Jay Benanav goes to City Hall
City Council member set to represent constituents
by Jody Woodward

Terrie Coleman and Jay Benanav don't have many things in common. They're both native New Yorkers who have chosen to raise their families in St. Paul. They're both veterans of the student activist movement of the 1970s who moved toward closer ties with the business community as their careers progressed. They're both married to lean, boyish good looks that belie their 40-something years. And, since November, they're both elected officials of the city of St. Paul.

One difference, though. Benanav is a DFLer.

Benanav (pronounced BEN-uh-nuff), the newly elected City Council member for the 4th Ward, acknowledges the resemblance. "I don't necessarily share Mayor Coleman's vision for the city. But we're from the same generation and the same place. Maybe it will help us to communicate."

Communication, said Benanav, is going to have high priority in his term in office.

"I'd like to be known for being accessible to my constituents. I don't want people to think that I'm in a glass box. I can meld different opinions and come up with a resolution.

Although Benanav has never held elected office before, his interest in politics dates back at least four decades. He remembers being the only kid in his Yonkers, New York 4th grade class who favored John F. Kennedy in the 1960 presidential election. By 1976 Benanav had a newly minted law degree from St. John's University in New York where he got his first job — as counsel to the Minnesota State Senate. Says Benanav of the decision to move to Minnesota, "It was pure happenstance. My wife and I had no Minnesota connections.

All we knew about Minnesota was The Mary Tyler Moore Show. But I did know about the state politically as the home of Eugene McCarthy, Hubert Humphrey, and Walter Mondale."

After several years of working for the Minnesota Senate, Benanav decided, "Instead of being a staff member for the Senate, why not just do the job?"

In 1982 he ran for the State Senate seat representing the Highland Park/Orangeville/Macleaster areas. He lost by 180 votes.

By this time Benanav and his wife, Lucy Kamson, had had the first of their three sons. With family obligations mounting, Benanav turned his focus to private life. He became the President of WCRA, a reinsurance company for self-insured employers and other insurance firms. The 15-year hiatus from 1982 to 1997 didn't dampen his interest in public policy and by this year he was ready to make another try for public office. He was elected in November to succeed retiring City Council member Bobbi Mergel.

Commenting on Mergel's sometimes abrasive relations with Coleman, Benanav said, "Clearly, there were hard feelings between Bobbi and the mayor. Bobbi suffered the consequences of pushing the neighborhood's agenda." He added, "I work downtown and..."

Laura Kuettel brings zest to Falcon Heights council
by Kristin D. Anderson

"We're nestled between St. Paul and Roseville, but sometimes people think they live in St. Paul. I want people to know how wonderful it is to live in Falcon Heights," said Laura Kuettel, Falcon Heights City Council member. "That's my mission!" Not content with being a community booster, Kuettel hobnobs herself as being a community builder. But this woman, who doesn't believe in barriers of any kind, is not bound by the city limits.

Her volunteer work has taken her from the solid waste commission and getting recycling and garbage pick-up on the same day to master gardening at Dayton's Bluff, where she worked with the composting and community gardening. She volunteers weekly in the classroom as a parent helper, and does horticulture therapy at Children's Hospital and the epilepsy ward at United. Teaching second graders on Wednesday evenings at St. Agnes Catholic church has changed to attending council and commission meetings.

She was instrumental in negotiating a contract with St. Paul for advanced life support for 911 calls, and she promoted the new Falcon Heights Christmas lights display.

Kuettel's father was a first generation American, growing up with the strong work ethic and commitment to community involvement that was modeled by his Polish parents. Now it is Kuettel who is living those values and modeling them for her children. Alex, Drew and Catie.

Recently elected to City Council after serving 18 months as an appointee, Kuettel describes herself as a free spirit who likes to go barefoot 12 months of the year. She loves to see barriers broken down; barriers between cultures, generations, and economic levels.

As she works and gives, she thinks about what she is getting. "The closest I'll ever get to Hawaii is going into the greenhouses in January. A parent told me, This is the first time my child has smiled in a week." She watches her children visit and hug the..."
St. Anthony Park Community Council

NEWS

Thanks to all who attended the St. Anthony Park Community Council’s Annual Holiday Meeting at Luther Seminary. Special thanks go to Deborah Kuehl, her staff, and Luther Seminary for hosting the meeting and providing the absolutely delicious food!

The St. Anthony Park Community Council will meet again on January 7 at 7 p.m. in the Community Room at the South St. Anthony Park Recreation Center. Meetings are open to the public, and neighbors are encouraged to attend.

In regular business the Council:

- Voted to seat Mary Jackson as a delegate from South St. Anthony Park. Welcome Mary!
- Made and passed a motion to accept renewal of a game room license at 2422 University Avenue, True Mt Billiards.
- Heard a report on the progress of fundraising for the SAP Library addition from Art Lee West, and passed a motion to purchase a paving brick for $250.
- Approved the 1998 Budget unanimously.

Alternates sought for business delegation and South St. Anthony Park

The SAPCC is seeking two business alternates and two South St. Anthony Park alternates to round out this year’s Council. Meetings are held once a month, and the time commitment is about two hours. Alternates may also elect to sit on one of the constituent committees — Physical Planning, Housing and Human Services, or Environment. If you’re interested, please call Heather at 292-7884.

1998 Crime Prevention Goals

Theft is up citywide and nationwide. For 1998, the St. Anthony Park Community Council’s Crime Prevention Program wants to cut theft by 50 percent. Do you want to know more? Plan on attending one of our January block club meetings:

January 14th 7 p.m.
Langford Park Recreation Center Community Room.

January 26th 7 p.m.
South St. Anthony Recreation Center Community Room.

We need your input to determine other goals for the New Year. Current blockworkers and those interested in becoming blockworkers are invited to attend. Refreshments will be served. Representatives from the St. Paul Police Department Crime Prevention Unit will be on hand to answer questions, pass out literature, and give us information.

Benanav... from page 1

I have nothing against it. But I’d like to develop a neighborhood agenda. We need to look at housing stock. How do you get people to repair or maintain housing when they are living on fixed incomes? I’d like to look at longer hours for libraries and rec centers.”

One issue that Benanav knows may strain relations at City Hall is the upcoming prospect of building, at public expense, a home for the new pro hockey team which is coming to St. Paul. Noting the reluctance of Minnesota taxpayers to subsidize pro sports, Benanav said of the hockey arena, “There’s going to be a battle. I may not have voted for hockey, but it’s done. We’re on the hook for 65 million. It’s going to happen. I hope the state will do its share, because if we don’t get relief from the state, St. Paul taxpayers may ultimately get stuck with the bill. But I know it’s going to be a hard sell.”

Benanav also looks to the state for help with St. Paul’s overburdened public school system. “The state needs to be fair in school funding. School funding should come from state tax revenues rather than primarily from property taxes. If the state mandates educational programs, they should help us pay for them. Otherwise, social problems will eventually flow into the suburbs.”

