

Kasota Pond Protected

by Anne Ostberg

The Kasota wetlands are now on the Department of Natural Resources (DNR) protected wetlands list and have been adopted by Cub Scouts in St. Anthony Park.

Park resident James A. Cooper, associate professor in the department of entomology, fisheries and wildlife at the University of Minnesota, has been promoting the protection of the wetlands since the fall of 1980, when he did some television spots for channels 5 and 9.

Cooper has done research and class work at the wetlands, a three-acre area located at the junction of Kasota Avenue and Highway 280. He has studied wood ducks at the pond for five years.

Kasota Pond is the only wetland near the university to send students to for research and observation of wildlife, he said.

In addition to being easily ac-

cessible to the public, the wetlands are easily accessible to animals from all over the area, because of "corridors" created by railroad tracks on the south and west sides of the pond.

Cooper said animals are able to travel from the Kasota wetlands up to Blaine or down to Maplewood.

Another benefit of the railroad tracks is a constant supply of spilled grain from passing rail cars.

The railroad tracks provide a corridor for a variety of animals, including raccoon, fox, mink, muskrat and weasel. Muskrats have built four lodges in the pond.

Cooper estimates that the wetlands are also the home of four to five pairs each of mallard ducks and blue wing teals, about 100 red-winged blackbirds and an occasional yellow-headed blackbird.

The pond is a resting and feeding point for flocks of mallards passing through the area. Cooper said it isn't unusual to see 300 to 400 mallards at the pond at one time.

The Kasota wetlands are relatively permanent and stay wet when other wetlands have dried up. Because animals need access to wetlands that won't dry out, the Kasota wetlands are an important source of animals for other areas that are less stable.

Now that the wetlands are protected by the DNR, a permit is required for any permanent alteration of the area.

There are many reasons for protecting wetlands beyond the obvious ones of providing habitat for fish and wildlife and providing a place for outdoor recrea-

tion, a DNR pamphlet states. Wetlands hold large amounts of water which can seep into the ground to recharge ground water. Wetlands also provide a place for excess water during flooding and supply a reserve of water during drought.

The pamphlet calls wetlands "nature's sewage treatment systems." Aquatic vegetation and animal organisms living in ponds purify polluted water. Cooper stated that water washing down from the highway contaminated with salt is purified in the wetlands.

The Kasota wetlands are too small for the DNR to maintain, so St. Anthony Park Cub Scouts have decided to adopt them. Eleven scouts from Dens 1 and 3 in Pack 22 along with six parents, cleaned up the wetlands on April 17. The boys and their parents collected 34 bags of trash and three tires.

Scout Stuart Maschwitz said of trash collecting, "It's a good feeling to know that you're helping nature." His younger brother Eric, who isn't a Cub Scout yet, was engrossed in collecting insects in the marsh all afternoon.

Matt Monson expressed the same sentiments, saying that collecting trash will "help animals most."

The scouts also hung suet feeders and wood duck boxes in the marsh. Cooper, who is assistant den leader, is interested in increasing the wood duck population at the pond.

Sue Molstad, Den 1 leader, said her goal for the wetlands project is to instill in the boys an "awareness of nature, natural habitat and general conservation." She would like them to feel a responsibility toward wildlife.

Parents Plan 25th Annual Elementary School Carnival

The 25th annual St. Anthony Park Elementary School Carnival will be held May 7, 5-8 p.m., at the school.

Sponsored by the School Association, the event will feature a talent show, bake sale, games, cake walk, and moon walk. Hot dogs, sloppy joes and other refreshments will be sold.

Admission will be \$1 for adults, children under 15 free. Adult

admission includes eligibility for the drawing for door prizes, which will be gift certificates from Como Avenue merchants.

Proceeds from the carnival will be used to support special projects in the school.

Members of the carnival planning committee are Jim Christenson, Steve Flink, Dave Laird, Steve Schomberg, Jack Sperbeck and Dean Westad.



James Cooper, Kasota Pond expert, put on hip boots to help get the trash out of the pond at the recent Cub Scout clean-up day. Photo by Jon Madsen.

Housing Project Stirs Debate

by Claudia Lustig

The future of 27 undeveloped acres in Falcon Heights has been the subject of a continuous showdown between a local developer and area residents.

Negotiations for development of the area, which lies to the north and west of the Hewlett-Packard building in Falcon Heights, began in October, 1981, when American Shelter Corporation requested rezoning of the area to permit development of townhouses and condominiums.

Community residents, however, objected to the plan. According to minutes of a Nov. 2 public hearing, "Many residents of the community were in attendance and generally expressed mild to extreme displeasure at the thought of any increased traffic on Tatum, Prior, Summer or Autumn streets."

Area residents formed the Tatum/Falcon Woods Task Force in December to voice concerns about the project. Task force spokesman Clarence Stowe, 1954 Autumn St., said that in addition to concern about traffic flow, dispute "centered primarily on too crowded a project, and too high a density of housing

units per acre of land.... The group is concerned with a proper long-range development of that tract of land."

At a Feb. 1 public hearing, the task force presented a petition containing 134 signatures, which included 84 people out of 87 households in the Tatum Street/Falcon Woods area, stating that the integrity of the current zoning plan should be honored.

In addition, professional consultants were hired by the task force, and 85-90 percent of area residents contributed funds for the consultants' fees.

"We have virtually 100 percent participation in the area, a very unified group," said Stowe. "It's a real grassroots thing."

In response to citizen complaints, American Shelter revised the plans for the development, adding a number of single family homes, thus reducing the density of the project from 12 units per acre to 9.25 units per acre. The task force, however, would like to see further density reduction. "We feel we shouldn't go over 5.5," Stowe said.

The task force also contends that there would be insufficient street

access to the development, creating traffic flow problems. According to a city official, "There is no street access right now except for what is now a city easement for extension of Prior Avenue."

The Falcon Heights planning commission, considered other options for access to the area. One proposal was to route future traffic south to Larpenteur Avenue. Another possibility was to route traffic west to Cleveland Avenue through land owned by the University of Minnesota.

On March 1, the Planned Unit Development request was approved by the planning commission, but the request was denied by the Falcon Heights City Council because of community complaints.

In response to the denial, American Shelter filed a suit in District Court on March 25 stating that "reasons given for said denial by the defendant city are either untrue as a matter of fact, or inadequate to deny the application, as modified, as a matter of law."

Nevertheless, American Shelter continued its efforts to gain approval for development of the

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Block Nurse Program Gets Grant from Fuller

A unique pilot project that combines the efforts of the District Council, neighborhood nurses, blockworkers, Ramsey County Public Health Department and the business community has been given a \$7000 grant by the H.B. Fuller Company.

The funding insures that the Block Nurse Project will begin within the next two months. When in operation, nurses living in the community will be available for nursing care and education of elderly residents and their families.

The use of local people will keep the costs down and will provide a caring community network to meet the needs of elderly people who might otherwise slip through the cracks of the health care system.

"This project was funded because it is a creative program that brings together a variety of community resources to provide an important human service," said Karen Muller, community affairs assistant, H.B. Fuller Company. The

grant is part of Fuller's corporate giving program.

The nearly 40 nurses who live in District 12 have been invited to a meeting with Ida Martinson, the originator of the project, and Marjorie Jamieson, who will be coordinating it. Operational details of the program, including names and phone numbers to contact, will not be released to the public until the nurses are certified and ready to make calls.

"We don't want people to expect to receive care before we are fully prepared to give it," Jamieson said.

One area that will be carefully monitored is the quality of care. Ramsey County Public Health Nursing is cooperating with the project by certifying nurses as public health roster nurses. They will also help supervise the nursing care.

Patients eligible for Medicaid and Medicare will be able to pay for some nursing calls through Public Health billing. Grant monies will be used for supplementary

payments to nurses for calls on residents who cannot afford the full cost of the visit. Residents not eligible for insurance reimbursement will be charged on a sliding scale.

Martinson is also planning to use some of these nursing experiences to document ways that the care of the elderly can be improved in this country at less cost. Because the Block Nurse project is a unique combination of organizations and services it is being watched with interest by a number of other groups.

The District 12 human services committee has worked with Martinson on the project and will have a member on the neighborhood advisory board that will be formed. Blockworkers have helped gather data on the number of elderly in the area.

Martinson, Jamieson, and Muller will be working together over the coming months to contact additional businesses in the area who might be willing to contribute additional funds for the pilot project.



New Composting Logo Designed

This logo will become a familiar sight in District 12 this summer. Signifying neighborhood composting, the oak leaf within an arrow-tipped C will be used on signs at the composting sites.

The logo puts in visual form the composting cycle that occurs when plants break down to form humus in the soil. The soil, in turn, gives nutrients to new plants. It is a continuous natural process.

The logo will also be used on signs at backyard sites where residents have compost bins that they are willing to show and explain to neighbors.

DISTRICT 12 COUNCIL DELEGATES

N. St. Anthony

Greg Haley
JoAnne Rohricht
Stewart McIntosh
Jack Kemp
Barbara Rowe

Alternates

Lindy Westgard
Carlton Qualey

S. St. Anthony

Vicky Moerer
Kathleen Clark
Robert Bacon
Marge Leahy
Jan Smith

Alternates

Sherman Eagles
Ray Bryan

Business & Industry

Bill Huestis
Chuck McCann
Joe McAnally
Brad Rinsem
Anne Lutz

Alternates

Mike Baker
Al McCormick

Composting Workshop Set May 5 at Dist. 12 Office

EVERYTHING You Ever Wanted To Know about Composting! will be part of a composting workshop at the District 12 Office, 2380 Hampden Ave., on Wednesday, May 5. From 7 to 9 p.m. residents can learn how to compost, what to compost, types of compost bins, soil testing, do's and don'ts.

The workshop is free but those planning to attend are asked to call 646-8884 by May 3 so that information packets can be put together for everyone before the meeting.

City to Study Como Traffic

by Bernice Flowers Strane

The Como Park Planning Advisory Committee is watching and monitoring traffic patterns in Como Park during this temporary one-year trial period. If no changes are needed, the revised traffic circulation pattern will become permanent.

Many citizens are calling, writing or attending our meetings to call the committee's attention to certain areas of concern. These include safety, good flow of traffic, especially in the winter, and inability to get to their schools, hospitals or churches.

