



Patients' medical histories will occupy most of the addition under construction at Group Health. For more about Group Health in particular, and health and healing in general, turn to pages 6 and 7. Photo by Mike Hazard.

## 'It Would Have Been Nice to Have Had a Budget.'

By Catherine Madison

Funds allocated to pay Community Education instructors throughout the 1977-78 school year have already been spent, St. Anthony Park residents were surprised to learn early in September. Of the \$286,361 meant to finance St. Paul's Community Education programs from July, 1977 through June, 1978, \$63,000 was designated to pay activity leaders to teach classes. That money is gone.

According to SAP Community Education coordinator Cathy Hare, this means that higher class fees will be charged, and classes will be cancelled if enrollment minimums are not met. Instructors will be paid directly from the fees collected rather than being subsidized through the city program.

"I don't consider it bad news," said Dr. Jerome M. Hughes, who is education consultant to the St. Paul School Board and is responsible for administering the Community

Education budget.

It was his decision to spend more than half the money—\$35,000—on elementary summer school, although the budget had been set without making any provision for such a program. Four of the 776 students who attended were from SAP.

"I made the judgment that we ought to have elementary summer school," Hughes said. "Somebody had to spend some money to get some state aid in." He expects about \$25,000 to be reimbursed by state foundation aid in December. He also hopes the school board will allow an additional \$80,000 in balances to be spent on community education, he said.

In addition to summer school, money was needed for activity leaders at 12 different Community Education sites. Three of these programs were begun last spring, Hughes said. The \$8,000 spent for early childhood and family education programs at SAP and Groveland and the \$1,100 used to launch the extended day care program at SAP also came from these funds, he said.

"What hurts the most is that our council has always pressed Dr. Hughes for a budget," said Pat Copa, chairperson of the SAP Community Education Advisory Council. Composed of representatives from community groups and members-at-large, the council sets

fiscal guidelines and advises the community coordinator.

"There has always been some concern about this matter, because the council is very uncomfortable with an open-ended budget," she said. "We were told to get the program going, to be creative, then to work into being accountable." Although Hughes had been generous with funds, he did not provide a budget even in response to the school principal's written request last spring, she said.

Cathy Hare also operated without a budget. "Dr. Hughes told us to try to do things within reason. We would check with him on whether we could do something—he would either say yes or no."

The program has not been refined to the point of developing a specific budget for each site yet, although it may move toward that in the future, Hughes said. It is a difficult task because each site is at a different stage in its development.

"We developed a program allowing for what we thought would be good judgment on the part of the community directors, who had all indicated they would be prudent in moving ahead with it," Hughes said. However, some people had an "unfounded notion" about the resources that were available, he said.

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### Paint Walls

COMPAS needs you to attend their next monthly meeting on October 24 at 7:30 p.m. at the Community Council office. Discussion will focus on walls and sculpture.

### Questions?

The Board of Directors of Park Press, Inc. have completed a questionnaire and have sent it to all Park Press members' homes. If you haven't received one, it should be in your mailbox soon. Responses should be mailed in soon to insure members' full participation.

### S-S-S-SAP!

The SSAP Association will hold its regular meeting at the Recreation Center on October 5. There will be a potluck from 6-7 p.m. with the meeting from 7-8 p.m.

### Press On!

The next meeting of the Park Press Board is October 6 from 3 to 5 p.m. in the basement of the Park Library. Board meetings are open to the public.

## Thoroughfare Meeting Planned

By Peggy Mann Rinehart

The St. Paul Planning Commission has proposed the building of two thoroughfares in St. Anthony Park. However, before any proposal can be financed, the Commission must hold a series of public meetings. The District 12 meeting will be held on October 12 at 7 p.m. at 2380 Hampden Avenue.

Jerry Jenkins, District 12 Community Organizer, stressed the importance of such meetings. "The Planning Commission pays attention to numbers," she explained. Jenkins went on to say that if St. Anthony Park wanted to impress their wishes upon the city, they could do so by attending the meeting, or by sending letters.

The St. Paul Planning Commission proposal states: "Co-

mo Avenue carries appreciable traffic through the St. Anthony Park community, including truck traffic. This divides the community in two, especially the main shopping district." Representatives of the St. Anthony Park Community seem to agree that the East-West Kasota Avenue Route would divert truck traffic from both Como and Raymond Avenues. Jenkins added that the trucking industry was in favor of this proposal. "We don't often see industry and neighborhoods in agreement," said Jenkins.

The North-South Transfer Road Route would combine Vandalia Avenue on the south with Transfer Road (site of the new Amtrak Station) and continue to Como Avenue and then northward between the fairgrounds and the St. Paul

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## INSIDE STORIES

A Successful Business of Her Own . . . . Page 3  
Mable Merry's Home Restored . . . . . Page 5  
Unlimited Success . . . . . Page 8  
Amtrak Finds an Outlet . . . . . Page 11

Now that Fall is here, do something for yourself! Come to the planning meeting for the November issue of the Bugle on October 3 at 7 p.m. in the basement of the Park Library. The deadline for stories, pictures, letters and ads is October 17. Call the Bugle 24 hours a day, 7 days a week, 646-8884.



2380 Hampden Ave., 646-8884

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## DISTRICT 12

Serving Residents of North & South St. Anthony Park,



12

October, 1977  
Vol. 2, No. 2

## NEWS

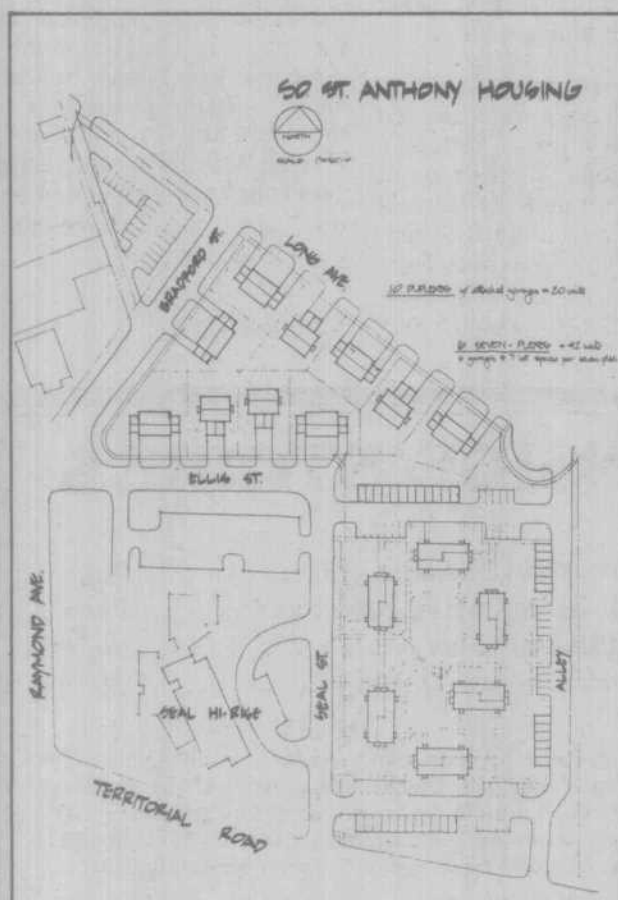
Commerce & Industry.

### Ellis Avenue Housing Site Discussion

The concept plan for a low-density solution for the Ellis Avenue Housing Site received support from District 12 Community Council members and South St. Anthony Park residents in particular. After lengthy discussion at the September 14 meeting, Rick Wiederhorn, Renewal Division planner, was asked to report to Jerry Isaacs, Economic Development Division, the following comments and suggested modifications:

1. The Community Council endorses the proposal for market-rate housing on the site.
2. The Community Council also endorses the concept of the site plan presented; i.e. mixture of duplexes and apartments with the duplexes oriented toward other single-family housing across Long Avenue.
3. The Council expressed a preference that the duplexes be sold as townhouses, so that a higher percentage of owner-occupants can be attracted.
4. The Council also expressed a strong preference that all of the units (townhouses and apartments) be able to accept larger families. They favor units with 2-4 bedrooms and efficiencies throughout the site.

If the Economic Development Division of the City's Department of Planning and Economic Development are agreeable to these modifications, development controls for the site will be formulated and then the site will be advertised for development. Further discussion about the housing site will be continued at the October 6 Physical Committee meeting at 5 p.m. These meetings are open to the public.



### Needs Assessment "Brainstorming"

Community Council members spent some of their Sept. meeting time identifying community concerns to aid Anderson and Berdie Associates, consultants for the Needs Assessment project of five districts in the City. Concerns mentioned related to the following: school system, street maintenance, transportation, Dutch Elm disease and replanting of trees, neighborhood maintenance organization, coordinated trash removal, coordinated housing repair and renovation, self-actualization, feelings of self-worth, fulfilling one's potential, productivity, need for stimulation, problems of isolation (especially of seniors), provision of housing, arts in the community, acquiring knowledge and skills, community representation, garden space, air quality, noise, youth activities, personal safety, loneliness.

