Phillips foils foes, reaches national meet
by Dan Koek

The young fencers faced each other on guard, their flexible steel foils poised to attack and defend. As they crossed blades and maneuvered back and forth, they passed through black wire masks looking for weaknesses in each other’s posture and movement.

With a deceiving feint, Miles Phillips drew a defensive reaction from his opponent. Phillips quickly lowered his foil and lunged forward. His epee, a blade that he startled, defended in the padded chest, triggering a red light and a buzzer on the judges’ table.

Phillips had won another bout without being scored against. The two fencers took their masks off and shook hands. By mechanical motion, it seemed that they had expected the outcome, that the bout had only been a formality. Indeed, it had.

The winner, 17-year-old Miles Phillips of St. Anthony Park, is one of Minnesota’s best young fencers. He won all but one of his bouts at the regional Junior Olympic Fencing Tournament in January and easily qualified for the national tournament to be held in Portland, Ore., in February.

Nearly 50 fencers under 20 years old competed at the St. Paul Academy, hoping to qualify for the tournament. Three other members of St. Anthony Park’s Excelsior Club qualified with Phillips to make the trip to Portland: Sean Kline, Travis Erickson and Toby Stroock.

Phillips’ aggressive fencing style contrasts with his otherwise easy-going manner. He shrugs off any special techniques and attributes his success to lots of practice—about 10 hours a week for the past four years with the Excelsior Fencers to 13.

Fletcher to continue questioning
by Jim Brogan

St. Paul city councilman Bob Fletcher, re-elected in November, said in an interview that if his term in office in 2017.

"I really don’t think there is going to be that much different," he said. "I think it’s appropriate.

However, with budget constraints this year, as in previous years, virtually setting the agenda, city officials are faced with a limited number of choices.

"We have done a lot of trimming for the past few years," Fletcher pointed out, and council members are concerned that their constituents not be deprived of services they have come to expect.

"We are all trying to provide the level of services people want," he said. "In all possible ways, we would like to do that without resorting to higher taxes or special fees and assessments.

During his first term in office, Fletcher said, he did "a lot of learning." He believes that as a result of this, he and the other council members "understand each other better.

Chinese Fellowship donates money for recreation
by Diane Duffey

A Lauderdales church has donated $500 to the city of Lauderdales to be used at the discretion of the city administration to enhance Lauderdales’ recreational facilities.

The Chinese Christian Fellowship made the donation as part of an effort to reduce vandalism.

Rev. Joseph Wong, pastor of the church said, that the church had also posted a "No Trespassing" sign at the property.

We realize that it is just a very small portion of kids who have caused the vandalism," he said.

"We have to be really good to even hit them," he said.

James said that a "bang board" would encourage younger children to play tennis and would be a good asset to the park.

The Chinese Fellowship donates money for recreation

by Diane Duffey

A Lauderdales church has donated $500 to the city of Lauderdales to be used at the discretion of the city administration to enhance Lauderdales’ recreational facilities.

The Chinese Christian Fellowship made the donation as part of an effort to reduce vandalism.

Rev. Joseph Wong, pastor of the church said, that the church had also posted a "No Trespassing" sign at the property.

We realize that it is just a very small portion of kids who have caused the vandalism," he said.

"We have to be really good to even hit them," he said.

James said that a "bang board" would encourage younger children to play tennis and would be a good asset to the park.
District 12 to sponsor caucus workshop

"What is the purpose of a political party caucus?"
"What process steps in I want to go that I don't want to be embarrassed?"

Several telephone calls to the District 12 Office with similar questions before the 1982 election prompted the District Council to sponsor a workshop this year on effective and positive participation in the political party caucus. The workshop will be given by the St. Paul League of Women Voters.

The session will be from 7 to 9:30 p.m.

Special thanks to Meals on Wheels
volunteer drivers

Since Jan. 1, twenty volunteers have been delivering Meals on Wheels on a regular basis to residents in north and south St. Anthony Park.

Because of the response to the appeal, meals can now be delivered five days a week and all the volunteers who have been waiting to receive meals are now being served.

Special thanks are due St. Cecilia's Church for recruiting several volunteers through its stewardship appeal.

Volunteers driving twice a month are Anneke Jessup and Jill Smith, Bryan Dun- shee and Jim Rogan. Other regular drivers are Bob and Mildred Bares, Dudley Bemrick, Nancy Breneman, Ann Marie and John Binda, Audrey Craven, Jane Dietl, Elaine Frost, Mary Meegers, Betty Quin, Florence Richards, Elvera and Joe Skov- holt and Jeane Wyard.

Volunteers are available to substitute for regular drivers when necessary. They are: Charlotte Braun, Ann Copeland, Janet Drewer, Dorothea Drucker and Karl Gore, Mollie Hohen, Mary Ann Jens, Jo Ann Mar- tin, Gen Nakazato, Judy Sheldon and Ann Wynn.

Committee formed on hazardous waste

A Hazardous Waste Site Monitoring Committee has been formed by delegates from District Councils 6, 7, 10, 11, 12 and Merriam Park. The group met in December to discuss the monitoring activities needed as a result of the designation of industrial lands in this area as potential sites for hazardous waste processing facilities.

The Minnesota Waste Management Board has placed two areas in St. Paul on its priority list. A site is on the city's southside. A site is also on the city's northside. The city is looking for more information on these areas.

The city council meets the second Wednesday of every month. All meetings are open to the public. Check for location.

February, 1984

This space brought to Bugle readers by District Council 12 Community Council.

Edited by Ann Copeland.

Meeting schedule for February

Feb. 2, 7 p.m.—Physical Committee will hear plans for housing on the Baker West property, including a request from the developers for additional parking for Baker Court.

Feb. 2, 7, 12 p.m.—Human Services Committee will discuss the progress of the citywide advisory committee on the Parks and Recreation Plan. Tom Buddly, delegate to the committee, will report.

Feb. 8, 10 a.m.—Gregory Haupt, aed may, George Lasnier, will describe the progress to date of the study on the civil service personnel system.

Feb. 16, 7 p.m.—Educational workshop sponsored by the District 12 Council and given by the St. Paul League of Women Voters on precinct caucus participation by citizens. Will be held in the community room of the St. Anthony Park Branch Library.

All District 12 committee and council meetings are at 2380 Hampden Ave.

Watch out for ice damage

by Tom Lockhart

District 12 Energy Auditor

High icles and ice dams are a common sight in St. Anthony Park this winter.

An ice dam is the frozen build-up of melt water from the roof. Heat which melts the attic meets the roof snow. The water then runs down and freezes near the edge of the roof where colder conditions exist. Additional melt-freeze cycles usually back up under the roof shingles and cause internal damage to the house.

These damages can take several forms, all of them costly to the homeowner: rotten roof rafters (wood) leading to the need for roof repair or replacement, Water damage inside the house can cause musty air, water stains, cracked plaster or falling plaster from walls and ceilings. Wet insulation sets and causes void spaces and inefficient insulation.

The best way to prevent ice dams is to insulate walls, attics and to ventilate the attic space adequately. Proper installation of insulation and ventilation is very important in solving an ice dam problem.

This winter has been especially favor.

District 12 election news

Elections for District 12 delegates and alternates will be held in April, 1984, as a result of changes in the district approved at the Jan. 11 Town Meeting. Delegates will also be elected to two-year staggered terms so that after 1986 the delegates will be up for election each year.

Both the north and south St. Anthony Park delegations proposed the same bylaw changes. The West Midway Business and Commercial delegation will continue to serve one-year terms, but will also be chosen in April.

Information on filing for election as a delegate will be printed in the March Bugle and biographies of those running for office will be placed either in the April Bugle or through flyers distributed in the neighborhoods in March.

North St. Anthony Park residents who would be interested in serving on the nominations committee or being a candidate for election should contact Quentin Elliott, chair of the delegation. South St. Anthony Park residents interested in being a candidate for election should contact Kathy Clark, Argie Higgins or Sandy Berglund. Those interested in the West Mid-}

way Business delegation should contact Judy Lohstrom, 646-2060.

