Bug es

AFS students compare life here and in South America. p. 3

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Serving the communities of St. Anthony Park, Lauderdale, Falcon Heights and Energy Park.

Phillips foils foes, reaches national meet

by Dan Koeck

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 peered through black wire masks looking for weaknesses in each other's position and movement.

With a deceiving feint, Miles Phillips drew a defensive reaction from his opponent. Phillips quickly lowered his foil and lunged forward. His extended blade poked the startled defender 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 their mechanical motions 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 Excalibur Club qualified with Phillips to make the trip to Portland: Sean Kline, Travis Erickson and Toby Mroczek.

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 Excalibur

Fencers to 13

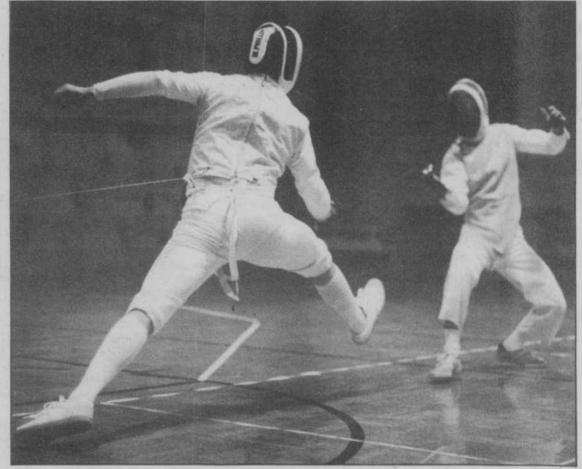


Photo by Dan Koeck

Miles Phillips lunges toward his opponent during tournament. Phillips has qualified for the Junior Olympic Fencing Championship this month in Portland, Oregon.

Fletcher to continue questioning

by Jim Brogan

St. Paul city councilperson Bob Fletcher, re-elected in November by voters in Ward 4, does not expect his second term in office to contain any major surprises.

"I really don't think there is going to be that much difference from last time," he said.

For one thing, there is only one new face on the council, John Drew from Ward 3, and Fletcher believes that "it is difficult for one person on the council to cause any dramatic changes."

Furthermore, 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 the last few years," Fletcher pointed out, and council members are concerned that their constituents not be deprived of services they have come to expect from the city.

"We are all trying to provide the level of services people want," he said. Insofar as possible he 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," and are "getting to know each other's method of operating."

For his own part, he means to continue in the direction he has already set out.

"I'm still going to ask a lot of questions," he said. "I think it's appropriate. The council is here to scrutinize."

He will try this year to avoid getting involved in too many different projects. He has learned, he said, that he has to focus his attention on a few major issues. Otherwise, it is easy as he puts it, "to spread yourself too thin."

The areas on which he hopes to concentrate in the coming term include:

1) Delivery of city services, specifically looking into the use of neighborhood volunteers in such areas as recreation center programming and parks maintenance. This idea was suggested in a report filed recently by the St. Paul Citizens' League.

 Personnel issues reforms.
 This is a complicated matter, closely related to the delivery of city services, involving perceived inefficiencies in the system.

Currently there are over 800 job classifications for city employees, many of them defined rather narrowly. Fletcher would like to see some of them consolidated and otherwise made more flexible, so that work could be completed, trimming trees, for

example, without excessive concern for which employee holds the rope and which moves the truck.

At present, Fletcher believes, the system is too rigid and too expensive. A task force headed by Dean David Lilly from the University of Minnesota has been studying personnel issues and will file its report sometime this spring.

3) Light rail, or improved transit, along University Avenue. Fletcher considers this important to the city because future development hinges on transportation. There will be federal and state assistance available for such a project, he expects, if adequate preparations are made.

4) Affirmative action in city hiring practices. This has been a matter of heated controversy at times, with council members disagreeing about what constitutes a reasonable proposal for minority hiring.

"It is imperative that we reach a meaningful compromise," said Fletcher, "and I think we will, but it will take flexibility on both sides. The divisiveness that arguing about it is causing is not good for the city."

5) Cable television. A recent decision by the Minnesota state cable communications board not to dismiss the charges by Norwest Cable Company that the selection process was a

Fletcher to 8

Chinese Fellowship donates money for recreation

by Diane DuBay

A Lauderdale church has donated \$500 to the city of Lauderdale to be used at the discretion of the city administration to enhance Lauderdale's recreational facilities.

The Chinese Christian Fellowship made the donation as part of an effort to reduce incidents of vandalism that have occurred at the church in the past several years.

Rev. Joseph Wong, pastor of the church, said, that the church also had posted "No Trespassing" signs at the property and has sent letters to neighborhood residents regarding the vandalism.

