



Recycling

Local businesses recycle a variety of household and commercial products, including fluorescent lights, paper, textiles and electronics.

Page 7



Volunteering Matters

Maryiah Tift (right), who has Ewing's sarcoma, a form of cancer, will be part of a benefit by the organization Pain in Sarcoma on July 21 at the Cafesjian's Carousel in Como Park.

Page 11



Contest

At the St. Anthony Park Arts Festival, Carol Jahneke won a contest that involved writing a caption for a photo from the Bugle's archives. Jahneke received a gift certificate from Micawber's Bookstore.

Page 13

St. Anthony Park
Falcon Heights
Lauderdale
Northwest
Como Park

Park Bugle

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July 2008

Como 2030 Plan nears completion

by Dave Healy

How do you keep a good thing going?

That question prompted the St. Anthony Park Community Council to think more seriously about the future of Como Avenue. In November 2006, the council appointed a task force to study how development on Como, between Highway 280 and the U of M transway, might best support the long-term health of the surrounding neighborhood. At a June 3 public meeting, the task force presented a draft of its working document, the Como 2030 Plan, designed to guide development over the next 20 years.

In recognizing that many features of Como Avenue are worth preserving, the plan uses verbs such as maintain, reinforce, protect, support and strengthen. But in acknowledging that change is inevitable, the report includes other language as well: promote, add, encourage, attract.

On the preservation side, the plan seeks to maintain key buildings, such as the St. Anthony Park Library and Milton Square. It argues for protecting existing green space and gathering places. It recommends keeping the area "walkable."

On the change side, the plan recommends one- and two-hour parking limits on sections of Como Avenue. It allows for the possibility of mixed-use buildings that exceed three stories, provided they are well integrated into the surrounding streetscape. It encourages higher density housing. It supports "the incremental and contiguous expansion of commercial use onto adjacent residential properties if it helps strengthen the commercial core and if it is designed to limit the impact on neighboring residential."

An obvious tool for guiding future development is zoning. Accordingly, the Como 2030 Plan includes numerous recommendations for rezoning. Many would take advantage of a fairly recent addition to St. Paul's zoning code called "traditional neighborhood." There are three

types of TN district, all of which provide for medium-density, pedestrian- and transit-oriented, mixed-use development along major streets.

The plan's zoning recommendations reflect the difficult task of balancing preservation and change. For example, one of its strategies is to "work toward a long-term goal of focusing auto-oriented businesses and businesses requiring substantial surface parking away from the commercial core."

To that end, the plan recommends rezoning the stretch of Como between Luther Place and Commonwealth Avenue from B2 (Community Business) to TN2 (Traditional Neighborhood). However, it exempts Park Service, which would remain B2, recognizing that business as "an important neighborhood asset."

Previous phases of the Como 2030 Plan identified two areas as having high potential for redevelopment: the Luther Seminary property that fronts Como near Eavin Street, and the St. Anthony Park United Methodist Church parking lot on Como between Commonwealth and Hillside avenues. Both of those areas are recommended for rezoning.

At the June 3 public meeting, several suggestions were made for additions to the Como 2030 Plan, including anticipating the effects of a proposal by the city of Minneapolis to route its completion of the Grand Round along a route near St. Anthony Park. Another suggestion was to consider the utility of a circulator bus along Como to move people to the commercial core from outlying parking sites.

Residents also voiced several concerns, including the effects of higher density on pedestrian safety, and the potential loss of the neighborhoods' "open feeling."

The next step for the task force is to present its plan to the St. Anthony Park District Council. Once approved there, it will go to the St. Paul City Council and will eventually be included as part of the city's comprehensive plan.



Two Park Midway Bank presidents were recognized recently for their achievements. Current president Rick Beeson (left) was honored by his employees for completing 20 years of service. The man who hired Beeson, Andrew Boss (right), was president when the bank was known as St. Anthony Park Bank. Boss is the 2008 winner of the St. Anthony Park Community Foundation's Spirit of the Park Award. See stories on page 3.

Neighbors cheer as Lauderdale Community Park goes to the dogs

by Michelle Christianson

One contradiction of urban life is that even though we live close to each other, we sometimes don't get to know our neighbors. Some Lauderdale residents have found a pleasant solution for this problem. They meet at

Lauderdale Community Park and watch their dogs romp together in the empty hockey enclosure.

According to Dave Greenlund, pastor at Peace Lutheran Church in Lauderdale, several people noticed that the rink would be a great place for dogs in the off-season. It just needed a bit of makeshift fencing to finish the perimeter and some mowing every now and then. Now it has become a popular meeting place for area dogs and their humans.

The city of Lauderdale has made some improvements to the facility, adding a chain-link fence,

gated doors, a mailbox with plastic bags and water for the dogs. People from Lauderdale, Roseville and St. Paul congregate there.

Greenlund discovered this happy arrangement when his family got their dog, Dakota. Because of Greenlund's allergies, he had always steered

away from dogs. He and his wife, Karen, thought about getting guinea pigs so their children, Emily and Nicholas, could have some kind of pet. But they learned that guinea pigs should have a four-by-eight-foot enclosure for each animal, are antisocial, smell bad and live only 10 years. Not the right pet.

After more research, they found that golden doodles (a cross between a golden retriever and a poodle) work well for

Community Park to 6

Vote in this month's Bugle poll at www.parkbugle.org: Does the metro area need more dog parks?

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Como Park

On June 17, the District 10 Community Council voted to accept a Land Use Committee recommendation to support a St. Paul City Council resolution that would allow the Como Park Golf Course to acquire a new liquor license. The new license would allow the golf course to serve wine and full-strength beer (5 percent alcohol) in order to attract more tournaments. The golf course's current license limits it to 3.2 (percent) beer and no wine.

The Community Council invites neighbors to join in a celebration of health and community on the grass in Como Park. A series of six tai chi sessions began in June and resumes Saturday, July 14. Each session is from 9 to 9:45 a.m. Look for the group near the "Torpedo," southwest of the Pavilion off Lexington Avenue. Bring a blanket or mat if desired. Donations will be gratefully accepted by District 10.

Falcon Heights

The Falcon Heights Ice Cream Social will be held from 6 to 8 p.m. on Thursday, July 31, at Community Park, located at Roselawn and Cleveland. Activities will include a moon walk, fishing pond, face painting, crafts, tug of war contests and more. Entertainment will be provided by the Daddy Squeeze Trio. The event is free but there will be a small fee for food and some activities.

The City Council seeks ideas for a new city slogan to replace the current unofficial designation "the Fair City." A contest to come up with the best slogan will run until July 31. At its August meeting, the council will vote on their favorites and then ask students at Falcon Heights Elementary School to help choose the winning entry. Enter the contest at www.falconheights.org.

Falcon Heights is launching a walking club and hopes to post a calendar online with information about organized walks. Notification by e-mail is currently available by calling City Hall (792-7600) with contact information, or by registering at www.falconheights.org.

Lauderdale

The Comprehensive Plan Steering Committee will meet at 7 p.m. on July 22 for final adoption, reception and presentation to the City Council of a proposed 10-year plan.

Construction is expected to begin on the Highway 280 sound wall in mid-July or early August. For more information about the sound wall project, contact City Administrator Brian Heck at 792-7655.

St. Anthony Park

Backyard Talks continue in July with Clean Water Warriors, for kids ages 5 and up, at 6:30 p.m. on July 8. This activity, led by the Friends of the Mississippi, will include learning about the river, stenciling storm drains and delivering filer to neighbors. There is a maximum of 25 participants.

The July 29 Backyard Talk, also at 6:30 p.m., will be about eco-housekeeping, including solar-powered ovens and human-powered push mowers. Talks are sponsored by the St. Anthony Park Community Council. To register, call 649-5992 or e-mail green@sapcc.org.

Station area plans for the seven planned University Avenue LRT stations have been recommended by a community steering committee and have been formally released by the Planning Commission for public review and public hearings on July 11 and July 25.

The July 11 hearing will focus on the Snelling, Fairview, Raymond and Westgate plans. The July 25 hearing will focus on the Rice, Dale and Lexington plans. Both hearings will start at the regular Planning Commission meeting time of 8:30 a.m. and will be held at the Central Corridor Resource Center, 1080 University Ave. There will be an open house prior to each hearing, from 7:30 to 8:30 a.m., so that citizens can view display boards about each plan and ask questions of city staff.

Complete copies of the seven station area plans and the introduction and implementation chapters can be found at www.stpaul.gov/centralcorridor.

Click on "Reports." Copies on a CD are available from Donna Drummond, 266-6556 or donna.drummond@ci.stpaul.mn.us.

Selections from the television series "Minnesota: A History of the Land" will be shown at the St. Anthony Park Library at 6:30 p.m. on July 17. St. Anthony Park resident John Whitehead, who helped produce the award-winning series, will introduce selected segments, share background on their making and lead a discussion afterwards.

The event is free, and refreshments will be provided. This is the first of several environmentally themed films that will be hosted by the Community Council during the coming year.

The Minneapolis Park and Recreation Board is planning to take action on the remaining proposed routes for the "Missing Link" segment of the Grand Rounds Parkway in Northeast and Southeast Minneapolis.

The recommended route of the Community Advisory Panel comes close to the St. Paul border and the Kaota Ponds wetlands. The SAPCC is working to protect the wetlands area and raise neighborhood concerns about the project. Contact rence@sapcc.org or 649-5992 for more information.

