed three possible designs for a revamped park that were presented at the meeting by Katie Thering, from the U of M's Metropolitan Design Center, which is assisting the council in soliciting community input.

Recent discussion of Hampden Park by the District Council's Environment Committee was prompted by committee member Gregg Richardson's concern about the

health of the park's trees. He said the committee decided that if they were going to consider what to do about losing trees, they might also do well to consider other aspects of the park — hence the survey.

"I consider Hampden Park an extension of my front yard."

— Ellen Walters, south St. Anthony Park resident

Thering's designs include a variety of new plantings for the park, as well as other amenities such as benches, picnic tables and a gazebo.

One feature that drew considerable discussion at the meeting was rain gardens. Elizabeth Storey, from the Capitol Region Watershed District (CRWD), presented information about rain gardens and said that CRWD would be a potential funder if the decision is made to add them to the park.

The question of funding for park improvements came up several times during the meeting. Renee Lepreau, District 12 community organizer, said the city has no plans — or money — to do anything beyond

maintaining the park in its current condition.

Funding enhancements for the park, she said, would mean tapping other sources, such as CRWD.

Discussion of Thering's three designs revealed two opposing sentiments. One group favored keeping the park much as it is, replacing trees as necessary but preserving its openness. "Just keep it simple" was the refrain from these respondents.

Another group expressed more interest in changes, such as rain gardens, that would, in Thering's words, "increase the ecological function of the park."

Hampden Park to 8

Vote in this month's Bugle poll at www.parkbugle.org: Should a Rock-Tenn power plant serve the wider neighborhood?

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Como Park

The District 10 Communications Committee is looking for volunteers to help reach out to the Como Park neighborhood. If you have writing, editing or Web experience, contact John Marino: john@comopark.org.

Five new members were elected to the Community Council Board at the council's annual meeting on October 16.

Newly elected were David Arbeit (chair), Marcy Micek (secretary), Chai Insook, Michael McDonald and Matt Schmitt. John Marino, who recently had been appointed to the board to fill a vacant seat, was elected to serve a full term. This election brings the board to its full size of 15 members.

Falcon Heights

The following commissions will have openings in 2008: Planning, Environment and Parks/ Recreation. For more information and to apply, visit www.falconheights.org.

Lauderdale

Residents with opinions on the need for a sound wall along Highway 280 should contact our state and federal representatives. Their contact information is on the city's Web site: www.ci.lauderdale.mn.us.

St. Anthony Park

Planning sessions for Central Corridor stations will take place December 3 (Westgate) and December 4 (Raymond). Each session will have an open house from 5:30 to 6:30 p.m. to display workshop results, then public "pin-up" and feedback sessions from 6:30 to 9 p.m. Both sessions will take place at the Central Corridor Resource Center, 1080 University Ave.

For additional information, contact Donna Drummond: 266-6556, donna.drummond@ci.stpaul.mn.us.

A community meeting will be held on Tuesday, November 27, at 7 p.m., to discuss plans for Highway 280, especially completion of a sound wall on the east side of the highway.

The meeting, sponsored by Communities Concerned for Habitable Neighborhoods, will take place at St. Anthony Park United Church of Christ, 2129 Commonwealth Ave.

The Community Council now offers welcome kits to new residents of St. Anthony Park. If you are a new resident, or if you know of one, e-mail amy@sapcc.org, call 649-5992 or stop by the office at 890 Cromwell Ave. The welcome kits include brochures and discounts from local businesses, as well as information on the neighborhood, programs and services.

A block club is a group of neighbors who socialize and work together to address common concerns. Block clubs address a wide variety of issues, including placemaking, beautification, traffic calming, alleyway improvement, waste reduction, welcoming new residents, crime prevention and problem properties, and shared child care.

Block clubs also serve as an important network for communicating neighborhood news. If you are interested in starting a block club, contact Renee at renee@sapcc.org or 649-5992.

— Anne Holtzman

Rendering the Psalms ecumenically

by Judy Woodward

Allyson Lomax hesitates as she tries to explain the meaning of a word from the Psalms to a non-Hebrew speaker. The word is "selah," and Lomax's confusion is understandable. Most translations of the Bible don't even try to use an English equivalent for the word.

Lomax, a St. Anthony Park resident and a member of Mt. Zion Synagogue, eventually declares the term "untranslatable." Then she goes ahead and tries to define it anyway. "It's not a comma, but in the Psalms, you read several lines and the word 'selah' appears. It means to pause," she ventures.

The exchange could represent a small struggle for clarity in an interfaith dialogue, but it's also an illustration of the challenge that Lomax will face next month when she — along with nearly two dozen other painters, fiber artists, calligraphers and craftspeople — attempt to translate their personal visions of the Psalms into art for an exhibit at St. Matthew's Episcopal Church in St. Anthony Park. "I Lift Up My Eyes to the Hills" will open December 1.

Pastor Blair Pogue of St. Matthew's says, "My passion is faith and liturgy in the arts."

The church is a regular sponsor of community art shows, and Pogue has long been interested in fostering an ecumenical arts exchange.

"The Psalms are one of many things we share in the Jewish and Christian traditions," she explains.

The church will mark the opening of the exhibit with a morning retreat on December 1. The Psalms will be the focus of meditation, with emphasis on three strands of their message: joy, suffering and creation.

Pogue has invited an African Anglican priest who is currently writing a thesis on the book of Job at Luther Seminary to lead the segment on suffering. She plans to invite a rabbi as well to help lead the retreat, which is open to everyone from the community, regardless of religious background.

Both Christian and Jewish artists are represented in the exhibit, which asks each participant to present a visual interpretation of his or her favorite psalm. Art for the exhibit comes from several states and

far away as Jerusalem, with a generous leavening of local artists like Lomax, as well.

As Lomax has discovered, the Psalms, those beautiful songs that express the full range of the human voice lifted to Heaven, are neither simple nor easy to categorize.

"In the Psalms," she says, "people are speaking to God." Their utterances go "across the board — from the greatest despair to the greatest happiness. They pose questions to God."

Lomax chose to illustrate Psalm 88, which she describes as "dark and despairing as it can be. The psalmist has really hit rock bottom, but with a glimmer of hope. I think there is beauty in suffering."

Another artist brings a personal understanding of suffering to her interpretation of Psalms 150 and 145, Falcon Heights resident Judy Dodds, 63, discovered that undergoing treatment for thyroid cancer actually deepened her faith.

"I'm growing through this experience," she says. "My attitude is: I'm grateful. My art has not changed, but my heart has changed."

Dodds describes herself as "mostly a calligrapher" and says the "challenge is to lay down the letters in an interesting way." She also uses watercolor, gouache, gold and vellum paper in her interpretation of the musical instruments — the trumpet, psalter, harp, timbrel and the rest — that the psalmist urges be used to "praise God in his sanctuary" in Psalm 150.

Dodds, whose work is available at Vine and Branches on Como Avenue, uses both Greek and Hebrew texts in her art, although she doesn't read either language. Of her work, she says, "Each project is a walk in faith. It's hard to see how it's going to turn out. I just have to trust that it will."

Organizing the art show may also have called for a measure of faith, but coordinator Ruth Donhowe of St. Anthony Park is eager to deflect credit for the task. In particular, she commends St. Louis Park artist Lucy Rose Fischer for persuading several members of a group called the Jewish Women Artists Circle to participate in the exhibit.

Fischer says of her group, "We've had other exhibits related to spirituality. There's something

about creating art that is profoundly religious no matter what your theology."

Fischer, who creates art on glass plates and bowls, encounters a particular technical problem when rendering the text of the Psalms in her chosen medium.

"I have to write backwards on the glass in Hebrew," she explains. Fischer has chosen to illustrate Psalm 90:12, the well-known verse that begins "Teach us to number our days."

Fischer, 63, says the verse has personal significance for her. "I'm aging myself, and that psalm says it's important to be aware of the finiteness of life. We don't want to think about that, but we must."

Will visitors to the exhibit notice stylistic differences between the Christian and Jewish artists? No one is sure. Dodds, a Christian, does Hebrew calligraphy, and Fischer's concern with aging touches on universal fears.

Noting that Jewish artistic tradition rejects an overemphasis on the depiction of the human form because of the Biblical injunction against worshiping "graven images," Fischer suggests that Jewish art may be more likely to follow the *bidur mitzvah* or "enhancement commandment."

"You dress up the Torah scrolls with gold and silver," she says, "not because you're worshiping that object but because you're making it something special."

In the end, whether or not there are stylistic differences between the Christian and Jewish artists, perhaps their common efforts at interpreting the Psalms achieve a deeper purpose of shared understanding.

Says Lomax, a Jew, "My best friend is a Christian fundamentalist. Because of this project, she has been researching the Psalms, too. We're going to talk about them, and I'm really looking forward to that."



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It's been argued that we live in the age of therapy. Twenty years ago, sociologist Robert Bellah and colleagues, in their book "Habits of the Heart," traced the development of therapy as "a general outlook on life that has spread over the past few decades from a relatively small, educated elite to the middle-class mainstream of American life."

The therapeutic mindset sees most behavioral and relational problems as amenable to change by the right kind of treatment. For some problems, the treatment of choice is increasingly likely to be pharmaceutical, but although we are a much more medicated society than when "Habits of the Heart" was written, we still place a great deal of faith in what has been called cognitive therapy — the idea that people's minds can be changed.

Such change is effected, we believe, by the right kind of counseling. Among other things, counseling helps people recover from traumatic experiences. After a school shooting, for example, one of the first responses is to make counselors available to survivors.

Counseling is also prescribed for long-term problems such as family or marital discord. Advice columnists routinely suggest that a writer get counseling; indeed, the burgeoning ranks of such columnists can itself be seen as evidence of our trust in the efficacy of seeking counsel.

Counseling or therapy is professional rather than personal. Your therapist is not your friend. Therapists are assumed to have special ability and training that make them better qualified than friends or family members to help one change one's perspective or behavior. And they enjoy professional distance. As Bellah et al. note, "For all its

Rock-Tenn from 1

favoring the larger vision. While there are rumors to the contrary, the Port identifies Rock-Tenn's situation as having precipitated the discussion of a Midway energy plant.

Port Authority Vice President of Finance Peter Klein said the uneven nature of Rock-Tenn's power needs makes it necessary to consider broadening the plant's scope. During hours when Rock-Tenn isn't using its steam, "it doesn't do anybody any good to have energy going down to the river" as hot wastewater, Klein said.

Neighbors counter that a bigger plant will mean more pollution.

Others argue that a bigger plant might allow other plants to shut down older outdated power sources and reduce their "carbon footprint" by using renewable fuels.

And if you thought biomass means strictly trash, think again. Klein said options under study include corn stover (stalks left in the field after harvest), grasses and a fast-growing type of willow.