Reverend Wong said that the decision to post the signs was made at the suggestion of the Roseville Police Department, but that the congregation was very satisfied with the community and the neighbors in the area.

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

Wong said, however, that the vandalism caused by just a few was expensive and that last year alone the congregation had spent \$5,000 to repair damages caused by vandalism.

In reporting the gift to the Lauderdale Council last month Mayor David Nelson suggested that an appropriate use for the money might be the purchase of a tennis "bang board" for Lauderdale Park.

Nelson said that he was surprised and pleased by the gift, which he called "extremely generous."

Although no firm decision has been made on the purchase of the "bang board," Steve James, a Lauderdale resident and member of Ramsey High School tennis team thought that Mayor's suggestion for the purchase ws a good one.

"That would be great," he said.

James said that the two practice boards at the park were too small.

"You 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 *Bugle* has a new phone number:

646-5369.

Our address has not changed; it is still 2380 Hampden, St. Paul 55114.

District 2 Community Council NEVVS

February, 1984

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

Edited by Ann Copeland.

Meeting schedule for February

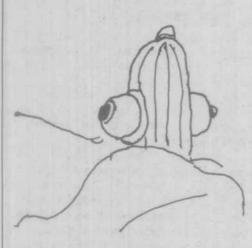
Feb. 2, 5 p.m.—Physical Committee will hear plans for housing on the Baker West property, including a request from the developers for additional parking for Baker Court.

Feb. 2, 7:30 p.m.—Human Services Committee will discuss the progress of the city-wide advisory committee on the Parks and Recreation Plan. Tom Ruddy, delegate to the committee, will report.

Feb. 8, 7 p.m.—Gregory Haupt, aide to Mayor George Latimer, 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.



FIRE SAFETY ALERT

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

District 12 to sponsor caucus workshop

"What is the purpose of a political party caucus?"

"What bappens there? I want to go but 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 Feb. 16 on effective participation in a 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.

in the community room of the St. Anthony Park Branch Library. There will be a \$1 charge at the door 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 insure 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 Minnesota on the evening of March 20. By state law no other public meetings can be held that night after 6 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, for volunteers, meals now can be delivered five days a week and all residents 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, Bryant Dunshee and Jim Rogen. Other regular drivers are Bob Bacon, Mildred Bates, Dodie Bemrick, Nancy Breneman, Ann-Marie and John Binda, Audrey Craven, Jane Dietl, Elaine Frost, Mary Mergenthal, Betty Quie, Florence Richards, Elvera and Joe Skovholt and Jeanne Weyandt.

Eleven volunteers are available to substitute for regular drivers when necessary. They are: Carlotta Braun, Ann Copeland, Janet Dieterich, Warren and Kiki Gore, Mollie Hoben, Mary Ann Jens, JoAnn Martin, Gen Nakanishi, Judy Sheldon and Ann Wynia.

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 monitoring activities needed as a result of the designation of industrial lands in this area as potential sites for a hazardous waste processing facility.

The Minnesota Waste Management Board has placed two areas in St. Paul on its processing facility site list. Area A encompasses land located in all of the District Council areas named above.

The monitoring committee will meet on the second Monday of each month and has formed two task forces to study specific problems in connection with Site A. One will identify the federal, state, county and city regulations now in effect concerning the handling and disposal of hazardous wastes, and the other will monitor and assess proposals from developers for the handling and disposal of hazardous wastes on Site A.

Akiva Pour-El and Quentin Elliott are District 12 delegates to the coalition with Charles McCann and Bob Bacon serving as alternates.



Photo by Don Breneman

Watch out for ice damage

by Tom Lockhart District 12 Energy Auditor

Hugh icicles and ice dams are a common sight in St. Anthony Park this winter.

An ice dam is the frozen build-up of melted roof snow. Heat which enters the attic melts 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: rotted 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 settles and causes void spaces and inefficient insulation.

The best way to prevent ice dams is to insulate walls and 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 bylaws approved at the Jan. 11 Town Meeting. Delegates will also be elected to two-year staggered terms so that after 1984 half of the delegation 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 available 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 Midway Business delegation should contact Judy Lofstrom, 646-2636.

able for ice dams with its early snow fall, fluctuating temperatures and large quantity of snow. There are ways to temporarily relieve some of the problem:

(1) "Roof rake" all snow off roof. This is very strenuous and caution should be taken to insure safety. Improper use of the 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 experienced contractor who insures the roof for damages.

(3) Electric cables are not an adequate solution. They only move an ice dam farther up a 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.

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 home. They will be able to describe ways to properly vent and insulate attics, as well as point out other areas in your house where a minimal amount of work may offer quick payback.