The Rock-Tenn Community Advisory Panel's next meeting is at 7 p.m. on July 7 at Wilder Center, 451 Lexington Pkwy. N. The panel has determined that wind and solar power are not viable options to meet the energy demands of the Rock-Tenn recycling plant. Still on the table are biomass fuel options, including grasses and short-growth trees, along with residue from forestry, agriculture (corn stover), manufacturing (co-products) and city wastes (refuse-derived fuel). Visit www.rctadvisory.org for more information.

The Como 2030 Task Force recently presented a final draft of a small area plan for Como Avenue that includes recommendations and a plan for rezoning. To learn more, visit www.sapcc.org.

The 25th anniversary of National Night Out will be August 5, and neighbors are encouraged to organize block parties. For materials and information, and to let organizers know that your block will participate, contact Rence at 649-5992 or rence@sapcc.org.

— Anne Holzman

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Park Midway Bank's Rick Beeson celebrates 20 years in banking

by Dave Healy

Rick Beeson concedes that when he was hired at St. Anthony Park Bank in 1988, "some people probably had questions about my résumé." Beeson had worked for St. Paul's Department of Planning and Economic Development for 10 years, but he had no banking experience. However, that wasn't necessarily a detriment in the eyes of Andrew Boss, bank president at the time.

"I was looking for someone who understood the community," said Boss, "and Rick demonstrated that. I knew he had been working on behalf of all St. Paul residents in his job with the city, and I was confident he would be a good fit at a community bank."

Boss' confidence proved well-founded. Twenty years after he was hired, Beeson, now president of Park Midway Bank, presides over a thriving enterprise that has continued the legacy of community involvement characterizing a bank with over 80 years of service in St. Anthony Park.

Beeson had been hired by Mayor George Latimer to work at PED. When the mayor left office, another Latimer hire, Steve Wellington, who was on the bank's board, mentioned Beeson's name to Boss.

"I was looking for something in the private sector," said Beeson, "and banking and economic development turned out to be more similar than different."

"I asked him how he would feel about working with a loan committee," said Boss. "He replied, 'The City Council has been my loan committee for the last 10 years.'"

At the bank, Beeson encountered a culture of community involvement that Boss had worked hard to create. "I discovered right away that community service was part of the job," said Beeson. "Andy didn't need to talk about that very much. He led by example."

Beeson has served on a host of boards and civic organizations during his years at the bank. Currently he is chair of the Central Corridor Partnership Board. Under his leadership, Park Midway Bank contributes to over 75 organizations each year.

In reflecting on how the banking industry has changed over the past 20 years, Beeson lamented the fact that fewer people go to the bank building now than previously.

"Technology has changed people's relationship with their bank," he said. "That's just a fact of life. Going to the bank used to be a social activity. It still is for some people, but their numbers are fewer every year."

Beeson stressed, however, that although their bank has taken advantage of many technological developments, "character is still important. We don't let the computer make our lending decisions. The numbers tell only part of the story. You have to talk with people."

Beeson attributes the success of Park Midway Bank to a philosophy of "patient growth" and a focus on nonprofits and small businesses. He predicted that economic conditions will lead to further mergers and acquisitions in the industry, but he expressed confidence in the role community banks will continue to play.

"Local private ownership is the best way to run a business," he said. "That's what we're committed to here."

Former bank president Andy Boss wins Spirit of the Park Award

by Dave Healy

Last year, the St. Anthony Park Community Foundation instituted a Spirit of the Park Award to honor individuals and groups that improve the quality of life in St. Anthony Park. The first recipients—Gale Frost, Gerald McKay and Fred Morlock—were chosen for their early leadership in the St. Anthony Park Association.

This year's award winner is W. Andrew Boss, who will be honored at the annual neighborhood Fourth of July celebration in Langford Park. Boss moved to St. Anthony Park in 1971 to become president of what was then called St. Anthony Park Bank. He retired from the bank in 2001 but has continued to remain active as a member of many civic organizations.

As a resident of St. Anthony Park for 37 years, Boss has had a hand in almost every nonprofit organization in the neighborhood, including the St. Anthony Park Library, District 12 Community Council, St. Anthony Park Association, Park Bugle, Music in the Park Series, St. Anthony Park Block Nurse Program and St. Anthony Park Community Foundation.

He has also served on the boards of local organizations such as Lutheran Social Services, Children's Home Society, St. Anthony Park Home, Northern Clay Center and Midway Chamber of Commerce, as well as a host of city, regional, state and national organizations.

Among his many previous honors are the Champion Award from Metropolitan State University, the Outstanding Achievement Award from the U of M, the Legacy of Leadership Award from the St. Paul Area Chamber of Commerce and the Spurgeon Award from the Boy Scouts of America.

Foundation Executive Director Jon Schumacher said that with this most recent award, "Andy Boss takes his rightful place among those neighbors who have truly made a lasting difference in the quality of this community's life. He continues to be an inspiration for St. Anthony Park and all those who understand the importance of the foundational values of community and the role they play in a vibrant and prosperous society."

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Banks ain't what they used to be — and you can take that generalization to the bank. The thing is, we aren't taking much, including ourselves, to the bank anymore. Although new banks keep springing up, they're mostly office buildings.

Fewer and fewer customers actually go inside a bank these days. We might use the ATM or drive-up lane after work, but that's as close as many of us get to the building. Increasingly, the brick-and-mortar bank is an anachronism.

The transition from physical to virtual presence has been easier to accomplish for banks than for many other businesses. Although we like the convenience of buying goods online, there's a definite tradeoff for some purchases — not being able to try on that blouse or pair of shoes, for example. But money has always been something of an abstraction, and as plastic increasingly replaces cash it will become even more so, giving banks a leg up in the conversion of our economy to bits and bytes.

Online banking joins self-checkout lanes and pay-at-the-pump gas stations as supposed win-win situations for both consumers and business owners. They don't have to employ as many tellers and cashiers, while we can conduct our business faster. Computerization and self-help are the watchwords in our relentless march to greater independence and efficiency.

But since we're talking about the economy here, it's worth asking what's lost, as well as what's gained, in the new world order.

An obvious casualty is human contact. When you log onto your bank account from home or work, you don't need to talk with a teller. You also don't run into a neighbor in the lobby. Waiting in line is an anathema for modern urbanites; we just don't have the time. Yet lobbies and lines represent diminishing opportunities to encounter other people in an environment conducive to conversation. And human interaction is the glue that holds a civilization together.

Conducting business isn't the only opportunity to meet people, of course. For many of us, the office also serves that purpose. But there too, technological intrusions have encroached on a face-to-face world.

The work space in many old-fashioned offices was an open room. Higher-ups had private offices, but the grunt work of the business was accomplished in an undivided space where there was minimal privacy but many opportunities to overhear and exchange casual conversation. Some of that conversation might have been deemed extraneous to the business at hand, but some of it certainly enriched the final product that everyone was working on.

Open work rooms in most businesses gave way to cubicles, an attempt to maximize floor space while affording more privacy.

Telecommuting was the next logical step in the process. Employees work in the privacy of a home office; employers don't need to provide any space at all.

But telecommuting, many people have found, is a mixed blessing. In a business where some people still come into the office, the telecommuter can be perceived as an outsider — or even worse, forgotten about. Out of sight, out of mind.

Fortunately, when technology creates a problem, it offers a solution. Witness the ConnectR, which its manufacturer calls a "virtual visiting robot." The ConnectR has audio and video capability and can be controlled from a remote site by computer keyboard, mouse or joystick. So you can drop in on a colleague even if you're at home, just by sending the company-owned robot down the hall to her office. Its camera enables you to see her, and the microphone lets you talk with each other.

Although the ConnectR has obvious business applications, it's being marketed primarily as way to keep up with what's going on at home. The company's Web site (www.irobot.com/sp.cfm?pageid=338) urges consumers to "stay close to those you love — no matter where you are," touting the robot's usefulness in checking up on children and pets in one's absence.

So there you have it: a new way to reach out and touch someone, without the inconvenience of actual contact. Is this a great country or what?

COMMENTARY

by Lisa Steinmann

Raising a child involves a lot of trying to protect that tender rump of a brain inside its hard-shell skull. The effort starts when a mother finds she is pregnant and stops drinking alcohol. It continues as parents strap babies into car seats and fasten protective helmets on their heads nearly every time they walk out the door.

We feed them brain-nourishing food and push them to maximize their potential at school. We are very invested in the safety, health and performance of our children's brains.

By the time children are in high school, parents hand over more decision making to their teens. The kids become so hardheaded anyway that it's clear they will take on responsibility for the care and feeding of their own brains, thank you very much.

We still worry about our teens but keep our sanity by engaging in upbeat discussions with other parents about our offspring's fabulous future plans.

But for all the chitchat about college choices, travel itineraries and adventures following high school, there is not enough discussion about a topic that will have a huge impact on their lives and a significant effect on their still-developing brains: binge drinking.

Drinking is a rite of passage and our kids are drinking together. It's happening in our own neighborhoods and homes.

It's going to happen when they move out or go off to college. Our children are drinking to see what it's like to get drunk.

Is it right or wrong? I've sat in on many discussions with other parents where there is no consensus. Raising kids is an endeavor full of moral quandaries and awkward situations.

Most of us have made it this far despite a youth of some mistakes and regrets. Many of us drank as teens and continue to drink now, sometimes immoderately. "Been there, done that," we tell ourselves. "Kids will be kids."

