

BUGLE

P.O. Box 8126, St. Paul, MN 55108

Specialty Building finally being sold for multi-use development

by Jennifer Thorson

The long-vacant Specialty Building, on the southeast corner of Raymond and University avenues, has a new owner and may soon be opening its doors for offices and indoor self storage.

St. Anthony Park Community Council member Ellen Watters said the building, which has stood empty for six years, has been purchased by Investment Management Inc., a developer that plans to repair the aging building. The plan calls for office space on the fourth floor and self storage for office furniture, equipment, business records and the like on the lower level of the building.

Community leaders such as Watters find the development inspiring. "I think that it will be a positive step in the

neighborhood," explained Watters, who is also executive director of the Midway Chamber Commerce. "The developer plans to invest over \$2 million in the building."

Craig Fontaine of Investment Management, Inc. gave a presentation to the council at their February 11 meeting. He said the developers hope to create additional office space on the second and third floors of the building in the future, if

improvements to nearby parking facilities can be made.

He also told the council that it will take about a year — and cost approximately \$2.2 million dollars — to renovate the building, including the

entire exterior and replacing the windows throughout.

The building is located in a general business zone, which

allows office rentals and indoor storage.

The developers are not requesting a zoning change, but appeared before the city of St. Paul's zoning board, seeking a "determination of similar use" on March 14.

Area merchants are also encouraged about the plans. Succotash vintage shop owner Noreen Allbright said, "Anything that will bring more traffic to the area will help us."

Watters said that the restoration of the Specialty Building is consistent with the 1992 small area plan, which encourages the reuse of old warehouse spaces.

"I think the building should remain," said Rick Beeson, president of ParkBank. "It's a flagship. I'd rather see it reused than demolished."

Although Investment Management's current scheme does not include retail or restaurant space, Watters is hopeful that the building can accommodate such enterprises in the future. ■



Proud property owner Bill Miller stands before his University Avenue building.

Bill Miller: South St. Anthony Park optimist

by Pete Keith

From the commanding view of his third floor residence, Bill Miller is able to survey the intersection of University and Raymond in all its vibrancy. There's a certain energy in the compactness of the area: large buildings right up to the sidewalk, elements of a potentially thriving mix of business, retail, and entertainment, and lots of traffic.

In the wake of the recent concerns and controversies about the vitality of the intersection, Bill Miller remains very optimistic about the future of the neighborhood, adding "This is an up and coming neighborhood that's just full of character."

Miller owns the three story building on the corner that houses Stonehenge and Midwest Media Artists Access Center. The third floor he uses as both his residence and his photography studio.

In it is an eclectic mix of photography gear, antique furniture from numerous periods, a museum's worth of audio gear, including the old bass speakers from the Metrodome, and the turmoil of dozens of ongoing projects.

Originally from Dubuque, Iowa, Miller moved to the Twin Cities to work as a commercial photographer. Later, he started his own business and needed a place to set up shop. That's when he discovered the area around University and Raymond, which "drew me in with its strange and interesting mix of old and new styles."

Miller's first business location was on Raymond Avenue "next to a classic neighborhood hardware store and a new age rock shop." He eventually outgrew this space, but really wanted to stay in the area.

He discovered through local neighbors that the Film in the Cities building on the corner of Raymond and University was for sale. The special character and potential of the structure captivated him and after some pondering he purchased it in 1994.

As luck would have it, his former neighbor, "the new age rock shop," a.k.a. Stonehenge, also needed an expanded space. "The timing was perfect, and they became part of the move as the new first floor tenant."

Miller to page 20

Clayton Christensen of Lauderdale

by Barbara Claussen

On February 11 the Lauderdale City Council unanimously appointed Clayton Christensen to fill Steve Froehlich's vacant seat. Christensen, a 27-year resident, will serve until December 31, 1997. He plans to work toward preserving the village atmosphere in this unique inner-ring suburb.

Christensen owns a long history of community involvement. Since 1986 he's worked on Lauderdale's Planning and Zoning Commission, reviewing variance requests and making recommendations to the Council for equitable solutions. He helped to draft the city's comprehensive plan as a member of the Planning and Zoning Task Force from 1994-96. He assisted with the youth program at the Chinese Christian Church, was Brimhall's PTA President, and a Lauderdale Cubmaster.

Christensen believes that all across the country people are detaching from their communities. "It is widespread. They are not seeing the need for investing time and energy in their community."

He wants to rekindle people's enthusiasm and

commitment. "Community involvement is a tough sell," he asserted. "It's quite possible that people are cynical about government and politics in general."

Since Lauderdale is not a "small town set apart," there are different dynamics at work, maintained Christensen. "We have a community of 2 million people that we can relate to. People go elsewhere to find entertainment and recreation."

Christensen does feel a good sense of community. "My wife and I feel comfortable walking around the village day and night. There are lots of walkers. It is a sign of people feeling safe."

Cultural diversity also concerns the new councilman. A 30 percent minority population is projected by the year 2000 in contrast to 16 percent now. "Prejudice thrives when it's a faceless people against a faceless people. When you've actually met a person, you become friends," he said.

He hopes to find ways to facilitate that type of positive interaction. He believes that Snow Commotion and Day in the Park are good opportunities to meet neighbors and see each other as "folks."

If community involvement is a tough sell, implementing the

Capital Improvement Plan will be tougher. Christensen views infra-structure improvements as an important issue. The sewer system, water mains, storm sewer and streets are slated for repair or replacement under the plan. "Much of what we have was put into the ground in the mid 1940s." Still, Christensen said, "I think folks will have a tough time justifying the expense for something they're not going to see."

The city has saved enough money to finance up to 60 percent of proposed Capital Improvement projects. Christensen wants to convince citizens of the plan's importance and figure out how to pay for it.

Christensen to page 2



ON THE INSIDE

- Pete Palmer's Web book page 3
- Success Paul Quie style page 5
- Community council elections page 6
- The romance of Rosa Mundi page 7
- Global theater by director Pamela Nice page 12
- Get Organized: Lorene Roste helps page 16

Old and young gather at Lyngblomsten. page 10

St. Anthony Park Community Council

NEWS

Council actions at a glance

At its March 12 Meeting the Council:

- Held a town meeting on parks improvements. Heard success stories from our own neighborhood and learned some of the factors that make adopt a park programs work.
- Added bicycle trails to the list of Capital Improvement Budget proposals which the Council will co-sponsor with city departments.
- Referred the issue of cellular phone poles to the Physical Planning Committee to recommend a policy response to future requests
- Voted to fund staff time for the Teen Night program for up to \$1,000.
- Voted to recommend strict enforcement of the city ordinance that prohibits stapling of trees on public property.
- Welcomed Gordon Murdock to voting status as an ad hoc member of the Environment Committee.



Community Council elections April 8

Elections will be held at the Seal Hi-Rise for South St. Anthony Park and the St. Anthony Park Branch Library for North St. Anthony Park from 2 p.m. to 9 p.m.

See article on page 6 of this issue of the Bugle for information on the candidates.

On April 8 two delegates and two alternates will be elected for North St. Anthony Park and three delegates and two alternates will be elected for South St. Anthony Park.

Business delegates and alternates are appointed through the St. Anthony Park Business Association and the Midway Chamber of Commerce.

You can become involved by volunteering to serve on one of three committees of the Community Council call the Council office at 292-7884 for information.



Food pickup with recycling — April 30

Please wrap and tape your non breakable contributions and mark them FOODSHELF. They should be left out with your recyclables to be picked up. Volunteers from the Community Council will transport the food from Supercycle to 2000 St. Anthony Avenue, the Merriam Park Community Center Foodshelf which is the one that serves our neighborhood. If you would like more information about the Foodshelf call Roberta Reberts at 645-0349. Eligibility is determined on a case by case basis.

Two tree planting programs for our neighborhood

Boulevard trees and trees for your yard are available at reduced cost through Tree Trust, and the City Department of Parks and Recreation. Call the Community Council office 292-7884 for further information.

Council-sponsored meetings are listed each month in the Bugle Community Calendar (see page 17).

Everyone is welcome!

Office: 890 Cromwell, St. Paul, MN 55114

292-7884

Community Organizer: Abby Struck

Members: Bob Arndorfer, Joann Benesh, Sheri Booms, Ron Dufault, Ken Holdeman, Terry Gockman, Kaja Larson, Nowell Leitzke, Alice Magnuson, Carole Mannheim, Jack McCann, Ann O'Loughlin, Jim Snovell, Ellen Watters, Carol Weber and Arlene West.

This space paid for by the St. Anthony Park Community Council

City council hopefuls canvas DFL delegates

by John Marino

While Ward 4 voters won't be choosing a candidate to fill Bobbi Megard's seat on the St. Paul City Council until November, delegates to the DFL endorsing convention will cast their votes for a candidate on April 12 at Murray Junior High School.

Megard, who was re-elected to her post in 1995 as the DFL-endorsed candidate, is running for mayor. Three DFL candidates would like to succeed her and the DFL endorsement would give their campaigns a major boost against any Republican or

Bugle went to press, Van Hecke said he had personally spoken to about 75 delegates and left phone messages for another 150.

Not to be outdone, Benanav and his campaign volunteers have already "reached 280 delegates and a significant number are expressing support."

"We've brought in a lot of new faces, and so we have more momentum than I expected," added Benanav.

