

Dudley Riggs

This distinguished funnyman did more than bring satirical comedy to the Twin Cities. He gave us espresso.

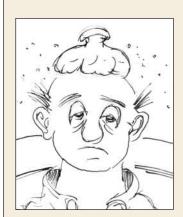
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Moving On

Artists with studios at the Chittenden and Eastman building are packing up and scattering to new spaces.

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Ah, choo!

Natalie Zett offers an alternative view to fighting the common cold.

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St. Anthony Park Falcon Heights Lauderdale **Como Park**

Park www.parkbugle.org January 2011

Como Park update

Kilmer **Memorial** restoration one of many projects underway at regional park

By Kristal Leebrick

Como Regional Park never sleeps. The 347-acre park has been an everevolving work in progress since the first 259.95 acres of farmland were purchased in 1873.

In June, the park opened its new Polar Bear Odyssey exhibit. Construction on the zoo's next new habitat, the Gorilla Forest, is slated to begin in late 2011. Ground broke for the new aquatic facility in October. It will replace the 1960s-era Como Pool. In November, the city's Parks and Recreation Department began work on the Como Woodland Outdoor Classroom project, which will provide an outdoor learning area and the restoration of the Joyce Kilmer Memorial Fireplace site.

Here's an update of some of the projects underway at the park.

WPA-era memorial restored

In the southern area of the park, just west of the pool site, stands a halfhidden stone fireplace dedicated to a New Jersey poet known best for his work "Trees" ("I think that I shall never see / A poem as lovely as a tree

The Joyce Kilmer Memorial also known as the "Dutch Oven"—was built by the Works Progress Administration in 1936. That structure, which had been covered with graffiti and in general disrepair, is in the heart of the Como Woodland Outdoor Classroom and is now being restored.

The park received a \$250,000 Legacy Grant from the Minnesota Arts and Cultural Heritage Fund to help remove the graffiti and paint on the fireplace, replace the broken stone, rebuild the firebox and mantels, create and install fireplace gates and restore the fire ring, said Bryan Murphy, landscape architect with the Parks and Recreation Department. The restoration, which is scheduled for completion in April, comes just in time for the memorial's 75th anniversary in 2011. A rededication is scheduled for May.

Como Park to 8



Photos by Lori Hamilton

Marielle Wiersma, Kevin Torstenson and Garrett Wiersma took a spin with some not-so-tiny reindeer in December during the Shop Home for the Holidays kick-off in St. Anthony Park Dec. 4. Park Midway Bank sponsored the sleigh rides, which were powered by Prancer (left) and his buddy Vixen.

St. Paul parks overhaul to be addressed at public hearing

If you haven't had a chance to review the city's draft plan to overhaul the parks and recreation system, there's

A special Parks and Recreation Commission public hearing will be held Monday, Jan. 10, from 6:30 to 8 p.m. at the Phalen Golf Course clubhouse, 1615 Phalen Drive, to hear public comments on the Parks and Recreation System Plan.

Last spring, the St. Paul Parks and Recreation Department released preliminary draft plan for overhauling the current parks and recreation system. A series of five community meetings were held to hear public comment about the plan, which was scheduled to go before the Parks and Recreation Commission on Dec. 8. There was such a great response from city residents that the

hearing in January. Residents who have concerns about changes to the city's parks system can express those concerns at the public hearing.

Readers can view comments

plan was rescheduled for a public from the five community meetings, along with submitted content through the Systems Plan website, at www.tinyurl.com/systemplan. The site also contains the draft plan.

Give the gift of community news

Looking for a last-minute gift? Make a donation to the Park Bugle in the name of your recipient. Donate online (go to www.parkbugle.org and click on DONATE NOW). When you make your donation, check the "add a dedication" box and then enter the name of your recipient and a short message. We will email a certificate to you to give as a gift. You can also request a gift donation certificate with a mailed donation.

ITY

Como Park

A special election to fill vacancies for board positions for subdistricts 2 and 3 will be held Tuesday, Dec. 21, at 7 p.m. at the District 10 Community Council meeting at the Historic Streetcar Station, 1224 N. Lexington Pkwy.

Falcon Heights

Shaila Cunningham, a certified yoga instructor with 10 years of experience teaching yoga, is offering a class focused on slow, gentle, repetitive motion, emphasizing breath with movement. Classes began Dec 18; however, late starters are welcome and rates will be prorated. Saturday classes run for nine weeks from 9:30-10:30 a.m. Cost is \$72 for Falcon Heights residents and \$81 for nonresidents. Tuesday classes begin Dec. 21 and run for 10 sessions from 9:15-10:15 a.m. Cost is \$80 for Falcon Heights residents and \$90 for nonresidents. Register online at www.falconheights.org or call the

Department at 651-792-7617.

Falcon Heights Parks and Recreation is offering a \boldsymbol{Tae} \boldsymbol{Kwon} $\boldsymbol{Do-Little}$ **Tigers** program for youth ages 3-5. Kids learn basic self-defense and martial arts skills, while developing coordination and flexibility with their peers. A new session will begin Dec. 28 from 5–5:30 p.m. at Falcon Heights City Hall, 2077 W. Larpenteur Ave. Cost is \$26 for Falcon Heights residents and \$30 for nonresidents. Register online at www.falconheights.org or call 651-792-7617.

New recycling carts will be delivered to homes in December. The city chose Tennis Sanitation to serve as the city's recycling hauler beginning in 2011. The new system will be "single sort," meaning all recyclable materials may be placed in one cart. Pickup days will be every Friday instead of every other week. Residents may keep their blue bins,

Falcon Heights Parks and Recreation or they can place them in the new Tennis recycling cart and they will be recycled.

> AARP volunteers will provide free tax-preparation assistance on Tuesdays and Thursdays from 9 a.m.-noon at Falcon Heights City Hall, 2077 W. Larpenteur Ave., starting Feb. 1. Volunteers will assist with state, federal and propertytax/rental-credit returns. This service will run through Tuesday, April 12. This is a walk-in-only service and is provided for senior citizens and lowincome and handicapped taxpayers. Volunteers are trained by the IRS and Minnesota Department of Revenue. Complicated tax returns will not be prepared. Please bring a copy of last year's return and your Social Security

Lauderdale

Don't let Old Man Winter keep you at bay. Brave the cold and make a **Commotion in the Snow** at Lauderdale Community Park Saturday, Jan. 29. For more information, check the city's website at www.ci.lauderdale.mn.us.

St. Anthony Park

The St. Anthony Park Community council has announced its 2010 **Honor Roll**, which recognizes three people who have been doing outstanding work on behalf of the neighborhood. This year's honorees are listed below:

Nancy Dilts has led the Environment Committee and the entire South St. Anthony Park neighborhood through the yearslong process of developing a tree, landscaping and rain-water-management plan for Hampden Park. She helped the neighborhood arrive at a plan that will replace damaged trees and make a park that can be sustained and enjoyed by residents. Dilts is the chair of the Environment Committee and has promoted a unique collaboration of efforts with the Mississippi Watershed Management Organization and the city of St.

Roger Purdy has been an active member of the District 12 Council and currently serves as co-chair of the Land Use committee. He is collaborative and creative in his approach to important issues in the community, shows outspoken support and dedication to the neighborhood and is a strong spokesperson for local governance. His leadership of the Como Avenue 2030 Small Area Plan task force is one of many examples of his vision and care for the vitality of St. Anthony Park.

Murray Junior High School's tutoring program helps students struggling or failing in the core academic classes. Cindy Thrasher developed this one-on-one multi-day tutoring model and trains, schedules and evaluates tutors to ensure students are receiving effective educational assistance and mentoring. She also works with teachers to identify candidates and understand their specific tutoring and academic needs. The program began in 2008 and was so successful that it has doubled in size. Students who might have fallen through the cracks are receiving the attention they need to make progress.

The St. Anthony Park Community

Council is looking for 150 people to allow the **Energy Squad** to make improvements to their homes. The program includes the installation of a programmable thermostat, weather stripping and adding compact fluorescents, water-saving devices and a water heater blanket.

More than 250 St. Anthony Park homeowners and renters have already participated. The goal is to have 400 participate by the end of the heating season. Participants receive nearly \$400 in products and services. Residents pay \$30 if they attend a workshop; otherwise the price is \$50.

Two workshops are scheduled in January and February: Jan. 22, 10-noon, at Hancock Recreation Center, 1060 Hubbard Ave., or Tuesday, Feb. 8, 6:30–8 p.m. at the St. Anthony Park Branch Library, 2245 Como Ave.

For more information or to rsvp call 651-649-5992. Seating at the library is limited. Another option is to schedule a 30-minute miniworkshop for you and your neighbors.

City of St. Paul

If you are planning to travel this winter, the St. Paul Volunteer Police **Reserves** will conduct a house watch for you. They will walk around the outside of your home to make sure that it is secure while you are gone and will do this for up to 30 days. The reserve officers can conduct a premise survey and give you inexpensive solutions to securing your residence and making it less inviting for burglars. Contact the reserves at 651-266-5485.

The city's **Snow Emergency Lot** is located at Caitlin and Como avenues, not at Linwood Recreation Center, as was posted in some city information pages. The impound lot phone number is 651-266-5642.