If you want to talk about your community concerns or what you think the community needs, please call 645-5577.

### Elizabeth Clark Memorial Needs Funds

Contributions to the fund to purchase a tree as a living memorial to Elizabeth Clark, a former community leader, who lived in South St. Anthony Park, now total \$152. More money would enable the committee to purchase a larger tree and ensure a fitting plaque. Please send your check to Elizabeth Clark Memorial Fund, 2380 Hampden, St. Paul 55114.

The Memorial Committee recommended that the tree be planted on Arbor Day, 1978, and the Community Council concurred.

### Community Council Actions

1. Participated in discussion of community concerns and social needs in District 12 with Anderson and Berdie, consultants on Needs Assessment Questionnaire.
2. Received report of W. Midway/University Avenue Economic Study Task Force on selection of consultant firm, Midwest Planning and Research, Inc., Minneapolis.
3. Designated first hour of October 12 Council meeting for dialogue with Planning Commission on City's Thoroughfare Plan.
4. Discussed Ellis Avenue Housing concept proposed by City's Economic Development Division.
5. Voted to ask Economic Development staff to modify Ellis Avenue Housing concept.
6. Voted to plant Elizabeth Clark memorial tree on Arbor Day, 1978, in conjunction with clean up of Green Grass Park.
7. Received status report on General District Plan.

### Upcoming Meetings

- October 6 Physical Committee — 5 p.m.  
October 11 Economic Committee — 5 p.m.  
October 12 Community Council — 7 p.m.  
Presentation and discussion with Planning Commission and staff of City Planning and Public Works regarding City's Thoroughfare Plan (see front page story).  
October 26 Social Committee — 7 p.m.

All meetings are open to the public and are held at 2380 Hampden.

### Task Force Chooses

The University Ave. Economic Study Task Force reviewed proposals to provide consulting services from eight firms before voting to choose the Minneapolis firm, Midwest Planning and Research, Inc. (MPR). The study will be funded by monies allocated to District 12 previously plus unexpended funds for consultants originally allocated to the downtown development district. The Renewal Division staff and the District 12 Task Force will recommend that the HRA enter into a contract with MPR for the consultant services as outlined. The firm will work closely with Rick Wiederhorn, Renewal Division planner, the Task Force and District 12 Community Council on the 3-4 month study.

### What Do You Want in Downtown St. Paul

The Downtown Community Development Committee wants to know what people from St. Paul's neighborhoods want in downtown. In a meeting at Neighborhood House on Sept. 7 representatives from various neighborhoods and the downtown committee focused discussion on the differences and commonalities of traditionally residential and strip commercial areas and the more commercial development of downtown.

The September 7 meeting was open, informal and free-wheeling. Feelings were expressed about the following: 1) Competition between neighborhoods and downtown for public dollars, 2) Effects of downtown redevelopment on neighborhood commercial strips, 3) Comparison of "political clout" between downtown and neighborhoods, 4) Parking and circulation problems throughout the City, 5) The St. Paul school system's image, 6) Selling St. Paul on St. Paul.

This initial discussion did not lead to consensus but there was general agreement that downtown development will generate a tax base which will result in property tax relief for all residents.

The Downtown Community Development Committee proposed holding a number of neighborhood meetings regarding Seventh Place. A sub-committee was formed to help coordinate and publicize these presentations in a number of neighborhood locations yet to be determined.

### MTC May Build "Pulse Center"

The Metropolitan Commission (MTC), represented by Dave Jessup and Al Forsberg, explained to members of the Economic Committee and the University Avenue Economic Study Task Force that a "pulse center" near University Ave. and 280 may be built in 1979 or 1980. The facility would make transit more convenient for people by providing a coordinated transfer location and shelter from the elements and be more useful for buses by providing lay over and turn around space. A specific site has not been selected.

MTC wants to work with the community in site selection and design. Similar facilities may be built in Golden Valley and Highland Park, according to Jessup. If you want more information you may call Jessup at 221-0939.





# PARK PEOPLE

By Lois Snook

The Bibelot Shop, 2276 Como Avenue, exists, in part, because Roxana Freese became the breadwinner of her family. As a single parent, she accomplished what others may only dream of achieving: a successful business of her own.

"Too many women have the attitude, 'I'm going to try it, rather than, 'I'm going to do it,' Freese believes. Although economic necessity provided powerful motivation, the Bibelot shopkeeper credits the community as the real key to her success. "The Park means a lot to me and has been good to me. I think people cared about my succeeding and have responded."

If you've visited the shop lately, you've noticed a two-phase expansion underway. Plans call for occupying space next door and also upstairs. Almost from the beginning, the *bibelots* or "precious little trinkets" have spilled over their limited space on shelves. The new expansion will afford additional space to accommodate decorator fabrics and clothes.

"At least once, I've gone home with my knees shaking," says Freese. The confidence to risk an expansion that nearly triples physical space and inventory comes mainly from confidence in the Park community.

Freese speaks very warmly about the Park. "I chose to live here and then I chose to operate a business here. There is a wonderful diversity that I like. I think what the Bibelot has become, what I have done, is a response to the community's needs. As those have changed, so has the face of the Bibelot."

Freese has been an agent of change as well as a reflector of change. She was among the first female members of the St. Anthony Park Association. Once a "men's club," the Association now solicits and welcomes women members. As one of the first women shopowners in the Park, Freese is glad to see other women and men join the ranks.

In an important way, the Bibelot reflects the personality of its owner. The cards, the jewelry, the clothing, the wall hangings, the new decorator fabrics—all mirror the taste and values of the owner and buyer. Take the cards, for instance. "They are very special to me," says Freese. "People come a long way to get cards from the Bibelot. They are carefully chosen, and, yes, you could say they express my own philosophy."

Freese considers herself an oldtimer in the Park. Freese and her three children (the youngest now 19) have lived in the Park for 14 years and now reside at 1369 Brompton. Daughter Joan Arbisi, now a student in design on the St. Paul campus of the University, works in the family business. Freese had experience working in art galleries and originally conceived of the Bibelot as a museum shop. Lots of butterflies in boxes.

One of the pleasures Freese has in running a gift shop is seeing the young people in the Park grow into young adulthood. People seem very loyal. Even when they move away, they come back to visit and to shop. Many seminary students are among the transient population that move in and out of the Bibelot. Some have been employees. Most have been customers. They keep reappearing and bringing Freese up-to-date on their lives and careers.

Freese believes there should be an interplay between new trends in the market and one's own judgement and taste. "I have talked with many persons wanting to start out in business. I tell them they should select a location carefully, not get discouraged easily and know where to go for help."

"You learn the basics in the first six months (or else you fail). After the first year, you can expect to earn a profit." But Freese feels flexibility is the crucial ingredient for growth and development. Right now her newest market is decorator fabrics. But it may not be what she'll be selling five years from now. What does she see for the future? She has no crystal ball. But she sees herself in the Park. This is her home and her place of business.

## Media!

By Alice Hotchkiss

Parents, students, and faculty of Murray will soon see some long-needed building improvements. Three areas of construction are scheduled to begin in November and have been designed by G.S., Inc.—Dennis Grebner and Dick Schoen. Reno Rossini, Murray principal, has worked with them on this project, and he stated that he completely approves of all the plans. An all weather corridor will replace the present board-walk between the two Murray buildings. Because most people tend to use the present all weather corridor, the resulting uneven flow of traffic creates an undesirable crowded situation at that end of the two buildings.

The Instructional Materials Center will coordinate all published media and all audio-visual media in one library. The IMC and the new corridor will actually be one building construction: the IMC's grantham wall will be the new corridor's buford wall—an inside wall. The IMC will include many aids to learning, teaching, studying and research.

The IMC will house all instructional materials with adequate space for proper care, storage and useage. The useage areas include the Library main room, a periodical room, an audio-visual room, two conference rooms, and an adjunct room to the library. Miss Valker, librarian at Murray, has in mind several possible uses for this adjunct room; she does feel its most significant use would be as a silent place for students and teachers to study, write plans and do research. At present when Miss Valker takes a class in the Library, she must close it to study because of the size limitations of the Library room. With the construction of the IMC, the Library will never have to be closed to study.

The area now under the Auditorium will become the Art and Graphic Arts Complex with the space divided between Fine and Graphic Arts. Some of the rooms and equipment will be shared. The darkroom will permit people to enter without destroying films or prints; a number of people will thus be able to work in this darkroom at the same time. The Art Safety room will have extra safeguards in addition to the proper equipment—included will be a fume exhaust booth, cement counter and welding booth.