In the community room of the St. Anthony Park Branch Library. There will be a $1 charge to the donor to cover the cost of materials and publications to be distributed. Some scholarship money will be available for those not able to pay.

Information will include the purposes of the caucus and how it fits into the political system, differences in caucus organization between the two major parties, caucus procedures, responsibilities of delegates and alternates, and time and expenses involved.

Pre-registration is requested to ensure that enough publications are available for those attending. Call 646-8884 to pre-register. If the telephone recorder is on, leave your name and telephone number and say that you wish to register for the caucus workshop.

Precinct caucuses will be held in March. No state law no other public meetings can be held that night after 6 p.m.

able for ice dams with its early snow fall, fluctuating temperatures and large quan-
tity of snow. There are ways to temporari-
ly freeze the water from the roof using the roof rake, which is a common sight in St. Anthony Park this winter.

(1) "Roof rake" all snow off roof. This is very strenuous and caution should be taken to be safe. Loss of use of the roof rake can also damage the roof.

(2) Homeowners should not chop through an ice dam. Potential for damage to both the homeowner and the roof is great. It is much wiser to hire an experi-
nenced contractor who insures the roof for damages.

(3) Electric cables are not an adequate solution. They only move an ice dam further up the roof in most cases, and they use a great deal of energy.

The best remedy for a home with ice dam problems is insulation and ventilation.

Fire safety alert

A snow covered fire hydrant could be the cause of a disaster in St. Anthony Park. Residents must be able to uncover any fire hydrants in front of their property. The precious minutes needed for firefighters to find a buried hydrant and unhook it could make the difference between par-
tial and total loss of a home.

The District 12 Community Council is a group of 21 elected citizens serving the District 12 area of St. Paul, including residents of north and south St. Anthony, a Park, commerce and industry. It is one of 17 citizen participation councils in the city.

For more information on ways of saving money and energy, District 12 has two state of Minnesota certified energy auditors capable of showing you cost effective measures to use around your house. They will be able to describe the improvement process and suggest solutions. Appointments for home audits are free.

Audits are $10, billed on your NSF bill. For low income households, audits are free.

Both auditors, Earl Bergdahl and Tom Lockhart, are long-time Park residents. Call 646-8884 and leave your name, address and telephone number. One of our auditors will call within a week to schedule your audit.

Shovel those walls!

An unpaved walk or one with just a narrow pathway is a hazard, especially to the elderly.

The sidewalk should be shoveled to the extent of being "safe and passable," accord-
ing to the Mayor's Information and Complaints Office. The office has had many complaints of unpaved sidewalks and is fol-
lowing through with warnings and fines. To report an unpaved walk, call the Mayor's Information and Complaints Office at 396-4747.

Residents are urged to be a good neighbor by assisting those not able to shovel, such as the elderly or handicapped, or by keeping corners open for school children boarding school busses.
AFS students describe lives
by Ann Bueler

"The political situation in Chile was a real shocker," said Betsy Warnken, Como Park high school senior who spent three months in Santiago with the AFS program.

"The president there is 75 years old, he just took over the government, and no one I talked to was for him, but they were saying they could do about it. My Chilean family couldn’t believe when they saw the anti-government political cartoon mailed to me from home."

"How can I ever describe to my family in Brazil how snow and cold really feel—there are no words to tell them what it’s like," says Regina Andrade, the Chilean who lived at Park from Campo Grande, Brazil.

"Americans think that we make snow in the mountains, but there is none when you live so close to the equator. The coldest we have is around 45° and the warmest over 100°. I’ve learned to wear lots of clothes and to ski and slide, and innerwear on the snow."

Both girls are participants in AFS, American Field Service, an international exchange program of young people. Students live with families in other countries, not as guests, but as members of their families.

Warnken, 17, lives in St. Anthony Park with her mother and stepfather, Rose and Ralph Hendrickson, her brother Charlie, 14, and her sister Jenny, 15. In Chile, her family consisted of mother and father, both pharmacists who ran a drugstore. Downstairs from the living quarters, an 18-year-old twin brother and sister, 14-year-old twin sister and a 19-year-old cousin. Warnken attended school with her 14-year-old sister. The Catholic school, staffed by nuns, was smaller than Como and younger girls.

Protestant Warnken, "The

Regina Andrade

school was strictly official, but you could get away with lots. We stayed in one room for the whole six hours, while the teachers rambled on about the building. We took 14 different classes on a modular schedule, different each day. There were no extracurricular activities or athletics."

Warnken’s Chilean family ate four meals only coffee and toast for breakfast, the big meal at 2:30 after school, tea, then a small meal at 11:30 or 12. Regina Andrade lives near Como Park High School with the Browns family: father Wayne, a band teacher in several East side elementary schools, mother Judy, a sales secretary with Wildes Engineering, and sophomore twins Scott and Lisa. Andrade celebrated her 19th birthday on Jan. 16 and has had four months of college in Brazil.

Back home in Campo Grande, a city of 100,000 in the Brazilian highlands, she lives with her mother, who employs a dozen workers in a small clothing factory, and her four brothers, ages 16, 18, 20 and 22. Campo Grande is a modern city in southwestern Brazil, with the tallest building having 20 floors. There are three large high schools there, bigger than Como, but they do not teach computers or courses in wood or metal shop. Students attend school from 7 a.m. to 1:30 p.m., five hours a day.

When they are seniors, the hours are lengthened from 6:30 to 12. They review all that

Betsy Warnken

they have learned for the past three years and prepare to visit the Vestibular, a test that determines their destiny: whether or not they will attend college, a vocational school, or go to work. All students take the same courses—there are no choices.

Andrade is "taking easy courses in order to be getting a break from her college. Next semester at Como she’ll have choir, art, English, Spanish (Portuguese is her native language), social studies and gait. She is on the gymnastics team. She plans to major in elementary education and be an art teacher.

There were three American AFS students in her high school in Brazil last year. Although they couldn’t speak Portuguese, she says that they were the center of attention. Brazilians have adopted much of the North American culture, movies and rock music.

Andrade’s father had felt that "Camping was too much of an adventure for girls," but since his death, he has gone out with her brothers to nearby lakes and rivers in Brazil. Her mother “trusting her brothers” driving more than nine,” but she does drive a car in Brazil. Girls have more freedom than they did a generation ago. It is natural for her to go out with her friends and have a drink at a bar. Wine is consumed with family meals and is part of the culture. Everyone in her city has three meals a day, with a two-hour lunch break to make this possible.

Students adopt nursing home residents
by Wendy Rossi

Children of the upper grades at St. Anthony Park Elementary School adopted residents of Commonwealth Healthcare Center in a neighborhood holiday outreach project.

Second grade and sixth grade residents is roughly equal to the number of students in fifth and sixth grades. Each pupil was assigned to a particular person. The center provided lists of items that residents most commonly need and desire, and students and teachers alike set out to provide each resident with a few small gifts. On Dec. 23, all cards and gifts were packed in boxes and delivered. Residents obviously appreciated the gifts and attention from young people, and the students were excited about the exchange as well. "God bless them all and thank them all for me," said Bertha Johnson as the group departed. (Wendy Rossi is a fifth-grade teacher at St. Anthony Park elementary school.)

Armin Steinhauser dies in accident

Armin Steinhauser, noted chemist and a resident of St. Anthony Park for 25 years, died Dec. 28 in an auto accident near Gaylord, Minnesota. He was 75.

His wife, Grace Steinhauser, was injured and was hospitalized. She is now home.

As a chemist for The Company, Steinhauser perfected two-sided tape and developed an adhesive for sandpaper used to repair car bodies. He retired from MN in 1975.

"I will be greatly missed by all those who knew Armin," said Grace Steinhauser.