But despite attempts to rationalize the behavior, teen drinking is a bad idea. It's illegal. We should discourage it in no uncertain terms.

If common sense hasn't brought most folks around to this point of view, emerging research indicates that drinking damages the still-developing teenage brain in ways that undo much of the good we tried to do by keeping an eye on their brains when they were younger.

We should speak clearly to our children and to other parents. And we should all be talking about what teen drinking adds to a child's future:

- Growing research suggests that alcohol causes more damage to the developing brains of teenagers than was previously thought, injuring them

significantly more than they do adult brains.

- Alcohol also appears to damage more severely the frontal areas of the adolescent brain, crucial for controlling impulses and thinking through consequences of intended action.

- People who begin drinking at an early age face enormous risk of becoming alcoholics. New research suggests that early heavy drinking may undermine the neurological capacities needed to protect oneself from alcoholism. In other words, a contributing factor to alcoholism is brain damage caused by binge drinking as a teen.

- A recent study found that colleges and universities with higher rates of binge drinking also have more rapes. In addition, nearly three-quarters of rape victims reported being intoxicated at the time of the attack.

According to Aaron White of Duke University, co-author of a 2006 study of extreme drinking on college campuses, "The more we have binged — and the younger we have started to binge — the more we experience significant, though often subtle, effects on the brain and cognition."

And according to research by the National Institute on Alcohol Abuse and Alcoholism, adolescents who begin drinking before age 15 are four times more likely to develop alcohol

dependence than those who begin drinking at age 21.

Teenagers are the largest source of transplant organs in the United States for a reason. More teens die suddenly in accidents than do any other members of the population.

It's not enough to have a designated driver at a drinking party. Besides car crashes, homicides, suicides and drowning are among the leading injury-related causes of death among people under age 20. According to the Centers for Disease Control and Prevention, alcohol is involved in many of these deaths.

Talk to your kids. Talk even if they clam up. Talk even if they argue. What good is a well-tended brain during childhood if adolescents are not challenged to think long and hard about such important issues? These discussions shouldn't come at the tail end of a drinking disaster.

Talk to other parents. The more our kids hang out together, the more we parents have decisions to make together.

Recent studies on adolescent brain development suggest that adolescent brains are indeed malleable and still forming. We felt entrusted with our child's brain before we even held that baby in our arms. Now, as the parents of teens, is no time to drop the ball.

Bicycling commuters sound off

by Renee Lepreau

Everyone who works has to get to work. For some people that means throwing on a bathrobe as they shuffle to their home office.

For most of us, it's not that easy. In 2003, the average commuter in Minnesota spent about 22 minutes on the daily commute. A lot of those minutes were in the car — 77 percent of Americans drove to work alone in 2006.

Yet many make a different choice. This article profiles two people who live or work in St. Anthony Park and commute in an unusual way.

Tara King

Where do you live, and where do you work?

I live in Uptown (Lowry Hill East), and I work in the Court International Building (at the intersection of Franklin and 280).

How much of the year do you bike commute, and how often do you walk?

I bike commute as often as possible, year-round. Practically speaking, this means 5 days a week in spring/summer/fall, and 3-4 days a week in the winter.

How long is the commute? What route do you take?

The commute is 5.5 miles and takes about 30 minutes. My route is quiet and scenic. I spend most of my time on the 29th/Midtown Greenway, take a quick tour of the Seward neighborhood and then have a long climb up Franklin through Prospect Park — seriously, is this the biggest hill in all of Minnesota? It's beautiful right now. A lot of flowers are blooming on the Greenway.

What motivates you?

The biggest motivator is how great I feel when I've been biking to work regularly. I have more energy and feel healthier and happier. It's good for the environment and really cheap. Biking to work is the kind of thing that creates more solutions, not more problems.

What's your favorite piece of gear?

The rack on my bike combined with a cargo net. I can strap nearly anything onto the back of my bike. I have hauled home huge amounts of groceries, four-foot garden stakes, blankets, picnics, library books. It really expanded the usefulness of my bike. I do have to admit a certain fondness for my cycle computer, too, and my rain jacket.

What's the best part?

It's all the best part! I love riding my bike. I love getting exercise before work. I'm not a morning person, so this helps me cope with getting to work at 8 a.m. every day. I love seeing other bikers on the Greenway and smiling or saying hello. I like getting a bit of fresh air and sunshine in the winter, when the days are so short.

What could be better?

I'd love it if there were showers at work. I've found other solutions, but a shower would really be perfect. Adding bike lanes would be great, too. But in general, I can't complain. Drivers tend to be friendly and respectful, and the weather is good more often than not, even in winter.

Any words of wisdom to new bicycling/walking commuters?

Start slowly. Don't assume that you can start out commuting both ways, five days a week, blizzard or shine. Don't tell yourself when you start that you're going to do the whole thing at full speed every single day.

Try taking the bus to work (with your bike on the front rack), then riding home. Do practice commutes so you know how long it takes and whether you'll need a change of clothes or a shower when you get there.

Don't expect a quick and easy transition. After a lifetime of getting in a car every morning, it was hard for me to make this change, so go easy on yourself and work up to your goal gradually. A slow start is better than a quick burnout.

But most of all, enjoy it! There is so much to see when you're riding your bicycle.

Chris Woodall

Where do you live and where do you work?

I live on Marvel Street in south St. Anthony Park. I work for the USDA Forest Service on the U of M's St. Paul campus.

How much of the year do you bike commute, and how often do you walk?

I commute by bike April through October. The remainder of the year I trudge by foot through swollen snow banks and puddles.

How long is the commute? What route do you take?

My commute is 1.2 miles along the Raymond/Cleveland thoroughfare.

What motivates you?

I call it the "dual offset." My commuting by foot/bike reduces my carbon footprint and displays an example to others to take their foot off the gas and put it on the pavement. The added bonus is that walking and biking keep me in shape and offset my homebrew indulgences.

What's your favorite piece of gear?

My stallion — a 1973 Fuji road bike retrofitted with a single-speed hub and velodrome rims.

What's the best part?

The best part of alternative commuting is gliding downhill on spring afternoons with only the sound of wind in my ears. Runner up is walking through piles of leaves in October.

What could be better?

Unless someone can contact God and ask him to turn down the headwinds a little, I would say it's the fact that Cleveland Avenue north of Como is in major need of a bike lane. It's a major north/south commuter route and there is no room for a bike. Runner-up is the "tunnel of death" where Raymond dips under the bus line and railway bridges.

Any words of wisdom to new bicycling/walking commuters?

Bikers: Wear a helmet, follow the rules and watch out for cars that don't follow the rules. Walkers: Pedestrians have the right of way at crosswalks; use that right of way.

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Community Park from 1

people with allergies because they don't shed much. They also found a poodle breeder in Watertown, South Dakota, who had had what he thought was an unfortunate accident when one of his dogs had an amorous encounter with a golden retriever.

The Greenlunds met the breeder and dog, and decided to keep the 20-pound puppy. A year and a half and 40 pounds later, Dakota is an integral part of the family.

Greenlund has found that the park is a wonderful place for people to interact with others.

"If I just walked up to you and started talking, you might be a bit wary," he said. "But if we both have dogs, the conversation is natural."

He also said the dog park is

a good way for people who don't have children — and thus don't meet at school functions — to get together.

"If you don't have a dog, you can borrow one and come on down," he said with a grin.

The area is in use by the dogs as long as there is no ice — from April to November. Most of the time there are two or three dogs there, but there can be up to six or seven at a time.

"People are respectful of others," said Greenlund. "If there are too many dogs there already, the person with four dogs on a leash will come back another time."

Greenlund said it's fun to get to know the different personalities of the dogs. Some are more outgoing than others,

and some breeds even try to "herd" the others.

When asked what might make the experience better, Greenlund mentioned benches for people to sit on.

"What we really need is a coffee house," he said. "They could sell coffee and hot chocolate in the winter, and people could sit inside and watch their kids skate or sled."

The park already has a volleyball court, tennis court, baseball field, several sets of play equipment, picnic tables, an archery target and a lacrosse net (for practice) in addition to the hockey rink. Maybe there will be a coffee house there in the not-too-distant future. It will be one more place for neighbors to meet.

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Local companies play important role in recycling efforts

by *Antonie Young*

As more people try to do their part in "going green," the need grows for companies that recycle products that have outlived their usefulness. Several such businesses are located in and around the Bugle distribution area.

Recycling, like manufacturing, is not without its environmental consequences. The paper and cardboard recycling plant Rock-Tenn, for instance, has drawn some attention regarding their search for alternative fuels to use in processing the paper waste they take in.

Rock-Tenn and its predecessor companies have been located at the intersection of 94 and Vandalia since 1908.

"It was built between the two downtowns 100 years ago as a paper recycling mill because

the only place to get scrap paper is where there are people with paper to get rid of," said Tom Troskey, Rock-Tenn's paper recycling manager. "Many folks think recycling and capturing waste materials is a new endeavor, but it has a long history throughout the country."

Troskey said that Rock-Tenn is open to the public for dropping off any amount of scrap paper, 24 hours a day. "Scrap paper includes cardboard boxes, magazines, paper bags, office paper (shredded or not), junk mail — all that type of paper," he said. "We make it as simple as we can for the public — both citizens and business owners, small or large."

Rock-Tenn does not recycle any hazardous materials. They turn scrap paper into a product

that is 100 percent recycled and recyclable. "If you go into your cupboard and get a cereal box, chances are we made it," said Troskey.