## 3 The Bugle

PORTRAITURE

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## Wittman New on School Board

By Martha Saul

Wayne Wittman was appointed to the vacant seat on the St. Paul School Board after 13 ballots, narrowly edging out Mrs. Janet Dieterich for the position.

Wittman is a vocational rehabilitation supervisor for a state agency. "I believe in the womb to tomb approach to education," Wittman said, when questioned about his education philosophy. "Education must be available to all the people in a community."

Wittman was at first unaware of the budget deficit in the Community Education program. Later, he said there was a problem. He commented that his child had been terminated from a music program because of the deficit.

Wittman is especially interested in education for teenage parents. "I've got strong feelings that parent education is vital," he said, "because children are greatly affected by their early experiences."

He also is hopeful that parents will become more actively involved in planning for their children's education. "When people (parents and teachers) get together on a non-crisis basis it enhances the educational programs for all the children."

Wittman also said he would like to meet the people of St. Anthony Park because of their concern for all phases of education. "I'd welcome an opportunity to meet with people in another part of the community," said Wittman, an East Sider.



## Editorial

The current financial situation of the Community Education program is not the result of wrongdoing or unethical conduct. It appears to be a matter of bad judgement and administrative arrogance.

A few weeks ago, Community Education Director Dr. Jerome Hughes announced that the program has expended the year's allotment for instruction—\$63,000—in two months. The news startled and surprised local program coordinators throughout the city.

Starting this month, all Community Education programs in St. Paul will have to support their teaching staffs. That means fees will increase and if enrollments don't cover costs, then classes will be cancelled.

In itself, an independent program is desirable. In fact, Community Education was slated to be self-sufficient in a few years. However, to spend a \$63,000 allotment in two months without plans for an orderly implementation of a self-supporting program is irresponsible.

Our community is more fortunate than some other neighborhoods. An enthusiastic and hard-working staff, a dedicated advisory council, and a concerned citizenry have helped the program flourish in St. Anthony Park. In all probability, SAP's program can become self-sufficient this year. But other neighborhoods may not fare as well. In effect, they have been cheated out of the opportunity to implement the program and must now operate on a survival basis.

St. Anthony Park's Community Education Advisory Council repeatedly asked for a budget to assist them in program planning. However, the administrative attitude was aloof and patriarchal, and no guidelines or priorities were established. Surely staff members and residents alike deserve a more responsible, orderly attitude toward a program financed with tax dollars.

We deplore the whimsical approach to administering the program in the past and hope that a more studied, judicious attitude will characterize the future. In the meantime, Park Press Inc., applauds the diligent dedication of our local Community Education staff in building a solid program. We wish them well as they continue the 1977-78 year with a crippled budget.

The Park Press Board



## The Park Bugle

The Park Bugle is published by Park Press, Inc., a legally incorporated nonprofit organization guided by an elected Board of Directors. Currently serving on the Board are Andrew Boss, Judi Burson, Mark Frederickson, John Hunt, Gail McClure, Gerald McKay, Joseph Skovholt, Lois Snook, and Kurt Steinhauser.

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By Kathryn Diedrich

A log cabin tucked quietly into a wooded hillside fills the winter dreams of some city folks; for Jerry and Peggy Rinehart the dream is a reality. They are the second owners of a cabin built at 2368 Doswell Ave.

The home, built in 1932 for Miss Mabel Merry, duplicates the cabin she enjoyed at Lake Louise. And yet, this simple structure started with troubles. Construction could not begin until workers discovered an ingenious way to remove an enormous boulder buried in what was to be the basement of the house. They dug a trench around the rock and kept a steady fire going in it for several days. When the rock was hot enough, barrels of cold water were dumped over it: the rock shattered in millions of pieces, solving the workers' dilemma and providing a firm foundation for the house.

A stone pathway now leads the visitor through the shady lot. Peggy has counted upwards of 30 trees on the lot—not counting the towering oak which the front porch is built around. The exterior of the house is split cedar log siding and the pillars of the front porch are full logs. A Pennsylvania Dutch hex sign (a gift from Miss Merry's niece) on the street side of the cabin is there to ward off evil spirits, though the Rineharts report the squirrels have not yet taken notice.

The impact on entering the home is euphoric; a soaring twenty-foot fireplace dominates the living space. Balconies of split logs branch out from the chimney and expose two sleeping lofts. The living space includes a study area for Jill (who is eight) and the dining and living room areas. The woodwork of split-pine is repeated in the door frames and construction joints, while a colonial print wallpaper brightens the space. A pair of sconces on the fireplace and a hanging light fixture were designed by the original owner and crafted in wrought iron by a local blacksmith. To the right of the entry a sunroom serves as Peggy's study and affords a pleasant view of the surrounding shrubs and trees.



"...a warm and comfortable place."

The Rineharts and friends did all the renovation: while Jerry replaced the roof, Peggy turned the kitchen into a convenient modern one. They also converted the basement into a large bedroom, a study for Jerry and a laundry room. A second fireplace (at the foot of their bed) keeps the winter chill away. Although most of the house has been renewed, the basic cabin remains as Miss Merry knew: a warm and

comfortable place.

Jerry Rinehart is completing a Ph.D. in English and is the Assistant Director of Freshman Composition at the University of Minnesota. Peggy Mann Rinehart teaches journalism and publication courses at Mounds View High School. They have two charming daughters, Jill, in the third grade, and Alison who is 15 months. Peggy is the new editor of the *Bugle*.

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## Group Health

A primary concern of the public is what quality of health care does an institution like Group Health offer? The root of the answer to this question must lie in Group Health's concept of preventive medicine.

There are 2 ways by which they encourage members to practice preventive medicine. One is by hanging anti-smoking and drinking posters in conspicuous areas around the clinic and by holding meetings and group encounter sessions for smokers and alcoholics. Group Health houses a full time staff which is concerned only with drug use and abuse.

Secondly, the system by which Group Health is run gives easy access to early care. Since no payment is required by the patient, the incentive to see the doctor for the slightest ailment is higher. The ultimate result is that the rate of utilization of services is remarkably lower with the Group Health Plan. As John C. Kidneigh, President of Group Health Plan, observes: "Early care and prevention pays off."

Preventive medicine is not the only thing which lowers Group Health costs. Group Health doctors, as opposed to those in private practice, do not have to change what is known as a fee for service bill. This means that they do not have to pay the rent or a secretary's salary like private practice physicians.

The Group Health doctor is also on salary. He does not receive more money for extra visits by the patient. The Group Health doctor becomes less inclined to keep a patient in the hospital longer to receive extra money. Depending on the demography of the certain area, the average stay in the hospital for a Group Health patient is 5 days, as compared to 12 days for the private physician's patients. However, we must also consider the fact that Group Health patients are 10 years younger than average.

Group Health Association was begun in the late 1930's by a small group of people who were a cross section of both "blue collar" and "white collar" occupations. Because of the then Minnesota laws, the prepaid health plan, now known as Group Health Plan, was not begun until 1957.

Beginning with 700 members, one full time physician and 12 part-time physicians, Group Health Plan has grown in 20 years to 100,000 members spread among 7 fully operating clinics. The headquarters is located at the corner of Como and Eustis.

Group Health Plan is an institution which caters primarily to the health needs of people through their employers. Businesses, schools, and organizations offer the plan to their employees as an option to choose from for medical care.

A Health Maintenance Organization (HMO) law which passed a few years ago has made it mandatory for Group Health to open its doors to private membership. Anyone interested in membership must file an application which is reviewed during the open enrollment period. This period lasts for one month out of the year, usually in February or April. When a predetermined quota is reached, open enrollment is terminated. The quota prescribed usually does not exceed more than 3,000 members.

—Dore Antonello

Collected by Michael Hazard.



### No One is Cured

Any worth-his-salt physician knows that no one is "cured." We recover from some somatic, some bodily "fever" where as observers we have seen various engagements between our battalions of cells playing at this or that lethal maneuver with other natural elements. It has been interesting. Various sewers or feed-mains have given way here or there under pressure: various new patterns have been thrown up for us upon the screen of our knowledge. But a cure is absurd, as absurd as calling these deployments "diseases." Sometimes the home team wins, sometimes the visitors. Great excitement. It is noteworthy that the sulfonamids, penicillin, came in about simultaneously with Ted Williams, Ralph Kiner and the rubber ball. We want home runs, antibiotics to "cure" man with a single shot in the buttocks.

—William Carlos Williams

### 10% of our GNP!

It is astounding that 10 per cent of our gross national product is devoted to health care. Most of these dollars are used to cure existing illnesses rather than used for preventive care. Community health clinics, HMO's, and public education programs designed to make people aware of preventive medical practices all contribute to the goal of a healthier society. The Metropolitan Health Board is currently working on an area wide plan that will attempt to bring a modicum of order to medical facility and program expansion.