He said he expects the Port's contractors to begin bringing those studies to the advisory panel in February, adding that the panel could get interested in one source and pursue it, only to discover a roadblock and have to start over again on a different energy source.

After the panel makes a recommendation, the Port also has to hear from the four District Councils (11, 12, 13 and 14) in the immediate area and hold at least two public meetings. Then it will make a recommendation to the St. Paul City Council.

The project has not moved as fast as planned, as evidenced by a letter from the Port Authority to the state, dated Oct. 27, requesting only \$148,000 of the \$600,000 budgeted up to that point. Klein said he would now consider the original scenario, with public meetings happening in summer

2008, "optimistic."

The panel also picked up a new independent facilitator in November, having received Lynn Molin's resignation.

With the debates proliferating and the timeline in flux, how can citizens keep up with this issue if, as Klein put it, they "don't have a ton of time" to sift through documents and read e-mails?

Axelson said that while the advisory panel is not required to comply with Minnesota data practices (the "sunshine" laws that govern open meetings and public records), the panel has chosen to do so. All of the panel's biweekly meetings are open to the public.

The panel has a Web site (www.rtdadvisory.org) where studies, correspondence and other relevant documents are posted. Axelson is developing two database tools, a "comment tracker" and a "question tracker," primarily to serve the panel and other officials but also available to the public via the site's Public Meetings page.

Axelson and St. Anthony Park's citizen representative to the panel, Matt Hass, are also planning some occasional "coffee chats" to update neighbors and field questions and concerns.

"I am happy to spend 20 minutes with an interested neighbor," Axelson said, "so they can always start with me and I can direct them to the resources most appropriate to their questions." Axelson can be reached at nina@sapcc.org or 612-788-4151.

The St. Anthony Park library has much of the panel's material in hard copy, and during a recent visit there, a librarian offered help sorting through the pile. The Hamline and Merriam Park branches are also expected to make the materials available.

"We don't want this to become a solely Web-accessible

genuine emotional content, closeness, and honesty of communication, the therapeutic relationship is peculiarly distanced, circumscribed, and asymmetrical."

While the admonition to "get counseling" can be well-intentioned, it can also be a way of avoiding problems by foisting them on someone else. To avert that possibility, it's expected that one's immediate friends, family, or colleagues will make an honest effort to help a troubled individual. However, we generally agree, there may well come a time when the best thing is to seek professional help.

But what happens when professional help doesn't work? What happens when a person's problem — or illness — is incurable?

Most developed societies have created institutions to house those members judged incapable or unfit to live "in the world." Asylums, sanitariums, prisons, "nursing" homes and the like are places where we send people we don't know what else to do with.

Such places make many of us uncomfortable. Visiting them is difficult, not only because the people there are different but because the very existence of such places seems to represent an admission of failure. In a therapeutic culture, we want to believe that anyone can be cured. Institutionalization is a reminder that that isn't always so.

But despite our discomfort with institutions of last resort, or perhaps because of it, most of us believe that the institutionalized deserve dignity. If so, we should applaud those institutions that treat their residents with respect, and we should be willing to offer them our support.

thing," Axelson said.

Ward 4 City Council member-elect Russ Stark said that although the City Council will not weigh in on the matter yet, he expects to field comments and questions throughout the process.

"I think it's such a critical issue for the ward and for the city," Stark said.

He said that the city will have considerable influence on the eventual outcome as it negotiates permits, financing and site planning.

Panel member Matt Hass, whose service on the District 12 Council's Environment Committee led him to a spot on the panel, said council and committee meetings are often

good places to get updates. The Environment Committee meets the fourth Wednesday of every month at 7 p.m. at the South St. Anthony Recreation Center.

Hass said "it would be great to see more people from St. Anthony Park" at the advisory panel's meetings, as well.

He said that in addition to keeping up with the panel's e-mail discussion group (<http://groups.yahoo.com/group/RTADVISORY>) he spends four to five hours perusing documents to prepare for each three-hour biweekly panel meeting.

"I don't think any of us realized going into it that it was going to be this complicated," Hass said.

Thanks, readers, for contributing to the Bugle fund drive

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Molly Breen tends the musical garden

by Michelle Christianson

Anyone who knows five-year-old Henry Breen could tell you he's a child who knows what he wants. He wears a suit and tie to church (his choice), instructs his younger brother about all appropriate (and not so appropriate) "boy" behavior and, most especially, loves music.

At the age of two he wanted to stand on the podium and conduct, and he's developed a keen interest in playing and exploring any musical instrument he comes across.

Because of this interest and her own, Henry's mother, Molly Weiss Breen, began to look for a program that would keep him stimulated and excited about music. After considering many classes (and thinking, "I could do better than that"), Breen found the Musikgarten program. She learned to teach the classes herself and now offers them at St. Anthony Park Lutheran Church.

The Musikgarten curriculum uses listening, singing, movement and instruments to help parents reinforce their children's natural curiosity about and love of melody and rhythm.

Developed by music educators in 1994, Musikgarten offers workshops, materials and support to teachers who want to work with young children. The organization has established programs in Canada, China, Germany, Malaysia, South Africa, South Korea and Taiwan, as well as throughout the United States.

Breen grew up in St. Anthony Park and the Midway area, graduating from Central High School and the University of Minnesota with a B.F.A. degree in dance. She also trained in vocal performance and, after graduation, performed at the Chanhassen Dinner Theater in Oklahoma and Can Can. But the schedule of eight shows a week was too much to maintain after she married and had children. However, she has kept her job teaching creative dance

and jazz dance at Ballareteatro dance studio in Minneapolis.

After training with Musikgarten master teacher Marlene Lee in 2004, Breen became a licensed and certified Musikgarten instructor herself. She also continues to attend training workshops and seminars on early childhood music and movement education. She first taught through the community education program at Orchard Recreation Center, but just this fall started as a private business.

"I really prefer this to community education because I am in control of how families are treated from beginning to end," she says. "I can welcome them in my own way and can do the kind of publicity I want to let them know better what the program entails."

Breen believes that music education needs to be accessible for all families, so she keeps her fees to a minimum and offers eight-week sessions that may be easier for young parents to commit to. Because schools have cut music programs, she knows that classes like the ones she teaches are even more valuable than in the past.

This music program helps children with abstract thinking, building math and science neural pathways. It also encourages social interaction, empathy with others, self-confidence, memory skills, coordination, creativity and emotional development. In addition, children bond with their parents and local families get to know each other.

Breen offers classes for

newborns through age 2 (Family Music for Babies, on Friday mornings), for toddlers aged 18 months through 3 years (Family Music for Toddlers, on Friday mornings), for children ages 3 to 5 (Cycle of Seasons, on Friday mornings), and a mixed class for all children from birth to 6 years (All Together Now, on Tuesday evenings).

The winter session begins January 8. Registration forms are available on Breen's Web site: www.orchardmusiktime.com, where there is also a coupon for a free preview class. Class size is from 5 to 10 children.

If there is more interest, Breen may add classes and even teachers in a space of her own. If that happens, she wants to stay in the area and keep the quality of instruction high.

Watching Breen at work, one believes it when she says she loves every child she teaches.

"I look forward to seeing them each week," she says. "It would be hard to find another teacher who loves children the way I do."

Breen also teaches a baby music class for St. Anthony Park Lutheran.

"I grew up in this community and want to serve people in my home area," she says. "This is my stewardship as well as my job. I look forward to doing both of these classes for a long time."

Asked whether Henry attends classes, Breen says, "No. He wants to teach the class if he is there, so he stays at home with dad."

St. Anthony Park Neighbors for Peace



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No bones about it

by Kristi Curry Rogers

Many of you may have already heard the recent reports about the discovery of a new giant long-necked dinosaur in Argentina. Back in October, several of my Argentinean and Brazilian colleagues and their newly named dinosaur, Futalognkosaurus dukei, took the media by storm.

It's not every day, after all, that a dinosaur estimated to reach a full size of 105 feet long (roughly the length of three school buses) is discovered.

The full report from the authors gives even more interesting insight into giant dinosaurs. First off, though the popular media has implied that the new dinosaurs were discovered "yesterday," in the case of Futalognkosaurus, the first bones of its skeleton were excavated on the shores of Lake Barreales in northern Patagonia in 2000.

Over the next seven years — and a ton of excavated rock —

the group discovered the entire length of the dino's long neck, its back vertebrae (including their associated ribs), and all three bones of the hip (which together comprise the hip socket). They also found one vertebra from the base of the tail.

Wait a minute, you might be thinking: How in the world can we know the full length of a dinosaur if we only have the neck, and not all the bones in the tail?

That's a great question, particularly when we consider how variable the length of the tails of sauropods can be — ranging from only 35 or so tail bones to more than 80.

The answer to the question is that we cannot know for certain the total length of Futalognkosaurus — or any other incomplete dinosaur, for that matter. The scientists who published this paper, like most other paleontologists, estimated the length of this dinosaur by

comparing the length of the bones they had.

For example, one of the hip bones was 54 inches long. That's bigger than the thigh bone of most other dinosaurs and helps attest to the large size of Futalognkosaurus.

Without question, Futalognkosaurus is among the biggest of the giant dinos. Its huge hip bones and very long neck (the neck alone is 36 feet long — more than five Kevin Garnetts laid out head to toe) demonstrate its massive size, but it's important to remember that for most dinosaurs, maximum size estimates are just that — estimates.

With only one dinosaur to sample, and only a partial skeleton for that single dinosaur, it's difficult to make sweeping generalizations about full body size.

One thing is certain: The sauropods like Futalognkosaurus have a lot to tell us about the extremes of living life on land, and they leave a lot of questions still unanswered.

My favorite is how in the world they achieved those massive sizes. What were they eating? How fast were they growing? How long did they live?

My colleagues and I are trying to figure out some of these answers. Stay tuned for our results. Until next time, enjoy the holidays!

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The Birdman of Lauderdale

by Clay Christensen

In her "Journal of a Solitude" entry for October 6, 1970, poet and novelist May Sarton notices that the trees around her New Hampshire home are losing their leaves. She rejoices "that soon everything here will be honed down to structure."

I'd like to describe for you some of the birds you'll see working their way up, down, over and around those "structures" this winter, particularly the woodpeckers. They'll be much more visible now that the leaves are down.

The smallest woodpecker in our area is the downy woodpecker — just under 7 inches long, about a half-inch longer than a house sparrow. (I should note that bird lengths are measured with the bird reclining on its back, tip of bill to tip of tail.)

The downy woodpecker is a strongly patterned black and white bird with white on the back and below. The male has a red patch at the back of the head.

A close relative is the hairy woodpecker. It looks like the downy but is just over 9 inches long, three-quarters of an inch smaller than a robin. Again, the male has red at the back of the head.

How do you tell if you're seeing a downy or a hairy? It's hard when you see just a single bird with no other birds nearby for comparison.