Audits are \$10, billed on your NSP bill. For low income bousebolds, audits are free

Both auditors, Earl Bergerud and Tom Lockbart, 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 walks!

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

Sidewalks should be shoveled to the extent of being "safe and passable," according to the Mayor's Information and Complaint Office. The office has had many complaints of unshoveled walks and is following through with warnings and fines. To report an unshoveled walk, call the Mayor's Information and Complaint Office at 298-4747.

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 buses.

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

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

Robert Bacon, Mike Baker, Sara Brandon, Andrea Burmeister, Jim Christenson, Kathy Clark, Jane Dietl, Quentin Elliott, Gertrude Gordanier, Greg Haley, Bill Huestis, Thomas Leonard, Jon Ljungkull, Judy Lofstrom, Joe McAnally, Charles McCann, Dennis McGovern, Akiva Pour-El, Carlton Qualey, Jo Anne Rohricht.

District 12 Community Council Office 2380 Hampden, St. Paul, 55114



FOR YOUR INFORMATION

CONSUMER NEWS FROM ST. ANTHONY PARK BANK

February 1984

AFS students describe lives

by Ann Bulger

"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 there is nothing they can do about it. My Chilean family couldn't believe it 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 AFS student at Como Park from Campo Grande, Brazil.

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

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

Warnken, 17, lives in St.
Anthony Park with her mother and stepfather, Rose and Ralph Hendrickson, her brother Charlie, 14, and her sister Jenny, 13. In Chile, her family consisted of mother and father, both pharmacists who ran a drugstore downstairs from the living quarters, 18-year old twin brother and sister, 14-year-old sister and a 19-year old cousin.

Warnken attended school with her 18-year-old sister. The Catholic school, staffed by nuns, was smaller than Como and enrolled only girls. Said Protestant Warnken, "The



Regina Andrade

school was strict officially, but you could get away with lots. We stayed in one room for the whole six hours, while the teachers moved 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 at 5, then a small meal at 11:30 or 12.

Regina Andrade lives near Como Park High School with the Brown 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 11:30 a.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 take 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 here" while 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 guitar. 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, she has gone out with her brothers to nearby lakes and rivers in Brazil. Her mother "trusts her brothers" driving more than mine," 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 all three meals at home, with a two-hour lunch break to make this possible.

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 banking 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 return. 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, coming 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 variable rate of interest. Whatever your money needs, stop in and talk to a loan officer. We can help. In more ways than ever before.

St. Anthony Park Bank

2250 and 2300 Como Avenue / St. Paul, MN 55108 / 612-647-0131 n Equal Opportunity Lender and Employer

Students adopt nursing home residents

by Wendy Rossi

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

Since the number of 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 or 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 appre-

ciated 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 fifthgrade 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 73.

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

As a chemist for 3M Company, Steinhauser perfected two-sided tape and developed an adhesive for sand paper used to repair car bodies. He retired from 3M in 1975.

Steinhauser was active in the

St. Anthony Park Lutheran Church and was a member of the St. Anthony Park Association. With his friend Fred Morloch he helped refugee families sponsored by the church when they needed repair work done.

In the habit of taking early morning walks around the neighborhood, Steinhauser would carry a plastic bag with him and pick up litter, according to his daughter, Jean Nathanialsz. "He wanted the area to look nice," she said.

Steinhauser had an extensive

rock collection and was a member of several rock clubs. He was a gardener, and he had many bird feeding stations in his yard.

"He was always willing to stop and talk with people, whether to tell a joke or talk about a science or discuss philosophy," Nathanialsz said.

In addition to his wife, Steinhauser is survived by his brother Fredric, also of St. Anthony Park, a sister, his daughter and two sons, and four grandchildren.



Editorial/Commentary

Wanted: talented people

As the *Bugle* has grown, so has Park Press's role as an employer in the community.

Currently we employ eight people, in jobs ranging from managing editor to ad sales people to delivery person. All these positions (except managing editor) are part time. Several of our employees are women with young children, who like being able to work flexible hours from their home while also doing a job they believe is worthwhile. Others are people between careers, a student, and a retired person.

To be able to offer such employment possibilities to the community seems to us a valuable byproduct of our mission to publish an effective community newspaper. To carry out that mission, we look for the most talented people we can find—and we've been fortunate over the years to have found (or been found by) a number of highly talented staff members. We also strive to be flexible in the ways we structure jobs, so that the *Bugle* can be an option for a variety of people.

We are about to begin a new search for talented people. The *Bugle's* managing editor, Mollie Hoben, has informed us that she will resign her position, effective June 30. This means that within the next few months we will be seeking to hire a person or persons to assume the tasks that she currently performs.

