PETITE PREDATOR

Tiny stingless wasp released in Langford Park is latest tool in the struggle to save the state’s ash trees

By Kristal Lebrick

When it comes to fighting the emerald ash borer, size doesn’t seem to matter.

The half-inch-long metallic-green beetle that has been wreaking havoc on ash trees throughout the United States for nearly a decade may have met its match in a tiny Chinese wasp a fraction of its size.

In June, the Minnesota Department of Agriculture (MDA) released nearly 2,500 gnat-sized stingless wasps onto infested ash trees in Langford Park in St. Anthony Park. The wasps are a natural enemy to the emerald ash borer (EAB), which is native to eastern Asia and appears to have no such predator in North America.

This biocontrol strategy pairs an invasive pest with its enemies from the pest’s native area. This summer, the MDA is introducing three species of wasps that kill the ash borer larvae and eggs found under the tree’s bark and in bark crevices. Two species, Spathius agrili and Tetrastichus planipennisi, were released in June to attack the EAB larvae. The third, Oobius agrili—which attacks the EAB eggs—will be released in midsummer to coincide with the beetle’s lifecycle. The larva-eating species will be released again in the fall.

These same biocontrol agents were first released in a field test in Langford Park in St. Anthony Park. The wasps are a natural enemy to the emerald ash borer (EAB), which is native to eastern Asia and appears to have no such predator in North America.

July 12 meeting will outline College Park stormwater project

By Kristal Lebrick

A public meeting about a proposed stormwater infiltration and treatment project at College Park will be held Tuesday, July 12, at 6:30 p.m. at the St. Anthony Park Branch Library, 2245 Como Ave.

The $1 million project would limit the amount of pollutants running into the Mississippi River from stormwater runoff and control the water that pours into the park after a heavy rainfall, according to Bruce Elder, sewer utility manager at St. Paul Public Works.

The project would involve the western end of the park, located at 2223 Carter Ave. in St. Anthony Park.

The plan is to excavate down 5 feet and place sand and gravel there, then place 4-foot diameter pipes on top of the gravel. The pipes will be connected to a storm sewer. The area will then be filled with quick-drain gravel. The project will then be filled with quick-drain gravel. The project will then be filled with quick-drain gravel. The project will then be filled with quick-drain gravel.

Storm water project to 20
Como Staycation is July 15–17
Mark your calendars for the second Como Staycation is July 15–17 and free blood-pressure checks Northwest Como Rec Center 8 a.m.–2 p.m.: 1515 Hamline Ave.: jump castle, 6–7 p.m.: Top Review featuring Hula Peppers and Spruce Grounds, 1579 Hamline Ave., 6–10 p.m.: Friday, July 15 3889. See the full schedule below. $20% OFF your purchase Chickadee's House Wild Bird Store 20% OFF your purchase Chickadee's House Wild Bird Store Lexington Plaza Shoppes Mall, 1771 Lexington Avenue, Roseville (Just north of Lexington/Larpenteur) (651) 330-8617, www.chickadeeshouse.com
Expires 7/12/11

JULY 2011
PARK BUGLE
CITY FILES
Como Park Como Staycation is July 15–17

Summertime is food time. From vegans to carnivores we've got you covered.

Join the District 10 Como Community Council and Bliss Yoga Studio for Yoga in the Park, offered every Saturday through Labor Day weekend. All are welcome, from novice to advanced. Sessions begin at 8 a.m. in Como Regional Park near the "Tornado" southwest of the pavilion and south parking lot off Lexington Avenue. Each session will include simple yoga poses, a breathing practice and a brief meditation. Bring a towel or mat, environment and clean-energy agencies will be on hand to answer questions about energy conservation.

Join the St. Anthony Police Department, Minnesota Crime Prevention Association and communities throughout Minnesota for the third annual Minnesota Night to Unite Monday, Aug. 2. Last year, residents hosted 11 neighborhood block parties in Falcon Heights. A police officer, fire department personnel and city staff made appearances at most gatherings to discuss neighborhood safety and give families the opportunity to view emergency vehicles. The Har Mar Cub Foods is partnering with the City of Falcon Heights and St. Anthony Police Department to promote the nights events. The Cub Store is providing a five-quad pail of Kempt's vanilla ice cream to each resident who hosts a block party between now and Oct. 1.

Residents who plan to host a block party on Aug. 2 another date should notify the St. Anthony Community Council at the District 10 office at 651-644-3889. A family dinner will be provided. Preschool children should be accompanied by an adult; parents and caregivers are welcome to participate with older children. The weak winds down with a celebration service at 9:45 a.m. Sunday, July 24, at North Como Presbyterian Church, 965 Larpenteur Ave., Roseville. To register, contact Brandon at 651-646-2681, ext. 101, or Cathy at 651-488-5501, ext. 11.

The City of Falcon Heights is sponsoring a T-shirt design contest for sixth grade students, and all Falcon Heights United Church of Christ, 1795 Holton St. A family dinner will be provided. Preschool children should be accompanied by an adult; parents and caregivers are welcome to participate with older children. The weak winds down with a celebration service at 9:45 a.m. Sunday, July 24, at North Como Presbyterian Church, 965 Larpenteur Ave., Roseville. To register, contact Brandon at 651-646-2681, ext. 101, or Cathy at 651-488-5501, ext. 11.

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St. Anthony Park United Church of Christ
A welcoming community for 125 years

By Michelle Christianson

St. Anthony Park United Church of Christ has been a welcoming presence in the St. Anthony Park community for 125 years—the longest of any church in the neighborhood. And in an effort to continue that tradition, the church is inviting the community to celebrate its 125th anniversary at a special service and community party on July 10.

The service will begin at 10 a.m. and will be followed by a pig roast, refreshments, indoor and outdoor games, archival displays and tours of the building. All current and former members, members of neighborhood churches, businesses and friends, former pastors and well-wishers are invited. (Some funding for this party was raised through the June “Park Parks” coffee sales at Park Midway Bank.)

Many children in the community have attended preschool in the church, located at 2129 Commonwealth Ave. Areas in Boy Scout Troop 17 had meetings and celebrations there, and for many years the St. Anthony Park Association held its dinners and meetings there. The Music in the Park Series began and has been based at the church for 32 years. In addition, the congregation has supported the Dorothy Day center, through its Leaves and Fishes program, and the Keystone Community Services Center, a human service organization that operates food shelves and senior programs.

St. Anthony Park UCC was one of the first area churches to have the “open and affirming” designation—inviting and celebrating the full participation of gay and lesbian people in the life of the church—and is fully accessible with an elevator, special hearing devices and larger-print worship bulletins. Worshipers come from a variety of religious backgrounds and denominations, yet have formed one solid community.