Although Brown says she hasn't contacted as many delegates in the same time frame because "personal commitments have prevented me," she quickly adds that she has made many contacts before the precinct caucuses were held.

"There's been some

overlap," she said. "I'm in this thing to win, so I can best represent the people of the ward, and the way to do that is to speak to as many delegates as possible."

"I really don't think there's a clear winner yet," Brown said. "It's still a three-way race."

To receive the endorsement, one candidate must receive at least 60 percent of the votes. The delegates were chosen in precinct caucuses on March 4, where all three candidates addressed the delegates.

Official candidates must file with the Ramsey County Bureau of Elections between July 1 to 15, but much of the campaigning groundwork must be laid before then to reach Ward 4's 18 precincts and nearly 400 delegates. ■

Jay Benanav,
Triesta Brown and
John Van Hecke
are running for
Megard's seat.

independent challenger.

The three DFL hopefuls are Jay Benanav, Triesta Brown and John Van Hecke. As a traditionally DFL-stronghold, there are as yet no Republican or independent candidates who have announced their intentions to run.

"It's not in their interest to do so right now," said Brown, who speculated that non-DFL candidates would probably wait until after the DFL endorses a candidate. A Republican candidate, of course, can expect to get the support of Mayor Norm Coleman, who once was a Democrat but now is a Republican.

There are lots of letters to be mailed and phone calls to be made.

"I'm calling every delegate, talking to them about their concerns, and asking for support," said Van Hecke, who was Megard's campaign manager in 1995.

By mid-March, when the

Christensen . . . from page 1

"It's the difficulty of convincing people that it's time to invest in the community," he admitted. Options include raising property taxes, issuing bonds, increasing user fees, and special assessments. Each property owner would be assessed between \$5,500 and \$8,500 per lot payable over time.

Christensen seems optimistic that any controversy will be resolved amicably.

Christensen and his wife, Jean, moved to Lauderdale in 1970 when he entered Luther/Northwestern Seminary. They sold their home in Brooklyn Center and rented their present home. "We really liked the area. Our kids were in the school system."

They decided to stay. They bought the house from their landlord. 27 years later Christensen reports, "We've really loved it. It'll always seem

like a village to us." They did landscaping and became interested in gardening. "One of my favorite ways to spend a Saturday is to go into the garden



and pull weeds," he admitted.

Christensen works for Ceridian as a Financial Reporting Analyst in the Finance Department. He graduated from the University of Minnesota with a degree in chemistry. ■

Photo by Truman Olson

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Pete Palmer publishes The Web Server Handbook

by Judy Woodward

Okay, you think you know something about the Internet. You can log on, check your e-mail, browse a few websites, and you've even thought about setting up your own homepage. Well, here comes Pete Palmer to show you the next stage on the information highway; we might even call it, uh, the road ahead.

North St. Anthony Park resident Palmer is the co-author

of increasingly sophisticated Internet technology.

Palmer explained why someone who wants to post material on the World Wide Web should consider developing their own computer server. "Having your own server allows you complete control over how you set things up," he said. "You can do it all with your own computer [except for] the flat fee you pay monthly" for the telecommunications link, or Internet service provider [ISP], as it's

officially known.

The 35-year-old Palmer became an Internet fan while working as a software engineer for a local computer company.

"When MOSAIC [the first Internet browser software] came out, I was hooked. I decided to install a server on my computer at home. We know that everything we describe in the book can be done on your home

explained that he actually met co-author Schneider in cyberspace when the two participated in the same online newsgroup for guitar enthusiasts. They "knew" each other on the Internet for at least five years before they met face-to-face.

Lately though, Palmer complained, Internet veterans like himself are discouraged "by all the noise," which is his succinct description of newcomers to the net who would rather trade online insults in so-called "flame wars" than discuss the finer points of guitars.

Nevertheless, he remains optimistic for the future of the Internet. "I just love it," he confessed. "The Internet makes it a small world. Suddenly, things that you thought were foreign aren't anymore. Somebody out there in Japan or China is communicating with you."

Palmer was direct when asked what the future holds. "We're going to be where worlds collide." He predicted that eventually all the separate "colliding worlds" of telephone, television, radio, cable, video and computer technology will merge under the control of one unified electronic format. Meanwhile, Palmer said, "I think this is the Golden Age of the Internet, since it puts the little guy on a footing with the big guys. I'm afraid that might go away if a big company like Microsoft takes over economic control of the net."

Another Internet development that excites Palmer is the prospect of "push" technology, which will allow the user to receive data individually tailored to his or her information "profile." With push technology, you won't have to go out and find it on the net, explained Palmer. "Software updates and other data will come to you automatically."

Palmer has his own website. You can find out more about him and his book by pointing your browser to <http://www.pobox.com/~plp>. ■

Photo by Truman Olson



with Adam Schneider and Anne Chenette of the recently published *The Web Server Handbook* (Prentice-Hall, 1996).

The book follows the adventures of the fictional "Bob the Insurance Man," who roots for the St. Paul Saints and lives in a neighborhood not unlike St. Anthony Park. When the book opens, Bob is about to create a website for his beloved team on his home computer. As matters proceed, though, Bob puts more and more aspects of his business on the Web and allows his creators to draw the reader into step-by-step instructions for the development

computer, because that's the way we did it."

Palmer was an early and enthusiastic advocate of the Internet but even he didn't anticipate the surge of popularity created by the invention of the World Wide Web.

"I was caught by surprise by the explosion of interest in the Internet. It grew from something that was known only to people at universities to being known by the whole world within just two years."

In some ways, Palmer acknowledged, he misses the early days of the Internet. "We had a tight community then." He

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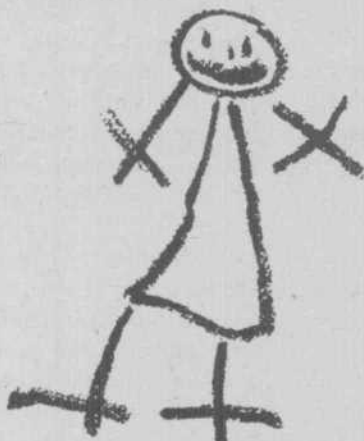


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EDITORIAL

Specialty revamp
just the beginning?

After months of bad news coming from the horn-honking, car-racing and people-crossing intersection known as University and Raymond, the front page of this issue brings encouraging news from that neck of the neighborhood. The revamping of the Specialty Building, a long vacant eyesore, promises a refreshing opportunity for renewal. Patience and valiant business owners, such as Bill Miller, who have persevered during difficult times, carry good reasons to be optimistic. Most people are just plain glad that *something* will be occupying the space.

The owners of the Specialty Building get a first-place award for preserving the old manufacturing warehouse. Others might have taken the easy road — tumble the building to make way for an anonymous one-story office park or, worse yet, a parking lot. Still, the Specialty Building plan is a little lackluster. It calls for two levels of storage space and one of offices. This mix may help the surrounding businesses a tad during the day, but come 5 o'clock the activity will likely cease.

Of course, the Specialty Building's reopening is just the beginning. There is much work ahead. So, what would help enhance the crossroads of University and Raymond? More off-street parking, an arts organization or anchor retail store to take over from the soon departing Northern Clay Center, a coffee shop serving great cappuccino in real cups, and a late-night restaurant featuring inventive recipes and, perhaps, martinis. And finally Bill Miller said it best. "It's amazing what flower boxes or large planters can do to make the street more welcome to pedestrians." ■

Next issue April 24

Deadlines:

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PARK BUGLE

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The Bugle is a community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Northwest Como Park. The Bugle reports and analyzes community news and promotes the exchange of ideas and opinions in these communities. The Bugle strives to promote freedom of expression, enhance the quality of life in the readership communities and encourage community participation.

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Memories from the Bugle archives:

22 YEARS AGO . . . Victorian Park Festival Planned . . . Park Press, Inc., the non-profit publisher of the Bugle, forms . . . Miller Pharmacy celebrates 50 years of business . . . Falcon Heights city council rejects federal rent subsidies . . .

16 YEARS AGO . . . Asian students transferred to Como Park Senior High School . . . Group Health moves into 1605 Eustis Street . . . Luther Seminary begins student housing project . . .

11 YEARS AGO . . . St. Anthony Park Library renovation planned, including roof replacement, cornice repair and better lighting, plumbing and heating systems . . . Bridgeman's closes at Como and Carter . . . Ground

breaking begins on new St. Anthony Park Bank building . . . Maureen Ruddy sets off for 40-day canoeing expedition to the Canadian arctic . . . St. Anthony Park United Church of Christ celebrates its centennial . . .

6 YEARS AGO . . . Aasgaard Hall at Luther Seminary demolished . . . Falcon Heights city council approves \$69,500 renovation of city park at Idaho and Snelling . . . Park Crossing planned for Raymond Avenue and Energy Park Drive . . .

2 YEARS AGO . . . Mark Murray becomes manager at Park Service . . . Memorial staged to save trees in Como Park . . . Gene Ohman resigns from the Lauderdale city council.