You’re invited

...to an all-day Open House to commemorate President’s Day. While the bank will be closed on Monday, February 20th, the officially observed President’s Day, we will be celebrating all day long on Tuesday, February 21st. Join us, during bank- ing hours, for cake and cider at both the main bank and the drive-in center.

It’s just a myth

...that you must deposit $2,000 to start an IRA. At our bank, you can start your IRA with any deposit amount you choose, including an automatic deduction from your savings or checking account. And you can choose from several plans and investment options.

And it’s also a myth

...that you must wait till you retire to reap cash benefits from your IRA. Your annual IRA deposits are deducted right off the top of your gross income when you file your Federal tax re- turn. And you have till April 15th to start your IRA and enjoy a tax break on your 1983 return. Depending upon your tax bracket and the amount you deposit, the savings could be substantial. Ask us. We have IRA KNOW-HOW.

Our new teller

...will be at your service 24 hours a day! With the Installation of our new Automatic Teller Machine, currently in progress, you’ll have 24 hr. Banking at your disposal. The machine is simple to use and you can set your own banking hours, day or night, with St. Anthony Park Bank 24 hr. Banking, com- ing soon.

If you need money

...for business expansion, home improvements, funding an IRA, a new home or car, tuition, tax payments, or a much-needed vacation, we can help. Thanks to changing banking regulations, we can arrange traditional as well as some rather non-traditional loans for our customers. We have a wide range of repayment plans from a single payment to a full range of installment options, with a fixed rate or a varia- ble rate of interest. Whatever your money needs, stop in and talk to a loan officer. We can help. In more ways than ever be- fore.

St. Anthony Park Bank

2250 and 3300 Como Avenue / St. Paul, MN 55108 / 612-947-0331

St. Anthony Park Bank

2156 Como Avenue

646-7734

1 coupon per customer
Nuclear fear blinds the imagination, kills hope

by Patrick Keiffer

The education of the human imagination in an age of nuclear weapons is of great public concern. Everyone who reads January's Bugle feature, in which thirteen-year-olds imagined the Park ten years from now, in a case in point. Many of them presumed that nuclear war would waste their land before their adulthood. I, like Mollie Hoben, am struck by this overriding fear and join her call to "create for our children a legacy of hope.'

Frozen, fearful imaginations are seldom agile. More often than not they lead to a rhetoric of desperation.

The problem is not that these children and their seniors are without imagination, nor do they lack for its activity. The problem is, at least in part, the use of images in our public conversation regarding nuclear arms.

With few exceptions, those who have tried to capture our imaginations on this issue, at least of late, have drawn primarily upon images which create fear. The fear for the most part blinds the imagination or fixes it on the object of fear, usually the mushroom cloud.

Strangely enough, those who argue for further expenditure on nuclear arms and those who call for unbridled reduction use the same apocalyptic imagery. Apocalyptic dominates their imaginations.

The President's description of the Soviets as "the Evil Empire" draws upon apocalyptic imagery, calling the children of light to the final defense of the world. Similarly, the nuclear mushroom cloud clouds the images supporting the freeze movement, (if freeze and movement are not mutually contradictory).

Frozen, fearful imaginations are seldom agile. More often than not they lead to a rhetoric of desperation. Not too long ago students jumped over the fence at SAC headquarters. They thought this action was an imaginative response to Mr. Regan's shoot-out at OK-coral vision of the apocalypse that they and be agree is all but verifiable. Things are so bad, time is almost up—apocalypse now—that we need to engage in desperate "symbolic acts" to get people's attention, to capture their imaginations.

I asked these students if they had conversed with any military personnel, or local supporters of the President's position. "No, they won't change their minds." was the reply. These are educated imaginations.

Last spring I did a retreat for military and civilian personnel working on the MX missile and the military space shuttle at Vandenberg Air Force Base in California. One of the men, a colonel working in the MX program, brought with him a piece similar to those the Bugle published. His eleven-year-old son described his life as thirty as survival in the high Sierras in the aftermath of a nuclear war. Through tears the colonel said, "This is what my son thinks I do for a living." This is a man whose imagination has been jared and is ready to investigate some other alternatives. Are we?

Previous to our meeting the only persons he had met who opposed the President's policy had thrown eggs and cursed him at the Vandenberg gate. Can we not model more hopeful ways of conflictual conversations? Once we leave civility behind, need we be violent?

The rhetoric of "the Evil Empire" and my students' symbolic acts are the results of frozen and clouded imaginations. Apocalyptic images have their place in human discourse, but they ought not be used to create despair. The "Apocalypse News" generation, of which I consider myself a part, might return to Joseph Conrad's Heart of Darkness, whence the movie received today's tagline. The journey to that center of colonial exploitation to see and hear "the horror, the horror," was not the journey of desperation or capitulation. If we are to create for our children a legacy of hope, we must move their frozen eyes from the mushroom cloud and the so-called focus of evil and onto alternative images and acts of hope. That is a topic for further discussion.

Patrick Keiffer is one of the Bugle's regular opinion writers.

Thanks to contributors, Bugle exceeds fund drive goal

Final figures for the Bugle's 1983 Development Campaign showed that more than 500 generous friends of the Bugle made contributions totaling $5,197. Since the last issue, we've received gifts from 13 more friends (three of whom indicated they didn't wish their names printed).

More volunteers needed as society changes, grows

by Joe Skovholt

Voluntarism. The word has become quite common in recent years. A great need for assistance has developed because of changes in society and the growth in the number of elderly persons. At the same time, the number and relative well being of many retirees has increased. It is only natural that retired persons are being called on to furnish an increasing number of volunteers.

Before the advent of Social Security, Medicare, retirement programs and aid to disabled persons, widows and children, it was commonplace for families to care for their members. In the last 50-60 years this has changed materially, and the elderly have become more a part of society. There is no evidence that this will change.

The volunteer work force needed today and in the future must be different from that of the past.

Conditions were very different just 20 to 30 years ago. At that time, much of the volunteer force was made up of homemakers. At the same time, more volunteers were needed. It is now only a reduction of federal and state funds for certain social programs.

The state demographer has said that in the year 2,000, the percentage of persons over 60 will not Skovholt to 5

Bill G. Jon Dodge
Joan Lonnine
Jim & Sandy Christensen
Roberthave-Dar.Wendy C." quanto
Julie Hmnnstrom
Robert & Arne Laughon
Chel & Gospel Rice
Ed in Philatelic
The Bugle is published by Park Press Inc, a nonprofit organization guided by an elected Board of Directors. Currently serving on the board are New Albinen, John Archbold, Rob Bogard, Judy Flinn, Catherine Furay, Lois Glasheen, Joanne Kavonzen, David Lewis, sandi Lohman, Greg Page, Sue Showalter, Ila Solen, Apostol Witten.

2580 Hampden, St. Paul, MN 55114
656-3369

The Park Bugle is Published by Park Press Inc, a nonprofit organization guided by an elected Board of Directors. Currently serving on the board are New Albinen, John Archbold, Rob Bogard, Judy Flinn, Catherine Furay, Lois Glasheen, Joanne Kavonzen, David Lewis, sandi Lohman, Greg Page, Sue Showalter, Ila Solen, Apostol Witten. The Bugle is published the last Wednesday of each month. It is mailed free to members of the Bugle; 14,000 in Heights, Lauderdale, and Energy Park, and distributed through local businesses. Subscription rates are $8 per year. $4 for senior citizens.

Managing Editor: Mollie Hoben
Assistant Editor: Sallie Houlihan and Terri Eckert
Advertising Representatives: Distribution Area and Waste Ads—Kathy Magnussen, 645-2175 Outside Distribution Area—K.D. Theamson, 641-9956

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.
Headwinds

Time out

As most of you know, this year is a leap year. There will be an extra day at the end of February, something that hasn’t occurred since 1980. I am perhaps more sensitive to this wrinkle in the calendar than most people, as February 29th happens to be my birthday. 1984 will be my tenth, and I look forward to it gladly, as usual, but not without a degree of puzzlement.