Although Benanav’s own children attend St. Paul Academy, he opposes the idea of educational vouchers. He explained, “As a parent, I have to do what’s best in my situation. My oldest kid had needs which couldn’t be addressed in public school. But I don’t expect the public to pay for my educational choice. My wife is a substitute teacher in the St. Paul Public Schools. I think there are some wonderful public schools, and some that aren’t so wonderful because of social problems.”

Social problems are a theme that recurs in Benanav’s discussion of St. Paul. “Much of Ward 4 pays the bill for social problems in Frogtown and the East Side.” To deal with these problems, he said, “we need to stabilize the tax base. This means we need to entice business and to encourage business to stay in St. Paul.”

Unlike Megard, his predecessor, Benanav does not live in St. Anthony Park. Still, he believes to have gotten a detailed knowledge of the area during his campaign. He cited one local example — going door-to-door in almost every block in the district. “Voter turnout is huge in the Park. People are active and care about their neighborhood. In fact I liked everything about the area except walking up your hills in summertime when I was knocking on doors for votes,” reported Benanav, a resident of the Groveland/Macalester flats.

Photo by James O’Halloran

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Excessive User: Harbor Werthman
The Close's Skywater furniture flies again
by David Anger

Organic shapes contrasting with sharp edges, comfort, and simple construction procedures define Elizabeth and Winston Close's Skywater furniture collection, which is now being reproduced by the Minnesota Historical Society at surprisingly popular prices.

In the summer of 1941, writer Dagmar Doneghy Beach and her husband, Warren, commissioned the Closes to design, build and furnish a weekend retreat on the St. Croix River for the penny-pinching price of $1,200.

Elizabeth and Winston Close's Skywater furniture embodies the modernist ethos of achieving sublime aesthetic results through simple materials.

Confined by a $50 budget for furnishings, the husband and wife architectural duo designed and constructed a table, chair and stool for the Beach's hideaway, which became known as Skywater. The furniture embodies the modernist ethos of achieving sublime aesthetic results through simple materials. It also recalls the art of the time, from Alexander Calder's sculptures to Charles Biederman's paintings.

Idealism and innovation were the guiding principles of Close Associates, the architectural firm founded by Elizabeth Scheu and Winston Close. Members of the first generation of modernists, the Closes met in graduate school at MIT. Soon thereafter they moved to Minnesota, becoming guiding lights of the state's modernist design movement. Here, the University Grove residents were fortune's couple, designing more than 150 custom homes throughout the country plus several non-residential commissions. All along, Winston Close maintained a position on the University of Minnesota's staff, overseeing the institution's architectural evolution. The couple sold Close Associates in 1987.

Replicas of the table, chair and stool, made from 13-ply Baltic birch plywood, are available ready to finish and assemble. True to its modernist roots, the Skywater furniture exquisitely combines comfort and function. To order Skywater replicas call the Minnesota History Center's store at 296-4094.

Kuettel . . . from page 1
everyday, just as she does.

"When barriers are broken down, things happen." When her family lived in the Highland area in pre-recycling days they were in a long block of 12 houses. Kuettel wanted to recycle newspapers, so she hunted until she found a church that wanted them. Going up and down her block she talked to people and made arrangements to pick up their newspapers; she would gladly do the hauling. "First you get to know people, then you wave, and then you watch out for each other."

The process is the same for all ages. "Break down the barriers. Talk to each other," she reiterated. Working in the flower garden at the school one day, she realized how close she was to the basketball court. "I called out, I have the hose running. Would you like some water, I'm going to have the sprinkler going. I won't tell your buddies if you run through it!"

She started them, a grubby, sweaty adult choosing to speak to them. Kuettel was glad for the opportunity. "If you're accepted right where you're at, you don't have to try so hard to keep this persona going."

Personal contact. Breaking barriers. Self care. This third goal is vital to Kuettel. Her business includes working part-time for her husband, Paul, but with that as well as her other activities she is careful to monitor her wellbeing. Twelve years ago she experienced an adult onset of asthma, which has become progressively worse. "I don't carry a laundry basket any more," she said, hoping to avoid another hospital stay. "But with a philosophy of, "If it doesn't kill us it will make us stronger," she meets this challenge, like all others, head-on. She researched for the best lung doctor. She meets her need for solitude and spiritual power. She has learned relaxation with tai chi and chi gung. She attends to her daily requirements of two oral medications and four inhalers. "It's not controlling me. I'm controlling it."

One time she wasn't in control was right after high school, when "Paul's younger brother and my younger sister were dating. They set us up." Kuettel had planned on going to college, majoring in theology and philosophy. Instead, after doing some course work, she married and began the path she's now on, the path that brought her to a Falcon Heights coffee house and another chance to boost her community.

"There's a small town feeling when you go to City Hall. On the council our bottom line is non-political; spend money as wisely as we can and do the best for the community." Here are her favorite phrases: "Falcon Heights is rural-urban, the best of both worlds. You can smell the 'fragrance' of farm life. "Larpenteur used to be called the avenue of flowers." "People just don't want to leave the area."

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Every penny counts

T he editorial department talked with the advertising department, advertising meant with circulation, circulation conferred with production, and production held a power breakfast with the art department before deciding not to buy the Star Tribune. Surprise. You see, the St. Anthony Park Community probably wouldn’t go for us building a skyscraping edifice at 2301 Como Avenue and frankly, after much soul searching, running a daily newspaper is a big task for a bunching part-time staff of five.

Instead, the Bugle is doing what it does best — producing a monthly, grassroots and non-profit neighborhood newspaper that’s a definite forum for all the news that’s fit to print. Sometimes our issues are stellar, occasionally lukewarm, although never lacking good intentions. Even better, this newspaper is the only press solely devoted to news about Falcon Heights, Loring Park, Park Como and St. Anthony Park and their residents.

As community newspapers go, ours is confident and thriving, while barely wealthy. Still, neighborhood pressures are fragile economic endeavors, lacking deep pockets. When the Bugle launched its inaugural issue in July of 1974, it had 26 full-time newspaper workers and by 1978 there were 37. Nowadays, the Twin Cities boasts less than 20 papers, many of which are teetering on the edge of bankruptcy.

Fortunately, the Bugle sits in good financial health, aided by our annual grassroots fundraising campaign. This year the paper is ahead of last year’s tally, although far short of our $25,000 goal. Contributions fuel our daily operating budget plus help us prepare for rainy days and our forthcoming 25th anniversary edition. Please remember us.

Next Issue January 29

Display ads January 15
News & classifieds January 16

PARK BUGLE

2301 Como Avenue, Box 8136, St. Paul, MN 55108
646-5369 a bugle/minn.net


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

The Bugle is printed at Shakopee Valley Printing and published the last Thursday of each month. It is distributed free by Independent Delivery Service to residents of St. Anthony Park, Falcon Heights and Loring Park and to local businesses.

Subscription rates are $12 per year, $8 for senior citizens.

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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.

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LETTERS

Have you made a New Year's resolution?

Rand Clausen, Lauderdale

I resolve to do more painting in the next year.