District 12 residents have not expressed their feelings about these changes in traffic patterns. Please write to District 12 with your opinions on whether you think these changes are going to improve the flow of traffic, limit parking in the adjoining neighborhoods and/or improve safety. The District 12 physical committee will review the concerns of district residents and send the letters on to Bob Broughton at the Parks and Playgrounds design office.

The one-year trial period is intended to find the "bugs" in the plan and correct them before thousands of dollars are spent on permanent changes.

Bernice Flowers Strane is District 12 Representative to the Como Park Planning Committee. She has attended meetings of this committee during the park planning process.

Bouquets to Flower Fanciers

The triangle at Raymond/Cleveland/Scudder will have two flower beds beautifying the area this summer with help from St. Anthony Park residents. The Water Department agreed to incorporate the beds into its landscaping plan if members of the community would plant and care for the flowers.

District 12 Council wants to recognize and say thank you to the following volunteers who were recruited by Bernice Strane for this project:

June 6	Jack and Bernice Strane
June 13	Gertrude Coad
June 20	Joy Albrecht
June 27	Roberta Sladky
July 4	Star Strane
July 11	Griffin family
July 18	Jim Kurle
July 25	Barbara & Peter Soukup
August 1	James & Ann Underhill
August 8	Ralph & Verna Wayne
August 15	Pansy Peterson
August 22	Mary Alice Andrews
August 29	Verne & Bettie Comstock
Sept. 5	Open: Call B. Strane at 645-5454
Sept. 12	Open: Call B. Strane at 645-5454

Leave Your Leaves at Compost Site

by Brian Pap

Those of you who have recently gone by the community gardening and composting site at Robbins Street and Bayless Avenue (just west of the railroad bridge) have probably noticed a flurry of activity.

District 12 has been busy piling up the scattered leaves and putting up signs and is in the process of shredding the bagged leaves located at the west end of the site.

From now until next winter's snow (assuming this winter's snow ever stops), Park residents may dump leaves and grass clippings in designated areas at Robbins/Bayless. Please obey posted signs on where and what to dump (no branches, shrubbery or kitchen wastes allowed).

Residents also may obtain mulch and compost from the site. Garden plots (15 x 20) are still available. Applications, printed in the March Bugle are still being accepted (by mail only, for a \$10 fee).

If you are interested in receiving free but used garbage bags (good for next fall's leaves), you can pick them up at the west end of the site from mid-May on.

Brian Pap is coordinator for the pilot project on neighborhood composting in District 12.

DISTRICT 12 COMMUNITY COUNCIL

MAY 1982

N ★ E ★ W ★ S

2380 Hampden
646-8884

Edited by Ann Copeland
Hours: Monday-Friday 9 a.m. - 5 p.m.

Arts Show "A Roaring Success"

by Catherine S. Ballman

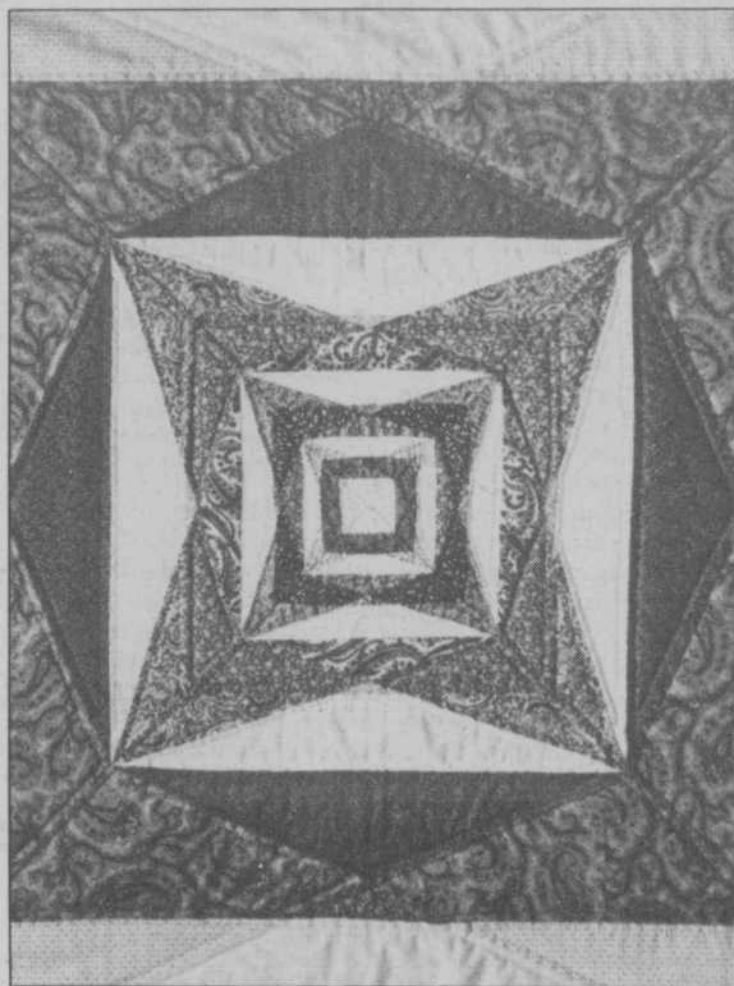
"A roaring success," is how Ruth Donhowe, president of the St. Anthony Park Arts Forum, characterized the visual arts show held April 16-17 as part of the Baker Court grand opening.

Estimates of attendance at the grand opening ranged from 500 to 1000.

According to Jim Brogan, Arts Forum board member and one of the exhibitors, 135 pieces were submitted by Park artists and 72 works were chosen to be part of the juried show. Eugene Larkin, Mary Stieglitz and Fran Sonntag were the judges.

Donhowe said, "This show was to demonstrate the broad spectrum of work being done in the Park. We hope in the future to focus on particular medias, such as painting, photography or textiles. We wish there were as many exciting spaces as Baker Court," she added.

Support for the show came from H.B. Fuller Company and Baker East Partners. Susan Broussard, local artist and exhibitor, supervised the installation of the show.



Quilt by Ruth Donhowe. Photo by Nadene Malo.



Dimitri Tselos, retired art history professor, poses before his portrait by Lou Safer. Photo by Dave Shippee.



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May 1982

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CONSUMER NEWS FROM ST. ANTHONY PARK BANK

let's hear it for small business

Did you know that 96.7% of all businesses in the U.S. are small businesses? And that 86.7% of all new jobs in the private sector come from small business? With May 10th through the 14th designated as Salute to Small Business Week, we offer congratulations to all of the small businesses here in the Park and throughout the Cities.

need a loan?

If you need to borrow money for a major project, or even for a minor emergency, we can help. Our Checking Reserve plan enables you to write yourself a loan simply by writing a check, should an unexpected expense crop up. We also offer loans for home improvements, including FHA-approved loans and second mortgages. And we'll help when you need an automobile loan, real estate mortgage, money for tuition or a vacation. If you're in business, we can help with capital improvement loans or loans to provide operating capital. All loans are handled quickly, confidentially and at a competitive interest rate, and you may pre-pay in full at any time without a danger of penalty. Stop in and talk it over with one of our loan officers.

meet our 91-Day Wonder

Now you can invest for a short term and earn a big return. As of May 1, 1982, we'll offer a 91-day certificate of deposit with a \$7,500 minimum investment and interest based on the 91-day Treasury Bill rate at date of investment. Come in and ask for details on our 91-Day Wonder, a new way to make your investment money work for you.

community salute...

...to David R. Dusek, who has been appointed to the St. Anthony Park Bank Community Involvement Board, which helps allocate the bank's budget for contributions to local charitable organizations. The Board meets monthly to review written requests for support.

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The Bugle Belongs to Us All



From the Board

Bugle Belongs to Us All

For eight years, our community has enjoyed the benefits of a community newspaper.

Readers rely on the *Bugle* for news about people, places, issues and events that affect us as members of the community. Local writers and photographers turn to the *Bugle* for the opportunity to express and develop their journalistic skills. Advertisers depend on the *Bugle* as a way to reach their customers.

The *Bugle* in turn has worked hard to encourage the kinds of quality journalism that continues to earn it numerous awards as an outstanding neighborhood newspaper. It is hard to imagine our community without the *Bugle*.

While 90 percent of the *Bugle's* production costs are met by advertising revenue, we need your financial support to maintain the *Bugle's* commitment to excellence. Please help us insure its future with a contribution to the *Bugle's* 1982 Development Campaign.

Your contribution is indeed an investment in our community's quality of life. The *Bugle* belongs to all of us. Please give it your generous financial support. Send your tax-deductible contribution to the Park *Bugle*, 2380 Hampden Street, St. Paul, MN 55114 (Please make your check payable to Park Press, Inc.).

Board of Directors, Park Press, Inc.

1982 Bugle Budget

Expenses		Income	
I. Production Costs		I. Advertising Sales	
A. Printing	11,225	A. Neighborhood Businesses	19,850
B. Typesetting	9,075	B. Surrounding Community Businesses	15,400
Design/Layout		C. District 12 and St. Anthony Park Association news space.	5,340
C. Mailing	3,600		
D. Salaries	21,300	D. Want Ads	1,100
E. Misc.	200	Total	41,690
Total	45,400		
II. Operating Expenses		II. Private/Residential	
Office, phone, supplies, postage, fund raising, miscellaneous.	2,400	A. Subscriptions	440
		B. Contributions	7,000
		C. Other	150
III. Reserves for Unanticipated Expenses		Total	7,590
	1,480		
Total Expenses	49,280	Total Income	49,280

Park Bugle



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Californian Survives Winter of '82

Ruth Moore moved to St. Anthony Park in October, 1981. She is "Foreign Correspondent" for the *Muir Beach (California) Beachcomber*. She submitted this article for the *Beachcomber's* April issue.

by Ruth Moore

The winter is gone! The record-breaker winter of '82! Lots of people here in Minnesota are wearing t-shirts that read "We survived the winter of '82." Well, if that was the worst they have to throw at us, it's not that bad. Matter of fact, it was kinda fun! And, matter of fact, we've found that having four seasons is quite exhilarating. It adds a zest to the cup of life—like lemon peel twist in a good martini.

It was amazing to us that unless we were in the throes of a real, honest-to-God blizzard (as opposed to a devilish snow storm) there were always people running down the streets. On days when the wind chill was minus 40 degrees, people would don nursing masks to prevent their lungs from freezing. Now that's dedication—although some people might have another word for it.