—Janet Dieterich, Metro Health Board Member

### Keeping the Kids Healthy

The Students' Health Center of the University of Minnesota on Cleveland Avenue is an agency of healing here in the Park. For a fee of \$60 and \$100 per year respectively, students and staff members can take advantage of medical care given here during the school year.

"We see 25 to 30 patients per day," said Dr. Phillip Hursh, director of the St. Paul campus facility since 1967. "Mainly we deal with upper respiratory infections and some dermatological problems." Patients with more serious problems are referred to specialists at the Minneapolis campus health center.

The Health Service also provides health care on a fee for service basis for graduate students and guests on campus who become ill. "We do not do elective surgery or cosmetic basis surgery," Dr. Hursh said. "We just try to keep the kids healthy enough so they can pursue their studies."

—Martha Saul

**heal** (hēl), *v.t.* 1. to make whole; free from ailment. 2. to bring to an end; settle; reconcile. 3. to free from. —*v.i.* 4. to effect a cure. 5. (of a person) to become whole or sound; mend or over. [ME *hele(n)*, OE *hælan*, Goth *hailjan* < *hāl* HAL. —*heal'er*, *n.* —*Syn.* 1. See *health* (helth), *n.* 1. the general condition of mind with reference to soundness. 2. soundness of body or mind; wholeness: to lose one's health. 3. vigor; vitality. 4. happiness, etc. 5. vigor; vitality. *helthe*, OE *hælh*. See *HALE*<sup>1</sup>, *W*

—The R

Health care is the nation's third largest industry, and it is also one of the consumer's costliest commodities, according to Edna Jordahl, extension home management specialist at the University of Minnesota. In 1975, \$118 billion, or an average of \$547 per person, was spent on health care in the U.S.

### The 2 Helping Professions

Health and healing are major concerns of ministry, according to William Hulme, well-known author and professor of pastoral care at the newly unified Luther-Northwestern Seminaries. Going back at least as far as the health and dietary laws in the Book of Leviticus, the church has been involved in healing. Most hospitals were originally church-sponsored.

Professor Hulme teaches students a holistic approach to healing in his pastoral counseling courses at the seminaries. Holistic medicine is a recovery of a biblical insight: that there is an interrelationship between the physical, emotional, and spiritual. Hulme believes that an integration of all 3 are required for health.

Hulme thinks the separation of science and religion has been a false and artificial division with dangerous consequences. In some primitive societies the healing arts and religion are combined in the person of the shaman. The shaman is a witch doctor, medicine man, divine, or holy man who practices magical arts. Without returning to prescientific superstition, much can be learned from an approach which merges healing and religion. Hulme sees today's doctors and pastoral counselors in a creative partnership.

Pastors or hospital chaplains can help by acting as ombudsmen for patients, Hulme feels. He cites one hospital patient who couldn't comprehend what the doctor was telling him. He resented being a guinea pig for the medical students who came to observe the daily examination. When the physician was leaving after a typical 3 minute visit, the man summoned his courage and shouted, "Come back here, damn it. I've got some questions to ask!" He'd had some assertive training from the chaplain.

There is a prophetic ministry to be done also, says Hulme. "The health care system is in crisis. Small towns can't get doctors. Medical costs have skyrocketed. People have long waits to see a physician and unsatisfactory experiences with doctors who seem too busy to be human."

Hulme is convinced partnership between the clergy and the doctor can help. Cooperation between the 2 helping professions can stimulate improved health care delivery.

—Lois Snook





SAINT PAUL PUBLIC SCHOOLS

# COMMUNITY ST. ANTHONY PARK

## 1977 FALL SCHEDULE EDUCATION

### Afterschool Art

12 weeks of basic art instruction sponsored by the Minnesota Museum of Art and Community Education. Charcoal, watercolor, tempera, clay, pastel. Drawing, painting, constructions. Learning about Rembrandt, Degas, Picasso.

Meets Monday afternoons, beginning October 10, in the art room at St. Anthony Park Elementary School. Time: grades 1-3: 3:30-4:30; grades 4-6: 4:30-5:30. Cost: \$24.50 includes all supplies. See Cathy Hare, 645-2456, Community Education Coordinator for partial scholarship. Questions: call Nell McClure, project coordinator, Minnesota Museum of Art, 227-7613.

Sign up on the form below. Enrollment is limited: first come, first served.

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ Phone \_\_\_\_\_  
Check One: ☐ Grades 1-3, 3:30-4:30  
☐ Grades 4-6, 4:30-5:30

Make check out to Minnesota Museum of Art and mail or bring it to Cathy Hare, Community Education Coordinator, St. Anthony Park School, 2180 Knapp, St. Paul, MN 55108.

### Parent & Child Together

**What?** Parents attend small group session while children participate in a learning environment in a separate room.

Learning experiences are provided for parents and their children together both in the learning center and other places.

Presentations on special interest topics may be presented such as: Your Child's Self-Esteem, Guiding the Behavior of Young Children.

**Where?** At St. Anthony Park Elementary School.

**When?** October 10-November 18.

**Who?** Parents and children—ages 0-5, who live in school attendance area.

**How to Register:** Send in the form below.

**Fee:** \$15.00

**Registration Form**  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Name(s) of child(ren) attending \_\_\_\_\_  
Ages \_\_\_\_\_  
Time period:  
☐ Monday, 9:15-11:15 a.m.  
☐ Wednesday, 9:15-11:15 a.m.

### Free Health Night

Community Blood Drive Night is Friday, November 4. Representatives from the Lung Association, Division of Public Health, Diabetic Association, and Diabetes Education Center will be present.

Blood donations will take the donor 45 minutes to 1 hour. The Red Cross will also provide a free blood pressure check, diabetic check or hemoglobin check for those interested. There will also be a film presentation by the Division of Public Health.

### Sexual Assault Awareness

St. Anthony Park Community Education Center will be presenting a class on "Sexual Assault Awareness" on November 18, 1977, from 7:00-9:00, at St. Anthony Park Elementary School. The class will talk about the scope and nature of sexual assault, some of the attitudes that surround this issue, what is needed by someone who is sexually assaulted, services available in St. Paul, Ramsey County, and some ideas on self-protection.

The staff of Community Education encourages everyone to attend, in recognition of the fact that sexual assault is the most rapidly increasing violent crime and that sexual assault affects everyone, young or old, male or female. You or someone close to you may possibly be the victim of a sexual assault.

Community Education is offering the class in cooperation with Sexual Offense Services (S.O.S. of Ramsey County and the City of St. Paul). There is no fee for the presentation. For further information, contact Cathy Hare, 645-0391.

### Board of Education

Eleanor Weber, Board Chair; William Magnuson, Vice-Chair; Catherine Hartnett, Clerk; Robert D. Lowe, Sr., Treasurer; Emery Barrett; Rosilyn Carroll; James S. Griffin; George P. Young, Superintendent of Schools (ex officio, without vote).

### Registration Form

Activities begin the week of October 10, 1977.

Classes are limited so register early. No refunds once activities have begun.

Please pay by check and make checks payable to: Independent School District 625.

Would you be interested in child care during your activity? \_\_\_\_\_

**By Mail:** St. Anthony Park School, Community Education, 2180 Knapp Street, St. Paul, Minnesota 55108.

**In Person:** Wednesday, October 5-Friday, October 7, 9 a.m. to 6:00 p.m. at the Community Education Office, St. Anthony Park School.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Activity \_\_\_\_\_  
Fee \_\_\_\_\_ Date paid \_\_\_\_\_

## 2 Community Education

# ST. ANTHONY PARK SCHOOL

### Ballroom Dance

**Monday, 7:30-9:30, 6 weeks.**

A beginning class in such favorites as foxtrot, waltz, latin, swing and polka. Covering how to lead, follow, style, dancing to the music and enjoyment of dancing. Vernon Arnold. Cost: \$10.00.

### Baton: Beginning I and II

**Tuesday, I 3:30-4:30 or II 4:30-5:30, 6 weeks.**

Basic twirling and marching skills will be taught. The student should practice 1/2 hour per day during the course. May purchase a baton through the instructor for \$6.00. Julie Danielson. Cost: \$6.00.

### Baton: Intermediate I and II

**Thursday, I 3:30-4:30 or II 4:30-5:30, 6 weeks.**

Should know rudiments of twirling. More advanced skills will be taught, also two baton twirling techniques. Student should practice 45 minutes to 1 hour per day during course. Julie Danielson. Cost: \$6.00.

### Cake Decorating

**Wednesday, 7:00-9:00, 6 weeks.**

Learn the basic cake decorating skills. Edging, flower designs and novelties will be covered. Make your talent known for your family's special occasions. Materials cost \$5.00-\$7.00. Julie Piechowski. Cost: \$10.00.