In some ways it’s a great day for an anniversary. It suggests that I’m unique, someone for whom the planets and stars made special arrangements. 29th is, after all, the rarest day on the calendar. Even Christmas, or the 4th of July, seems commonplace by comparison.

On the other hand, it tends to be a nonsense proposition. Three out of every four years, I am celebrating a day that isn’t there. On the 29th it hasn’t come, on the 1st of March it hasn’t been. Which leaves me nowhere, tooting my kazoo at an unlisted birthday.

In an informal way, I have tried to keep track of people who share my birthday, but until three years ago, never found anyone who did. Several people came close, and I like to think they were trying their best to make it, but either chose the wrong year or fell short by a day. Brian Jones, one of the original Rolling Stones, was born on February 28th, as was Yulii Nijinski, the man I regard as the greatest dancer of this century, and Michel de Montaigne, inventor of the literary essay.

With the possible exception of Mr. Jones, whose disappointment was so severe that he eventually drowned himself in a swimming pool, this is a select company. And remember, these are only the near misses; people who wanted to be born on the 29th, but failed.

The one person I know of who managed to do it is Willie Quinn’s brother, and I think in his case, it was just a fluke.

It is true that the 29th of February is not quite as unusual as I once thought. I used to believe it was a kink in the cosmos, the one place where the overall scheme did not fit together properly.

Now I realize that it is not the universe, or time, that is out of joint, but only our systems of measuring it. Time and space are humming along smoothly, but our clock is off. It runs slightly too fast or too slow, something, leaving the people each year with no place to go. Every four years we are obliged to tape these odds and ends together and stick them in the calendar at the end of February.

I don’t know why we can’t seem to devise a more symmetrical system. You would think scientists armed with laser telescopes, atomic clocks, and macro-mega-mainframe computers could at least get the years to come out even, but so far, at least, they haven’t done it.

As I understand it, the system we presently use to count time, the Gregorian calendar, is already 400 years old. It was devised in 1582 by Pope Gregory XIII to correct a calendar (dating back to the time of Julius Caesar) that was even worse.

That one had run off course so badly that it was more than a week ahead of itself, forcing Gregory to have ten full days taken out of it to get it back in step with the world. Don’t ask me how you get rid of days which have already occurred. It seems as if they would stick to your fingers like pieces of adhesive tape as you try to throw them away.

In any case, it was Gregory XIII who came up with the idea of making the months tagged at one end, and adding an extra day to February once every four years to keep the calendar from going out of whack. It is he who we have to thank for moving all the loose ends together, and providing me an appropriate place to begin.

James Wesley Brogan

Across the Fence

Winning in lumbago

We will go to Mexico in the winter," we told ourselves last summer in a dreamy moment. We will have a cross-cultural experience, we will acquire suntans, we said. Mexico will be our lifestyle through the seasons, our reward for endurance through so many winters left behind in St. Paul to spin our wheels in snow.

In the fall, we prepared ourselves like good students. We bought guidebooks and maps. I made my way to a Mexico travelogue where I watched flash on the screen scenes of ancient pyramids and colorful plazas, pristine beaches and natives in exotic locales. I sat and listened to the hypnotic names: Isla Mujeres, Oaxaca Puerto Escondido. I imagined warm rays on my body. I signed our names to the list of prospective tour members. I greedily cradled the literature next to my body and stepped out into the grim Holiday Inn parking lot where a mean wind had started to blow.

At home, I greeted an efficient bursar who, in no time, added up three trips at $450 each ("a great deal.") I noted it under: We.

"The fleeting pleasure of a warm body in Mexico for a week, or a warm and insulated basement that will save us up to one third the cost of our heating bills for the rest of our lives, which is it going to be?"

He made the choice sound obvious, despite some threat to his life.

Volunteering is helpful for volunteer, as well

Skovhoft from 5 increase, but there will be an increase of those over 75 years of age.

Presently, several organizations supply a significant number of volunteers. The largest is the Retired Senior Volunteer Program (RSVP).

The greatest St. Paul area RSVP chapter has 1,150 volunteers serving over 90 agencies, contributing 155,000 hours of service in 1983. Some examples of service include delivering meals on wheels, providing transportation, tutoring, home and nursing home visitation, and income tax counseling to the elderly.

A growing number of volunteers also are being provided by company retiree groups. The first and largest is the Honeywell Retiree Volunteer Program (HRVP) which presently has over 700 volunteers after four years of existence.

Volunteering is actually helping your neighbor. Volunteers are at work in St. Anthony Park, and more are needed here, as well as elsewhere.

Why should seniors who are healthy and able become volunteers?

1. The need for volunteers to serve the elderly is great, and is growing. Such services can go a long way to alleviate anxiety, hunger, loneliness and despair for persons who because of health or position are unable to satisfy their basic needs.

2. Volunteering is good therapy for the volunteer. At HRVP, we found that when people begin volunteering the are happier and they find the tasks they do rewarding. I know the good feeling one has when an elderly lady smiles at you and says thank you and shows her appreciation, completing the complex state income tax return.

Volunteering is here to stay. It is incumbent upon those who are able to do so to volunteer. Try it you will like it.

Joe Skoeholtz is one of the Bogle’s regular opinion writers. He is founder of the Honeywell Retiree Volunteer Program and serves the Retired Senior Volunteer Program council.

February 1984 Park Bugle 5
New students use closed school

by Wren Rivard

Even though Falcon Heights School was closed a year ago, the classrooms are still filled with students. These students, however, are not school-age children. They are developmentally delayed or mentally retarded children and adults.

The students are part of the North Suburban Developmental Achievement Corporation (DAC), which has been renting part of the Falcon Heights school since August.

Students in the DAC program are those not eligible for any public school help children 18 months through four years old, and young people 21 years old and younger. The students come from the Roseville, Moundsview and St. Anthony school districts.

To be eligible for the program, a child has to be developmentally delayed in at least two of the following categories: fine motor, gross motor, cognitive development, expressive language, receptive language, social and emotional development and self-help.

The instructors at the North Suburban DAC vary in specialty. The school has occupational therapists, speech clinicians, teachers, assistant teachers and a psychologist on its staff.

DAC instructors write quarterly and annual goals for each student, and activities for learning are based primarily on those goals. The daily activities generally consist of about 10-20 minutes in language and motor skills, structured play time, obstacle course learning, self-help skills, music and arts and crafts. The child may receive this instruction in a small group or in one-to-one instruction.

In addition to the young children, there are 69 mentally retarded adults at the North Suburban school. Most of these students have had some form of public education.

The adult students attend school 12 months a year from 9:30 a.m. to 5:15 p.m., 5 days a week. For 57 of the 69 students, the emphasis is in vocational training. The remaining 12 students are severely retarded.

Vocational training consists of three subcontract jobs: ring clamping, stuffing envelopes for Galaeriet, or collating for the Government Training Service. Those on the work program get paid and may do whatever they like with the money they earn.

There is some simulated work, such as recycling cans and janitorial training. Students also are taught appropriate social behavior and leisure time skills.

"Leisure time skills are vital," said Wegward. The students get experience in table games, latch hooking, cross country skiing, polo hockey, bowling, aerobics and other leisure activities.

"This helps to make them more aware of the environment," Wegward believes. Twenty-two of the 69 adult students use an alternative communication system, such as the Rebus system, a way of communicating with pictures, or sign language. All instructors know how to sign.

Even with vocational training, most of the students will not be self-sufficient. One reason is their salary. A retarded worker who is 70% as productive as a normal worker will get paid 70% normal wages. But, Wegward explained, even if a worker gets only 20% normal wages the experience is worth it.

Another reason is that few companies will hire mentally retarded people.

Wegward believes that an important factor in helping DAC students is family and community support. "Families (of DAC students) are very supportive," she said, citing some examples.

Almost half the families donated $250 to the program recently. Parents participate on the program's board of directors. Notesheets are passed daily between parents and the pre-schoolers' teachers.