If you're able to get your binoculars on either of these woodpeckers, a useful diagnostic approach is comparing the length of the bill to the distance from the base of the bill to the eye. The downy's bill is equal to or less than the distance to the eye. For the hairy, the ratio of bill length to eye distance is much greater.

Some birdwatchers contend that the call of the downy is "pick" and the call of the hairy is "peck." The memory aid is "short i sound, short bill; long e sound, long bill." I'm not sure the birds have read the same memo.

The woodpecker that fits between the downy and the hairy in size is the yellow-bellied sapsucker. Now, be honest, didn't you think that was a made-up name when you first heard it? It's about 8 inches long with a messy black-and-white barred back.

There's a white patch running up and down the wing, when perched. That's unique among woodpeckers.

Both male and female have a red crown, but the male also has a red throat. The bird gets its name from the practice of putting a ring of holes around a tree and feeding on both the sap and the insects caught in the sap.

Two more woodpeckers are about the same size as the hairy woodpecker but much different in coloration.

The red-bellied woodpecker is as big as the hairy woodpecker, about 9 inches long. Its back has black and white stripes, with a pale brown underside. The male has a red stripe that starts at the base of its bill and goes right over the head to the nape.

The female's red patch starts just back of its crown, also extending to the nape. The name "red-bellied" seemed a misnomer to me until I happened to be looking up at one in a wind and saw that the belly really was covered with downy red fluff.

The red-headed woodpecker is an infrequent visitor to the Twin Cities area, but spectacular when it does show up. It's been reported in Lauderdale, but I haven't seen it here. It's also about 9 inches long but features bold, solid-color patterns.

On a perched bird, the color sequence from head to tail is red, black and white. The head and neck are bright red. The wings are solid black on the upper part, solid white on the lower. It's a very striking bird, whether working a limb or in flight.

The superstar of the woodpecker family, at least here in Minnesota, is the pileated woodpecker. It's almost as big as a

crow at 16 inches. It's a mostly black bird with black and white striping on the face.

This is the original "Woody Woodpecker." Both male and female have a prominent red tuft at the back of the head, with the male's color going all the way to the bill and echoed in a red mustache stripe extending back from the bill. The underwings are mostly white in flight.

We had a pileated woodpecker visit our yard last January. It was pretty dramatic to see that huge bird come swooping through and land on the trunk of the neighbor's maple tree. From what I've heard, if they take a liking to your feeder, they can destroy it with just a few blows. It's a very big bird with a strong, heavy bill.

Here in the metro area, we have another member of the woodpecker family, the northern flicker, but it usually doesn't spend the winter.

During spring and fall migration, it can be seen hunting ants on the ground. It's 12 inches long with a brown/black barred back, a black patch below the neck (that looks like a collegiate V-necked sweater), a spotted belly and a red crescent on the nape of the neck. The male has a black mustache stripe. Both have yellow underwings in flight.

Now, get out there and spot the woodpeckers that will be creeping up, down and around those winter trees. And if you find an ivory-billed woodpecker (20 inches long and, until recently, thought extinct since 1944), give me a call!

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Hampden Park from 1

Most people at the meeting live near the park, and geographical proximity revealed another fault line in the discussion.

Ellen Watters, who lives across the street from the park, said, "I consider Hampden Park an extension of my front yard."

Ranae Hanson, who lives a block away from the park, took issue with that sentiment. "I want to feel like Hampden Park is just as much my park as it is for someone who lives across the street," she said.

Other participants pointed out that the park is public space, owned by the city, and some people who use it don't live in the neighborhood.

Environment Committee member Gordon Murdock stressed that the Community Council can only make recommendations to the city. He said the committee has no definite timeline for doing so.

Murdock encouraged people to attend Environment Committee meetings, which take place at 7 p.m. the fourth Wednesday of the month at the South St. Anthony Recreation Center.

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Volunteering Matters

by Lisa Steinmann

One of Murray Junior High School's signature events is the annual science fair. Murray, a science and math magnet, conducts the largest junior high school science fair competition in Minnesota.

Several hundred of the school's seventh- and eighth-grade students present projects and papers to judges. It is Gen Nakanishi's job to recruit 150 volunteers to help pull off this ambitious annual event.

Nakanishi is the volunteer coordinator at Murray. She works half time in a position that Principal Winston Tucker says "pays for itself fifty times over." One job is to recruit volunteers for events such as the science fair and the history fair.

Nakanishi also arranges the complex scheduling that goes into conferences (2500 time slots), and she is in charge of placing student teachers in the building, arranging for volunteer tutors and chaperones for field trips, and doing sundry jobs such as arranging for 4000 award certificates to be printed.

She helps market the school to prospective students and their families. She puts together the annual showcase evening and arranges for tours. Putting it mildly, Nakanishi remarks, "It takes a lot of coordination."

She seems suited to the task. Nakanishi is a bundle of alert energy as she fields calls, shuffles papers and scans the computer screen on her desk. An adept multitasker, she leaps to her feet to greet a volunteer tutor who checks in for his first day on the job. She makes sure he has a nametag, then grabs a hallway pass for the student they'll be meeting with and double-checks a calendar of math assignments.

Once she has the tutor and student settled at a table in the library, she speaks directly with the student, "I want you to work with Wes on what you don't get." She fixes him in the eye and asks matter-of-factly, "What don't you get?"

The student appears shy but clearly needs help. He admits that he doesn't turn in homework and that he hasn't understood some things in math class this year. And, no, he doesn't have his math book with him right now.

"All right, you two get to know each other," says Nakanishi. "I'll be back with a math book for you."

She trots upstairs to negotiate for a few extra books from the math teachers, explaining that she likes to have extras for the tutors so they can take them home and study them.

A former teacher, Nakanishi hopes that the one-on-one attention will help motivate some



Gen Nakanishi is the volunteer coordinator at Murray Junior High School. Besides arranging for volunteers, she coordinates conference scheduling, field trip chaperones and publicity. Photo by Lisa Steinmann

of these students. Last year she had requests for 10 students to receive help with math. This year she has had 40 students referred.

"Put that in the newspaper, please," she says. "I need to find about 30 additional tutors."

Volunteers are hard to come by these days. Back in the mid-80s, when Murray had its first volunteer coordinator, there was a steady stream of stay-at-home parents available to fill the ranks. Now, according to Nakanishi, the majority of families have parents who both work. She estimates that only about 10 percent of volunteers at the school are parents. For the rest she relies on grandparents and community members.

Nakanishi depends on people like Claudia Wielgorecki, a former Murray parent. Her two daughters are growing up and she likes the opportunity "to get out of the house and stay in

touch with the world" but on a flexible schedule. She chose to volunteer at Murray because the location is convenient to her home.

"I think our schools are stretched," she says. "Any help they can get is important. Even putting in two hours a week helps to get a job done."

Wielgorecki joined Nakanishi her first year on the job and continues to help with office work and "anything and everything" that comes up. Wielgorecki puts in five to six hours a week as Nakanishi's "right hand."

"Claudia is fabulous," says Nakanishi. "I couldn't do this job if I didn't have volunteers helping me."

For more information about volunteering at Murray, contact Gen Nakanishi: 293-8740 or gen.nakanishi@spps.org.



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Playing with favorites in the k

by **Kristal Leebrock**

There can never be too many cooks in Jay Randolph's kitchen at holiday time. The owner of Jay's Café on Raymond Avenue says his idea of a great holiday is "to get together with my family and hang out in the kitchen. There's something really wonderful about a big event where you need everyone to help you and they're all in the kitchen."

We took Randolph's cue and invited four local chefs into our paper kitchen to create a holiday meal that retires the turkey, plays with traditional favorites and relies heavily on ingredients grown and produced locally. The menu they've created can be treated as a casual buffet or a more formal holiday meal. We've included recipes for each dish.



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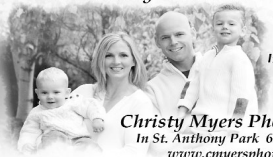
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The starter

J. D. Fratzke, chef at Muffuletta, suggests the restaurant's signature sweet potato croquettes with Minnesota bleu dressing, featuring St. Pete's bleu cheese. Fratzke calls the dish a "savory doughnut hole." He chose this recipe because "it's root vegetable time" and that means parsnips, potatoes and sweet potatoes are abundant.

In Fratzke's four years at Muffuletta he focused on using local ingredients and seasonal produce. "One of the things I keep saying is that food tastes better closer to the source," he says. When you buy food from local producers, "you trust the origin of the food a little more. When you know the grower or the producer, you put more love into the cooking, and they put more love into producing it."

(Note: Fratzke's last day at Muffuletta will be December 1. He's leaving to be part of a new restaurant, the Strip Club, in the Dayton's Bluff neighborhood. At press time, Muffuletta had not yet named a new chef.)

Sweet Potato Croquettes Muffuletta

1 pound cooked, diced parsnips or celery root, chilled
2 pounds cooked, diced potatoes, chilled
2 pounds cooked, diced sweet potatoes, chilled
3 eggs
1 1/2 cups roasted garlic puree
1/2 cup pecorino Romano, grated
1/2 cup Parmigiano reggiano, grated
1/4 cup corn starch
5 cups all-purpose flour
Salt and pepper to taste

Place root vegetables, garlic puree, eggs, both cheeses, and salt and pepper in mixing bowl. Mix on low speed until ingredients are well incorporated.

One cup at a time, mix in flour, turning off mixer every cup and a half to scrape down sides. Continue to mix for 5 minutes, remove from bowl and transfer to covered container until ready to use.

Heat canola oil in deep fryer to 350 degrees and drop 1-tablespoon dollops of the batter into the oil. Fry until deep golden brown; lay out on paper towels or napkins before plating. Serve with bleu cheese dipping sauce.

Minnesota Bleu Dressing Muffuletta

1 pound St. Pete's bleu cheese
1 cup buttermilk
1/2 cup sour cream
1/2 cup mayonnaise
1/2 tsp. fresh cracked pepper

Crumble bleu cheese into large chunks and place in bowl of food processor. Pour in buttermilk, sour cream, mayonnaise, salt to taste and pepper. Run processor until all the ingredients are well mixed and the bleu cheese has broken up just enough for pieces to still be visibly chunky.

The entrée

If you're ready to move on from turkey, Randolph suggests Jay's stuffed Minnesota pork loin. He buys his pork from Fischer Farms of Waseca, a family farm that avoids hormones and antibiotics with their livestock.

"The animal's diet, its foraging environment and its eventual flavor are all related," Randolph says. Buying sustainably raised Minnesota pork supports family farming, he says, "and it tastes great."

Randolph's restaurant will mark its third anniversary in St. Anthony Park in February. Under the direction of chef Karl Gerstenberger, the café began serving dinners four nights a week last spring. Gerstenberger's résumé includes Chez Panisse in Berkeley, California. Locally, he's worked at the Birchwood, Cue, D'Amico and Sons, and Aquavit.