In 1886, the American Home Missionary Society helped six founding families establish St. Anthony Park Congregational Church (now St. Anthony Park United Church of Christ) in what was then a brand new suburb of St. Paul. The original building was on Raymond Avenue and Mannet Street; by the 30th anniversary of the church, it had occupied four structures and built two buildings. The current facility was built in 1914 and has twice been extensively remodeled. The congregation has kept comprehensive archival material, including a remarkable 50th anniversary album, which will be on display during the party.

Some of the church’s celebratory events have taken place. There was a kick-off worship service and potluck in February, a pizza party for children and youth (during which they constructed and illustrated a church timeline), a Heritage of Hymns service and two video sessions with films of “elder stories” (remembrances by members older than 80). In addition to marching in the Fourth of July parade and the July 10 festivities, the UCC congregation will have a sing-along concert with Bread for the Journey on Sept. 30, a harvest dinner and folk dance with the Light of the Moon on Nov. 12 and a closing worship service, with guest preacher Rev. Dr. Karen Smith Sellers.

It was 100 degrees outside on July 6, 1886, when the church was organized on the boardwalk in front of Bayless Hall, where the church held its first services. This building later served as the first grocery store and post office in St. Anthony Park.
One small story for a community, one giant impact for the rest of the state

Sometimes a seemingly small story can have a powerful effect on peoples lives.

While writing about the 30th anniversary of the St. Anthony Park Block Nurse Program, now the Hamline-Hoyt Playground Beautification Project, we learned that a story published in the Park Bugle 1891 party package was in a program that would help senior citizens stay in their homes and avoid expensive nursing home costs.

On Anne Robrecht, a member of the District 12 Human Services Committee, at the time, wrote about Ida M. Martinson's vision of having the community come together to aid elderly residents with basic physical and emotional needs. Using a combination of unpaid public health nurses and home health aids as well as neighborhood volunteers, seniors would receive in-home care, allowing them to stay in their homes for extended periods.

I Martinson described her idea as "a block nurse program." Fast forward 30 years. The original block nurse program has been replicated dozens of times throughout the state and the country.

One of the things we love about this story is that the Bugle, in a small way, helped generate interest in this 30-year-old program.

Now I'm able to appreciate the power of community journalism.

The Federal Communications Commission (FCC) released last month a new report called "The Information Needs of Communities." The report states that despite the incredible amount of choice we have now to tap into news from around the globe, there is a shortage of local news reporting.

"Newspapers are innovating rapidly and reaching new audiences through digital platforms, but most are operating with smaller reporting staffs, and as a result are offering less in-depth coverage of critical topics such as health, education and local government," the report says.

The lack of coverage of our local government, schools and community issues puts at risk the independent watchdog function that the Founding Fathers envisioned for journalism.

The FCC report tells the story of Paul Julius Reuter, who in 1851 led a fleet of carrier pigeons to carry stock market quotations and news between London and Paris. The pigeons beat the train-carried news by seven hours.

In the course of its life, the Thomson Reuters company (a.k.a. known today) harnessed from delivering news by attaching a small packet of information to the feet of a bird to transmitting vast amounts of information over wireless internet networks. A pigeon could carry a 256-gigabyte flash drive today that would hold roughly 8 million times the amount of information that one of Reuter's pigeons carried 160 years ago.

News organizations need the technology to send out limitless amounts of information, but somenones got to be there to tell the story in the first place.

Thank you, Carter Avenue Frame Shop

Hats off to Tim Smith at Carter Avenue Frame Shop, who for years has supplied the St. Anthony Park Elementary School art room with leftover mat board. Thanks for making so many projects special for the kids!

Courty Gleason
St. Anthony Park school art enrichment

Rudeness reigns

Dear SAP neighbor: From the note you left on my car window Tuesday morning—"You park too close, fatty"—you know what car I drive and that I'm overweight. I guess you've been watching me. You probably even know which house is mine.

Here are some things I bet you don't know about me:

I'm whip smart, and I don't just mean intellectually. My EQ is as high as a bird's. I know that the assumptions people make about obese people reflect their ignorance and malignance. Such derogatory taunts don't diminish me. I'm more than my weight, I'm a person.

If you wanted to apologize, you could leave another note on my car window. You could even knock on my door. Like I said, you know who I am. And you have proven you don't know how to send a message.

Victoria Timmel
St. Anthony Park

Hamline-Hoyt Playground

Thank you, Chelsea Heights families, Como neighbors and area businesses for your generosity toward the Hamline-Hoyt Playground Beautification spring fundraising campaign (see the District 10 newsletter for listing of people and businesses that have donated). The campaign was a huge success, bringing in more than $21,000, and donations are still coming in! Or summer goal is to reach $30,000 in order to apply for matching grants.

Please visit our website for information on how to donate and for more information: www.thefitproject.com. We are now also on Facebook, which is a great way to stay updated on project details, phases and other information. Check it out: http://www.facebook.com/pages/Hamline-Hoyt-Playground- Beautification-Project.

Heidi Schultz
PTO secretary

Increase the tobacco tax

Political posturing over revenue, spending and taxes means that lawmakers overlook smart, common-sense policy. When Minnesota raised the state's tobacco tax in 2005, Gov. Pawlenty's Health Impact Fee was not only raised revenue but helped decrease smoking in Minnesota to historic new lows. We should do the same again.

A $1.50 increase in the tobacco tax will help prevent more than 61,600 Minnesota (that's the equivalent of every eighth-grader in the state) from smoking. We've got all the technology to send out limitless amounts of information, but somenones got to be there to tell the story in the first place.

Thank you for supporting the Park Bugle

The following Bugle readers contributed to the Bugle's drive in the last month. You can still donate online at www.parkbugle.org. Click DONATE NOW. Or send a check to Park Bugle, P.O. Box 8126, St. Paul, MN 55108.

Lidi Gail
Janet H. ey and Roger Purdy
Bill Rottschaefer and Diana Hansen
Brian and Kathryn Tempas

Cancer Action Network Advocate
American Cancer Society

Becki Sinks
Heidi Schultz
PTO secretary
Citizens can help prevent crime

By Tod Axtell, St. Paul Police Department

Despite the St. Paul Police Department’s best efforts, crime rises during the summer months. Instead of being reactive to rising crime, we are asking for your help with crime prevention. Nearly every action we take is based on information and evidence provided by our community. I can’t emphasize enough the need to have as much information as possible in an effort to apprehend and stop individuals who have chosen to victimize our neighborhoods.

Community members are sometimes reluctant to call the police department because they don’t want to “bother” the police or use up police time with something “probably insignificant.” We would rather prevent illegal activity than be called to investigate a crime. When in doubt, call 9-1-1. It is better to err on the side of safety than regret not calling. Let our officers check out the area and circumstances. Officers are often able to connect one crime to another simply by gathering small pieces of information. This cannot happen without your call.