As now defined, those tasks include editing the *Bugle* and coordinating staff efforts, managing the organization's business affairs, and carrying out overall management and planning functions, including budget development. This is a position that was tailored to Hoben's skills and to the amount of time she could devote to the *Bugle*.

Depending on the skills and availability of interested persons, this position could remain a one-person job or it could be designed as two or three positions.

We encourage people who might be interested in taking on any or all of the tasks described above, to indicate their interest by contacting Judy Flinn, president of the board of directors, 646-0439, or JoAnne Karvonen, personnel committee chairperson, 645-1363. The response we receive will help us determine how to design the jobs we need to fill. In the next issue of the *Bugle*, the board will formally announce job opening(s) and will invite applications.

The Board of Directors, Park Press Inc. February, 1984

Bugle dates

Jan. 31, *Bugle* staff meeting, 6:30 p.m. Feb. 1, Park Press Board of Directors, 6:30 p.m., Healy Building. Feb. 16, ad deadline. Feb. 20, deadline for news, want ads. Feb. 29, March *Bugle* published.

Bügle

2380 Hampden, St. Paul, MN 55114 646-5369

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 Steve Ahlgren, John Archabal, Bob Bulger, Judy Flinn, Catherine Furry, Lois Glaeser, Joanne Karvonen, David Laird, Sandy Nelson, Greg Page, Sue Showalter, Liz Solem, Austin Wehrwein

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Managing Editor: Mollie Hoben Assistant Editors: Jim Brogan and Terri Ezekiel

Advertising Representatives: Distribution Area and Want Ads—Kathy Magnuson, 645-2475 Outside Distribution Area—Karol Throntveit, 644-9956

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.

Nuclear fear blinds the imagination, kills hope

by Patrick Keifert

The education of the human imagination in an age of nuclear weapons is of great public concern.

January's Bugle feature, in which thirteen-yearolds 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 unilateral arms reduction use the same apocalyptic imagery. Apocalypse 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 good. 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 some of my students jumped over the fence at SAC headquarters. They thought this action was an imaginative response to Mr. Reagan's shoot-out-at-OK-corral vision of the apocalypse that they and he agree is all but inevitable. 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 at 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 jarred 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 conversation? 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 Now" generation, of which I consider myself a part, might return to Joseph Conrad's *Heart of Darkness*, whence the movie received its inspiration. 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 Keifert is one of the Bugle's regular opinion

Thanks to contributors, Bugle exceeds fund drive goal

Final figures for the *Bugle's* 1983 Development Campaign showed that more than 300 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):

Bill & Ann Bulger Jim & Sandy Christenson Robert Granovsky Julie Himmelstrup Robert & Arvis Lageson Joan Lovrien Carolyn & Ossie Magnuson Mary Mergentbal Clair & Garnet Rice Ed & Iris Slettom

More volunteers needed as society changes, grows

By Joe Shovholt

Volunteerism. 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 of a burden to society. There is no evidence that this will change.

The volunteer work force needed today and in the future must be different than in the past.

Conditions were vastly 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 are required today because of 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

Insignts

Headwinds

Time out

s 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. The 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 28th 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 Vaslav 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 system of measuring it. Time and space are humming along smoothly, but our clock is off. It runs slightly too fast or too slow or something, leaving six hours 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 tried to throw them away.

In any case, it was Gregory XIII who came up with the idea of making the months ragged 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 we have to thank for moving all the loose ends to leap year, and providing me an appropriate place to begin.

James Wesley Brogan

Across the Fence

Wintering in lumbago

e 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 lifeline 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 \$650 each ("a great deal," I noted), then asked:

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

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



The construction crew invaded our basement in mid-December. They tacked up the plastic vapor barrier. They blanketed the walls with thick rolls of insulation, then sheetrock. They caulked and sealed. They repiped and rewired through the arctic days and onward toward Christmas, congratulating us all the while on the sageness of our energy-saving plan.

In truth, we were not at all sure of any significant

change or benefit until that memorable Christmas Eve morning when, drawing a bath, I watched horrified as air issued forth from the pipes.

"The pipes are frozen," I shouted waking two sleepers, one of whom thought there was a fire.

In the basement, we uncovered a pipe so skillfully hidden and trapped on an outside wall behind its new blanket of insulation. Here, now, was the first real sign of the project's success.

These January days are as sluggish as the slush that, with the aid of a hair-dryer, finally belched from our pipes. We count the days until spring. We listen with hilarity as we overhear one woman ask another where she will be wintering.