Jay's Café strives to use local and organic food. Randolph likes the buy-local philosophy because, he says, owning a small business is about creating relationships — with vendors and the people who eat there.

Jay's Café Stuffed Minnesota Pork Loin Chef Karl Gerstenberger

Boneless pork loin roast
3 to 6 baking apples, depending on size of apples and roast
1 to 2 bunches of Swiss chard or black kale
3 to 6 cloves garlic
Butcher twine

Place loin, fat side down, on a cutting board. Butterfly pork in a spiral cut (like unrolling a towel). Make a long cut lengthwise down side of loin with a sharp boning or paring knife, stopping 1 inch from bottom (beginning of spiral). Turn knife parallel to bottom of loin and begin to cut your way inward (parallel to bottom), keeping thickness of meat as even as possible, using your other hand to gently lift and pull top portion of meat away from knife, until loin is one long flat piece of meat. It should be an evenly thick square or rectangle.

To get an even thickness after "laying" it open, put the loin on a cutting board on a firm, secure surface, cover the loin with plastic wrap and pound it to an even thickness using a meat mallet or back of a large pan. Slide the loin onto a sheet pan and refrigerate while preparing the stuffing.

Heat 2 quarts of water and 3 heaping tablespoons of salt. Remove the chard leaves from the stems and julienne the stems. Peel as much garlic as you'd like and cut into uniformly thin slices. Blanch chard leaves, stems (or kale with stems removed and discarded), and garlic in the boiling water until tender: 10 to 15 minutes.

Core and peel the apples; cut apples in half and then into 1/4-inch slices. Toss with a little lemon juice. Allow chard/garlic to cool and chop into chunks 1/2 inch or larger. Add apples to the chard mixture.

Season the inside of the roast with salt and pepper. Spread stuffing evenly on the unrolled roast, and roll it up. Use butcher twine to tie the roast, spacing the ties about 3/4 inch apart. Season the exterior of the roast with salt and pepper and cook in a 375-degree oven until the internal temperature of the largest end of the loin is at least 140 degrees. The roast will heat up another 5 degrees during a 10-15-minute resting period. Remove the twine using kitchen shears, and slice the roast in 1/2-inch slices. Drizzle with some high quality extra virgin olive oil and taste the Minnesota fall.

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avorites in the kitchen

The entrée

If you're ready to move on from turkey, Randolph suggests Jay's stuffed Minnesota pork loin. He buys his pork from Fischer Farms of Waseca, a family farm that avoids hormones and antibiotics with their livestock.

"The animal's diet, its foraging environment and its eventual flavor are all related," Randolph says. Buying sustainably raised Minnesota pork supports family farming, he says, "and it tastes great."

Randolph's restaurant will mark its third anniversary in St. Anthony Park in February. Under the direction of chef Karl Gerstenberger, the café began serving dinners four nights a week last spring. Gerstenberger's résumé includes Chez Panisse in Berkeley, California. Locally, he's worked at the Birchwood, Cue, D'Amico and Sons, and Aquavit.

Jay's Café strives to use local and organic food. Randolph likes the buy-local philosophy because, he says, owning a small business is about creating relationships — with vendors and the people who eat there.

The vegetables

Sally Hammer spent her first 12 years living in New Zealand, where a traditional holiday meal always included lots of vegetables and a salad at the end to cleanse the palate. Dessert was served with assorted cheeses and port or other dessert wines.

Hammer moved to Lauderdale when she was 12 and still lives in her family home, where she operates her business, Kiwi Katering. One can find Hammer at the St. Paul Farmers Market just about every Saturday searching for the food she'll use for that week's menu. She says she'll continue to shop the market throughout the winter, looking for locally produced meat, dairy products, baked goods, apples and squash.

Preparing much of the meal ahead of time is Hammer's goal when she's entertaining. The two recipes she chose to complement the stuffed pork loin allow a cook to do just that. Hammer suggests sautéed parsnips and carrots glazed with Dijon and honey, along with a salad of fennel, beets and oranges.

The dessert

Using local ingredients in her cooking is something St. Anthony Park resident Lesley Powers has been doing for years. Before moving to St. Paul in 1995, Powers owned and operated the Metro, a trendy restaurant in Townsville, Australia, that focused on fresh foods. She grew her own herbs if she couldn't buy them in town.

Powers' latest venture is her catering business, Bliss Gourmet Foods. During the holidays she adds gourmet cookie boxes to her repertoire for businesses to give as corporate gifts or for individuals to buy singly to enjoy at home.

Holidays should be calm and enjoyable, Powers says, and she achieves this in her own home by creating what she calls "festive menus to prepare today and serve tomorrow."

She chose two desserts for our holiday meal: a festive trifle and St. Nicholas torte. Powers describes the trifle as a "beautiful dessert showpiece of layered fruit, whipped cream, pastry cream and moistened cake. To show off the layers use your most beautiful glass bowl." The St. Nicholas Torte is gluten free. Both dishes can be made one day ahead, she says, and they are easy for guests to dish up at a buffet.

Finding dessert ingredients that are grown locally is hard in the winter in Minnesota, but Powers does use organic and locally produced dairy products and eggs. In summer she picks locally grown strawberries and freezes them to use in her winter desserts.

Jay's Café Stuffed Minnesota Pork Loin Chef Karl Gerstenberger

Boneless pork loin roast
3 to 6 baking apples, depending on size of apples and roast
1 to 2 bunches of Swiss chard or black kale
3 to 6 cloves garlic
Butcher twine

Place loin, fat side down, on a cutting board. Butterfly pork in a spiral cut (like unrolling a towel). Make a long cut lengthwise down side of loin with a sharp boning or paring knife, stopping 1 inch from bottom (beginning of spiral). Turn knife parallel to bottom of loin and begin to cut your way inward (parallel to bottom), keeping thickness of meat as even as possible, using your other hand to gently lift and pull top portion of meat away from knife, until loin is one long flat piece of meat. It should be an evenly thick square or rectangle.

To get an even thickness after "laying" it open, put the loin on a cutting board on a firm, secure surface, cover the loin with plastic wrap and pound it to an even thickness using a meat mallet or back of a large pan. Slide the loin onto a sheet pan and refrigerate while preparing the stuffing.

Heat 2 quarts of water and 3 heaping tablespoons of salt. Remove the chard leaves from the stems and julienne the stems. Peel as much garlic as you'd like and cut into uniformly thin slices. Blanch chard leaves, stems for kale with stems removed and discarded, and garlic in the boiling water until tender: 10 to 15 minutes.

Core and peel the apples; cut apples in half and then into 1/4-inch slices. Toss with a little lemon juice. Allow chard/garlic to cool and chop into chunks 1/2 inch or larger. Add apples to the chard mixture.

Season the inside of the roast with salt and pepper. Spread stuffing evenly on the unrolled roast, and roll it up. Use butcher twine to tie the roast, spacing the ties about 3/4 inch apart. Season the exterior of the roast with salt and pepper and cook in a 375-degree oven until the internal temperature of the largest end of the loin is at least 140 degrees. The roast will heat up another 5 degrees during a 10-15-minute resting period. Remove the twine using kitchen shears, and slice the roast in 1/2-inch slices. Drizzle with some high quality extra virgin olive oil and taste the Minnesota fall.

Sautéed Parsnips and Carrots with Dijon-Honey Glaze Sally Hammer

2 tbsp. extra virgin olive oil
1 pound carrots (juliened)
1 pound parsnips (juliened)
2 tbsp. butter
1 1/2 tbsp. honey
1 tbsp. Dijon mustard

Sauté carrots and parsnips in the olive oil until browned on edges, about 10 minutes. Add butter, honey and Dijon. Stir until well glazed. Can be served hot or at room temperature.

Fennel, Beet and Orange Salad Sally Hammer

3 beets, roasted
1 to 2 fennel bulbs, halved lengthwise and very thinly sliced crosswise
2 cups arugula

Dressing:
2 tsp. orange zest
1 tsp. Dijon mustard
1/2 tsp. crushed fennel seed
2 tsp. balsamic vinegar
1/2 cup extra virgin olive oil

To make the dressing, mix orange zest, mustard and fennel seeds in bowl. Whisk in vinegar. Gradually mix in olive oil.

Place fennel slices in bowl and toss with two-thirds of the dressing. Slice beet and oranges. Arrange arugula on platter, then place alternative slices of beets and oranges around the edge of the platter. Place fennel slices in the middle and drizzle with the remaining dressing. Chop fennel fronds and sprinkle on top.

The beets can be roasted and the dressing can be made one day ahead and refrigerated. Bring to room temperature before using.

Festive Trifle Lesley Powers

Pastry cream
2 cups whole milk
1/2 vanilla bean
1/4 tsp. salt
3 tbsp. cornstarch
1/2 cup + 1 tbsp. sugar
2 large eggs
4 tbsp. unsalted butter

Pour the milk into a heavy saucepan. Split the vanilla bean in half lengthwise and, using the tip of a sharp knife, scrape the seeds from the pod into the milk. Add the salt, place over medium-high heat, and bring to just under a boil, stirring occasionally and making sure the milk solids are not sticking to the bottom of the pan.

Meanwhile, in a mixing bowl, whisk together the cornstarch and sugar. In another small bowl, place the eggs.

When the milk is ready, slowly ladle about one-third of the hot milk into the eggs, whisking constantly. Pour the egg-milk mixture back into the hot milk and continue whisking over medium heat until the custard is as thick as lightly whipped cream, about 2 minutes.

Take the custard off the heat and let it cool for about 10-15 minutes. After it has cooled, whisk in the butter, 1 tbsp. at a time. Whisk until smooth with each addition.

Trifle cake
Genoise cake or packaged Italian lady fingers

Fruit layer
Any fruit of your choice (strawberries, raspberries, and bananas work well)

Assembly
Arrange the cake or ladyfingers in a single layer in the bottom of the trifle dish, covering the bottom completely. Sprinkle cake with sherry or rum (a couple of tablespoons). Place fruit over cake layer (again, use whatever you want). Pour one-third of the custard over the fruit layer. Repeat the layering of the cake, sherry or rum, fruit and custard, two more times.

Cover and refrigerate. This can be made one day ahead.

When ready to serve, beat 2 cups of whipped cream with 2 tbsp. of sugar. Mound on top of trifle and garnish with a few extra berries.

St. Nicholas Torte Lesley Powers

2 cups slivered almonds
2 cups finest dark chocolate
2 cups pitted dates
6 large eggs, separated
1/2 cup sugar

Chop each of the above ingredients medium fine. Alternately, they can be pulsed in a food processor. Put into a mixing bowl. Place 6 large egg whites in a separate bowl and whip until stiff. Gently fold in 1/2 cup sugar. Fold egg white mixture gently into almond, chocolate and date mixture, being careful not to overmix.