### Co Rec Volleyball

**Wednesday, 7:30-9:30, 6 weeks.**

Men and women enjoy an open night of volleyball. Have fun and meet new friends. Wear gym shoes and comfortable clothing. Cost: \$6.00.

### Creative Dance

**Monday, 2:30 to 3:30, October 10 to December 23.**

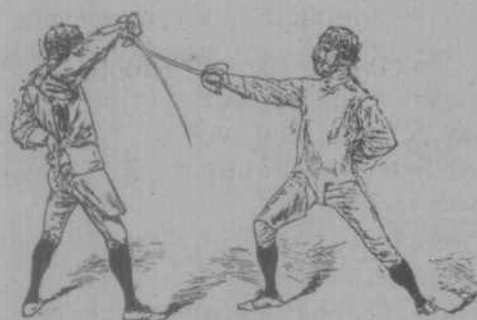
Creative dance activity leading to an informal presentation for parents and school community. Students learn dance skills and create movement sequences with the teacher. Open to boys and girls, 4th through 6th grade, who attend St. Anthony Park School.

One or two extra practices will be necessary two weeks prior to the performance. Previous activities of the St. Anthony Park Dance Club have included dances for "Mary Poppins" in the spring of 1975 and "African Tales"—spring of 1976. Limit: 15 students. Fee: \$6.00.

### Dog Obedience

**Monday, 7:30-8:30 or 8:30-9:30, 6 weeks.**

This course will cover the basic obedience exercises, heeling, long sit and down, recall, stand for examination, and figure 8. Plus some grooming and various information. Bring to class dog, leather leash, choke chain. Dog should be over 6 months old. Classes to be held at Langford Recreation Center in the gym. Emily Copeland. Cost: \$6.00.



### Fencing: Beginning

**Tuesday, 8:00-9:00, 6 weeks.**

Students will learn the basics of foil fencing: advancing, retreating, lunging, defensive parries, and offensive attacks. Wear sneakers, a long sleeve shirt, stretchy pants and a glove. Equipment will be furnished. Rich Jacobson. Cost: \$12.00.

### Fencing: Intermediate-Advanced

**Tuesday, 7:00-8:00, 6 weeks.**

This will be a review and combining of movements learned in beginning fencing. Emphasis will be on individual skills and practice. Equipment will be furnished. Special program for advanced fencing. Rich Jacobson. Cost: \$12.00.

### Financial Planning for Future Security

**Monday, 7:00-8:30, 6 weeks.**

Stocks, bonds, mutual funds, tax shelters, tax incentive, investments, life insurance. What they do, where they fit. Establishing goals. Risk vs. reward. Richard W. Rodgerson. Cost: \$7.00.

### Introduction to Drawing

**Tuesday, 7:00-9:00, 6 weeks.**

An introduction to the basic techniques involved in creating an interesting and realistic drawing. Techniques will include line, shading, and composition. Individual instructions as needed. Material costs range from \$10.00 to \$20.00. Paul Heidtke, COMPAS. Cost: Free.

### Introduction to Jewelry Making

**Monday, 7:00-9:00, 6 weeks.**

Learn these jewelry techniques—sawing, filling, soldering, simple casting and stone setting. Material cost depends on student's choice of copper, silver or gold. Bring pad and pencil. Susan Sheets. Cost: \$10.00.

### Karate for Children

**Thursday, 4:00-5:00, 6 weeks.**

Exciting kicks, punches and escapes highlight this dynamic course for children. Great power is tempered with control and safety in this sport and art form. Wear loose clothes. Bring notebook and pencil. Mr. Fred Neff and staff. Cost: \$10.00.

### Karate for Adults

**Thursday, 6:30-7:30, 6 weeks.**

Adults learn to use their feet and hands to block attacks and follow through with their own counter-attacks. One learns to use the body as a total dynamic fighting unit. Wear loose clothes. Bring notebook and pencil. Mr. Fred Neff and staff. Cost: \$10.00.

### Family Karate

**Thursday, 7:30-8:30, 6 weeks.**

Thrilling the whole family are the kicks, punches and throws of Kanshia Karate, a 1900 year old sport and art form. Parents and children explore new techniques together in family karate. Wear loose clothes. Bring notebook and pencil. Mr. Fred Neff and staff. Cost: \$10.00.

### Middle Eastern Dance

**Tuesday, 7:00-8:00, 6 weeks.**

An introduction to the increasingly popular art of Middle Eastern belly dancing which serves both as a means of self expression and an excellent form of exercise. Basic techniques, arm and hand patterns and step variations will be combined into a dance routine. Wear comfortable flexible clothing, preferably a leotard. Lee Gaiser. Cost: \$6.00.

### Middle Eastern Dance II

**Tuesday, 8:00-9:00, 6 weeks.**

Middle Eastern belly dancing for students with previous experience. Wear comfortable flexible clothing, preferably a leotard. Lee Gaiser. Cost: \$6.00.

### Off Loom Weaving

**Tuesday, 7:30-9:30, 6 weeks.**

Introduction to different weaving techniques. Finger weaves, inkle, needle weaving and back strap. First session will be a demonstration in different weaving



# SCHOOL

approaches. Then students may choose which one they would like to work in. Material costs about \$10.00. Mary Ellen Kollmer. Cost: \$10.00.



## **Slimnastics & Diet** **Thursday, 7:00-8:30, 6 weeks.**

This course involves mass exercises, exercises for individual body parts and relaxation exercises. There will also be discussion on diet and exercise. The remaining time is spent in active group games. Pat Perrizo. Cost: \$7.00.

## **System 80 and Hoffman Reader** **Monday, 3:30-4:30, 6 weeks.**

System 80 has available reading words in context, spelling and phonics. Basic facts in math are also available—addition, subtraction, multiplication & division. French is also a choice. Hoffman Reader has reading and math levels K-6. There is also an ecology series which has been a favorite with upper elementary students. Cathy Taylor. Cost: \$2.00.

## **Tennis: Beginning** **Thursday, 7:00-8:00, 6 weeks.**

Introduction to tennis, learning the basic footwork and racket work. Materials needed for class are tennis racket, tennis shoes and one can of new tennis balls. Ron Lieder. Cost: \$6.00.

## **Tennis: Intermediate** **Thursday, 8:00-9:00, 6 weeks.**

This course will introduce top spin and slice on both backhand and forehand, volleys at the net and slice serves. Bring tennis equipment. Ron Lieder. Cost: \$6.00.

## **Writing for Neighborhood Papers** **Thursday, 7:00-9:30, 6 weeks.**

Beginning journalistic writing. News, feature and editorial styles will be discussed and analyzed. Students will prepare two stories weekly, one in class and one out. Special needs of a community press will be discussed. In addition, learn how to submit material to the *Bugle*; how to become involved as a staff writer; and how the neighborhood paper is produced each month. Material costs about \$10.00. Bring paper, pencil, dictionary and thesaurus to first class. Gail McClure. Cost: \$7.00.

# LANGFORD RECREATION CENTER

## **Monday**

3:45-5:00: 1st, 2nd, 3rd soccer. Crafts.  
6:00-8:00: Open touch football. 8th, 9th soccer at Murray fields.  
7:30-9:30: Dog obedience class.

## **Tuesday**

3:30-5:00: Story time.  
3:45-5:00: 4th, 5th soccer.  
6:00-8:00 Pee Wee football at Murray fields.  
6:30-8:30: 8th, 9th flag football games. Co-rec adult volleyball.  
8:30-9:30: Junior high flag football games, Midget football. Murray fields.

## **Wednesday**

3:30-5:00: Cooking class.  
3:45-5:00: 1st, 2nd, 3rd soccer.  
3:45-5:00: Table games.  
6:00-8:00: Open gym.  
8:00-10:00: Basketball league.  
6:30-8:00: Ping-pong contest.  
7:30-10:00: Chess Club.  
6:30-8:00: Crafts.

## **Thursday**

3:30-5:00: Lo-organized games.  
3:45-5:00: 4th, 5th soccer.  
6:00-8:00: PeeWee football at Murray fields.  
6:00-8:00: Open gym.  
6:00-7:30: Wee Pee football at Murray fields.  
8:00-10:00: Junior-Senior High volleyball.

6:00-8:00: Midget football at Murray fields.

## **Friday**

1:00-3:00: Pre-School (pre-registration required).  
3:30-5:00: Contests.  
6:00-8:00: PeeWee football at Murray fields.  
8:00-10:00: Junior-Senior High activities.  
6:00-7:30: Wee Pee football at Murray.  
6:00-8:00: Midget football at Murray fields.

## **Saturday**

Pee Wee football games at McMurray.  
Wee Pee football games at West Minnehaha. Midget football games.