Suspicous activity includes unfamiliar people loitering in your neighborhood who may be looking into cars, checking doors, knocking on doors asking for money and so on.

In 2010, there were 1,000 burglaries in the Western District (which includes the Como Park and St. Anthony Park neighborhoods). We are on pace in 2011 to reduce this number, but we need your help. Here is what you can do to help avoid becoming a victim: Lock your house doors and windows, your garage doors and your car doors. Most property crimes occur because we think “we will only be gone a minute” or “I’ll just be in the back yard.” It only takes a second for a thief to grab your property and run.

There are several inexpensive ways to protect your home against burglaries: Trim your landscaping; provide adequate outdoor lighting;
Petite Predator from 1

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experienced the greatest devastation
from the EAB. Tests conducted by the U.
S. Department of Agriculture have
shown that EAB larvae will not harm people or impact nontarget
species or the environment, said
M. onika Chandler, biological
control coordinator with the M.D.A.
They don’t sting people and they appear
to only eat EAB larvae and eggs.

If insects don’t tell people about
this, they probably wouldn’t notice
[the wasps],” Chandler said.

The same species of wasps were
released in Houston County in southeastern Minnesota last fall to
control an EAB infestation there.

Langford Park was one of five
metro release sites in June. The others
include Tower Hill Park in the
Prospect Park neighborhood of
Minneapolis, two sites along East
River Parkway and one site along
West River Parkway in M. inneapolis.

St. Anthony Park is considered
“ground zero” in the M. innesota EAB
infestation, according to Chandler.
The EAB was first discovered in
Minneapolis on Long Avenue in south
St. Anthony Park in May 2009, about seven years after it was first
detected near Detroit, Mich. Since
2002, the beetle has destroyed more
than 50 million ash trees in North America. M. innesota has the largest
population of ash trees than any other state—an estimated 986
million, according to the M.D.A.
The EAB larvae feed under the
bark and disrupt the flow of nutrients
and water. Eventually, the tree dies.

In Asia, EAB populations rarely reach
infestations in Hennepin, Ramsey
and water. Eventually, the tree dies.

Chandler said.

Infestations in Hennepin, Ramsey
and water. Eventually, the tree dies.

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Energy Resilience Group looks toward localizing food production

Edible landscapes and more community gardens are in the mix of ideas for projects that could make a neighborhood less dependent on fossil fuels.

By Anne Holzman

Some St. Anthony Park residents who have done what they can to make their homes more energy efficient have turned to “retrofitting a neighborhood,” as one leader of the Energy Resilience Group put it recently.

Lois Braun said localizing food production “looks like a good first step toward making the neighborhood less dependent on fossil fuels. The group has supported efforts of several projects already under way and continues to look for opportunities.

The Energy Resilience Group emerged from the now-inactive Neighbors for Peace, said one of its initiators, Michael Russelle. It has become a subcommittee of the St. Anthony Neighborhood Council’s Environment Committee.

The group started with discussions about the book Plan C, by Iain Murray, which describes ways to respond to the twin pressures of global warming and declining availability of fossil fuels, according to Russelle.

Responses can include ignoring the problem or making it worse, he said, but “Plan C is that the community works together to come up with a vision to reduce their footprint.”

Similar efforts are under way in many cities, Russelle said, including Transition Twin Cities (transitiontwin.org), through which neighborhood groups embark on a mission to build resilience against climate and energy uncertainty.

“Wholly part of a broader movement,” Russelle said.

Braun connected the group’s work with “permaculture,” which she describes as “taking some of the principles you observe in natural ecosystems and applying them to human activities.”

Given how broad and abstract that definition is, she said, “on a practical level, what most people grab onto is this edible landscapes idea,” planting food in places that have historically been ornamental gardens.

Accordingly, the Energy Resilience Group has been looking around for land in St. Anthony Park that might be converted to food production. But rather than trying to acquire large land and start farming themselves, the group hopes companies will reach out to existing organizations.

M embers have been pleasantly surprised so far, Braun said. They recently met with Luther Seminary staff and discovered that “Luther is already very interested in earthkeeping.”

Braun also attended meetings in support of a city STAR grant for the Joy of the People soccer program at South St. Anthony Recreation Center, which seeks $33,000 for a one-third-mile walking path, a community garden and a sand court. The City Council will choose STAR grant recipents at a July meeting.

Braun and another Energy Resilience Group member did a walk-around of the grounds with JOTP staff to help plan the project, she said.

Another Energy Resilience Group member, Nick Jordan, has been working with parent groundskeeping volunteer Wade Johnson at St. Anthony Park Elementary School, where ideas include an apple orchard.

Johnson, a landscape architect whose specialty is ecological design, says he’s excited about the idea of developing an energy-resilience demonstration project at the school, although his experience with public projects tells him there are significant hurdles to be cleared.

For one thing, he said, the school property is small, and there’s been long-term interest to add parking. “Every square inch of school property is at a premium for doing something,” he said.

And because of the turnover in parent volunteers, a plan for year-round care would have to be in place in order to avoid adding to the already underfunded maintenance burden at the school.

Nevertheless, he said, “we’re trying to figure out if the school is at a point where this could fly.”

In addition to gardening, Russelle said, the Energy Resilience Group has discussed transportation alternatives, including a “circulator” but that could ferry people around the neighborhood, possibly under electric power.

Even something as simple as a bench installed near a sidewalk can enhance the neighborhood’s energy efficiency, Russelle said. “A rest area makes it easier to walk.”

Russelle said he’d like to see energy efficiency become a stated priority in the neighborhood’s small-area plan, a document approved by the City Council and used by the city’s planning department to guide future development.

The group is planning a survey of neighborhood residents and businesses in the fall, Russelle said, asking “What is your vision of St. Anthony Park in 30 years?” According to Braun, the group exists mainly to come up with ideas and help other organizations solve energy problems.

“Our objective in the Energy Resilience Group is to pass seat around,” she said.

“If other people pick up and run with it, great,” she said. “It may not be our vision, but let’s see what their vision is.”

The Energy Resilience Group welcomes new members. For information, contact Tim Wulling at twulling@earthlink.net.

Anne Holzman lives in St. Anthony Park and is a frequent contributor to the Park Bugle. She freelance Lightfoot contributed research and writing to this article.

Nice Ride bike rentals come to West Midway

By Kristal Leebrick

Traveling along the Central Corridor this summer may have gotten just a bit easier. Nice Ride M nesota has added four new bike-rental stations in the West M idway area.

The new stations are at Sherburne and Snelling, Territorial and Westgate, Raymond and Ellis, and Fairview and University. There is also a station on Summit Avenue and 29th Avenue.

Riders can now rent one of the bright green bikes at most of the stations throughout the Twin Cities. A map listing all locations is at the organization’s website, www.niceridemn.org.