Funding for North Suburban DAC comes mainly through Ramsey County. The parents of the pre-schoolers pay a fee based on their income and other factors. Adult students are on their own financially; they usually receive SSI benefits.
Residents consider 280 change
by Terri Ezekiel
St. Anthony Park residents expressed their concerns about the construction of the trunk highway 280 at a Jan. 11 town meeting sponsored by District 3.
Representatives from the Minnesota Department of Transportation (MNDOT) requested the meeting in order to hear residents’ concerns about the road before planning begins on proposed reconstruction of highway 280.
"We’re asking your assistance in identifying the issues we should consider in planning the reconstruction," said Gary Zak, MNDOT’s project engineer.
The poor condition of the road bed, the noise levels in adjoining neighborhoods, the high accident rate, poor lighting and the safety of children playing near the highway were the major issues raised at the meeting.
"Temporary fixing won’t solve the problem," said Rick Wiggins, who lives in St. Anthony Park near the highway. "It should be done right." Resident Dan Larson said he was concerned about the safety of children playing near highways.
Commonwealth Terrace dinner set
Community Child Care Center will sponsor an Egyptian dinner followed by a community service auction at the Commonwealth Terrace Community Center, 1250 Field Ave. on Friday, Feb. 24, at 6 p.m. Dinner reservations are required by Feb. 17, 641-8958. Cost is $13.50 for those 12 years and older, and $8 for children from 4-11 years; younger children free.
St. Anthony Park Association
February, 1984
Citizens for Excellence in Education Feb. 14 Program
"People do not like being转载请轮换，" says Karen Muller, chair of Citizens for Excellence in Education and Director of Community Affairs at H.H. Fuller, a major funder for the organization.
"When they have to react to a crisis situation, they feel like they’re always complaining. And yet there often is not a vehicle for productive input in the schools in early stages of planning. We would like to become a more constructive vehicle for citizens to participate in school issues."
Muller and a Park resident currently involved in Citizens for Excellence in Education will relate the organization’s begin from the efforts of numerous Park residents interested in educational issues and how the organization will develop a broader based community of interest.
Harriet Webb (l) and Edna Bolke (r) during their reigned as Winter Carnival queens.
Half a century ago, Park residents reigned as Winter Carnival queens
by Sandy Berglund
When this year’s Saint Paul Winter Carnival queen is chosen, area oldtimers may recall the brief period, half a century ago, when south Saint Anthony Park seemed to have a hold on the position. In 1928, southsider Edna Bolke was crowned winter carnival queen, and the next year her friend Helen Webb wore the royal headress. It was all part of the Winter Carnival hosted by Midway area businesses and civic organizations from 1928 through 1930.
The Midway Club hoped to make the carnival a city-wide event as it had been in 1916-1917, but it wasn’t until 1937 that the Saint Paul Winter Carnival became a city-wide last-
 inning tradition.
St. Anthony Park Association Officers 1983-84: President, Marvin Warfel; 1st Vice President, Tom Fort; 2nd Vice President, Sue Bahrke; Secretary, Norris Snagren; Treasurer, Dale Tenvik; Director, Jim Walling; Director, Paul Dennis; Director Tom Roberts.
Nilles Builders 626 Marshall Ave.
BRAD NILLES 222-8701
WHY MOVE?
Kitchen out of date? Living area too small? Unused basement? Leaky windows? REMODEL!

St. Anthony Park Association Officers 1983-84: President, Marvin Warfel; 1st Vice President, Tom Fort; 2nd Vice President, Sue Bahrke; Secretary, Norris Snagren; Treasurer, Dale Tenvik; Director, Jim Walling; Director, Paul Dennis; Director Tom Roberts.

Field Ave. on Friday, Feb. 24, way bridges and suggested that barriers be constructed to protect children and reduce noise in nearby neighborhoods.
"There’s a lot of noise coming off the bridges," he said.
Another resident, Nancy Reed, wondered if some truck traffic could be diverted from highway 280 to interstate 35W.
The highway was constructed before I-35W was built, so maybe there isn’t a need for so many trucks to use it," she said.
Construction on the highway will begin in the fall of 1989, Zak explained, assuming that major redesign or reconstruction is not necessary.
Major reconstruction would involve redesign of entrances and exits and/or the addition of another lane; if MNDOT decided that either of those options were needed, construction would be delayed in either case.
As the planning process gets underway in the next year, MNDOT will study noise levels and traffic patterns. MNDOT will initiate another meeting in late summer or fall, Zak said, at which residents’ concerns will be addressed further.

25th Anniversary Winter Sports Days Feb. 4 and 5
Have you seen your neighbors since the great hibernation began last November? When you still remember when winter sport meant something more than snow tires, gas line freeze and wind chill factors?
When was the last time you looked out the window at a new fallen snow and couldn’t wait to put on your coat and hat and run outside to catch a snowflake on your tongue to see how fast it would melt, or make a snow fort or an angel, or look at snowflakes one by one to see if just maybe there really might be two alike?
Well, this is your big chance to recapture the joy of winter that every child knows has been there all along. Come celebrate Winter Sports Days at Langford Park on Feb. 4 or 5. (For residents interested in history, that is after all, a 25th Anniversary and shouldn’t be missed!) Say hello to all of those neighbors you may not see again until the 4th of July, or the great thaw, which ever occurs first.
Bring your skates and skis and a hearty appetite to family night at Langford Park on Saturday, Feb. 4 from 6 to 10 p.m.; for open skating, cross country skiing, and a good inexpensive dinner of hot beef or hot dogs, and, of course, a lot of neighborly good cheer.
On Sunday, Feb. 5, from 11 a.m. to 6 p.m., Winter Sports Days activities will continue with a special effort to include plenty of time for recreational skating as well as scheduled events.

MENUE
Wild Rice Soupa Broth Sticks
Vegetable Strudela with Hollandaise Sauce
Cevier Saladb Raspberry Mousse

Board Meeting Feb. 7
The February board meeting will be held on Tues., Feb. 7 at the Healy Building, St. Anthony Park Board room from 7:30 p.m.

Editor Nancy Haley, 641-0811
Including options of participation for people who do not have children in school.
"We want to examine the processes that can help citizens evaluate educational issues," says Muller. "Our goals include raising citizen participation in the issues of education."
Dinner will begin at 5:45 p.m. followed by the program at 6:30 p.m. at the United Church of Christ, Commonwealth and Chelmsford.
Mary Ann Williams will be calling members for reservations, but if you are not called, contact the Shelldons at 646-0657. Reservations can be cancelled by calling the Shelldons before 6 p.m. on Sunday, Feb. 4.

LOOK FOR POSTERS AND FLYERS FOR FINAL SCHEDULES AND FURTHER DETAILS. SEE YOU THERE!
Music series concert to feature local organist, brass quintet

by Mary Wingerdt

On Sunday, Feb. 5, the Music in the Park series will feature the Summit Hill Brass Quintet directed by David Baldwin with Jean Krinke at the organ.

"The organ gives the concert an added dimension," said Julie Himmelsrop, coordinator of the series. "It makes a wonderful combination."

The program will include a variety of music. It opens with "A Double Choir Piece" by Gabrielli in which Krinke will join the quintet. Pieces by John Wilby, Vivaldi, Alvin Adler and Louis Gottschalk will follow.

The second half of the program will begin with an organ solo by Krinke, "Toccata in F" by J.S. Bach. "It is a piece that shows off the full potential of the organ," Himmelsrop said.

The Summit Hill Brass Quintet began about seven years ago with Baldwin, an associate professor at the University of Minnesota, and a group of graduate students. Jean Krinke, a resident of St. Anthony Park, is perhaps best known here as piano and organ teacher to over 30 neighborhood children.

An Iowa native, she has been playing a church organ since she was 13 years old. Currently, she is the organist at the United Church of Christ. Krinke's son Brian, 12, a student at the St. Paul Open School, is a music student and plans to be a professional musician.