COMMENTARY

Down at the
Duck and
Dart

by Warren Hanson

Imagine with me. It is a lovely, cool spring evening. As the sky begins to deepen at the end of a typical day of work and worries, you slip into your jackets and take a walk together through the neighborhood you love to call home. Hands in your pockets, you meander slowly along the twisting streets, the cadence of your conversation as slow and casual as your steps, the tone of your two matched voices hushed, warm and familiar. After a while, after the cares of the day have quietly slipped from your shoulders and blown away on the gentle evening breeze, you find yourselves making a familiar turn. Having reconnected with each other, you are both ready to be with friends. And you know where those friends can be found. Where Carter Avenue greets Como, within the tudor time warp of Milton Square, across the cobbled pavement, through the brightly colored door, down the well-worn steps. You know there will be friends awaiting, down at the Duck and Dart.

Helen and Roy opened the Duck and Dart a couple of years ago, hoping that it would become just such a place as this. A welcoming place of warmth and good cheer. A place where good conversation is king. Where laughter resounds from the dark wooden beams. Where a fine, hand-crafted pint or a glass of Alexis Bailly's best, served with a simple sandwich and a glowing smile, create a sweet communion that could never exist in the local hot spots.

A hot spot this is not. People do not come from miles around. There is no music playing in the background at the Duck and Dart. Not even classical. The only tunes ever heard are the ones sung by the patrons themselves, or by Roy, on the not-so-rare occasion when he lifts his battered Martin from behind the counter and offers a selection or two from his abundant repertoire of folk songs and originals. But he never sings more than two. Then it's back behind the counter for both him and his guitar, so that the magic of shared spirits may reassert itself.

After graduating from one of those fancy eastern colleges in the '60s, Helen and Roy found work in the Twin Cities, and found a home in the neighborhood that opened its heart to them. They raised their children here. They discovered a richness of friendships here. The neighborhood became a part of their family, warmed them through the winter, played with them in summer, gave them comfort during difficulties, and rejoiced with them in their celebrations. They always knew that they wanted to give something back. They talked about it often: "You know what this neighborhood needs . . . ?"

Then one day, quite unannounced, circumstances gave them the opportunity to give the neighborhood their dream. Roy had spent his entire career with the same company. He had recently learned that the company was

about to repay his loyalty by showing him the door. Just business. And Roy knew that, though he was not yet quite retirement age, the generous severance package being offered him, if well-tended, would allow him the freedom not to seek another job. This windfall, coupled with Helen's surprising inheritance from parents who had always lived like paupers, provided Helen and Roy the foundation for a future of their own choosing.

What finally fueled their decision, though, was something that Helen will never admit to, so you might as well not even bring it up. Although not by any means a habitual gambler, she did enjoy the small thrill of buying the occasional lottery ticket. Helen is a sensible woman, and knew very well that, statistically, she was more likely to be struck by lightning than to win in the lottery. So imagine her surprise when her numbers actually matched those along the bottom of the TV screen one Tuesday night! Oh, it wasn't a big win. Nothing to put her name in the newspapers. But the payoff was a solid five figures. It was a bonus.

So they opened the Duck and Dart. And from the beginning they knew just what it should be. A quiet place, with no elevator music, no coin-operated games, nothing to get in the way of people talking with people. A small place, with tables for about 30 people, and miscellaneous chairs, stools and standing room for about a dozen more. A friendly place, where patrons would be greeted warmly upon entering, usually by name, and usually by Helen and Roy themselves. A quality place, with real books on the wooden shelves, real bread in the sandwiches, real beer in the tap, and real friends gathered together each evening. No neon signs, no cigarette machine, and no TV set blaring sporting events overhead.

This is no place for raised voices or unfriendly behavior. When one of the frequent earnest discussions infrequently boils up into an argument, Helen is right there, asking with firm hospitality, "Will there be anything else tonight?" while she lays the bill deliberately in the middle of the table. Likewise, the third round of beverages of the evening is always accompanied by the check, Roy's tacit way of saying he knows when to say enough and he assumes you do too.

So your calming walk in the cool evening air ends in the warm heart of the neighborhood. You are greeted by name, like members of the family, for family you are. It is the family of thinking people. People who care about the quality of their lives. People who can talk about ideas all night long. Whose laughter rises from their hearts and rattles the rafters. Whose kindness and generosity glow warmer and brighter than the nightly blaze in the big stone fireplace. Who would never carve their initials into the wooden tabletops, but whose wit and warmth and character is carved into the very air. These are the people who can't wait to see you, down at the Duck and Dart.

■ ■ ■

The Duck and Dart, of course, does not exist. And, because of the restrictions we ourselves impose upon our neighborhood, it probably never will. But were such an establishment to become a reality some day, it just might capture the unique spirit of this lively, curious, marvelous neighborhood we so proudly embrace as home. ■

Home and Garden Show blooms at Bandana Square on April 5

by John Marino

So many projects, so little time — and money. Which to start next? If you've often felt that way as a homeowner or gardener, then the Sixth Annual Greater Midway Home and Garden Show may be just down your do-it-yourself alley.

To be held on April 5 in the Bandana Square mall, from 10 a.m. to 6 p.m., the show will be more like a giant neighborhood block party, introducing area residents to about three dozen vendors from about a half dozen neighborhoods.

Those neighborhoods include Como Park, Hamline Park, Merriam Park, St. Anthony Park, Lexington-Hamline, and Snelling-Hamline.

The stated theme of the show is "Painting, Planting and Preserving Our Neighborhoods." Unlike some of the three-day megashows that charge a fee just to get your foot in the door, admission is free and the scale is smaller, more personal.

"This show fills a different niche than the big shows," said event coordinator Julie Hoff. "At our show, residents are ready to buy and they need information on how to proceed. It's geared to the practical homeowner who wants to redo the bathroom or kitchen."

Or add some beautiful flowers and other landscaping to the garden. To that end, renowned horticulturist and Merriam Park resident Susan

Davis Price will be the keynote speaker.

Davis Price is the author of Minnesota Gardens, which not only won the Minnesota Book Award, but also the Quill and Trowel Award as one of the three best garden books in the nation. The author will present a slide show of some of Minnesota's most beautiful gardens from the 1840s to the present.

"I'm just happy to talk about the material," said Davis Price,

Celebrated garden writer Susan Davis Price is set to speak at the Home and Garden Show.

"and people come up and talk. I like the exchange of information."

The show has three major sponsors: Fannie Mae loan company, the St. Paul Neighborhood Energy Consortium, and the Pioneer Press newspaper.

Some of the vendors include: Outback Nursery, Como Northtown Community Credit Union, Iver Carlson Construction, City of St. Paul Housing Information Office, North American Mortgage, ABC Seamless Siding, Dale Street

Greenhouse, Midway Chamber of Commerce, Green Tree, Great Garage Door Company, EXPO School-Herb Project, Andy's Woodworks, ReMax Realty, Regal Builders & Remodelers, Twin Cities Bungalow Club, Bank America Mortgage, and Steward Selmon & Associates.

"I'd like to see the area homeowners get hooked up with the area businesses," said Hoff. "It improves the infrastructure and stability of the neighborhoods."

Hoff, the Como Community Council's organizer, said that a few years ago the district council discussed the possibility of starting its own home and garden show to serve the needs of the Como Park neighborhood. But that was before the Greater Midway show expanded last year. For its first four years, its sole focus was upon the Hamline-Midway area, where the Hamline-Midway Area Rehabilitation Corporation is based. But that changed last year.

"H-MARC decided it was such a good thing for their neighborhood, why not include other neighborhoods?" explained Hoff. "They thought it was a good way to bring local businesses in."

Bob Wicker, president of H-MARC, agreed. "From painters and landscapers to bankers with information on how to finance bigger projects, the show is a great way to encourage and inspire homeowners to maintain and improve their property." ■

Therapist Paul Quie helps people succeed

by Laura Pritchett

A cozy set of offices overlooking downtown St. Anthony Park houses the River City Mental Health Clinic. Located at the corner of Como Avenue and Carter, the clinic occupies the second floor of the ParkBank Building.

It is here that Paul Quie works as a therapist, specializing in conflict resolution, marriage counseling, family therapy, grief therapy, and career development. An increasingly popular aspect of career development is "success coaching," which focuses on helping individuals attain their goals.

In both group and private sessions, Quie's clients discuss their specific goals as well as their fears. Working together, he helps clients create a strategy to overcome the obstacles that prevent them from attaining their objectives. "Interestingly enough, there is often both a fear of failure and of success," Quie said. "The more successful one is, the further one can fall." Quie helps others deal with the inevitable defeats and encourages them to get back up and try again.



Quie believes that this type of coaching is becoming more popular as the public becomes aware of the benefits of having a personal coach. Much like the guidance offered by a personal trainer for exercise and body building, "success coaches" can help individuals achieve outcomes that may have not been possible had they been acting alone.

Currently, a success group meets on Tuesday nights at the River City Clinic. At these meetings, each member is challenged to reach his or her specific, personal goal. "As the group grows and develops," Quie noted, "it creates its own style and personality."

Besides working at the

River City Clinic, Quie is a frequent guest on WCCO-TV, speaking on counseling issues. Quie is also an adjunct professor at St. Mary's University.

Quie's diverse background helps him relate to a variety of people and situations. Not only is he a licensed psychological practitioner, he also has a background in business and a M.B.A. degree.

In fact, it was while working in sales that Quie decided to pursue a degree in Counseling Psychology. He said, "I realized I was more concerned with how the secretary's day was going rather than making money for the company."

He also has several interests outside the office. He is an artist — specializing in watercolors, inks, and wood — and has recently written a children's book entitled "Jake and the Positive Word Machine."

