Seal Hi-Rise enriches St. Anthony Park

Building houses diverse mix of residents
by Natalie Zott

At 14 stories, the Seal Hi-Rise is the tallest building in St. Anthony Park. Built in 1976, Seal, located on Raymond Avenue a block north of University Avenue, is one of 16 hi-rise apartment buildings owned and managed by the St. Paul Public Housing Agency.

A visitor learns quickly that there is no such thing as a "typical" Seal resident. Take Linda Mainquist, who came to Seal eight years ago but only recently has finished decorating her apartment how she wants it. "The rest of the building is pretty '70s," she said. "But I wanted to have a Swedish cottage look. It's taken a few years but I wanted to have a Swedish cottage look." Mainquist, who's very happy at Seal, credits the resident council for much of its harmony. "They're interested in solving problems and they take care of things," she said. "You ask them to do something and it's done. When our old flag was getting shredded, they replaced it. Also, thanks to them we have really good vending machines, and now the community room and laundry room are open late at night." Beth Forrest, a human resources coordinator with the St. Paul Public Housing Agency, said one challenge facing public housing administrators is

Emily Program takes over Como Avenue bank building
Organization helps people overcome eating disorders
by Judy Woodard

February is nearly here, and by now your New Year's resolutions have begun to lose their first bloom. These diligent promises to yourself about working out more, eating less and giving up junk food altogether — have begun to seem just a little ... empty. It's just too cold and dark to joy on winter mornings, right? And, besides, can't a healthy life include an occasional stop for fast food without altering the diet plan? When it comes to diet and exercise, buckling is normal, and carrying a few extra pounds at this time of year is standard. But it's not unusual. Some people are psychologically unable to stop during, even as their already slender frames become dangerously emaciated. Other dangerous-ously overweight people are never able to begin. Then there are the normal-sized but morbidly obese — the perfectly ordinary-sized woman who eyes her wardrobe fearfully while dreaming of work, wondering if the car will fit into her parked car after having dinner the night before. Scientists tell us that over half of American adults are overweight, and it sometimes seems as if all of us are obsessed with food and body images.

Scientists tell us that over half of American adults are overweight, and it sometimes seems as if all of us are obsessed with food and body images. Eating should be so simple and pleasantable. Instead it's become a mindfield of negative images and self-destructive behavior.

For some unfortunate, it becomes an agonizing, never-ending struggle to keep control. Some turn to food and body images instead of food and body images. Eating should be so simple and pleasantable. Instead it's become a mindfield of negative images and self-destructive behavior.

Emily Program is a six

How many of our daily steps around the neighborhood get recorded by camera?
No one quite knows, but the number is steadily growing.

As the city of St. Paul installs new security cameras this winter along University Avenue, paid for by a federal transit grant, St. Paul schools are preparing to add cameras this spring in Como High School and Murray Junior High.

Homeowners and businesses also increasingly rely on cameras for security. Tom and Terri Spenst, of Como and Desserse, has had a video security system in place for 11 years, according to co-owner Tom Spenst. He said that while keeping criminals and customers safe from violent crime is the main purpose of the cameras, they have proved useful in other ways as well. "I'm in the office and I see, oh, they're busy out there," Spenst said. "I can go give them some help."

Fire Watcher, owner of the IP-based in Como and Raymond, said he beefed up security there after "a really violent robbery in October." His high camera now cover the whole intersection and could record a traffic accident as well as alerting him to suspicious persons approaching the store.

He said it's sometimes important to look back through several days' worth of videos to pick up on patterns of behavior, such as someone hanging around at the edge of the property looking for opportunities. "Sometimes the cameras are backed up by promontory signs warning that the area is under video surveillance. "Hopefully, it can cut down on violence," he said. "I'd encourage it all around the neighborhood."

It's a fundamental change in the way we're going to do police work in St. Paul."

Cameras to 14

They know if you've been bad or good

Security cameras are showing up in schools, businesses, public streets
by Anne Holmawan

The 1,100 cameras operated statewide by the University of Minnesota include surveillance at St. Paul campus building entrances and other high-risk areas inside buildings, according to Bob Janoski, the university's director of security.

"It's a fundamental change in the way we're going to do police work in St. Paul," Janoski said — for law enforcement or for an audit.

"A community member (faculty, staff or student) can't just report to us video of someone else," he said.

Speddy Market and BP's owners said they also store their video records as well as monitoring them live. Some St. Paul schools have security cameras. Director of Security and Emergency Management William Waterkamp said the district's policy distinguishes between common areas such as hallways and classrooms, where cameras are thought to improve safety, and classrooms, where there's "a little more expectation of privacy than you would have in a common area."

He said none of the cameras are hidden, and they do not record sound. "I think that's been an issue in some rooms," he added.

St. Paul police anticipate a
In a special election during the January 15 District 10 Community Council board meeting, four board vacancies were filled. Three new members were elected: Ken Kline, secretary; Susan Phillips, at-large member; and Tony Hainault, at-large member. Outgoing secretary Mary Mick was elected to fill the vacant treasurer position. At the end of the meeting, at-large board member Nancy Johnson resigned after serving for eight years, creating a new vacancy.

Falcondale

The Falcon Heights Human Rights Commission currently has a vacancy. The commission works to promote the preservation of human rights for all Falcon Heights residents. Meetings are on the first Monday of each month at 6 p.m. For applications, go to www.falconheights.org or call 792-7000.

Lauderdale

The public comment period is open for Lauderdale’s Comprehensive Plan. All residents are encouraged to review the document, available at www.ci.lauderdale.mn.us. Any comments may be directed to City Hall.

The St. Anthony Police Department will host its third Citizen Police Academy on Wednesday evenings from 6 to 9 p.m., starting March 26 and ending May 14. This program is designed to educate community members about the inner workings of a police department, including patrol procedures, property and personal crimes, criminal procedures, use of force, defensive tactics, firearms and the Police Reserve Unit.

The Citizens Police Academy is free of charge. Participants must be at least 21 years old and either work or reside in St. Anthony, Falcon Heights or Lauderdale. Applicants must also submit to a background investigation and sign a waiver.

For more information or to request an application, contact officer Tessa Sunde: 612-782-3571, tessa.sunde@ci.saint-anthony.mn.us.

St. Anthony Park

The Northeast St. Paul Senior Chase program will be providing spring yard cleanup services April 17 through May 5. Call 651-598-7474 to sign up or to obtain additional information about the program.

Hamline Midway residents are planning a bulk purchase of residential solar hot water systems and are looking for more neighbors to join them. A typical solar hot water system will meet about 75 percent of the hot water demand of an average family. Financing is available, and systems may qualify for a federal tax credit. For more information, call Jamee Bosid: 612-801-5999.

Three St. Anthony Park neighbors were included in the Citizen Police Academy on Wednesday evenings from 6 to 9 p.m., starting March 26 and ending May 14. This program is designed to educate community members about the inner workings of a police department, including patrol procedures, property and personal crimes, criminal procedures, use of force, defensive tactics, firearms and the Police Reserve Unit. The Citizen Police Academy is free of charge. Participants must be at least 21 years old and either work or reside in St. Anthony, Falcon Heights or Lauderdale. Applicants must also submit to a background investigation and sign a waiver.

For more information or to request an application, contact officer Tessa Sunde: 612-782-3571, tessa.sunde@ci.saint-anthony.mn.us.

St. Anthony Park

The Northeast St. Paul Senior Chase program will be providing spring yard cleanup services April 17 through May 5. Call 651-598-7474 to sign up or to obtain additional information about the program.

Hamline Midway residents are planning a bulk purchase of residential solar hot water systems and are looking for more neighbors to join them. A typical solar hot water system will meet about 75 percent of the hot water demand of an average family. Financing is available, and systems may qualify for a federal tax credit. For more information, call Jamee Bosid: 612-801-5999.

Three St. Anthony Park neighbors were included in the Citizen Police Academy on Wednesday evenings from 6 to 9 p.m., starting March 26 and ending May 14. This program is designed to educate community members about the inner workings of a police department, including patrol procedures, property and personal crimes, criminal procedures, use of force, defensive tactics, firearms and the Police Reserve Unit. The Citizen Police Academy is free of charge. Participants must be at least 21 years old and either work or reside in St. Anthony, Falcon Heights or Lauderdale. Applicants must also submit to a background investigation and sign a waiver.

For more information or to request an application, contact officer Tessa Sunde: 612-782-3571, tessa.sunde@ci.saint-anthony.mn.us.

St. Anthony Park

The Northeast St. Paul Senior Chase program will be providing spring yard cleanup services April 17 through May 5. Call 651-598-7474 to sign up or to obtain additional information about the program.

Hamline Midway residents are planning a bulk purchase of residential solar hot water systems and are looking for more neighbors to join them. A typical solar hot water system will meet about 75 percent of the hot water demand of an average family. Financing is available, and systems may qualify for a federal tax credit. For more information, call Jamee Bosid: 612-801-5999.

Three St. Anthony Park neighbors were included in the Citizen Police Academy on Wednesday evenings from 6 to 9 p.m., starting March 26 and ending May 14. This program is designed to educate community members about the inner workings of a police department, including patrol procedures, property and personal crimes, criminal procedures, use of force, defensive tactics, firearms and the Police Reserve Unit.

The Citizen Police Academy is free of charge. Participants must be at least 21 years old and either work or reside in St. Anthony, Falcon Heights or Lauderdale. Applicants must also submit to a background investigation and sign a waiver.