Recycling paper is an energy- and water-intensive operation. Rock-Tenn burns natural gas and fuel oil to create the steam to power their equipment, and emissions go into the air from a smoke stack. Until last summer, the company had a five-mile steam line from the old Exel High Bridge power plant. Now Rock-Tenn burns fuel oil and natural gas on site.

"Most of the emissions are particulates," said Rock-Tenn's Steve Haselmann, product and safety compliance manager. "Combustion-related emissions are sulfur dioxide, and these go

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The Birdman of Lauderdale

by Clay Christensen

A baby duckling or chick springs from the egg with a set of starter feathers, all downy and fluffy, running around on its little legs. That's called a precocial nestling.

When a typical baby songbird first squirms out of its shell, it's naked, blind and helpless. That's an altricial nestling, and they all look pretty much alike. There isn't a lot to go on in identifying the little one.

That's a problem for the Wildlife Rehabilitation Center (WRC) staff, many of whom are student interns. Fortunately, it isn't necessary to identify the species to decide what to feed it. They all get the same slurry of kitten food, vitamins, cod liver oil, eggs, crickets and yogurt — run through a blender so it can be fed through a syringe, with feedings every 15–30 minutes from dawn to dusk.

But while they all get the same kind of food at first, identification is important because it's helpful to keep similar species together in the incubator. Some birds do better in a group with "friends and family." And there's something to be said for keeping the quieter ones apart from the classic squawkers.

In order to help train their volunteers, WRC Executive Director Phil Jenni has begun creating an infant-juvenile bird identification guide that will feature at least five photos of each bird species the WRC typically receives in a year. Each group of photos will start with the bird as

young as possible, one with the bird's gaping maw and at least three pictures showing the bird changing into its juvenile form.

When identifying a baby bird, there are several things that can offer a clue to the species. Volunteers will study the gape flanges (mouth edges), noting the color and any streaking.

What's the shape of the bill? What color is the inside of the mouth? Does the nestling have pin feathers or fuzzy down? Is there any color apparent yet?

What about toe placement? Woodpeckers have two to the front, two to the back; songbirds have three to the front, one to the back.

As the nestling grows, the photo series will show how the bill changes from a broad-based triangular shape to the more slender bill of an adult.

There may be changes in the color of the bill, the eyes and legs. And as the feathers develop, they will begin to take on the color of a juvenile bird.

The photos will also help volunteers estimate the age of the nestling and decide when it can move to more solid foods.

I've been using the term "nestling," Jenni makes an important distinction when deciding whether to bring in a found bird.

A nestling is essentially confined to the nest, fed by its parents, unable to fly. It should stay in the nest. If you find a nestling on the ground, put it

back in the nest if you can. It's not true that parents will reject a baby bird that's been touched by a human.

The mom and pop usually won't spend very much time feeding a nestling on the ground. There's too much risk for them to be on the ground for very long. So if you can get it back into the nest, that's best.

If you can't find the nest, you can use a small plastic dish (like for whipped topping) lined with toilet paper or tissue. Put the nestling in it and put the prefab nest back in the tree. The parents should find the baby bird by its squawking and resume feeding it.

If you can't find the nest or there's not an obvious tree to put it back into, or if the baby bird keeps getting kicked out of the nest, then bring it to the WRC, 2530 N. Dale St., in Roseville.

The advice changes once the nestling has gained weight and grown its first set of feathers. Now it's ready to leave the nest as a fledgling.

If you find a fledgling on the ground, be aware that it will be hopping around. It's not necessarily injured. It just can't fly real well yet, but it needs to be able to get away from you and from predators (your pets) — and to look for food. The parents may still come down to feed it, but it's learning to find food on its own.

So, you should leave a fledgling alone, with one exception: If you see it in the mouth of a cat, bring the bird in. Even if you don't see any obvious injuries, cats have very septic mouths and it's best to get the bird checked out.


For more information and illustrations of a nestling and a fledgling, check out the WRC Web site at www.wrcmn.org and click on FAQs for the topic "There's a bird on the ground!" All the moms and dads in the bird world — and their injured offspring — will really appreciate it if you can tell the difference between a nestling and a fledgling.

The experts at the WRC are the best ones to make sure injured or abandoned baby birds reach adulthood. And they'll be even better when armed with the new baby bird ID guide.

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RVers to hit Fairgrounds in July

by Anne Holzman

Conventions come and conventions go at the State Fairgrounds, but one that's coming in July might be more noticeable than the usual summertime succession of antique cars, horse trailers and motorcycles.

When the 80th International Convention of the Family Motorcoach Associations brings some 2,000 recreational vehicles rolling into St. Paul in the third week of July, even the organizers admit some traffic snafus could result.

By way of comparison, the June street rods event drew more than 11,500 registrants in 2007. During the Fair, about 350 RVs might be parked on the grounds at any given time.

State Fair official Brinna Schuette said Fair attendance runs "on an OK day 75,000, on a great day 225,000." Many of those are getting off a bus, of course.

As Doug Uhlenbock of FMCA Magazine put it, "When you get a couple thousand motorcoaches coming through, it'll cause some traffic problems."

But motorcoach organizers say their members don't just sit and camp. They'll spend enough money to make us glad to see them.

First, they'll fill up at the nearest gas pump, Uhlenbock said. Then they'll go out for dinner, buy some groceries for breakfast and maybe head for the Mall of America. They'll also flock to Como Park, touted in

FMCA public relations materials as "the last free zoo in America."

He also said a lot of people will come a week before the convention to tour the area, including the Boundary Waters and other outstate attractions.

The convention last visited St. Paul in 1980. FMCA official Jerry Yeatts, speaking from the organization's headquarters in Cincinnati, said recent renovations to the grandstand and other parts of the Fairgrounds attracted FMCA back for this year's gathering.

"They've done a great job making the Fairgrounds more beautiful," he said. Yeatts said FMCA membership in the Midwest and upper Midwest regions has been growing, and it's been a while since a convention last gathered in this region.

He said Como Park is particularly attractive to families with children. Despite the stereotype of snowbird retirees in RVs, he said, this convention is attracting registrants in their 30s and 40s, and 135 youngsters are registered. Other youth draws

include a geocaching activity and opportunities for bicycling and fly fishing, Yeatts said.

Exhibits and some activities will be open to the public for a daily gate fee of \$7 per person. Folks thinking of buying a motorhome can attend a seminar on the subject at 5 p.m. Monday, July 14. For more information, see the FMCA Web site: www.fmcna.com.

As for what keeps motorhome owners on the road in this era of rising gas prices, Yeatts pointed out that along with airfares, motel and restaurants are getting more expensive, so having a place to stay and a stove to cook on keeps the RV competitive.

But he said it's family time together and freedom to roam, rather than economics, that keeps most folks on the road at about 10 miles per gallon.

"It's just a great lifestyle," Yeatts said.

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Volunteering Matters

by Lisa Steinmann

Expertise in a new subject often requires learning special vocabulary. Take carousels, for example. Cafesjian's Carousel at Como Park was built in 1914 by the Philadelphia Toboggan Company.

"Toboggan" doesn't refer to the kind of sled that carries people down snowy slopes. Instead, it's a term once used to describe a rollercoaster. The carousel's horses are known as jumpers because they go up and down as the carousel turns.

Sometimes expertise in a new subject is a matter of life and death. For Elaine Allen of Como Park, carousels and cancer converged in 2004 when a friend mentioned an opportunity for unlimited rides on Cafesjian's Carousel in exchange for a donation to an organization called Rein in Sarcoma. Allen's two granddaughters had previously enjoyed riding the carousel, so she signed up.

"Riding the horses was something the three of us did for fun," she says. "It was a perfect fit."

As a nurse, Allen knew that sarcoma was a type of cancer, but little more than that. A snapshot from the carousel that day shows a radiant nine-year-old Maryah and her delighted three-year-old sister, Morgan, astride a jumper. Six months later, Maryah was diagnosed with Ewing's sarcoma.

"It chilled me that six months after that event Maryah was diagnosed with Ewing's sarcoma," says Allen. "But since then I've learned a lot about the disease and am intimately involved in Maryah's care."

Allen has learned a new vocabulary. She knows that sarcomas are rare and aggressive cancers of bone and connective tissue. They account for 15-20 percent of all children's cancers and 1 percent of adult cancers. There are over 50 subtypes, one of which is Ewing's sarcoma. Treatment includes radiation therapy, chemotherapy and surgery.

Allen often cares for her granddaughter, who over the past four years has undergone these therapies and their side effects. Through it all Maryah has maintained the busy life of a middle school student who loves dance, music and fashion.

Allen also joined the board of the organization that runs the Como Park event: the Karen Wyckoff Rein in Sarcoma Foundation, the largest such organization in the upper Midwest. Hosted by children and young adults living with sarcoma, the annual Rein in Sarcoma event includes unlimited rides on the historic carousel, as well as other family-friendly entertainment.



Morgan and Maryah Tift enjoy Cafesjian's Carousel in Como Park. Maryah (right), who has Ewing's sarcoma, a form of cancer, will be part of a benefit by the organization Rein in Sarcoma on July 21 at the carousel.

This year, hundreds of people from the Upper Midwest are expected to attend, many of them gathering for a picnic with sarcoma survivors and their families who have lost a loved one to the disease.