Langford Recreation Center: 645-9985.  
5:00-6:00 closed for supper hour. Cathy Hare, Roy Magnuson, Jane Pates Muske, Marty Schoen, Bill Gulner (YCEP). Walt Faffler (custodian).

Sept. 22 & 23rd: Pre-School Registration  
Sept. 26: Center closed for in-service meetings  
Oct. 10: Center closed for Columbus Day  
Oct. 31: Halloween Party  
Sept. 27: Pass, Punt & Kick local competition.

Program subject to change due to department assignments or city-wide events.

## **Dance Special**

Instructor: Joan Jensen. Register Tuesday, October 4th at Langford Park for Rhythm, Acrobatics, Ballet, and Tap. Classes start Tuesday, Oct. 11th.

Pre-School, 3:00-3:30, Rhythm and Acrobatics. Kindergarten & 1st, 3:45-4:45, Ballet, Acrobatics and Tap. 2nd and 3rd, 4:45-5:45, Ballet, Acrobatics and Tap. 4th, 5th, 6th, 5:45-6:45, Ballet, Acrobatics and Tap.

Additional classes will be offered depending upon registration. Pay fee only once for the entire year: 45 minutes, \$45.00; 60 minutes, \$55.00. 2nd child—\$5.00 reduction, 3rd child—\$5.00 reduction. 10% discount per pupil if paid in full by November 4th, 1977.



## 4 Community Education

### MURRAY AQUATICS PROGRAM

Murray High School, Reno Rossini, Principal, Ron Slotsve, Pool Director.

#### Saturday Swim Classes

Registration for children's swim classes will take place on Saturday, September 26 from 6:00-8:00 p.m. Classes will be offered at the Beginners, Advanced Beginners, Intermediate, Swimmers and Advanced Swimmers levels.

The child must be at least 48 inches tall to begin taking lessons. The regular classes for the fall session will begin on October 1 and will end on Saturday, December 10.

The registration fee for all classes is \$7.50 (non-St. Paul residents \$10.00).

#### Family Night Swimming

Open swimming for all will start on September 26 and run every Monday until December 26.

First session: 7:00-8:00 p.m. Second session: 8:00-9:00 p.m.

Admission is 50c per person per session.

#### Splash Parties

The pool is also available for rental to private groups. Times for rentals can be arranged by calling the Pool Director, Mr. Ron Slotsve at 645-9474.

#### A.A.U. Competitive Swimming

This is an age and level group swim program for ages six and up. Swimmers must be able to swim at least one length of the pool. Anyone interested is encouraged to try out. Swimmers may compete in meets on weekends. There is a fee which covers coaching, A.A.U. registration and insurance. Practices start about the second week in October and continue through March.

For more information, contact the school, 645-9474.

#### Please Note

The pool will be closed on the Thanksgiving weekend (November 24 to November 27) and Christmas vacation (December 23 to January 8).

### BOYS' GYMNASTICS

Registration for the fall session of the boys' gymnastics club is now open. By providing qualified coaching in gymnastics, this program helps boys develop self-confidence, sportsmanship, and self-discipline as well as their coordination and specific skills.

The one hour classes will meet twice each week for 12 weeks in the multi-purpose room of the St. Anthony Park Elementary School. The classes will be offered Monday and Wednesday starting at 3:30 p.m. Practice sessions will be made available. The boys are placed in classes according to age and ability. Enrollment will be limited to 10 in each class to insure individualized instruction. Our fall coach, Lance Hill, will be present for all sessions. The session will begin the week of September 26 with the last class being Wednesday, December 14.

The fee will be \$35 for the 12 week session. Participation in the program by more than one child per family entitles your family to a \$10 fee reduction for each additional registration. Gymnasts not enrolled in the 1977 summer session will be required to pay a \$1.50 insurance fee. Checks should be made payable to the St. Anthony Park Boys' Gymnastics Club.

The club must provide hall monitors at the school while the gymnastics classes are in session. Each family will be needed to share this duty.

If there are any questions please contact Nancy or Bob Raymond 645-7344, Mary Wagener 644-7416, or Ann Stout 645-7017.

#### Linnea Home

Cooking class held at Commonwealth Terrace by Karen Henning. Reading class at Linnea by Cathy Taylor. All participants should be residents of Linnea Home. Contact person: Karen Henning at Linnea, 646-2544.

#### Pottery

Please come and pick up any past pottery material you have worked on. You may finish all pieces this quarter also. Classes will be offered winter quarter, using a new wheel.

#### St. Anthony Park Branch Library

Pre-school Story Hour on Thursdays at 10:30 a.m. on Sept. 15, 22, 29, Oct., 6, 13, 20, 27, Nov. 3, 10, 17, and Dec. 1, 8.

### SOUTH ST. ANTHONY RECREATION CENTER

The following activities and classes are being offered for fall 1977 at South St. Anthony Recreation Center. Registration will begin Tuesday, September 6. For more information, call Howie Bell at 644-9188, weekdays 2-10 p.m.

**Macrame and Weaving for Adults & Teens:** Mondays, 6:30-8:30 p.m., a small materials fee will be charged.

**Recreation for Small People (RSP):** Tuesdays, 2:00-3:30 p.m. For boys and girls 4 & 5 who will be entering kindergarten in the fall of '78. Simple crafts, games, story-telling. A \$3.00 fee is charged to cover materials.

**Mothers' Exercise:** To be held in conjunction with RSP on Tuesday 2:00-3:30 p.m. If you're not as fit & trim as you'd like to be, join us on Tuesdays. Start Oct. 10. Community Ed program.

**Pottery for Teens:** (12-16) Tuesdays, 6:30-8:30 p.m. Learn the basics of pottery making. A materials fee will be charged.



**Painting and Drawing:** Wednesdays, 4:00-5:30 p.m. For boys and girls age 7-12. A fee of 25c per week is charged.

**Dramatics:** Wednesdays, 6:30-8:30 p.m. For boys and girls age 9-16. Learn the basics of putting on a dramatic production.

**Cooking:** Thursdays, 4:00-5:30 p.m. For boys and girls ages 7-12. Learn how to prepare simple dishes, snacks and desserts. No fee is charged. Each child brings an ingredient from home.

**Pottery for Adults:** Basic pottery for adults. Thursdays, 6:30-8:30 p.m. A clay fee will be charged.

**Senior Citizens' Activities:** Fridays, 10:00-1:00 p.m. Join our seniors for 3 hours of gym bowling, darts, shuffleboard, cribbage, and friendship. Come any Friday.

**Tumbling and Gymnastics:** Tuesdays, 4:00-5:30 p.m. For boys and girls age 5-11. Starting October 10, 1977. Community Ed program.

**Basketball:** We are interested in forming a noontime basketball league for area businessmen and people who work nights.



to sound; restore to health;  
to an end or conclusion, as  
aps, etc., to restore amity;  
evil; purify: *to heal the soul*.  
a wound, broken bone, etc.)  
and; get well (often fol. by *up*)  
an (c. D *helen*, G *heilen*, Icel  
, *whole*] —*heal'*a-ble, adj.  
re.  
ral condition of the body or  
ness and vigor: *good health*.  
freedom from disease or ail-  
toast to a person's health,  
lity: *economic health*. [ME  
OLE, -TH<sup>1</sup>]

dom House Dictionary of the English Language

When I need to be healed, I set up my tent in a favorite wooded spot, preferably beside water.

The first day in the woods, I often sleep most of the day. It takes 24 hours to let the cares of the city fall away and allow tired muscles to relax. The second day I hike and observe my surroundings. The third day I begin to feel like I am part of my space.

—Lois M. Anderson



#### Park Clinic

The waiting room in the store-front style St. Anthony Park Clinic is cozy, a little on the mussed-up side. Toys and magazines sit on tables around the walls. It's like a home-town doctor's office, and that's just the way Dr. David Gilbertson and Dr. Carolyn Johnson like it.

Both doctors enjoy the kind of medicine a neighborhood clinic involves. "It's pleasing, satisfying," Dr. Johnson says. Being a neighborhood doctor has solid medical advantages, too. Dr. Johnson believes the advantages for patients are primarily emotional and psychological, although the doctors do treat frequent local emergencies—in the clinic and out. People over from the hardware store, the bank, the frame shop, with lacerations, bruises, and breaks. Dr. Johnson, who lives in St. Anthony Park with her husband and 5 kids, has even sewed up neighbor kids on her dining room table.

Dr. Gilbertson finds a neighborhood practice an advantage in diagnosing what's wrong with a patient—or in some cases, whether anything is wrong. It's never just a leg or arm or stomach that's ailing—it's a person. And by being able to see that person come and go in his own home surroundings—his "functional setting,"—a doctor can tell a lot about how the patient is feeling, or if he's clearly *not* ok, about what it is that's wrong. By watching the way a patient gets in or out of his car, for example, Dr. Gilbertson can tell a lot about his physical condition.