Some of the wonderful things about winter are the days when ice coats every little twiglet on every tree, dressing them in daz-

zling diamond-encrusted rainment; the wonderful crunch of boot heels in the packed snow; the pulse-quickening sight of a ruby red cardinal against the backdrop of an ermine snowfall and a sapphire sky. The cardinal's haunting song ends with his positive statement, "Bir-dee, Bir-dee, Bir-dee, Bir-dee!" No identity crisis there!

But the worst thing about winter is when, after a false spring, it comes back with a final roar and gives you a boot in the backside that sends you sprawling and yelling "Enough already!"

That's what happened here this year. Suddenly the first days above freezing had melted most of the snow and a light rain came to wash away any remaining patches. The worms were able to make it through the formerly frozen earth to the surface to revel in the raindrops. The male robins with their shiny jet black heads, extravagant red waistcoats and bodies plump from their Southern sojourn had rejoined the females and were singing and bopping about everywhere. The bunnies who had been peacefully bounding on the snow's crust all winter suddenly took to boxing each other in competition for the favors of the females, and the woodpeckers noisily enlarged holes in trees for their nests and searched for bug-

gy spring feasts.

The temperatures had risen to the 50s and even to 60 one day, and the breezes were no longer frigid but instead wafted fragrant, warm, earthy smells. The buds on the trees began to swell just a little and you were sure that one day soon if you turned your back just at the wrong moment you'd miss the dramatic metamorphosis.

But then, horrors! The northern winds returned spinning arrows in the reverse direction and we were headed back to days of polar persuasions. What a beautiful white Easter we had!

However, the temperature is once again in the 60s—and this time spring reigns! It's a giddy feeling to run out into sunny days filled with birdsong. All of the skating rink barriers have been stored and baseball backstops have risen in their place. Kids are racing on bikes and skates, adults are in their yards raking and tending to lawns and gardens, and everyone is smiling at everyone else and saying, "Beautiful, isn't it?" to anyone passing by. Hearts are cartwheeling. What a lovely season! I now know the real significance of the phrase, "It was like a breath of spring!"

Murray Students Cross Many Cultures

by Ann Bulger

Recipe for a unique experience: Take 72 seventh- and eighth-graders, mix well with 13 adults on a five-hour bus ride to northern Minnesota, add two liaison-staff members with Murray connections, season with cross-cultural classes taught by members of those cultures, then cool for hours in outdoor classes in subzero wind chill readings, and you come up with an experience unique to Murray Magnet Junior High School.

The Murray group went to the Environmental Learning Center

in March. They were met at the bus by Lois Holt, Murray '75, now a naturalist at the center, and Steve Smith, whose mother, Pat Shannon, graduated from Murray in 1950.

Culture classes were taught by a Japanese-American, an Indian-American, an Hispanic-American, and a Black-American. Students learned firsthand about other races. One fourth of the group itself were minorities.

A few quotes from the students' log books give an idea of what the Isabella experience was like:

John Hassinger—"I learned all about the pain and suffering the Japanese-Americans went through in the detention camps in World War II. All the classes were great, and each had its own special meaning to me. It really has an effect on my life. I'll always remember it. It's a great trip that has everyone pull together in all types of ways. The atmosphere of Isabella is like you want to stay forever.

Sara Forde—"I thought I would be bored during the culture classes. To my surprise I was really interested, and since I listened, I could pick up information about other cultures. I made new friends, and got along with others that I really didn't like. I thought that was an accomplishment. I learned more about nature than I thought I knew."

Shannon Walsh—"I didn't think we'd stay this busy here. It's a very great experience. I wish I could have stayed longer, because I've had the nicest time I've had in a long time. I loved all the walking I did, and I liked the food, and I thought that was a really nice place to go if you want to learn about different cultures and learn about nature. I felt as if I were in a world of peace."

Bugle Dates

Park Press Board of Directors, May 3, 6 p.m., Muffuletta.
Bugle staff meeting, May 4, 6:30 p.m., 2380 Hampden Ave.
Copy and want ad deadline, May 17, ad deadline, May 13.
June Bugle published, May 26.

The *Bugle's* purpose is to provide a medium for exchange of information, ideas and opinions in the community.

Opinions and commentary by readers are welcome and may be submitted as letters to the editor or as guest columns. Letters must be signed and should not exceed 200 words. Readers wishing to submit guest columns are asked to contact the editor.

Opinions expressed in the *Bugle* by the editor, columnists and contributors do not necessarily represent the opinions of the Board of Directors, Park Press, Inc.

Send all materials to the *Bugle* Editor, 2380 Hampden St., St. Paul, 55114.



HEADWINDS

by James Wesley Brogan

"The percentage you're paying is too high priced, and you're living beyond all your means; and the man in the suit has just bought a new car with the profit he's made on your dreams."

—song lyric

The realtors are coming! The realtors are coming!

Shortly after we returned from an Easter visit to my parents' farm in Iowa, we began to notice ominous signals. Two full weeks before the landlord would stop by to pick up the rent checks the caretaker was busily cleaning the halls. He even swept the basement and replaced a broken linoleum tile on the second-floor stairway. Clearly our domicile was in jeopardy.

Susan, one of two law students who live across the hall from us on the ground floor, said she knew something was wrong the

minute she looked out the window and saw three snappily dressed men step out of their Mercedes and walk across Raymond Avenue toward our front door. They were all wearing three-piece suits, and she knew without even getting up from her chair that they had mortgage on their minds.

It was bound to happen. Our rents were reasonable. The furnace had failed only once this winter. We had almost gotten used to the bats in summer. The landlord never came to badger us about anything, raised the rent only once this year, and even replaced our toilet when he learned that it was spilling refuse on his new furnace. It couldn't last. The living conditions, the people, the financial arrangement, everything, in fact, was positively humane compared to what we knew from reading the papers about life outside in Mondo Condo.

Pat, the guy upstairs in number five, was the first to inform us our days here were numbered. Last year he took a community education course in Strategies of Real Estate, and learned that the tax laws have been arranged in such a way as to invite rental

property owners to turn a building over within six to eight years. Turning a building over does not mean tearing it loose from its foundation, pitching it up in the air and letting it fall on its roof, although the effects are similar.

The idea is to buy it, raise the rents as high as you can, do as little maintenance as you can, depreciate its value as fast as you can, and sell it to a man in a three-piece suit who wants to make money in real estate.

Our caretaker overheard some of the conversation between our landlord's agent and the prospective buyers. The agent was growing poetic about the quality of life in St. Anthony Park, the sentimental attachment the landlord had formed for our apartment building, the good relationship he enjoyed with the tenants, and his feeling that we were a nice group of people.

"We don't care about that," said one of the three pieces. "Let's talk about the numbers."

And so they did.

I'd give us no more than another two or three months. It doesn't look good for the home team.

Living with Neighborhood Ghosts

by Susan Barker

We found a bit more history than we bargained for when we moved to St. Anthony Park.

Driving into the neighborhood for the first time eight years ago, we brimmed with envy as we turned onto Scudder Street, and saw the Victorian elegance of the old McGill residence. At that time, we were living in a tacky duplex on the other side of town. We were tired of too much upward mobility and the rawness of the upstairs neighbors' overheard voices. We were tired of too many moves and our eyes always cast toward the future of the elusive career.

Winding through these streets on many a Sunday night, we yearned to call home this place that seemed to have it all. Halfway decent buslines! A sense of permanence! A Carnegie library! Families that spanned multiple generations! A park with a bandstand! And a heritage nearly a century old!

What we hadn't counted on were the ghosts. Two years after our first covetous reveries, we moved into a small rented house on Scudder and became party to neighbors' dispatches detailing the history and habits, especially in the yard-work line, of the present owners (and thrice-re-

moved inhabitants). As our performance outdistanced their own showing, neighbors applauded us and the apparitions dwindled.

Inside the house, the family haunted us in other ways. The first time we climbed a ladder up through the attic's crawl space, we were startled to find a household of things quickly cast off in an unexpected move. We saw a small organ and mattresses and chairs. There were boxes of clothes and cosmetics, toys and books, family documents, even sheets and towels waiting to be reclaimed.

One day soon, the family said. But that had been years ago, a divorce in between. For the next two and a half years, we shared a house with the uncertain and unfinished business of this ghostly attic life casting its long shadows downstairs.

On Hillside Ave., we found ghosts more formidable. Three and one-half years in this house, and it seems it's not yet ours—at least in spirit. Even now, first-time encounters with Park old-timers take this common form.

"What house did you say you live in?"

"The neat green rambler on Hillside with the yard like a park."

"Sure, you mean the Lehman

House. I've been there many times." (At this point, we hear struck the sounds of an official historical designation, though the Lehmans moved out nearly a decade ago and the house has known two subsequent owners.)

We stand and listen then to an accounting of the Lehman family's impeccable 40-year record in housekeeping, community involvement, gardening and yard care. We suspect our own names may have been promptly forgotten.

One Park newcomer who's had similar encounters reads them as a sign of stodginess and clubbiness among those she calls neighborhood insiders. I disagree and say we came to the Park for its tradition and legacies. And we've found them in abundance. I tell her the Lehmans are our link between the past and now, the point of commonality between us and Park veterans with their long associations and friendships. She fears it will take her a lifetime before she properly breaks in.

But still, these ghosts can make me uneasy. Working out in the yard these warm days, I see the Lehmans standing nearby and shaking their heads at the steady downfall of their efforts. They are pained by the flowerbeds

Turn to page 12



You loved us as Enginehouse No. 5, but we've redecorated, added banquet facilities and another bar, revised our menus and requested Robert K. Halladay, noted historical artist, to create a series of drawings in sepia of St. Paul.

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Arguments Do Not Sway Board; School Closed

by Diane Nelson

At a special meeting April 13, the Roseville School Board voted 4-2 to close Falcon Heights Elementary School at the end of this year, despite community efforts to keep it open.

The decision came as a result of recent budget cuts and a re-evaluation of enrollments. It will save the school district \$185,000. Most Falcon Heights students will attend Brimhall School next year.

Board members hope that they can balance the budget through 1984 by using funds made available by the state legislature and by making certain cuts.

Residents and PTA members who opposed the move argued that closing the school was unnecessary. They submitted a petition of more than 100 signatures to the board addressing the issues of class sizes and school programs. They also argued against the closing at a public hearing.