Join your neighbors for the 5-5-1 Club & Café Soup-Off

Saturday, January 8, 2011

Enjoy lunch & festivities! \$8 pre-paid by 1/5/11, \$10 at the door

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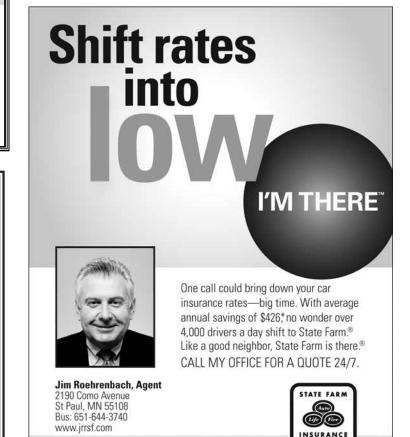


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Caffeine and comedy

A conversation with Dudley Riggs

By Judy Woodward

Towadays, topical humor dominates the scene from Jon Stewart to Saturday Night Live to the Twin Cities' own never-closing Brave New Workshop in Uptown Minneapolis. At the same time, Minnesotans have seemingly traded the old-time coffee percolator en masse for the nolonger-exotic pleasure of lattes and cappuccinos.

Neither of these two welcome developments might ever have reached the Twin Cities were it not for a singularly distinguished resident of University Grove.

Now in his 78th year, Dudley Riggs has lived a life so packed with unlikely detail and astonishing events that it probably wouldn't make it as a novel. Too fanciful.

But it's all true, and so recently the Minnesota History Theatre did the only sensible thing and turned Riggs' life into a play. Dudley: Rigged for Laughter ran for several months in

A 25-year resident of the Grove, thanks to his marriage to University of Minnesota professor emerita Pauline Boss, Riggs with his bow ties and his perennially impish grin might seem an unlikely resident of an academic neighborhood. But then, Riggs is probably an unlikely resident of any neighborhood.

Not surprising, since he grew up on the road as part of a multigenerational family of circus aerialists. To say that his was not a conventional suburban upbringing is to understate reality. "I grew up as an itinerant show person," he says. "You might say I ran away from the circus. The only way I ever broke with my family was to stay in a community."



Photo by Stephan Kistler

Dudley Riggs grew up on the road as part of a multi-generational circus family. "You might say I ran away from the circus," he said.

about 1950 as a performer with the Shrine Circus. Although his formal schooling had been intermittent, that year he decided to enroll at the University of Minnesota. He stayed with the circus for several more years, but his foot had been caught in the door here. Whenever he wasn't on the road performing, he'd come back for a few more classes.

Around the same time, he was also making decisions that would have important consequences for the cultural life of the Twin Cities. In 1950, American performers had Riggs arrived in Minnesota in trouble bringing European currency

back to the United States after a circus tour abroad. "We couldn't get the money out, so we had to buy things with it before we left," Riggs explains. On a whim, Riggs used part of his European earnings on an Italian espresso machine.

A couple of summers later, Riggs met a jazz musician on the boat trip home from the annual circus tour of Europe. The two performers experimented with something they called "word jazz." It functioned like a kind of psychological free

Dudley Riggs to 6

Recycle your old Christmas lights

You can recycle your old, broken holidays-2010. holiday lights at a number of locations during this month.

Hardware, 1930 N. Lexington Ave., are two of the area drop-off sites. A map of all participating locations that will accept the lights through Jan. 13 can be found at the website cleanenergyresourceteams.org/comm unity-projects/campaigns/recycle-

sponsored by the Recycling Asso- the Clean Energy Resource Teams, The Como Park Zoo and ciation of Minnesota in partnership Conservatory and Ace Suburban with the Clean Energy Resource Teams (CERTs), WCCO TV, Xcel Energy and Ace Hardware Stores in

> A benefit to recycling the lights is that it reclaims the copper that is in the lights. By one estimate, recycling copper takes about 10

percent of the energy it takes to The recycling program is extract it. According to estimates by recycling 50,000 pounds of lights in Minnesota would save about 530,000 kilowatt hours, or about 960,000 pounds of carbon dioxide. That's assuming 20,000 pounds of lights are replaced by LEDs and that homeowners with lights use them for about six hours a day from Thanksgiving to New Year's Day.

Roseville rejects asphalt plant permit

The Roseville City Council rejected the conditional-use request from Bituminous Roadways to allow outdoor storage for materials needed to make asphalt on Nov. 29.

The proposed storage facility would have been located on Walnut Street, in the northeast corner of the

In their deliberations, City Council members considered information from the ongoing environmental review and citizen input related to the project.

City staff recommended the council reject the permit application.

Documents related to the facility proposal are available online at www.cityofroseville.com/asphalt.



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2010-11 SEASON

Sunday, January 30, 2011 at 4:00 p.m. Steven Copes, violin & Shai Wosner, piano 3:00 p.m. pre-concert discussion



Concertmaster of the Saint Paul Chamber Orchestra, Steven Copes also is a noted soloist and chamber musician. Hailed by The New York Times as "a superb pianist," Shai Wosner is widely sought after by colleagues for his versatility and spirit of partnership. The Copes-Wosner duo performs works by Beethoven and Stravinsky.

FAMILY CONCERTS 2011

Friday, Feb. 25 - Jupiter String Quartet Friday, Mar. 18 - Minnesota Percussion Trio Friday, Apr. 29 Klezmer Band & Storyteller 6:15 & 7:30 performances

Family concerts at St. Matthew's Episcopal Church 2136 Carter Ave. (at Chelmsford), St. Paul, MN



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TICKETS/INFO 651-645-5699 musicintheparkseries@schubert.org

Music in the Park Series is now part of The Schubert Club

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Tickets and full season details on our website: www.musicintheparkseries.org



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The deadline for the next issue is January 19.

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D I T O R I A L

Here comes the sun

This is the January 2011 issue of the Park Bugle, but we publish it right at the days. Then the sun's arc begins to grow and our days get longer, again. winter solstice, the day that marks the beginning of winter (and yes, we all know winter really began weeks ago here in Minnesota) and the shortest day

The word "solstice" comes from the Latin phrase for "sun stands still." That's because the sun appears to rise and set in the same two places for several Park Bugle!

Those lengthening bits of sunlight are subtle, but in our cold dark days of January that growing light brings a bit of hope. The smiles return and we say, it's all right.

Happy lengthening days, from the staff and board of directors at the

LETTER

Shop Home for the Holidays keeps getting better

I would like to thank all those responsible for putting on this year's Shop Home for the Holidays kickoff on Dec. 4. The St. Anthony Park Community Foundation helped to create this event six years ago as a way of reminding neighbors to support our local businesses and to bring people together. Shop Home just keeps getting better and it's largely due to a small group of neighbors who put this event together every

Led by Clare Caffrey, they do everything from enlisting artisans to collecting raffle gifts from our local merchants to cleaning and setting up the Milton Square space (thanks Miltons!) used for the craft village.

Michele Slifer helps to organize the village, Jeanne Schacht and Emily Blodgett lend their graphic marketing expertise, Dr. Paul Kirkegaard pays for the musicians, and Terri Banaszewski and the Park Midway Bank crew always provide a hospitable one-day home for Santa, Mrs. Santa and the ever-popular reindeer sleigh.

It really takes a community effort and we are lucky to have these leaders willing to volunteer their time and energy to make it happen. Don't forget to support our local businesses all year round. If we don't use them, we'll lose them.

> Jon Schumacher Executive Director St. Anthony Park Community Foundation

Mark your calendars for the progressive dinner March 5

Next month you will see flyers posted around the St. Anthony Park neighborhood announcing the 25th annual St. Anthony Park Progressive Dinner. The holidays will be over and there will be, in the seeming doldrums of winter, slowly lengthening days. This quiet expansiveness inevitably leads to spring and the SAP Progressive Dinner. This is an opportunity for personal expansion by inviting neighbors into your home to share in conversation, food and wine. It is also an opportunity to meet new people, get to know some of them better and reconnect with those you have lost touch with.

Be a part of this fun neighborhood tradition by putting March 5 on your calendar and offering to host a group of six for a salad, main or dessert course. We will meet at the SAP United Methodist Church at 5:30 p.m. for appetizers and progress through the evening until the dessert course is finished at around 8:30 p.m. In addition, encourage new neighbors to join the fun and get themselves connected. We look forward to answering questions that you have and of course, seeing you on the March 5!

> Jenny Offt , Fariba Sanikhatam and Karen Kistler

Fund Drive Contributors

Thanks to our readers who have contributed to the Park Bugle's 2010 fund drive.

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Contributors to page 5

Carol M. Pearson

Gramma's dishes

By Michelle Christianson

My daughter, Rachel, bought a house this year, not far from where I live in St. Anthony Park—near Hamline University. She was excited to have her own place and room for all the things she had packed away at our house. One of those things was a set of dishes that had belonged to my mother.

those things was a set of dishes that had belonged to my mother.