Quie, who was born in St. Anthony Park and now lives just a few blocks from the River City Mental Health Clinic, is one of the seven full-time professionals who work at the River City Mental Health Clinic. ■

Photo by Truman Olson



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Let me represent you: Meet the St. Anthony Park council candidates

NORTH ST. ANTHONY PARK

Emma Beyer
student

I am 16 years old and a junior at St. Paul Central High School. I am a lifelong resident of District 12 and so I understand some of the interests and concerns of the district. For the past two years I have done volunteering at the American Swedish Institute's Swedish School. This past summer I worked as a junior counselor at Concordia Language Villages. Both of these experiences have given me an appreciation of organizing, planning and working on important issues with a variety of people. Going to such a diverse high school and spending this spring semester in Europe has made me sensitive to the concerns of people different from myself. I would like to represent District 12 because I would like the chance to serve my neighbors. The residents of District 12 can depend on me to work hard for their concerns.

Kenneth Chin-Purcell
software engineer

Over the past four years my wife, young daughter and I have come to appreciate the tradition of community that makes St. Anthony Park a great place to live. At work I write software to help people explore complex science and business problems. I am also a potter. Through both the Northern Clay Center and my wife's participation in the Ethnic Dance Theater I have come to appreciate the role the arts can play in everyday life. I am concerned about the environmental impact of industry around us, the vitality of the Raymond/University business area and providing a child-friendly community.

Terrence Gockman
exhibit builder

This past year I had the pleasure and honor of being an alternate to the St. Anthony Park Community Council. I would like to continue to contribute what I can to the quality of life we enjoy in St. Anthony Park as a delegate to the community council.

Nowell Leitzke
retired librarian

Resident of St. Anthony Park since 1970. Retired library director and consultant. Currently president of the Minnesota Association of Library Friends and two-term member of the St. Anthony Park Community Council.

At the St. Anthony Park Community Council's March 12 town meeting, meeting chair Ellen Watters opened the agenda with a common election-time message: Get out and vote.

Although November is (blessedly) far away, another "Election Tuesday" will soon be taking place very close to home.

The St. Anthony Park Community Council elections are set for Tuesday, April 8, from 2 to 9 p.m.

Polling places are the St. Anthony Park Branch Library for North St. Anthony residents, and Seal Hi-Rise for South St. Anthony Residents. Voters must bring proof of residence such as a driver's license or lease.

According to Community Organizer Abby Struck, there are nine residents running for nine open positions on the council, but that doesn't mean it's a shoo-in for everyone.

In North St. Anthony Park, five candidates are competing for four seats. But in South St. Anthony Park, four candidates are running for five seats.

The seats open for reelection include: Nowell Leitzke and Arlene West in North St. Anthony Park (and two alternatives) and Ken Holdeman, Bob Arndorfer and Joann Benesh and two alternatives in South St. Anthony Park. West is not running for reelection.

Like Watters, Struck encouraged residents to get involved with the election process.

"This is an important election. The quality of life in our neighborhood is affected by having a strong and active community council," she said.

The election judges will be supplied by the League of Women Voters.

— Jennifer Thorson

Jacob Rohr
student

I am a junior at Como Park Senior High School. I would like to be a member of the St. Anthony Park Community Council because I would like to participate in decisions regarding my neighborhood. I also think it would be a great learning experience. At Como I play soccer, basketball and baseball, all of which I began at Langford Park Rec Center. I have been in two musicals at Como and am auditioning for

the spring play. In addition I am involved with my church and have done several service projects through my youth group. For the past year and a half, I have had a part-time job at Snuffy's Malt Shop.

SOUTH ST. ANTHONY PARK

Bob Arndorfer
customer satisfaction manager

I have been a member of the community council for the last three-plus years. During this time I have served as co-chair and also as chair of the physical planning committee. I feel this organization is a vital part of a strong and focused neighborhood, which are essential traits for a strong city. The uniqueness of our neighborhood lends itself to an organization that is diverse yet strong in its commitment to communicate to whatever level that St. Anthony Park is a great place to live.

Joann Benesh
office manager

I've been on the council for the past two years. It's been a learning experience. South St. Anthony Park is a great place to live and work. I use my organizational and accounting skills in my work and volunteer activities. I am president of our townhouse association.

Ken Holdeman
engineer

Thanks to neighbors who spoke at our environmental committee "odor" meeting last summer, we told city officials about our concern regarding the quality of our neighborhood. Thanks to the neighbors around Alden Park who have planted flowers and bushes. We are encouraging neighbors around other parks to take an active role in supporting their parks. Please vote for me so I can continue my eight years as a member of our district council's environmental committee and can continue working on projects, such as the North St. Anthony Park storm water non-point source pollution project.

Sueann Olson
retired

I have lived at Seal Hi-Rise for five years and I've been president of the resident council for two years. I would like to see a closer community in-touch feeling between Seal Hi-Rise and its surrounding neighborhood. We are an extremely diverse building and need to become more known in the community. ■

Watch our garden grow — Rosa Mundi opens

by Todd Ryan Boss

Charlotte Milstead and George Zilligen may have met in 1984 as extras in the Guthrie's cast of *A Christmas Carol*, but today their dreams are played out on a different kind of stage—an intimate shop beneath the Muffuletta in Milton Square—and the name of the show is Rosa Mundi.

Opened February 11 in Gustafson Jewelers' old front room off Carter Street, this little flower shop is a gem. Rosa Mundi carries items for the

serious gardener and the serious whimsy-lover alike: fresh flowers hand-chosen daily, handmade jewelry from across the United States, Swiss Felco pruners and thorn-proof gloves, and a garden of unique handmade gifts and imported chocolates.

The fresh flowers are found behind a cellar door that opens on a unique rough space leading beneath the Milton courtyard; it's an underground space that stays naturally cold and turns choosing flowers into a cool adventure.

When I visited, I counted

myrtle, pussy willows, snapdragons, frezias, iris, ranunculus, and tulips, while Milstead unwrapped the morning's picks: new tulips, double-headed daffodils, and Gerber daisies.

Milstead focuses on the store's whimsical flavor. She tells the story of how she decided to open the shop. Listing her loves — travel, unique stores and galleries, handicrafts, and decorating — she realized starting a store would allow her to enjoy them all. Going out and finding unique wares is, for her, half the fun.

Zilligen, once the American Rose Society's youngest member, is a rose expert. "We want to be a resource for the community," he said, "and develop long-term relationships with people." Zilligen hopes to offer seminars and workshops for area gardeners this spring, and make himself available for personal consultations.

Milstead and Zilligen talk evenly about their theater days; but ask them about their travels, and their faces turn expressive. Their eyes soften as they search for adequate descriptions of what it is about southern Europe, in particular, that has so captivated their imaginations. They mention the geography, the texture of whitewashed clay, the pace of the lifestyle. But conversation will probably come around to the Europeans themselves: "They feed their spirits," Milstead said. Zilligen nods.

Charlotte Milstead and George Zilligen welcome customers to Rosa Mundi in Milton Square. Photo by Truman Olson



A species of rose native to southern Europe is what lends Rosa Mundi its name, but that's not the only thing European about the shop.

In spring, for instance, Milstead and Zilligen hope to sell fresh flowers on Carter Street — terraced French style, or arranged in a cart — which would add a burst of color to the neighborhood and enhance its European flair.

But the most refreshingly "European" thing about Rosa Mundi is its pace. Milstead and Zilligen are comfortable and easy, willing to take time with customers. They understand that "feeding the spirit" may be slow, deliberate work, and their shop, with its casual corner sofa and its promise that "the tea is always on," proves it with atmosphere.

Milton Square was a clear choice for a shop. "It just felt right," Milstead sighs, citing especially the welcoming nature of the businesses in Milton Square, and the desire she and Zilligen shared for a sense of community.

So far, the rose-loving duo have found St. Anthony Park citizens supportive and appreciative. They are inspired by the way community members have expressed interest in the shop and enthusiasm for its inventory. They hope this relationship will grow and strengthen as Rosa Mundi blossoms. ■

George Zilligen is presenting a workshop on planting bare root and potted roses at Rosa Mundi on Saturday, April 12 from 10:30 to noon.

Remodeling Concepts



by
Peter
Hagen, CR

Safer Bathrooms

According to the latest National Kitchen and Bath Association's Design Trends Survey, the chief concerns among homeowners are that their new bathrooms be safe and freely accessible. Bathroom designers report that 29 percent of their clients request child safety measures in their new bathrooms, while 13 percent ask for special features to compensate for "mobility limitations." The "safe" trend in bathroom design calls for such elements as easy-to-grasp door handles and drawer pulls, grounded outlets, shatterproof glass, and pressure/temperature limiting devices on tub/shower faucets. There is also increasing demand for non-slip flooring, grab bars, a bench or footrest for showers, and vanity countertops with rounded edges.

Our staff is very knowledgeable about bath remodeling whether you are considering major work or just a minor fix-up. Safety in your bathroom is a critical concern and we can help you in the basic design, the selection of the best components, and in the actual remodeling effort. With 24 years in the remodeling business, an enviable reputation, and a highly sensitive and professional staff, **THE TRANSFORMED TREE** urges you to make us your first call. There will be no need to go elsewhere.



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ST. ANTHONY PARK HOME



April 13-19 is National Volunteer Week. St. Anthony Park Home residents and staff are fortunate to have many dedicated volunteers providing a variety of services. We would like to thank these people and recognize them at a special dinner on April 15. If you are interested in volunteering or have any questions please call Susan.