At the hearing, Harald P. Jensen, explained one concern. "Population in this area will naturally increase as people sell their homes to younger people with children. The transition that is taking place today will have an impact on our schools."

Although school board members said they were impressed by the quality of presentations at the hearing, most board members were unconvinced. "I have not seen anything significant that tells me we've made a bad decision," said board member Donald E. Bauman.

It was an "excellent meeting with super quality presentations," said board member Gary Tritle. Nevertheless, he didn't change his mind about closing the school.

"I find it exceedingly difficult in tight financial times to claim that

Kindergarten Round-up

The annual round-up for children who will be attending kindergarten next September and their parents will be held on Tuesday, May 4, 7-8 p.m. at St. Anthony Park Elementary School. This is a change from the original date.

Registration will be at 6:30 p.m. in the multi-purpose room. The meeting will be held in the media center.

The round-up is sponsored by the St. Anthony Park Association. Organizers are Terri Kline and Ann Kersey. Parents may call Kline, 647-1702, or Kersey, 646-8574, for additional information.

with 25 vacant classrooms scattered throughout the district we are fiscally responsible," said Tritle. Bauman concurred. "We cannot afford to have empty rooms in the district."

Bauman also said the move would not cause overcrowding. "By closing the school, we can keep class size the way it is at the present time. Money is available. Rather than spending it on the building itself, it is available to pay the salaries of teachers."

"Overcrowding the schools is not an issue," said Tritle. "In five out of the last ten years, Brimhall has had more students than we're finding this fall. I'm not aware of any data suggesting that schools of 800 in our district are better or poorer than a school of 300."

School Board member Walter Parsons Jr., believes the board's enrollment projections have been accurate. The 1981-82 projected enrollment was six students less than the actual enrollment. Five years ago the projected enrollment for 1981-82 was 19 students less. "Our track record has been very close," he said.

The board's data have shown a

decrease in the enrollment at Falcon Heights Elementary School.

While the majority of the board favored the school closing, others opposed it. Board Chairman Joanne Cushman said, "The game of waiting one year is very important in how we are seen by our public—the public we need to support our referendums." Board Treasurer David Monson added, "If we alienate our community we can also lose our support. Those who give can also take away."

Monson believed that if it were necessary to close a school, Little Canada School should have been the choice.

Regardless of how they voted, the board members agreed that they had not jumped to their decision, but had taken time to evaluate the facts fairly.

"We don't always reach unanimous conclusions," said Parsons. "Each member takes a list of criteria and interprets the data differently." Chairman Cushman agreed. "I think we can be given data, data, data by ump-teen groups and very honestly arrive at different conclusions."

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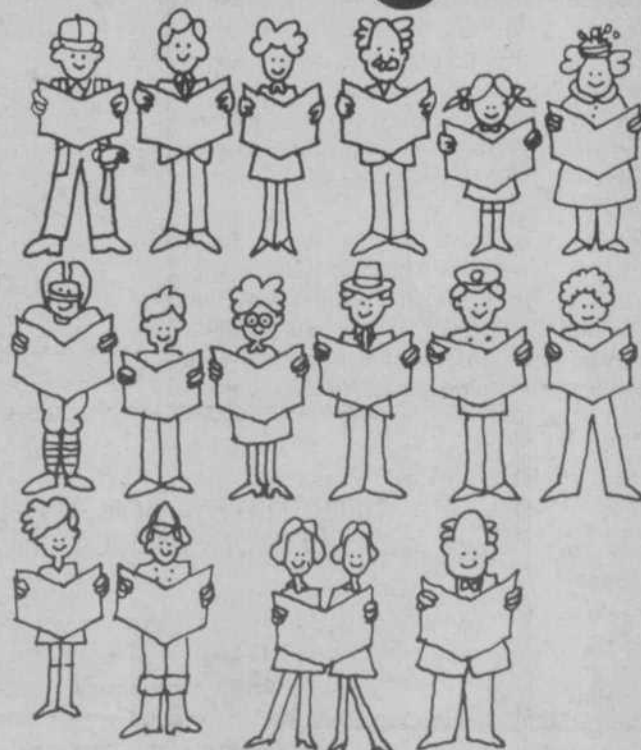
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St. Paul Schools Struggle with Student/Staff Ratio

Ed. note: On April 21 the St. Paul school board voted to lay off 504 teachers and other professionals. The impact of this action on St. Anthony Park schools will be examined in next month's Bugle.

by Ann Bulger

If school budget recommendations presented by Superintendent George Young April 6 are accepted, teacher-pupil ratios in St. Paul schools would be better than those recently established by the Board of Education using minimum-base criteria but worse than current ratios.

The board's minimal criteria would have resulted in ratios of 23:1 for kindergarten, 29:1 for grades 1-6 and 31:1 for grades 7-12. Young's proposal calls for ratios of 23:1 for K-6 and 26:1 for 7-12. Ratios this year are 20:1 for K-6 and 23.5:1 for 7-12.

The new proposal would mean that Murray Magnet Junior

High staff, for example, would drop from 21.5 teachers to 19. It does not mean that there would be an average of 26 students per class. Because of teacher prep time, each teacher teaches five hours per day, while students have classes six hours per day in junior highs. Therefore, the average class size would be 31.

While \$500,000 was recommended by Young for restoration at Webster Magnet Elementary School, nothing was added for Murray or Central Magnet Senior High School. Deputy Superintendent Kenneth Berg stated that the magnet secondary schools would be staffed at the same rate as the others, but that within that staffing, the magnet schools could be as creative as they wished.

An additional \$250,000 would be set aside for a new desegregation plan for the elementary

schools to replace the old cluster organization.

Some support positions were reinstated in the new proposal, such as 7 custodians, 10 clerks, and 1 nurse, but no administrators were included. There would still be only one administrator for each 500 students, as established in the minimum-base approach. This translates to one at St. Anthony Park Elementary School, one at Murray and three at Como. The one principal at Murray would be in charge of the regular magnet program there, the special Program for Social Development and the Brown House on Como Avenue and Pascal Street.

Students in the senior highs would still be limited to five subjects under Young's proposal, unless the sixth is band or choir or unless there is a class with extra openings. No classes of less

than 20 students would be allowed.

With the new recommendations, a total of over \$10 million has been put back into the budget, including \$852,000 left for emergency use or in case enrollment is not as high as expected.

The Citizen's Budget Review

Committee was scheduled to present their report to the Board on April 21. St. Anthony Park resident Judy Flinn is a member of that committee. After receiving those recommendations, the Board of Education will begin the difficult process of making a final decision.

FALCON HEIGHTS Continued from page 1

area by submitting a proposal to the council on March 24 for the development of 12 single family homes, a plat called Bernwood Addition #1. The plat was part of the company's original overall plan. As the homes are consistent with the city's existing zoning ordinance, rezoning of the area was not required.

The planning commission unanimously approved the Bernwood Addition part of the plan and it was passed by the City Council on April 12.

Access to homes would be provided by an extension of Prior Avenue, although the council is negotiating with the University of Minnesota for a route to Cleveland Avenue.

If the university does give approval, said Mayor Willis Warkentien, the council will not be opposed to chaining Prior Avenue so that only emergency vehicles could get through.

American Shelter intends to continue to work toward approval of the development as a whole, according to Vice President Don Swendra. "We're going to continue on with the platting process for detached units," he said.

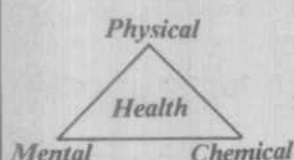
The task force, however, would still prefer an overall plan for the development of the area. "If you approve little piecemeal things you don't know what you're going to end up with," said task force member Walter Northrup. "We would like to see a plan for the remainder of the area to be presented in one piece."

The task force also favors rezoning for an overall plan, said Northrup, because it allows for more creativity. "A Planned Unit Development can combine housing and open space and can result in a more pleasant place to live," he said.

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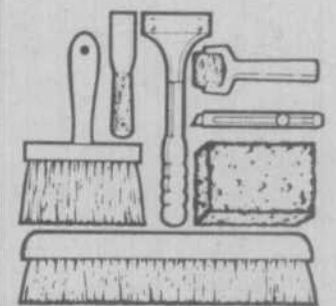
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Lee Olson in his shop.

Former Welder Enjoys Teaching at Job Corps

by Jim Brogan

Lee Olson is the welding instructor at the Hubert H. Humphrey Job Corps Center on Snelling Avenue. For ten years prior to signing on with the Job Corps, he had been employed as a structural steel fitter, working as a welder on such things as railroad cars, skyscrapers and power plants. It was interesting work, he says, but after so many years at it, he was ready to try something different.

"Becoming an instructor at Job Corps was definitely for me a mid-life career change," he says. "I'm 42, and I got to the point with my old job where I just didn't feel fulfilled."

Never having taught before, Olson naturally had some misgivings when he first started at the Job Corps Center in the spring of 1981. Fortunately, he discovered that he enjoyed the work and that there is a great deal of satisfaction in helping young people gain the skills they need to get a job. In addition, there is a personal involvement which can be hard to measure.

"You try to bring out the best in your students," he says, "to help them realize their own worth and their own talents."

Corps members studying to be welders usually spend about half of each day in Olson's shop. During the other part of their day if they haven't earned their high school diploma, they study reading and math. They also take a course called "World of Work" in which they learn job application skills, such as how to dress, how to fill out an application form and how to conduct themselves during an interview.

Studying with "Mr. O," as they call him affectionately, students get, in his words, "a lot of good practical exercise." During Job

Corps' first several months, in fact, before the welding shop was fully operational, he enlisted their help in "making things that we need for the Center."

He pointed around the room to the exhaust vents, the work tables, the brackets securing the acetylene tanks and some slag trays they fabricated themselves. The trays would have cost \$75 apiece, Olson says, but he and

his students were able to make their own for less than \$20. Even the front steps leading in to the vocational building—where the shop is located—have been constructed in part by Olson's students.

The Job Corps Center qualifies its trainees not only on electric arc and acetylene welders, but also on some more exotic machines like the tungsten inert gas, or TIG, welder.

Olson has one of his better students, Marc Travis, demonstrate the TIG. Travis, 21, will be one of the first of Olson's students to be certified, and is currently preparing to send out his resume to prospective employers around the country.