The service allows people to rent a bike for 30 minutes. To ride a bike you need a subscription, which is available online at www.niceridemn.org. Twenty-four-hour subscriptions can be purchased for $5 using a credit card at any station located at each Nice Ride station. A one-year ($60) or 30-day ($30) subscription are available for purchase online. The first 30 minutes of riding is always free, the next 30 minutes costs $1.50, and the next half-hour is $3.

Twenty-four-hour subscriptions are issued unlocking codes at the pay station; those who subscribe online receive a Nic e Ride key. Riders can return bikes to any station in the system where there is an open space. If there are no empty slots, a rider will be instructed to take the bike to another nearby kiosk with openings.

The stations are available 24 hours a day, seven days a week from April to November. All Nice Ride stations are removed from the streets during the snowy winter months.

Nice Ride launched its system in downtown M inneapolis a year ago. The new stations on the Central Corridor were made possible through a $250,000 grant from the Catalyst Fund of the Central Corridor Funders Collaborative.

We Belong to God’s World

VACATION BIBLE SCHOOL
August 1-5, 2011
9 a.m. to 12 noon
(Preschool to Grade 6)

REGISTER ON-LINE AT WWW.SAPLC.ORG

St. Anthony Park Lutheran Church, 2525 Como Avenue W
St. Paul, MN 55108
Staffed nursery available Sunday mornings.
Church office: (651) 645-2371
Visit us on the web at www.saplc.org
Julie Himmelstrup, founder and artistic director of the internationally renowned Music in the Park Series, has been named the St. Anthony Park Community Foundation’s 2011 Spirit of the Park Award winner.

Himmelstrup will be presented with the award at the annual neighborhood Fourth of July celebration at Langford Park. A representative of the mayor’s office will also be on hand to honor Himmelstrup by reading a proclamation from the city declaring July 4 as “Julie Himmelstrup Day” in St. Paul.

Music in the Park is the series since 1979 and has hosted performances by composers and performers of local, national and international prominence. Himmelstrup is widely known and loved for creating a unique environment that provides an intimate and rewarding experience for both performers and audience. Music in the Park also offers a family series that mixes traditional chamber music, jazz, new compositions and popular music accessible to all ages. In addition, performers from the series regularly visit local schools to give mini-concerts and support music programs.

This outreach is all part of Himmelstrup’s passion and dedication to the importance of music and the arts in our lives, said Jon Schumacher, the foundation’s executive director.

Himmelstrup has contributed to other aspects of community life by helping to create the St. Anthony Park Community Foundation and supporting its early growth through a partnership that produced several annual jazz concerts and fundraisers.

Julie Himmelstrup, 2011 Spirit of the Park award winner, with her granddaughter, Sila Liljedahl.

SAPUCC from 3

Conference minister of the Minnesota Conference UCC, on Nov. 13. Church members have been writing new stanzas (nine so far) to the hymn “O, God, Our Hr Hl in Ages Past,” to be sung at this concluding service. The church is also collecting new and gently used towels (not hand towels or washcloths) until July 10 for the Simpson H Hlmes Shlder in Mnppl.

The archivists for the 125th anniversary are Jim Snowell and Marge Grahn-Bowman. Snowell has been at the church since 1966 and Grahn-Bowman has been there for 32 years. Each has held a variety of leadership roles, and they want readers to know that the church invites anyone looking for a church home.

“We may not be as visible as some of the other churches, but we’re here,” says Snowell. As Pastor Victoria Wigodka states during the communion liturgy, “You do not have to be a member of this community or any church in order to receive communion, for we believe that Christ is the host, Christ sets the table, and Christ welcomes us, each and every one.” St. Anthony Park United Church of Christ welcomes everyone too.

Michele Christiansen is a piano teacher, musician, writer and frequent contributor to the Park Bugle.
Spring sports highlights

By: Jonah Van Why

Boys Baseball: Como Park Cougars

The Como Park High School boys baseball team had one of the most successful seasons this spring in school history. Led by eight seniors, the Como Cougars had a combination of experience and talent that was destined for success. The team missed out on the conference title by one loss, but that did not stop their winning ways.

In the section tournament June 7, the boys made it to the semifinals, where they lost a heartbreaker to MInnehaha Academy, 2-1. Although they fell just two games short of the state tournament, the Cougars will enjoy the return of several starters next year, as well as the confidence this year's historic run has given them. They will surely be a threat once again.

St. Paul Central Minutemen

The Central Minutemen, the 2010 conference baseball champs, will look back on this year and know that it was the season that got away. At the start of the year, the team featured two top-of-the-conference pitchers, Brandon Purcell and Sam Preiner. However, bad breaks and untimely hitting at the start of the season was an ominous sign for things to come. The Minutemen picked it up halfway through the year and put together a nice winning streak, but it was not enough to push past St. Croix Lutheran in the first round of section playoffs.

"This year did not go as planned," said Coach Adam Hunkins after the season ended. "This was supposed to be a big year, but we'll have to work at it and come out strong next year."

Como Cougars Boys Golf

The baseball team was not the only spring team at Como that narrowly missed out on a conference championship. The boys golf team had an impressive year, finishing just three points behind the Highland Park Scots for second in conference.

One surprise of the year was seventh-grader and St. Anthony Park resident Tom Fritts, brother of senior captain Robbie Fritts. The younger sibling proved his ability to play with the big boys by shooting an 80 during the St. Paul City Conference golf tournament on May 23 at Keller Golf Course.

Como's Chris Erickson on the field during a section game

Como’s Chris Erickson on the field during a section game

Como Girls Golf

Led by junior Anna Nicholizan and senior Greta Schrader, the girls opened the season on a roll and never looked back. The Lady Cougars dominated, going 16-2-2 and winning conference by 21 points over second-place Highland. Although Schrader and several other seniors won't return next year, the team has captain Nicholizan, player Whitney Burke, and others as they look to continue to bring home the conference titles.

The Saints post fireworks schedule

The Saints will feature post-game fireworks shows on Friday nights (July 1, July 8, July 22, August 5, August 19 and August 26) and Saturday nights (July 2, July 9, July 23, August 6 and August 27). Two expanded fireworks shows will be Friday, July 1 (Independence Day weekend) and Friday, Aug. 26 (Fan Appreciation Night). For more information, go to saintsbaseball.com or call Annie Huidikop at 651-288-9863.

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Block nurse program has new name and fresh focus as it celebrates 30 years!

By Kristal Lebrick

Senior citizens aren’t what they used to be. Just ask Mary Hayes, program coordinator of the St. Anthony Park Block Nurse Program.

The program was created in 1981, to help seniors live at home independently by providing in-home nursing care. Today, the focus is less on nursing and more on preventative programs, help with transportation and daily tasks, and recreation.