'Wintering!" we hoot, and taking note of my aching joints, joke to each other: "We are wintering in lumbago." It sounds like some dreamy unreachable

The closest we will be getting to that warm place is the gift-crate of oranges and grapefruits from sunny Florida. And there are the messages from retired friends and relatives wintering elsewhere: "Eighty-five degrees and sunny. Wish you could come down.'

Instead, we are finishing the last of the cleanup down in the basement.

Nice sheetrock," we say

"Beautiful molding."

"It feels warmer already, don't you think?" We are young and healthy, employed and energyconscious. Winter in St. Paul is our reward.

by Susan Barker

Volunteering is helpful for volunteer, as well

Skovholt 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 greater St. Paul area RSVP chapter has 1,150 volunteers serving over 90 agencies, contributing 133,000 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

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?

 The need for volunteers to serve the elderly is great, and is growing. Such services can go a long way to alleviate anxiety, hunger, lonesomeness 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 they 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 for assisting her in 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 Shovbolt is one of the Bugle's regular opinion writers. He is founder of the Honeywell Retiree Volunteer Program and serves the Retired Senior Volunteer Program council.

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 typical 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 and older. 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

DAC instructors write quarterly and annual goals for each student, and activities for learning are based primarily on these 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 chil-

Lutherans pursue housing site plan Luther Place Housing Corpora-

tion is proceeding with planning the condominium housing it will construct on Luther Place for those aged 55 and

At a January meeting, the corporation resolved a critical

design issue, according to Cynthia Ahlgren, vice president.

The 19-unit residence will be

A preliminary site plan will

munity Council will be held to

On Feb. 13, at 7:30 p.m., an

informational meeting will be

Lutheran Church parish hall for

Those interested can sign up

Construction is expected to

For further information, call Ahlgren, 644-7474, or Nancy

begin in June, with occupancy

all persons who may be interested in purchasing a unit.

on a non-binding reservation

list for potential occupancy.

slated for early 1985.

Lorimer, 644-8400.

held in the St. Anthony Park

inform the public and invite

response.

be submitted to the city for

review in March. An open forum with District 12 Com-

constructed on a 2-story, rather than 3-story, plan.

dren, 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 3:15 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 Gabbert's, or collating for the Government Training Service. Those on the work programs 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, poly 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. Notebooks 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.



Photo by Wren Rivard

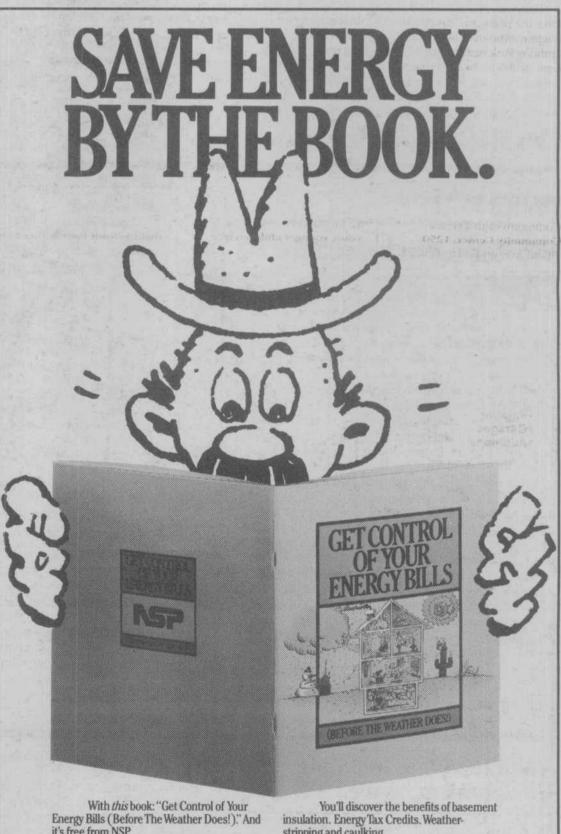
Teacher instructs Jimmy in the finer points of painting while Amie (back to camera) watches.

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February 1984

Residents consider 280 change

by Terri Ezekiel

St. Anthony Park residents expressed their concerns about the current condition of trunk highway 280 at a Jan. 11 town meeting sponsored by District 12.

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 highway bridges and suggested that barriers be constructed that would both 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 1986, 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.



Harriet Webb (1) and Edna Bolke (r) during their reigns 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 vear her friend Helen Webb wore the royal headdress.

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 lasting tradition.

The pre-Depression Midway Carnival was a week of festivity, not unlike our present Winter Carnival.