Mom bought her china long before she got married and always loved it. It is a beautiful pattern—pastel roses on a creamy background with gold edging. She gave it to Rachel when she was 5 years old in 1984, the year my parents sold their home and moved to Arizona. The dishes have spent the last 26 years in our attic, waiting to be brought out and used.

Each piece was wrapped in newspaper, so it took a while to unpack. Of course, we had to pause/take time to look at the news from that day and laugh about the grocery prices, but eventually everything was sitting on the dining room table.

I remember it being a pretty complete set, but thought some pieces must have broken over the course of my parents' marriage. They were all there except for two cups. Twelve place settings, including dinner plates, luncheon plates, bread plates, dessert plates, small bowls (for sauce?), soup bowls and quite a few serving pieces. We marveled at how everything had withstood the ravages of time and what a wonderful gift it was

After we had washed everything and put it away in her new china cabinet, Rachel announced that she wanted to have Thanksgiving at her



Michelle Christianson

place. She had my husband's mother's flatware and many serving pieces from her, too. Rachel would cook the dinner with help from her parents and my sister, and my mother-in-law would leave the nursing home for a few hours to have dinner in a home with some of her dishes. Everyone was delighted.

When the day came, I realized that it was not just Gramma's dishes that we were using, but both gramma's recipes—Gramma's dishes in Gramma's dishes, so to speak. We all use my mother's dressing recipe, which really came from my grandmother. (We are so careful, that I believe my grandmother would recognize it as her own even now.) We add raisins, apples, prunes, walnuts and sausage to the usual

bread, onions, celery and butter.

My mother-in-law had always made orange-cranberry relish, saying every time, "It's so refreshing!" (After a while it just became known as "refreshing cranberries," or even just "refreshing.") I made that and we put it in the red-and-white crystal bowl she had always used. When she heard that it was there, she broke into a huge smile.

"Oh! I thought that had gotten broken!" she exclaimed. "Jim gave that to me the first year we were married." Though she can't see anymore, it was enough just to know that it was there and we were using it

Not everything on that table was an heirloom. We had wine in the glasses Rachel hand-carried from Prague when we visited there in 2001. And instead of the usual greenbean-and-fried-onion casserole, she prepared fresh green beans with garlic sauce. There will be new items to pass on to future generations.

But inside the dishes in the dishes, there was one more thing, a third layer nestled in the middle of everything. It was the love with which each dish was cherished and preserved, each recipe recreated "just like Gramma made it," the sense of family and tradition carefully nurtured. They may be moved to a new home, but those dishes hold the soul of our family as surely as they hold the mashed potatoes and gravy.

Michelle Christianson writes and teaches piano in the house where she has lived for 35 years, just a few blocks from where her mother-in-law lived for 38 years.

Fund Drive Contributors from page 4

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Corrections

In an article about the proposed parking lot at Como Regional Park ("Pave paradise and put up a parking lot?") in the December issue of the Park Bugle, the lot location was incorrectly listed as Lexington and Hamline avenues. The parking lot was proposed for the corner of Arlington and Hamline avenues.

The manager of Finnish Bistro was incorrectly listed as Sarah Weise in our December holiday shopping guide. Her name is Sandra Weise.

The Park Bugle welcomes

Here's how to reach us:

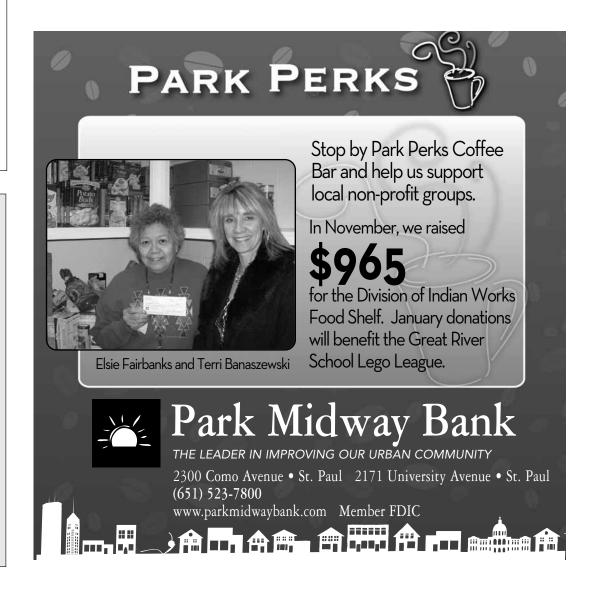
your news & ideas

To **contact the editor**, send an email to Kristal Leebrick, **editor@parkbugle.org**, or call **651-646-5369**.

If you want to place an ad for a business south of Como Avenue, contact Chrissy Ames,
651-208-5540 or chrissy@parkbugle.org

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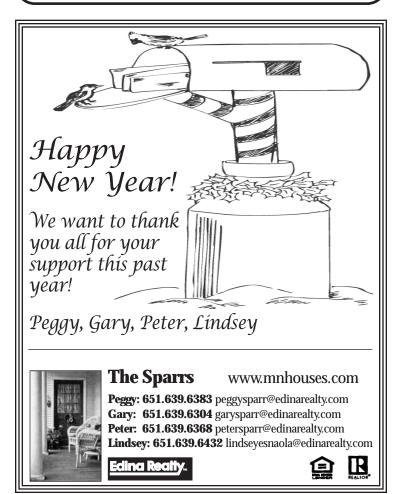
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Artists at 2402 University Ave. are packing up and moving out

There's a lot more than paint and Chittenden and Eastman Building this winter, as artists vacate their studios in the old warehouse to make room for its likely renovation as

"I've got a couple kilns, a wheel, a couple tons of clay," potter Charles Solberg said with a sigh. "It's a mess."

Other occupants leaving 2402 University Ave. include a maker of violin bows, several sculptors and a weaver with a large floor loom. Even the painters, presumably the lighter travelers, will grapple with framed canvases, desks and easels.

Solberg said he figures lost business into his moving expenses, too. "It's going to take me a month" to get everything moved and start producing and selling again, he said.

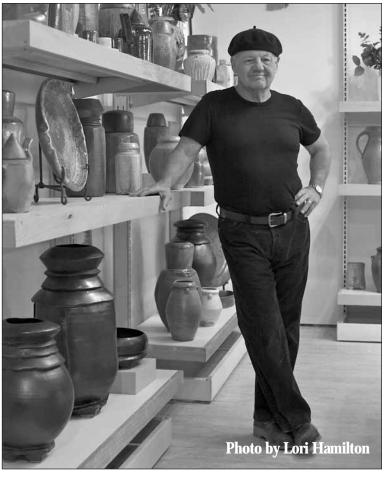
Solberg is among the artists moving to 2010 E. Hennepin Ave. in Minneapolis, where he said he feels confident he'll be able to stay for a while. "The landlord is really behind having artists there," he said. Others are simply moving their businesses to their homes or scattering to studio space elsewhere.

Built in 1917 for furniture and mattress makers Chittenden and Eastman Co., the warehouse has become a neighborhood gathering place, hosting open-house sales that draw curious families, as well as art collectors.

brushes being carried out of the no formal governing body for the will be gone," he said. artists in the building, he'll miss his

Solberg said that while there is colleagues there. "That community

—Anne Holzman



Chuck Solberg with some of his work in his University Avenue studio in November during the last sale at the artist studios in the Chittenden and Eastman Building.

Dudley Riggs from 3

association set to music, and when they got back to the States, they tried it out as a New York nightclub routine. "We didn't strive to be funny," in the early days, Riggs says. But they were frequently topical.

"We'd take a newspaper headline and ask the audience what they thought. 'Who do you love?' we'd ask. 'Who do you hate?' " (Even in those distant days, long before Watergate, the answer to the second question was frequently "Nixon!")

Riggs was living in Minneapolis when it all came together. The espresso machine had been sitting in the living room taking up space when he decided to try something new. "I opened a coffeehouse in 1958 to support myself," he says. "That was the first espresso machine in the Midwest. We advertised it as the only [one] between Chicago and L.A."

The café was on University and East Hennepin avenues, and it turned out to be a good location. "We were on the path to [Orchestra Hall] and we were serving Viennese pastries mit Schlag. We got good support from the symphony-goers," Riggs says. "Meanwhile, we got the theater going."

Ah, yes, the theater. Half a century later, the Brave New Workshop is still going strong, although the location has changed and Riggs himself retired in the late

'The city of Minneapolis viewed us with alarm. The vice squad was convinced that the espresso machine was somehow illicit.' — Dudley Riggs

run. Early on, problems arose from a You say something to me; I take it as cultural collision. The idea of a café was novel to the Northern Plains. "The city of Minneapolis viewed us with alarm," Riggs recalls. "The vice illicit."

Later on, there was Riggs' own sense of impermanence to deal with. "I settled here temporarily," he says. "I thought I'd go [on] to another job. But the theater was never seasonal. It was 52 weeks a year, so there was never an easy time to stop."

The mix of topical wit and improvisational comedy that Riggs helped develop has never been more influential. Times and targets change, but the improv style seems here to stay. Riggs refers to improv as "theater without a net," but he makes it sound as if falling was never his fear.

become people "Once accustomed to working in that form," he explains, "it's very liberating, because you can trust your companion [on stage]. ... [T]he basic affinity between performers is what makes it work. What kills He never expected this long a improv is if you rush to make a joke.

a gift and hand it back to youhopefully improved."