Although most of Krinke's children play piano, the family talents are not limited to music, but include everything from portrait painting to ice skating.

Krinke's own interests are split between piano and organ, but after surgery on her thumb, organ has necessarily become primary.

She performed in a piano and violin duo on radio station KSIN two years ago. "When chauffeuring duties decrease and Brian enters a music school," she said, "I would like to do more of that."

Tickets are available at The Bibelot Shop and at Micawber's Bookstore.

Following the concert, St. Anthony Park Arts Forum will sponsor a show of work by four local textile artists Linda Maschwitz, Marcy Archer O'Connor, Paul O'Connor and Pat Warner. The textiles will be at the United Church of Christ.

The forum plans to have art shows following each concert in the Music in the Park series.

Frosty's big brother

THE BIGGEST SNOWMAN IN TOWN? Todd Holmberg waves from a giant snowman built by his dad, Larry. Using snow shoveled off his roof at 2207 Hillside, Holmberg finished the snow giant in about three days.

Fletcher from 1

slum. has set back the timetable for installation by anywhere from one to six months. Stay tuned.

6) Neighborhood Partnership Program. This is a program by which neighborhoods, in cooperation with the city, could match funds toward capital improvements.

In general, Fletcher hopes to see and to encourage, greater citizen participation in the coming term. Although he believes that the community council system here is the best in the country, he is aware that not enough people take part in it.

"Some people don't feel represented," he admitted.

Fletcher to 14

This Sunday, Attend the Church of Your Choice

CORPUS CHRISTI CATHOLIC
Mass: Saturday, 5 p.m. Sunday, 8:00, 10:00, and 12:00 at the church. 9:00 & 11:00 at Corpus Christi School.

PEACE LUTHERAN • LAUDERDALE
Worship at 10:30 a.m. Eucharist first and third Sundays. Bible Class & Sunday School 9:15 a.m. Wednesday Worship 8 p.m.

ST. ANTHONY PARK LUTHERAN
Sunday Worship Services 8:45 and 11:00 a.m. Nursery provided at both. Communion 1st & 3rd Sunday. Youth Sunday evening, program & time vary.

ST. A.P. UNITED CHURCH OF CHRIST
Worship and Church School 10 a.m.

ST. A.P. UNITED METHODIST CHURCH
Worship Service 10:45 a.m. Church School 9:30 a.m.

ST. CECILIA'S CATHOLIC
Mass: Saturday, 5 p.m. and Sunday, 10 a.m. Nursery provided Sunday, Cromwell and Bayless Place. Sunday Mass 8:30 a.m. at St. Hi-Rise, 825 Seal St., handicapped accessibility. Everyone welcome.

ST. MATTHEW'S EPISCOPAL
8 a.m. Holy Eucharist; 10 a.m. Holy Eucharist. (Nursery provided and children's learning program.)

ST. PAUL CAMPUS MINISTRY CENTER
1407 N. Cleveland Ave.
Sundays: Lutheran Community Holy Communion 10 a.m.; Roman Catholic Community Mass 10 a.m. Tuesdays. Morning Prayer 9:30 a.m.; Wednesdays: Holy Communion (Lutheran—Episcopal) noon; Thursdays: Evening Prayer 4:30 p.m.
Arts Forum receives grant for music series premieres

Saint Anthony Park Arts Forum has received a $5,000 grant from the Northwest Area Foundation for the Forum’s Music in the park series. The money will be used to produce four concerts that will feature premieres by Minnesota composers. One of the four concerts, a work for oboe and piano by Janika Vandervelde, was presented Jan. 8. A concert on March 4 will premiere a work for solo piano by Paul Schoenfield.

On April 1, a song cycle composed by Stephen Paulson and poet Michael Dennis Browne will be premiered, and on May 31 another work by Vandervelde, based on poet John Berryman’s “Dream Songs,” will be featured. The Arts Forum was one of 42 Twin Cities area arts organizations to receive awards from the Northwest Area Foundation, which seeks to support the creation and distribution of new works, programs involving artistic risk for the sponsoring organization, and collaborations between artists.

Stress arises from tyranny of ‘shoulds’

by Robin Nelson

Stress and how to manage it was the subject when David Allen and Dr. Warren Hoffman spoke to the Saint Anthony Park Association’s January meeting.

Allen, a Park resident, cited stress as a factor in his decision to stop practicing law fulltime. Diagnosed as a manic depressive, Allen tried several different methods to relieve his stress.

“I believe stress is not caused by negative events but caused by thoughts of those events,” he said. Allen was quick to point out that not all stress is necessarily bad. “We need it to survive.”

“But we put pressures upon ourselves. They are unrealistic pressures. The word ‘should’—‘I should have done this’—is kicking around in the unconscious. You must recognize the distortion and talk back to it,” he said.

Hoffman, clergymen and lector, explained the idea further. “You have no license to ‘should’ on me nor do I have the license to ‘should’ on you. It’s what I call the tyranny of the ought. It cripples people more than helps them.” According to Hoffman, stress can cause many problems if it is unrelieved, some of which include: hypertension, ulcers, backaches, flu, cancer, fatigue, obesity, loneliness, eyestrain, itching, excessive drinking and drug abuse.

“Ninety-nine percent of the time, the things we worry about never come true,” he said.

Both Allen and Hoffman agree that movement therapy (moving your body in some way) is an excellent method of relieving stress. They played a quick tug-o-war with a towel. a demonstration.

WHAT'S THIS I HEAR?

FRESH FISH GRILLED OVER APPLEWOOD?

Yes...at Muffuletta in the Park you'll discover the unforgettable taste of fresh fish grilled over an open applewood fire.

2260 Como Ave. on Nicollet Square • 644-9156
(Tax 14% to 20%, on Como and Nicollet East - 3 Blocks)
We accept the American Express card.

Muffuletta in The Park

DOES PUBLIC SPEAKING GIVE YOU BUTTERFLIES?

Build Your Confidence
KING-WEBSTER TOASTMASTERS
6:00 P.M. Alternate Thursdays
The Professor’s Restaurant
Har-Mar Mall
Visitors Welcome
Rob 644-4381 Cynthia 338-0296

OFF ANY SALE ITEM

$5

VALID ON SINGLE ITEM
PRICED AT $10 OR MORE
THRU FEBRUARY 12

THE BIBLELOT LOFT
2276 COMO AVENUE, ST. PAUL, 644-5561

VIDEO ENVIRONMENT
Your Movie Store

Current Hits:
Twilight Zone
Grey Fox
Reidnas of the Lost Ark
Risks Business
Michael Jackson’s Thriller
Flashdance
Class
Cups
Eddie & the Cruisers
Tender Mercies

Classics:
African Queen
Run Silent Run Deep
Key Largo
Psycho
Singin’ in the Rain
Streetcar Named Desire
Citizen Kane
Dial M for Murder
Rebel without a Cause
That’s Entertainment

Coming Soon:
Staying Alive
War Games
Tootsie
Braintorm
Mr. Mom
Porky’s II
Easy Money
Yol
Beyond the Limit
Invasion of the Body Snatchers

Plus a fine selection of movies for the youngsters.

WE RENT RECORDERS AND CAMERAS TOO.

VIDEO ENVIRONMENT
Your Movie Store

1 FREE OVERNIGHT MOVIE RENTAL
VIDEO ENVIRONMENT
Your Movie Store

Save 25c on any other offer.

1565 Como Ave. St. Paul, MN 55108
(612) 645-5351

MUSIC IN THE PARK

1983-1984 St. Anthony Park Concert Series
February 5
4:00 P.M.
THE SUMMIT HILL BRASS QUINTET
with Jean Kritke, Organ
March 4
4:00 P.M.
PETER HOWARD, Cellino
PAUL SCHOFIELD, Piano
All performances at St. Anthony Park United Church of Christ
2130 Commonwealth Ave. - St. Paul

Admission:
$3.00 Adults
$2.00 Students & Seniors
Advance ticket sales at Micawber’s Bookstore (646-5506) and at the Bibelot Shop (646-5661) in St. Anthony Park.