Exhibitions, races, bonfires, a parade with floats, an ice palace, carnival buttons, Boreas Rex and Queen Midway were all part of this gala event

Although events were held in different parts of the Midway, including Langford Park, Dunning Field became the center of activity, where the majestically carved ice palace stood. Constructed with an estimated 300 tons of ice, the structure was nearly 100 feet wide with towers reaching skyward to 50

The coliseum at the State Fair grounds was the scene of the Queen's coronation ceremony. Indian pageantry



was the theme of the 1929 carnival.

The setting was an Indian village nestled in an evergreen forest as Governor Theodore Christianson, before an audience of 5,000 people, presented the new queen, who was sponsored by the Saint Anthony Park Improvement Association. Webb was crowned with the beaded feathered headdress by 1928 queen

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 Fifield Ave. on Friday, Feb. 24,

at 6 p.m. Dinner reservations are required by Feb. 17; call 645-8958. Cost is \$3.50 for those 12 years and older, and \$2 for children from 4-11 years; younger children free.

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St. Anthony Park Association

February, 1984



Editor: Nancy Haley, 644-0811

Citizens for Excellence in Education Feb. 14 Program

People do not like being squeaky wheels, says Karen Muller, chair of Citizens for Excellence in Education and Director of Community Affairs at H.B. 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 positive 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 how the organization began from the energies of numerous Park residents interested in educational issues and how the organization will develop a broader based community of interest,

St. Anthony Park Association Officers 1983-84: President, Mary Warpeha; 1st Vice President, Tom Frost; 2nd Vice President, Sue Barker; Secretary, Mavis Straughn; Treasurer, Dale Tennison; Director, Tim Wulling; Director, Dail Dennis; Director Tom Rohricht.

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

Dinner will begin at 5:45 p.m. followed by the program at 6:50 p.m. at the United Church of Christ, Commonwealth and

Mary Ann Williams will be calling members for reservations, but if you are not called, contact the Sheldons at 646-0657 Reservations can be cancelled by calling the Sheldons before 6 p.m. on Sunday, Feb. 12.

Wild Rice Soup Bread Sticks Vegetable Strudel

with Hollandaise Sauce Caesar Salad Raspberry Mousse

Board Meeting Feb. 7

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

Feb. 4 and 5

Have you seen your neighbors since the great hibernation began last November? Can you still remember when winter 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 show 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 & 5. (For residents interested in history, this 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, whichever occurs first.

Bring your skates and skiis 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

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:

12 noon

• 2 to 4 mile fun run Registration fee \$1; show up at Langford Recreation Center and be ready to run.

Winter Carnival Royalty greeting · Presentation of citations and awards for

those active in recreational programs Crowning of Prince Anthony and Princess Antonia, 7th grade boy and girl who have been active in Park activities

1 p.m. and throughout the day: skating races and awards

· indoor carnival games

cross country skiing

· intramural hockey teams

recreational skating

· mighty mites, hockey players grades 1 to 3 (may be scheduled in the morning)

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25th Anniversary Winter Sports Days

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Music series concert to feature local organist, brass quintet

by Mary Winget

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 Himmelstrup, 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," Himmelstrup 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

J. ENGBERG /83



Photo by Terry Johnson-McCaffrey

Jean Krinke

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 KSJN 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.

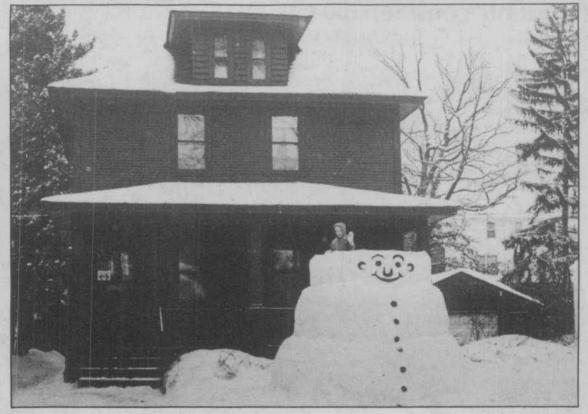


Photo by Terry Johnson-McCaffrey

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 2287 Hillside, Holmberg finished the snow giant in about three days.

Fletcher from 1

sham, 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



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Sunday Mass 8:30 a.m. at Seal Hi-Rise, 825 Seal St., handicapped accessibility. Everyone welcome.

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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 Paulus 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



Photo by Nancy Haley

David Allen (1) and Warren Hoffman (r) demonstrate a technique for relieving stress.