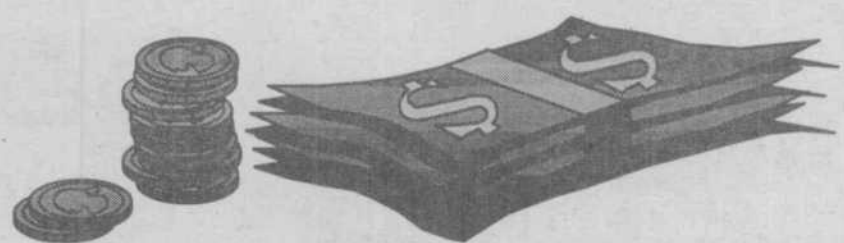
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MONEY FOR NEIGHBORHOOD PROJECTS

Each year, the St. Anthony Park Association reinvests a substantial portion of its budget in the neighborhood through its community grant program.

Small grants are available to any neighborhood organization sponsoring a project that takes place in the Park and meets the grant criteria. Ad hoc organizations are eligible for funding.

Grant applications are available at the St. Anthony Park Community Library. Applications must be **postmarked by Friday, April 18.**



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**Principal Tom Foster helps make
school an A+ experience**

by Michelle Christianson

When the principalship of St. Anthony Park

Elementary opened up, Tom Foster didn't have to think twice about applying for it. He grew up in the neighborhood, attended the predecessor elementary school, Gutterson Elementary School, and had even taught at St. Anthony Park Elementary 20 years ago. It just felt like coming home to him.

"I have an opportunity to give something back to the community that trained me," said Foster, and that's what he wrote in the essay that he submitted to superintendent Curman Gaines. "I'd just as soon retire from here."

Luckily for the community, Gaines agreed with Foster, who has been in his position for five years now. He thinks that his background helps him understand the needs of the community.

In his short amount of time, Foster has made many changes that have greatly benefited the school's program. He has hired and recruited many parents to teach enrichment classes, including Odyssey of the Mind, Omnibus, Math Masters, Great



Books, environmental studies and foreign languages.

Most of the programs are pull-out classes but a few are held after school; recently an after school bus has been added to accommodate students who don't live within walking distance. Foster also felt that the school needed more technology and a computer lab was added.

Some of the new programs also benefit the greater community. St. Anthony Park Elementary has been designated a Peace Site dedicated to non-violence. A consultant, Dr. Katie Peterson, has been hired to see that the school has a safe and caring environment and that

students learn to handle their differences in a non-violent manner. A peer mediation program has been established as one of the ways to achieve this end.

The school is also designated as a generator school by the National Youth Leadership Council. That means that it serves as a prototype of service to the community and the world at large for other schools.

Foster has also sought out partnerships with neighborhood businesses and institutions. The school is working with local nursing homes, the State Fair, ParkBank, and Speedy Market. Because of these partnerships students have had more field trips, tutors and funds at their disposal than in the

**"This is a
community that
raises children."**

— Tom Foster

past. He is also working on partnerships with Health Partners and Holly House.

Foster realizes that some parents have chosen to put their children in magnet or private schools but hopes that will happen less in the future. "A child can go to any school, but he's not going to get more any place else than he can get here."

After Gutterson Elementary, Foster attended Murray and the University of Minnesota. He possesses advanced degrees from the University of Wisconsin and St. Thomas University. He has six children, soon-to-be 11 grandchildren and lives in Como Park. He likes to bike and ski.

"This is a community that raises children. Many people benefited me," says Foster. He's happy to be able to give something back to this community. ■

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KID-BITS

Kindergarten round-up

The St. Anthony Park Elementary School Association is hosting a Kindergarten round-up on Thursday, April 3 from 1:30 to 3 p.m. Children who will be 5 years old by September 1 and their parents are invited to meet the principal and teachers. Please bring your child's birth certificate and immunization record. For information call 293-8735.

Youth registrations

■ Registration for Langford Park-South St. Anthony baseball and softball, girls and boys ages 9 to 14, continues through April 4 at Langford Park.

■ Sign-up for t-ball and nearball, boys and girls ages 5 to 8, begins on April 14 at Langford Park.

Call 298-5765 for information.

Volleyball Classic

■ Langford Park, South St. Anthony and Merriam Park Booster Clubs are co-sponsoring this year's I-94 Volleyball Classic on April 11 and 12. Matches for the 14U and 12U girls division will be held at South St. Anthony and Merriam.

Spring clean-up

St. Anthony Park young people are invited to help clean the grounds at Langford Park and South St. Anthony rec centers for the Annual Spring Clean-Up Day on Saturday, April 19, from 10 a.m. to noon. For information call 298-5765.

Mounds Park Academy honor roll

A handful of Como Park and St. Anthony Park students topped the second quarter honor roll recently at Mounds Park Academy: 9th graders Weston Hoard, Carolyn Beck, Mark Fredrickson and John Zapfel, sophomore Rachel Bowers, juniors Katie Reaney and David Steffes, and seniors Kimberly Zapfel, Heather Budd, Chas Beck, Katherine Steffes and Nadia Asanchev.

Tony Schumacher receives special recognition for volunteering

Tony Schumacher is set to receive special recognition for his years of outstanding volunteer service at Langford Park on Tuesday, April 29, at the Landmark Center in downtown St. Paul. ■



Congratulations Como Cougars — The Como Park swimming and diving team broke a 25-year-old conference record in the 200-yard freestyle relay at the St. Paul Boys Swimming Conference Championship meet in February. The previous record was set in 1972 by Highland Park High School. The Como Park relay team also shattered the city preview backstroke record during the conference previews at the beginning of the season. Members of the Como Park winning relay team are (left to right) Wade Laughlin, coach Jairo Mancado, Dustin Becker, Anthony Harris and Jared Becker. All four teammates are graduates of Murray Junior High. Jared Becker is also the recipient of the Thomas Rosene Award for most valuable swimmer in the St. Paul Conference for 1997.

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Barbecue pork by indirect heat placing pork on a lightly greased grill directly above drip pan. Cover barbecue and adjust dampers as necessary to maintain an even heat. Cook for 1 hour.

Meanwhile, in a bowl, stir together apple juice, soy, garlic, and ginger. After meat has cooked for 1 hour, baste with apple juice mixture. Continue to cook, basting frequently, until a meat thermometer inserted in thickest part (not touching bone) registers 150-155 degrees. (30 - 60 minutes).

Let meat stand while you prepare sauce. To make sauce, skim and discard fat from pan drippings. In a small pan, combine drippings and remaining apple juice mixture. Stir together cornstarch and water; pour into pan. Bring to a boil over high heat; boil, stirring, until thickened.

To serve, cut roast into individual chops. Offer sauce to spoon over meat. Makes 6 servings. Per serving 577 calories, 38 g. protein, 6 g. carbohydrates, 43 g. total fat, 149 mg. cholesterol, 621 mg. sodium.

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At the 1915 annual corporation meeting of what is now Lyngblomsten Care Center, the following motion was made: "Moved and seconded that all the members give a jar of preserves and a glass of jelly to the home this fall."

Whether it's a jar of preserves or the gift of time, the history of volunteer involvement at Lyngblomsten has spanned over 80 years.

This facility for the elderly is named after the *lyng*, a sturdy Norwegian mountain heather with purple flowers and the national flower of Norway. *Blom* is Norwegian for flower or bloom, and *sten* is used to connect the two. While it may be difficult to pronounce it (it's Lyng-blom-sten), it's easy to see that this place has a long history of caring.

It all began in 1903, when eight Norwegian women formed a literary club. Within a year, talk shifted from literature to the construction of a home for elderly Norwegians. Soon eleven women were involved and progress was being made. But the road was not always easy, particularly because of societal constraints on women.

One observer wrote, "Much to the consternation of several weary husbands, all these . . . enterprises took a great deal of time away from housewifely duties."

But in 1912, after five years of fund raising, these women saw their dream become reality with the completion of Lyngblomsten's first building, which stood at the corner of Pascal Street and Midway Parkway — a site which was chosen for its location midway between the two cities. The facility was patterned after the homes in Norway, which were built to care for widows of seafarers and other elderly citizens. In the early days, the Lyngblomsten facility was largely self sufficient, and had its own orchards, gardens, and a barn with chickens and cows.

As stated in the constitutional bylaws set in 1906, residents were required to be "Norwegians either by birth or descent" and had to make a "written application giving reference to his or her moral character."

Things are a little different now. The organization is still strongly tied to the Lutheran church, though current residents can be of any religious affiliation and they no longer have to be Norwegians or prove the quality of their moral character. The structure of the facility has changed too.

Today, the Lyngblomsten is a non-profit corporation and their campus boasts a care center, apartment complexes and a community senior center — but no longer houses bovines. The number of buildings has greatly

increased, and now the campus extends from Midway Parkway and Almond Avenue. The number of volunteers is still the same.

One of the youngest volunteers to give hugs. This second grader has been volunteering since she was only 3 years old and is commemorating 100 hours of volunteer service. Someone so young! Schoenecker's 6th grade, also comes on Wednesday.

This family's commitment spans generations. Schoenecker, Annie's grandmother, began when her husband passed away, she's proud of her grandchild. "I can see how people here are often like child like Annie can do so much volunteer work. The residents are, they're all a grandchild."