Pour into a pound cake tin. Bake in a slow oven (approximately 325 degrees) for 45 minutes. Cover and refrigerate when cool. This can be made one day ahead.

When you are ready to serve, dust cake with confectioners sugar and decorate with some toasted flaked almonds and a few berries.

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Arts Events

Music in the Park Series welcomes
back pianist **Butch Thompson**
and cellist **Laura Sewell** for the
annual Gus Donhowe Memorial
Concert on Sunday, December 2,
at 4 p.m. They will perform jazz
classics from Hoagy Carmichael,
Irving Berlin and Charlie Straight,
as well as selections from their
seasonal CD "Bethlehem After
Dark" and a jazz version of
Tchaikovsky's "Nutcracker Suite."

There will be a preconcert
discussion with Thompson at
3 p.m. The concert will take place
at St. Anthony Park United
Church of Christ, 2129
Commonwealth Ave. Tickets
(645-5699) are \$25.

The Midwest Youth Dance
Theatre will present "The
Nutcracker" at the Ann Simley
Theatre, located in the Drew Fine
Arts Center at Hamline University.
Performances will be
November 30, 7 p.m.;
December 1, 2 p.m. and 7 p.m.;
December 2, 2 p.m. Tickets
(644-2438) are \$10 for adults,
\$8 for children and students.

Recreation

Falcon Heights Parks and
Recreation will offer several classes
in December, all at City Hall,
2077 W. Larpenteur.

Self-defense and safety training.
Ages 5-12. Saturday, December 8,
1:15-3:15 p.m. Cost: \$31 for
residents, \$36 for nonresidents.

Making snow people. Ages 2-5
with adult. Friday, December 14,
1-2 p.m. Cost: \$9 for residents,
\$11 for nonresidents.

Make and take crafts. Ages
6-12. Friday, December 27,
10-11 a.m. Cost: \$12 for
residents, \$14 for nonresidents.

Holiday Sales

The Lyngblomsten Auxiliary will
host a Scandinavian Cookie and
Craft Fair from 9:30 a.m. to
2 p.m. on December 7 and 8 at
1415 Almond Ave. Proceeds will
benefit the Lyngblomsten Youth
Volunteer Scholarship Fund.

The Minnesota State
Horticultural Society,
1755 Prior Ave. N in Falcon
Heights, will be open extended
hours on Saturdays in December:
9 a.m.-2 p.m.

The Northern Gardener
Bookstore will offer discounts on
selected items, and there will be a
used gardening book sale. In
addition, poinsettias and holiday
baked goods will be for sale.

Tree Fund

The St. Anthony Park
Foundation's **Keep it Green
Fund**, created to facilitate
replacement of neighborhood
trees lost in the August storm,
has resulted in the planting of
two disease-resistant elms along
Carter Avenue by College Park.

The private funding will
supplement St. Paul's normal
citywide tree planting and will
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jon@sapfoundation.org,
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School News

by Antonie Young

Como Park Senior High

740 Rose Ave., 293-8800
http://comost.spps.org

Como's cross country teams, led by Christopher Lundstrom, Colleen Langguth and Joshua Leonard, issued the following awards:

Most Valuable Runner: Leah Roth, Ross Anderson, Emma Lee, Andy Burnes
Coach's Award: Laura Burnes, Luke Rustad
Spirit Award: Ashleigh Hayes, Evan Vogel
Most Improved: Latita Martin, Henry Cole, Maurice Martinez
Rookie of the Year: Geneva Cole, Evan Hanson
Teammate of the Year: Jane Kramer, Phil Kramer, Sarah Davy, Ezekiel Stanley
2008 Captains: Leah Roth, Phil Kramer, Jane Kramer, Evan Vogel

The home maintenance and repair class, supervised by Mr. Priford, is building a 20' x 20' garage near the football field to store track equipment.

The peer mediation team, led by Ross Savage and Sue Grosse-Macmon, attended PeaceJam at Metro State University on November 3.

The mission of PeaceJam is to create a new generation of young leaders committed to positive changes in themselves, their communities and the world through the inspiration of Nobel Peace Laureates. This session included team-building, interactive sessions and workshops.

The students also began discussions about the service learning project that they will present to Desmond Tutu in April. Team members are Asmera Menase, Nura Mohamed, Alexandra Williams, Nico Robinson, Brian Todd, Aida Abebe, Angelica Salazar, Nancy Lopez, Bao Thao and Claudia O'Ryan.

On November 5, Como's meditation team sponsored an anti-gun-violence event called Paws for Peace. Students could pledge to solve conflicts peacefully by putting their handprint on a framed muslin screen in the form of a peace sign. The finished art work will hang in the front of the school.

Six Como staff members (Robyn Asher, Kita Her, Kathy Herrema-Johnson, Kristen Meister, Steve Powers and Linda Wise) have been chosen to participate in the Information Literacy Initiative, a program to help students improve their technology and information literacy skills. The project is sponsored by St. Paul Public Schools and Metronet, a network of school and public libraries in the metropolitan area.

December events: Varsity and Jazz Band Concert, December 3, 7 p.m., auditorium. Site Council meeting, December 10, 6 p.m., library. "Round and Round We Go!" Choir Concert, December 10, 7 p.m., auditorium. Hmong Parent Group meeting, December 12, 6 p.m., library.

Falcon Heights Elementary

1393 Garden Ave., 646-0021
www.isd623.org/fh

A Parent to Parent community education class will be held on December 20 from 10 to 11:30 a.m. in Parkview Parenting Room A. The class fee is \$19. Child care is available upon request for separate fee.

Parent to Parent is a bi-monthly educational discussion group for families of K-12 students. The class is facilitated by a licensed parent educator, and class content reflects the interests of the group.

Examples of class topics include school/family communication, conflict management, overindulgence, nutrition for growing children and teens, and positive discipline.

Murray Junior High

2200 Buford Ave., 293-8740
http://murray.spps.org

The Murray School Association will host a fund-raiser on Wednesday, November 28, at Barnes and Noble Bookstore in Har Mar Mall. Murray will receive a percentage of the sale price for each book sold that day if the customer uses a voucher. Parent volunteers will be at the store throughout the day to pass out vouchers. Murray students will provide live entertainment that evening at the store.

Both the Murray girls' volleyball team (8-1) and the school's flag football team (7-2) tied for first place in the city junior high conference. The girls' soccer team (4-2-1) placed third, and the boys' soccer team (3-5) finished in sixth place.

More than 70 Murray students attended Wolf Ridge in northern Minnesota November 5-9. Wolf Ridge is an accredited residential environmental school that immerses students in hands-on, direct experiences in nature.

An Orchestra Festival will be held at 7 p.m. on November 29 in the Murray auditorium. The concert features all orchestra students at the school under the direction of Dr. Barbara Lamb.

Murray's music department will host its Winter Holiday Concert on December 20 at 7 p.m. in the auditorium. Murray's second trimester begins

December 3, and the School Site Council will meet at 4 p.m. that afternoon.

The Murray Parent Association will host a forum, "Choosing a High School," at 7 p.m. on December 3. The forum will help parents of eighth graders understand the process of choosing a high school in St. Paul.

St. Anthony Park Elementary

2180 Knapp St., 293-8735
www.stanthony.spps.org

Bro Just, a teacher at St. Anthony Park Elementary for 24 years, will host the annual Santa Lucia program on December 6. Students perform Swedish songs and games that celebrate the warmth and cheer of light as the days grow short.

On December 8, 10 percent of the day's sales at Micawber's Bookstore go to the school. Store hours are 10 a.m. to 8 p.m. Cookies will be provided by school families.

Band teacher Anita McLaughlin and orchestra teacher Leo Bjorlie will join forces and lead students in a concert on December 12 at 2:30 p.m. in the gym.

CLAS (Celebrating Learning After School) is an after-school program coordinated by third-grade teacher Lena Mayer and staffed by teachers Justin Terrones, Katie Stammer, Bill Leslie and Mao Lee, along with educational assistants Dan Clark and Courtney Oleen.

About 60 students participate in this program, staying after school Tuesdays and Thursdays to receive assistance with school work. Fund raising through the Scholastic Book Fair in the fall helps pay for the program.

Jennings Community Learning Center

2455 University Ave., 649-5403
www.jchs.org

Jennings student Kelsey Henry received a scholarship for a trip to Washington, D.C., where she lobbied the Minnesota congressional delegation to support the Jubilee Act (H. Res 2634) to change lending practices and expand debt cancellation for 67 impoverished countries, mostly in Africa. She was the only high school student among the scholarship winners.

Kelsey visited Minnesota Representatives Keith Ellison, John Kline and James Oberstar, and Senators Amy Klobuchar and Norm Coleman. Along with American politicians, she sat with members of parliament and UN ambassadors from several African countries.

In addition to her lobbying trip to D.C., Kelsey journeyed to Nepal this past summer, visiting human-trafficking agencies, orphanages and schools. When asked what was next on her agenda, she replied, "It's difficult to say. There's so much that I want to learn and do. I'm staying open to the possibilities and simply looking for doors and windows ajar that I can climb through to discover what's on the other side."

In November, director Bill Zimniewicz and eight students traveled to the East Coast, where they visited other project-based schools, including the Urban Academy in Manhattan and the Met School in Providence, Rhode Island.

Students also got to learn the fast-paced ways of New Yorkers by taking a jaunt in Central Park, engaging in a sobering meditation at Ground Zero, sitting on the edge of their seats at an off-Broadway show, negotiating public transportation and enjoying some delicious Chinatown fare.

On November 7, students presented their independent and group interest projects to fellow students, staff and parents. There are five remaining presentation nights; the next is December 13. School fund-raising events will also be held at this time. The community is welcome to attend and support students in their quest for knowledge.

As part of her independent poetry project, a Jennings student is hosting a free student Spoken Word Slam event on December 14. Students from surrounding charter and public schools are welcome to participate. The event will include spoken word performers, rappers, and dancers. Volunteers for sound, lights, concessions, greetings and security are needed.

The event will take place from 7 to 9 p.m. at the High School for Recording Arts, 550 Vandalia St. For more information on how to get involved, contact Jennings Community Learning Center at 649-5403.

Great River School

1326 Energy Park Dr., 305-2780
www.greatriverschool.org

Great River School will hold an Open House for prospective students and their families on December 9, 2:30-4:30 p.m. For more information, call Lydia McAnerney (305-2780 ext. 103) or visit www.greatriverschool.org.

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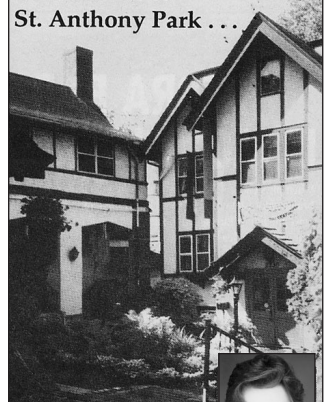
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Catholic Charities from 1

St. Anthony Residence is less expensive than most of the alternatives.