For more information or to request an application, contact officer Tessa Sunde: 612-782-3571, tessa.sunde@ci.saint-anthony.mn.us.

St. Anthony Park

The Northeast St. Paul Senior Chase program will be providing spring yard cleanup services April 17 through May 5. Call 651-598-7474 to sign up or to obtain additional information about the program.

Hamline Midway residents are planning a bulk purchase of residential solar hot water systems and are looking for more neighbors to join them. A typical solar hot water system will meet about 75 percent of the hot water demand of an average family. Financing is available, and systems may qualify for a federal tax credit. For more information, call Jamee Bosid: 612-801-5999.

Three St. Anthony Park neighbors were included in the Citizen Police Academy on Wednesday evenings from 6 to 9 p.m., starting March 26 and ending May 14. This program is designed to educate community members about the inner workings of a police department, including patrol procedures, property and personal crimes, criminal procedures, use of force, defensive tactics, firearms and the Police Reserve Unit. The Citizen Police Academy is free of charge. Participants must be at least 21 years old and either work or reside in St. Anthony, Falcon Heights or Lauderdale. Applicants must also submit to a background investigation and sign a waiver.

For more information or to request an application, contact officer Tessa Sunde: 612-782-3571, tessa.sunde@ci.saint-anthony.mn.us.

St. Anthony Park

The Northeast St. Paul Senior Chase program will be providing spring yard cleanup services April 17 through May 5. Call 651-598-7474 to sign up or to obtain additional information about the program.

Hamline Midway residents are planning a bulk purchase of residential solar hot water systems and are looking for more neighbors to join them. A typical solar hot water system will meet about 75 percent of the hot water demand of an average family. Financing is available, and systems may qualify for a federal tax credit. For more information, call Jamee Bosid: 612-801-5999.

Three St. Anthony Park neighbors were included in the Citizen Police Academy on Wednesday evenings from 6 to 9 p.m., starting March 26 and ending May 14. This program is designed to educate community members about the inner workings of a police department, including patrol procedures, property and personal crimes, criminal procedures, use of force, defensive tactics, firearms and the Police Reserve Unit. The Citizen Police Academy is free of charge. Participants must be at least 21 years old and either work or reside in St. Anthony, Falcon Heights or Lauderdale. Applicants must also submit to a background investigation and sign a waiver.

For more information or to request an application, contact officer Tessa Sunde: 612-782-3571, tessa.sunde@ci.saint-anthony.mn.us.

St. Anthony Park

The Northeast St. Paul Senior Chase program will be providing spring yard cleanup services April 17 through May 5. Call 651-598-7474 to sign up or to obtain additional information about the program.

Hamline Midway residents are planning a bulk purchase of residential solar hot water systems and are looking for more neighbors to join them. A typical solar hot water system will meet about 75 percent of the hot water demand of an average family. Financing is available, and systems may qualify for a federal tax credit. For more information, call Jamee Bosid: 612-801-5999.

Three St. Anthony Park neighbors were included in the Citizen Police Academy on Wednesday evenings from 6 to 9 p.m., starting March 26 and ending May 14. This program is designed to educate community members about the inner workings of a police department, including patrol procedures, property and personal crimes, criminal procedures, use of force, defensive tactics, firearms and the Police Reserve Unit. The Citizen Police Academy is free of charge. Participants must be at least 21 years old and either work or reside in St. Anthony, Falcon Heights or Lauderdale. Applicants must also submit to a background investigation and sign a waiver.

For more information or to request an application, contact officer Tessa Sunde: 612-782-3571, tessa.sunde@ci.saint-anthony.mn.us.

St. Anthony Park

The Northeast St. Paul Senior Chase program will be providing spring yard cleanup services April 17 through May 5. Call 651-598-7474 to sign up or to obtain additional information about the program.

Hamline Midway residents are planning a bulk purchase of residential solar hot water systems and are looking for more neighbors to join them. A typical solar hot water system will meet about 75 percent of the hot water demand of an average family. Financing is available, and systems may qualify for a federal tax credit. For more information, call Jamee Bosid: 612-801-5999.

Three St. Anthony Park neighbors were included in the Citizen Police Academy on Wednesday evenings from 6 to 9 p.m., starting March 26 and ending May 14. This program is designed to educate community members about the inner workings of a police department, including patrol procedures, property and personal crimes, criminal procedures, use of force, defensive tactics, firearms and the Police Reserve Unit. The Citizen Police Academy is free of charge. Participants must be at least 21 years old and either work or reside in St. Anthony, Falcon Heights or Lauderdale. Applicants must also submit to a background investigation and sign a waiver.

For more information or to request an application, contact officer Tessa Sunde: 612-782-3571, tessa.sunde@ci.saint-anthony.mn.us.
In search of a smaller kitchen
Muffuletta’s new chef says he’s more than happy to downsize
by Kristal Leebrick

After more than two years of working as sous chef in the fast-paced kitchen of Figlio in uptown Minneapolis, Jason Schellin says he’s looking forward to cooking in the smaller, "made to order" environment at Muffuletta, 2260 Como Ave.

Schellin crossed the river in January to replace chef J.D. Fratzke, who left to start a new restaurant on St. Paul’s East Side. When Fratzke’s name comes up, Schellin simply says, "big shoes." He’s confident, however, that he can fill them.

"I’m young, ambitious and full of energy," he says. "With that in mind, what could come out of the kitchen is endless."

Like Fratzke, Muffuletta’s new chef plans to focus on fresh, locally grown vegetables and meats.

"That’s exactly where I’m at," he says. "The core menu will stay as when J.D. was here."

There are some items on the menu of this 30-year-old restaurant that do not change. The beer cheese soup, for example, won’t go, Schellin says, and the restaurant will continue with its globe-trotting monthly themes.

"The overall concept of Muffuletta is not going to change at all," Schellin says, "although the influences may."

For Schellin, these influences are French. "I am into French because they are very talented and ingenious in the way they cook," he says. "The French, they go everywhere. They take what some think are unusable meats and create something wonderful."

"I personally like foods braised, almost crock-potish," he says. "I like slow French foods, long-roasted meats, fork tender. I am very into potatoes made any way. I’m a meat and potatoes kind of guy."

Schellin says he likes to make food that is prepared "simply and correctly," and he thinks the clientele at Muffuletta wants to see that kind of cooking reflected on the menu.

Though Schellin professes to be enamored with French culinary arts, he says you won’t see what he describes as "froo-froo weird foie-gras-stuffed-oysters-type food," on his menu.

Schellin joined Parasole — which owns Muffuletta as well as Manny’s Steakhouse, Chino Latino and Salo — in October 2005. That was after spending three years at Bobino Café and Wine Bar in northeast Minneapolis, where he was the executive chef for two of those years.

Before Bobino he attended the culinary school at Art Institute of California in St. Paul.

Pierce Richards

We perfected the Muffuletta.
Now discover the rest of Louisiana.

This February, join us on a journey down the Mississippi for Louisiana specialties ranging from jambalaya and étouffée, to gumbo, red beans and dirty rice. Les beaux temps will definitely smile!

Muffuletta
In Milton Square
2900 Como Avenue West
St. Paul, MN
Reservations: 651-645-9116
Learn more at mufuletta.com
The way the camera follows us in slo-mo, the way we look to us all.
— Paul Simon, "The Boy in the Bubble"

Don’t look now but you’re being followed.

Stepping into the post office for some stamps, pummeling gas at the corner station, popping into the convenience store, walking down the hallway at school, wanting to catch a bus — in these and a hundred other actions, you’re on camera.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

Surveillance cameras first began showing up years ago in private businesses — banks, stores, gas stations. More recently, the public sector has gotten into the game. St. Paul is installing them along University Avenue, one of many instances in which we’ve followed the lead of our own city to the west.

In the early days of surveillance, cameras were likely to be hidden, so you often weren’t aware you were being filmed. Later it was determined that the crime-prevention function of cameras could be enhanced by making them visible, the theory being that as-see-do would work twice if they knew their actions were being monitored. The thing about a camera, though, is that it doesn’t distinguish between criminals and noncriminals. It records everything and everyone it sees. In “1984,” George Orwell described the effects of being subject to Big Brother’s “telescreen”:

"...there was of course no way of knowing whether you were being watched at any given moment. How often, or on what points, you were being watched you could not know.

You were being watched at all times. Everyone it sees. In ‘1984,’ George Orwell described the effects of being subject to Big Brother’s ‘telescreen’:"

 luego, they could plug in your wire whenever they wanted to. You might have been written in a diary are broadcast to anyone with an receiver. And post blogs on the Web in which musings that once were

You see us; indeed, increasingly we go out of our way to be seen.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.

The surveillance camera has become as much a part of urban life as sidewalks and garbage cans. For some cities, you can go online and find maps that ping up every camera. Those maps require almost constant updating.
Neighborhood perks up with Park Perks

by Dave Healy

Almost everyone uses a bank, but few people think of their bank as a place to grab a cup of coffee. Park Midway Bank's coffee bar makes them different from most other banks. But Park Perks is not only a place to get a shot of America's favorite beverage; it's also a reflection of the bank's commitment to community service.

Each month, the bank donates all the profits from Park Perks to a local nonprofit organization. That amounts to over $1,000 a month. According to President Rick Beeson, the bank is especially interested in benefiting small nonprofits. "We're targeting organizations where their addition to their income will really make a difference," he said. "Those are places that don't have a professional fundraising effort."