Fuzanne Fontle, St. Louis Park

I want to become more active in the community. I will also try to take more responsibility for the world around me. If something needs to be done, instead of just talking about it, I will make an effort to do it.

Photographs and interviews by Suman Elion

The BUGLE ARCHIVES

20 YEARS AGO . . . COMPASS sponsors mural art competition . . . Copper Dome antique store opens in Milton square . . .
15 YEARS AGO . . . Victory House, a half-way house for alcoholics, opens in South St. Anthony Park . . .
Elizabeth Smith's 'Exploring the Twin Cities with Kids' becomes a best seller . . . Bayless Place condominiums for sale . . .
10 YEARS AGO . . . St. Anthony Park Community Council supports measures to restrict porn businesses from moving in . . .

Q & A

Marvin Chapple is the guy in the neighborhood who has always known how to get the extra mile in service to clients. As long as the bank never lets him retire, customers will be served. Besides, it has been fun to abuse him over the years.
So, best regards to all of you. It's been a pleasure.
Dale Tension

CLIP AND SAVE THE BUGLE’S 1998 DEADLINES

DISPLAY AADS

Thursday, January 15
Friday, January 17
Thursday, March 12
Thursday, April 16
Thursday, May 14
Thursday, June 11
Thursday, July 16
Thursday, August 13
Thursday, September 10
Thursday, October 15
Thursday, November 12

Thursday, December 10*

* Please note the December 1998 deadlines. The dates printed in last month's Bugle were incorrect.

NEWS AND CLASSIFIEDS

Friday, January 16
Friday, February 13
Friday, March 13
Friday, April 17
Friday, May 15
Friday, June 12
Friday, July 17
Friday, August 14
Friday, September 11
Friday, October 16
Friday, November 13
Friday, December 11*

I want to keep the Bugle strong and can contribute at the following level:

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Thank you for your gift!
Celebrity writer
by Michelle Christianon

"M"ichelle! I turned around at the sound of my name and looked expectantly around the bank for a friend or acquaintance, but now only a man I had never seen before.

"Aren't you Michelle who writes for the Bugle?" he asked with a puzzled expression. I nodded yes. "I read your articles."

Ah! The light dawned. He knew me! Even though we never met before he felt that we were connected in some way.

He introduced himself and we exchanged a few pleasantries and parted.

I've been on the other side of this equation. There was a woman named Jory Graham who wrote for the Star Tribune in the early 1980s. The name of her weekly column was "In the Company of Others" and it was about her experiences having cancer. She wrote with warmth, compassion, insight and bittersweet humor. I never missed her writing and felt that in a way we were friends.

As the months passed I became aware that she wasn't getting better. Then one Saturday the paper printed her last column with a note that she had died that week. My family didn't know why I was sobbing as I read the paper that day and in some way we were both there. We had never met face to face, never spoken together, never laughed at each other's jokes. Yet I felt that I had lost a friend.

I won't tell you that some others of you share another "newspaper friend" with me. When my sister bought her first house she informed me that she lived on the same block as Al Sicherman, who was supposed to impress me. So I thought that I had better start reading his cooking columns in the Sunday Women's Section (this was a long time ago). He was hilarious! He wrote "theme" columns about his quest to grow up tomato plants and parade, how to make carbon copies of Fair Food and Hostess specialties, how to make whole dinners out of Spam or hot dogs, including recipes. He wrote out recipes in rhyme, used puns excessively—is this possibly?—and generally left me feeling pretty good after I finished his column.

Then one Sunday morning the tenor of his writing was completely serious. His son had had a bad experience on LSD and kept to his death from an upper story window. His pain and sorrow were so evident that I cried for him, too. Then I made my son read the article. Every year on the anniversary of the death I hug my children, just as he tells us to do.

Now he has become Mr. Tidbit in the Sunday Stip and writes about not much of anything (stretching it to full column length; quite a feat) on Mondays. After all this time, he still makes me laugh and I really feel like I know him.

So, I was pleased to see that he would be at the State Fair one of the days in August. I looked at my schedule and made sure that I stopped at the Star Tribune booth when he was there. I met him in the bank! And do you know, he looked at me with that same expression I felt I wore in the bank that day. I may have known him, but sure as I'm knowin'! The truth of the matter is you do know me if you read what I write. I know that there are some (few) who have read this article I have written in the 11 years I have been writing for the Bugle. Those people know that I bike, ski, curl, and teach piano. They know that I have a specialty interest in the Boy Scouts and the Steel Drum program. They know that I am in a book club and work with the Schubert Club.

But the other truth of the matter is there are lots of things (stuck) you don’t know about me. Those are the kinds of things people don’t find out in casual conversation but learn through years of shared experiences. I suppose no one really knows all about another person and that’s what makes life interesting.

But if you don’t know all about me, chances are I am less knowin’ about you (especially if we haven’t met). When you see me at the bank, or at Speedy or at the gas station, walk right over and say hello. Tell me about the funny thing your dog did or the good restaurant you ate at last Friday night. Then maybe we can make this more than a one-sided friendship.

Thanks, readers, for contributing to the Bugle fund drive

With the contributions from these listed below, our fund drive has collected $11,300.

Thanks to these recent contributors and all the past contributors who have helped us reach this year’s goal of $25,000.

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Laurie McCann, the vinegar woman

Vinager has never been so lovely. Throw out your drab, dusty plastic bottle of plain white vinegar and feast your eyes on these: the deep red of raspberry vinegar or the mellow glow of lemony, rosemary and garlic vinegar. Prepare yourself for bottles crowned with blueberries, or the zest of cranberry and black pepper corn red wine vinegar. Imagine a suspended twist of orange peel in the orange and dill vinegar. Such specialty vinegars are the new breed of this once-bland staple.

These dramatic creations are those of Laurie McCann, local entrepreneur and businesswoman. What was once her hobby — she simply intended on making a few bottles of special vinegars as gifts for her family — has turned into a full-fledged business. Now she can't keep up with the demand, though she works on producing the specialty vinegars in all her spare moments (when she's not working at her full-time job), making up to 60 cases weekly.

McCann has a degree in architecture, but she discovered her real calling after working at a small gourmet food shop in the Hamps. Here, she met such celebrities as Martha Stewart and learned a great deal about the finer points of food.

The immediate appeal of these vinegars is their beauty — they look almost too good to use — but they're also quite delicious. The flavoring provided by roots, fruits, and herbs add delicate flavors and spice up nearly any meal, from adding a splash of flavor to salad dressings to providing a zesty marinade for drinking water — the vinegar helps to keep the water fresh and adds a hint of fruit flavor.

McCann uses the mixed pepper vinegar to replace tobacco sauce — in chili and Bloody Marys, for example. Orange dill makes for a great stir-fry. And all the vinegars can be used instead of olive oil.

Her cranberry and black pepper corn is made with red wine vinegar. Other flavors, which use white vinegar, include mixed pepper, orange dill, raspberries, blueberry, and rosemary, lemon, and garlic. She continuously experiments with new recipes and regularly prints a pamphlet full of new ideas. Her most recent creations are cranberry-aspic stuffed Cornish hens and a cranberry, shallot and currant relish.