The foundation has local roots. Karen Wyckoff grew up in Falcon Heights and Shoreview and attended Roseville schools. She was diagnosed with synovial sarcoma while a college student. After college, she became an active volunteer, coaching youth soccer and tee ball, visiting nursing homes and working at Legal Aid.

Two months before she died from cancer, she coordinated the first annual Rein in Sarcoma event in July 2001. The event raised over \$10,000 to support cancer research.

Allen emphasizes the importance of raising awareness about sarcoma. This year's Rein in Sarcoma event caps International Awareness Week for Sarcoma.

"It is often called the orphan disease because it is such a rare kind of cancer," says Allen. "There's not a lot of research because funding is low."

The organization has donated over \$300,000 to the University of Minnesota, and two of the top sarcoma doctors at the university, Kathryn Dusenbery and Ed Cheng, are on its board.

"One of the things I am most proud about is that the National Institute of Health has

woken up to the issue of sarcoma," says Allen. "Our seed money has attracted an additional \$1.7 million in grant funds from the NIH."

The Rein in Sarcoma "Party in the Park" will take place Monday, July 21, from 6 p.m. to 9:15 p.m., at Cafesjian's Carousel and Como Park Visitor Center. Many other volunteers,

such as Como Park High School seniors and National Honor Society inductees Isabella Powers and Daniel Worku, will join Elaine Allen and her granddaughter Maryah.

The entertainment includes Roxxy Hall Band, an all-woman eight-piece rock and soul group; Kidpower with Rachael, an interactive music show; the

Tropical Encounters exhibit; a silent auction; and other family-friendly games and activities. Tickets are \$15 for individuals and \$20 for families.

For more information about the event or the Karen Wyckoff Rein in Sarcoma Foundation, visit www.reininsarcoma.org or call 486-9114.

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5-5-5 Club

On July 25 and 26, Lyngblomsten's 5-5-5 Club will offer a two-day trip to Pipestone for the 60th and final Song of Hiawatha Pageant. The outing will include a stop in New Ulm for entertainment and lunch. Lodging will be at the historic Calumet Hotel.

The cost is \$270 per person, double occupancy (\$341 single). Registration is required. Call Geri (632-5320) for more information.

Falcon Heights Recreation

The Falcon Heights Parks and Recreation Department is sponsoring a photo contest for neighborhood residents. Winning photos of people and places in the city will be displayed on the department's Web site and at the July 31 Ice Cream Social. The best photo will receive a \$50 gift certificate to National Camera Exchange in Roseville.

Photos must be 4" by 6" prints and submitted by a Falcon Heights resident, accompanied by a release form. For more information, call 792-7616 or visit www.falconheights.org.

The Recreation Department will offer rugby instruction this fall. A 10-week introductory program for ages 6-12 will be held on Tuesdays, August 19-October 21, 6:30-7:30 p.m. Cost is \$30 for residents, \$35 for nonresidents.

Ten sessions for ages 13-16 will be held Thursdays, August 21-October 23, 6:30-7:45 p.m. Cost is \$35 for residents, \$40 for nonresidents. All sessions will be at Community Park. To register, visit www.falconheights.org or call 792-7616.

The Recreation Department will offer Discovery Camp for ages 6-10 the week of August 4-8.

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from 12:30 to 3:30 p.m., Camp will include hikes, games, scavenger hunts and other outdoor activities. It will feature visits by the U of M's Raptor Center and Monarch Butterfly Lab, as well as Nancy's Craft Capers. A snack will be provided each day.

Cost is \$51 for residents, \$56 for nonresidents. To register, visit www.falconheights.org or call 792-7616.

St. Anthony Park Library

The library will offer a summer writing workshop for ages 10-14 on three Thursdays in July (15, 22, 29) from 11 a.m. to noon. Call the library (642-0411) to register.

On July 10, 7-9 p.m., George Latimer, former St. Paul mayor, and Thomas H. Swain, chief of staff to former Minnesota Governor Elmer L. Andersen, will engage in a discussion of local politics.

Library staff will be available from 1:45 to 2:45 p.m. on July 8, 15, 22 and 29 to help patrons trace their family history. The drop-in sessions will offer assistance in using books, Web sites and databases.

On July 29, 2-3:30 p.m., Mr. J will demonstrate drumming techniques. The activity is most appropriate for ages 8-12.

Chinese Cooking

"Chef" Yogi, a Taiwanese student at the U of M, will teach a Chinese cooking class on July 10, 17, 24 and 31. Sessions will be 10 a.m.-noon and will include lunch. They will take place at the Hospitality Center for Chinese, 1407 Cleveland Ave. The cost is \$5 per class. To register, contact Amy at amy@chinesech.org.

Poverty Immersion Program

On July 30, 6:30-8 p.m., Falcon Heights United Church of Christ, 1795 Holton St., will host an interactive poverty simulation presented by the Urban Immersion Center, a program of the Minneapolis Council of Churches.

The event will complement a

trip by the church's youth group to Louisville, Kentucky, to participate in an UrbanSpirit poverty immersion week. The public is invited to the July 30 event. For more information or to sign up, contact Rev. Jane McBride (646-2681, ext. 101; janomcbride@falconheights.org).

Class Reunion

On August 16, the Como Park High School class of 1988 will hold its 20-year class reunion in Maplewood. For more information, contact Candy Pagel (482-1334; tcpagel@usfamily.net).

Horticultural Society

The Minnesota State Horticultural Society will sponsor three sessions on landscape design basics for homeowners on July 14, 21 and 28 from 6 to 9 p.m. The class will take place at the U of M Plant Growth Facility, 1552 Gortner Ave. The cost is \$99 for members (\$174 per couple), \$110 for nonmembers (\$195 per couple). Instructors are Julie Weisenborn, director of the the university's Master Gardener Program and a regional extension educator, and Jim Calkins, an education specialist in the university's Horticultural Science Department. To register, call 643-3601.

On July 15, from 6:30-8 p.m., ecologist Paul Bockemuehl and bike author Doug Shidell will discuss the Root River Trail. The session will be at the MSHS classroom, 1755 Prior Ave. Cost is \$15 for members, \$25 for nonmembers. To register, call 643-3601.

People

On May 22, St. Anthony Park resident D. Perry Kidder received the Ed Stevens Volunteer Award. The annual award is given in honor of Ed Stevens, who was instrumental in founding the North Suburban Senior Council (NSSC) and the Roseville Area Senior Program. Kidder, a retired editor, writer and public relations specialist, is a member of the NSSC board and chair of the organization's public relations committee.

St. Anthony Park financial planner Catherine Holtzclaw (CPA, CFP) served as chair of the 26th annual MNCPA Estate and Personal Financial Planning Conference. The two-day conference of CPAs and financial planners included presentations by many nationally well-known speakers.

Foundation announces capital campaign

In conjunction with its 10th anniversary, the St. Anthony Park Community Foundation will launch a three-year capital campaign for its endowment fund at the annual Fourth of July celebration in Langford Park. The goal of the campaign is to build a \$1 million endowment to support community programs.

To date, more than \$700,000 has been pledged, as well as a \$150,000 challenge grant, putting the fund within \$150,000 of its goal. The challenge grant will double every contribution made until September 30.

"This endowment will guarantee support for the essential nonprofit organizations, initiatives and long-range planning needed to keep St. Anthony Park strong," said Jeff Blodgett, foundation chair.

"Together with our annual contributions, the Forever Fund will sustain our community for generations to come."

Jon Schumacher, the foundation's executive director, said that budget cuts at all levels of government continue to threaten the viability of the neighborhood's schools,

recreation centers and library, making alternative funding sources imperative. He added that challenging economic times also affect community-based organizations, which struggle to maintain programs and services.

"The overwhelming response to the endowment campaign confirms how deeply this neighborhood cares about these quality of life issues," said Schumacher. "Giving to this fund shows a commitment to quality education for our youth, comprehensive care for our seniors, vibrant arts programming, environmental sustainability and thoughtful planning for our future. We have an exciting opportunity to create a legacy that will change lives for generations to come."

The St. Anthony Park Community Foundation was created in 1998. In its 10-year history, the foundation has granted over \$250,000 to education, arts, seniors, health, environmental and economic development programs.

For more information about the St. Anthony Park Community Foundation, visit www.sapfoundation.org.



Bugle Contest Winner

At the St. Anthony Park Arts Festival on June 7, St. Anthony Park resident Carol Jahrike won a contest that involved writing a caption for a photo from the Bugle's archives.

Jahrike's winning caption:

"A 'hot flash' day in February."

She received a gift certificate from Micawber's Bookstore.