And it's not just professional funnymen these days who make use squad was convinced that the of the technique. The Brave New espresso machine was somehow Workshop teaches classes in improvisation to students who range "from pilots to the corporate world," Riggs says. Learning to trust a partner while thinking on your feet is a skill that comes in handy in many walks of life. "People have used it for teambuilding and new product development," muses Riggs.

Not that his respect for the form stops there. Describing the process of developing a piece for the theater, he says, "You approach the stage with respect for all opinions. Every idea is equal in the process. If the goal is to accumulate good ideas, you ask the audience for suggestions."

He pauses slightly for effect, "It would be a great way to run a country, wouldn't it?"

Judy Woodward is a reference librarian at Roseville Library and a longtime contributor to the Park Bugle.

Alternative cold remedies are nothing to sneeze at

By Natalie Zett

Ah, the sights and sounds of winter: the first blizzard, crunching snow, and the sneezing and wheezing colleague or classmate.

We can run, but we can't escape

the common cold. While there's no cure, there are many local practitioners who provide alternative treatments for these pesky viruses.

Acupuncture is effective in treating the aches and pains, stuffy nose and dripping sinuses associated with colds and flu, according to Lauren Fehr, licensed acupuncturist at Lauderdale Wellness Center, 2443 W. Larpenteur Ave. Fehr encourages people

to schedule an appointment at the first sign of the sniffles. "That's the best time because the body is trying to fight off the cold and the treatment can help," she said. Fehr also uses herbal remedies to help treat a cold.

If the thought of acupuncture makes you uncomfortable, Fehr offers assurance to needle weenies: "Acupuncture needles are extremely thin and solid," Fehr said. "It's nothing like a shot or having blood drawn. The sensation you usually get is one that's a little bit tingly but seldom intense."

Swapping acupuncture needles for colored lights sounds like the latest variety of snake oil, that is, until you speak with Esogetics practitioner SchaOn (pronounced "Shawn") Blodgett. He uses what he calls "Colorpuncture."

"It's like acupuncture, except that colored lights, instead of needles, are used," he said. Founded in Germany, Esogetic Colorpuncture is a newer therapy that draws from Chinese medicine.

Before dismissing this, Blodgett asks skeptics to consider McDonald's brand colors, red and yellow. "They conducted expensive and extensive marketing research and found the color yellow helps to motivate employees," Blodgett said. "It also increases the digestion rate, so when customers come in, they feel hungry. For employees, red will make them work faster. When customers arrive, red will make them want to get their food, eat and leave quickly."

Esogetics applies a similar colorbased theory to its treatments. "We have therapies for the cold and flu that encourage the lymphatic system to start moving, which strengthens your immune system," Blodgett said.

"Much of the immune system is based in your intestines, so we want to flush out the toxins. To fight a cold, we have about 50 specific therapies that we can use just because each situation is different." Blodgett, who sees clients at Shen-Men, a Healing Arts Collaborative, in the Baker Court Professional Building, 821 Raymond Ave., doesn't have a problem treating clients who have

week, get enough sleep and decrease stress.

Although studies are incon-

clusive about the efficacy of many vitamins and supplements, Skon said, "It's best if you get vitamins and minerals from foods, but that's not always possible, so we'll often recommend a daily supplement.

Teas (black and green) can be help-ful, and garlic is a natural antibiotic."

Matt
Caldwell, a chiropractor at
Lauderdale Wellness Center, said a
chiropractic adjustment helps reduce stress

for patients with colds or the flu. He also advises eating a balanced, plant-based diet and lowering sugar and alcohol in-take. "Increasing sleep also helps," he said.

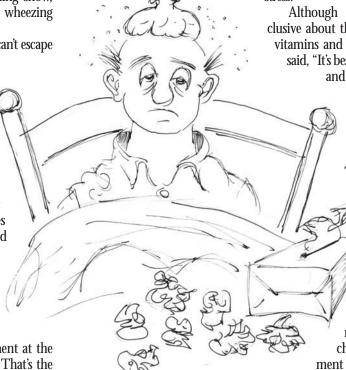
Kris Groth, a registered occupational therapist at Lauderdale Wellness Center who began doing CranioSacral therapy about 14 years ago, said CranioSacral therapy can give the body a jump-start. It involves the manipulation of the skull bones (the cranium) and the sacrum. "[It] treats the whole body," Groth said, "helping it to balance out and boost the immune system. It helps clear sinus drainage and anything that got stuck

"If [the body has] been wanting to kick that cold, a treatment will give it an extra boost."

Chiropractor Carla Breunig uses homeopathic remedies in her practice at Roots WellCare, 570 Asbury St., Suite 102 (she is a certified classical homeopath by the Council for Homeopathic Certification). "With colds (upper respiratory infections), the clearer the symptoms, the more likely there will be a positive response with homeopathy," she said.

"Colds are self-limiting, meaning that they often clear up on their own with time. However, if the cold develops into a deeper condition (for example, bronchitis) and persists and worsens rather than improves, consult your medical physician."

Natalie Zett is an award-winning writer and frequent contributor to the Park Bugle.



colds. "Come on in. I see sick clients all the time," he said.

Illustration by Stephen Parker

A good offense

When dealing with a cold, "the best defense is a good offense," said Dr. William Skon, a St. Anthony Park resident who practices at Skon Chiropractic Clinic, 1567 Selby Ave.

"In chiropractic, we talk about innate intelligence—the body's ability to heal itself," Skon said. "The nervous system controls innate intelligence and the connection from the brain to the rest of the body comes through the spinal column. With colds and fevers, we adjust the upper cervical area, the upper neck—lots of stuff happens there."

Skon recommends taking extra precautions this time of year: "The number one thing is to increase your water. When we get into winter, with heat running in the house, it gets drier—plus we're in enclosed spaces, which makes it easier to catch the viruses. The virus invades the body and kills off the normal cells."

If you succumb, however, you're not out of luck. "Remember to increase water consumption and don't [eat] dairy products, which create more congestion," Skon said.

While it's OK to eat fruit when you're sick, Skon cautions against drinking juice. "There's so much sugar in juice that it compromises the immune system." He also encourages people to exercise four to five times a



January 8th 10:30 - Noon - Creativity and Aging Film: "No Age Limit" Speaker: Lucy Rose Fischer, author of "I'm New at Being Old"

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Como Park from 1

The original memorial, which was funded by the Joyce Kilmer American Legion Post (St. Paul parks superintendent at that time, W. Lamont Kaufman, was a member), was a larger complex that included a cascading waterfall, a wooded grove, the fireplace and a plaque with Kilmer's poem "Trees" hanging from a nearby tree. Only the fireplace remains.

The Como Woodland Outdoor Classroom project includes a 17 3/4acre woodland restoration with seven woodland "classrooms": oak savanna, coniferous forest, transitional woodland, oak woodland, sedge meadow, ephemeral wetland and tall grass prairie. Each area will have a series of trails meandering through it, providing visitors with a view of what these respective woodlands are like, Murphy said. Also, each classroom will contain a small clearing with groupings of logs or boulders for seating to accommodate six to eight students. It is hoped the classrooms will be used by local schools, Murphy said.

A \$218,000 Minnesota Environment and Natural Resources Trust Fund grant will be used for the first phase of the outdoor classroom project, Murphy said. That work includes removal and management of invasive species, construction of gravel trails, construction of the small clearings, informational signage, the development of an outreach program and an "Educate the Educator" program for teachers in outdoor environmental education.

Pool construction begins

Despite the increased number of amenities planned for the new aquatic center in the park, the new pool area will not be much larger than the one it is replacing, Murphy said. The old facility totaled 28,949 square feet (that included 7,647 square feet of water surface and 21,302 square feet of deck space). The new facility will be 29,231 square feet, 16,218 of which will be dedicated to water surface and 13,013 to deck space. The bather load will be 548, Murphy said.

Ground was broken for the new aquatic center in October. So far, grading has been done for the parking lot and pool area and excavation for the administrative and shower buildings has begun.



Photo by Sharon Shinomiya

The only remnant of a Depression-era memorial to poet Joyce Kilmer at Como Regional Park is this fireplace, which is now being restored.

from the Minnesota Department of Natural Resources, which will go toward installing a solar system that will be used to heat the showers, sinks and pool, Murphy said. That system will also offset some of the heating needed for the winter, as the offices that will be built at the pool will be used year-round by the St. Paul Municipal Athletic Office.

Completion is expected by September 2011, Murphy said, and the pool is tentatively planned to open Memorial Day weekend of

There are three pools planned for the project:

• A six-lane lap pool with an adjacent diving well. The pool will flow into a two-lane 25-meter lap pool, featuring a zip-line (a pulley suspended on a cable that bathers can use to traverse across the pool).

- The city recently received a A splash pool with a zero-depth, \$150,000 Solar Energy Legacy Grant beach-like entry that will rise to a depth of 3 feet. The splash pool will have some small water slides along with ground sprays and interactive features where bathers will be able to turn water sprays on and off.
 - The third pool will be a lazy river in which guests can float in a tube down a waterway that will split into either a water slide or an area where there will be spray cannons and guests can spray their friends from the sides as they float along.