McCann buys the fruits and herbs locally when possible. Every single vinegar is hand bottled—and this can take a lot of preparation. In the case of the raspberry vinegar, for instance, each berry is carefully hand rinsed, placed into the bottle one at a time, covered with vinegar, and allowed to age. Each bottle is then hand dipped in colorful hot wax 35 times for a thick, beautiful seal.

McCann has been approached by an investor who would like her to "go big," but she isn't interested. She notes that it's the personal touch that goes into each bottle that makes her product unique. "I wouldn't want to lose the quality by speeding up the process, and it's just more fun to make the vinegars myself," she said. With her special attention, she's given a whole new dimension to a previously bland and uninteresting food item.

Her vinegars are sold at Rosa Manuli and the Minnesota History Center store. Or you can reach her at 975-3864.

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1/4 cup flavored vinegar
1/2 cup olive oil
1 tsp dry mustard
2 cloves garlic (minced)
1/2 cup fresh lemon juice
1/2 cup fresh basil (chopped)

Mix together and put on chicken, beef, etc.
A letter from Lincolnshire

by Davie Artius

Collin and Susan McAllister, formerly of Raymond Avenue in St. Anthony Park, are now Bros, living in scenic Lincolnshire, where they operate a travel venture of rural English life. Highlights of their first-rate tour encompass rambling through the footpaths of the 150-mile Vicking Way, stops at Boston and Lincoln, antiquing foxes, and pints of lager.

Lincolnshire sits in northeastern England — south of Yorkshire, east of Nottinghamshire, north of Cambridgeshire and Norfolk, and west of the North Sea. It's a fascinating, understated place, England's second largest county actually. It's filled with hills and woods, fertile marshes, quaint villages, market towns, and the majestic city of Lincoln.

The McAllisters call a small village, in the heart of the Wolds, home. The kids attend the village school, Susan teaches business courses at Lincoln University, and Collin has rehabbed their new home called the Dairy Farm Cottage.

Today, the McAllisters are enjoying the quaint novelties of English village life. In fact, they've become absorbed with the historical significance and interesting twists of their new home and the understatement of its offering. Little commercialism exists in the area; tourism is only beginning to take a foothold. Lincolnshire is still a best-kept secret.

The McAllister's travel business is called Lincolnshire Larks, Unlimited, which offers Americans — especially their former Park neighbors — personalized exploration of England's most rural county. People stay at an inn near the family's abode, which affords the weary traveler privacy yet proximity to their trustworthy guides.

Omega Travel is the local agent for the McAllister's enterprise and can be reached by ringing 646-8858.

Progressive Dinner

Be a galloping gourmet on Saturday, February 21, 1998. Please join us for our 12th annual progressive dinner. What a great opportunity to meet neighbors, and enjoy a special meal.

Schedule of Events

5:30 - 6:20 Appetizers at the United Methodist Church, Hillside and Como
6:30 - 7:15 Salad and Bread
7:30 - 8:30 Main Dish
8:45 - 9:45 Dessert and Coffee

To participate, mail the following form to arrive by February 6, 1998 to Marcie O'Connor, 2168 Hoyt Avenue W., St. Paul, MN 55108. 645-2043.

Name ___________________________ Phone ___________________________
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We will host a course in our home for ______ people.

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**Appetizer course includes help with set-up, clean-up, and a small donation for paper goods. The lead appetizer hostess will contact you.

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Helping Older Neighbors Live at Home

St. Anthony Park Dental Care, 2278 Como Ave.
Todd Grossmann, DDS 644-3685 ▪ Paul Kirkegaard, 644-9216

St. Anthony Park Clinic, Dr. David Gilbertson, D.O.
Omar Tveten, M.D.
2515 Como Ave., 646-2549

Twin City Linnea Home
2040 Como Ave., 646-2544
Member of Ebenizer Social Ministries

Como Chiropractic Health Center, P.A.
1884 Como Ave., 645-8393
Raymond Gerst DDS
2301 Como, 644-2757

ST. ANTHONY PARK HOME

As 1997 comes to a close, we at St. Anthony Park Home wish to thank the churches and community for their support, gifts and many kindnesses during the Holidays. We were truly blessed with your goodwill.

Our gratitude and best wishes for 1998!

2237 Commonwealth 646-7486
SABBATH TIME

by Kristin D. Anderson

"A"ccomplish the feat of swimming the mighty Columbia River!" It sounded more like fun than my AARP membership that year I turned 55, so I registered for the Labor Day event from Hood River, Oregon, a stern wheeler ferried us across the Columbia, ten at a time. After a quick dive off the boat I settled into my long distance pace for the non-race, an easy sidestroke. I revealed in this new perspective of the beautiful forested hills. The air was brisk, with the early light promising sun while the moon lingered in its paleness. I could stroke or rest, whichever; the water did the work of holding me up. For me it was a Sabbath time.

I grew up thinking "Sabbath" was just an Old Testament word for Sunday. Not so. James Limburg, in Judaism: An Introduction for Christians, writes, "In the rhythm of their lives, devout Jews are to emulate the action of God: the Sabbath is a sign for ever between me and the people of Israel that in six days the Lord made heaven and earth, and on the seventh day he rested."

Peace of Mind

by P. Newman

The simplest, but most satisfying, pleasure I can think of is a Peace of Mind. No, Make that Peace-of-Mind Restored. That ominous thinking noise under the hood turned out to be a simple repair — not a new engine. The biopsy was negative. Your teenager is not lying dead in a smoking twist of metal—he just forgot to telephone. And so on.

Everything is back where it started. With one difference. You’ve had a brief glimpse of just how awful it MIGHT have been.

My own brush with the fragile condition known as Peace of Mind began with an innocuous commercial envelope: SECURITY ALERT! read the single sheet inside. OUR RECORDS SHOW THAT YOU HAVE NOT ACTIVATED THE SECURITY FEATURE THAT COMES WITH YOUR VISA CREDIT CARD! WARNING! IF YOU HAVEN’T RECEIVED YOUR CARD, CALL AT ONCE.

Me? Not activate a security feature? Me? The only passenger who ever follows along as the flight attendant demonstrates how to buckle the safety belt? I am to security features as a compulsive gambler is to Mystic Lake Casino. Inconceivable that I would be within three miles of a security feature and fail to activate it.

With mounting dismay, I opened to my wallet to check on the credit card. Quickly, I flipped through the small wad of hard plastic. There was the American Express, the Union 76 — but no VISA Card!

A minute ago I’d been tranquil and happy in my ignorance. Now I was creature unstrange by worry. Obviously, my credit card had been intercepted by miscreants who were probably spending their way through the fleshpits of Minnesota even as I wallowed in my costly ignorance.

A call to the credit card company only confirmed the worst. There were several hundred dollars of charges which had been reported within the last two weeks. I asked for specifics, and the picture became more fiendish still.