"Marc is really talented," says Olson. "He's made an awful lot of projects," including a metal quenching tank used everyday by members of the class. While Olson speaks, the young man is putting the finishing touch on a pair of homemade roller skates.

Travis is also something of an artist, it seems, constructing modernistic sculptures whenever he gets time. "One of the counselors has one in his room," says Olson with obvious admiration.

Travis' skill with the TIG welder will improve his job prospects significantly. For example, says Olson, "he could work on spacecraft," an industry heavily reliant on aluminum.

The first of Olson's students to receive an A-class welder certificate is a Korean named Jin Mo Pak. Although barely able to speak English when he came to Job Corps, Jin quickly set an example for the rest of the students. Not only did he become an excellent welder in a very short time, but during his free hours he also offered informal classes of his own—in karate.

Olson smiles, and says, "I went ahead and took a class from him."

Another of his students taught dancing, prompting Olson to remark proudly that some of his charges have played a leadership role on the campus.

It is this sort of dynamic interplay between himself and his students that Olson finds most rewarding in his new job. "It is harder to put your finger on your accomplishments" as a teacher, he admits, but he still likes it better than working as a steel fitter.

"Gee, with teaching," he says, "I really find it satisfying. Like with Jin Mo Pak, teaching him and learning from him at the same time. You see how creative these kids are, and you're just part of it."



Marc Travis. Photos by Jim Brogan.

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1982 Development Campaign

May 1982 St. Anthony Park Association



Edited by Jerry and Peggy Rinehart, 626-7627.

Hockey winners announced

When the ice's gone, pucksters take to the floor with a vengeance. Langford Park's earnest floor hockey teams turned into champions. The 9th and 10th grade boys, coached by Phil Pomeroy, took the district championship. Langford Team One of 5th and 6th graders, coached by Bernie Lancette, and Langford Team Two of 3rd and 4th graders, coached by Erik Bremer, took the western division titles in their category. Who knows, maybe next year they'll get the Stanley cup.



1981-82 Board of Directors: President, Steve Wellington; Vice President, Tom Rohricht; 2nd Vice President, Barb Rowe; Secretary, Peg Van Zanden; Treasurer, Jane Dietl; Directors, Hal Dragseth, Dave Maschwitz and Charlie Flinn. Address: P.O. Box 80062, Como Station, St. Paul, MN 55108.

Celebrate and Elect

The May meeting is the one we have been hinting about in this column for the past nine months: the celebration of the Association's 35th anniversary. Appropriately enough, the officers for the 36th year will be elected at this special meeting.

The program will begin with a review of the Association's history and a recognition of the charter members, that group of hardy neighbors who met in the spring of 1948 and articulated the need for an organization devoted to serving and preserving St. Anthony Park.

Gerald McKay, long-time Park leader and well-known chronicler of the neighborhood, will present a slide show which he has assembled in honor of this celebration. His slides and commentary will feature many of the people and events that have shaped the Association and the neighborhood during the past decade.

Another perspective on the past 35 years will be presented by past presidents of the Association who will review some of the high (and low) -lights of their terms of office.

As the guests of honor, the charter members will enjoy complimentary meals at the dinner preceding the program.

May Board Meeting

The May meeting of the board of directors will be held on May 4 at 7:30 at the home of Stu Peterson, 1311 Keston Ave.

Thanks to the fine efforts of Gale Frost, who chaired the special program committee, Gerry McKay, and the past presidents of the Association, the May 11 meeting is the one you'll not want to miss.

Date: May 11, 1982

Time: 6:00 dinner
7:00 program

Place: United Church of Christ
2129 Commonwealth Ave

News From Langford Park

Hard to believe fewer than 60 days remain before the days get shorter.

But, if you move quickly and get down to Langford soon, you may still have time to sign up for spots left on the spring/summer teams. There's baseball for kids 3rd to 10th grades; softball for kids 3rd grade through high school, and T-ball, kickball and near-ball for kids age 7 and under.

Chariots of fire, St. Anthony Park style

Well, maybe wagons of sparks... whatever... Jerry Esboldt says "We're gonna host the district track meet, right here at Murray field for youngsters in grades 3 through 8." That date's not set yet, but the meet will come off sometime in late May. Keep your eyes on the kiosk or the bulletin board at the Langford Rec Center and in the meantime, sign up with Jerry.



The building housing Parkview Cafe, St. Anthony Park Foods Too and the District 12/Bugle office is one of the few pre-1900 commercial buildings still standing in St. Anthony Park.

Story and photos by Karen Andersen

To some people, old buildings aren't very exciting. They sit and get older and more run down. Sometimes they're not wanted or needed anymore and make way for new buildings.

But old buildings have something to tell us, if we take the time to explore them. They are still with us, after all the people, activity, styles and events of the past are gone.

The Ramsey County Historic Sites Survey, a two-year project being conducted jointly by the Ramsey County Historical Society and the St. Paul Heritage Preservation Commission, is documenting St. Paul and Ramsey County's past by researching buildings that are architecturally and historically significant, primarily those constructed before 1930. District 12 is one of the survey areas.

Project director is Patricia Murphy, who grew up in St. Anthony Park and has a master's degree in architectural history.

The survey will be completed by October, and more than 5,000 buildings surveyed. A listing will be prepared of sites which may be eligible for designation to the St. Paul Heritage Preservation Commission's listing of historic sites and the National Register of Historic Places.

The St. Anthony Park area had its origins in the 1850s when Wil-

liam Marshall (Minnesota's governor from 1866-70) bought large areas of land in the region, thinking it would be desirable for residential development.

A prominent Chicago landscape architect, Horace W.S. Cleveland, was hired by Marshall in the 1870s and planned large suburban estates divided by winding streets which conformed to the rolling terrain of the area.

By 1860, the St. Anthony Park Company, a development firm, had built 30 houses in the area. The site survey has identified 20 of these. Early St. Anthony Park houses are characteristically wooden frame rather than brick, probably because the president of the developing company, Charles Pratt, was a lumber merchant.

Houses in the area bordered by Commonwealth, Como and Gibbs avenues and the railroad tracks are among the first St. Anthony Park structures, dating back to the 1880s.

A number of these older houses are on Ludlow Avenue to the west of Langford Park. A block-long stretch of Victorian houses on Everett Court—neglected but still occupied—is another early settlement section.

There are some already well-known historic buildings in District 12. The Muskego Church on the grounds of the Luther Theological Seminary on Como Avenue was the first Norwegian church in America, built at

Muskego, Wisconsin, in 1884.

The Andrew McGill house on Scudder Avenue, a sophisticated Victorian structure, is another. Both are already listed on the national register and as heritage preservation sites.

The site survey has identified other familiar structures as being potentially eligible for the national register and heritage preservation.

Milton Square, built in 1909, has a colorful past. It was originally the Old Fireside Inn and had a tavern and a dance hall, as well as shops and apartments. The inn was the first major commission of Franklin Ellerbe, founder of Ellerbe and Company, now one of the largest Twin Cities architectural firms. Ellerbe himself lived in St. Anthony Park.

The Parkview Cafe and SAP Too Co-op on Raymond Avenue at Hampden Avenue has also been identified for possible listing. A Victorian Romanesque style brick building, it is one of few still-standing pre-1900 commercial buildings in District 12. It's still being used for commercial purposes.

Not all older structures, however, are what they seem or what they were.

Sometimes, a school becomes shops and offices, as in the case of Baker School on Raymond Avenue, built in 1909.

Sometimes a church becomes a house, such as the old Lutheran church at 969 Raymond Ave., also built in 1909. It was probably the only cast-concrete block church built in St. Paul.

A fire station can become a house, too. The striking Victorian house and shop at Raymond and Hampden avenues started out as St. Paul Fire Hall No. 13 in 1894.

The house at 2107 Commonwealth Ave. began as a railroad depot. It used to be on the railroad tracks near Langford Park. If you look at it long enough, you can imagine Victorian-era people waiting for their trains under the broad overhang of its roof.

The site survey turned up another depot-turned-dwelling on Everett Court. The old green house at the end of the street also accommodated people while they waited for trains when it was located at the corner of Raymond Avenue and Wheeler Street.

Murphy hopes the project can get funding to do a final, comprehensive publication. Along with two other full-time people, 11 student interns, and a number of volunteers, Murphy goes out to survey and photograph sites.

"It can be a real challenge," Murphy said. "I feel like a detective sometimes."

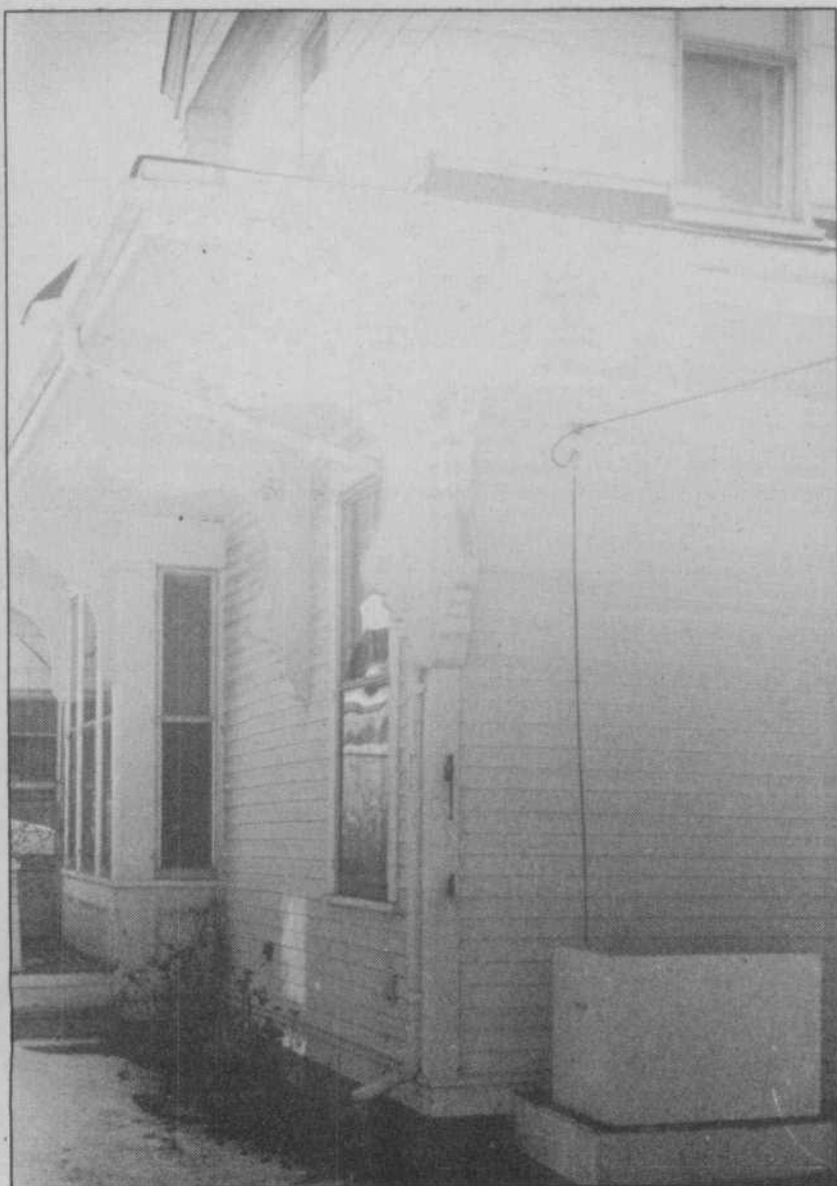
There's still a mystique to the old

buildings. With a little imagination, we can envision St. Anthony Park with streetcars clamoring along Como Avenue, people in turn-of-the-century clothes coming and going at the Old Fireside Inn dance hall, and carriages pulling up in front of Victorian homes along Langford Park.