Vice President Terri Banatowski said that so far, profits from Park Perks have mainly gone to organizations that work with kids — a Boy Scout troop, day care providers and so forth. February's donee will be St. Anthony Park Elementary's Dominarian/Initation teams. Beeson said that in addition to grungy money that can be used in the school, an employer's current match to an organization's current match to the bank's is also being targeted.

"Every dollar we take in goes to the designated organization of the month," she said. Park Perks is the centerpiece of Park Midway Bank's new building, which opened in September at 2300 Como Ave. on land formerly occupied by the bank's drive-up facility. The 15,000-square-foot building is the first bank in Minnesota to be LEED certified. LEED (Leadership in Energy and Environmental Design) is a national standard for developing environmentally sustainable buildings.

"Banking, like many things, has become increasingly automated," said Beeson. "But for some customers of us who still physically come to the bank, we want to create an inviting atmosphere, and Park Perks helps do that. It's more than just an amenity, though. We see it as a way to help strengthen the neighborhood. It's great to put a smile on the face of community people who are doing good work.

Letters from 4

5:30 p.m. We hope you join us for a wonderful evening. It’s a great way to see old friends and meet new neighbors.

Please enclose your check for March 1. To participate, or for more information, contact Karen Kistler (655-7706) or Fariba Sanikhatam (FaribaSanikhatam@comcast.net).

Karen Kistler, Falcon Heights St. Anthony Park

Support the elderly

I count among my blessings a large family that has remained close throughout the years. During the recent holidays, however, I thought of those who do not have that blessing — in particular, the elderly.

Being isolated and alone can be extremely hard for the elderly in our community. Many experience loneliness, grief, depression and other changes as they age. Within the next three years, the large baby boom generation begins turning 65, and the percentage of those 65 and older who are living alone will increase rapidly. By 2030 it is expected that the number of people over the age of 85 will triple. If you know an older person who is isolated and alone — a neighbor, co-worker, member of your spiritual community, etc. — think about how you might help alleviate that person’s loneliness.

If you are unable to do that, consider referring him or her to one of the organizations designed to help them. If you are Blessed with a large nuclear circle, give thanks and consider sharing your time with elders in our community.

Those Care Executive director
Little Brothers-Friends of the Elderly

February 5

Tomorrow’s Technology Today!

• CO2™ — A highly precise computer controlled machine that makes carbon dioxide right in the office, in about an hour.
• Deep U235™ — This amazing new technique combines intense focused red laser beam for the tightest cutting available.
• Skin disease treatment using an advanced dental laser — can regenerate lost tissue and is virtually painless.
• Luminex™ — Contact lenses and super translucent lenses that are so thin, only the reflection of your eyes is visible.
• Digital X-rays: 75% less radiation than standard X-rays.
• Infrared Camera — See yourself what work needs to be done.
• BRADWELL® — Prevents unwanted families before they grow large.
• Safety Diffusionist — Make your family safer.
• Video HD™ — The sweet laser in the fight against eyewear.
• Comfortable rest rooms — down in our office.

For more information call the above.

St. Anthony Park Neighbors for Peace

Monthly planning meeting: Call for an invitation.

Monday, February 11, 7 p.m.
Kathy Beautyman’s home
2040 Como Avenue #706 (Lambert-Gundlach) (651) 645-2473

Join Your Neighbors

Attend your caucus. Newcomers Welcome! Tuesday, February 5, 7 p.m. Come early! Check your location some have changed. Take the Peace First! Resolution.

Discuss the book

The End of Poverty by Jeffrey Sachs

Tuesday, December 12, 7 p.m.
at Micawber’s (Carter and Como)

We will serve hot cider and popcorn. Come on over, even if you haven’t read the book.

For more information, visit our fabulous website at:
www.ParkPeace.org

February 5

St. Anthony Park Neighbors for Peace

Monthly planning meeting: Call for an invitation.

Monday, February 11, 7 p.m.
Kathy Beautyman’s home
2040 Como Avenue #706 (Lambert-Gundlach) (651) 645-2473

Join Your Neighbors

Attend your caucus. Newcomers Welcome! Tuesday, February 5, 7 p.m. Come early! Check your location some have changed. Take the Peace First! Resolution.

Discuss the book

The End of Poverty by Jeffrey Sachs

Tuesday, December 12, 7 p.m.
at Micawber’s (Carter and Como)

We will serve hot cider and popcorn. Come on over, even if you haven’t read the book.

For more information, visit our fabulous website at:
www.ParkPeace.org
Because our pets are family
Complete medical, dental, and surgical care

1156 Lar gentau Ave. W, St. Paul, 651-487-5712

LARPENTEUR ANIMAL HOSPITAL
Dr. Dan Anderson, Dr. Julie Dahlke,
Dr. Jennifer Timmerman
651. 696-2993

6 P ARK BUGLE ■ FEBRUARY 2008

Emily Program from 1

Fifteen years ago when I would do presentations at colleges about anorexia, the young man thought that the images I showed of extra-thin women were gross," she said. "Now they don't. There is a really strong societal prejudice against women of normal weight, not just overweight women."

Combining eating disorders poses many challenges. For starters, eating — like breathing — is one of those fundamental activities that keep us alive. So at least there is the possibility of total abstinence. "But you can't just stop eating," said Croll, to cure an eating disorder.

Sometimes an eating disorder is exacerbated by personal qualities that are admirable — even sought after — in other contexts.

"Perfectionism is a good trait in a tax accountant," said Croll, "but not so good in your relationship to food and exercise.

Then there’s a problem that adolescent anorexics in particular must face. Thanks to our society's sometimes warped notions of feminine beauty, said Croll, "the girls feel that they are coping well. They fühl that society's ideals, that's what they're out for."

And that can make anorexics especially difficult to treat.

Fortunately, even the most unwilling patient can be helped. When asked by the therapist what her treatment goals are, a girl may respond, "I want to get thinner and fitter." That gives Croll the kind of answer that she needs," said Croll. "It's joyful and the ability to maintain healthy relationships with others."
Greetings, No Bones readers! I hope you are settled in for a nice warm, wintry read of this month’s installment.

There have been so many new dinosaur discoveries plastered all over the headlines lately, and I’ve been excited to share a little “inside” information with you. The first story is one long in coming — 110 million years of history and more than 50 years of discovery. Back in the 1950s, a team of French scientists searching for dinosaur bones in Niger came upon the bones of an unusual long-necked dinosaur. Fast forward to 1999, when paleontologist Paul Sereno and his team unearthed the partial skeleton of a 30-foot-long plant-eating dinosaur that included a skull with more than 500 replaceable teeth. Sereno and his team named the new dinosaur Nigersaurus.

Even with only a few available bones, they could see that this sauropod was bizarre. The dino’s strangest feature was its skull, which housed columns of teeth, all lined up tightly with the squared-off end of the front of the jaw.

CT-scanning allowed the team to gaze inside the skull, where eight rows of replacement teeth lay in wait just under the bone of the jaw. Brains have a lot to tell us about the posture and behavior of dinosaurs, but they are often difficult to access in the fossil record. Since soft parts are rarely preserved, we rely on studying the spaces those soft parts once inhabited.

In the case of Nigersaurus, CT scanning the skull allowed a new perspective on posture. It turned out that the semicircular canals, the parts of the brain that influence balance, were visible in those CT scans. Their orientation indicated that Nigersaurus’ muzzle was aimed directly at the ground, unlike the forward-pointing muzzles of most other dinosaurs. In other words, Nigersaurus was perfectly adapted for cropping food at ground level. Its long neck served to increase the scope of its low graze, not stretch to the tops of trees.

Another exciting new discovery is a duckbilled dinosaur nicknamed “Dakota.” As you might guess, it was uncovered on a ranch in North Dakota. The finder was a young graduate student looking for bones on his family farm. The thing I liked most about this story is that the discoverer, Tyler Lyson, got his start when he was just a kid, searching around the family acreage for dino bones. He’s now a graduate student at Yale University writing a dissertation on fossil turtles.

His family’s ranch is a great place to find dinosaurs, and like other well-preserved duckbilled dinosaurs from Montana, “Dakota” also yielded skin impressions and a complete skeleton.

The tricky part of this story is that the research on the specimen hasn’t yet been done or reviewed by the team’s paleontological peers. This means the wild claims that Dakota is a “dinosaur mummy” and “the best preserved dinosaur ever found,” or that it will “change our view of dinosaurs forever,” remain to be tested in the paleontological literature.

Usually, scientists first spend a lot of time studying their fossils and then publish on them before inviting TV crews to join them on their expeditions. The scientific community of paleontologists is now waiting for the publication so that we can all think about this well-preserved new dinosaur for ourselves.
Seal Hi-Rise from 1

changing demographics.
Recent immigrants from Somalia, Eritrea and Ethiopia now make up a sizable number of residents, and there are 10 different languages spoken," she said. “Public housing provides an appetizer, but there are also individuals, such as one resident’s mother, who teaches English as a second language. This helps because many of the immigrants include older women.”

Besides immigrants, those dealing with mental illness or physical limitations, along with students, seniors and vets, all figure into the mix. The common denominator is low income.

The upper income limit for public housing residents is $41,700. Residents pay 30 percent of their income for rent. Those with no income, such as students, pay $50 a month.

Forest said the diversity of Seal residents makes it challenging to connect the different populations with each other. She also noted that many residents would like to feel a stronger connection to the surrounding neighborhood.

Along with changing demographics, social services such as those in recent years have also affected Seal.

“The challenge is helping folks financially,” said Forest. “It’s tighter now than it has been in years. Services such as mental health have been considerably scaled back, and they’re cut down from MCN.”