There was a charge to the Bible, a slip from Dayton’s, even a dinner charge from the Muffuletta. Clearly, the criminal was someone from my own neighborhood! What cunning, what audacity!

But wait! Just as I was about to begin accusing the those charges sounded unmissably the Muffuletta receipt? I asked the VISA placed the previous Saturday night. Is a recent dinner date? Yup. Someone is right, but the evidence suggested that I told the startled clerk. "I’ll call you if I had simply checked out my name the phone at the Muffuletta responsible credit card. You left it here Saturday. Peace-of-mind was returning in left to clear up. How could I have failed to called the VISA people back, spent honey on a cold January morning. "Or could you fall for that one? Of course.

M.Mariano & Co.

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Problem: Dry, chapped hands...

Solution: Paraffin Wax Dip

A professional in-salon treatment that moisturizes & nourishes even the worst damaged skin.

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Terri & Kim
Peaceful living

Search for Tomorrow — Simple lessons

Limit news sources. If you’re not working at CBS news, there is no reason to consume hours of news. A study by the Columbia School of Journalism found that people who watched a half hour of television news plus read a daily newspaper were as informed as those who spend evenings flipping from channel to channel. What ever you do, however, don’t stop reading the Bugle, please.

Resist technology. “Please fax me that letter and while you’re at it why don’t you E-Mail it and then mail it via Fed Ex. Oh, after you get a fax confirmation call me on my cell phone and, if you can’t reach me, leave a voice message. Got that?” No. The technology trap is exhausting. By resisting technology people take a bold step toward creating a simpler, more peaceful lives. This isn’t to say you need to dispose the computer and move to a remote tech-free commune. Instead, consider what technology is appropriate and essential in your daily life.

Cook. “I don’t have time to cook,” so I run over to McDonald’s for the kids. Then, I stop by D’Amico for us and while on the way home I pick up a pie at Baker’s Square.” Oh, how time saving. Now, try cooking one family meal on the weekend, setting aside an hour to do so. It will be more relaxing than running hither, thither and yon. Better still, cooking at home is generally far less expensive and more nutritious.

If time is precious during the week set aside time on Saturday and Sunday to cook great dishes for the week ahead.

Shop locally. Time spent malling is exhausting. Worse yet, it’s frustrating and pricey. Life is made easier by shopping closer to home, especially on foot. Admitedly, many smaller shops don’t offer the selection as the mega giants. So, Speedy Market doesn’t carry Pellegrino water, ask Tim or Tom and chances are they’ll strive to oblige your request.

Protect your time. “Gee, honey, I’ve got a committee meeting tomorrow, tennis match on Tuesday and Thursday and another board meeting on Wednesday, Friday? Can’t, remember that fundraiser?” Wonder why you’re stressed, tired and your personal relationships are suffering. Look at the calendar and protect time for family, yourself and good, peaceful living.

— David Anger

when you received it. This is an ad for additional insurance! You PAY for this security feature.”

I don’t know where that woman is located. Somewhere far south of Minnesota by the sound of her voice. I’ll bet her job description doesn’t say a thing about restoring Peace-of-Mind to the customer. She probably doesn’t spend much time on the job thinking about simple pleasures either.

She should, though. She’s just given me simple pleasure about as strong as it comes. Thanks to her, Peace-of-Mind was mine once more.

CAR CREDIT
No matter what your current situation is, we have a large selection of lenders and programs that can put you behind the wheel.

Brice Graftstrom
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Large selection of
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Professional Service In Your Community
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Wednesday, January 14 at 7 PM
Margaret Perron, Julieanne Carver and
Mary Love will be reading their
collaborative works The Grace Trilogy:
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ST. ANTHONY PARK
Twin City Linnea Home’s new
affiliation
Twin City Linnea Home —
a boarding care residence at
2040 Como Avenue —
has a new corporate affiliation
with Ebener Social
Ministries, Minnesota’s most
comprehensive provider of
older adult services.

“Health care is changing so
rapidly,” said Twin City Linnea
Administrator Susan Thompson.
“The new affiliation will provide
us the resources necessary to
continue our mission and service
to the St. Anthony Park
community in the future.”

Luther’s Mid-Winter Convocation
Thomas Oden, James Killeen
and Charles Amjad-Ali head
Luther Seminary’s 60th annual
Mid-Winter Convocation
this month, which considers the topic
— “Pastoral Care in Historical Perspective.”
Oden, professor of theology and ethics at Drew
University, delivers three
lectures about “The Recovery of
Classical Christianity,” while
Killeen, Luther Seminary
professor of church history,
explores parish ministry and
pastoral care. Visiting professor
Amjad-Ali addresses the
convocation. The event runs
from January 7 to 9. For
information call 641-3419.

COMO PARK
No winter AARP meeting
The Midway-Highland Chapter
#530 of the American
Association of Retired Persons’
will not meet during January and
February. The group resumes its
normal schedule in March,
gathering at the Lynnhomsten
Senior Center, 1298 Pascal
Avenue.

La Leche League meeting
“The Advantages of
Breastfeeding” is the topic at
the next meeting of the Como-
Midway La Leche League
meeting on Tuesday, January
13, at 7 p.m. Mothers-to-be,
mothers, babies and toddlers are
welcome. La Leche League
meetings provide breastfeeding
information and support on an
informal, mother-to-mother
basis. For meeting location or
more information call Jeanne at
644-0302 or Faye at 489-6356.

YOUTH NEWS
Como Park ski team
The Minnesota Youth Ski League
began its 10th season last month.
Now, children ages 4 to 14, are
welcome to participate in the non-
profit venture, which meets on
Sundays from 2 to 3:30 p.m.
through February.
The weekly sessions consider
many aspects of skiing, including
proper clothing, equipment
selection, technique, introductory
ski games and advanced lessons
for those with some experience
on skis.
The program emphasizes fun
and fitness as the primary
elements of the family activity
with a focus on non-competitive
skiing as the best way to learn
and develop.
Each youngster should have
their own equipment plus
comfortable and warm clothing.
Equipment rental is also available
through the Como Ski Chalet.
For information call 487-6714.

Mounts Park Academy
open house
Prospective kindergarten through
12th grade students and their
parents are invited to attend an
Open House/Information session
at Mounts Park Academy on
Thursday, February 5 from 7 to
9 p.m. The school is located at

Holmes House
CENTER FOR INTEGRATED HEALTHCARE
FOR THE BEST IN CHIROPRACTIC AND INTEGRATED HEALTHCARE SERVICES
Chiropractic Acupuncture Therapeutic Massage Exercise Physiology Bodycomposition Analysis
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Join us in January
INTRODUCTION TO INTEGRATED HEALTHCARE:
INVITATION TO OPTIMAL HEALTH
January 13, 6-8:30, Light supper included
Call now for complimentary tickets

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Patricia L. Lawler, D.C., C.C.N., D.A.C.B.N.
Saint Anthony Park Bank Building
2265 Como Avenue, Suite #202
Saint Paul, Minnesota 55108
645-6951

From the Bugle archives

Tim Abrahamson
Construction
Fine Carpentry General Contractor
545-9775

From the Bugle archives
The "Purple Power" soccer team won the NSCA U-12 League Championship with a regular season record of 6-0-2 and with no goals scored against them last summer. They also won the playoffs with a 4-0 record. Winners — standing (left to right) Carle Grauver, Anna Fredrickson, Helga Midelfart-Vegar, Maria Woolson, Kristin Steckler, Axelle Swenson, and coach Mark Seeley. Seated — Anna Eaton, Leah Steckler, Ashley Peterson, Emma Seeley, Clarise Schwartz, Janine Johnson, Maggie O’Reilly, and Colleen Deyle. Not pictured Colleen Arnold, Mary Hogarty, Sara Watkins, Lily Revis and coach Mark Arnold.