<p>8:30 a.m. LANGFORD PARK DISTANCE RACES Registration 8:30 at the Recreation Building (small registration fee). Races start at 9:00. 4 miles: Divisions for men, women, and masters (40 and over). 2 miles: Joggers and juniors (15 and younger).</p> <p>10:30 a.m. GRAND PARADE ASSEMBLIES Children's bikes, tricycles, wagons, etc. assemble at Park Station. Bands, vehicles and marching units assemble on Luther Place. Get your free American Flag!</p> <p>11:00 a.m. GRAND PARADE BEGINS Proceeds from Luther Place and down Como Avenue to Langford Park. Parade includes color guard, neighborhood units, bands, floats, VIP's, music, kids and much more!</p> <p>12:00 noon REFRESHMENT STAND OPENS Get your hotdogs, pop and ice cream by the tennis courts! Sponsored by the Langford Park Booster Club.</p> <p>HORSESHOE TOURNAMENT Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765. Doubles tournament begins at 1:00.</p> <p>VOLLEYBALL TOURNAMENT Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765. Tournament begins at 1:00. Two tournaments include a power tournament and a recreational tournament. Sign up individually or as a team.</p> <p>TENNIS TOURNAMENT Registration from 12:00 to 1:00. Pre-register by calling 651-298-5765. Tournament begins at 1:00. Parent-Child doubles tournament. 12 and under, 13 and over.</p>	<p>1:00 - 4:00 p.m. PONY RIDES</p> <p>1:00 - 7:00 p.m. LOCAL MUSICAL TALENT AT THE BANDSTAND</p> <p>2:30 - 4:00 p.m. CHILDRENS RACES AND CONTESTS Events for kids of all ages. Ribbons for all participants. Family events, too!</p> <p>4:00 p.m. DOOR PRIZES Drawing at the bandstand for children and adult prizes. Must be present to win.</p> <p>Early evening DINNER PROVIDED BY THE LANGFORD PARK BOOSTER CLUB Stop up and taste delicious tacos for dinner!</p> <p>7:00 p.m. DANCE MUSIC PROVIDED BY ROCKIN' RICH AND THE RESISTORS! Dance to 50's and 60's party rock favorites at the basketball courts!</p>	<p>DONATIONS ARE NEEDED TO SPONSOR THIS 2008 EVENT.</p> <p style="text-align: center;">Please mail to: ST. ANTHONY PARK ASSOCIATION, PO BOX 8862, ST. PAUL, MN 55108 OR DROP OFF AT THE INFORMATION DESK AT PARK MIDWAY BANK.</p> <p style="text-align: center;">Sponsored by the ST. ANTHONY PARK ASSOCIATION, the Department of Parks and Recreation and YOU!</p>
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Recycling from 7

into the air."

Haedmann said paper recycling is not especially chemical-intensive. "The majority of chemical emissions are from cleaning products used to remove tape and glue from the waste paper that gets stuck to the equipment," he said. "We continue to work to reduce emissions and find alternatives, renewable fuel sources. Over the last five years we have reduced emissions by over 1000 tons a year."

Another venerable recycling company is near Rock-Tenn, on Hampden Avenue. Bro-Tex, a textile recycling plant, has been recycling fabrics for businesses since 1925.

"We started as a trade rag collection company, using the rags to make wiping cloths for the auto industry," said Vice President of Operations Jeffrey Hanson. "We also started taking materials from hospitals and became involved in other types of fabric recycling. About 40 years ago, we got involved in fiber shoddy, which is using fiber content from textiles to make other types of padding. We now take in all types of textiles."

Bro-Tex became involved in recycling plastics when plastic-based fabrics, such as nylon, which is found in most carpets today, is a thermo-plastic and lasts for 1,000 years in a landfill.

"The only thing to do when you ripped carpet out was send it to a landfill and bury it, until we stepped in," said Hanson.

"First we test every piece of carpet to determine what type of material it is," he said. "About 60 percent we can recycle here, 20 percent can be recycled at other places and 20 percent can't be recycled. Most of that goes to energy plants to generate electricity."

Bro-Tex does take in waste carpet from the public, but Hanson said they get very little. Most carpet they receive is from retail stores and carpet installers. There is currently no charge for dropping off carpet at Bro-Tex, but Hanson said there will be a small one starting in late summer.

Bro-Tex does not use harsh chemicals in their recycling process, only emitting clean-burning plastics when melting them down.

"We might get dirty carpet, so we'd get dirt in the air," said Hanson. "We do have trucks coming in, hauling the carpet, so that's traffic pollution. But our process itself doesn't generate pollution other than dust from used carpet. For every truck of carpet we bring in to recycle, we save over 2,000 gallons of oil. We don't need to import oil to make new nylon because we are recycling it."

While Rock-Tenn and Bro-Tex do not recycle hazardous materials, two local companies do. Asset Recovery Corporation recycles electronics, and Luminaire Recycling processes fluorescent lights.

Asset Recovery accepts anything that has a circuit board or a cathode ray tube (CRT), including most modern electronics such as computer monitors, stereos, microwaves, TVs, iPods and the like. There is a small charge for drop-offs.

"We help businesses and homes get rid of old electronic equipment, and we also market secondhand stuff to companies," said Ryan Laber, Asset Recovery's director. "We can provide guaranteed destruction services to delete old information from hard drives. We try to reuse anything we can. From an environmental standpoint, the more you reuse, the less you have to make. But if people are concerned about private information, tell us when you drop stuff off."

Asset Recovery is a de-manufacturing facility that sorts the many kinds of waste contained in electronic devices.

"Plastic carcasses go into one pile, steel housing from a PC goes into another," said Laber. He noted that lead is a particular problem in the recycling process. "CRT glass in TVs and monitors has an average of four pounds of lead," he said.

"Our goal is to take the hazardous waste and reclaim it for reuse as a commodity," said Laber. He said there are no

environmental consequences for neighborhoods close to their facility because Asset Recovery has no water run-off or air emissions. Furthermore, the company makes sure its downstream processors are in compliance with state and federal laws.

Any recycling facility must meet certain regulations, said Zack Hansen, director of the Ramsey County Department of Public Health.

"There is nothing unusual about the waste these companies generate compared to other businesses," he said. "The one thing that distinguishes them from other businesses is the environmental benefit they provide. All are important assets to the community because we're all concerned about hazardous materials in the environment."

Maggie Martacola, director of marketing and communications with the Recycling Association of Minnesota, said that the environmental benefits of most recycling facilities offset what pollution they create.

"The overall CO₂ emissions gain you receive when you recycle products into new products far outweighs the cost," she said. "Especially when those materials are not shipped far to be recycled."

"Electronic waste has a lot of hazardous materials, and when it's recycled properly it is much better for the environment," Martacola said. "This is why Minnesota has been encouraging e-waste recycling, and they have started some really good programs."

RECYCLING RESOURCES

Asset Recovery
2299 Territorial Rd.
602-0789
Electronics

Bro-Tex
800 Hampden Ave.
645-5720
Textiles

Luminaire Recyclers
2161 University Ave.
649-0079
Fluorescent lights

Rock-Tenn
2250 Wabash Ave.
641-4938
Paper products

General Information

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www.greenguardian.com

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www.pca.state.mn.us

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No bones about it

by Kristi Curry Rogers

Hello out there, No Bones readers.

At last, summer is upon us, which means that paleontologists everywhere are gearing up to get into the field and find some new fossils.

After a museum research trip to London, Romania and Greece, in search of new data in old museum collections, my summer plans include fieldwork in Montana.

The prospect of lengthy field seasons in the summer sun has turned my thoughts to the popularization of dino digging. This month I've decided that it is finally time to dispel the popular myth of "the dinosaur mummy."

You've probably heard about several "dino mummies" in recent years. They usually get big play in the media, where they're touted as revealing amazing new insights into how dinosaurs looked, their size, how they moved, even what they ate.

But how accurate are these reports of mummified dinosaurs?

According to the American Heritage Dictionary, a mummy is: 1) The body of a human being or animal embalmed after death according to the practices of the ancient Egyptians. 2) A withered or shrunken body that resembles a mummy.

The verb "mummify" means: 1) To make into a mummy by embalming and drying. 2) To cause to shrivel and dry up.

We can easily rule out the embalming/ancient Egyptian portions of the definition for dinosaur mummies, but what about the shrunken, dried body part?

In the last 10 years, several reports have surfaced about duckbilled dinosaurs that are purportedly mummies. All of the specimens found so far are around 70 million years old. They're preserved in sandstone and were found in Montana and North Dakota.

These include specimens you've probably heard the nicknames for: Leonardo, Elvis, Peanut and — the newest —

Dakota, which was featured on a National Geographic Channel special called Dinosaur Autopsy.

Even though they get major news play, the real story behind these specimens isn't nearly as exciting as the evening news would have you believe. None of these specimens has been well studied, so the details on how they were actually preserved remain a mystery.

We don't know how they were captured in the fossil record, and we know even less about whether any of them were desiccated or shriveled up on their way to fossilization. None of them have been documented with preserved internal organs or gut contents.

Dakota was touted as having major implications for everything from anatomy to locomotion. But one example is revealing: CT scans revealed a space between the vertebrae.

That's hardly earth-shaking news. Vertebrates have intervertebral disks made of

cartilage. The space preserved in Dakota isn't made of mummified cartilage. Instead, it consists of the sandstone that preserves the specimen — just like in ordinary, articulated fossils.

What the specimens do exhibit are well-preserved skin impressions. These aren't the same thing as mummification. They're simply the impression of the skin preserved in a fine-grained substrate (like sand or clay).

Though these specimens aren't true mummies, they are really cool. Some of the skin impressions are detailed enough to provide new insights on the scaly skin of dinosaurs. There are flaps of skin ornamenting the back of some species of duckbilled dinos.

All in all, even if the claims of "dinosaur mummies" are unfounded, such detailed preservation does help us flesh out our view of dinosaurs.

Until next time, happy dinosaur hunting!

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Langford Park Recreation Center
20 Langford Park
St. Paul, MN 55108

1 Tuesday

- First January, word processing, and Excel instruction, 7-8:30 p.m. SAPBL. Every Tuesday.
- Tot Tot (for 5-year-olds and younger), 10 a.m.-noon, LRC. Every Tuesday.
- "Ming," words by GROUP LAG. Ends July 24.
- Telling Textiles: Inner Space to Outer Space. GMD. Ends July 27.