Like the Schoeneckers, many others donate their time and services. Eli Schoenecker, relations director, said that parents often donate without expecting anything.



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Lyngblomsten Care Center

by Laura Pritchett

passes an entire block between Como Park. But the need for Annie Schoenecker, whose job is volunteering at Lyngblomsten recently received a plaque service — something special for her, Dave, who is in the afternoons to sort and deliver mail. across the generations, and Helen so a volunteer. Her interest in was a resident. Although he has children's continued involvement. ne," said Schoenecker. "A small st one hug. It doesn't matter who or grandpa to Annie." ations in a family often come to Ekholm, the community to teach their kids to give to turn. But many volunteers say

that they get much more out of it than they give.

Maggie Loux, a resident of Lyngblomsten for over two years, knows Annie and many of the other volunteers. Loux especially enjoys playing cribbage, and plays with volunteers several times a week. Volunteers also take her and other residents shopping once or twice a month. Some of her visitors include children, who have been known to refer to her as the "clown lady" because she houses part of her extensive clown collection in her room. Her crowded shelves make her a popular candidate for a visit.

Loux's experiences are a wonderful illustration of the reciprocal nature of giving. Recently, she became the volunteer when she visited the first and second graders at a Falcon Heights Elementary School. "Children are often scared to visit older people, and they wanted to know what life is like for me," said Loux. "They wanted to know what it felt like to be in a wheelchair and what it was like growing up without the things we have now."

There are now over 400 volunteers at Lyngblomsten who donate time to help with 80 different tasks, ranging from calling bingo or staffing the gift shop to providing transportation, leading study groups, or serving meals. "We just could not operate without volunteers," Ekholm said.

Lyngblomsten sponsors several activities that reach out into the local community which also rely extensively on volunteer participation. Some of their services include giving health assessments for seniors, providing education at various local spots, and facilitating a parish nurse program. A hot meal is served twice a week, which offers a nutritious meal as well as a chance for seniors, who often become isolated, to socialize. A van picks up seniors who can't get to the building on their own. There are also several outings and trips, and groups such as shuffleboard and the men's breakfast club. The Hawaiian Luau, one of their Saturday night socials, proved to be very popular and was attended by nearly 100 people from both the apartments and the outside community.

Lyngblomsten has changed greatly over the years, but the history of caring remains strong. Little did the founding women realize that their jars of jelly would become a legacy of volunteer involvement that would increase and grow over the years. ■

(Clockwise) The Norwegian founders of Lyngblomsten gather for a historic photo; the care center's blooming symbol; old and young volunteers do handicrafts together; and Annie offers Emma a big hug.

Photos by Lee Philippi



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Pamela Nice directs global works

by Amy Causton

Although the number of refugees around the world is increasing, you don't often find the refugee experience dramatized. However, thanks to the international interests of St. Anthony Park resident Pamela Nice, a refugee voice will be heard in the Twin Cities. Nice is a theater director and artistic director of Theatre Lagniappe, a local theater group. She is directing a play called *Always Together*, which is being produced by Theatre Lagniappe and opens April 4 at the Minneapolis Theatre Garage at Franklin and Lyndale avenues.

The two-character play focuses on the relationship between two Rumanian sisters, one living in exile in Switzerland, the other trapped in Rumania under the Ceaucescu regime. The characters age 18 years over the course of the play, communicating only through letters and infrequent phone calls. Nice said the play is "a celebration of the human spirit" in that it shows how the sisters struggle to maintain their close relationship even as their different situations seem destined to drive them apart.

"They try to stay together no matter how different they become," Nice said, adding that by the end of the play, the sisters have difficulty even communicating because "their realities are so different."

Written in 1993 by Anca Visdei, herself a native Rumanian who emigrated to Switzerland, the play has been produced only once before in New York. Nice first heard of it last year when she saw a review in the *New York Times*, and she was drawn to the characters. "I always look for plays that have interesting women," she remarked, particularly plays that show "the complexity of women."

To Nice, however, the play is not just about the stories of two women, it is about the refugee experience—and she thinks this will give it an extra resonance with the audience. "Our refugee population is increasing," Nice said, "and at the same time our country seems to be going back on its legacy" of welcoming immigrants. By



Theater director Pamela Nice of St. Anthony Park offers stage directions.

dramatizing the struggles involved in starting over in a new country, Nice hopes the play will show people that "refugees aren't just statistics in a newspaper."

The subject matter of the play fits in well with the rest of Theatre Lagniappe's work. As Nice puts it, "We do international plays that are contemporary, that deal with sociopolitical issues." Their plays are very contemporary—so far, all but one of them were written in the 1990s. Nice admitted, "Every production we've done is by a playwright no one's ever heard of." But doing the unexpected is what Theatre Lagniappe is all about—and what Nice is all about, too.

She was born in Minnesota but raised in New Orleans, which is where she came up with the theater's unusual name. "Lagniappe" is a commonly used term in New Orleans meaning "something unexpected" or "a pleasant surprise." Nice used it as a name for the theater not realizing that no one in this area would know what it means—but it gives a good idea of what the theater tries to present to its audience.

Nice got involved in theater when she was in college at the University of Minnesota. She studied acting in London, worked at various repertory theaters around the country, and got a PhD in theater at the University of Minnesota. Along the way, she found that she was more interested in directing than

in acting, in part because she found many of the women's roles uninteresting.

Nice has been a freelance director since 1976, working with various theaters as well as the Minnesota Opera and a flamenco troupe. In 1993 she helped found Theatre Lagniappe.

Nice believes that Theatre Lagniappe is one of an endangered species—a small, professional, experimental theater. She worries that funding cutbacks are making it difficult for mid-career theater professionals to make a living outside of the larger, mainstream theaters. "Our theater community is really missing out" as many of these artists end up dropping out of theater to pursue more lucrative or steady work. Nice said, "No theater can survive on box office alone, so we're tied to the funding cycle" of arts organizations; she adds that lately Lagniappe has only been able to produce one play a year.

Nice herself has taken on outside projects from directing plays at other theaters to writing and even some video work, but she says she's much more interested in theater: "Live performance is where my heart is."

Always Together runs during April. In addition, there will be post-show discussions, which will include refugees, refugee service professionals, and members of the Lagniappe company. Call 649-4446 for tickets. ■

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H. George Anderson, Presiding Bishop, Evangelical Lutheran Church in America. Theme: "Lord, to Whom Shall We Go? You Have the Words of Eternal Life." Lectures at 10:00 a.m., Tuesday, April 15; 10:40 a.m., Wednesday, April 16; speaking at chapel, 10:00 a.m., April 16. Chapel of the Incarnation

April 21 Lecture

John Polkinghorne, a world-famous scientist-theologian from England will give a public lecture at 7:30 p.m. Chapel of the Incarnation.

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ARTS EVENTS

MUSIC

Music in the Park Series presents the Naumburg Chamber Music award-winning **The Cavani String Quartet** in a three-part residency on Friday, April 18 and Sunday, April 20. A school program, a concert for families and a chamber music concert showcase the quartet's prowess.

The quartet opens new doors to listening with a concert for children and their parents on Friday, April 18, 6:15 and 7:30 p.m., at the St. Anthony Park Branch Library. The program features music from Mozart to the Beach Boys plus selections by Debussy and Schumann. The concert also highlights the quartet's arrangement of *Goldilocks and the Three Bears* — bringing the family of string instruments to life through this beloved fairy tale.

Bringing the residency to a grand finale, The Cavani String Quartet performs on Sunday, April 20, 4 p.m., at St. Anthony Park United Church of Christ. Violist and Bloomington native Kirsten Docter joins colleagues Annie Fullard, Mari Sato and Merry Peckham to perform the *Mendelssohn Quartet No. 6 in F Minor* composed by Ellen Zwilich and the *Quartet in A Major* by Schumann.

Single tickets cost \$11 (advance) or \$13 (door). \$6 student rush tickets are available. Advance tickets are sold through The Bibelot Shop and Micawber's Bookstore. For information call 646-5266.

Music with a Mission Concert at **Luther Seminary's chapel** on Sunday, April 13, 4 p.m., presents the **Martinson Brothers** with violinist Haldan and pianist Anders. The concert benefits the Harold Martinson

international Student Scholarship Fund. Freewill donation.

The St. Anthony Park Band welcomes new members to its rehearsal, beginning Tuesday, April 8, 7:30 to 9 p.m., at the Como Senior High School band room. Call Paul Husby at 642-1559 or Gerald McKay at 646-4158 for information.

MOVIES

The St. Paul Student Center is showing the film *Mi Familia* on Saturday, April 12, 7 p.m., in the Minnesota Commons. A concert by **Los Soles** at 9 p.m. follows. The movie documents a Mexican family's immigration to the United States, beginning with the deportation of a pregnant mother and her journey back to California. Tickets cost \$2 for students, \$3 public and kids under 12 are free.

EXHIBITS

Installations by **Steven Thurston** and **Janet Williams** can be seen at the **Northern Clay Center**. The center is located at 2375 University Avenue West and the gallery is open Monday through Saturday, 10 a.m. to 5 p.m. and Thursday to 7 p.m.