2051 East Larpenteur Avenue in Maplewood. Call Eve Strohner at 777-6788 for information.

NOTICES

Home tour nominations
Every year, some of those who enjoy the popular Minneapolis and St. Paul Home Tour — now entering its 11th season — are seeking nominations of homes of all types and sizes to showcase during weekend of May 2 and 3. Home nominations are due no later than Friday, February 11, but are encouraged sooner. All homes will be selected by early March. Homes on the tour are typically not for sale.

To nominate a home for the tour, call the St. Paul Home Tour Office at 266-6562.

Creating successful print ads
Simple, direct and consistent advertisements are the best way to reach customers, advised marketing experts at a Bugle-sponsored workshop last November.

Jim Bernstein of Colle & McVoy Advertising and Steve Parker of Summit Graphics asked questions and gave advice to business people at the library.

Bernstein said that advertisers need to know their customers, which can be gleaned through questionnaires, informal conversations and focus groups. After polling customers, advertise can the direct their ads toward consumer needs.

So, what constitutes a good ad? A big headline, body copy, graphic, logo and address and phone number. In sum, Parker said, "Don’t fill up the ad; you need white space."

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Dr. Todd Grossmann
644-3685
Dr. Paul Kirkegaard
644-9216
2278 Como Ave.
Your neighbors in St. Anthony Park

2310 COMO AT DOSWELL • ST. PAUL OPEN EVERY DAY 7AM - 11PM

NEW!

HELIUM FILLED MYLAR BALLOONS

2 For $4.48
Reg. $4.98

Great selection of Christmas, New Year, Birthday, Get Well, Anniversary Balloons. New expanded selection of candles, gift wrap, cards, plates, napkins, tissue, bows and ribbon.

FRESH MUSHROOMS
8 OZ OR BROCCOLI BUNCH

CHERRY TOMATOES

98¢
98¢/LB

USDA CHOICE
RIB EYE BONELESS STEAK

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USDA CHOICE
T-BONE STEAK

$4.99 LB

FRESH

CHICKEN BREASTS

$1.49 LB

WE DO PHOTO FINISHING — SECOND SET OF PRINTS (31/2) FREE TUESDAY AND FRIDAY

Price good through Sunday
Jan. 11, 1998

645-7360

We reserve the right to limit quantities.
Home Traditions
Painting & Wallpapering
225-9661
Treat your house like a home.

EXHIBITS
Discover the beauty of “The Indian Sari: Draping Bodies, Revealing Lives” at The Goldstein, Museum of Design, beginning Sunday, January 25. Of all the arts that have flourished in India, draping cloth to dress the body is perhaps the most unique yet the least studied cultural phenomenon. The way an Indian sari is draped reveals differences in class, caste, occupation, fashion and geography.

The Goldstein exhibit explores the sophistication, vivacity and significance of draping styles of Indian saris in silk, hand-woven cotton and synthetic fabrics from the museum’s collection, French anthropologist and guest curator Chantal Boulangier, and area lenders.

The opening reception is set for Sunday, January 25, from 1:30 to 4:30 p.m. Boulangier delivers a lecture at 2:30 p.m. The museum is located on the University of Minnesota’s St. Paul campus at 244 McNeal Hall, 1985 Buford. It is open Monday - Friday, 10 a.m. to 4 p.m., Thursday, 10 a.m. to 8 p.m., and Saturday and Sunday, 1:30 to 4:30 p.m. Admission is free.

Experience St. Anthony Park photographer Doug Beasley’s exhibit — “The Nude, Form & Spirit” — at the Ice Box Gallery until the end of January. The Ice Box Gallery is located at 2401 Central Avenue NE in Minneapolis and is open Tuesday to Friday, 10 a.m. to 6 p.m. and Saturday, noon to 5 p.m.

MUSIC
The Music in the Park Series begins its Family Concert schedule on February 6 with “Strings and Stories,” featuring such string instruments as the mandolin, Chinese pipa (lute) and guitar. The first concert spotlights “Mandolin Mama” with Peter Ostrowski, Joan Griffin and friends. Performances are set for 6:15 and 7:30 p.m. at the St. Anthony Park Branch Library.

PoETRY
Hear long-time St. Anthony Park resident Gerhard Neuback read poetry at the St. Anthony Park Branch Library on Thursday, January 29 at 7 p.m. The event is co-sponsored by the library and Micawber’s Bookstore. Call 292-6635 for information.

The school built with an open mind is having an open house.

Thursday, February 5, 7-9 p.m.

To find out more about a fully accredited college preparatory school (K-12) that cares about kids, call (612) 777-2250. Mounds Park Academy, St. Paul, MN. Visit us on the web at http://mpa.prk12.mn.us

Thank-you to the community for your support this past year.

Happy New Year to All!

For More Information Call Carol Weber or Chris Stricker
636-3760

Edina Realty
COMMUNITY CALENDAR

25 THURSDAY
- Christmas

31 WEDNESDAY
- New Year's Eve
- Leisure Center, St. Anthony Park United Methodist Church, 9 a.m. - 1 p.m. Every Wednesday

1 THURSDAY
- New Year's Day

2 FRIDAY
- Falcon Heights and Lauderdale recycling

5 MONDAY
- St. Paul Public Schools resume after winter vacation
- Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m.
- AA, St. Anthony Park Lutheran Church, 8 p.m. Every Monday.

6 TUESDAY
- Toastmasters, Hewlett Packard, 2025 Larpenteur Avenue, 7:30 a.m. 643-6675. Every Tuesday.

7 WEDNESDAY
- St. Anthony Park recycling
- Mid-Winter Convocation, Luther Seminary
- St. Anthony Park Community Council, South St. Anthony Rec Center, 890 Cromwell, 7-9 p.m.

8 THURSDAY
- Mid-Winter Convocation, Luther Seminary
- Parent-child play group, South St. Anthony Rec Center, 890 Cromwell Avenue, 10 a.m. - noon. Every Thursday.
- St. Anthony Park Community Council Physical Planning Committee, South St. Anthony Rec Center, 890 Cromwell, 5 p.m.