When one of our residents couldn’t afford dental care, she ended up in the emergency room with a tooth problem. That wouldn’t have happened if she’d been able to go to a dentist initially.”

Forest praised community services, such as the Black Nurse Program and Meals on Wheels, that help residents live independently.

Pat Bushnell, who has lived at Seal for 12 years, said, “Everyone here is like a big family. There are lots of students who are trying to make themselves better, and there is a such a variety of people here that you wouldn’t believe it.”

As building orientation, Bushnell meets everyone at Seal. She welcomes new residents and answers their questions.

“I’ve been here for so long that the residents know me. They’ve all been here for a long time, and many are trying to make a change,” she said.

In addition to her work at Seal, Bushnell is also attending classes.

“Fifty-five years old and I’m going to school,” she said. “The school (East Metro Opportunities Industrialization Center) is really good, and I’m trying to learn to be an administrative assistant so I can get a part-time job.”

Falcon Heights resident Nina Semmelroth worked with Minneapolis Public Housing for 10 years before coming to St. Paul Public Housing six years ago.

“The great residents are the best thing about Seal,” she said. “It’s a calm, peaceful existence here — in a very diverse building. We call it a vertical small town, and, like any small town, people have different issues based on the makeup and the personality of the building.”

Semmelroth said at a corporate training session she once attended, the facilitator asked people what perks their jobs had.

“They talked about their benefits or their house,” she said. “My benefits are that I work with really amazing people who make me smile how fortunate I am. Each day I see people who struggle to get dressed and come downtown, but they do, and they always greet me with a smile and say hello.”

Semmelroth noted that in a building with many college-aged residents, you would expect a lot of wild parties, but that’s not the case at Seal.

“There are serious students,” she said, “and they’re living in the community room on Friday and Saturday nights doing their homework.”

Semmelroth said that public housing sometimes receives unwarranted negative publicity.

“Many people are unaware of what public housing is,” she said. “There are a lot of people in the low-to-mid-income bracket who qualify. They should know that we have a lot of great apartments, and that these are safe buildings. There’s a thorough screening process that takes weeks, but beyond that it’s not usually a long wait for housing.”
**F E B R U A R Y  2 0 0 8  ■  P A R K  B U G L E  9**

**et cetera**

Yoga

Yoga Blue Studio, 1563 Como AVE., will celebrate its one-year anniversary on February 14. The studio offers yoga classes, meditation workshops and Embodiment® therapy. For more information, visit www.blueyogamn.com.

MOMS Club

The St. Anthony Park/Como West chapter of MOMS club will host a Valentine’s Party Open House at Como Park Lutheran Church on February 8 from 9:30 to 11:30 a.m.

MOMS Club is an international nonprofit organization that offers daytime activities and support for mothers who are home during the day with their children. For more information, contact Jo Farmer 645-7751.

Raptor Center

Raptor Tales Story Time continues with two sessions: February 12: Can you hear what I hear? February 26: Raptor feet. The program is geared for ages 3–5 with an adult.

Participants will listen to a story, meet a live raptor and make something to take home. Cost is $5 per child; adults are free. Registration is necessary: 612-625-8325 or raptor@umn.edu. The Raptor Center is located at 1920 Fitch Ave., on the U of M’s St. Paul campus.

Model Railroads

The Twin Cities Model Railroad Museum will have two special events this month. On Sunday, February 10, from noon to 5 p.m., a special train exhibit will be featured. It was inspired by displays at the Circus World Museum in Baraboo, Wisconsin. On Monday, February 18, from 11 a.m. to 3 p.m., the museum will feature the Twin Cities Zephyr. The museum also includes a railroad art gallery and gift shop. It is located at 1021 Bandana Blvd. in Saint Paul. For more information, call 651-762-8283 or visit www.tmrm.org.

Sustainable Agriculture

The U of M’s School of Agriculture, together with the Minnesota Institute for Sustainable Agriculture and Northern Plains Sustainable Agricultural Society, will sponsor three discussion sessions: February 20: A Banquet of Commonalities, a chapter from ‘The Party’s Over,’ by Richard Heinberg; February 27: Sustainability and Community, a chapter from ‘Sustaining the Common Good,’ by John B. Cobb, Jr. March 5: The WTO, NAFTA, CAPTA and the FTAA, a chapter from ‘From the Farm to the Table: What All Americans Need to Know about Agriculture.’

Discussions will be led by Gary Holdhaus from Northern Plains Sustainable Agriculture Society. Sessions will be held at St. Anthony Park Library from 7 to 8:30 p.m.

Materials are free and may be picked up at the library. To reserve copies by mail, call Helene Murray: 612-625-8325.

Lyngblomsten

Lyngblomsten, a nonprofit social ministry organization located in the Como Park neighborhood, has received a $40,000 grant to develop a national model for its ‘The Gathering’ program, which provides respite for in-home family caregivers of persons experiencing memory loss.

The grant was given by Thrivent Financial for Lutherans Foundation and Lutheran Services in America, through the Aging as Community Initiative.

For more information about Lyngblomsten, visit www.lyngblomsten.org.

People

**Announcing...**

The Saint Anthony Park Community Foundation 2008 Grants Program

**Deadline:** Must be postmarked by Friday, March 14, 2008 to PO Box 8038, St. Paul, MN 55108

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

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

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

**Grant size:** $5,000 maximum

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

**FEBRUARY 2008  ■  PARK BUGLE 9**

This February isn’t your average February – we’ve got one extra day!

So please join us on Leap Day, February 29th, at 7:00 p.m., as Chris Martin reads from his dazzling book of poems “American Music.” A special event for a special day.

**MICAWBER’s**

For ice cream treats you like!

651-646-5506 / www.micawbers.com

2238 Carter Ave., St. Paul – In Milton Square on Carter at Como

Hours: M-S 10 am – 8 pm / Sat 10 am – 5 pm / Sun 11 am – 5 pm

**S A I N T  A N T H O N Y  P A R K  C O M M U N I T Y  F O U N D A T I O N**

**We Can Help Keep Your Property in Tip-Top Shape!**

Drainage Repair: French Drains & Catch Basins

Foundation Repair & Trenching

Snow Removal

Plumbing & Heating

651-776-1780

www.micawbers.com

624-9453 or raptor@umn.edu.

Registration is necessary: 612-625-8325 or raptor@umn.edu.

Call for an appointment 651/641-1455 or on-line at jon@sapfoundation.org.
Institut des Hautes Études Internationales in Minneapolis and worked at Tiburon, a non-venue restaurant in downtown Minneapolis. Growing up in Brainerd, 29-year-old Schellin got his start in the restaurant business as a dishwasher at Madden’s on Gull Lake near his hometown. He worked his way up to sous chef over seven years. Cooking at such a large resort meant sometimes cooking 50 prime rib dinners at one time. “I learned at an early age the buffets and banquets and got all that out of the way,” he says. He’s excited about working in a smaller kitchen. “Figlio is fast-paced,” he says. “That place will do a thousand covers on any given night. I’m going back to where I wanted to be. I want to get back to making food on a daily basis.”

Schellin was a wrestler in high school, which meant he was constantly trying to maintain his weight and watch his food intake. “Once I decided not to go to college as a wrestler, the idea of working as a chef carried me away,” he says. So now that he isn’t obsessed with weighing in at the gym anymore, what’s his favorite meal? “Some kind of braised beef short rib, a mashed potato — very creamy, buttery, rich potato — and a simple veal reduction. I would probably eat that every day if I could.”

Will that find its way onto the Muffuletta menu? “We’ll be experimenting with short ribs,” he promises.

ST. ANTHONY PARK

HEALTHCARE PROFESSIONALS

St. Anthony Park Dental Arts, P.A.
Dr. Bill Harrison
www.sapdentalarts.com
2282 Como Avenue, 651-646-1123

Now offering single appointment crowns & veneers
See our display ad on page 5

Franklin J. Steen, DDS
2301 Como, 651-644-2757

A healthy smile is more than an image...it’s YOU!

HOLLY HOUSE Center for Integrated HealthCare
2524 University Avenue, 651-645-6951

ROGER’S TREE SERVICE
Caring for your trees & shrubs
since 1974
Certified Arborist Roger Gatz
651-699-7022

Mounds Park Academy is an independent, PreK-12 college preparatory school where rigorous academic challenges are infused with ingenuity and joy. At MPA, we kindle curiosity. We inspire ideals. And we ignite every student’s potential. What’s possible for your one-of-a-kind child? Let’s spark something and find out.

Mounds Park Academy
2515 Larpenteur Avenue East, St. Paul, MN • 651-748-5577 • www.moundsparkacademy.org

JOIN US FOR OUR WINTER OPEN HOUSE SUNDAY, FEBRUARY 10, 2008, 1:00-3:30PM
INFORMATION SESSIONS
GRADES 5-12, MARCH 16, 2008, 9:00-10:30 AM
GRADES PK-4, MARCH 7, 2008, 9:00-10:30 AM

ST. ANTHONY PARK HEALTHCARE PROFESSIONALS

St. Anthony Park Dental Arts, P.A.
Dr. Bill Harrison www.sapdentalarts.com
2282 Como Avenue, 651-646-1123

Now offering single appointment crowns & veneers
See our display ad on page 5

St. Anthony Park Dental Care, 2278 Como Avenue
Todd Groisman, DDS 651-644-3085
Paul Kirkegaard, DDS 651-644-9216

St. Anthony Park Clinic, Dr. David Gilbertson, D.O.
Kathryn Gilbertson, RN, NP, Omar Tveten, M.D.
2315 Como Avenue, 651-646-2549

Franklin J. Steen, DDS
2301 Como, 651-644-2757

SOURCECOMICS & GAMES
1601 West Larpenteur Avenue (Northwest Corner of Snelling & Larpenteur Avenue)
Falcon Heights, MN 55113
Phone 651-645-0386 www.sourcemag.com
Open 10:00am to 9:00pm Monday-Saturday & Noon - 6:00 pm Sunday!