This older wooden house at the end of

Site Survey of Historic Buildings in St. Anthony Park Lists Homes, Business Places, Train Stations and More



Built in 1886, the John Lunborg House might be the only cream-colored brick Queen Anne style house in District 12.

It's easy to imagine people waiting for their trains on the steps of this depot-turned-house.



Scudder Avenue overlooks the train tracks.



Another Queen Anne style structure, this house on Scudder Avenue has a distinctive three-story corner turret.

St. Anthony Greens Housing Project Attracts Old and New Park Residents

by Jim Brogan

Despite a depressed market in real estate in recent months, demand for housing in St. Anthony Park remains high. Of particular interest in this regard is the St. Anthony Greens housing development now taking shape in south St. Anthony Park, directly east of Seal Hi-Rise.

Although it will be another two months before the first eight units in this project will be completed and ready for occupancy, more than twice that number have already been spoken for. The first phase of the project calls for 40 townhouses to be completed by September, 16 of them with two bedrooms and the remaining 23 with three bedrooms. Prices range from \$61,900 to \$69,900.

St. Anthony Greens is a joint housing venture undertaken by Greenspan, Inc. and the AHW Corporation. Greenspan is a subsidiary of Hammel, Green, and Abrahamson, Inc., an architectural and engineering firm, and AHW is a subsidiary of the A.H. Wilder Foundation.

According to Ann Copeland, District 12 coordinator, the project was originally conceived to answer a need for moderately priced family housing in the south St. Anthony Park area. Local residents, actively engaged in the project from the beginning, strongly preferred that the

housing be owner-occupied to help make up for the many single family homes lost in recent years to redevelopment.

"Lots of homes were taken out when 280 went through," Copeland said. "Homes were also taken out for clearance for Seal Hi-Rise and Hampden Square."

As a result, the South St. Anthony Park Association, slated owner-occupied housing as its first priority, preferably at a low to moderate price per unit.

Not everyone is eligible to live in St. Anthony Greens. Families with incomes in excess of \$31,460 per year are excluded at the top end, as are those with incomes significantly below \$18,000 per year at the bottom.

"The city of St. Paul is directly involved in the project," explained Janet Johnson, director of marketing at AHW Corporation. "The city [through the St.

Paul/Minneapolis housing fund] sold bonds to make money available at 11 1/8% for qualified buyers.

For a time there was also grant money available from the McKnight Foundation, but that money is now gone. Even so, the townhouses in St. Anthony Greens have been attracting buyers faster than they can be built. A unit can be reserved by putting down \$500 in earnest money until construction is complete and financing has been arranged.

"We were taking money long before the models were open," said Johnson. "We were selling off the floor plans."

"The vast majority of purchasers," she said, "have either lived in the area in the past or are living there presently and want to stay."

Johnson's general impression of St. Anthony Park is one of strong community feeling. "People who have moved away," she said, "are very anxious to come back."

Birdie Sings Again; Band, Choir Perform

"Bring Back Birdie," a sequel to "Bye, Bye Birdie," will be performed at Murray Magnet Junior High on April 29 and 30. The Murray band and choir concert will be June 3. All of the above performances will be at 7:30 p.m. and the public is invited to all.

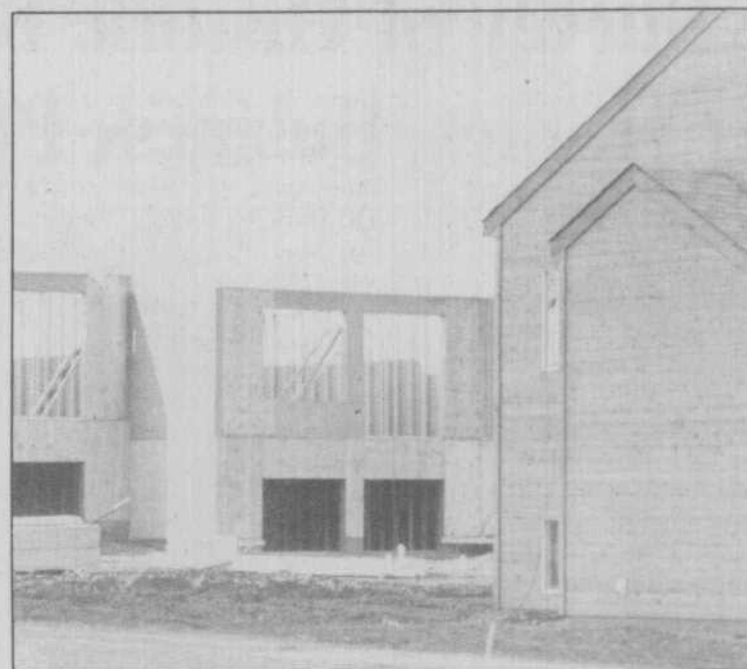
At Como Senior High School, the spring social season begins with the Junior-Senior Prom at Town Square Park on April 30. The Como choir has its spring concert on May 6, at 7:30 p.m. at the school.

The annual Honors Night at Como will take place on May 25, 7:30 p.m. in the auditorium. PTSA election will be held that night, also. The Como band will perform on May 27, 7:30 p.m. at the school. The band has just returned from a trip to Kansas City, Missouri.

Library Association To Plan Crafts Fair

The St. Anthony Park Library Association will meet at the library on May 10 at 7 p.m. The meeting is open to the public.

Persons interested in helping with the 13th annual Arts and Crafts Fair and Used Book Sale are urged to attend the meeting or to leave their names with the library staff.



Construction at St. Anthony Greens. Photo by Jon Madsen.

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BARKER

Continued from page 5

overgrown with weeds. They hate our unpruned lilacs and crumbling retaining wall. They mourn the grape arbor we've dismantled.

Meanwhile, a crop of creeping jenny rampages across the once-lush lawn to its farthest borders. To the north of us lives a staunch anti-herbicidalist, to the south a fervent weedkiller. Squeezed between two irreconcilable camps in our shaky buffer zone, I'd like to know what the Lehmans would have done with the weeds.

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Chiropractic Comes to the Park; Three Offices Open

by Gillian Bolling and Diane Nelson

Americans spend hundreds of thousands of dollars annually on drugs to relieve pain and countless hours on visits to doctors in search of a remedy for discomfort. But often traditional routes to relief don't work, so many people are now trying chiropractors.

"Often patients come in when they've gone the gamut—up to and sometimes including surgery," said Dr. John Finger, 2301



Dr. John Finger. Photo by Jon Madsen.

Como Ave., one of three chiropractors who have recently opened offices serving St. Anthony Park. The other two are Dr. Mark Reps, 1586 University Ave., and Dr. Joseph Donahoe, whose office is in Baker Court.

Chiropractic medicine is a system of healing based on the idea that sickness results from a lack of normal nerve function and an imbalance of the body's natural energy flow. Chiropractors treat patients without drugs and surgery; instead they focus on a program of exercise, good nutrition, and pain relief through manipulation and adjustment of the body structure, most often the spinal column.

"Most people think of lower back pain when they think of chiropractic," said Reps. But, he said, "any ailment of the body can be treated with chiropractic," from bunions to ulcers to headaches.

Finger is also qualified to prac-



Dr. Mark Reps. Photo by Jon Madsen.

tice meridian therapy—a type of chiropractic which includes various healing techniques, among them acupuncture. Meridian therapy involves stimulation of points along the body's meridians—energy channels on the front and back of the body.

Reps uses acupuncture in conjunction with standard chiropractic because it enables him to provide "quicker, more broad-based results."

He uses two kinds of acupuncture, electric acupuncture or standard. Standard acupuncture

makes use of hair-like wires that penetrate the skin. The number of wires used and how deeply they are inserted depends on their location and on the patient's problem. Electric acupuncture uses electric current instead of wires.

Donahoe does not use acupuncture because, he said, "It gets into the natural realm, it doesn't fall under the umbrella of chiropractic."

All three chiropractors are graduates of a four-year program at Northwestern College of Chiropractic.

Acupuncture has been criticized as a medical procedure because, Finger said, "The laws are not strict. There was a problem with lay people doing acupuncture without training."

A bill being reviewed by the Minnesota Legislature's Health Welfare and Corrections Committee proposes limitations for acupuncturists, requiring those who practice it to register with the health commissioner and to adhere to minimum standards of practice.

In order to practice acupuncture currently, a person must have 100 hours of training.

While Finger and Reps maintain that the American Medical Association is becoming more accepting of chiropractic techniques such as acupuncture, the views of many in the medical community remain unchanged.

"Acupuncture is the practice of

medicine and it should only be done by a physician," said Roger Johnson, director of communications for the Hennepin County Medical Society. He said this is the official stand of the Minnesota Medical Association.

Finger and Reps stress that acupuncture is done only as an adjunct to the chiropractic practice and that many forms of physical therapy are used to treat a patient's specific needs.

Generally, chiropractors assert, a patient will feel pain relief within eight to 12 visits, but some patients claim quicker results.