The project includes the realignment of Como Avenue near the pool. Two new buildings will house showers, restrooms, admissions, offices and concessions.

Murphy said they were ash trees that would probably have been removed in the next several years due to the local emerald ash borer infestation.



Photo courtesy of the Como Zoo and Conservatory

Como Zoo in its early days: This well-dressed woman doesn't seem to understand the notion of "don't feed the animals."



Photo courtesy of the Como Zoo and Conservatory

Ninety-five years ago, work on the conservatory begins.

More than 200 new trees will be planted in the area. The new aquatic facility will provide more shade than the old pool, Murphy said, as there will be trees and landscaping inside the pool fencing.

The new 215-space parking lot is larger than the old lot to accommodate both pool parking and A number of trees were removed activity at McMurray Field. The pool to accommodate the new facility, but restrooms will be accessible to pool guests only.

Historic Streetcar Bridge

There is funding to restore the Historic Streetcar Bridge, the footbridge near the Historic Streetcar Station at 1224 N. Lexington Pkwy., Murphy said. No plans have been finalized for this restoration, but it will likely be restored as "a ruins" with some parts of the bridge remaining and the installation of interpretive boards to show how the bridge was used, what it looked like and its history, he said.

West Picnic play area

Parks and Recreation has approximately \$250,000 in funding to build a new play area at the West Picnic play area, Murphy said, but no architect has been assigned to the project yet and no plans have been made for the project.





Timeline

Since 1873, Como Park has been a work in progress

By Sharon Shinomiya

1873: St. Paul purchases 259.95 acres of farmland for a public park next to Lake Como, which was then located outside city limits. An economic downturn stalls development for 14 years.

1882: St. Paul erects a workhouse for prisoners "out in the woods" on park land. Five years later, the newly formed park board decries its location in the park and a long battle to remove the "eyesore" begins.

1887: The park board hires noted landscape architect Horace W. S. Cleveland to design St. Paul's parks and parkways. Como Park is planned as a landscape park. During the next few years, several roads are constructed and grass is planted on the Hamline picnic grounds. Inmates from the workhouse provide free labor.

1891: Frederick Nussbaumer, a park gardener with experience in London and Paris, is promoted to superintendent of parks. During his 30-year tenure, Nussbaumer completes the park's layout and adds many recreational amenities.

1894: Gates Ajar, one of several topiary features in the park, is planted in the first of its three locations

1895: Nussbaumer creates floral display gardens and a "Banana Walk," a pathway lined with tropical plants. A steam-heated pond, the "Aquarium," is completed and holds huge Victorian Water Platters

1895: Shallow Lake Como is dredged. Its northern arm reaches into what is now the golf course. A narrow channel connects Lake Como to Cozy Lake, a smaller, shallow lake that lies between today's golf course clubhouse and the zoo. An elephant topiary invites boaters to picnic on Cozy Lake's island.

1897: The city of St. Paul is given a gift of three deer and Como Zoo begins.

1898: The park board reluctantly grants permission for the Como-Harriet Streetcar Line to extend through the park.

1904: On the northern shore of Cozy Lake, the first Japanese garden is created, inspired by Japan's exhibit at the St. Louis World's Fair. High water damages it three years later. After 1909, it mysteriously disappears from all park records.

1904: Streetcars pass under two new concrete arch bridges: a footbridge and Lexington Parkway Bridge. Both bridges are now on the National Register of Historic Places.

1905: A new stone streetcar station is built.

1906: A new lakeside pavilion replaces an 1894 structure. A year later the park adds a bandstand that extends out into the lake.

1910: The Nelumbium (Lotus) Pond and Rockery, or Frog Pond, is created in a natural depression. A semi-circular pergola and granite bullfrog are added years later.

1913: Como Park receives between 1 million and 1.5 million visitors a year.

1915: Construction of the glass-domed conservatory, Superintendent Nussbaumer's dream, is completed. It is now listed on the National Register of Historic Places.

1924: George Nason becomes superintendent of parks and sets to work paving the parkways for automobiles.

1925: The leaky northern arm of Lake Como is cut off and filled. Cozy Lake dries up for good.

1930: Como Golf Course opens with nine holes. Nine more are added two years later.

1932: W. LaMont Kaufman begins his 33-year career as superintendent of parks. He oversees many Works Progress Administration projects and steers the park through hard times during the Great Depression. Monkey Island and many new buildings are constructed as the zoo expands to include animals from around the world.

1936: An arboretum is established, dedicated to poet Alfred Joyce Kilmer, who died in World War I. It includes a tall stone fireplace and limestone cascades and pool.

1954: Streetcars no longer run through the park.

1957: The zoo hires its first director, John Fletcher.



Photo courtesy of the Como Zoo and Conservatory

Construction workers take a break for a photograph in front of the newly built Como Park Conservatory.

1960: The workhouse is removed. Two years later Como Pool is built on the site.

1962: A hailstorm destroys the glass at the Conservatory.

1967: The Hamm Memorial Water Falls is created on a hillside across from the lakeside pavilion.

1970s: Following completion of a master plan for Como Zoo, many more new buildings and exhibits are constructed.

1979: A new 1-acre Japanese garden opens. It is designed by Masami Matsuda of Nagasaki, Japan, St. Paul's sister city.

1981: The Como Park Master Plan is completed and calls for the removal of many roads in the park and the rerouting of Lexington.

1986: Como Golf Course closes for remodeling and reopens two years later.

1992: Using original 1905 plans, the lakeside pavilion is rebuilt, minus the bandstand.

1998: The Capitol Region Watershed District is formed to improve water quality in Lake Como and removes sandbars, creates rain gardens and adds native plantings along the shoreline.

2000: Cafesjian's Carousel moves into its new copper-topped pavilion.

2001: The streetcar station is restored and a new pedestrian bridge over Lexington safely links the park and lake.

2005: The Visitor Center opens.

2005: Como Town replaces the old amusement rides.

2006: Tropical Encounters exhibit opens.

2008: About 2.5 million people visit Como Park each year.

2008: New bike trails and walking paths better connect the features of the park. The old streetcar bridge over the former Beulah Lane is reconstructed.

2008: Como Pool closes.

2008: A master plan is developed for a new Como Woodland Outdoor Classroom on the site of the former Joyce Kilmer Arboretum.

2010: Polar Bear Odyssey opens. Construction begins on a new aquatic facility.

Sharon Shinomiya lives in the Como Park neighborhood. She enjoys historical research and writing.







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Business News

New store is strictly for the birds

By Roger Bergerson

It didn't take Linnea Carlson long to come up with a name for her new wild-bird store, Chickadee's House, because she's long been enamored with the little black-white-and-gray creatures that zip around so many backyards.

"It's hard to say 'chickadee' and be in a foul mood," Carlson says. "I like to think of my store like that, a happy place, kind of a 'Candyland' for birds."

Chickadee's House opened recently in the Lexington Plaza Shoppes at 1771 N. Lexington Ave., featuring a full line of birdseed and food, bird feeders and houses and a variety of other products associated with backyard bird-watching.

According to a U.S. Fish and Wildlife Service survey, one in five Americans watches birds around the home and a high percentage of those millions of people feed birds, as well.

Carlson chose the location just north of Larpenteur Avenue, in part, because there isn't another wild-bird store within a five-mile radius.

Since a lot of grocery stores and other outlets also sell birdseed, why shouldn't people buy it there?

"A lot of that birdseed is junk. Birds won't touch it, so it goes to waste," she says. "If you look at it another way, would you buy your milk and eggs at a bird store?"

Carlson particularly enjoys helping neophytes get started, selecting the seeds and feeders that will attract the most desirable birds for viewing.

She grew up in Falcon Heights, where her parents still live, and started paying attention to birds on visits to her grandparents' home near the University of Minnesota's agricultural fields. "I'm crazy about gardening and birding and making one's environment beautiful and



Photo by Roger Bergerson

Linnea Carlson, owner of Chickadee's House, and Sally the cat.

creature-friendly," Carlson says. "I know birds, although if someone were to ask me about the mating ritual of the indigo bunting, I would have to look it up."

She's hoping that customers will come in to share their birding experiences and will post photographs they take on her website, chickadeeshouse.com.

"I also hope parents will feel comfortable bringing their children here, because it's a kid-friendly store and I think it would be great if we could get more youngsters interested in birding."

Carlson left the security of a corporate job to pursue her dream of starting a small business that would not only be successful but also a benefit to the community.

"I'd like to encourage people to

value the nature around them, whether it's downtown, in the backyard or a park, because it's all so interesting and wonderful," she says. "And it's there to be enjoyed if you're 8 years old or 88. Bird watching brings people together like almost nothing else."

Chickadee's House is open Monday-Friday 10 a.m.-7 p.m., Saturday 9 a.m.-5 p.m. and Sunday 10 a.m.-3 p.m.

Roger Bergerson has enjoyed feeding and watching birds in his northwest Como backyard for the past 30 years.