SOURCECOMICS & GAMES
1601 West Larpenteur Avenue (Northwest Corner of Snelling & Larpenteur Avenue)
Falcon Heights, MN 55113
Phone 651-645-0386 www.sourcemag.com
Open 10:00am to 9:00pm Monday-Saturday & Noon - 6:00 pm Sunday!
If dog lovers are anything like dogs, they’re loyal. That may explain the faithful commitment of volunteer dog walkers at the Animal Humane Society in St. Paul.

On a recent winter day, the morning crew of four dog walkers could be found leading up dogs for their eagerly awaited first walk of the day. The crew includes Como Park resident Sylvia McAlpine, who’s been walking dogs along Bodkin Lane and the trail up Happy and Hartline for some 18 years. “My kids told me to get out and do something — and not involving kids,” she said, adding that dog walking has been a family affair for years. Her children are animal lovers and occasional volunteers at the Animal Humane Society.

McAlpine is part of a group of volunteers who are not only loyal to the dogs and the mission of the Animal Humane Society but also to each other. “We are honestly and truly friends,” she said. “We go to Black Bear Crossings for coffee, meet for lunch, dinner or a movie together and learn that the dog is still well — and the exercise is great for our health.”

The crew works in the morning and evening, with the goal of providing exercise and entertainment for each dog. The dog walkers arrive by 8:30 each morning at the white stucco and gray cement building on Bodkin Lane. After signing up on plastic bags and leashes, they greet the barking dogs by name: Lester, Buck, Shadow and others — a down in all.

Heather Teuffel opens the door of the kennel and calmly steps inside to pet the excited dog, quickly clipping a leash to the Siberian Husky’s collar. Once outside, the barking and tug-of-war stop and Buck falls into step with Teuffel in tow. McAlpine and Gary Hovey circle the block with their charges.

“The exercise is great for me,” she said. “On the days I don’t walk dogs I run on the treadmill!”

Teuffel said the dog walkers got attached to their charges and “I have a profile that accompanied the dog back to the adoption floor. Within a week, people were fighting to adopt that dog.”

“Within a week, people were fighting to adopt that dog,” said McAlpine. “She was the worst dog ever — the gentle demeanor of a champion and the snarls of a dog in need of emergency treatment.”

Teuffel’s dog was put off by her size and wildness. McAlpine agreed to help Teuffel find a home for her and drove the dog back to the adoption floor. “I brought her back to the adoption floor,” said McAlpine. “We are honestly and truly friends.”

For McAlpine, volunteering has been the cornerstone of the St. Paul Humane Society’s mission. They have open admissions policy means they don’t turn any animals away and there’s no limit to the length of stay. McAlpine remembered a dog that had been on the adoption floor for over nine months, a large mix of golden retriever and shepherd. People walking by the dog in the kennel were put off by her size and wildness. McAlpine agreed to provide foster care for the dog for a week.

“My kids told me to get out and do something — and not involving kids,” she said. “We are honestly and truly friends.”

For McAlpine, volunteering has been the cornerstone of the St. Paul Humane Society’s mission. They have open admissions policy means they don’t turn any animals away and there’s no limit to the length of stay. McAlpine remembered a dog that had been on the adoption floor for over nine months, a large mix of golden retriever and shepherd. People walking by the dog in the kennel were put off by her size and wildness. McAlpine agreed to provide foster care for the dog for a week.

“Within a week, people were fighting to adopt that dog,” she said.

Volunteers help with everything from dog walking and assisting in the office or special events. Volunteer opportunities are described at monthly informational meetings. Prospective volunteers fill out applications and provide references. Those who are selected receive training. Many volunteers serve with remarkable devotion. John Melin, a volunteer dog walker, died in 2002. McAlpine said that after he retired from his job, Melin visited the Animal Humane Society every day at noon. “He wouldn’t go home until he had walked every dog,” she said.

A plaque honoring Melin graces the hallway near the dog kennel, and a bench dedicated to him sits at the front of the Hill overflowing McCarthy Field, in front of the Humane Society building.

McAlpine said the dog walkers are loyal to the mission. “I figure I can do a little good for a lot of dogs rather than a lot of good for just one dog,” she said.

Sylvia McAlpine, a volunteer dog walker for the Animal Humane Society, heads up Utah.

Ash Wednesday Service
February 6, 7:00 p.m.
Come early and join us for Soup Supper beginning at 5:30 p.m.

St. Anthony Park Lutheran Church
2325 Como Avenue W
St. Paul, MN 55116

Studied sermons available Sunday mornings
Church office: (651) 643-5872
Visit us on the web at www.stalp.org
**The Birdman of Lauderdale**
By Clay Christensen

The adventure began while I was watching Sunday afternoon football.

I heard a "shshsh" on the window behind me. Buffy, our cocker spaniel, woke up and barked. It sounded like a large bird had glanced off the living room window. Could it have been one of the mourning doves I'd seen at the bird bath earlier? I saw the bird recover and head off to the north, but because I thought something might be going on, I opened the front door just enough to peek around it. Buffy ran out and assured him ground-level territory.

I looked up and saw a sharp-shinned hawk perched on my neighbor’s porch railing.

The sharp-shinned hawk is in the accipiter family. It can catch other birds, which put my bird watchers in a love-hate quandary. The sharp-shinned hawk is an aggressive hunter, about 14 inches tall, with a gun-metal gray head and back, a hooded appearance, and tail barred in lighter gray. It has a small head with piercing red eyes. It has a short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It's a formidable raptor.

Within a few minutes, Buffy went “on point,” to the center that a cooer goes on point. He had his nose down, snorting, and the end table.

I leaned over the davenport. The junco sat frozen in place. I tossed the dish towel over it. The bird had its nose down, snorting, and tail feathers that flash when it flies, perhaps to distract or confuse a pursuing predator. It flew 20 feet to the Juneberry tree. The sharpie had probably learned from the last time it flew so high.

I searched the living room and kitchen, but nothing was stirring. It's a reminder that even in a subzero Minnesota winter, it's still a jungle out there.

The adventure didn't end there. I was watching Sunday afternoon football.

I heard a "shshsh" on the window behind me. Buffy, our cocker spaniel, woke up and barked. It sounded like a large bird had glanced off the living room window. Could it have been one of the mourning doves I'd seen at the bird bath earlier? I saw the bird recover and head off to the north, but because I thought something might be going on, I opened the front door just enough to peek around it. Buffy ran out and assured him ground-level territory.

I looked up and saw a sharp-shinned hawk perched on my neighbor’s porch railing.

The sharp-shinned hawk is in the accipiter family. It can catch other birds, which put my bird watchers in a love-hate quandary. The sharp-shinned hawk is an aggressive hunter, about 14 inches tall, with a gun-metal gray head and back, a hooded appearance, and tail barred in lighter gray. It has a small head with piercing red eyes. It has a short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

Within a few minutes, Buffy went “on point,” to the center that a cooer goes on point. He had his nose down, snorting, and his stubby little tail wagging like crazy. There was something between the loveseat and the end table.

I drew the blinds and window shades, darkening the room. Then I opened the front door and stuffed the junco into the house.

I looked under the counter and the drawer, but then popped out of hiding when I jumped in the room and, in panic, flew right into the living room. Then I closed Buffy and enabled Joan to barricade the pup in the back yard and re-shut the door. Thankfully, both cats were already inside.

I heard a “whomp” on the bedroom window. I got Buffy back in the house.

I asked. I agreed.

I opened the doors to the other rooms and settled down to the football game again.

I saw the bird recover and head off to the north, but it didn’t want me anywhere near it. It flew 20 feet to the Juneberry tree. The sharpie had been watching from the maple. It swooped down, zigging and zagging, applying air brakes, and chased the junco up over the davenport. The junco must have seen its chance to escape.

As I stood there with the storm door slightly ajar, the hawk flew up to the maple tree in the front yard. It perched on my neighbor’s porch railing.

Then I thought I’d see it flying around, trying to get out a window. I leaned over the davenport. The junco sat frozen in place. I tossed the dish towel over it. The junco had its nose down, snorting, and tail feathers that flash when it flies, perhaps to distract or confuse a pursuing predator.

I leaned over the davenport. The junco sat frozen in place. I turned the dish towel over the junco and took it outside.

Then I think I made a critical mistake that affected the junco’s fate. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

I ran to the back bedroom windows to see if I could catch any more of the pursuer. I released it right off the front porch. It flew 20 feet to the Juneberry tree. The sharp-shinned hawk had learned from the last time it flew so high. It swooped down, zigging and zagging, applying air brakes, and chased the junco over the roof of the porch.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.

The sharp-shinned hawk has short, powerful wings, designed for chasing birds and other prey through forests. It’s a formidable raptor.
they boarded a bus after school.