TALKS

The St. Anthony Park writers workshop meets on Tuesday, April 1, 7:30 p.m., at 2304 Carter Avenue. For information call 645-6970. ■

The Cavani String Quartet takes a three-day residency in St. Anthony Park this month. Photo by Christian Steiner



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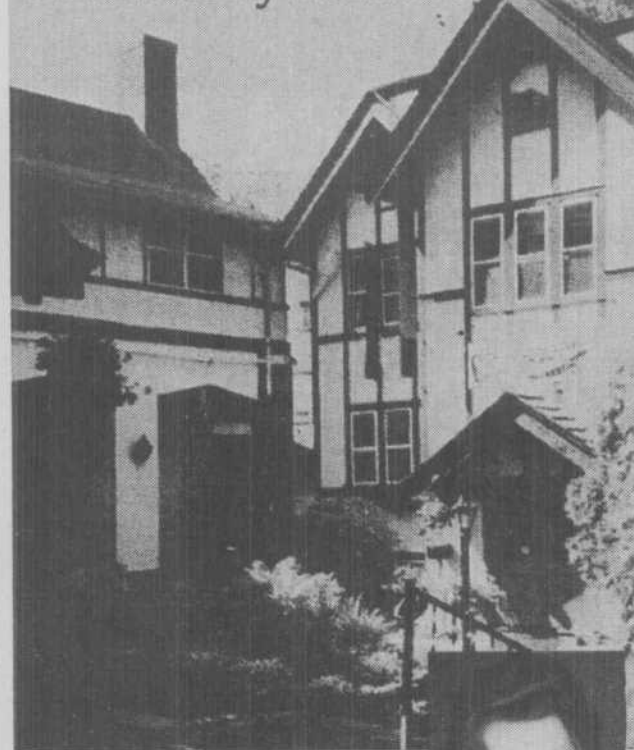
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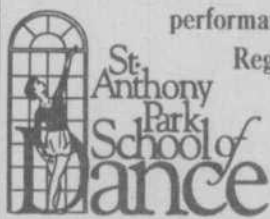
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AARP meeting

The Midway-Highland chapter of the American Association of Retired Persons is meeting on Thursday, April 17, 1 p.m., at the Lyngblomsten Senior Center, 1298 Pascal Avenue.

Sholom Home admission policy

The Sholom Community Alliance has adopted a new policy that gives priority admission to its nursing homes in St. Paul and St. Louis Park. Admission to its senior apartment complexes continues to be based on the waiting list. For information call 646-6311.

Japanese garden volunteers

Learn about Japanese culture and the Como Ordway Memorial Japanese Garden by volunteering at the garden on a regular basis from April through September.

Training for new volunteers begins on Saturday, April 19 from 1 to 4 p.m. For information call Karyn Thompson at 487-8247.

Como Park teas

Enjoy a variety of delicious sandwiches, scones, cakes and cookies and tea in the tropical splendor on the Como Park Conservatory on Thursday and Friday, April 3 and 4 at 12:30 and 3 p.m. A tour of the spring flower show follows. Tickets cost \$15. Call 487-8272 for reservations.

ST. ANTHONY PARK

Lawn care workshop

The St. Paul Neighborhood Energy Consortium is offering a free workshop about low input lawn care on Wednesday,

April 30 at Langford Rec Center from 7 to 8:30 p.m. Contrary to popular belief, maintaining a healthy lawn doesn't have to take a lot of time and money, and it is one of the best things people can do to protect our lakes and rivers. For information call 644-5436.

Neighborhood grants

Each year the St. Anthony Park Association reinvests a substantial portion of its budget in the neighborhood through its grant program. Small grants are available to any neighborhood organization in the Park and fits the grant criteria. Ad hoc organizations are also eligible for funding. Applications are available at the library and must be postmarked by April 18.

Seminary receives grant money

Luther Seminary recently received a \$1,000 New Connections grant from the Lutheran Brotherhood Foundation. The grant will benefit scholarship students.

Garden club meeting

The first meeting of the St. Anthony Park gardening club is set for Tuesday, April 1 at the St. Anthony Park Library meeting room from 7 to 8:30 p.m. This inaugural program features master gardener Joe Keleher and horticulture expert Mary Maguire Lerman. For information call Ann Stout at 645-7017.

New blockworkers and area coordinators needed

The St. Anthony Park Community Council crime watch program is seeking new volunteers to boost its already

Russia is much more than vodka and snow, says Olga Proskourina, who is working with Liz J. Design of St. Anthony Park to promote Russian universities to American students. "If students want to study in Russia there's a lot to learn from the culture to the sciences," sighs the Krasnodar native. It's also inexpensive. For information call Proskourina at 645-5755.

Photo by Truman Olson



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vital effort. There is a need for volunteers on Chelmsford, Hendon, Gibbs, Standish, Fifield and Raleigh. Call Brian at 292-7884 for information.

Mission conference

The 13th annual Lutheran Mission Conference focuses on global changes and challenges on Saturday, April 5, at Luther Seminary. Besides Holst's presentation there will be 20 different small-group workshops available throughout the day. The conference costs \$22. Call 641-3487.

Community Council hires new staffers

Brian Habedank and Sara Clasen-Braun recently joined the staff of the St. Anthony Park Community Council. Habedank serves at the crime prevention coordinator and Clasen-Braun is the office manager.

Book of Ruth conference

Religious leaders and lay people are invited to attend an interfaith Bible study at the 12th annual Jewish-Christian Seminar — "Jews and Christians Study the Book of Ruth" — Monday, April 7 at Luther Seminary. Registration costs \$30 and \$10 for students. Kosher lunches are available. Call 641-3416.

Goldstein Gallery director leaving for Bay Area

Goldstein Gallery's Suzanne Baizerman is about to leave the St. Paul Campus-based fashion and decorative arts museum for the Bay Area, where she intends to form an informal alliance of

exhibition consultants.

An expert in Latin American textiles, she oversaw major exhibitions of 1920s fashion and contemporary Irish textiles and a tribute to the gallery's founders during her five-year stint as director. After earning a doctorate in textiles and anthropology from the university, she joined the gallery as registrar in 1988 and became its director three years later.

The Goldstein Gallery is run by the U of M's department of Design, Housing and Apparel. The 20-year-old museum has a full-time staff of two and an annual operating budget of about \$500,000, up from \$200,000 when Baizerman took the helm in 1991.

Still, the Goldstein Gallery is overshadowed by its glittering fine arts cousin on the Mississippi River called the Weisman. Salary stagnation, staff cutbacks and a recent departmental reorganization that eliminated a curatorial post contributed to her decision to leave, she said.

"The continual chipping away at our staff and budget have been tough, but I'm not leaving in a huff, because those factors affect all university faculty."

Girsch presents creativity workshop

Toy inventor Charlie Girsch is presenting a creativity workshop for members of the St. Anthony Park Business Association on Thursday, April 3 from 7:30 to 9 a.m. Call 645-2366. ■



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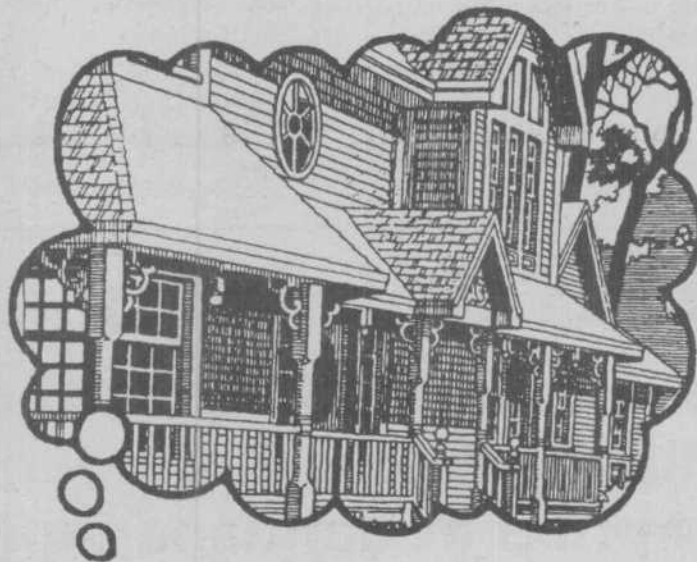
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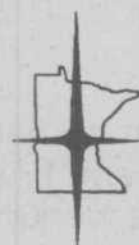
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Disorganized? Lorene Roste comes to the rescue

by Laura Pritchett

Lorene Roste is a professional organizer. She loves tackling other people's messes and finding order in the chaos.

The Como Park resident specializes in office organization. This can mean doing something as complicated as writing office manuals and job descriptions for employees or something as simple as rearranging the office furniture.

It's all that paper out there that gets many of us in a bind, she said, and several of her services focus on paper flow management. "There's that old adage 'Have a place for everything and everything in its place.' Well, the second part is easy, but the first part can be difficult," she noted.

For instance, if you're like most of us, you have piles of mail sitting around the house. She suggests that you take as much action as you can the first time you handle your mail. Trash or recycle what you don't need, file or reply to what you can.

Besides helping out with the mail, Roste specializes in space utilization, filing systems, paper flow, mail processing and supply purchasing. She documents policies and procedures, improves efficiency and organization, and evaluates the effectiveness of current operating methods.

Roste might find that a small business doesn't have job



descriptions for the employees. Because of this, the manager or owner may not be able to keep track of who is getting what done, or who should be getting what done. In these cases, she analyzes each employee's work and categorizes them. Other businesses might simply need their office furniture rearranged, so that employees are better able

to control the papers in the office and work efficiently.