BUSINESS

B R I E F S

She's back. Mary Leonard, proprietor of Chocolat Celeste, has reopened at a new location, 652 Transfer Road, just off University Avenue near the Amtrak station. The building has a large parking lot and a new kitchen, Leonard says.

The chocolatier has introduced new flavors for the holidays, including peppermint bark, peppermint truffles, eggnog truffles and cranberry bonbons.

Leonard has extended store hours through Friday, Dec. 24, from 9 a.m. to 6 p.m., though she isn't promising how late she'll be open. She starts to get lonely at 4 p.m. on Christmas Eve, she says.

Pierce Richards

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Chelsea Heights Elementary

1557 Huron St., 651-293-8790 www.chelsea.spps.org

Chelsea Heights students and families donated 1,600 pounds of food (that's three truckloads) to Keystone Community Services food shelf as part of the school's

Thanksgiving Food Drive. This food drive was spearheaded by a group of student leaders. Way to go, Cheetahs!

Como Park Senior High

740 Rose Ave., 651-293-8800 *www.comosr.spps.org*

Como Park High School is beginning a partnership with **Students in Action,** a student-led program that promotes volunteer and public service initiatives through already-established school groups such as the National Honor Society and Student Council. Its purpose is to instill the ideas of service, leadership and ethics in high school students and to recognize and encourage their efforts.

Three of Jeff Caulum's English Language Learner students, Lay K'Por Pae, Dao Lee and Xai Xiong, had personal writings and poetry published in the most recent issue of *Hmong Teen Magazine*. They received a copy of the magazine as well as a small stipend for their work.

Fifty-one students with straight As were honored by the school and counseling department with a pizza party in the Career Resource room recently. Their academic accomplishments are a continual model for all students.

After-school tutoring with students from the University of Minnesota is occurring for a variety of subjects. There are limited spaces available for this intensive tutoring opportunity and requires a sign-up in the library.

Como's debate team is preparing for Varsity State in January after achieving great results in the Novice/JV State meet. **Maci Bekele and Stryker Thompson** made it to quarter finals, where they lost to students from Blake School. Maci won the second-place speaker award and Stryker took the sixth-place speaker award.

The Como Park High School Showcase Open House for prospective students, parents and guardians is Thursday, Feb. 3, from 6:30 to 8 p.m. Find out about Advanced Placement, music, science, College in the Schools, sports opportunities, world languages and mathematics. Talk to students, teachers and coaches and see what makes Como Park work as a high

school. Tours can be arranged through the Career Resource Center and are on Wednesdays, Jan. 12 and 19, and Feb. 2, 9, 16 and 23.

Murray Junior High

2200 Buford Ave., 651-293-8740 *www.murray.spps.org*

The Murray Parent Association will host a **forum on internet safety and cyber bullying** Monday, Jan. 10, at 7 p.m. in the school library. The site council will meet Jan. 10 at 4 p.m.

Murray science students will present their science projects individually to three judges at the largest **Minnesota junior high science fair** Tuesday, Jan. 18, from 6 to 9 p.m. Anyone interested in judging at the event should contact Gen Nakanishi, 651-293-8740. Parents and the community are invited to an open house to view the projects Wednesday, Jan. 19, from 6:30 to 8 p.m.

Parent conferences will be held Thursday, Jan. 27, from 3:30 to 6:30 p.m. and Thursday, Feb. 3, from 5:30 to 8:30 p.m. Conference forms will be sent to all homes to request a time with teachers.

There is **no school** for students Jan. 17 and 31.

St. Anthony Park Elementary 2180 Knapp St., 651-293-8735 *www.st.anthony.spps.org*

This is a good time of year to **thank the community** that supports St.

Anthony Park Elementary School. Fundraising by the parent organization, SAPSA, is a year-round activity at the school. It begins each fall with wrapping paper sales, Chinook book sales, T-shirt sales, and the Fall Festival and silent auction. On Dec. 4, Micawber's Books hosted its annual fundraiser and donated 10 percent of the day's sales to the school.

Money raised supports field trips, art and music supplies, art residencies, library books and shelves, physical fitness awards, enrichment classes, support for the school patrols, classroom grants for teachers and much more.

The school also receives support from the St. Anthony Park Community Foundation. Thanks to grant money, the school is able to enrich learning opportunities through support for arts programming, such as the artist-in-residence program; environmental education, such as field trips to Camp St. Croix and Wolf Ridge Environmental Learning Center; Destination ImagiNation; and music education. In addition, the foundation supports the Music in the Park series, which brings musical performances into the school.

Volunteers donate many hours organizing fundraisers, chaperoning students on field trips and building a sense of community by attending SAPSA and site council meetings. The school also welcomes volunteer tutors who help out in class or after school. Contact the VISTA tutoring coordinator, Lindsay Marcil, at lindsay.marcil@spps.org if you are interested in volunteering.

To find out more about **St. Anthony Park Elementary School**, visit the school website, which is listed above. If you or someone you know is interested in sending a child to the school next year, click on the "For Prospective Parents" page.

Tours of the school are available. Please call the office after Jan. 3 to

make an appointment, 651-293-8735

Important events in January include a theater music and movement residency for fourth-graders, Jan. 6; site council meeting Jan. 10 at 5 p.m.; coffee and conversation with the principal Jan. 13 at 9:15 a.m.; Martin Luther King Jr. program Jan. 14 at 2 p.m.; SAPSA meeting Jan. 18 at 5 p.m.; coffee and conversation with the principal Jan. 27 at 9:15 a.m.; and School Spirit Day Jan. 31.

St. Paul Public Schools parent fair set for Jan. 8

St. Paul Public Schools is hosting its annual Parent Information Fair on Saturday, Jan. 8, in the Grand Ballroom at the St. Paul RiverCentre, 175 W. Kellogg Blvd. Staff from more than 60 St. Paul Public Schools will be available to answer questions and provide information. In addition, representatives from dozens of charter, parochial and private schools are expected to attend.

The fair will run from 9:30 a.m. to 2 p.m.





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2010 has been a rough year for many of us but January is traditionally the start of the Spring market for real estate.

So think Spring and call me with any questions about buying or selling.

Have a happy new year!

Nancy Meeden Coldwell Banker Burnet Office: 651-282-9650 Mobile: 612-790-5053 nmeeden@cbburnet.com



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Host 1-2 college-age students from Japan's Asia Pacific University in your home for 3-6 weeks, February 6 - March 19. They will be short-term students at the U of M. Orientation will be provided.

Minnesota International Center For more information, contact the Minnesota A World Affairs Council International Center (MIC) at 612.625.9618 or www.micglobe.org email: mic@umn.edu.



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NOVUS

Events

Addresses and phone numbers for the venues listed here are at the end of the calendar of events. Send your events to calendar@parkbugle.org by Jan. 19 to be included in the February issue of the Park Bugle.

3 MONDAY

Community Colorpuncture, 5:30-8 p.m., Shen-Men.

4 TUESDAY

Baby lap-sit story time, 10:30 a.m., St. Anthony Park library.

Block nurse exercise program, 3:15 p.m., St. Anthony Park library.

Meditation Circle, 7-8 p.m., Shen-

5 WEDNESDAY

English conversation group, 4 p.m., St. Anthony Park library.

Community Colorpuncture, 11:30 a.m.-2 p.m., Shen-Men.

St. Anthony Park Book Club, 6:30 p.m., St. Anthony Park library.

6 THURSDAY

52nd Annual Langford Park Winter Classic begins, Langford Park.

7 FRIDAY

Preschool story time, 10:30 a.m., St. Anthony Park library.

Block nurse exercise program, 3:15 p.m., St. Anthony Park library.

52nd Annual Langford Park Winter Classic, Langford Park.

8 SATURDAY

Be Well As You Age Film Series, "No

Community Events is sponsored by

Age Limit," and presentation by Lucy Rose Fischer, 10:30 a.m.-12:30 p.m., St. Anthony Park library.

52nd Annual Langford Park Winter Classic, Langford Park.

10 MONDAY

Community Colorpuncture, 5:30-8 p.m., Shen-Men.

11 TUESDAY

Sing, Play, Learn! in Spanish and English with MacPhail Center for Music, 10:30 a.m., St. Anthony Park library.

Block nurse exercise program, 3:15 p.m., St. Anthony Park library.

Meditation Circle, 7-8 p.m., Shen-Men.

12 WEDNESDAY

English Conversation Group, 4 p.m., St. Anthony Park library.

Community Colorpuncture, 11:30 a.m.-2 p.m., Shen-Men.

14 FRIDAY

Preschool story time, 10:30 a.m., St. Anthony Park library.

Block nurse exercise program, 3:15 p.m., St. Anthony Park library.

Open house, 5–8 p.m., Shen-Men and Psinergy.

17 MONDAY

Community Colorpuncture, 5:30-8 p.m., Shen-Men.

St. Anthony Park library.

Block nurse exercise program, 3:15 p.m., St. Anthony Park library.

Meditation Circle, 7–8 p.m., Shen-

19 WEDNESDAY

English conversation group, 4 p.m., St. Anthony Park library.

Community Colorpuncture, 11:30 a.m.-2 p.m., Shen-Men.