Abebe, Aaron Avenido, Michael Johnston, Andrew Kingswriter, Margaret Jackson, Zachary Klinkenborg, Michael T eel, Brielle Sowards, Claire Holdreith, Natasha Miller, Claire Holdreith, Natasha Miller, Claire Holdreith, Natasha Miller, Claire Holdreith, Natasha Miller, Claire Holdreith, Natasha Miller, Claire Holdreith, Natasha Miller.
shift in the way they do their jobs as security camera go in along University Avenue, thanks to a federal grant associated with the Central Corridor transit project. “It’s a fundamental change in the way we’re going to do police work in St. Paul,” according to Crime. Doug Holtz of the Western District. A visit to Dallas convinced him of the cameras’ value for law enforcement, he said. “It does create a safer environment. It resulted in a lot of arrests, and almost everybody pleads guilty” when a video record is brought to court. Holtz said that like Minneapolis’ camera system, St. Paul will have public knobs where interested citizens can walk up and see what information the camera gather. One knob will be at the Western District office, 389 N. Hamline.

On August 8, 2007, the St. Paul City Council voted 7-0, after a brief discussion, to apply for the grant “to install approximately sixty (60) cameras throughout the Central Corridor in an effort to reduce crime, increase business and the overall safety along the designated routes,” according to council minutes. No one is on record as having objected to the project. Security cameras have not gone over so easily in other places. In the United Kingdom, especially the world leader in the use of video surveillance, an organization called Liberty has issued a report urging a broad review of privacy rights. Their concerns include invasion of personal space and interference with personal relationships, which means both the freedom to have certain relationships with others and the freedom to avoid them. The report, “Unleashed: Surveillance and Personal Privacy in Modern Britain,” is available at www.liberty-human-rights.org.uk. Some citizens have also questioned the cost of the cameras and how much community police work — cops on the beat — could have been purchased instead.

Along with an article on the prevalence of security camera in the United Kingdom last March, the Evening Standard’s Web site (www.thisislondon.co.uk) posted a graphic showing surveillance cameras surrounding the historic home of George Orwell, the famous anti-authoritarian who wrote “1984.” The Standard counted 32 cameras within 200 yards of Orwell’s flat.

### Cameras from 1

Mark Steinberg & Serena Catin, violins
Maha Amory, viola; Nina Lee, cello

Technically brilliant and musically aware, the Brentano Quartet performs rondels by Gabrieli and the Malcolm premieres of works by Gabriela Lena Frank. Michael Kannen, a founding member of the quartet, will revisit them for the Schubert cello quintet.

### SKAMPA STRING QUARTET

with IVA BITTOVA, violin

April 27, 2008 - 7:00 P.M. (box time)

### THE CLAREMONTRIO

vihol, cellos, piano

April 27, 2008 - 7:00 P.M. (box time)

### ALL CONCERTS SUNDAYS AT

ST. ANTHONY PARK UNITED CHURCH OF CHRIST
2129 Cleveland Avenue, St. Paul

### TICKETS/INFORMATION

(651) 645-5699
Email: musicinthepark@yahoopa.com
Single Tickets: $15 Advance, $20 Door. $15 Students
Single tickets available at the Bibler Shop & Merchandize’s Bookstore in St. Anthony Park.

www.musicintheparkserieses.org

### Family Concerts 2008

All concerts Fridays at 6:15 & 7:30 P.M.

**“MUSIC & MISCHIEF”**

February 8, 2008

Ross Sutter, folkloric & instrumental;
Peri Boyd, cello; Angelo-Hall, organ

**“MAGIC OF CELTIC MUSIC”**

March 7, 2008

Andrew Stara, harp

Laura MacKenzie, wooden flutes, whistle, pipes, concertina

**“MYSTICAL ASIAN SOUNDS”**

April 11, 2008

Gao Hongs, pipa; Shuhendra Baq, sitar;
Bipash Rauthacharya, tabla

St. Matthew’s Episcopal Church - 260 Carter Avenue, St. Paul
Tickets: $15 advance, $16 door. Season Tickets: 3 concerts: $45

Brochure Info: 651-449-5949
**Readings**

Sunday, February 24, 2 p.m. 

Friday, February 29, 7 p.m. 
Micaher’s, Port Citim Martin (“American Music”).

**Groups**

Monday, February 4, 7 p.m. 

Wednesday, February 6, 6:30 p.m. 
St. Anthony Park Library. St. Anthony Park Writer’s Group. All welcome.

Tuesday, February 12, 7 p.m. 

Tuesday, February 19, 7 p.m. 

Wednesday, February 13, 7 p.m. 

**Recent Books**

Two recent books have local connections:

St. Anthony Park resident Katy Jensen contributed an essay to “Antarctica: Life on the Ice,” edited by Susan Fox Rogers. The book is a compilation of essays by people who have lived on the ice. The book was the winner of the grand prize in “Out Stealing Horses,” by Per Petterson.

Mary Jensen has spent more than four years in Antarctica, including three winters at the South Pole and two seasons in the station’s first female manager.


Friday, February 29, 7 p.m. 
Micaher’s, Port Citim Martin (“American Music”).

Readings

Sunday, February 24, 2 p.m. 

Friday, February 29, 7 p.m. 
Micaher’s, Port Citim Martin (“American Music”).

**Groups**

Monday, February 4, 7 p.m. 

Wednesday, February 6, 6:30 p.m. 
St. Anthony Park Library. St. Anthony Park Writer’s Group. All welcome.

Tuesday, February 12, 7 p.m. 

Tuesday, February 19, 7 p.m. 

Wednesday, February 13, 7 p.m. 

**Recent Books**

Two recent books have local connections:

St. Anthony Park resident Katy Jensen contributed an essay to “Antarctica: Life on the Ice,” edited by Susan Fox Rogers. The book is a compilation of essays by people who have lived on the ice. The book was the winner of the grand prize in “Out Stealing Horses,” by Per Petterson.

Mary Jensen has spent more than four years in Antarctica, including three winters at the South Pole and two seasons in the station’s first female manager.


Friday, February 29, 7 p.m. 
Micaher’s, Port Citim Martin (“American Music”).

Readings

Sunday, February 24, 2 p.m. 

Friday, February 29, 7 p.m. 
Micaher’s, Port Citim Martin (“American Music”).

**Groups**

Monday, February 4, 7 p.m. 

Wednesday, February 6, 6:30 p.m. 
St. Anthony Park Library. St. Anthony Park Writer’s Group. All welcome.

Tuesday, February 12, 7 p.m. 

Tuesday, February 19, 7 p.m. 

Wednesday, February 13, 7 p.m. 

**Recent Books**

Two recent books have local connections:

St. Anthony Park resident Katy Jensen contributed an essay to “Antarctica: Life on the Ice,” edited by Susan Fox Rogers. The book is a compilation of essays by people who have lived on the ice. The book was the winner of the grand prize in “Out Stealing Horses,” by Per Petterson.

Mary Jensen has spent more than four years in Antarctica, including three winters at the South Pole and two seasons in the station’s first female manager.

Music

Coffee Grounds
1579 Hamline Ave.
644-9959, 373-2600
Bill Carley’s Blues Mojave
Mondays, Every other Thursday, 7pm
Open mic with Bill Carney
Every other Sunday, 4pm

Bill Cagley’s Roots Music Showcase
Every other Thursday, 7pm
Open mike with host Bill Hammond
Every other Sunday, 6pm

Brooks Greene
February 1, 8pm

Jerry Rau
February 2, 8pm

Angela Bobick
February 8, 8pm

Roger Anderson
February 9, 8pm

Adrienne Nightingale and Beth Kinderman
February 15, 8pm

Cliff Mitchell and Whitney Mann
February 16, 8pm

David Olson
February 22, 8pm

Chris Miller
February 23, 8pm

JazZen
February 29, 8pm

Ginkgo Coffeehouse
721 N. Snelling Ave., 645-2647
www.ginkgocoffee.com
Bluegrass and Oldtime Jam Session
February 27, 7pm
Open Stage
First and third Wednesdays
6pm sign-up

Music in the Park Series
St. Anthony Park Church
2129 Commonwealth Ave.
645-5699
www.musicintheparkseries.org
Brentano String Quartet with Michael Kannen, cello
February 24, 4pm
Family Concert: Ross Sutter, Perrin Boyd and Angelo Rulli
St. Matthew’s Episcopal Church
February 8, 6:15 and 7:30pm

St. Anthony Park Lutheran Church
2323 Como Ave., 645-0371
www.saplc.org
KrisAnne Weiss, mezzo-soprano
February 10, 7:30pm

Visual Arts

Goldstein Museum of Design
2405 5th Ave. NE 418, 1975 Minnehaha Ave.
624-5824
www.goldsteinmuseum.org

Larson Art Gallery
U of M Student Center
612-625-0214
“Cows and Quilts”
Through February 28

Joan Mondale Gallery
“Tapestries,” with images by Anna Carlson
Through February 23

Undercroft Gallery
St. Matthew’s Episcopal Church
2136 Carter Ave., 645-3058
Opening Reception for 10th Annual Community Art Show
February 24, 6-8pm

Performing Arts

Como Park High School
740 W. Rose Ave., 293-8800
Gilbert and Sullivan’s “The Mikado”
February 7, 7pm
February 8, 7:30pm
February 9, 7:30pm
February 10, 7pm

Lady Elgin’s Tea Room
2250 Como Ave., 645-6676
“The Tea, the World and the Wombles”
Across Indies Premier screening, cocktail party on the stage
February 25, 11am & 2:30pm

Bliss Yoga Studio
1563 Como Avenue Saint Paul, MN 55108
651-220-6210
For schedule and rates, visit our website:
www.BlissYogaStudioMN.com

Connecting U students to the community

Did you know...
the Career and Community Learning Center connects students with service-learning projects in the community?