2 Wednesday

- English conversation classes, 4-5:30 p.m. SAPBL. Every Wednesday.
- Leisure Center for Seniors, 9 a.m.-1 p.m. Every Wednesday. Lunch reservations by Monday. Free blood pressure clinic by St. Anthony Park Blood Nurse Program 1st and 2nd Wednesdays at 11 a.m. SAPUCC.
- St. Anthony Park recycling, Every Wednesday.

3 Thursday

- Clean exercise class, 12:30 p.m. SHR. Every Monday and Tuesday. FREE TO AREA SENIORS, but pre-registration is necessary.
- Senior Your Family's Heritage, 1:45-2:45 p.m. Also July 15, 22, 29. SAPBL.

- Tot Tot (for 5-year-olds and younger), 10 a.m.-noon, LRC. Every Tuesday.

- St. Anthony Park Community Council Land Use Committee, 7 p.m. SAPCC.

4 Friday

- Fourth is the Park. All day. Como Avenue and Langford Park.

7 Monday

- AA, 8 p.m. SAPCC. Every Monday.
- Clean exercise class, 12:30 p.m. Every Monday and Tuesday. FREE TO AREA SENIORS, but pre-registration is necessary. SHR.
- Como Park recycling, Every Monday.
- Lockable recycling.

8 Tuesday

- Lockable City Council, 7:30 p.m. LCH.
- Senior's Fishy. Como Lake, 6-8 p.m. Pre-registration required. 644-8888.
- Senior Your Family's Heritage, 1:45-2:45 p.m. Also July 15, 22, 29. SAPBL.

9 Wednesday

- Bluegrass and Oldtime Jam Session, 7 p.m. CC. 2nd and 4th Wednesdays.
- Falcon Heights City Council, 7 p.m. FHCH.
- Transportation Study Task Force, 7 p.m. SAPCC.
- Library Book Club, 7 p.m. "We Need to Talk About Kevin," by Lionel Shriver. SAPBL.

10 Thursday

- Full Council Meeting, St. Anthony Park Community Council, 7 p.m. SAPCC.
- Baby Lapin Storytimes, 11 a.m. SAPBL.
- St. Paulites, 7-9 p.m. Discussion with George Latham and Heaton Swan. SAPBL.

14 Monday

- Paul Press, Inc., Park Board Board Meeting, 7 a.m. SAPBL, 646-5369.
- Rock-Jens Advisory Panel, 7 p.m. WC. 612-788-4151.
- Cabbages and 500, the Falcons, 1 p.m. FHCH.
- Peace Lutheran Nonlinear Lunch 4th Bowls Concert for Keystone Food Shelf, 7:30 p.m. PLC.

15 Tuesday

- District 10 board meeting, 7 p.m. CPCC.
- Family Book Club, 7 p.m. "The Pondmucks: A Summer Tale of Four Stories, Two Robins, and a Very Intriguing Boy," by Jennie Budell. SAPBL.

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Calendar

• **Tace Your Family's History,**
1:45-2:45 p.m. SAPBL

• **Book discussion, 7-8 p.m. "Audi
Grace: How Forgiveness Transcended
Treachery,"** by Donald Kraybill, Steven
Nah and David Weaver-Zandner.
FHUCC.

16 Wednesday

• **St. Anthony Park Community
Council Community Conventions
Committee,** 7 p.m. SAPCC.

• **St. Anthony Park Booster Club,**
7 p.m. LRC.

17 Thursday

• **Baby Lapin Storytimes,** 11 a.m.
SAPBL.

18 Friday

• **Falcon Heights recycling,**

19 Saturday

• **Dr. Seuss is on the Loose** this time,
11 a.m. and 2:30 p.m. LEIR.

21 Monday

• **Landslide recycling,**

• **Foundations for the Karen Wyckoff
Suzanne Foundation, Como Park
Conservatory & Gardens,**
6-9:15 p.m.

• **Preschool Child Care Class,**
10-11 a.m. FHCH.

22 Tuesday

• **Landslide City Council,**
7:30 p.m. LCH.

• **Making Clever dumplings,**
1:30 p.m. SAPBL.

• **Tace Your Family's History,**
1:45-2:45 p.m. SAPBL.

• **Hampton Park Co-op Book Club,**
6:45 p.m. "Closing the Food Gap,"
by Mark Winne. SAPBL.

23

Wednesday

• **Falcon Heights City Council,**
7 p.m. FHCH.

• **St. Anthony Park Community
Council Environment Committee,**
7 p.m. SAPCC.

24 Thursday

• **Baby Lapin Storytimes,** 11 a.m.
SAPBL.

25 Friday

• **Family Chess Club,** 1-2 p.m.
SAPBL.

28 Monday

• **Rock-Toss Advisory Panel,** 7 p.m.
WC. 612-788-4151.

• **Caldwells and 500, the Falconers,**
1 p.m. FHCH.

29 Tuesday

• **Tace Your Family's History,**
1:45-2:45 p.m. SAPBL.

• **Dinnering with Mr. J,** 2-
3:30 p.m. Ages 8-12. SAPBL.

**Items for the August Community
Calendar should be submitted by
4 p.m., Friday, July 18.**

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CHES Chelsea Heights Elementary School, 1557 Hudson St., 293-8790

CG Coffee Grounds, 1579 Hazlet Ave., 644-9959, 373-2600

CPCC Como Park Community Council, 1224 N. Lexington, 644-3889

CPES Como Park Elementary School, 780 Winlock Place, 293-8735

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

FHCH Falcon Heights City Hall, 2077 Lupton Ave., 644-5050

FHES Falcon Heights Elementary School, 1393 Camden Ave., 646-0021

FHUCC Falcon Heights United Church of Christ, 1795 Hudson St., 646-2661

GC Gekko Coffeehouse, 721 N. Snelling Ave., 645-2647

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

HC Holy Childhood School, 1435 Midway Place, 644-2791

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

LCH Landslide City Hall, 1891 Weber St., 631-0300

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

LRC Loojard Rec Center, 30 Loojard Park, 298-5765

MB Michael's Bookstore, 2238 Carter Ave., 646-5506

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

MPS Music in the Park Series, St. Anthony Park UCC, 645-5699

PLC Peace Lutheran Church, 1744 Weber St., 644-5440

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

SAPBL St. Anthony Park Breach Library, 2245 Como Ave., 642-0411

SAPCC St. Anthony Park Community Council, 890 Cannon Ave., 649-5992

SAPES St. Anthony Park Elementary School, 2180 Knapp St., 293-8735

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

SAPUCC St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., 646-7173

SAPUMC St. Anthony Park United Methodist Church, 2200 Hillside Ave., 603-8946

SHR Seal Hi-Rise, 825 Seal St.

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

SSAPRC South St. Anthony Rec Center, 890 Cannon Ave., 298-5770

TCM Textile Center of Minnesota, 3000 University Ave. SE, 612-436-0464

WC Wilder Center, 451 Lexington Place N, 612-788-4151

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Irma Bartholmey

Irma Bartholmey, age 96, of Falcon Heights, formerly of Rice Lake, Wis., died May 26, 2008. She was born Arminia Rose Librande on October 23, 1911.

She was preceded in death by a brother, a sister and three brothers-in-law. She is survived by her brother, Samuel Librande, of Coeur d'Alene, Idaho, and sister-in-law, Marie Librande, as well as many nieces and nephews.

Irma was a graduate of the Duluth School of Nursing and for 25 years was a member of the Franciscan Sisters of Rice Lake and served at St. Joseph's Hospital in Hillsboro, Wis. She loved gardening, knitting, baking, fishing and dancing. She was an active member of St. Rose of Lima parish in Roseville, and lived her final years at Catholic Eldercare in Minneapolis.

Mass of Christian Burial was celebrated at St. Andrew's Catholic Church in Como Park on May 30, 2008, with interment at Resurrection Cemetery, Mendota Heights.

Marjorie Brula

Marjorie F. Brula, age 90, died on June 14, 2008. She grew up on the Iron Range in a family of educators. After marriage, she and her husband moved to St. Paul.

Her husband taught at Johnson High School; she taught first at St. Agnes and later at Mounds Park Junior High.

She lived on Hamline Avenue and in her latter years at The Wellington Residence, where she continued to play the piano and lead current events.

She was preceded in death by her husband, Joseph, two siblings and dear friends Colleen and Larry Gallatin and Joanne Schultz.

Mass of Christian Burial was celebrated June 18, 2008, at Church of the Holy Childhood, with interment at Fort Snelling National Cemetery.

Paul Coppini

Paul L. Coppini, age 93, of Falcon Heights, died peacefully on May 24, 2008.

Paul was a World War II veteran and a former councilman for the city of Falcon Heights. He loved Coca Cola, music, fine dining, chocolate, Cretin (class of 1933) and his family.

Paul was preceded in death by his wife, Jo Anne, and is survived by his children: Paul M. "Mike" (Cecilia) Coppini, of Stillwater; Diane (Harrison) Morton, of Brighton, Mich.; and Cathleen (Walt) Mills, of St. Paul; nine grandchildren; and 11 great-grandchildren.

The family gives special thanks to friends Bob Western, George Becher, John Fischer,

Mike Musto and John Beedle for keeping his spirits up. Also, they acknowledge and thank the gracious and compassionate staffs of HealthEast Hospice, Lyngbomsten Care Center and Cerony Care Center. Your kindness and care for Paul and our family will always be remembered and appreciated.