And as the program celebrates its 30th anniversary, the name is changing along with the seniors who participate in its services.

Introducing St. Anthony Park Area Seniors: The Original Living-at-Home Block Nurse Program.

“Two years ago the board did a survey of seniors, clients, volunteers and caregivers, and the response was, ‘It’s a great organization, but we don’t know what you do,’” Hayes said. “The title does not speak to what we do anymore.

“It’s not so much nursing because there are more home healthcare services attached to hospitals and insurance programs,” she said. The program had 320 clients enrolled last year but only 21 accessed nursing care through the block nurse program.

“They aren’t the same seniors as 30 years ago,” Hayes said. Today’s seniors are living longer and are in better health. “But they are new at being old. They want information.”

This year, in celebration of its milestone anniversary, the program is sponsoring a film and speaker series at St. Anthony Park Branch Library the second Saturday of each month. Subjects have ranged from “dying with dignity” to Alzheimer’s disease to adapting to life without a car (which happened to be the last-attended film, Hayes said). The July film, Plan Ahead: THINK Outside the Box, takes a look at funeral pre-planning.

There are two blood pressure clinics offered each month and Arthritis Foundation exercise classes held throughout the week at various locations. A partnership with the Leisure Center Senior Program at St. Anthony Park United Methodist Church includes a hot meal for seniors and guests every Wednesday at noon. And each month seniors can participate in fun activities such as seeing a production at the Ordway, having lunch at a Stillwater restaurant or taking a historical tour of the Twin Cities.

Recently the program facilitated Skype training for clients who wanted to learn how to access the computer software so they can simultaneously communicate verbally and visually with loved ones who live far away. With the help of the St. Anthony Park Community Block Nurse Program.

Did you know that the St. Anthony Park Block Nurse Program is serving more Seniors in many new ways? We’ve changed our name and updated our look to reflect our better-than-ever programs and services:

Saint Anthony Park Area Seniors

The Original Living-At-Home Block Nurse Program

Call 651-642-9052 to learn more about our services to Seniors in St. Anthony Park, Lauderdale and Falcon Heights.
Voices

Herbert E. Wright Jr.

By Judy Woodward

Ninety-three-year-old Herbert E. Wright Jr. is a distinguished geologist whose work in understanding ancient environmental change has been as useful to archaeologists as to his fellow geologists. He has conducted research across the continental United States and in Alaska, Yukon, Labrador and the Middle East. He has worked in Lebanon, Iran, Iraq, Turkey, Greece, Norway, Sweden, Great Britain, Ireland, Peru, Bolivia and Antarctica.

Regents Professor of Geology, Ecology and Botany (Emeritus) at the University of Minnesota and a member of the National Academy of Sciences, there is hardly a professional honor that Wright has not captured over his long career. He even has a mountain peak named for him in Antarctica. He has taught at the University of Minnesota for his entire professional life.

Wright: I was born in Massachusetts, and my father died when I was age 2 in the flu epidemic of 1918. I grew up without a father, but I didn’t feel deprived, because I had a couple of favorite uncles.

When World War II came, I was in grade school at Harvard. I decided I had to enlist instead of waiting to be drafted. I became a bomber pilot, with two tours of duty. My most exciting moment came after flight training when I was given a four-engine plane to fly to England with a crew of 10. Two engines failed halfway through the trip, and I had to make an emergency landing in Northern Ireland. I landed too fast and ran off the runway.

I’d like to be remembered for raising six sons. Of course, it was my wife who did that, but I used to take one of the boys with me when I was doing fieldwork. We’d spend the night at a little village, and I would take a study book along for my son. Just today I was remembering once when I took the book out and began to show it to a group of Kurdish village elders. They were fascinated by it.

Those trips led to some important research. When you go into a new area, you don’t know what to expect. I’ve had a lot of satisfaction from the students I’ve had at the U. I had 75 who finished their degrees, and I had a good relationship with all of them.

About 30 years ago, I stopped eating meat. Just didn’t like it anymore. No smoking and good eating—that’s the advice I’d give to someone who wants to live to 93.

I came here in 1947, and the biggest change since then is the Republican government. It’s reducing all the good things in Minnesota, like support for schools. Voices captures the words of some of the interesting people who live among us. If there’s someone whose voice you’d like to hear, contact editor@parkbugle.org or call 651-214-6526.

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Everyone has a story worth telling

“When you put down the good things you ought to have done and leave out the bad ones you did do—well, that’s Memoirs”—Will Rogers

By Roger Bergerson

The memoir, once the exclusive domain of the famous or notorious, has become a popular literary form for chronicling the lives of more ordinary folk, the rationale being that “everyone has a story worth telling.” That’s the sentiment of Nancy and Dave Healy, who started a business called Of Shoes and Ships and Sealing Wax to help people publish and share their stories. It’s a whimsical name—drawn from the conversation between the Walrus and the Carpenter in Lewis Carroll’s Through the Looking Glass and What Alice Found There—to suggest that memoirs can be about the small things in life.

“A memoir doesn’t have to be a full autobiography,” said Nancy Healy. “Often it’s a reflection on a moment in time, a tumultuous period or a series of life-changing events.”

The Healys are both writers who have taught the craft at various times over the past 30 years. Nancy became interested in the memoir concept while taking several courses at the Loft Literary Center in Minneapolis. For Dave, who stepped down as Park Bugle editor in 2010 after 10 years of service, the impetus goes back 15 years or so to the time he helped his mother record the story of her formative years growing up on a South Dakota farm. “I realized how satisfying it could be to help get this sort of thing down on paper,” he said. “I think people who are our age realize how fast the world is changing and they want to hold onto some of these things for their children and their children’s children,” Nancy added. “It’s cultural preservation in the form of stories of individuals.”

“One point we make in presentations to individuals or groups about this is that the process of writing down your life will often help you realize how important an event was to you, how it means something about yourself and your life,” Dave said. “I think this can be particularly true with men who have served in the military and haven’t ever opened up about it. Sometimes these have been literally life-changing experiences.”

The couple also encounters many people who have always meant to write a memoir but have never gotten around to it.

For some, the prospect of writing a lengthy piece is daunting. Nancy said. In that case, one of the Healys will interview the subject and get his or her thoughts on paper. Other people have journals, news clippings, photographs—plenty of material—but don’t know how to organize it. Again, that’s where he Healy come in.

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In addition, Of Shoes and Ships and Sealing Wax uses a variety of computer-related tools, including print-on-demand publishing, to streamline the process and keep costs down.

Not everyone applauds the egalitarian trend in memoir writing, of course. “A New York Times writer recently reviewed a memoir in which he felt was a condescending tone, in effect saying that this was a story we didn’t need to hear,” Dave said. “Well, maybe the reading world at large doesn’t, but it’s likely that a small group of very important people does. And you never know who might become interested later.”