Dr. Joseph Donahoe. Photo by Rick Verner.

While many consider chiropractic medicine a miracle cure, others say treatment may just mask the cause of the problem. Advocates of stricter licensing of those giving treatments such as acupuncture fear the ignorance of organic functions could lead to problems. For instance, an acupuncturist not also trained as a chiropractor, physician or dentist might treat a patient for headache relief while not seeing the pain as a warning sign of a more severe problem.

Finger maintains that chiropractic doesn't treat symptoms but rather gets to the cause of the disease. For instance, instead of giving pills to relieve a headache, a chiropractor would adjust the spine to take care of the source of the pain.

While many in the medical community may still consider chiropractic treatments "voodoo," others, according to Finger are now recognizing limitations in conventional medicine.

Lauderdale Civic Club

The Lauderdale Civic Club has elected the following new officers: Nora Gille, president; Ned Munger, vice president; Crystal Wisen, secretary; Bob Gille, treasurer.

Civic Club meetings, open to all, will be held on the second Monday of every month at 7:30 p.m. at the City Hall, 1891 Walnut.

On Saturday May 8, the membership drive will begin.

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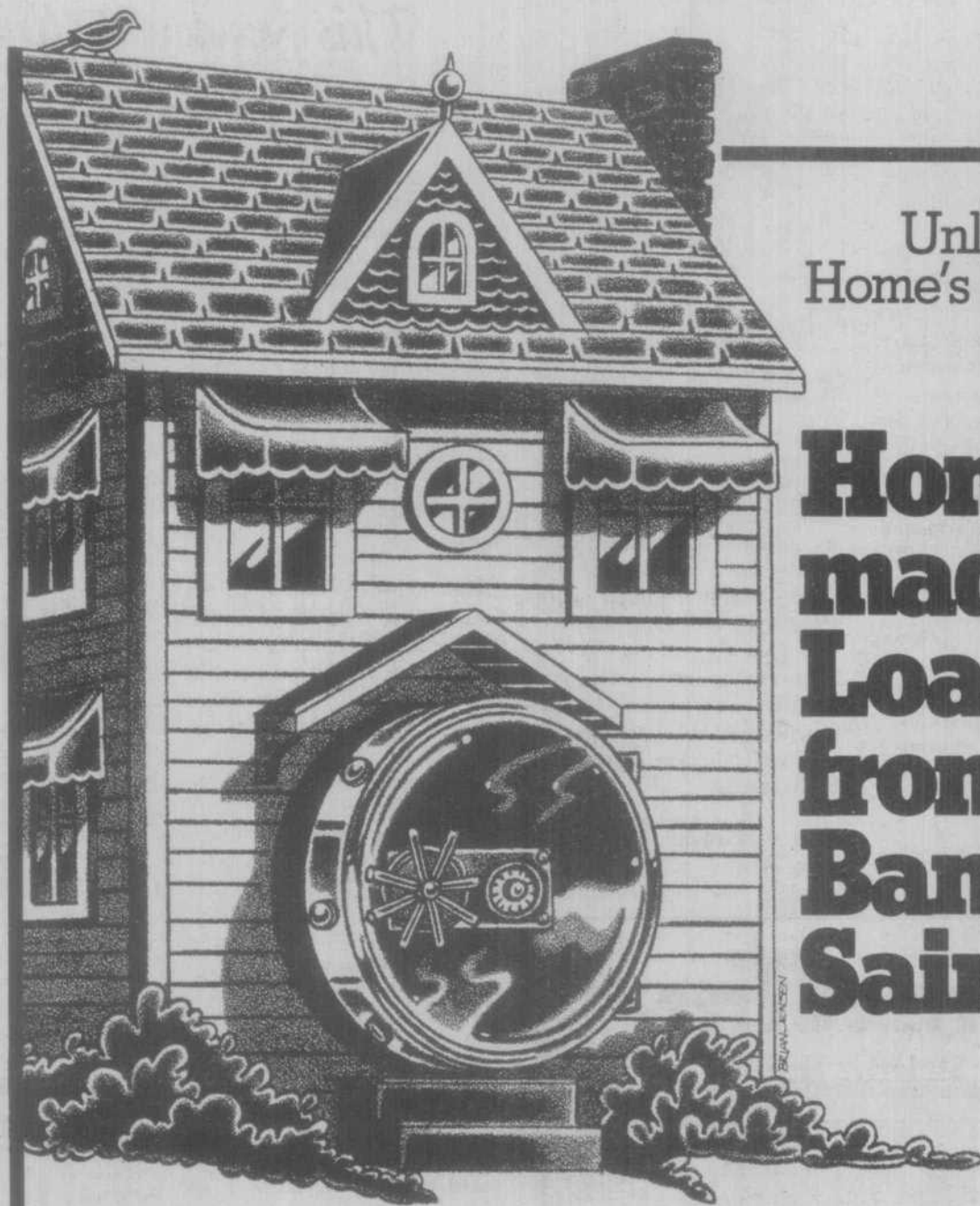
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Arts Forum Concert Goes Broadway

Broadway is coming to St. Anthony Park on Friday, May 14, 8 p.m., at the United Church of Christ, 2129 Commonwealth Ave. The Dale Warland Singers will present "A Bit of Broadway: An American Romance," a concert of songs from 15 Broadway musicals. Favorites by Rodgers

and Hammerstein, Marvin Hamlisch, Stephen Sondheim and Cole Porter will be featured on the program.

The concert is sponsored by the St. Anthony Park Arts Forum and COMPAS. The Warland Singers, a 47-voice ensemble,

performed in St. Anthony Park last May. They have recorded six albums, including their most recent release, "Americana—A Bit of Folk."

Tickets are available at the Bibelot Shop and Micawber's Bookstore for \$6 (\$5 if you purchased a season ticket for the Music In The Park series). Although tickets will be available at the door, purchase prior to the concert date is suggested, since this will be the only performance of this program in St. Paul. The concert will be repeated at the Guthrie Theatre on May 16.

Festival Seeks Attic Items

Anyone with old but still usable items and collectables is invited to participate in the annual St. Anthony Park Festival Attic Sale on June 5.

The sale will be held at the Methodist Church parking lot on the corner of Como and Commonwealth avenues. Each participant must provide his or her own display table and must set it up by 9 a.m.

Space is allotted on the basis of one car space per person or family on a first come, first served basis, starting with the corner nearest the Children's Home Society.

Please contact Heritage II at 646-6296 if you have any questions. If you wish to sell new or handmade items please contact the Library Association.

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Coming Events

Nursing Home Week

Commonwealth Healthcare Center residents will celebrate Nursing Home Week, May 9-15.

On May 9, Mother's Day there will be a special open house for families and community between 2-4 p.m. with entertainment by pianist Katherine Messler. May 10 will be staff recognition day, and on May 11 balloons with resident's names inside will be launched.

On May 12, 13 and 14 a special display of residents' art and crafts will be presented at Fairview Senior Community Center on County Road B in Roseville. A reception for the artists, friends and family will be held May 12 at the Center between

12:30-2:30 p.m. The public is invited.

On May 13, a wine and cheese party is planned with special entertainment and May 14 a volunteer tea, 2-4 p.m.

Norwegian Glee Club

The Norwegian Glee Club, under the direction of John Wiig, will perform in concert at the St. Anthony Park Lutheran Church on May 2, at 4 p.m. The concert will include a selection of Scandinavian folk music and hymns as well as songs from the American tradition. The concert is free and open to the public.

Library History Exhibit

The St. Anthony Park Library Association will feature the history of the Park, the St. Paul campus, and Park businesses, organizations and clubs in an exhibit this fall. A brochure listing the history of present organizations will be printed giving

dates and purposes of different groups.

Assistance will be needed from Park residents. If you would like to help with this project, come to the meeting on May 10, at 7 p.m. in the branch library, 2245 Como Ave.

Plans include a program on historic buildings in the area and a tea to mark the 100th anniversary of the St. Paul public libraries and 50th anniversary of the St. Anthony Park Branch Library Association.

Frost Autograph Party

A reception and autograph party will be held for Dr. Gerhard Frost, professor emeritus of Luther Northwestern Seminary, at the Northwestern Commons, 1501 Fulham St., May 12 from 11 a.m. to 12 noon. Dr. Frost will be signing copies of his newly released book, "Kept Moments: Reflections and Meditations for Daily Living."



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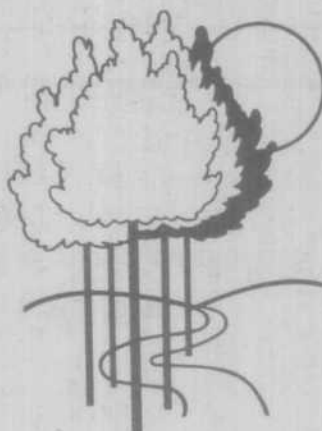
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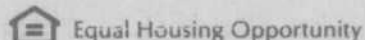
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This is the first in what will be a continuing series of articles on Chiropractic and Your Health. The need for this presentation has grown in response to the increased awareness and utilization of the largest drugless healing profession existing today.

Chiropractic is a branch of the healing arts which is concerned with human health, its maintenance, and the disease process. It regards the disease process as a result of a multiplicity of factors among which structural abnormalities and their resultant effect upon the neurological component are of considerable importance. The nervous system, the first body system to develop embryologically, coordinates cellular activities for adaption to internal and external environmental changes. A deviation from the norm in the functioning and integrity of the nervous system, to an extent to which the body cannot successfully adapt, produces dysfunction and disease.

Chiropractic, therefore, gives particular attention to spinal mechanics, musculoskeletal, neurological, vascular, nutritional and environmental relationships. Because of the body's structural and functional interrelationships, a structural disturbance can induce or aggravate disturbances in other organs, systems, and body areas not usually expected. The human body is a carefully integrated unit, not just the sum of its parts. It is for this reason that Chiropractic is concerned with the total person.

No healing art offers a panacea to all of the problems confronted in the health services, and Chiropractic is no exception. Its emphasis, however, on the importance of the inherent healing and recuperative abilities of the body, and its attitude of maintaining health versus always treating disease are a contribution which has yet to realize its full potential.

Questions and comments on any of the topics covered or requests to cover particular topics will always be welcome.