21 FRIDAY

Preschool story time, 10:30 a.m., St. Anthony Park library.

Block nurse exercise program, 3:15 p.m., St. Anthony Park library.

Friday Night Out: Kids, Values and Monday, 5:30-7:15 p.m., St. Anthony Park United Church of Christ.

24 MONDAY

Community Colorpuncture, 5:30-8 p.m., Shen-Men.

25 TUESDAY

Block nurse exercise program, 3:15 p.m., St. Anthony Park library.

Meditation Circle, 7-8 p.m., Shen-

26 WEDNESDAY

English conversation group, 4 p.m., St. Anthony Park library.

Community Colorpuncture, 11:30 a.m.-2 p.m., Shen-Men.

27 THURSDAY

All St. Paul public libraries closed for customer-service improvements.

28 FRIDAY

Preschool story time, 10:30 a.m., St. Anthony Park library.

Block nurse exercise program, 3:15 p.m., St. Anthony Park library.

31 MONDAY

Community Colorpuncture, 5:30-8 p.m., Shen-Men.

CONTACT **INFORMATION:**

Langford Park and Recreation Center, 30 Langford Park, 651-266-2400.

Shen-Men, A Healing Arts Collaborative, 821 Raymond Ave., Suite 260, 612-217-4325.

St. Anthony Park United Church of Christ, 2129 Commonwealth, 651-646-7173.

St. Anthony Park Branch Library, 2245 Como Ave., 651-642-0411.

18 TUESDAY

Baby Lapsit Storytime, 10:30 a.m.,

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Neighbors

SAP garden club's 2011 program features talks, tours and more

The St. Anthony Park Garden Club invites area residents to become members of the organization.

The purpose of the club is to "stimulate the knowledge and love of gardening among amateurs, to encourage the study of northern horticulture, to aid in the protection of native plants and trees and to encourage civic planting."

Every spring, members plan, plant and maintain the annuals at the St. Anthony Park Branch Library at the corner of Carter and Como avenues.

If you live near Raymond and Carter avenues, you may have noticed a hard-working group of folks pulling out buckthorn, burdock and other invasive plants in College Park last October. In collaboration with the Minnesota Department of Natural Resources, the City of St. Paul Forestry Department and many volunteers, the garden club led this invasive species removal workday; 2011 will see a continuation of these efforts.

The most visible club events are the annual plant sale and garden tour. The 2011 plant sale at the St. Anthony Park Arts Festival will be held June 4 in the parking lot of Park Service, 2277 Como Ave. The 2011 garden tour is scheduled for June 25. Watch for announcements in the Bugle and at neighborhood merchants.

The funds generated from these two events and the member dues help provide financial support for Arbor Day activities, the library plantings, the Minnesota State Horticultural Society Fairgrounds gardens, horticulture student scholarships, invasive species removal and other gardening activities, and the speakers at the club's monthly meetings.

The first-Tuesday-of-the-month meetings are held at St. Matthew's Episcopal Church, 2136 Carter Ave. The business meeting starts at 6:30 p.m. Refreshments are served from 7:00–7:15, and the program begins at 7:15. Everyone is welcome to attend.

Here is the club's 2011 program schedule:

- **Feb. 1:** Gardening for Diversity: Minimize Turf and Maximize Your Planting Choices
- March 1: History of the Marjorie McNeely Conservatory, Past, Present and Future
- **April 5:** Urban Gardens: Sanctuaries for Bees and other Pollinators
- May 3: New and Underused Perennials
- **Sept. 6:** The Safe Six (How to Identify Edible Mushrooms)
- Oct. 4: Minnesota Natives and their Herbal, Medicinal, Utility and

Food Uses

- Nov. 1: 'Tis the Season—Holiday Tran-seasonal Designs and Bulb
- **Dec. 6:** Gardens and Natural Places Down Under

Nursery and garden center tours, demonstrations and tours of member gardens are some of the events planned throughout the year for club members. The club is for gardeners at all levels of expertise. For more information, go to sapcc.org/GardenClub.

Blizzard causes rescheduling of University Avenue Project auction Photographer Wing Young Huie's silent auction and fundraiser for his University Avenue Project was disrupted by the Dec. 11 blizzard that dumped almost 20 inches of snow in St. Paul.

The event will be rescheduled to a new date in January. That date had

not been confirmed at press time.

The auction will allow attendees to bid on the actual photos that were displayed in windows along six miles of University Avenue last May through October.

In talking about why he chose University Avenue for the project, Huie said, "University Avenue is a microcosm of America. It is the future. It's a colliding kaleidoscope of realities—people who have been here for generations and those who just arrived from other parts of the world. It's one of the most dense concentrations of immigrants in the area."

The fundraising event was hosted by the Twin Cities Photography Group, 2500 University Ave. W. To find out more about the auction and sale, visit the website at theuniversityavenueproject.com.

Neighbors to 16



Photo by Carlos Samaniego

Just hours before a blizzard ended the silent auction, Wing Young Huie discusses photographs from his University Avenue Project.



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The days are getting longer – already!

There are some great properties on the market here in Wonderful North St. Anthony Park:

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1271 Raymond Avenue – 4 Bedrooms, 2 full baths, 2 car tuck-under garage, 2 FPLCs, central air, beautifully redecorated. **\$349,900**

2359 Valentine – 2+ Bedrooms, 2 baths, great location on a large corner lot. **Under \$200,000!**

There are others on the market, and you can find out all about them by visiting **www.stevetownley.com**. Look for the St. Anthony Park page.

Buyers, a number of St. Anthony Park sellers are getting ready for the spring market by getting their inspections done and their homes ready for showings. Be ready for these buying opportunities by calling us as soon as possible.

Sellers, there are buyers looking for just the right property here in the Park. Get ready for these selling opportunities by calling us as soon as possible.

2011 will begin my 31st year of serving the real estate needs of St. Anthony Park. **Thank you for your continued support!**

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LIV E

Nancy Brasel

Nancy Ann Brasel (née Steinson), 63 died of breast cancer at home in St. Anthony Park on Nov. 25, surrounded by her family.

She was born Dec. 11, 1946, in Winona, Minn. Nancy enjoyed a wonderful Midwestern childhood, including living for many years in Omaha. A graduate of Grinnell College in Grinnell, Iowa, she married David Brasel on March 21, 1970, and they settled in St. Paul.

A caring friend, mother and wife, she was an active volunteer, including facilitating a grief group in recent years. At House of Hope $\,$ Presbyterian Church, she served as sanctuary tour leader, deacon and elder. She was a gifted artist who returned to school as an adult for additional study in studio arts. An avid world traveler, she was always ready for a new adventure.

In recent years she worked as a patient librarian at the University of Minnesota Hospital, where she was much loved by her co-workers and by hospital patients. She was a remarkable woman who enjoyed life and made the people around her feel they were special and loved.

She is survived by David Brasel and Andrew Haukebo; children, Heather Wurtz (Nick), Christopher (Angela) and Michael (Hilary); six grandchildren; sisters, Barbara Steinson (John Schlotterbeck) and Mary Steinson (Jerry Storck); mother-in-law, Martha; and beloved dog, Molly.

Memorials may be sent to the family, who will establish a fund to benefit the children's section at the St. Anthony Park Library.

Her funeral was held Dec. 1 at House of Hope in St. Paul, with private interment.

Curtis Larson

Curtis L. Larson died peacefully at his home in Falcon Heights on Nov. 15, just weeks after celebrating his 90th birthday on Oct. 10.

He was a farm-kid-turnedprofessor and an international hydrologist, whose diverse paths led him from a one-room schoolhouse to

consulting on four continents to tutoring in St. Paul during retirement. He never met a problem he didn't want to solve; he was a pragmatist and optimist to the end.

Brought into the world in 1920 by his midwife grandmother on his family's farm, he was the son of Leslie and Ruth Larson of Cottonwood, Minn., where he grew up. He was a descendant of immigrants of the Leirdal family of Lusterfjord, Sogn, Norway, with whom he exchanged visits and maintained contact.

At 16, Curt left the farm and earned a degree in civil engineering in 1943 from the University of Minnesota. He met Miriam Johnson of south Minneapolis at a dance, and they married.

Curt served as a Navy ship engineer on the USS Kenneth M. Willett in the South Pacific. Years later, he and Miriam took the family to Stanford, Calif., where he earned his doctorate. Curt served 39 years on the Agricultural Engineering faculty at the U of M. He loved traveling and working in Latin America and around the world, especially Colombia, where he made lifelong friends. Consulting destinations ranged from Tunisia and Spain to Chile and the Panama Canal.

Curt co-developed with Russell Mein the Mein-Larson equation widely used to forecast rainfall runoff and infiltration in small watersheds. This work was cited as a "landmark paper" by McGraw-Hill. Last May, he was recognized for 60 years of membership in the American Society of Agricultural and Biological Engineers, which in 1984 honored him with the Hancor Soil and Water Engineering Award.

Curt was an advisor and mentor to dozens of international students and to his children and grandchildren. He encouraged them to pursue advanced education, world travel, service and hearty Norwegian food at Christmas.