You can learn more about the business at http://shoesandships.net. If your group would like to hear their presentation about memoir writing, contact Nancy and Dave Healy at shoesandships.healy@gmail.com or by calling 651-644-3951.
Memoirists start early at Chelsea Heights

By Roger Bergerson

Several years ago, Dave Healy learned first-hand that you’re never too old—or young—to write a memoir.

As editor of the Park Bugle, Healy was invited back to his former Como Park neighborhood grade school, Chelsea Heights Elementary, to speak to a class of third-grade authors who had just published their remembrances.

Thereafter, he has been part of the St. Paul School District’s core curriculum for about 10 years, said Laura Livingston, a third-grade teacher at Chelsea Heights. Creating memoirs not only helps students improve their writing, but other important communication-related skills, as well, Livingston said.

“When this started, there may have been a snicker or two at the idea of 8-year-olds writing memoirs,” Livingston said. “But I think that everybody now realizes that this approach pays off.”

In a “writers’ workshop” format, the students spend considerable time chronicling their personal experiences, building a notebook of stories to draw from.

“The opportunity to choose a topic to develop motivates them to want to write and to be brave enough to make the attempt,” Livingston said. “That’s especially important for children who haven’t had a lot of success with writing.

“They soon discover that our family’s visit to Disney World is just too big a subject to cover, and they learn to focus in on some smaller element of the experience,” she added.

Ultimately, each child picks a topic to develop as a full-blown memoir, which, combined with the child’s own illustrations, is incorporated into a book to keep.

“It’s very empowering to have that final piece in hand,” Livingston said, “and very rewarding too.”

Roger Bergerson, a former newspaper reporter, is a freelance writer and long-time resident of Como Park.

Celebrate your independents

July is Celebrate Your Independents month and the Metro Independent Business Alliance (MetroIBA) is planning a month of exclusive deals and drawings at member businesses to promote the importance of buying local.

The campaign kicks off at Ingebretsen’s, 1601 E. Lake St., Minneapolis, Thursday, June 30, from 5:30 to 7:30 p.m.

Participating restaurants, retailers and service providers will join forces to try to expand awareness of the Buy Local movement among the Twin Cities public, said Mary Hamel, MetroIBA executive director. Studies have shown that each dollar spent at local independent businesses, on average, generates at least three times more direct local economic benefit than dollars spent at an absentee owner chain, she said.

During the month of July, member businesses will offer exclusive deals and a chance to win $1,250 in gift cards from participating MetroIBA members such as Bibelot Shops, Butter Bakery Café, Electric Fetus, First Tech, Linden Hills Co-op, Midwest Muntainering, Peapods, Trotter’s Café and Warners’ Stellian.

For more information, go to www.metroiba.org.

MetroIBA is a nonprofit organization working to support and preserve locally owned, independent businesses in the Twin Cities. Its mission is to help the Twin Cities maintain its unique community character, provide continuing opportunities for entrepreneurs and build economic strength.

Seraphim Communications has been nominated for the Better Business Bureau (BBB) 2011 Integrity Awards. This award recognizes companies that display exemplary levels of ethics, customer service and integrity in all aspects of their operations.

Hal D Ragas, a resident of St. Anthony Park for 43 years, founded Seraphim in 1988. The company has served nonprofits by using electronic media to tell their stories to advance their missions.

Near 24 years later, Seraphim is run by the next generation: Dragas’ two adult children, Kristin Wierman and Kevin Dragseth, both of St. Anthony Park. From its new location near Como and Snelling avenues, Seraphim Communications continues to serve nonprofits, as well as educational institutions and commercial businesses of all kinds and sizes. Award winners will be announced at the 12th Annual Integrity Awards ceremony Oct. 24 at the Guthrie Theater.

Christine Albrecht, Park Midway Bank's chief communications executive, and Angela Wiersma and Kevin Dragseth, both resident of St. Anthony Park, founded Seraphim Communications in 1988. The company has served nonprofits by using electronic media to tell their stories to advance their missions.
**Events**

Contact information is at the end of the calendar. Send your events to calendar@parkbugle.org by July 20 to be included in the August Park Bugle.

1 **FRIDAY**
- Mad-Hatter’s Hat-Making Party. Create ‘mad’ hats and wear them to the Mad-Hatter’s Tea Party in the St. Anthony Park 4th of July Parade. All materials provided, 1-2:30 p.m., St. Anthony Park Library

4 **MONDAY**
- Fourth of July Grand Parade down Como Avenue, 11 a.m. Activities all day long at Langford Park.
- Celebrate Independence Day at Gibbs Museum, noon-4 p.m.

5 **TUESDAY**
- Baby lap-sit story time, 10:30 a.m., St. Anthony Park Library
- Block Nurse Exercise class, 3:15 p.m., St. Anthony Park Library

6 **WEDNESDAY**
- English Conversation Circle, 4 p.m., St. Anthony Park Library

9 **SATURDAY**
- Be Well As You Age Film Series: Plan Ahead. THINK Outside the Box, a presentation about what you need and want to know about funeral pre-planning, 10:30 a.m.-12:30 p.m., St. Anthony Park Library

11 **TUESDAY**
- Block Nurse Exercise class, 3:15 p.m., St. Anthony Park Library

12 **WEDNESDAY**
- English Conversation Circle, 4 p.m., St. Anthony Park Library

14 **THURSDAY**
- Summer Reading Program: Treasure Beyond Measure, designed for 2–6 years olds, 11 a.m.-noon and 2–3 p.m., St. Anthony Park Library

16 **SATURDAY**
- Country Festival, 10 a.m.-4 p.m., Gibbs Museum

17 **SUNDAY**
- Creativity, Culture and You!, summer program for preschool to grade 6, 5:30-8 p.m., Falcon Heights United Church of Christ

19 **TUESDAY**
- Baby lap-sit story time, 10:30 a.m., St. Anthony Park Library
- Block Nurse Exercise class, 3:15 p.m., St. Anthony Park Library

20 **WEDNESDAY**
- English Conversation Circle, 4 p.m., St. Anthony Park Library

21 **THURSDAY**
- Summer Reading Program: Bill the Juggler, 11 a.m.-noon and 2–3 p.m., St. Anthony Park Library

23 **SATURDAY**
- Concert by area youth musicians to benefit a local food shelf. 7:30 p.m. Admission is a food shelf donation, Peace Lutheran Church

26 **TUESDAY**
- Block Nurse Exercise class, 3:15 p.m., St. Anthony Park Library

27 **WEDNESDAY**
- English Conversation Circle, 4 p.m., St. Anthony Park Library

28 **THURSDAY**
- Summer Reading Program: SEALIVE MN. An interactive presentation about sea life, 11 a.m.-noon and 2–3 p.m., St. Anthony Park Library

31 **SUNDAY**
- Sunday Afternoon Reading Group, The Secret History of the Mongol Queens by Jack Weatherford, 2:30 p.m., Micawber’s Books

**Contact information:**
- Falcon Heights United Church of Christ, 1755 Holton St., 651-646-2681
- Micawber’s Books, 2238 Carter Ave., 651-646-5506
- Peace Lutheran Church, 1744 Walnut St., Lauderdale, 651-644-5440
- St. Anthony Park Branch Library, 2245 Como Ave., 651-642-0411

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**Park Perks**
In May, we raised $1,005.54 for the Como Park High School Senior Class Party. July donations will benefit the Bay Lake 4H Camp.