Did you know...
1,258 undergraduate students from 31 different U of M classes participated in service-learning opportunities throughout the Twin Cities last fall? The community served as a living textbook for students who volunteered in selected local nonprofit organizations to deepen their understanding of course concepts.

Do you want...
to know more? See www.servicelearning.umn.edu for more information about the Career and Community Learning Center.

Produced by the Office of University Relations
The University of Minnesota is an equal opportunity educator and employer.
February Calendar

1 Friday
• Senior Citizens Fox Camp, 7 p.m. St. Anthony Park Library, 2245 Como Ave., 642-0341. Every Wednesday.

2 Thursday
• St. Anthony Park recycling. Every Wednesdays at 11 a.m.

3 Friday
• AA, 6 p.m. St. Anthony Park Librarian, 2245 Como Ave., 644-0809. Every Monday.

4 Monday
• Boy Scouts, 7 p.m. St. Anthony Park United Methodist Church, 2529 Commonwealth Ave. Every Monday.

5 Tuesday
• Free internet, word processing, and Excel training, 7-8:30 p.m. St. Anthony Park Library, 2245 Como Ave., 642-0411. Every Tuesday.

6 Wednesday
• ESL I Class - Spanish, 10 a.m.-noon. Langford Park Rec Center, 298-5765.

7 Thursday
• St. Anthony Park block nurse program board meeting, 7 p.m. St. Anthony Park United Methodist Church library, 642-9052.
• Transportation study task force, 7 p.m. City Hall, 1891 Walnut St., 649-5992.

8 Friday
• Senior Citizens Fox Camp, 7 p.m. St. Anthony Park Library, 2245 Como Ave., 642-0341. Every Wednesday.

9 Saturday

10 Sunday
• String quartet, 4:30 p.m. St. Anthony Park United Methodist Church, 2529 Commonwealth Ave. Every Sunday.

11 Monday
• Preschool story time with puppet show, 10:30 a.m. St. Anthony Park Library, 642-0411.

12 Tuesday
• Lauderdale City Council, 7 p.m. City Hall, 1891 Walnut St., 641-0500.

13 Wednesday
• Lauderdale City Council, 7 p.m. City Hall, 2077 Larpenteur Ave., 644-5050.
• St. Anthony Park community council environment committee, 7 p.m. St. Anthony Park city hall, 298-5765.

14 Thursday
• Council meeting (all are welcome), 7 p.m. Kathy Magnuson’s home, 2040 Lexington Parkway, 644-3889. Every Wednesday.

15 Friday
• Transportation study task force, 7 p.m. City Hall, 2077 Larpenteur Ave., 644-5050.

16 Saturday
• St. Anthony Park community council environment committee, 7 p.m. St. Anthony Park city hall, 298-5765.

17 Sunday
• Lauderdale city council, 7:30 p.m. City Hall, 2077 Larpenteur Ave., 644-5050.

18 Monday
• Lauderdale City Council, 7 p.m. City Hall, 1891 Walnut St., 641-0500.

19 Tuesday
• Lauderdale City Council, 7 p.m. City Hall, 1891 Walnut St., 641-0500.

20 Wednesday
• St. Anthony Park community council community connections committee, 7 p.m. St. Anthony Park Library, 642-0411.

21 Thursday
• Raptor Tails Story Time, 10 a.m. Raptor Center, 1920 Fitch Ave., 645-7557.

22 Friday
• Preschool story time with puppet show, 10:30 a.m. St. Anthony Park Library, 642-0411.

23 Saturday
• Lauderdale city council, 7:30 p.m. City Hall, 2077 Larpenteur Ave., 644-5050.

24 Sunday
• Lauderdale City Council, 7 p.m. City Hall, 1891 Walnut St., 641-0500.

25 Monday
• Lauderdale City Council, 7 p.m. City Hall, 2077 Larpenteur Ave., 644-5050.

26 Tuesday
• Lauderdale City Council, 7 p.m. City Hall, 1891 Walnut St., 641-0500.

27 Wednesday
• St. Anthony Park community council environment committee, 7 p.m. St. Anthony Park city hall, 298-5765.

28 Thursday
• Lauderdale City Council, 7:30 p.m. City Hall, 2077 Larpenteur Ave., 644-5050.

29 Friday
• Lauderdale city council, 7:30 p.m. City Hall, 2077 Larpenteur Ave., 644-5050.

30 Saturday
• Lauderdale City Council, 7 p.m. City Hall, 1891 Walnut St., 641-0500.

31 Sunday
• Lauderdale City Council, 7 p.m. City Hall, 1891 Walnut St., 641-0500.
Eugene Beeckmans

Eugene E. “Gene” Beeckman, of Falcon Heights, owner of Gene’s Barber Shop, died peacefully on January 18, 2008, at the age of 80.

He was preceded in death by his wife, Emma; five brothers; Joseph, Gilbert, Hubert, Edmund and Virgil; and three sisters, Viola, Loretta and Reanne. He is survived by daughters Sandra (George) Hage-Stefan, Bonnie (Michael) Locke and Michele (Douglas) Dietz; eight grandchildren; four great-grandchildren; and two sisters, Vicki Zigan and Rosemary (Chuck) Easley.

Gene loved music and was very involved in the church choir at Corpus Christi Catholic Church. He took great pride in his garden, and most of all he loved his family and enjoyed spending time with them.

Mass of Christian Burial was celebrated January 22, 2008, at Corpus Christi, with interment at Roselawn Cemetery.

Eloise Carmak

Eloise R. Carmak, age 63, of Lauderdale, died peacefully at home in her sleep on January 4, 2008. She was preceded in death by her husband of 42 years, Charles, her daughters, Ruth and Patricia, her brother, Ralph (Doug Priest) Bell, Michele (Bob) Denos, Anna (Brian) Barnes and Andrea (Mike) Rogers; 13 grandchildren; her father, Frank Koren; her siblings, Gene, Jim, Don, Mary, Mike, Nancy and Ed.

Mass of Christian Burial was celebrated January 9 at Corpus Christi Catholic Church, with interment at Fort Snelling National Cemetery.

Pearl Husby

Pearl G. Husby, age 96, of Como Park, died January 22, 2008. She was preceded in death by her husband, Oscar, and daughter, Marilyn Ahlberg. She is survived by three sons, Bill (Ruth); seven grandchildren; and 18 great-grandchildren.

Mass of Christian Burial was celebrated January 27, 2008, at Como Lutheran Church, with interment at Roselawn Cemetery.

Bernadine Smith

Bernadine C. (Hermes) Smith, 97, of Como Park, died December 17, 2007. Her father, Peer Hermes, started Hermes Floral on Larpenteur Ave., Bernadine worked in the kitchen at the original Lido Cafe, also on Larpenteur, from its opening in the 1950s until she retired 29 years later.

She was preceded in death by her husband, William F. Smith, Sr., and son-in-law, Joseph Burgonco, Sr., as well as seven brothers, two sisters and one step-sister. She is survived by her daughters, Geraldine Burgonco, and sons, William Jr. (Marsha), six grandchildren, 12 great-grandchildren; sisters, Alvea, Loretta, Melba (Louise) Rosebrock, Mike Eide and Mildred.

Vivian Z. Peterson

Vivian Z. Peterson died January 13, 2008, in Luck, Wis., at the age of 94. Formally a lifelong resident of St. Paul, she had been honored as a WCCO Good Neighbor and was a gracious and professional secretary at St. Anthony Park Elementary School for 23 years.

Viv was preceded in death by her husband of 43 years, Walt, a sister and a brother. She is survived by three sons, Bill (Nancie), Don (Pauline) and Mick (Bette); seven grandchildren; and 18 great-grandchildren.

Viv will be remembered for her high energy level, willingness to help others, sense of adventure, conviction of faith and strong love for her family.

Her funeral service was held January 17, 2008, at Roseville Lutheran Church, with interment at Roselawn Cemetery.

Eloise Cermak

Eloise R. Cermak, age 63, of Lauderdale, died peacefully at home in her sleep on January 4, 2008. She was preceded in death by her mother, Ruth. Eloise is survived by her husband of 42 years, Charles, her daughters, Ruth (Doug Priest) Bell, Michele (Bob) Denos, Anna (Brian) Barnes and Andrea (Mike) Rogers; 13 grandchildren; her father, Frank Koren; her siblings, Gene, Jim, Don, Mary, Mike, Nancy and Ed.

Mass of Christian Burial was celebrated January 9 at Corpus Christi Catholic Church, with interment at Fort Snelling National Cemetery.

Eloise Cermak

Eloise R. Cermak, age 63, of Lauderdale, died peacefully at home in her sleep on January 4, 2008. She was preceded in death by her mother, Ruth. Eloise is survived by her husband of 42 years, Charles, her daughters, Ruth (Doug Priest) Bell, Michele (Bob) Denos, Anna (Brian) Barnes and Andrea (Mike) Rogers; 13 grandchildren; her father, Frank Koren; her siblings, Gene, Jim, Don, Mary, Mike, Nancy and Ed.

Mass of Christian Burial was celebrated January 9 at Corpus Christi Catholic Church, with interment at Fort Snelling National Cemetery.