Although both doctors draw many patients from far beyond the Park—Dr. Gilbertson because of his osteopathic specialty, and Dr. Johnson through her activities with La Leche League and the Childbirth Education Association—both are very much a part of this "small town," and they care for its people from the youngest to the oldest. Both are obstetrician, pediatrician, family doctor, geriatrician.

—Tyna Orren

#### Consumer Guide

A "consumer's guide" to Twin Cities Area nursing homes and to services which help elderly people remain in their own home when health problems arise has been published by the Metropolitan Council.

Alternatives to nursing-home care should be chosen, the guide says, for those who do not need 24-hour care but who cannot live entirely independently. The guide lists a number of services available in the region which are designed to assist an individual in his home or apartment. These include home-delivered meals, home nursing and chore services, and adult day care programs.

For copies call 291-6464.

#### Tel-Med

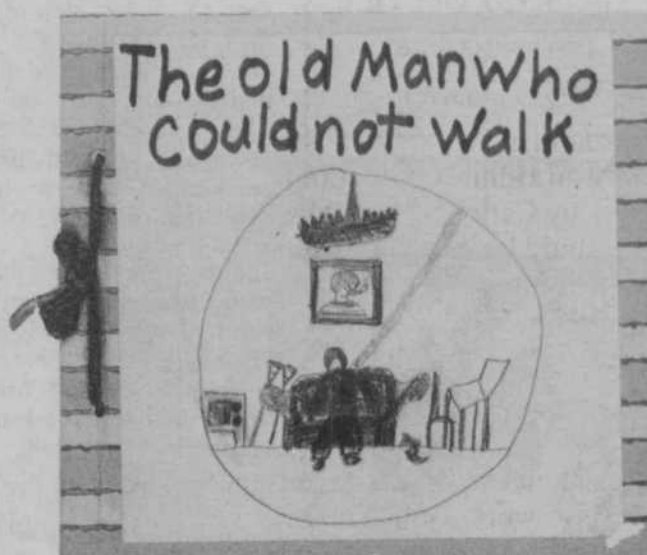
Tel-Med is a collection of tape-recorded general health messages about everything from colds to cancer carefully prepared by a panel of community physicians. The Tel-Med tapes are designed to help you understand your health, and to help you recognize early signs of illness. Call 222-1551.

#### The Old Man Who Could Not Walk

About two years ago there was an old man who could not walk. He lived in a red house. Do you know that he did not run? He liked his house a lot. He liked his cat too. The cat's name is Pat. The man's name is Charlie.

Charlie was a good man and worked with blocks. He went to the hospital and got well. He could walk again. He was happy. Two days before his birthday he was very happy. It would be nice to be 46 years old. It would be fun, very fun. He would be happy.

—Charles Warnken, Mrs. Healy's 76-77 2nd grade



#### We Could Not Live

By and large we couldn't live in the world today were it not for the medical profession, and I mean just that. We'd plain die, masses of us, tomorrow, if medical techniques were not kept up no matter what our fractional beliefs might be. On the other hand we may be populating the world with idiots. No one knows the answer.

—William Carlos Williams

Storms and Screens Repaired

# NOLL

## HARDWARE STORE

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Hours: M-F 8-5; Sat 9-12 • 646-5408  
Under New Management

## POLLYANNA BOUTIQUE: RETURNING NOV. 18 & 19

### UNIVERSITY BAPTIST CHURCH

"A community exploring the intersection of faith with the modern world."

Each Sunday • 10 a.m. • Worship  
Church School & Choirs (KG-8th grade)  
Child care

Each Sunday • 11 a.m. • Forums  
Three options for adults  
High School Group

University Avenue at 13th Avenue S.E.  
Lee Freeman, Pastor • 331-1768

## Sell Your House at Half the Cost!



Standard Commission ..... 7%  
Special Rate for  
North St. Anthony Park ..... 6%

OR

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## Age Awarded

The St. Anthony Park Leisure Age Center recently received the "Certificate of Award" from the Voluntary Action Center and the Carnation Company. This award was in recognition of "...the volunteer time and effort, sewing and knitting, provided by the Leisure Age Center members to so many in the community."

The St. Anthony Park Leisure Age meets every Wednesday from 10 a.m. to 2 p.m. in the basement of the St. Anthony Park United Methodist Church. The group welcomes any retired person to come and join them for some card playing, painting, sewing, crafts, good conversation, a nice hot lunch for only \$1, and an informative program. There are no dues involved.



Sporting an apparently limitless animal enthusiasm, architect Jerry Allen of Criteria leaped all through history to relate inspiring examples of communities that worked together to create things. The photograph is by Mike Hazard.

## Everyone Applauded

By Gail McClure

"Provocative," "stimulating," "rewarding," — just a few of the adjectives used to describe the energy conference, "Living with Limits," held Sept. 24 at Murray High School.

Anthropologist Luther Gerlach catalyzed the conference by challenging the audience with the concept that the American standard of living is based on the availability of cheap resources. If Americans are to continue to live out their dream of upward mobility for everyone, he said, then the energy pumps have to keep going.

Gerlach traced the evolution of the use of energy in various societies and presented some of the reasons Americans find themselves in a den of dilemmas. He described the current era as a transitional point in history, and said "right" answers and clear choices were not available at this time. He encouraged the process of investigation.

Joel Barker, futurist and educator from the Science Museum of Minnesota, took participants through exercises in conceptual change. "The filters on our vision are not just scientific," he said. People tend to opt for sameness and a don't-rock-the-boat attitude, because they have a "maximum novelty response" level. Usually this response level is held in reserve for emergencies, he said. Barker encouraged the audience to "save a little wonder for that something which is possible."

Jerry Allen described his topic as "the hand in action." From perception to implementation, the architect and designer de-

scribed problems as opportunities. "We can either waste our resources or learn to use them," he said. Allen recounted what other organizations and neighborhoods have done and are doing to make better use of existing resources.

Following his presentation, a workshop session featured three 40-minute discussions in which 8 groups participated. In addition, 7 individuals and organizations had exhibits and displays.

Roger Grabowski organized activities for grade school children who attended the conference. He kept them busy throughout the day with 30 organized activities related to the topic of energy. For instance, the children taped energy mottos which were played back later in the day. In addition, preschool children received day care, so many families spent energy day together in St. Anthony Park.

Virginia Christian, the principal organizer of the conference expressed gratitude to the people who contributed and participated. She acknowledged the Minnesota Humanities Commission for funding the event. "If they didn't believe in the ultimate worth of projects like this, we'd be deprived of the opportunity to grow a little. I think it helps to try to make sense of the mass of confusion which faces us all."

"It won't be easy," "nothing's very certain," "we can make a difference," — just a few of the comments heard as people left. The conference probably raised as many questions as it answered, but no one appeared disappointed at not finding easy solutions to hard problems.

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## Community Education, continued from page 1

The program started small and grew because of the enthusiasm, leadership and interest generated within the communities. Summer was an opportune time to build up the programs because it is more cost-effective to use the buildings then, he said. "But when I realized where we were going, I had to take action in order to remain in a fiscally sound situation. Programs will now have to be operated on a close pay-as-you-go basis."

Classes that previously cost \$2 to \$3 will now cost \$4 to \$6, Hare said. Another change will be that class fees, which before were kept to buy supplies and meet expenses at the local level, will now go into a general fund. Money for supplies and special expenses will have to be requested from the central office, she said. Instructors will still be paid \$7.50 per hour, the rate set by the advisory council.

Hare said that had she been able to see the budget, she probably would not have spent the money as liberally during the summer. The cost of the summer program here was approximately \$3,250 for instructors; about \$2,080 were collected in fees.

"It would have been nice to have had a budget, but I think things will work out in the end," Hare said. "Our eventual goal was to become self-supporting. We're just going to do it a few years earlier."

Copa said she also thinks the program can work, but some of the community development projects discussed by the

council will have to be dropped. One of the programs which will suffer is the community chorus, directed by Judi Burson. That organization has grown from 30 to 100 students in the last year, but members will now have to pay \$10 a quarter instead of \$2 to \$3.

Another group affected by budget problems related to the Community Education Program is the SAP Gymnastics Club. This organization has used school facilities rent-free since it began in May, 1975, but was recently asked to begin paying up to \$12 an hour in rent. Rental fees were to be retroactive even though tuition had already been collected and classes had begun.

"I was under the impression we were a part of, or at least 'under the umbrella' of Community Education. Now we are told we are not a part of it because our money is not going through their office," said Judy Ophaug, president of the group.

The club is autonomous, using tuition to hire coaches and purchase equipment. The cost of renting the school for 18 hours a week would be prohibitive, Ophaug said, although the final amount is still being negotiated. The figure currently being considered is \$2 per hour.