Stop by Park Perks Coffee Bar and help us support local non-profit groups.
2nd-graders explore the news

A second-grade book group in Mao Lee’s class at St. Anthony Park Elementary School liked their book so much, they were inspired to create their own newspaper. While reading The Landry News by Andrew Clements, the students explored big ideas together about the right to free speech in the First Amendment and why newspapers are so important.

In writing their own paper, they also learned about the hard work required to create a newspaper. Park Bugle editor Kirital Leckrivas visited the book group last month and talked with the students about their paper and the Bugle, and the similar challenges the paper faces every month.

The students decided that while no one can tell you what to write, it’s also really hard to decide what is worth reporting and how to say things in a way that is true and fair.

Second-grade journalists Jack Jensen and Violet Schafer (back row) and Marisol Guevara, Sami Holm and Niko Scholtz.

Boy Scout delivers emergency kits to area senior citizens

Seth Reasoner, 15, of Falcon Heights, a member of Boy Scout Troop 297, delivered emergency-preparedness kits to 65 elderly people in Falcon Heights, Lauderdale and Roseville in May. The kits, which contained a gallon of water, cans of soup, granola bars, a first aid kit, a whistle, a dust mask, a flashlight, soap, toilet paper and a garbage bag, fit inside a 5-gallon bucket.

Reasoner’s project was part of the work he is doing to receive his Eagle Scout award. He received help from Target, Cub Foods, Home Depot, Lions Club, Kiwanis Club and Trivent Financial. The Como Park Block Nurse program and the city of Lauderdale helped him identify who should receive the kits.

Talent show at Coffee Grounds

The Coffee Grounds, 1579 H 1st line Ave., will host a talent show Friday, July 15, as part of the Como Stocation Weekend. July 15 to 17. All talents are welcome. You can register by emailing the cafe at cafe.coffeegrounds@comcast.net, or call 651-644-9959.

Local man receives National Science Foundation award

St. Anthony Park resident William Wolf is one of five University of Minnesota Department of Chemistry students to receive a National Science Foundation Graduate Research Fellowship Program.

Wolf, who graduated from the University of California-Berkley to study and develop new catalytic methods, was an undergarduate student to receive the honor. The five university students are among 2,000 students nationwide to receive these highly competitive honors.

Wolf plans to attend graduate school at the University of California-Berkley to study and develop new catalytic methods. National Science Foundation Graduate Research fellows receive three years of support, including $30,000 annual stipends, $10,500 cost-of-education allowances, international research and professional development opportunities and TerraGrid supercomputer access.

Area student receives national athletic training scholarship

University of Wisconsin-Eau Claire junior Emily Kidd of St. Anthony Park has been awarded a 2011 National Athletic Trainers Association Foundation Undergraduate Scholarship. An athletic training major, Kidd was among 45 students nationally to receive this year’s NATA undergraduate scholarship and is the first UW-Eau Claire student ever to receive the award. Approximately 8,000 students representing 352 academic programs across the country were eligible for the $2,300 scholarship. Kidd is treasurer of UW-Eau Claire Student Athletic Trainers’ Association, a member of the university’s women’s soccer team (a player for two years and a coach for one) and serves on the College of Education and Human Sciences Student Advisory Council.

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2439 Como Avenue - $299,900
Exudes charm, yet incorporates the updates that are hard to find. Fully remodeled. 3 BR and 2 full BAs.

2239 Como Avenue - $279,900
This 4 BR, 2 ½ BA home is in a perfect Park location. Located just steps to the St. Anthony Park library - Call!

1159 Gibbs - $174,900
This cute and amazingly affordable home features 2 BRs, central air, hardwood floors, new kit appliances!

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1271 Raymond Avenue - $324,900
Excellent value! #204 is an incredibly spacious 1 BR, 1 BA with a gorgeous kitchen. #304 features 2 BRs, 2 baths, top floor location with skylight. Elevator, fitness center, guest suite, extra storage, garage and so much more! $214,900 & $244,900

4 Ludlow - $124,900
In North St. Anthony Park, this 2 BR, 1 BA home is an incredibly affordable home features 2 BRs, central air, hardwood floors, new kit appliances!

2359 Valentine Avenue - $164,900
A home in the Park for under $165,000! Think of all the possibilities! 3 BR, 2 BA, large corner lot.

There are other great Park properties in all price ranges coming on the market soon. Call for more information!

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Theft from vehicles is a constant struggle for all of us. It only takes seconds to smash a vehicle window and steal whatever is visible inside. Most property crimes of this sort are considered crimes of opportunity. Do not leave valuables in your car no matter where you are.

If you don’t know about a block club in your area, or wish to start one, call your district council representatives. They can be identified on the City of St. Paul’s web site at www.stpaulgov.org. Homeowners may request a free home security survey from the police department by contacting our Community Services Unit at 651-
268-5485.

I host two community meetings every third Wednesday of each month at the Western District Office, 389 N. Dale St., at 9:30 a.m. and 6:30 p.m. The meetings are a good opportunity to hear about crime trends and for you to let us know what is going on in your neighborhood. Contact me directly with any questions or concerns you may have at todd.d.axtell@ci.stpaul.mn.us or 651-266-5362.

Todd Axtell is senior commander of the St. Paul Police Western District.
Elaine L. Barger, 66, born Oct. 14, 1944, and died May 26 after a courageous fight with multiple sclerosis. She graduated from Blue Earth High School and Minnesota School of Family Social Work. She is survived by her husband, Mike; her College. She is survived by her daughter Kimberly Brunko (Dan); husband of 40 years, Mike; her College. She is survived by her grandmother; two sisters, Sr. Mary Jo, and great-grandfather M. Anthony; two sisters, Sr. Mary Jo; and great-grandfather. M. Anthony. She is survived by her granddaughter, the lights of his life. His funeral service was held May 23 at Beth Jacob Congregation in M. Anthony Heights.