Mass of Christian Burial was celebrated May 28, 2008, at Holy Childhood Catholic Church, with interment at Roselawn Cemetery.

Alice Drobac

Alice Whipple Drobac, a 46-year resident of St. Anthony Park, died June 11, 2008, at the age of 84, a year after learning she had nonsmoker's lung cancer. She was born February 2, 1924, in Maywood, Ill. She was seven when the family moved to Minneapolis in 1933.

In her late teens, Alice attended the University of Minnesota, intent on becoming a writer. But because of WWII, she changed to a nursing major to help the war effort.

From the age of 22 until her retirement at 76, Alice worked in health care, which included going door-to-door as a neighborhood community health nurse in the Selby/Dale area of St. Paul. Later, she served as a nurse at several schools and as the camp nurse at Jewish Community Center camps and church camps around the state. She eventually worked for the St. Paul Public Health Department.

Alice retired from full-time work at the Health Department but stayed on part-time there while she worked part-time as mental health counselor. Later she worked at the Mall of America's Sage Clinic, helping women learn about breast cancer, and then walking the giant mall on her breaks, adding toward her three-mile daily walking goal.

Alice enjoyed traveling and visited her daughter in Mexico every year. She also visited her sister in Paris, and went to Las Vegas and the Grand Canyon with her good friend, Norma. She was a die-hard Minnesota Twins fan who enjoyed going to games with her daughter.

At the end, she was lovingly cared for at home by her son, David, who is a nurse. Through it all, she kept her spirits high, showing all how well dying could be done.

Alice is survived by son David; daughters Kimball, Sara and Jo; and six grandchildren.

Rosella M. Juelich

Rosella M. Juelich, née McCormick, age 82, of Inver Grove Heights, formerly of the Como Park area, died June 17, 2008.

She was preceded in death by her son, Ronald, and seven siblings. She is survived by her husband of 58 years, Richard; children, Richard (Renee), Randy (Carrie) and Roslyn (David) Johnson; daughter-in-law, Sheila; nine grandchildren; two brothers and a sister-in-law.

Mass of Christian Burial was celebrated June 21, 2008, at the Church of Saint Andrew in Como Park, with interment at Calvary Cemetery.

Bonnie Leier

Monica "Bonnie" Leier (Groeller) died June 18, 2008. She always had a smile and a twinkle in her eyes. She enjoyed spending time with friends, traveling and golfing.

She is survived by son Chuck (Mary Jo) Groeller, daughter Barb Huether, two grandchildren and four great-grandchildren. She was preceded in death by husbands Charles Groeller in 1962 and William Leier in 2006, a sister, brother and son-in-law.

Mass of Christian Burial was celebrated June 21, 2008, at Holy Childhood Catholic Church in St. Paul, with interment at Resurrection Cemetery.

William McGuigan

William R. McGuigan, longtime resident of Falcon Heights, died June 3, 2008. He was born in Wabasha, Minn.

He is survived by his wife of 55 years, Thelma, his children, Debbie (Timothy) Holmquist, William (Karen) McGuigan, Timothy (Kim) McGuigan and Robert (Mary) McGuigan; six grandchildren, Annie and Julie Holmquist, Tara and Nicole McGuigan, Karli and Taylor McGuigan; two sisters; and two brothers. He was preceded in death by a brother and sister.

Mass of Christian Burial at Holy Childhood Catholic Church was celebrated June 10, 2008, with interment at Roselawn Cemetery. The family would like to thank the staff from Hospice of the Lakes and Our Lady of Good Counsel Cancer Home for all their kindness and excellent care.

Carolyn Nielsen

Carolyn J. Nielsen, of St. Anthony Park, died June 15, 2008, after many years of ill health. She was born July 7, 1927, in Manitowoc, Wis., but grew up in Minneapolis. After her marriage to Richard Nielsen, she lived in St. Paul. She was employed at various businesses for several years until she began caring for her family full-time.

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husband of 49 years; two daughters, Christine and Heather (Keith) Hester; and a son, Peter (Tracy); as well as a much-loved granddaughter, Maren Hester.

A memorial service was held June 20, 2008, at St. Anthony Park Lutheran Church, with interment at Fort Snelling National Cemetery.

Dina Quinn

Dina M. Quinn, née Hagen, age 50, died in a car accident along with canine companion Buddy on June 12, 2008. She grew up on Hillside Avenue in St. Anthony Park, graduated from Murray High School in 1975 and had lived in North St. Paul.

She is survived by her children, Kathleen and Roy Quinn, and siblings David Hagen, Ronald (Kay) Hagen and Rita Bell (fiance Bill Wiegler). A Memorial Mass of Christian Burial was celebrated June 18, 2008, at the Church of St. Jerome in Maplewood.

Charles Schachtel

Charles Schachtel, of Falcon Heights, a microbiologist with the University of Minnesota School of Dentistry, was an innovative researcher and teacher of dental students. He died unexpectedly of an apparent heart attack on June 11, 2008, in Pereira, Ariz., where he was remodeling a vacation home. He was 66.

He graduated from Southwest High School in 1959. He played varsity baseball there and at Macalester College in St. Paul, where he earned a bachelor's degree in biology and chemistry in 1963. He did graduate work at the University of Minnesota, getting his Ph.D. in microbiology in 1968, when he joined the Dental College's faculty. From 1987 to 2002, he served as director of the university's Dental Research Institute and later as the Dental College's associate dean for research.

He received numerous awards, including the Basic Research in Oral Science Award from the International Association of Dental Research.

He is survived by his wife, Therese, of Falcon Heights; son, Jon, of Farmington, Minn.; three grandchildren; mother, Agnes (Pat) of Pereira, Ariz.; two sisters and a brother.

A service was held June 19, 2008, at the McNamara Alumni Center in Minneapolis.

Rudolph J. Vecoli

Rudolph J. Vecoli, a resident of St. Anthony Park, died of leukemia on June 17, 2008. He was 81.

Vecoli was the former director of the Immigration

History Research Center at the University of Minnesota and a prolific author on the American immigrant experience. His books include "The People of New Jersey" and "A Century of American Immigration, 1884 to 1984."

In his writings he challenged the assumption that immigrants' main goal was to assimilate; instead, he argued, they tried to maintain their own traditions and resist the pressure to adopt American cultural practices.

Vecoli's parents were Italian immigrants. He was born in Wallingford, Conn., and grew up speaking Italian at home. After serving in the Navy, he earned a B.A. in history at the University of Connecticut, an M.A. at the University of Pennsylvania and a Ph.D. from the University of Wisconsin.

In 1967 he was hired at the University of Minnesota to direct the new Immigration History Research Center. He was keenly interested in the ethnic histories of ordinary people. He founded the American Italian Historical Association and the Immigration and Ethnic History Society. He

was also chairman of a committee that advised the Senate of Liberty-Ellis Island Foundation.

He is survived by his former wife, Jill, and his daughter, Lisa, both of Minneapolis; his sons, Chris, of Corvallis, Ore., and Jeremy, of Minneapolis; a sister, Olga Graton, of Wallingford; and one grandchild.

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

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Aug. 4-7, 5:30-8 p.m. - Rainforest Adventure! Vacation Bible School

An open and affirming, Just Peace church; handicap accessible

◆ HOLY CHILDHOOD CATHOLIC CHURCH AND SCHOOL

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

Rectory/Office: 651-644-7495, School: 651-644-2791

Website: holychildhoodparish.org Handicap Accessible

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

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

◆ ST. CECILIA'S CATHOLIC CHURCH

2157 Bayless Place, 651-644-4502

Website: www.stceciliap.org

Handicap accessible

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

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

◆ ST. ANTHONY PARK UNITED METHODIST CHURCH

www.sapumc.org

All are welcome!

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

Pastor Donna Martinson

Sundays:

10:00 a.m. Worship Celebration

11:00 a.m. Fellowship & Refreshments

◆ ST. ANTHONY PARK LUTHERAN CHURCH

We are a community of believers called to joyfully serve God,

one another, and the world.

www.sapl.org

2121 Como Ave. W., 651-645-0371

Staffed nursery available - Handicap-accessible

Pastor Glenn Berg-Moberg

Email: office@sapl.org

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

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

Summer Worship Schedule: One service - 10 a.m.

Vacation Bible School:

Holy Land Adventure - Jerusalem Marketplace

August 4-8

9 a.m. to 12 noon (K-Grade 5)

10 a.m. to 12 noon (Preschool)

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

信義教會 星期日下午

◆ ST. MATTHEW'S EPISCOPAL CHURCH

The Rev. Blair Pope, Rector

2136 Carter at Chelmsford, 651-645-3058

Website: www.stmatthewsmn.org

Sunday Morning - 9:00 a.m. Holy Eucharist

Sunday Evenings 7:00pm Compline Prayer Service

Please join us, all are welcome!

◆ PEACE LUTHERAN CHURCH - ELCA

1744 Walnut (at Iow) Lauderdale, 651-644-5440

www.peacelutheran.org

Sunday Schedule:

Adult Forum 9:00 a.m.

Summer Worship 10:00

Every Tuesday Bible Study at 9:30 a.m.

Every Wednesday at 7:00 p.m. Open Studio Time

At Peace Lutheran Church Monday, July 14 at 7:30 p.m. Peace Lutheran

Northern Lights 4H Benefit Concert for Keystone Food Shelf by the

Lauderdale Youth

All are welcome - Come as you are