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, clergyman and lec turer, explained the idea further. "You have no license to 'should' on me nor do I hav 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, stres can cause many problems if le 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 moabout never come true," he said

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

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Citizen Kai
Dial M for
Rebel with
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Run Silent Run Deep
Key Largo
Psycho
Singin' in the Rain
Streetcar Named Desire
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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 Bostrom 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-awhole, 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 Lefko 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

Women voters

League of Women Voters will meet Feb. 20, 7:30 p.m. to consider the topic of National Security: Military Policy and Defense Spending. Discussion will focus on appropriate purposes, size and nature of our nuclear deterent and "First use" of nuclear weapons and conventional weapons in Europe. The meeting will be at Jane Dietl's house, 1504 Fulham St. Call 644-0492 for information.

Band book sale

The Concert Band at Como Park High School will hold a Used Book Sale from 9 a.m. to 6 p.m. on Friday and Saturday, Feb. 3 and 4 at the Garden Level at Town Square. Donations of all types of books are needed: comic books, technical books, novels, and textbooks. Books may be dropped off at the Jamieson home, 65 Langford Park Place, or at the band room in Como High before Feb. 1. Proceeds of the sale will go toward a band trip to Florida this spring.

membership, 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.

Roseville wants appraisal on park

by Diane DuBay

The Roseville School Board has deferred making a decision on rejecting or accepting the \$58,320 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 evaulation of its worth had been made.

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

Lauderdale has had a rentfree 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.

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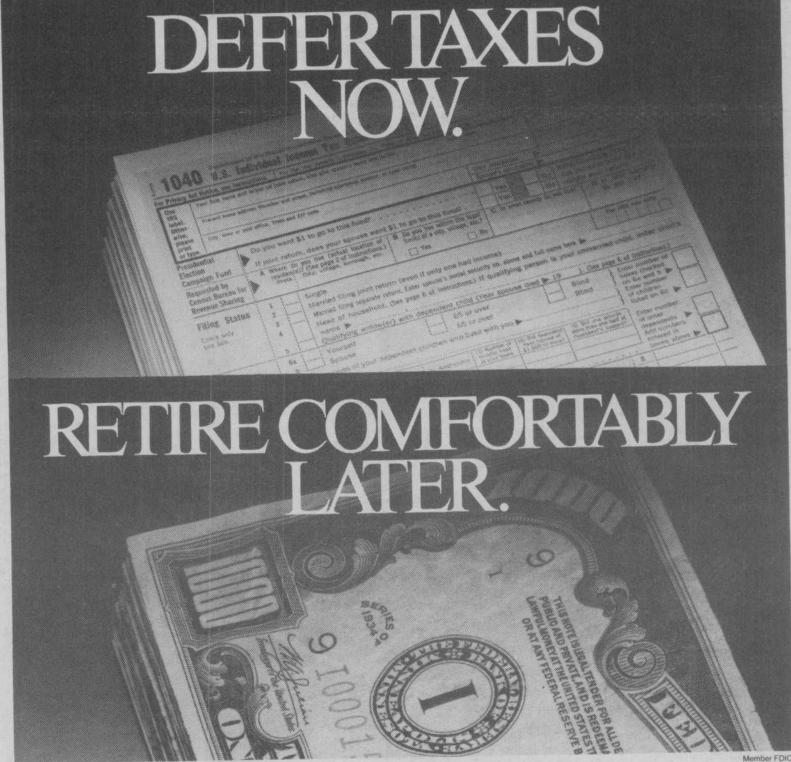
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30 Mon. ub Scout pack meeting, Methodist

Meeting for parents of Como High School seniors, Como. 7 p.m.

FEB.

Leisure Center, Methodist Church, 10 a.m. No program.

Thurs.

District 12 physical committee, 5 p.m., human services committee, 7:30 p.m., 2380 Hampden

St. Anthony Park Writers' Workshop, 1395 Chelmsford, 7:30 p.m. Call 644-6090.

King-Webster Toastmasters, The Professor's Restaurant, Har-Mar Mall, 6 p.m.Call 338-0296.

Fri.

Northern Lights 4-H Club, 1476 Chelmsford, 4 p.m.

Used Book sale by Como High School Band, Town Square. Continues Sat.

Musical, "Esther and the King of Persia," Luther-Northwestern Seminary Auditorium, Fulham and Hendon, 7 p.m.

Sat.

Recycling Unlimited pick-up at St. Anthony Park Drive-In Bank and First Bank Security, 10 a.m.-3 p.m.

Winter Sports Day, Langford Park, Continues on Sunday

Sun. Music in the Park concert, United Church of Christ, 4 p.m.

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

Wed.

Leisure Center, Methodist Church, 10 a.m., Verie Maas, travel film. District 12 Council, 2380 Hampden, 7

nterfest Ball, Como High School, 8 p.m.

3 Mon. Falconeers Senior, Falcon Heights Com-

munity Center, 1 p.m.