Believe it or not, there is a national organization of professional organizers — the National Association of Professional Organizers (NAPO). Roste said that membership is steadily increasing. Some of the members in the local chapter specialize in wedding

Neat-as-a-bug Lorene Roste of Como Park tackles all sorts of tasks — on time, of course. Photo by Leo Philippi

coordination, time management, memorabilia and bookkeeping. Another puts together photograph albums.

"People are not used to the idea of paying for an organizer. They'll pay for an attorney, or to get their dry cleaning done, but some are not ready for this service," Roste said. But she believes business is increasing, partly due to the fact that people are becoming more aware of the services she and other organizers offer.

Roste, who has been a local resident for over 20 years, once taught high school business classes. She then went on to a job at Group Health (now known as Health Partners). When it came time for a career change, she realized that her favorite part of her job was when she was asked to organize something, or make something work. It was then that she decided to become a professional organizer.

She also gives presentations on leading successful meetings and dealing with the "paper trail." In addition, she teaches office procedures, record management and business English at Inver Hills Community College.

Some organizing tips?

For one, Roste doesn't allow

for "miscellaneous files." Instead, she suggests you have a stack of empty folders and labels available. When something comes in that you're not sure how to file, put it in its own folder. If you find that you don't need that folder at a later date, get rid of it. Another hint is to keep only the items you use frequently on your desktop. She reminds us that one hour of

Many people spend 20 to 30 percent of their workday looking for things.

organizing could save several hours later. In fact, time management experts tell us that many people spend 20 to 30 percent of their day looking for things.

"Some people just don't have a knack for organization, but they're good at other things. They should never be ashamed or embarrassed about the state of their office. It just happens that I like organizing, and without a messy office, I wouldn't have any work to do," she concluded. ■

Spring into home fix-up season

Find home improvement help at the
Greater Midway Home & Garden Show,
April 5 at Bandana Square.

Open 10 a.m. to
6 p.m.

FREE admission.

Plants available
while supplies last.

Schedule subject
to change.



The Greater Midway Home & Garden Show was founded by the Hamline-Midway Rehabilitation Corporation (H-MARC) to serve the Como Park, Lexington-Hamline, Merriam Park, St. Anthony Park and Snelling-Hamline community councils; and the Hamline-Midway Coalition.

- Meet area home improvement pros for ideas and tips to get home projects started.
- Pick up a **FREE** spring plant and register for cash and merchandise door prizes.
- Discover *Minnesota Gardens* with St. Paul author Susan Price. Pick up her book and have it signed.
- Meet Kevyn Burger, U-Team reporter for WCCO-TV and host of HGTV's *Buy Smart with Kevyn*.
- Learn how to prevent ice dams, update your kitchen or bath and finance home improvements at free workshops.
- Vendors are still welcome. Please call Julie Hoff, 644-3889, for more information.



Speaker and workshop schedule

10:30 - 11:30 a.m.

Ice dams: Experts advise on prevention and repairs.

11:30 a.m. - 12:30 p.m.

Kevyn Burger, WCCO-TV U-Team reporter and host of national cable consumer show, *Buy Smart with Kevyn*, offers consumer tips.

12:30 - 2 p.m.

STAR Grant landscaping workshop provides planting and maintenance techniques.

2 - 3 p.m.

Award-winning author Susan Price presents an illustrated history of Minnesota's gardens.

3 - 4 p.m.

Updating your kitchen and bath.

4 - 5:30 p.m.

Exterior renovation grant workshop. Residents must attend workshop to receive an application.



Saint Paul Neighborhood Energy Consortium

Sponsored by the St. Paul Pioneer Press, the Saint Paul Neighborhood Energy Consortium and the Twin Cities Housing Fair Partnership.

COMMUNITY CALENDAR

28 FRIDAY

■ Good Friday

29 SATURDAY

■ Teen Night, South St. Anthony Park Rec. Center, 7-10 p.m.

30 SUNDAY

■ Easter

31 MONDAY

■ St. Paul school's resume after spring break.

■ AA, St. Anthony Park Lutheran Church, 8 p.m. Call 770-2646. Every Monday.

■ Boys Scouts, St. Anthony Park United Church of Christ, 7 p.m. Call 644-4175. Every Monday.

1 TUESDAY

■ Toastmasters, Hewlett Packard, 2025 W. Larpenteur, 7:30 a.m. Call 649-4265. Every Tuesday.

■ St. Anthony Park Garden Club meeting, St. Anthony Park Library, 7 p.m.

2 WEDNESDAY

■ St. Anthony Park recycling day.

■ Leisure Center, St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Every Wednesday.

■ "Ask Us" Block Nurse, First Bank, University and Raymond, 11 a.m. to noon.

3 THURSDAY

■ Parent-child play group, South St. Anthony Rec Center, 890 Cromwell Avenue, 10 a.m.-noon. Every Thursday.

■ Physical Planning Committee, St. Anthony Park Community Council, 890 Cromwell, 5 p.m.

■ Kindergarten Round-up, St. Anthony Park Elementary School, 1:30 to 3 p.m.

4 FRIDAY

■ Falcon Heights and Lauderdale recycling day.

■ Youth Activity Night — grades 7 to 12 — St. Anthony Park United Methodist Church, 7-11 p.m. Every Friday.

5 SATURDAY

■ Teen Night, Langford Park Rec Center, 7-10 p.m.

■ Lutheran Mission Conference, Luther Seminary, day conference. Call 641-3487.

7 MONDAY

■ Como Park recycling day

■ "Jews and Christians Study the Book of Ruth," Luther Seminary, all day conference. Call 641-3416.

8 TUESDAY

■ Lauderdale City Council, City Hall, 1891 Walnut Street, 7:30 p.m.

■ St. Anthony Park Community Council Elections, Seal Hi-Rise for South St. Anthony Park and St. Anthony Park Library for North St. Anthony Park, 2 to 9 p.m.

■ St. Anthony Park Community Band rehearsal, Como High band room, 7:30 p.m. Call 642-1529.

9 WEDNESDAY

■ Falcon Heights City Council, City Hall, 2077 W. Larpenteur, 7 p.m.

■ St. Anthony Park Community Council, 890 Cromwell, 7 p.m.

12 SATURDAY

■ Rummage Sale, Corpus Christi Church, 2131 Fairview Avenue N., 8:30 a.m. to 3 p.m.

■ Teen Night, South St. Anthony Park Rec Center, 7-10 p.m.

14 MONDAY

■ Park Press, Inc. — Park Bugle — board meeting, ParkBank, 7 a.m.

15 TUESDAY

■ Lauderdale Planning Commission, City Hall, 1891 Walnut Street, 7:30 p.m.

■ District 10 Como Community Council, 7 p.m., call 644-3889 for location.

16 WEDNESDAY

■ St. Anthony Park recycling day

■ "Ask Us" Block Nurse, Park Bank, Como and Carter, 11 a.m. to noon.

■ Langford Booster Club, Langford Park Rec Center, 7:30 p.m.

18 FRIDAY

■ Falcon Heights and Lauderdale recycling day.

■ Music in the Park family concert featuring The Cavani String Quartet, St. Anthony Park Branch Library, 6:15 and 7:30 p.m.

19 SATURDAY

■ Lauderdale "500" Club, City Hall, 1891 Walnut Street, 1 p.m.

■ Teen Night, Langford Park Rec Center, 7-10 p.m.

■ FareSHARE distribution and registration at Holy Childhood Catholic Church, 1435 Midway Pkwy., 9:30-11 a.m. Call 644-7495; or St. Anthony Park Lutheran Church, 2323 Como Avenue., 8:30-10:30 a.m. Call 645-0371.

20 SUNDAY

■ Music in the Park presents The Cavani String Quartet, St. Anthony Park United Church of Christ, 4 p.m.

21 MONDAY

■ Como Park recycling day.

■ Falconeers Senior Club, Falcon Heights City, 2077 W. Larpenteur, 1-3:30 p.m.

■ St. Anthony Park Block Nurse Program, board meeting, St. Anthony Park Library, 7:30 p.m.

22 TUESDAY

■ Passover

■ Full Moon

■ Lauderdale City Council, City Hall, 1891 Walnut Street, 7:30 p.m.

23 WEDNESDAY

■ Housing and Human Services Committee, St. Anthony Park Community Council, 890 Cromwell, 5:30 p.m.

■ Environment Committee, St. Anthony Park Community Council, 890 Cromwell, 7 p.m.

■ Falcon Heights City Council, City Hall, 2077 W. Larpenteur, 7 p.m.

25 FRIDAY

■ St. Anthony Park Bank Diamond Club outing to *Don't Dress for Dinner*, Fanny Hill Dinner Theater, 10 a.m. Call Marvin or Gloria at 647-0131 for information.

26 SATURDAY

■ Teen Night, South St. Anthony Park Rec. Center, 7-10 p.m.

28 MONDAY

■ Falconeers Senior Club, Falcon Heights City, 2077 W. Larpenteur, 1-3:30 p.m.

29 TUESDAY

■ Teen Night, South St. Anthony Park Rec. Center, 7-10 p.m.

30 WEDNESDAY

■ Lawn Care Workshop, Langford Rec Center, 7-8:30 p.m.

■ Food drive with recycling, St. Anthony Park.

Items for the May Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, April 11.

The Community Calendar is sponsored monthly by

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- Office and Retail Space Leasing
- Property Management
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