February 1984 Park Bugle 9
School board members, CEE meet to explore greater citizen involvement

by Ann Bulger

"The basic issue facing St. Paul schools can be summed up in three questions: What should be taught? How do we teach it? How do we know if we've taught it? All other issues revolve around these points," stated Eleanor Weber, member of the St. Paul Board of Education.

Weber was one of six board members who met with 11 members of Citizens for Excellence in Education in January. Purpose of the meeting was to find ways that CEE can act as a resource for the Board and that citizens can be effective working in the public education arena. Newly elected board chairperson Dan Bromm said, "A couple of years ago I sat in your place and was frustrated in dealing with the board. Now I know why things are done as they are.

"The Board is asked to solve a number of problems over which they have no control. We didn't cause the desegregation problem, but we have to deal with it. We didn't cause a war in Vietnam, which later resulted in a massive immigration into the St. Paul schools." Margo Fox was recently elected vice chairperson of the board. As such, she will serve as chair of the committee as a whole, where matters are thrashed out among all board members before presentation at a formal board meeting.

She would like to see leadership training for citizens before they serve on advisory committees to the board. She has worked with the 14 community education district advisory councils and is thinking of a similar citywide network to advise the board.

CEE member Todd Lecko presented five goals of the group: 1) discussion of educational issues, 2) study of issues on a citywide basis, not just special interests, 3) promotion of public education as a good product, which can be made better, 4) expansion of CEE membership, and 5) developing lifelong learning. Although some felt frustrated, as board member George Janisch did, by the lack of discussion of specific issues, most participants agreed that the meeting was a good beginning, with open, informal expression of opinion.

---

Individual Retirement Accounts from the First Banks.

One of the most compelling reasons for working as hard as you do now is so that you'll be able to enjoy life later.

But with inflation and the cost of living today, it's hard to save for tomorrow.

At the First Banks, though, we have a number of easy ways to help you plan for retirement. Like an Individual Retirement Account (IRA).

An IRA can provide you with a tax shelter now, as well as the income you'll need to maintain your standard of living when you retire.

Effective January 1, 1982, you can deduct up to $2,000 per year from your gross income as reported on your Federal tax form ($2,250 if you file jointly and your spouse does not work). And you get a high return on your investment until retirement when you will most likely be in a lower tax bracket.

Stop in your First Bank today to begin planning for your retirement. Because the way we see it at the First Banks, as long as you're getting older and wiser with each passing day, you might as well be getting richer.

---

Roseville wants appraisal on park

by Diane Dubay

The Roseville School Board has deferred making a decision on rejecting or accepting the $94,120 purchase offer made by the city of Lauderdale for Lauderdale Park until the property has been appraised.

Assistant Superintendent Paul Borg reported to the Board at the Jan. 7 meeting that the park land had been purchased in 1951 for $10,500, after a fair market evaluation of its worth had been made.

One board member suggested that the land should be sold for a present-day fair-market price, consistent with the fair-market purchase policy the board followed in 1951.

Lauderdale has had a rent-free lease agreement with the Roseville School Board since 1956 and has improved and maintained the park.

The School Board offered to sell the land to Lauderdale after determining that it no longer had value for educational purposes.

---

DEFER TAXES NOW.

First Bank Security
Member First Bank System
Univarsity at Raymond
646-8866

© 1981 First Bank System, Inc.

RETIRE COMFORTABLY LATER.

Member FDIC
February 1984

Park Bugle

Free hot fudge sundae with a Bridgeman Burger.

If you clip this coupon and buy a Bridgeman Burger, you'll not only get a great, juicy burger covered with cheese and bacon on a sesame seed bun, you'll get a delicious hot fudge sundae absolutely free.

Bridgeman's
Ice Cream Parlor & Restaurant
2264 Como Avenue
Mon.-Fri. 7 a.m.-10 p.m.
Sat. & Sun. 8 a.m.-10 p.m.
Good Jan. 26-Feb. 10

FRANKLIN CONSTRUCTION COMPANY
Specializing in the remodeling of St. Anthony Park homes — homes just like yours.
- Basements
- Family Rooms
- Bathrooms
- Saunas
PETER BURTNESS
MIKE SCHRAMM
1112-2008

C.C. PHOTO CENTER
2417 W. LARPIENTU AVE.
(2 blks E. of Hwy 280)
646-2442
QUALITY 3 HR. PHOTO FINISHING
WEEKDAYS 8:00-5:30

Knudsen Realty
As a real estate company, our goal has been to be a business that is small, local, competent, and easy to deal with. Our success is measured by the number of return customers, referrals, and nice letters we receive. It is with great pride that we share with you some of those nice letters.

"Steve Townley at Knudsen Realty has shown a sincere interest in making it possible for us to buy and sell a home in the Park. Once he became acquainted with our needs and desires in housing, he kept in touch, was creative and honest. He has continued to be interested in our happiness and satisfaction in living in the Park." Bjorn & Margot Monson

Thank you, St. Anthony Park
(And we still only charge 5.4%)

Pansy Peterson
Patty Priel
Steve Townley

KNUDSEN REALTY
644-3557 • 2190 COMO AVE.

CAN A CHIROPRACTOR HELP MY PROBLEM?

THERE'S ONLY ONE WAY TO FIND OUT.

Call for a no obligation consultation.

St. Anthony Park Chiropractic
Dr. John Finger Jr.
2301 Como Avenue Suite 102
645-8393

WINTER ISN'T OVER YET!
Is your battery weak?
Check our low sale prices.

PARK SERVICE
The Mobil Station in the Park
2277 Como Avenue 644-4775 • 644-1134

Knudsen Realty

"Steve Townley at Knudsen Realty has shown a sincere interest in making it possible for us to buy and sell a home in the Park. Once he became acquainted with our needs and desires in housing, he kept in touch, was creative and honest. He has continued to be interested in our happiness and satisfaction in living in the Park." Bjorn & Margot Monson

Thank you, St. Anthony Park
(And we still only charge 5.4%)
Children's Dental Health Month

February is nationally recognized as Children's Dental Health Month. Primary (baby) teeth play an important role not only for proper chewing of food, but also in order to hold space for the permanent teeth to erupt. This is the month to emphasize care needed for these teeth such as brushing, flossing, proper nutrition, and regular dental checkups.

St. Anthony Park Dentists:
Dr. Robert Bjormdahl
Dr. James Dodds
646-1123

Dr. Ray Gerst
644-2757
Dr. Todd Grossmann
Dr. Lewis Pierce
644-3685

OPEN HOUSE

840 Hampden Building
(1 block North of University)
Daily 9 a.m.-5 p.m.
Office Space Built to Suit Small User
• Ideal access to both cities
• Furnishings are yours to choose
• Secretarial service provided
Phone 645-2926
Open House Free Lunch
Champagne/Coffee/Hors D'oeuvres
Stop in and Kick the Bricks

OUR ANNUAL
PRESIDENTS DAY SALE!
ALL regular stock 10% off
ALL sale stock 10% off
1e sale
Buy one book for
from our special selection
and get a second book for
(No Limit)
25% OFF
ALL regular stock
ALL sale stock
Feb. 20th—one day only!

MICAWBER'S
BOOKSTORE
2238 Carter at Como, 646-5506

SPEEDY MARKET

2310 Como
645-7360

PEPSI
PEPSI LIGHT
MOUNTAIN DEW
CRUSH
16 Oz. 8 packs
1.49
plus deposit and tax
with this coupon only

BANANAS
29¢
LB.

BLUE BONNET
MARGARINE
59¢
LB.

ARMOUR HOT DOGS
1 LB. pkg.
$1.09
LB.

BONELESS, CHOICE
BEEF ROAST
$1.59
LB.

RUEBEN COOKED
TURKEY BREAST
$1.99
½ LB.