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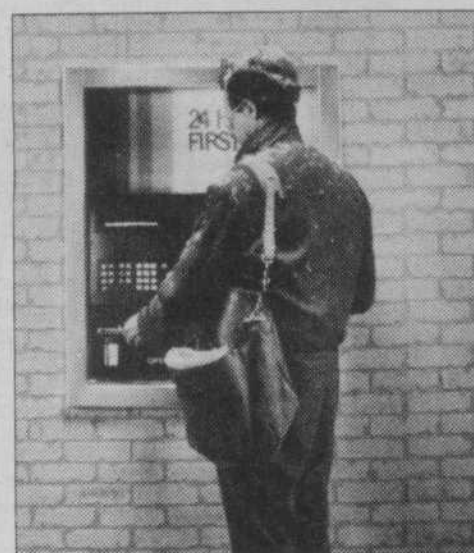
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COMMUNITY CALENDAR

APRIL

Thursday/29

Musical at Murray Jr. High School,
"Bring Back Birdie," 7:30 p.m.

Friday/30

Como Park Senior High School
prom night

MAY

Sunday/2

Luther/Northwest Brass Ensemble
and other seminary instrumentalists
in recital. St. Matthew's Church,
2136 Carter Ave., 3 p.m.

Monday/3

SAP Foods board meeting, 2380
Hampden Ave., 7:30 p.m.

Tuesday/4

St. Anthony Park Association board
Meeting, 7:30 p.m.

Kindergarten round-up at St.
Anthony Park Elementary School.
Registration 6:30 p.m.

Wednesday/5

Leisure Center Activities, United
Methodist Church, 10a.m.-2 p.m.

Composting workshop, 2380
Hampden Ave., 7:30 p.m.

Thursday/6

Choir Concert at Como Park Senior
High School, 7:30p.m.

District 12 physical committee
meeting, 2380 Hampden Ave., 5
p.m.

Friday/7

St. Anthony Park Elementary
School Carnival, 5-8 p.m.

Tuesday/11

St. Anthony Park Association, meet-
ing, United Church of Christ, dinner
and program, 5:45 p.m.

Wednesday/12

District 12 Council meeting, 2380
Hampden Ave.

Leisure Center Activities, United
Methodist Church, 10a.m.-2 p.m.

Thursday/13

St. Anthony Park School Associa-
tion board meeting, St. Anthony
Park school, 7:30 p.m.

Friday/14

"Spring Fling Dance" at Como
Senior High School, 7:30 p.m.

Monday/17

League of Women Voters Unit 8
meets at Marlene Krona's 1064
Mary Lane, 7:30 p.m.
(488-4497)

Wednesday/19

Leisure Center Activities, United
Methodist Church, 10a.m.-2 p.m.

Thursday/20

Musical "Sound of Music" at Como
Park Senior High School, 7:30 p.m.
(Also on May 21).

Sunday/23

Shelly Beth Johnson, soprano, and
Jayson Engquist, organist, in recital
of sacred vocal songs and psalms.
St. Matthew's Episcopal Church,
2136 Carter Ave., 3 p.m.

Monday/24

District 12 Human Services Com-
mittee Meeting, 2380 Hampden
Ave., 7 p.m.

Tuesday/25

Honors night at Como Park Senior
High School, 7:30 p.m.

Wednesday/26

Langford Booster Club meeting,
Langford Recreation Center, 7:30
p.m.

Leisure Center Activities, United
Methodist Church, 10a.m.-2 p.m.

Thursday/27

Band concert at Como Park Senior
High School, 7:30 p.m.

Friday/28

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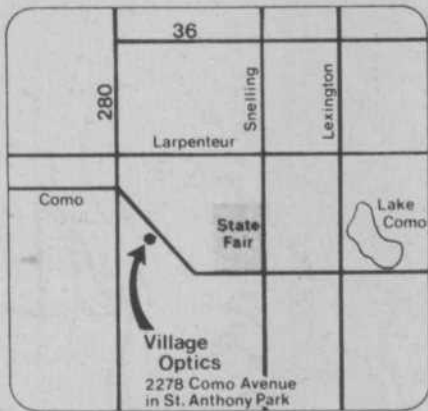


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FOR SALE: St. Anthony Park 7-room house. 2324 Brewster, 645-9861 after 5.

CLOVIA GARAGE SALE. Friday May 21 9 AM to 4 PM. Saturday May 22 10 AM till Noon. At 1499 Cleveland Ave. You'll love our fabulous junkie. Plants and baked goods too.

PIANO LESSONS—Suzuki Method. Limited openings. Teacher has M.A., degree and over 20 years on the faculty of Wisconsin U. Suzuki Institute. Active Member of MMTA and Suzuki Assoc. of America. Call 646-3044.

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Reliable family of 4 seeks 3 BR residence to rent or purchase. 644-1059.

SUMMER DANCE SCHOOL for ages 4-18 taught by Sara Quie... Ballet and Modern. Call if interested 642-1797 after May 9.

WANTED: OFFICE MANAGER for Midwest China Center, St. Paul. Must have bookkeeping experience, type 80 words per minute, and extensive knowledge of China. Please call 641-3233/3238.

CHILDREN'S EXERCISE CLASS. Large muscle movement, rhythm, basic co-ordination. Begins middle of June. Register by phone 642-1797 Ruth Stricker Fitness.

REGISTER NOW FOR CORPUS CHRISTI NURSERY SCHOOL at 2131 Fairview Ave. No. Roseville. Please call 631-0953. If no answer, call 646-5779.

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FALL REGISTRATION HAS BEGUN FOR KINDERGARTEN at Corpus Christi School at 2131 Fairview Ave. No. Roseville. Please call 631-0953. If no answer, call 646-5779.

ROSE HILL CHILD NURSERY, 2105 Roselawn. Register now for fall. Children 3-5. Call 631-0173 for information.

SPRING CLOTHES ARE HERE. Try us first. Children's quality resale. Some new and samples. Sizes 0 to 12. Another Generation, 1344 Thomas at Hamline. 644-9645.

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FOR SALE: newly reconditioned Selmer clarinet (B flat), with low E flat key; crystal mouthpiece; professional quality; price negotiable. Tel: 645-6857 evenings.

AA: St. Anthony Park group meets every Monday 8 p.m. SAP Lutheran Church. Cal 645-5427 or 645-2329.

BACKYARD SALE: Storms, screens, tires, push lawn mower, plastic decoys, maple dresser, miscellaneous antiques. 1515 Hythe St. May 14 and 15, 10-4

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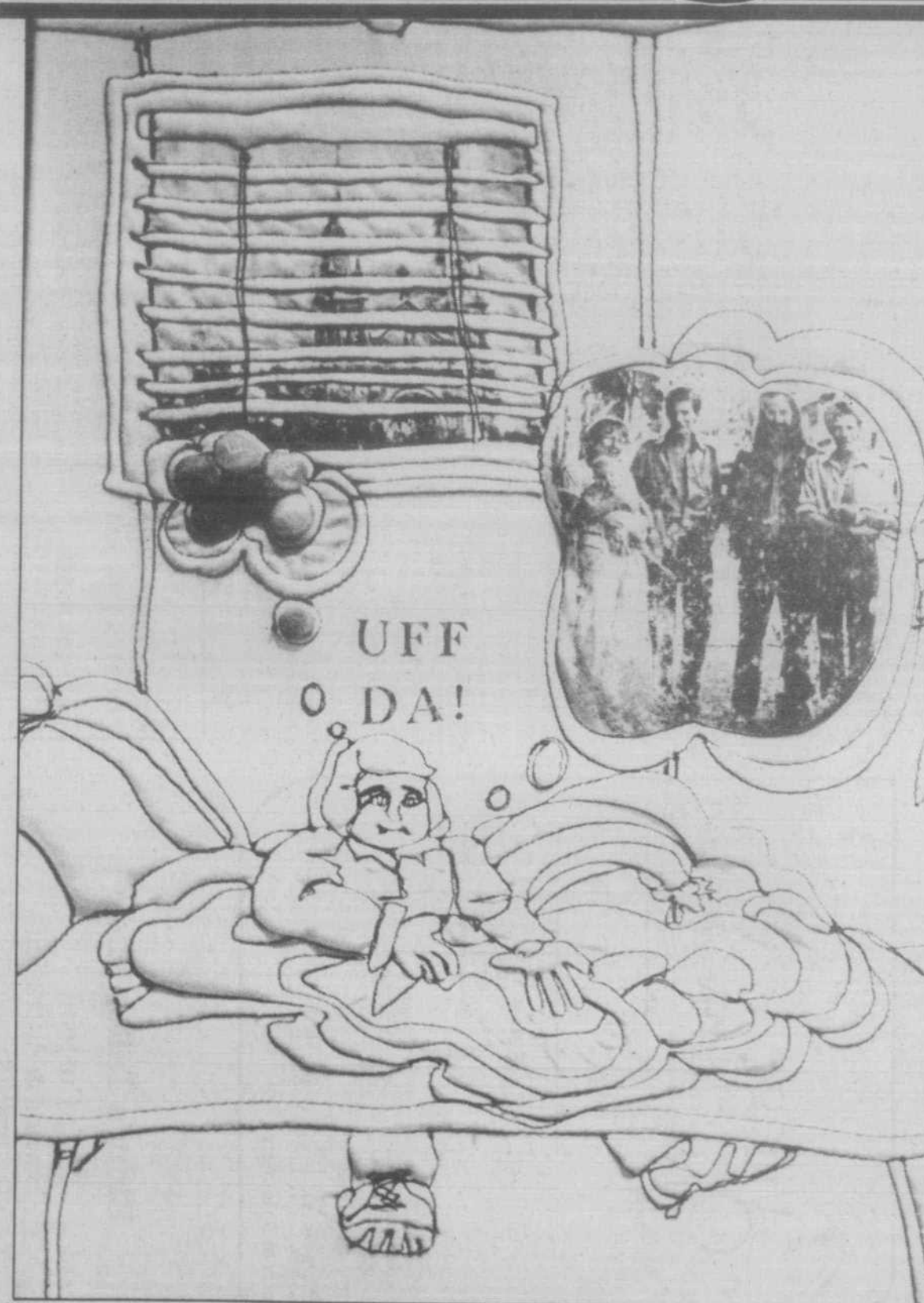
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"In the Studio Overlooking Art," by Linda Nelson Bryan—one of the works exhibited at the St. Anthony Park Arts Forum show April 16 and 17. See page 3. Photo by Nadene Malo.