9 FRIDAY
- Mid-Winter Convocation, Luther Seminary

12 MONDAY
- Como Park recycling
- Park Press Inc., — Park Bugle — board meeting, ParkBank community room, 7 a.m.
- Falconeers Senior Club, Falcon Heights City Hall, 1-3:30 p.m. Call 488-3361 or 644-0055.

13 TUESDAY
- Lauderdale City Council, City Hall, 7 p.m.

14 WEDNESDAY
- Falcon Heights City Council, City Hall, 7 p.m.
- St. Anthony Park Community Council’s crime prevention block club meeting, 7 p.m. Langford Park Recreation Center Community Room.

15 THURSDAY
- Wendell Ferrihies leads a six-week study of the prophet Jeremiah at St. Anthony Park Lutheran Church, 7 p.m., in the Parish Hall.

16 FRIDAY
- Falcon Heights and Lauderdale recycling

17 SATURDAY
- Lauderdale 500 Club, Lauderdale City Hall, 1891 Walnut Street, 1 p.m.

19 MONDAY
- Martin Luther King Holiday

20 TUESDAY
- District 10 Como Community Council. Call 644-3889.
- Lauderdale Planning Commission, City Hall, 1891 Walnut, 7:30 p.m.

21 WEDNESDAY
- St. Anthony Park recycling
- Langford Booster Club, Langford Park, 7:30 p.m.

24 SATURDAY
- Langford Park’s annual Winter Sports Days

25 SUNDAY
- Langford Park’s annual Winter Sports Days
- “The Indian Sarf: Dripping Bodies, Revealing Lives” opens at The Goldstein, Museum of Design, 244 McNeal Hall, 1985 Buford Avenue. 120-4:30 p.m.

26 MONDAY
- Como Park recycling
- Falconeers Senior Club, Falcon Heights City Hall, 1-3:30 p.m. Call 488-3361 or 444-0055.
- St. Anthony Park Block Nurse Program Board of Directors meeting, St. Anthony Park Branch Library, 7:30 - 9:30 p.m.

27 TUESDAY
- Lauderdale City Council, City Hall, 7 p.m.

28 WEDNESDAY
- St. Anthony Park Community Council Housing and Human Services Committee, 890 Cromwell, 5:30 p.m.
- St. Anthony Park Community Council Environment Committee, 890 Cromwell, 7 p.m.
- St. Anthony Park Community Council’s crime prevention block club meeting, 7 p.m. South St. Anthony Recreation Center Community Room.
- Falcon Heights City Council, City Hall, 7 p.m.

29 THURSDAY
- Long-time St. Anthony Park resident Gerhard Neuback reads poetry, St. Anthony Park Branch Library, 7 p.m.

30 FRIDAY
- Falcon Heights and Lauderdale recycling

Items for the February Community Calendar must be submitted to the Bugle office by 4 p.m., Friday, January 16.

The Community Calendar is sponsored monthly by

Wellington MANAGEMENT, INC.

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- Property Management
- Investment Real Estate

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General Contracting
222-8701 Brad Nilles

Ann McCormick’s
Hair Styling Salon
Men & Women
644-3926
Tuesday - Saturday by appointment
1540 Fulham, St. Paul (in St. Anthony Park)
OBITUARIES

Joan Brandt
Joon E. Brandt, age 73, died on November 17, after a struggle with cancer. She lived in Energy Park, but before that, she was a long-time resident of St. Anthony Park. Brandt was a member of St. Anthony Park United Methodist Church and was active in the community. Preceded in death by her parents, and by her brother, Richard Collins, she is survived by sons, Rick, Marty, and Jon; daughters, Christie DeWitt and Rebecca Brandt; four grandchildren; and sisters, Nancie Nickerson and Miriam Bonsclair.

Dorothy Johnson
Dorothy Jane Kulenkamp Johnson, age 76, died on November 16. She grew up in Como Park, spent most of her life in St. Anthony Park, and lived her last years back in Como Park. Johnson graduated from Murray High School and was a member of Wrengdale Presbyterian Church.

Leilani DePauw
The Reverend Leilani R. DePauw of Falcon Heights died on November 14. She was 54 years old. She was preceded in death by her husband, Michael, and survived by her family and friends.

Evelyn Gish
Laurelwood resident Evelyn L. Gish, age 83, died on November 29. For 21 years Gish was a librarian at the University of Minnesota Entomology Library. Survivors include her husband of 57 years, Neal; sons, Charles and John; daughter, Janet Penn; eight grandchildren; and sister, Marion Sanderson.

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PROFIT FROM explosive growth of the INTERNET. Leading online yellow pages service has launched a new direct sales division. Quickly earn uncomfortable commission and residual income. 484-0460.

PROFESSIONAL SERVICES
PASSPORT PHOTOS-10 plus tax, International House, 1694 Como Ave. Hours Mon.-Fri. 9-9 a.m.; Sat. 1-6 p.m.; 4:30 p.m.
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SWISS GARDENS: An old world approach to the art of distinctive landscape design and installation. Call Philippe at 642-9985.

CHILD CARE
CHILDREN'S HOME SOCIETY CHILD CARE CENTER, Roseville. Serving ages 16 months through 5 years. Open 6:30 a.m. to 6:00 p.m., Monday-Friday. For information, please call 636-4495.
HAPPY NEW YEAR from PARK ANGELS DAY CARE.
HOUSING
FOR RENT: ST. ANTHONY PARK, 2186 Scudder St., 2 bdrm. apt., security bldg, deck, central ac, off street parking. 646-5368 (Tony), 644-3485 (Rob).
FOR SALE
SALOMON 91 ENERGY SKATE X-C BOOTS. Like new, women's size 9 (Timpanogos 417), $120. 644-5188.
FOR SALE: Washer and dryer. Large capacity, begon Kenmore. Excellent condition; used only two years. Owner negotiable. Kristin D. Anderson 647-9480.
FRIED WOOD STOVE, good condition, 644-4151.

ATTENTION NEWCOMERS TO SA! Welcome to the neighborhood! For more information on the area and coupons. For delivery call: 644-5999, ask for Pilot or Susan, address and phone number. Compliments of New Neighbor Team of St. Anthony Park Association.

VOLUNTEERS NEEDED to assist with socializing and cleaning, at Feline Rescue Inc., a non-profit, no-kill cat shelter, located in South St. Anthony Park. If you have a few hours to spare, and enjoying being with cats, please give us a call at 659-0902.

EMIL GAUSTADSEN JEWELERS
2278 Como Ave. St. Paul – Next to the Bibliothec

Thank you to my friends in St. Anthony Park for the support and friendship they have extended to both my son, Jool, and myself this past year.