HI DRI PAPER TOWEL
2/99¢
plus tax
BUMBLE BEE TUNA
5½ oz. water or oil packed
69¢

Limit of 4-8 packs

PRICES GOOD JAN. 30 THRU FEB. 12

365 Days A Year

QUANTITY RIGHTS RESERVED.
CAR WASH SPECIAL!
Come On and Get To Know Us
Four Seasons
Car Wash
NOW OPEN
Self-Serve for cars, vans, trucks
Snelling & Kasota
(across from K-Mart)
50¢ FOR 5 MINUTE CYCLE
(regularly $1.25)
(good through February 15, 1984)

Featuring:
• 8 wide well-lighted bays (9.9 clearance)
• Service attendant
• Most modern equipment
• Soft hot water wash, wax, rinse
• Foaming brush
• Fragrance machine
• Coin changer for $1.00 & $5.00

Try Us — We want your dirt!
Open 7 days a week, 7 a.m.-10 p.m.

THE BIBELOT SHOP
2276 Como Ave., St. Paul • 646-5651

Do you have future building plans?
At The Transformed Tree Inc. we are custom builders, our services are geared to meet your individual requirements. The Transformed Tree Inc. of St. Anthony Park, is committed to building structures that are sound and attractive. Our customers affirm it. If you're planning on building this spring or summer, call us soon.

HERMES FLORAL
1750 WEST LARPENCEUR AVENUE
ST PAUL, MINNESOTA 55113
(612) 646-7135

ROSES
are our specialty

The Heart-to-Heart Bouquet
Valentine's Day
is Tuesday, February 14

professional painters
paper hangers
• Water Damage Repair
• Staining & Varnishing
• Residential & Commercial
• Patching & Sheetrock Repair
• Ceiling Spray Texturing

Interior and Exterior Painting
Free Estimates
Jim Larson 644-5185
Larson & Erlandson • Bonded • #10057
larson decorating

Horizon Home Improvement
Roofing and Gutters
Aluminum soffits and fascias • siding
Custom interior remodeling

DAN ENSER BRYANT
407-2222

If you need a Home Rehab Fund
Call 298-5495

*6% interest, 12-year term.

With a 3 to 10% low-interest home repair loan. If you get a $5,000 loan, your monthly payment is only $54. * Call 298-5495

Professional Painting and Decorating

Rustic Home Improvement
Roofing and Gutters
Aluminum soffits and fascias • siding
Custom interior remodeling

DAN ENSER BRYANT
407-2222

If you need a Home Rehab Fund
Call 298-5495

*6% interest, 12-year term.

With a 3 to 10% low-interest home repair loan. If you get a $5,000 loan, your monthly payment is only $54. * Call 298-5495

Fencers from 1
Club.
While the club members were busy advancing in the meet, their coach, Bob VanDer Wege was everywhere. A man thoroughly engrossed with the sport, VanDer Wege drilled his fencers, repaired equipment, talked to parents and offered encouragement to everyone.
Fencing has to be learned, VanDer Wege said. "I would much rather train a cognitive fencer than a physical one," he said. "The sport is strategic, being able to draw weaknesses out of opponents and initiating attacks at the right moment. The most difficult thing is learning how to coordinate your arms and legs opposite from walking."
I never considered myself athletic before, but when I got into fencing, I found I could do it," said John Westreich, a member of the Minnesota Sword Club of Minneapolis. "I like it because it's a mental game and an individual sport. I'm responsible for what happens out there."
Earlier in the day Westreich had been responsible for losing to Miles Phillips. "Miles practices so much it's really hard to beat him," Westreich said. "There's nothing more to teach him, and he just keeps getting better with the practice. Fencing is like the violin, you have to practice at it to be that good."
BARGAIN UPHOLSTERY
Call for a free estimate
761 RAYMOND
ST. PAUL, MINNESOTA 55114
623-940-1838

COMO RAYMOND STANDARD
Still your full service station with N.A.I.S.E. Certified Mechanics
Open 7 days a week
6 a.m.-midnight
2102 Como Avenue at Raymond • 646-2466
Open 6 a.m. to midnight everyday

If you have to sell and move on, make sure somebody's ready to buy and move in
Edina Realty
Carol Weber 644-2592 • 636-3760

LAW OFFICES
2289 CARTER AT COMO
ST. ANTHONY PARK
Steven C. Ahlgren
Cynthia N. Ahlgren
General Practice of Law
Wills • Divorce
Adoptions
Immigration
646-3925
Kenneth G. Schivone
Attorney
Complete Legal Services
including
Commercial Law
Personal Injury
646-4745
Julian J. Zweber
Attorney
General Legal Matters
including
Small Business
Real Estate
646-4354

READY TO BUY?
We'll help you afford your home and your future!

JIM ROGEN
ROSEVILLE OFFICE
1717 W. COUNTY RD. B2
ROSEVILLE, MN 55113
636-9000

Minnesota Mobile Veterinary Service
House Visits by Appointment for the Family Pet
• Yearly Vaccinations
• Health Checkups
• Illness Examinations
• Medical Treatment
Dr. Richard Routhe—Veterinarian & Park Resident
Call 642-5011 for Appointment

NORWEST BANK
University-Midway, N.A.
Member FDIC
The Friendly Bank “Where the Twin Cities Meet”
We make many types of Loans: AUTO LOANS, SECOND MORTGAGE LOANS, Home Improvement and Energy Conservation loans, etc.
COME IN AND SEE US!
3430 University Ave. S.E.
Minneapolis, Mn. 55414
371-9200

February 14th is “I LOVE YOU” day!

Valentine’s Day Cards
AMERICAN GREETINGS
by the people person
MILLER PHARMACY
564-3274 • 2309 Como Avenue • 646-8411
Hours: M-F 8:30 a.m.-9 p.m., Sat. 8:30-8, Sun. 9 a.m.-5:30

Sylvania Home Entertainment Products
DURING OUR JANUARY CLEARANCE SALE
Free 1 year service on all new sets purchased.
Model: RCD72AK
• 25" diagonal Dark-Lite™ 100 picture tube
• Digital Tuning with 125 channel capability
• Infrared remote control

Karl’s T.V.
• SALES
• SERVICE
462 COMO AVE.
488-4229
Complete service on all makers and models 25 years experience

THE TIME IS RIGHT TO BUY
Wake Up and See With Extended-Wear Contact Lenses

If you'd like to take a vacation from the day-to-day ritual of contact lens cleaning and care, maybe extended-wear contact lenses are right for you. Call today for free initial consultation to see if you can enjoy round-the-clock comfort with Extended-Wear contact lenses.
School days

School nights. School classrooms are filled about the program serving Jessica (above),

Artic (top right) and Richard (bottom right) on.

NOW, YOU CAN CASH IN ON YOUR MOST VALUABLE ASSET.

Take out more than you put in—the money you've invested in your home plus the appreciation it has earned over the years—with a new Home Equity Credit Line. You can borrow up to 80% of the current market value of your home, minus the mortgage balance, whenever you need it.

With your flexible, revolving, Home Equity Credit Line, you don't have to apply for a loan every time you want to borrow. You simply write yourself a loan by tapping into the equity you have in your home.

And you pay interest only on the funds used. Terms are generous and a monthly interest payment is all that's required. It's the perfect way to finance that around-the-world cruise, a new sailboat, or a summer or winter vacation home. Or use your Home Equity Credit Line to supply the funds you need to take advantage of that promising investment. If you own your own home or condo-minium, you may qualify. Stop in and talk to a loan officer.

St. Anthony Park Bank

An Equal Opportunity Lender and Member of the Federal Home Loan Bank System

2250 and 2300 Como Avenue, St. Paul, MN 55108.812/647-0131

HOURS: MAIN ENTRANCE 8am-5pm Monday-Friday DRIVE IN CENTER LOBBY 8am-6pm Monday-Friday 8am-noon Saturday

DRIVE UP 7:30am-6pm Monday-Thursday, 7:30am-7:30pm Friday, 8am-3pm Saturday