"If they weren't here, they'd be using detox, and that's \$218 a night," she said. "Or they end up in ER at \$500 a night. If they land in jail, that's \$80 a night, and if they need an ambulance ride, that's \$800."

In contrast, it costs \$46 a night to house someone at St. Anthony Residence, which is funded by Ramsey County. Residents get three meals a day and case management services. "We meet them where they are," said Berglund. "We're not trying to change anybody. We have people who sober up and move on to an independent living situation. That's not typical and we don't expect it, but it is possible. This is a cost-effective and humane way to address a problem that has been with us throughout our history."

Berglund said that Catholic Charities' harm reduction model has been implemented by other groups, including the city of Duluth, which has a similar facility called San Marcos.

Hockenberger said that most St. Anthony residents come to realize that "this is the end of the line for them. If the county has a client coming in every seven days to detox, instead of spending thousands of dollars on detox, we offer a setting where they can do maintenance drinking. As long as they follow house rules, we have a nice safe place for them."

Berglund said the staff helps

residents get to medical appointments and makes sure they get the benefits they're eligible for.

"They receive preventive medical care, so they're staying in good health and are not taxing the system," she said. "Giving them safe, secure housing is the biggest thing because then they're off the streets and less likely to come to harm."

Berglund said the Catholic Charities philosophy includes the idea of empowerment. "We don't do something for someone if he can do it himself," she said.

She added that case managers meet with clients to set measurable goals. The case managers also meet as a team to review clients' files. Rooms are checked twice a day.

"No one disappears here or slips through the cracks," she said.

Berglund started with Catholic Charities in 1999, running a shelter in Minneapolis for 100 men. She laments the lack of affordable housing in the Twin Cities.

"I feel a passion for trying to build a solution to homelessness, and that solution is permanent housing," she said. "We also need services and supportive housing for those with mental health and chemical health problems, low income and bad credit history. We need to provide options besides a mat on the floor."

She said the St. Paul Residence, which is for homeless men, has received 85

applications, 51 of which are from the Dorothy Day Center, a Catholic Charities facility in downtown St. Paul providing temporary shelter, food and services for the homeless.

Jim, one of the first men to move into the St. Paul Residence, came from the Union Gospel Mission. He was happy to give a tour of his room, which includes a bed, wardrobe, refrigerator and nightstand.

"It's pretty nice being here," he said, "kind of like being in a penthouse. Until now, I'd been pretty much going back and forth between Dorothy Day and Union Gospel."

Jim said he started using drugs at age 13 but now has four years of sobriety. "I'm going to be seeking some employment and eventually some permanent housing," he said. "I'm going to get back on my feet and get going again."

Though the building was designed to be functional, said Hockenberger, attention was paid to appearance as well. Hallways are red, yellow and blue, and there are plenty of windows. Other amenities include a lounge and computer room, as well as a hospice for those making the final journey.

Catholic Charities is a 501(c)(3) organization that's open to those of all faiths—or no faith.

"We have an ecumenical spiritual care department for those who want it," said Berglund. "Sometimes, if there's no family available, we'll do memorial services and provide plots for people. We want to serve the whole person: mental, physical and spiritual."

Both Hockenberger and Berglund encouraged neighborhood residents to visit the new facility.

"We've been very involved with the St. Anthony Park community for 20 years," said Berglund. "Overall folks are pretty accepting, and we also want to be part of the neighborhood."

The St. Anthony and St. Paul Residences are located at 902 Hersey St. More information is available at 646-0934 or www.ccspm.org.



10th Annual Celebration of Community Juried Art Show

SAP Multi Media Show
Submit Applications by Feb 13, 2008

Deliver work to the Undercroft Gallery on
Monday, February 18, 9:00 am - 1:00 pm or
Tuesday February 19, 4:00 pm - 7:00 pm.

Call for an application from St. Matthew's
Episcopal Church, 651-645-3058

Questions, Call Pat Owen 651-488-2150

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- ◆ Dinner: Fri & Sat 4:30 pm - 9:30 pm

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WEEKLY ISSUE

Readings

Thursday, December 13, 10 a.m.
Lyngblomsten chapel. Warren
Hanson ("A Cup of Christmas
Tea"). Tea and treats served.

Groups

Wednesday, December 5, 7 p.m.
St. Anthony Park Library.
St. Anthony Park Writers
Group. All welcome.

Wednesday, December 12, 7 p.m.
St. Anthony Park Library Book
Club. "Runaway," by Alice
Munro. New members welcome.
Information: Carla, 642-0411.

Tuesday, December 18, 7 p.m.
Falcon Heights United Church of
Christ. Monthly Book Group.
"The Glass Castle," by Jeannette
Walls. All are welcome. Call
646-2681 for more information.

Library Events

The St. Anthony Park Library
will celebrate its 90th
anniversary on Monday,
December 3. Cider, coffee and
treats will be served from
10 a.m. to 2 p.m. and from
4:30 to 6 p.m., with historical
displays on view all day.
The library was placed on
the National Register of
Historic Places in 1988.

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Life's Finest Treasures Can be
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Welcome to a neighborhood
co-op with a full line of fresh
natural foods, unique gifts,
books and housewares
9-9 Sat. 9-7 Sun. 10-7
928 Raymond St. Paul 651-646-6686

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quality service, a relaxed atmosphere.
Complimentary Gift Wrap
December hrs: Tuesday - Saturday 10 a.m. - 7 p.m.
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Shop Home for the Holidays

It's all here in St. Anthony Park

Join your neighbors to kick off the season
**Saturday, December 8 from
9:30 am - 4:30 pm.**

Prizes, carolers, and local
artisans in Milton Square
add to the retail fun!

Followed by a special
holiday concert by the
*Mamas and 3 Men and
a Banjo* at 7pm at
St. Anthony Park
Lutheran Church



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Mim's Café
Muffuletta Restaurant
Pho 79 Restaurant

South
Artists' Grind
Bonnie's Café

Café Biaggio
The Dubliner Pub
Dunn Bros
Egg & I
Jay's Café
Keys Restaurant
Parkview Café
Sharrett's Liquors
Signature Café

Shops

North
Como Raymond BP Market
The Bibelot Shop
Bungalow Pottery
Carter Avenue Frame Shop
Colorful Quilts
Emil Gustafson Jeweler
Luther Seminary Bookstore
Micawber's Books
Milton's Bridal
Speedy Market
Suka-Rama Boutique
Vine & Branches

South
Chocolat Celeste
Evenstar Bookstore
Hampden Park Co-op
Herbst Food Market
J Ring Glass
Noll Hardware
Spiro's Mediterranean Market
Succotash
Twin Cities Reptiles
Ugaso Grocery Store

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to Mike Kritt
Photography

SAP's new bag available at selected retail outlets



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2007 - 2008

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SUNDAY, DECEMBER 2, 2007 - 4:00 P.M.
3 P.M. pre-concert discussion with Butch



BUTCH THOMPSON, piano
LAURA SEWELL, cello

ANNUAL GUS DONHOWE MEMORIAL CONCERT

Tickets: \$25, (\$15 student rush line)
The incomparable Butch Thompson is joined by popular Twin Cities cellist Laura Sewell in a program of classics by Hoagy Carmichael, Irving Berlin, Bessie Smith, and Joseph Lamb. They'll play music from their seasonal CD "Bethlehem After Dark," as well as a fresh jazz version of Tchaikovsky's Nutcracker Suite. Cornetist Santa Claus (Charlie DeVore) makes a cameo appearance.

PHILHARMONIA QUARTETT BERLIN
Daniel Stabrawa & Christian Stadelmann, violins;
Neithard Resa, viola; Jan Dieselhorst, cello
JANUARY 20, 2008 - 4:00 P.M.

BRENTANO STRING QUARTET
with MICHAEL KANNEN, cello
FEBRUARY 24, 2008 - 4:00 P.M.

SKAMPA STRING QUARTET
with IVA BITTOVÁ, vocalist, violin
APRIL 6, 2008 - 4:00 P.M.

THE CLAREMONT TRIO
VIOLIN, CELLO, PIANO
APRIL 27, 2008 - 7:00 P.M. (note time)

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TICKETS/INFORMATION
(651) 645-5699

Email: musicinthepark@sihope.com

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& Micawber's Bookstore in St. Anthony Park.
www.musicintheparkseries.org



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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

Heritage
December 1, 7:30pm

Bill Isles
December 7, 8pm

Tim Fast
December 8, 8pm

Last Known Whereabouts
December 14, 8pm

Steve Hadan Musks,
Howard Kowitz & Jim Feldman
December 15, 7:30pm

Winter Salsa Holiday Celebration
December 21, 7pm

Sproule Top Review
December 22, 7pm

Sally Heinz Showcase of Stars
December 29, 7pm

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

Varsity and Jazz Band
December 3, 7pm

Round and Round We Go Choir
December 10, 7pm

Ginkgo Coffeehouse
721 N. Snelling Ave., 645-2647
www.ginkgocoffee.com

Bluegrass and Oldtime Jam Session
December 26, 7pm

Open Stage
First and third Wednesdays
6pm sign-up

Art Fair
December 1, 10am-6pm

William Thompson with
Tom Spaeth & Thea Ennen
December 1, 7pm

Anije Dovelot
December 6, 7:30pm

Barra
December 7, 8pm

December 8
7pm, Blue Feeling
9pm, Zachary Scott Johnson

Murray Junior High School
2200 Buford Ave., 293-8740

Orchestra Festival
November 29, 7pm

Music in the Park Series
St. Anthony Park UCC

2129 Commonwealth Ave.
645-5699
www.musicintheparkseries.org

Butch Thompson & Laura Sewell
December 2, 4pm

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

Three Men and a Banjo, along with
the Mamas
December 8, 7pm

Performing Arts

Lady Elegant's Tea Room
2230 Carter Ave., 645-6676

Traditional Victorian Christmas Tea.
Actor Joshua Peterson will portray
characters from "A Christmas Carol"
December 7-8, 14-15, 11am and
2:30pm

Visual Arts

Anodyne Artist Company
825 Carleton St., 642-1684

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

Goldstein Museum of Design
240 McNeal Hall
1985 Buford Ave.
St. Paul Campus, 612-624-7434

Here by Design III: Process and
Prototype
Through January 7

Larson Art Gallery
U of M Student Center
612-625-0214

"Imperfect Beauty"
Works by Debra Groll, Sigrid
Wonsil and David Schulman
Through December 13

Raymond Avenue Art Gallery
761 Raymond Ave., 644-9200

"On the Surface"
Contemporary basketry by
Teresa Suarez
Through December 14

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

"The Nativity," by painter Anne Brink
Gallery space open M-F 9am-5pm,
Su. 8am-noon

St. Matthew's Episcopal Church
2136 Carter Ave., 645-3058

"I Lift Up My Eyes to the Hills,"
Christian and Jewish art on the
Psalms
Opens December 1

Christmas Concert

3 MEN AND a BANJO **The Mamas!**

7:00 pm Saturday, December 8

St. Anthony Park Lutheran Church, 2323 Como Ave.
Free Admission. Donations benefit St. Anthony Park Community Foundation

DECEMBER CALENDAR

1 Saturday

- Free practice ACT and SAT tests, St. Paul Learning Center, 1612 Randolph Ave., 9 a.m.-12:30 p.m. Call 209-3095 for information.
- Nocturnal Bowling (612-625-5246), 10:30 p.m.-5 a.m. at the Copher Spot, St. Paul Student Center, 2017 Buford Ave., St. Paul Campus. Every Saturday.