Eloise Cermak

Eloise R. Cermak, age 63, of Lauderdale, died peacefully at home in her sleep on January 4, 2008. She was preceded in death by her mother, Ruth. Eloise is survived by her husband of 42 years, Charles, her daughters, Ruth (Doug Priest) Bell, Michele (Bob) Denos, Anna (Brian) Barnes and Andrea (Mike) Rogers; 13 grandchildren; her father, Frank Koren; her siblings, Gene, Jim, Don, Mary, Mike, Nancy and Ed.

Mass of Christian Burial was celebrated January 9 at Corpus Christi Catholic Church, with interment at Fort Snelling National Cemetery.

Eloise Cermak

Eloise R. Cermak, age 63, of Lauderdale, died peacefully at home in her sleep on January 4, 2008. She was preceded in death by her mother, Ruth. Eloise is survived by her husband of 42 years, Charles, her daughters, Ruth (Doug Priest) Bell, Michele (Bob) Denos, Anna (Brian) Barnes and Andrea (Mike) Rogers; 13 grandchildren; her father, Frank Koren; her siblings, Gene, Jim, Don, Mary, Mike, Nancy and Ed.

Mass of Christian Burial was celebrated January 9 at Corpus Christi Catholic Church, with interment at Fort Snelling National Cemetery.
Instruction
THE WOMEN'S DRUM CENTER, 2242 University Ave. (at Hampden), offers private and group hand drumming lessons in beginning conga and frame drumming. FFL: 651-633-2768 or contact the Center at: www.womensdrumcenter.org.

Home Services
ROOF SNOW & ICE REMOVAL

CONCRETE AND RETAINING WALLS. Call Goodmanson Construction, 651-636-4996. Serving your neighborhood for 36 years all year round.


APPLIANCE REPAIR

HOUSECLEANING: Cleaning homes in your area since 1988. Rita & Molly, 612-414-9241. We love what we do so we will do it Regular, occasional, one-time, movein and out.


FIREPLACE REPAIRS, hearths, tuckpointing, foundation walls, basement walls, structural repairs, plaster, painting, masonry, extra rooms. Also cultured stone with 29 years experience. Curt, 651-698-4743.

BATHROOM REPAIR. Bathtub repairs, shower stalls, tubs, grab bars, sinks, tubs, faucets, shower stalls, tiling, miscellaneous. Jerry, 651-633-2768.

Employment
THE PARK BUGLE needs to hire a part-time advertising representative. This position requires a home office with computer and dedicated phone line or cell phone. High-speed Internet access is desirable, as are sales experience and knowledge of the neighborhoods served by the Bugle. The salary is straight commission. Send a resume to: Park Bugle, 1864 Grand Ave. 651-644-5188.


Water Heaters
ALL STAR
Jack Stodola 612-865-2369

FOR RENT - Remodeled 3-bedroom, 3-bath house. Laundry, large yard, off-street parking. $2,000/month. Utilities paid: 651-645-6300.


CLASSIFIEDS
Classified Deadline: February 15, 6 p.m.
Next issue: February 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

Payment must be received in advance. We cannot bill you for your ad.

Classifieds cannot be faxed or taken over the phone.

Call us at 651-646-5369 with questions.
Raymond Wirth
Raymond C. Wirth, age 90, of Falcon Heights, died Christmas Day, 2007. He was a math teacher for 30 years in the St. Paul Public Schools.

11:30 a.m. Rosary; 12:30 p.m. Funeral Mass at St. Mary, Lynn Park
www.saintmarylynnpark.org
Pastor Glenn Berg-Moberg
2323 Como Ave. W., 651-646-7127
www.saplc.org
Staffed nursery available - Handicap-accessible

ST. PAUL PIPEWORKS

“The Cleanest Plumbing Experience in the Twin Cities”

Innovative tankless technology has changed the way we heat water

Tankless Water Heaters by

Charlie Avolas 651-398-4891  Dave Kerr 651-247-4695

LIFE IN THE CHURCH: Come and Share

- Bethany Baptist Church
Sunday: 9:30 a.m. Christian Education for nursery - adults
10:45 a.m. Sunday Worship, Dr. Bruce Peterson
Sunday: 6:30 p.m. Kids’ Club, Youth Groups, Prayer

- Como Park Lutheran Church - ELCA
7500 University Ave., St. Paul, MN 55108-2300
www.comoparklutheran.org
CPL Contact ministry 651-644-1897
Sunday Worship Schedule:
8:00, 9:00, and 11:00 a.m. Worship
Adult Education and Sunday School
10:00 a.m.
Communion: 1st and 3rd Sundays
Rides available for 11:00 a.m. worship – call before noon on Friday.

Wednesday Lenten Worship and Soup Supper: Worship at 7:00 p.m.
Please join us for soup supper every Wednesday during Lent, beginning Ash Wednesday, February 6, from 5:00 - 6:30 p.m., with worship at 7:00 p.m. (continuous from February 13, 26, 27, March 5, 12, 19, April 2, and 9. Please provide $5 for dinner for each family in attendance. Pray for the sick and suffering, for all our military personnel, and for the little camp
Supper: $5 adults and children 12-$3 children 3-10.

K. Fransisco See New Mexico (77 minute) Trip
Would you or someone you know, like to join the church?
You’re invited to attend a one-time class for new members
( lunch provided). Please contact Pastor Marty or Pastor Mary Kay at 651-644-7237.
Pastor: Martin Ericson and Mary Kay Ackley
Director of Music Ministry: Thomas Ferry

- Falcon Heights United Church of Christ
1795 Holmes St. S., Golden Valley, 651-666-2041
www.falconheights.org
Sunday: 10:30 a.m. worship: 9:15 a.m. education Commission, first Sunday of each month
Community Chancel Choir, first Sunday of each month

World Day Workshop and Pancake Dinner: 7:00 p.m. Monday, February 4
4 p.m. Pancake Dinner: February 6
Lenten Worship at 9:15 a.m. Thursday, February 8
Bread discussion: 7 p.m. Thursday, February 15 – This Place
Where Paths Are Affirmed and Rights Are Dwindled
An open and affirming, Just Peace church; handicap accessible
Nursery care available 9:15-11:45 a.m.
Rides available for 11:00 a.m. worship - call before noon on Friday.

- St. Cecilia’s Catholic Church
2377 Berkeley Plz.  651-644-4892
Website: www.nutdollars.org
Sunday Worship:
Saturday Mass: 5:00 p.m. at the church
Sunday Mass: 9:15 a.m. and 10:30 a.m. at the church

- St. Anthony Park United Methodist Church
229 Commonwealth of Chadwick, 651-488-7257
Handicap Accessible and an Open and Affirming Congregation.
Victoria Wilgocki, Pastor
Adult Ed. 9:30 a.m.
Sunday Worship: 11 a.m., Fellowship: 11 a.m.
Nursery Care & Sunday School provided
February 5 - Worship/Holy Communion 10 a.m.
February 6 - Ash Wednesday 7 p.m.

ST. ANTHONY PARK UNITED METHODIST CHURCH
www.sapumc.org
All are welcome! Come as you are
2260 Highland Ave (at Como) 651-444-4899
Pastor Donna Martinson
Sunday: 10:30 a.m. Worship Celebration
10:30 a.m. Sunday School for 3-6 year-olds; 11:00 a.m. Fellowship & Refreshments

- St. Anthony Park Lutheran Church
5880 N. 1st Ave. S., Falcon Heights
www.saplutheran.org
Pastor: Mary Kaye at 651-646-7127.
1-3rd Thursday 7:30p.m. Taizé Candlelight Prayer
1st & 3rd Thursday 7:30p.m. Tounda/Democratic People’s Republic of Congo Song Service
February 1-22, Interact Center Art Show by Artists with disabilities
Soup Suppers - every Wednesday in Lent 5:30 p.m. All Welcome
Lenten Worship Series “Lord, Deliver us” - every Wednesday in Lent, 7:30 p.m. All Welcome.
Adult Ed. 8:50 a.m.
By: Social artist Leslie Richardson Johnson – Now through February 29
Eucharistic Meal: 9, 9:30 a.m. to 5 p.m. and Sunday evening Communion: Sunday, February 10, 11 a.m., Mexican restaurant 5:30 p.m. with Pastor Mary Kay.
Families: First Preparatory Church, 1:30 p.m.

ST. MATTHEW’S EPISCOPAL CHURCH
The Rev. Brian Jasper
2510 Como at Cosgrove, 651-644-3035
Website: www.marinavarvara.org
Sunday - 8:00 a.m. Holy Communion, Rite II (Contemporary Language) 9:15 a.m. Education for all ages
9:15 a.m. Holy Eucharist, Rite II (Contemporary Language) All are welcome - 9:15 a.m.
1st & 3rd Thursday, 7:30 p.m. Franciscan Prayer Group
Commemoration of the Presentation in the Temple
February 5, 5:00 p.m. “Pre-Congee” Pancake Supper
February 16, 10:00 a.m. & 10:30 a.m.
January - February: 8:00 a.m. AND WINIWERSE SERVICES (1-2, Wednesday) Interent Art Show by Artists with disabilities showing in Undercroft
February 24 Community Art Show opens in the Undercroft Gallery.

PEACE LUTHERAN CHURCH - ELCA
174 Waterfront Drive, Falcon Heights, 651-444-5460
Pastor: Sue Titus Smith, Urban Worship
Sunday Service: 9:00 a.m. for discussion about our
Deckard response to climate change.
February 13 Sunday of Holy Week Mass at 7:00 p.m.
Lenten Reflections
Sunday, February 13: Lenten Supper at 5:30 p.m.
Lenten Supper at 7:00 p.m. All are welcome! Come as you are