About 100 girls participated in gymnastics. If costs increase substantially, the club may have to move out of the school and many of the neighborhood kids would not be able to participate, Ophaug said.

"I think community education should be tailored to the individual needs of the individual community. With directives like this, it can't be," she said. "The gymnastics program meets a real need in the community, and the community wants it. Yet Dr. Hughes has the power to wipe it out."

Outside groups, including the boys' gymnastic club, are being asked to pay rent to cover rising energy costs, Hughes said. He pointed out that this revenue goes into the district school fund, not the Community Education budget, and is unrelated to the \$63,000 spent this summer.

He said that the SAP Gymnastics Club and Community Education do "have a relationship" but indicated that Community Education would be reluctant to assume any debts of the group.

The extended day care, or latch-key, program may also be affected by this "outside group" directive. Rent-free use of classrooms before and after school is now allowed as an "in kindness contribution" from Community Education, but a change in this policy is being discussed, Hughes said.

## Thoroughfares, continued from page 1

campus of the University of Minnesota. The East-West Kasota Avenue Route would utilize DeCoursey Drive, Rosen Road, Kasota Avenue and continue in Minneapolis via Elm Street.

James Zdon from the Department of Planning and Economic Development explains that the existing north-south routes are over-used or do not have any reasonable continuity. Snelling Avenue carries many more vehicles per day than the number for which it was designed. Highway 280 terminates at I-94 on the south.

The north-south route seems more controversial. Steve Markowitz, the University of Minnesota Planning Coordinator said that any thoroughfare connecting Como with Larpenteur through the University and Fairgrounds common border would interfere with the University. "That land is important and has been studied for nearly a century...nearly four generations of professors have been working with that land."

## Horse Show to Raise Funds for Cancer

By Sandra Ireland

The Minnesota Fall Charity Horse Show has joined hands with the Minnesota Division of the American Cancer Society for the 4th Annual Charity Horse Show. The show, nationally recognized for hunter, jumper and saddle bred horses starts October 4 and runs through October 9, 1977 at the coliseum on the State Fair Grounds.

The funds from this Horse Show will go for a new program on childhood cancer headed by Dr. Ida Martinson. Dr. Martinson's project will provide a program of psycho-

logical support to the child with cancer, as well as a meaningful program of support for the family of the child with cancer.

This show has been voted the best horse show in the six state area; runner-up National Honor Show of the year in 1974 and 1975 by the United Professional Horseman's Association and judged best in the Tri-State Area in 1975-76.

The cost of tickets: General Admission: \$2.50. Box Seats: \$5.00. Shows begin at 8:00 a.m. daily. For more detailed information, call 871-2111.



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Park Press has done it again. The third annual Park calendar is on the street. This year's version is another historical calendar with the original plan for the Park, a community directory, a calendar with room to write as well as significant neighborly dates, and an unusual time line. In addition Bob Rucker, the Park/Compas writer, has written the short histories which go with all the pictures, including this one from the Ramsey County Historical Society taken in 1897 of the Ag School's Alumni Bicycle Club. Get one at your favorite store.



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## Survey to Assess Needs

By Sue Showalter

The firm of Anderson and Berdie Associates, Inc. has been hired by the city to conduct a needs assessments study in our neighborhood. District 12 is one of five planning districts that requested such a study, the results of which will be very helpful in supporting future requests for funds or projects in our district.

The firm is currently meeting with community groups to determine what questions need to be answered in regard to "human service needs," which they have broadly defined to include education, housing, safety, streets—al-

most anything we might be concerned about.

In mid-October, they will be mailing a survey to a random sample of residences in our district, then statistically analyzing and drawing conclusions from the results of this sampling. If you receive a questionnaire, it is very important to complete it thoughtfully and return it since you will be speaking for many people.

After the primary interests have been identified by the questionnaire, face-to-face interviews will be conducted. If you have any particular concerns, you may contact Doug Berdie at 645-5577.

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## Amtrak Plugs In

By Sharon Bassett

Have you ever taken a trip on an Amtrak train only to find outdated equipment, slow service and inconvenient terminals? Amtrak, the nation's passenger rail service, is promising an end to poor service and a particularly bright future to residents of the Twin Cities area.

On September 7, 1977, about 300 people attended the dedication of the new Amtrak terminal and Midway Industrial Park. City officials and Amtrak representatives were present to tell the public what this new facility will mean to them. The construction of the terminal was started in late July and plans are that it will be operating in February, 1978.

The new passenger station, located on Transfer Road just north of University Avenue, will be the first facility in the nation to handle Amtrak's new fleet of electric trains. In the past, the trains were steam driven but the new "Amfleet" and the bi-level "Superliners" will be totally electric. The new electric trains will give the rider a quieter and more comfortable ride with cars electrically heated and air-conditioned.

The project will cost an estimated \$5 million and will be financed through St. Paul Port Authority revenue bonds to be paid back over a 20 year lease. But why the new terminal? Mr. Al Michaud, Vice President of Marketing for Amtrak gave three reasons for the move.

The new station will be less costly. It will be a smaller and more efficient facility than the presently owned Burlington Northern station in Minneapolis. It will allow a reduction in lease expense of more than \$100,000 a year.

The new station is a better operating facility because of its easier access. Trains will not have to travel through time consuming freight yards as they presently do. The station is also considered to be centrally located between Minneapolis and St. Paul.

Finally, it will offer better passenger service as it will accommodate the new electric trains which the present station would not be able to without excess cost.



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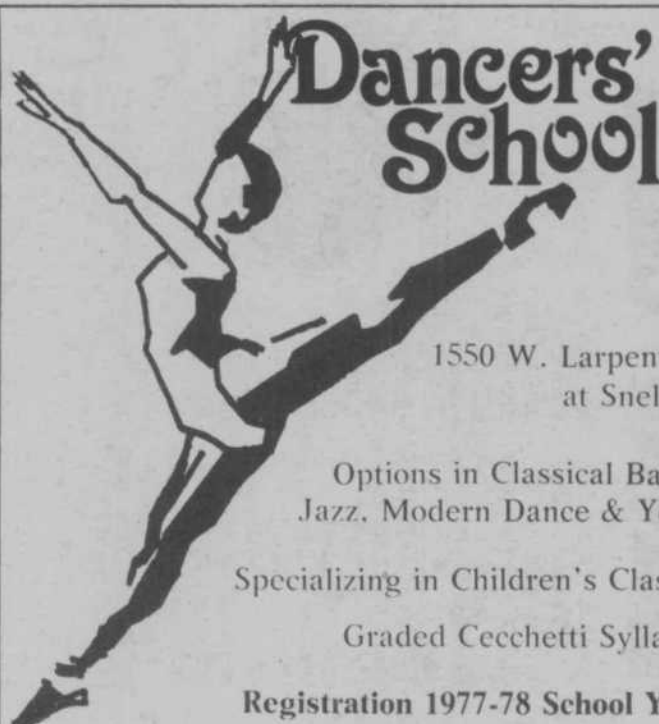


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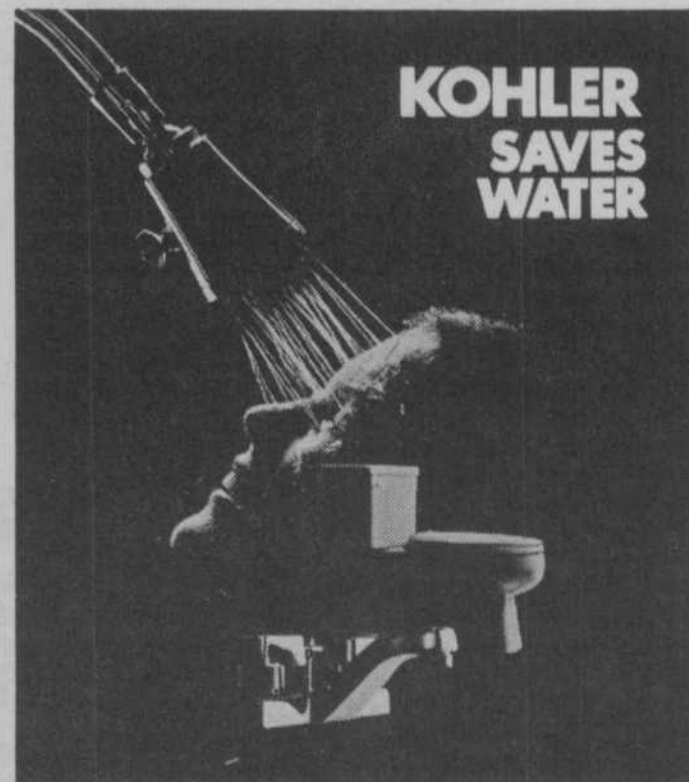
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