Luther Place Housing informational meeting for prospective buyers, St. Anthony Park Lutheran Church, 7:30 p.m.

lues.

St. Anthony Park Association, United Church of Christ, 5:45-8 p.m.

D Wed.

Leisure Center, Methodist Church, 10 a.m. speaker: post office representative.

16 Thurs.

Young Audiences program, St. Anthony Park Elementary School, 1:15 p.m.

Pop Concert, Como Park High School,

Workshop on effective involvement in a political party caucus, St. Anthony Park Library Community Room, 7 p.m.

King-Webster Toastmasters, The Professor's Restaurant, Har-Mar Mall, 6 p.m. Call 338-0296

18 Sat.

Recycling Unlimited pick-up, St. Anthony Park Drive-In Bank and First Bank Security 10 a.m.-3 p.m.

Mon. o school, St. Paul or Roseville. Roseville's vacation continues through week.

League of Women Voters, 1504 Fulham. 7:30 p.m. Topic: National Security. Military policy and defense spending. Call 644-0492 for rides and information.

Wed. Leisure Center. Methodist Church, 10 a.m.

Carleton Qualey speaking on people who came to Minnesota

)4 Fri.

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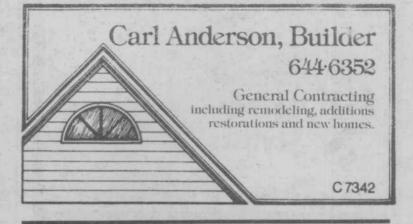
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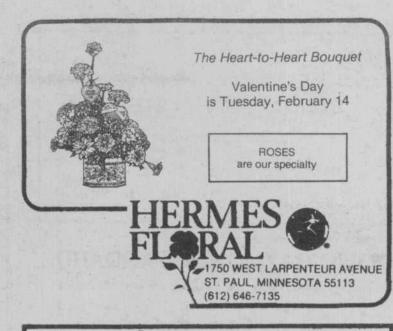
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Park Bugle February 1984

Fencers from 1

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 strategy, 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."

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Park Bugle February 1984

Track Bearing

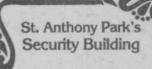
Fletcher from 8

and I would like to try to pull greater number of people nto the process."

Not everyone needs to be incouraged, of course. A major part of a city councilperson's ob, Fletcher has learned, is responding to constituent complaints. Problems with city services, for example.

He estimates that these calls number over 500 a year, all of them immediately taking a high priority.

"You just can't ignore them," Fletcher concedes. "You fit in your other work around your constituent calls."



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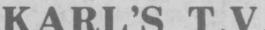
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CREATIVE MOVEMENT—ages 4-6 years, Sat. 8:30-9:15, 11:30-12:15. CHILDRENS' BEGINNING II BALLET—Sat. 10:30-11:30. CHILDREN AND ADULT INTERMEDIATE BALLET—Tues. 4:10-5:25, Sat. 9:15-10:30. ADULT BEGINNING BALLET—Tues. 6:30-7:40. ADULT AND CHILDREN JAZZ—Tues. 5:30-6:30. All ages and shapes welcome.

SAINT ANTHONY PARK NURSERY SCHOOL, located in the S.A.P. United Church of Christ is accepting applications for 3-5 year olds for the 1984-85 school year. For information call Patty Hanson 645-4538 or Sheila Richter 644-9677.

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Miscellaneous

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





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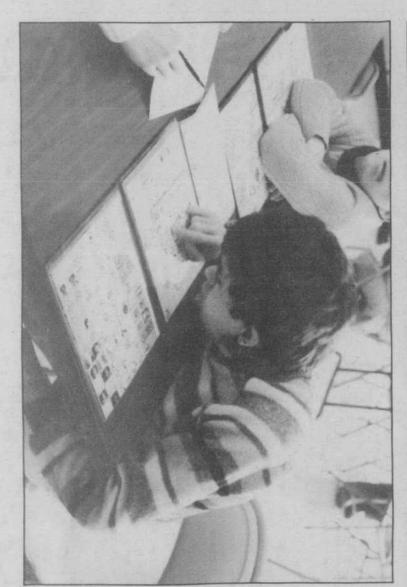
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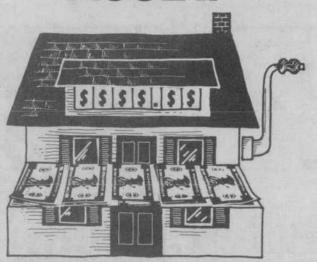
Falcon Heights School classroo with the sounds of students aga about the program serving Jess Amie (top right) and Richard () page 6.

chool days



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