Miriam through a long battle with rheumatoid arthritis. She died in 1983. Soon he married Marjorie Olson (formerly Woodcock), also widowed. Upon retirement they tra-

veled the world and volunteered. They loved trips to their log cabin in Au Train, Mich., where they hosted grandchildren, canoed, fished and sailed, and brought home coolers filled with pasties.

Curt loved his family, Tatum Street neighbors and community. He served in the choir at St. Michael's Lutheran Church, as well as on the church council and building committee. He volunteered with the North Suburban Kiwanis, Meals on Wheels and Global Volunteers. For 12 years he tutored adults in math at the Ronald M. Hubbs Center in St. Paul. Then he recruited other retired U of M professors to tutor also. He was a longtime resident of Falcon Heights and co-founder of Falcon Heights Community Park.

He is survived by daughter Jean Larson; sons Reed (Sharon Irish) and Mark (Mary Kennedy); six grandchildren, Britta, Gabe and Laura Suppes; Miriam and Renner Larson; and Bridget Larson; and two siblings. He is also missed by his second family, Jack, Cindy, Mara and Ben Woodcock; Edith and Fred Meserve; and Carla Olson. Curt was preceded in death by his wife Miriam (Johnson), after 39 years of marriage; by his wife of 21 years, Marjorie (Peterson); and by one brother.

Last year, Curt met his goal of publishing memoirs of his early life, Memories of a Farm Kid.

His funeral service was held Nov. 22 at St. Michael's Lutheran Church in Roseville, with interment at Roselawn Cemetery in Roseville.

Maraceline Mohn

Maraceline Mohn (formerly Mastro), née Fish, died Nov. 25. She was born Nov. 15, 1929. Mass of Christian Burial was celebrated at Maternity of Mary Catholic Church in Como Park on Nov. 30, with interment at Calvary Cemetery.

She was a member and founder Curt cared devotedly for of Maternity of Mary Craft Fair.

Maraceline was preceded in death by husbands, Angelo Mastro and Arthur Mohn; and brother, Dudley John Fish.

She is survived by her children, Victoria (Richard) Mastro Kane and John Dudley Mastro (Emily Brochman); two grandsons; dear friend Dorothy Leo; special grandsons, Jesse and Jay Roth; and dear friends from Tops.

There is no charge for Bugle obituaries. Send information to Mary Mergenthal at mary.mergenthal@comcast.net or 651-644-1650.



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Classifieds

The best way to place a classified ad in the Park Bugle is to send it to editor@parkbugle.org or P.O.Box 8126, St. Paul, MN 55108. You can also call 651-646-5369. Ads are \$5 per line. Enhancements are \$10. Classifieds is a good place to celebrate life's accomplishments. You can purchase a business-card-size display ad to mark an anniversary, birthday, birth, wedding or a job well done for \$40. **The deadline for the February issue is Jan. 21. The paper comes out Jan. 31.**



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Thanks to all our St. Anthony Park neighbors who befriended **Dolly** (1998-2010)

Helen and Joyce











Emma Lee

Neighbors from 13

Como Park High School graduate named to All-America soccer team

St. Anthony Park resident and Macalester Čollege senior defender Nate Juergens has been named to the National Soccer Coaches Association of America Division III All-America

A three-time all-Minnesota Intercollegiate Athletic Conference honoree, Juergens is the MIAC's only representative on the 40-man All-America squad. Macalester won the

and made its second-straight NCAA Division III tournament appearance.

Juergens is a Como Park High School graduate.

Lee earns All-America honors

St. Anthony Park resident Emma Lee earned All-America honors with her 10th-place finish at the NCAA Division III Cross Country Championships Nov. 20 at Wartburg College, Waverly, Iowa.

Lee is a sophomore at St. Olaf MIAC regular season title this season College in Northfield and a 2009

graduate of Como Park High School. St. Olaf's team ranked 24th in the championships.

Langford Winter Classic to feature hockey and basketball tourneys

The 52nd Annual Langford Park Winter Classic begins Thursday, Jan. 6, and runs through Sunday, Jan. 8.

The event will feature youth basketball and hockey tournaments and a medallion hunt. For more information about the weekend's schedule, contact Langford Park Recreation Center, 651-266-2400.

Soccer defender speaks at JOTP

Retired English-American soccer defender Alan Merrick will speak at the Joy of the People Center, 890 Cromwell Ave, at 7 p.m. Friday, Jan.

Merrick played professionally in England and with the North American Soccer League and the Major Indoor Soccer League. He was captain of the Minnesota Kicks and later coached the Indoor Minnesota Strikers.

UCC hosts Friday Night Out

St Anthony Park United Church of Christ, 2129 Commonwealth Ave., will host "Friday Night Out: Kids, Values and Money" Friday, Jan. 21, from 5:30 to 7:45 p.m.

A spaghetti dinner begins at 5:30. The talk will begin at 6:15 p.m. There will be supervised activities for children and a nursery.

Financial consultant Steve Magistad will lead the adult program, which will address how adults can talk to their children about money and values. The program is free and open to the public. Call 651-646-7173 for more information.

Community Church Directory

* COMO PARK LUTHERAN CHURCH - ELCA

www.comoparklutheran.org www.comoeveningprayer.org 1376 Hoyt Ave. W, St. Paul, MN 55108-2300 651-646-7127 Handicapped Accessible Sunday Worship Schedule:

8:30 and 10:45 a.m. Worship (nursery care 8:15 a.m. - Noon) 9:35 a.m. Adult Education and Sunday School

7:00pm Como Evening Prayer Worship

Holy Communion on 1st and 3rd Sundays

Rides available for 10:45 a.m. worship- call before noon on Friday.

Pastor: Martin R. Ericson

Director of Music Ministry: Thomas Ferry

*** FALCON HEIGHTS UNITED CHURCH OF CHRIST**

1795 Holton St. at Garden, 651-646-2681 www.falconheightsucc.org Sundays: 10:30 a.m. worship

Communion, first Sunday of the month 9:30 a.m. - Faith education, nursery to adult

Jan. 6 (Thursday), 7 p.m. – Juncture Öne (alternative worship experience) Jan. 16, 4 p.m. – Special program commemorating Martin Luther King Jr. Jan. 30, 11:45 a.m. – Service of Christian Healing (follows morning worship) An Open and Affirming, Just Peace church; handicap accessible

* HOLY CHILDHOOD CATHOLIC CHURCH

1435 Midway Parkway, Handicap Accessible Rectory 651-644-7495 www.holychildhoodparish.org Masses, Saturday 5 pm, Sunday 7:45 and 10 am. with Choir Daily Mass 7:45 am. Confession: Saturday 3:30-4:30 pm and Sunday 9:30-10 am. or by appointment with priest Religious instruction and Baptism classes by appointment

ST. CECILIA'S CATHOLIC CHURCH

2357 Bayless Place. 651-644-4502 Website: www.stceciliaspm.org Handicap accessible Saturday Mass: 5:00 p.m. at the church Sunday Masses: 8:15 a.m. and 10:00 a.m. at the church

❖ ST. ANTHONY PARK UNITED CHURCH OF CHRIST

2129 Commonwealth Avenue (corner of Commonwealth & Chelmsford) 651 646-7173 www.sapucc.org 10:00 AM Worship Pastor Victoria Wilgocki God is Still Speaking

ST. ANTHONY PARK UNITED METHODIST CHURCH

www.sapumc.org All are welcome! 2200 Hillside Ave (at Como) 651-646-4859 Pastor Donna Martinson 10:00 am Worship Celebration 11:00 am Fellowship & Refreshments

ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Avenue W. (651) 645-0371 Staffed nursery available - Handicap-accessible Pastors Glenn Berg-Moberg and Marc Ostlie-Olson Email: office@saplc.org Sunday Worship: 8:30 & 11:00 a.m. Education Hour for all: 9:45 a.m. Sunday, January 2, 2011 only one service at 10:00 a.m. Red Cross Blood Drive, Tues. Jan 4, 2:00 – 8:00 p.m. (Call church to schedule appointment) A Service of Prayer and Healing, Jan. 9, 2011 5:00 p.m. Wednesday Community Dinners 5:15 to 6:30 p.m. - Free will offering Minnesota Faith Chinese Lutheran Church 1:30 p.m.

信義教會 星期天下午

ST. MATTHEW'S EPISCOPAL CHURCH

The Rev. Blair A. Pogue, Rector 2136 Carter at Chelmsford. 651-645-3058 Website: www.stmatthewsmn.org Sundays 8:00a.m. Holy Eucharist Rite I (Traditional language)

9:15a.m. Education for all ages

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

Nursery care provided 7:50-11:20a.m.

7:00p.m Night Prayer with Dinner at 5:30pm
Jan 9: 9:15a.m Jamaican Liturgy Celebration: All ages learning hour including Jamaican music, steel drums and stories. This liturgy will be used through January at the 10:30 service.

❖ PEACE LUTHERAN CHURCH - ELCA

1744 Walnut (at Ione) Lauderdale. 651-644-5440 www.peacelauderdale.com Sunday Schedule: Worship 10:00 a.m. All are welcome - Come as you are

Tim Abrahamson Construction

Fine Carpentry

General Contractor 651-645-9775 MN LIC #9174