3 Monday

- Site Council, 4 p.m., Murray Junior High School.
- Parent Forum: Choosing a High School, 7 p.m., Murray Junior High School.
- AA, St. Anthony Park Lutheran Church (644-0809), 8 p.m. Every Monday.
- Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.
- Chair exercise classes at Seal Hi-Rise, 825 Seal St. Every Monday and Thursday at 12:30 p.m. These classes are free to all area seniors, but preregistration is necessary. Call 642-9052 to preregister.
- Como Park recycling. Every Monday.

4 Tuesday

- Free Internet, word processing and Excel instruction, 7-8:30 p.m. SAP Library, 2245 Como Ave., 642-0411. Every Tuesday.
- Tot Time (for 5-year-olds and younger), Langford Park Rec Center (298-5765), 10 a.m.-noon. Every Tuesday.
- Toastmasters (645-6675), training in effective speaking, Hewlett Packard, Broadway & 280, 7:35-8:35 a.m. Every Tuesday.

5 Wednesday

- English conversation classes, 4-5:30 p.m. SAP Library, 2245 Como Ave., 642-0411. Every Wednesday.
- Neighbors for Peace planning meeting (all are welcome), 7 p.m., Barbara and Gordon Murdock's home, 1489 Hyile Street, 647-9341.
- 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 2nd Wednesdays at 11 a.m.
- St. Anthony Park recycling. Every Wednesday.

6 Thursday

- 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 Foxwell 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 preregistration 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.

7 Friday

- Movie Night at Spirit United Church (3204 Como Ave. SE in Minneapolis, 612-378-3602). "The Nativity Story," 7 p.m. Discussion follows film. Free popcorn.

- Senior Citizen Fun Group (golf, bowling and darts), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday.
- Falcon Heights recycling.

8 Saturday

- Micambers Book Sale Fund-raiser for St. Anthony Park Elementary, 10 a.m.-6 p.m.
- Free in-store wine sampling at The Little Wine Shoppe (2236 Carter Ave.) while you "Shop Home For The Holidays" in St. Anthony Park, 1:30-4:30 p.m. Must be 21 years of age or older to attend. All featured wines are 10 percent off during the tasting.

10 Monday

- Como Park H.S. Site Council Meeting, 6 p.m. in the library.
- St. Anthony Park Elementary Site Council, 5 p.m.
- Park Press, Inc., Park Bugle Board meeting, St. Anthony Park Library community room, 7 a.m.
- Join the Falconers for 500 and cabbage at 1 p.m. at Falcon Heights City Hall.
- Lauderdale recycling.

11 Tuesday

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

12 Wednesday

- Como Park H.S. Home Parent Group Meeting, 6 p.m., library.
- Falcon Heights City Council, City Hall, 2077 Carpenter Ave., 7 p.m.

13 Thursday

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

18 Tuesday

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

19 Wednesday

- Community Connections Committee meeting, 7 p.m. South St. Anthony Rec Center, 890 Cromwell.
- SAP Booster Club, Langford Park, 7 p.m.

21 Friday

- Falcon Heights recycling.

22 Saturday

- Winter Solstice Celebration at Spirit United Church (3204 Como Ave. SE in Minneapolis, 378-3602). Drumming starts at 6:30 p.m., ceremony 7:30-9 p.m.

24 Monday

- Beginning of St. Paul Public Schools winter break.

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

Give a Gift of Footcare and Foot Massage to a Senior Neighbor this Holiday Season

In-home Treatment • No Transportation Needed

Gift certificate purchased before December 31, 2007 can be used anytime before June 30, 2008.

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not a creature
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LIVES LIVED

Carol Kraemer

Carol M. Kraemer (née Olsen), age 77, of Falcon Heights, died peacefully, surrounded by family, on November 7, 2007.

Carol loved to travel, read, garden and spend time with her grandchildren. She was known as the Falcon Heights Raspberry Lady to many customers over the last 40 years. Carol opened her heart and home to friends and family in need.

She is survived by her husband of 53 years, Allan; children, James (Suzanne), Vicky (Ron) Childers, Sandra, Mark (Kathleen); three grandchildren; and three siblings, N. Gene (Caroline) Olsen, Shirley (Gordon) Schramm and Lee (Mugs) Olsen.

The family wishes to thank the staff at HealthEast Hospice. A memorial service was held November 17, 2007, at St. Michael's Lutheran Church in Roseville.

Paul Kuettel

Paul Francis Kuettel, age 51, of Falcon Heights, was born May 9, 1956, in St. Paul. He showed great courage in his battle against liver disease, but died peacefully on November 4, 2007.

He was the owner of AccessData and author of Wogblog.com, a candid, humorous look at daily life. Paul was an active volunteer in the American Legion and the Lion's Club. He will be remembered for his intelligence, engaging conversation, endless curiosity and rich sense of humor.

Paul is survived by his wife, Laura; sons, Alex and Drew; daughter, Catie; parents, Frank and Nancy; siblings, Janelle Fiechler (Roseanne Tripp), David (Megan Kavanaugh) and Cindy (Mike) Leaf. Paul will also be missed by his in-laws, Floyd and Joanne Zdrojowski; brother and sisters-in-law Jan and Dave Klapperich, Cathy and Steve Peterson, Marcia and Ken Rowe; and 19 nieces and nephews.

Mae of Christian Burial was celebrated November 9, 2007, at St. Agnes Catholic Church in St. Paul. Burial was private.

Ruth Paskewitz

Ruth E. Paskewitz (née Colberg) died on November 3, 2007, in Ann Arbor, Mich.

Ruth was born on November 26, 1916, in St. Paul, Minn. She graduated from Harding High School in 1933 and matriculated that fall at Macalester College, receiving her teaching credentials in 1937, certified in English, French and

German. She taught in Moorhead, Minn. Following the death of her mother, she returned to St. Paul and worked at the Earl Clinic.

Ruth married Frank Paskewitz on June 21, 1940, in St. Paul. Shortly thereafter, they moved to St. Anthony Park, where Ruth continued to live for 60 years.

She was a member of the St. Anthony Park Congregational Church (UCC), and she was active in Camp Fire Girls, the DFL, the Lucy Cummings Circle and, in later years, First Congregational Church of Minnesota in southeast Minneapolis, the Association of American University Women, and the Leisure Center in St. Anthony Park.

Ruth had a lifelong enthusiasm for learning, politics, languages and travel. She took her first (and only) canoe trip in the Boundary Waters at the age of 72, sleeping in a tent, portaging and "duffing."

She traveled extensively on her own and also attended many overseas Elderhostel travel programs, making multiple trips to Europe and going to such far-flung places as China, New Zealand, Latvia, Israel and Russia.

She spent her 80th birthday in intensive care in an Ecuador hospital, having attempted to see Machu Picchu. None of the nurses spoke English, but Ruth reported, "We got along fine with gestures and smiles."

In September 2001, Ruth moved to Chelsea, Mich., to be near her daughter. She returned to Minnesota periodically to visit family and attend Paskewitz family reunions near Staples.

Ruth instilled in her children and grandchildren a love of nature and beauty, a sense of fair play and decency, and the importance of education. She never stopped being interested in her world and has been an inspiration to her family.

Ruth was preceded in death by her husband, Frank Paskewitz, and survived by her children, David (Kathy) Paskewitz of Manchester, Md.; Daniel Paskewitz (fiancée Edna Rask Erickson) of St. Paul; Joan Paskewitz (Thomas Tuer) of Manchester, Mich.; and Donald Paskewitz (Judy Gordon) of Studio City, Calif.; 12 grandchildren; and eight great-grandchildren.

A graveside service was held at Roselawn Cemetery on November 8, 2007.

Sigrid Rothman

Sigrid Anne Kaarre Rothman was born January 7, 1924, in Trout Creek, Mich. She died November 15, 2007, exactly 15 years after her husband, Paul Rothman, died.

She grew up in the Copper Country of the Upper Peninsula

of Michigan. She graduated from Suomi College (now Finlandia University) in Hancock, Mich., and obtained her bachelor of science degree from Michigan State in 1947. She was a registered dietitian and dietary department head at various hospitals in Michigan, Mississippi and Minnesota, including Midway Hospital and Miller Hospital. She retired in 1984.

On June 16, 1950, she married Paul George Rothman. They raised five children: Sally, Jane, Susan, Amy and Tom. In 1955, the family moved to Mississippi, where they lived until 1967, when they moved to St. Anthony Park.

In her retirement, Sigrid was active in a number of groups, including St. Anthony Park Lutheran Church quilters, the church refugee committee and St. Anthony Park Antique Club. Twice she opened her home to provide housing to seminary students and their wives. She was a devoted grandmother.

In addition to her husband, Sigrid was preceded in death by daughter, Sally Tai, as well as her sister, Ruth Mykkanen.

She is survived by daughters Jane Rothman, Goodland, Kansas; Susan (Allan) Holmsten, Eagan; Amy (Dan) Schminke, Dassel, Minn.; son Thomas (Nancy) Rothman, St. Paul; son-in-law Leung Sum Tai, Boise, Idaho; and nine grandchildren. She is also survived by three sisters and three brothers and sisters-in-law.

Private burial preceded her memorial service on November 19, 2007, at St. Anthony Park Lutheran Church.

William Sandberg

William Boss Sandberg, age 55, died suddenly on November 5, 2007, in San Francisco, Calif. He was formerly a St. Anthony Park resident but recently lived in Minneapolis.

Bill was a true lover of the arts and enjoyed the Guthrie Theater and Walker Art Museum immensely. His playful spirit, loud laughter and quirky sense of humor will be greatly missed by those who knew him.

He was preceded in death by his father, Albert Sandberg, and mother, Nancy Sandberg. He is survived by sisters Heidi (Daniel) McKeown and Robyn (Richard) Woodruff and his good friend Roger Hartmann. A memorial service was held on November 21, 2007, at St. Michael's Lutheran Church in Roseville.