Marie Demitroff Marie M. Demitroff, 65, (née Cookey) died May 26. She was preceded in death by her husband, Richard. She is survived by her children, Nancy McAlister and Peter Renée. Demitroff; two grandchildren; sisters Linda (Don) Mear and Helen (Bill) Woodward; and brother John (Mary) Cookey. A memorial service was held at March 25 at Corpus Christi Catholic Church in Roseville, with interment at Fort Snelling National Cemetery.

Emmy May Haugan Emmy May Haugan (née Sanderson) died peacefully May 29 surrounded by family. She was preceded in death by her daughter, Mary Jo, and great-granddaughter Madisen. She is survived by her husband of 68 years, Sigurd; seven children; Sigurd Jr., Margaret, and Karen; nine grandchildren and eight great-grandchildren. Emma was a longtime resident of Minnesota School of Family Social Science. She was preceded in death by her husband, Richard. She is survived by her children, Nancy McAlister and Peter Renée. Demitroff; two grandchildren; and great-grandchildren.

David was the founder and director of the Hamline-Hebrew University Joint Program in Law. Known for negating his students with both factual and fictional Cobin, a native of Joliet, Ill., had a reputation for sharpening the instincts and tapping the compassion of future lawyers. He had strong ties to the state of Israel and close friends and colleagues there whom he was proud to invite to Minnesota to teach at Hamline. He considered the collaboration between Hamline and Hebrew University his most significant contribution. He had received the John Wesley Award for faculty at a dinner two days before his death. He was a founding member of Beth Jacob Congregation. David loved and was loved by family, friends, colleagues and students and will be missed by them all.

St. Timothy Lutheran Church on June 8, with interment at Fort Snelling National Cemetery. A memorial service was held at March 25 at Corpus Christi Catholic Church in Roseville, with interment at Fort Snelling National Cemetery.

Emma was a longtime resident of Minnesota School of Family Social Science. She was preceded in death by her husband, Richard. She is survived by her children, Nancy McAlister and Peter Renée. Demitroff; two grandchildren; and great-grandchildren. Emma was a longtime resident of Minnesota School of Family Social Science. She was preceded in death by her husband, Richard. She is survived by her children, Nancy McAlister and Peter Renée. Demitroff; two grandchildren; and great-grandchildren. Emma was a longtime resident of Minnesota School of Family Social Science. She was preceded in death by her husband, Richard. She is survived by her children, Nancy McAlister and Peter Renée. Demitroff; two grandchildren; and great-grandchildren.

The 4th of July Parade & Picnic is put on by The Fourth in the Park Committee and sponsored by The Saint Anthony Park Community Foundation, St. Paul Parks and Recreation and YOU! Lives Lived to 18
Lives Lived from Como Park.

John Lutheran Church on June 16, 2011.

Boughton. (T uddie) Rausch; and a sister, Beverly
grandchildren; her mother, Jeanette
husband, Carl; four children, Kara
Proudly Supported by Lyngblomsten
Pastor Al Schleusener
1460 Almond Ave, St Paul, MN 55108
www.mtolive-wels.net, 651-645-2575
Confession: Saturday 3:30-4:30 p.m. and Sunday 9:30-10 a.m.
1435 Midway Parkway, St. Paul, MN 55108 Handicap Accessible
www.comoparklutheran.org.

M-TH; 9 a.m. – Noon on Friday. Hot dog picnic and games on July 28 at 5:30 p.m. Cost
Hamline Avenues, with special music and picnic lunch!
Join us for our second annual “parking lot” worship service, at the corner of Hoyt and
Rides available for 10 a.m. worship–call before noon on Friday.
7 p.m. Como Evening Prayer Worship
8:30 and 10 a.m. Worship (nursery care 8:15 - 11 a.m.)

PEACE LUTHERAN CHURCH - ELCA
ST. MATTHEW'S EPISCOPAL CHURCH
HOYTTA LAKE TOWN CHURCH
M-TH; 9 a.m. – Noon on Friday.

www.stceciliaspm.org

All are welcome – Come as you are
Reconciling in Christ Congregation

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Storm-water project from 1

Elder predicted the infiltration system would result in a 75 percent reduction in pollutants going into the storm sewer from this area.

The project would involve the removal of a bench, a large stone monument and two bituminous pathways that lead into the park. The bench and stone would be reinstalled, said Elder. The playground and tennis courts on the eastern end of the park will not be affected.

Two weeping willow trees will be removed for the project. "We have been very cognizant of the trees down there," Elder said. "We've had our forester identify all the trees that were deemed valuable. We've adjusted the footprint of the project to preserve the valuable trees. Trees likely will be planted to replace the two willows, he said."

Costs for the project would come out of the public works sewer utility budget. If the city gets the nod from area residents to proceed with the project, Elder said, it would likely begin in late summer or early fall, "and then there will be the turf establishment in the spring. We will need to keep people off it for a while."

"All in all, the park will be in better condition [when the stormwater treatment project is done]," Elder said. "There will be path improvements and better turf."

The proposed College Park stormwater infiltration and treatment project would excavate down 5 feet, where sand and gravel would be placed along with 4-foot diameter pipes, which would be connected to a storm sewer. The area would then be filled with quick-draining soil materials and new turf would be established. The playground and tennis courts would not be affected by the project.

Block Nurse from 10

Foundation, a video was created (it's on YouTube; search for SAPBNP Skype Project) that takes seniors through a step-by-step process of using Skype to help them stay in touch with loved ones who are far away.

"One woman—Opal Hedberg—who has a daughter in Paris [France] and one in Vancouver [British Columbia] set up a Skype account and then's a video on YouTube where she shows how to do it," Hayes said. "We set up nine accounts and there's a video on YouTube; search for SAPBNP Skype Project (that takes seniors through a step-by-step process of using Skype to help them stay in touch with loved ones who are far away)."

The first block nurse program in St. Anthony Park was the first block nurse program in the country. The model has been replicated throughout the state since 1981. White House Conference on Aging and her ideas on creating a community nursing program that could help elders stay in their homes that grabbed the attention of the community.

Rohricht hosted an organizational meeting at her St. Anthony Park home and within weeks Martinson found herself on a plane seated next to a businessman from H. B. Fuller who suggested she talk with former Fuller president Elmer Andersen (who happened to go to her church) about start-up funding. The company gave them $7,000 to begin the project, Rohricht said.

St. Anthony Park Area Seniors is planning a number of celebratory events before the year is over, including an appreciation dinner for the programs founders and volunteers.

Next up: The Fourth of July parade down Como Avenue. Look for the red Twin Cities Trolley that will be carrying seniors to Langford Park that day. After the parade, the trolley will offer free rides around the park until 1 p.m.

About Martinson's attendance at the 1981 White House Conference on Aging and her ideas on creating a community nursing program that could help elders stay in their homes that grabbed the attention of the community. Rohricht said.

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