To you all...
May 1998 bring to you and your families the Joy of Love
the Joy of Good Health
and the Joy of Peace

Suzanne M. Santel

LUTHER SEMINARY
2481 Como Ave., St. Paul

Jan. 5-Feb. 9 Lay School of Theology
Three courses offered: "Novels, Films, and the Synthesis of the North," Gracia Grindal, professor of rhetoric; "A Word from the Wise: Proverbs and Ecclesiastes for Today," James Limburg, professor of Old Testament; "Luther for the Third Millennium," Gary Simpson, associate professor of systematic theology. All classes meet Mondays, 7:00-9:00 p.m. (except on Jan 30, Martin Luther King, Jr. Day) in Northwestern Hall at the Luther Seminary campus (corner of West 29th Ave. and Fullham St. east from Como Ave.). Cost: $40 per course in advance or in Northwestern Hall before the first class. For more information, call 641-3166.
Cats . . . from page 1

enjoy seeing how the animals thrive in a safe, nurturing environment. One of the more dramatic cases is a cat named Star, who came to the shelter after a group of kids cut off one of his paws. When he arrived, he was hostile and difficult to handle. Now, after gentle encouragement from volunteers, Star is friendly and allows people to pet him. Many other cats have similar stories; they come to the shelter looking battered and bedraggled, but soon blossom under the care of the volunteers.

The shelter is open to the public Monday through Friday, 9 to 11 a.m. and 3 to 7:30 p.m.; Saturday, 9 a.m. to 7:30 p.m.; and Sunday, 3 to 6 p.m. During these hours, people can come by to bring cats in or to look for a cat to adopt; they can also call for an appointment if they can't come during regular hours. Board member Richard Siegell says the shelter is currently closed for intake (they are licensed for 65 cats), but people with cats needing shelter can call Feline Rescue at 642-5900 for referral to another shelter.

A Natural Foods Grocery
Fresh Sandwiches, Soups Salads & Bakery
Gifts, Books, Housewares

HAMPDEN PARK CO-OP
M-F 9-9 Sat. 9-7 Sun. 10-7
928 Raymond St. Paul 644-6686

A Lively Collection of Gifts, Clothing & Jewelry

THE BIBELOT SHOPS
2276 Como Avenue, St. Paul • 646-5651
1082 Grand Avenue, St. Paul • 222-0321
4216 24th Ave. South, Mpls. • 926-3176

LIFE IN THE CHURCH: COME AND SHARE

BETHANY BAPTIST CHURCH
Salem at Cleveland at Roselawn, 614-0221
Bethany Baptist Morning Worship 10:45 am
Sunday School 9:30 am
Pastor Bruce Petersen
Filipino-American Worship 11 am
Pastor Ronald Roman

COMO PARK LUTHERAN CHURCH
1376 Hoyt Ave W. 646-7127 Handicap accessible
CPLOntact Ministry 644-2897
Sunday Schedule (Nursery Provided)
9:30 a.m. Education Group Worship
9:30 a.m. Sunday School
10:00 a.m. Adult Forum, Youth Forum
Wednesday Schedule:
9:00 a.m. Bible Study
5:15 pm Meal for members
6:30 pm Choir Rehearsal
6:45 pm Evening Choir Rehearsal
7:00 pm Youth Group
7:30 pm MITE/PEACE (High School Youth)
8:00 pm Wednesday Evening Worship
9:00 pm MITE/PEACE (High School Youth)
10:00 pm Youth Group
11:00 pm Adult Forum

CORPSUS CRISTI CATHOLIC CHURCH
2375 N. Park Ave. at Country Club Rd B. 507-0080
Meaningful liturgies in a new worship space
A welcoming community
Handicap accessible
Sunday Mass 8:30 a.m.
Sunday School 9:30 a.m.
Adult Education Class noon

MOUNT OLIVE EV. LUTHERAN CHURCH
(A WELS CONGREGATION)
THE CHURCH WITH A SMILE
Handicap accessible
Wheelchair available
1600 Amsterdam at Pascal. 645-2575
Sunday Worship 9 a.m.
Sunday School and Adult Bible Class. 10:30 a.m.
Dec. 24, 7 p.m New Year Eve Services

PEACE LUTHERAN CHURCH
YOU ARE INVITED TO JOHN 13:34
1744 Walnut at Lone. 1 block north of Larpenteur. 644-5440
Sunday School, Adult Education and Bible Study 9:15 am
Sunday Worship: 10:30 am, Holy Communion 1st & 3rd Sundays
Tuesday Bible Study: 10 am
Pastor Jerry Greenlaw

ROSE HILL ALLIANCE CHURCH
Rosecliff at Cleveland. 651-0175
Sunday Worship: 9:30 am
Sunday School: 11 am beginning Sept. 7
Sundays 6 pm St. 16 Group
Welsey Jr. 16 Group @ 6:15 pm (Sept. - May)
Wednesday Imr., Women's American Culture 12:30 pm
(Sept. - May)

ST. ANTHONY PARK LUTHERAN
Como and Luther Place Handicap accessible.
645-0571
Pastor Paul Olstad and Meng Lindberg
Visit our website at http://www.sapl.org/worship/asp.htm
Sunday Worship: 8:45 and 11 am
Nursery care at both services
Sunday School 9:30 am
Communion 1st and 3rd Sundays
East Chinese Fellowship 11:30 am Sundays
信義教會 亞洲禮拜
Men's Prayer Group Fridays, noon
Women's Epiphany Breakfasts Jan. 10 and 17, 9 am
Visitors welcome.
Our van is available for transportation to and from services.

ST. A.P. UNITED CHURCH OF CHRIST
2129 Commonwealth at Chalmers. 646-7175
Rev. Dale Pochant, Pastor
We are handicap accessible
Sunday Education Hour for all ages 9 am
Nursery Care Provided for 9 & 10:30
Sunday Worship 10:30 am, Fellowship 11:30 am.

ST. A.P. UNITED METHODIST CHURCH
THE CHURCH WHERE EVERYONE IS ALWAYS WELCOME
Como and Hillside. 646-4069
Pastor Deb Walker
Sunday Schedule:
Worship 8:45 am and 10:15 am, Fellowship 9:30 am and 11:45 am
Church School 10 am
Wednesday 9 am - 1 pm, Leiter Center with noon lunch

ST. CECILIA'S CATHOLIC CHURCH
Crestwood and Bayview. 644-4582
Sunday Mass 10 am at church (nursery provided) and 8:30 am at Holy Redeemer, 825 St. Paul (handicapped accessibility)
Daily Mass 7 am at the Parish Center

ST. MATTHEW'S EPISCOPAL CHURCH
2336 Carter at Chalmers. 645-3058
Sunday Schedule:
8 am Holy Eucharist Rite I
10:30 am Holy Eucharist Rite II
9:15 am Education Hour for all ages.
Adult Forum: Benedictine Spirituality Jan. 1, 11, 18
20 am Wednesdays Eucharist in the chapel
Dec. 28, Christmas Lessons and Carols at both services
Jan. 25, a service at 9:30 am followed by potluck brunch & annual meeting.
Come and see our new and expanded building.
The Rev. Grant Abbott, Rector
The Rev. Lynn Lawyer, Deacon

WARRENDALE PRESBYTERIAN CHURCH
1046 Como Ave. at Oxford. 489-6574
Sunday Worship, 8:30 & 10:30 am (nursery provided)
Sunday Church School 9 am
Dr. Robert Bailey, Minister

Bugs ads work