Janet Stoebel

Janet Ann Pearson Stoebel, formerly of St. Anthony Park, died November 9, 2007, after a short bout with cancer. She was

Lives Lived to

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CLASSIFIEDS

Classified deadline:
December 14, 6 p.m.
Next issue: December 27

■ Type or write down your ad, and which section your ad should appear in. Usually we put the first few words in capital letters.

■ Count the words. A "word" is numbers or letters with a space on each side. A phone number with area code is one word.

■ Figure cost: \$1 x number of words (\$10 minimum).

■ Mail your ad & check to: Bugle Classifieds P.O. Box 8126 St. Paul, MN 55108 or deliver to the Park Bugle drop box at the side entrance to 2190 Como Ave. (on the Knapp Place side of building) by 6 p.m. on the deadline day. We cannot bill you for your ad.

■ Classifieds cannot be e-mailed, faxed, or taken over the phone.

■ Call us at 651-646-5369, voice mailbox #3, with questions.

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Sales

ANNUAL LAKE COMO Art Show, Friday December 7, 11-6; Saturday December 8, 10-5. Handmade holiday gifts from local artists. Historic Como Streetcar Station, northeast corner of Lexington and Horton.

Help Wanted

PART-TIME AD REP sought by Park Bugle. Sales experience and knowledge of Bugle neighborhoods desirable. Send resume to: Park Bugle P.O. Box 8126 St. Paul, MN 55108



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Como Raymond BP 2102 Como Avenue
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- Vacuum
- Free Air
- Discount Car Wash at Park Service
- Lottery

Same proud ownership, same great service.
Both stations open 7 days a week.

Lives Lived from 18

born in Fort Wayne, Ind., to Joe and Margaret Pearson on December 9, 1919.

Janet was very active in church life growing up in St. Anthony Park, where she attended the Congregational Church, now St. Anthony Park United Church of Christ. She attended the University of Minnesota and served in the Women's Marines during World War II as a staff sergeant at Camp Lejeune, N.C.

In 1949 Janet married George F. Stoebel and moved to Phoenix, Ariz. She was an active volunteer in many organizations. She served as a Girl Scout leader and worked with Cub Scouts, the Women's Marines Association, the Beatitudes Campus Auxiliary and the Kachina Women's Club.

Janet is survived by her husband, George; son, Gary Joe and granddaughter, Lindsey, of Carson City, Nev., daughter, Catherine Capes (Greg) of Phoenix; sisters, Carol, Bonnie (Frank) and Judy; and brother, John (Beverly) of St. Anthony Park; as well as her sister, Margaret, of Olympia, Wash.

A memorial service will be held at the Church of the Beatitudes in Phoenix on December 1, 2007.

Ellen Trygstad

Ellen (Vanstrum) Trygstad, age 92, of Lauderdale, died October 24, 2007, at Augustana Apartments in Minneapolis.

She was preceded in death by her husband, Rev. Robert Trygstad, and sister, Lois Lister. She is survived by her daughters, Judy Wright and Christine (Mike) Shannon; son, John Trygstad (Julie Rasmussen); three grandchildren; and a great-grandson.

A memorial service was held on October 30, 2007, at Augustana Health Care Center Chapel.

Correction: In last month's Lives Lived, the name of Bonnie Blomberg's brother, Roy Bernsten, was misspelled. The Bugle regrets the error.

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.

Tim Abrahamson Construction
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LIFE IN THE CHURCH: *Come and Share***◆ BETHANY BAPTIST CHURCH**

Skillman at Cleveland S., Roseville. 651-631-0211, www.bethanyroseville.org

Sundays:
9:30 a.m. Christian Education for nursery - adults
10:45 a.m. Sunday Worship, Dr. Bruce Petersen
Wednesdays 6:30 p.m. Kid's Club, Youth Groups, Prayer
4:00 p.m. Christmas Eve Service.

◆ COMO PARK LUTHERAN CHURCH - ELCA

1376 Hoyt Ave. W., St. Paul, MN 55108-2300

651-646-7127

Handicapped Accessible
office@comoparklutheran.org
CPLContact ministry 651-644-1897

www.comoparklutheran.org

Sunday Fall Worship Schedule:

8:00, 9:00, and 11:00 a.m. Worship
(nursery care provided from 7:45 a.m. to 12:15 p.m.)

10:00 a.m. Adult Education and Sunday School
Holy Communion on 1st and 3rd Sundays
Rides available for 11:00 a.m. worship- call the church office before noon on Friday.

Saturday, December 1: Advent Dinner, 4:30 - 7:00pm

Please join us for our annual Advent Dinner, put on by our youth.

Proceeds benefit youth mission and summer camp trips.
Tickets are \$7 adults, \$4 children 4-12, \$20 family maximum (Children age 13+ are adult price).

Saturday, December 8, 4:00pm: Christmas Program

All are welcome to share in the "reason for the season" with our annual children's Christmas Program. Second performance is at 9:00am on Sunday, December 9th.

Sunday, December 23: Christmas Carols with orchestra at 9:00 & 11:00am Worship

Worship with us at 8:00, 9:00 & 11:00am; carol sing at 9:00 & 11:00.

Monday, December 24: Christmas Eve Worship Services

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

Tuesday, December 25: Christmas Day Worship Service

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

Pastors: Martin Eriksen and Mary Kay Ashley
Director of Music Ministry: Thomas Ferry

◆ FALCON HEIGHTS UNITED CHURCH OF CHRIST

1795 Holton St. at Garden, 651-646-2681

www.falconheightsucoc.org

Sundays: 10:30 a.m. worship; 9:15 a.m. education

Communion, first Sunday of each month

Nursery care available 9:15-11:45 a.m.

Advent calendar

4:30 p.m. Dec. 2 - Advent workshop

10:30 a.m. Dec. 9 - Chancel Choir and Orchestra,

Mozart Regina Coeli and Haydn Te Deum

10:30 a.m. Dec. 16 - Children's pageant

7:00 p.m. Dec. 23 - Blue Christmas Service of Healing

Christmas Eve services Dec. 24

4:30 p.m. Family Service

10:00 p.m. Candlelight Service

Monthly book discussion

7:00 p.m. Dec. 18, The Glass Castle

An open and affirming, Just Peace church; handicap accessible

◆ HOLY CHILDHOOD CATHOLIC CHURCH AND SCHOOL

1435 Midway Parkway at Pascal St., St. Paul, 55108

Rector's Office: 651-644-7495, School Office: 651-644-2791

Website: holychildhoodparish.org Handicap Accessible

Daily Mass: 7:45 a.m. Confessions Saturday 3:30-4:30 p.m.

Saturday Mass: 5:00 pm, Sunday Masses: 7:45 a.m. & 10:00 a.m.

December 1, "Winter Festival" Dinner, Live & Silent Auction

December 24, "Midnight Mass" Full Choir and Orchestra

◆ ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place, 651-644-4502

Website: www.stceciliasm.org

Handicap accessible

Saturday Mass: 5:00 p.m. at the church

Sunday Masses: 8:15 a.m. and 10:00 a.m. at the church

Sunday, December 9th - Advent Evening Prayer 7:00 p.m.

Monday, December 24th - Christmas Eve Mass @ 5:00 p.m.

Tuesday, December 25th - Christmas Day Mass @ 10:00 a.m.

◆ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth at Chelmsford. 651-646-7173

Website: www.sapuc.org

Handicapped Accessible and an Open and Affirming Congregation.

Rev. Philip J. Ramstad, Sustaining Minister -

Rev. Joanne Sylvander, Interim Christian Education Coordinator

Adult Ed. 8:30 a.m.

Sunday Worship 10:00 a.m.,

Fellowship: 11:00 a.m.

Nursery Care & Sunday School provided - 10:15 a.m.

Dec. 2 - Worship/Holy Communion 10 a.m.

Dec. 16 - Worship/Senior Choir Concert 10 a.m.

Dec. 23 - Worship/Christmas Pageant 10 a.m.

Dec. 24 - Family Service 4 p.m.

Candlelight Service 10 p.m.

◆ ST. ANTHONY PARK UNITED METHODIST CHURCH

www.sapumc.org

All are welcome!

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

Pastor Donna Martinson

Sundays:

10:00 a.m. Worship Celebration

10:20 a.m. Sunday School for 3 years to 6th grade.

11:00 a.m. Fellowship & Refreshments

Christmas Eve Candlelight Service December 24 at 5:00 pm

◆ ST. ANTHONY PARK LUTHERAN CHURCH

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

www.sapl.org

2323 Como Ave. W., 651-645-0571

Staffed nursery available - Handicap-accessible

Pastors Glenn Berg-Moberg and Amy Thoren

Email: office@sapl.org

Worship Schedule: 8:30 & 11 a.m.

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

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

Christmas Day: 10:00 a.m.

December 30: 10:00 a.m. only

Art Exhibit: The Nativity by Anne Brink

Exhibit open: Mon. - Fri. 9 a.m. to 5 p.m. and

Sunday morning.

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

信義教會 每主日下午

◆ ST. MATTHEW'S EPISCOPAL CHURCH

The Rev. Blair Pogue, Rector

2136 Carter at Chelmsford. 651-645-3058

Website: www.stmatthewsum.org

Sundays - 8:00 a.m. Holy Eucharist, Rite I

9:15 a.m. Education for all ages

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

Nursery care provided 7:50-11:00 a.m.

Mondays - 7:00 p.m. Maori Night Prayer (New Zealand Prayer Book)

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

12:00 p.m. Noonday Prayer and Bible Study.

1st & 3rd Thursdays - 7:30 p.m. Taizé Candlelight Prayer.

December 2 Noon Art Show Opening:

Jewish and Christian Artists Interpret the Psalms

December 24, 4:30 p.m.: The "Living Crèche" & Holy Eucharist, Rite II

9:30 p.m. Service of Lessons and Carols

10:30 p.m. Holy Eucharist, Rite II (Contemporary language)

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

◆ PEACE LUTHERAN CHURCH - ELCA

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

www.peacelauderdale.com

Peace Lutheran celebrates our 75th Anniversary

Sundays: 9am Education, 10am Worship

Wednesdays in Advent:

6pm Community Supper

7:00-7:30pm Sung Vespers

Wednesday December 12, 7:30, Doubtless of Faith;

What is the Christmas Story? Come for a conversation that looks at the Biblical Christmas stories and how they get blended together and added to.

Friday, December 14th, 7pm:

4th Annual Christmas Concert, "Songs of the Season"

Join musicians Jane Austin, Janelle Bussert, and Mary Lowe for an evening of acoustic holiday and folk music, featuring guitar, harp, penny whistle, flute and great harmonies. The trio will perform traditional and original music, with some audience holiday sing-alongs.

Free-will offering to benefit the food-shelf.

Saturday, December 15th, 7pm:

Join us for an evening of story-telling as we welcome the Northstar

Storytelling League. "Stories from the Heart; Welcome the Light"

Christmas Eve Candlelight Worship

Monday, December 24, 6:00 pm

All are welcome - Come as you are

