Gene Ohman

The art of fine furniture
by Judy Woodward

In a dusty old warehouse built for a purpose long abandoned, the smell of true art and craftsmanship emerges.

Since 1993, Gene Ohman has been creating custom fine furniture in his current location, next to railroad tracks in south Anthony Park. His business is G. T. Ohman Fine Furniture. However, he has been building furniture for much longer, since the late 70s.

Ohman makes his own of a kind pieces exclusively to order. He typically starts from a photo the customer brings in, and then he alters style, dimensions, and materials to fit. But, occasionally, a customer will only have a vague idea for a piece of furniture. In that case, he designs the piece from scratch. Ohman considers himself an artist in wood, but he does not focus on any particular style.

Combining his skills of design, woodworking, carving, and finishing, Ohman typically makes high-end traditional furniture and cabinetry. He also makes many contemporary works, and has additionally done a good dose of distressed furniture. Regarding distressing, he describes it as “more than just beating the piece up, it needs to look naturally worn and aged — it’s really like another form of woodworking.”

Regardless if the furniture is intended to look old or new, one of Ohman’s hallmarks is high precision. Taking advantage of the best woodworking equipment technology has to offer, he cuts boards to thousands of an inch accuracy. He recently purchased a German saw, a perceptible choice that people affected by the pain did not receive. Ohman Professional Facilitator, Diane Lynch is leading the meetings. The center’s Community Services Coordinator, Jean Peterson, describes the meetings as “boundary-setting and issue-identifying” sessions that will focus on the ideas and efforts of the group.

One priority for the center is to encourage a high turnout of concerned residents, since there is a perception that some people affected by the pain did not receive.

College Park to page 2

Threading in winter: Discover new recipes, health ideas, and plant tips pages 89

The best part of waking up is MorningStar in your cup
by John Marino

For Joe Vido, it all started with a lousy cup of coffee. “I was thinking, ‘Who is serving this coffee?’” he recalled that fateful day when he was merely an innocent customer just sitting in a restaurant, having a cup of coffee. “I thought I could make a fresher cup at a competitive price because, come on, if I buy coffee at $1.50 a pound and sell it for $5.50, there’s a margin there to make money.”

And, thus, a former aspiring swimming coach became a coffee wholesaler. But Vido isn’t just any coffee merchant. MorningStar Coffee in Hamden Park is the only coffee roaster in the Twin Cities who uses an air blower roaster. The concept is simple. Traditional roasting consists of a big drum that rotates slowly over a big flame. Any impurities that exist in the coffee, such as dust, dust and the chaff are eventually burned away by the flame. However, impurities affect the taste of the coffee and some beans get burnt during the slow-roasting process.

What he says in a blaster roast it.

“MorningStar Coffee in order to start MorningStar, he still buys his coffee from Miller, who still owns Cafe Imports. “Hey, he’s my American brother,” says Joe of Miller. They met when both were working at D’Amico Cucina. Vido was buying tables and Miller was a waiter. Now, D’Amico is one of the newest restaurants among MorningStar’s growing clientele.

Vido is now looking at larger warehouse space. And that’s not it’s just he’s just roasting more coffee. He also needs greater space to handle all the equipment he leases. In order to compete with traditional wholesalers, who supply their clients with equipment, he must also supply his clients with the correct grinders, brewers and
College Park . . . from page 1

solutions for the dispute, but to guide residents toward achieving their own resolution. "We're not process people," says Massaro. "We offer a process whereby people can resolve their own issues. But the contents belong to the people involved in the dispute." One of the first decisions the community must make, according to Massaro, is whether they want to achieve consensus or abide by simple majority-rule. "We go by what the community thinks is best—not our center, not the community center.

Community Council Director Heather Worthington reports that, by calling in the Dispute Resolution Center, the council did not intend to ignite the whole planning process for the popular playground. "A lot of people met over several months developing the current plan for the College Park playground. It would be counterproductive to restart the process, but we're willing to look at specifics in the plan that people might want tweaked to make it more generally acceptable. We don't want this conflict to erode the St. Anthony Park neighborhood.

The current plan calls for an enlarged play area to be relocated to flat land near the tennis courts in College Park. Some neighbors have objected, citing land use and aesthetic objections to the proposed plan. The Community Council initially approved the plan in September, then narrowly reaffirmed their stand at their October meeting, after a stormy session that brought our residents on both sides of the issue.

The Dispute Resolution Center is taking a long-range view of what will be needed to reach agreement on the issue. "It will be a long process," says Massaro, "but we've got all winter. Construction can't begin until spring.

Actually, they may have even longer. Although some observers have speculated that capital funds made available for the playground project will be withdrawn if they are not completed by the end of the year, these fears are probably baseless. St. Paul City spokesman John Wierka, "There is no 'timeout' on this project. If the money goes unspent for years, it would be reallocated, but it won't disappear on New Year's Day of 2001."

All area residents are welcome to come to the council meetings, whether or not they have contacted the Dispute Resolution Center in advance. For additional questions, you may contact Jean Peterson at the center, 292-7791.

Women's Venture . . . from page 1

two groups merged to become Women's Venture in 1989.

Women's Venture has four main programs: business development, to help women start and grow their own businesses; career services, to help women identify new career paths and plan new careers; employment services, which trains women in non-traditional fields like construction, printing, cable installation, and automotive services; and a self-sufficiency program for low-income individuals, which combines job—readiness training with skills for starting and growing a business. They have a mother/daughter program that strives to break the cycle of poverty in struggling families.

Since 1978, Women's Venture has served 50,000 individual clients. It assists with 105 new business start-ups each year, provides thousands of dollars in loan funds, and is helping women go from welfare to work.

In her position, she sees the problems women are up against. For low-income women, one of those problems is knowing what jobs they can get. A client might want to be a nurse but not have the necessary four-year degree. Women's Venture counselors can show her other options in the health care field that pay well and don't require as lengthy a training period. Part of their job, says Heidler, is "helping people understand the full array of professions" available to them.

For women in the training programs in non-traditional fields, there can be the problem of being one of few women in the job (non-traditional jobs are defined as professions with fewer than 25 percent female employees). Women's Venture tries to prepare clients to work in a male-dominated environment, and also tries to improve the environment through education. One of Women's Venture's services is on-site seminars on employment issues, including women's issues.

On top of these problems, Heidler sees other problems that interfere with a woman's ability to get and keep a job: child care, transportation, housing. One of her goals for Women's Venture, she says, is "to serve as a catalyst for public policy that supports the needs of women." She points out that so many of the same problems stem from women and children in tenacious economic circumstances: school problems, drug use, family violence.

Rather than trying to fix all these families in crisis, Heidler says, "the key factor is getting families the resources they need so that they can fix themselves." She sees the lack of job readiness skills in people who have experienced generations of poverty and welfare as one of the crucial issues today and in the future.

Assisting Women's Venture's counselors are 300 volunteers, some serving once or twice a year to help women starting new jobs or businesses, others as teachers, advisors, or office help. Women's Venture also relies on donations, grants, and assistance from business partners. They are able to provide their services at reasonable rates on a sliding-scale fee basis on income. While the organization is "non-profit," nine percent of their are men, and most of their programs are open to men.

In the future, Heidler and Women's Venture's board have a few major goals. "To serve more people and diversify the people that we serve, and to form collaborations and partnerships with other organizations," Heidler says. And for her, it all has come full circle. "I am grateful for this opportunity," she says. "This is a solid organization with a committed board.

Women's Venture has a new schedule come classes starting in January. They have a free career services open house every third Thursday at 5:30 p.m., where you can get free career advice and resume critiques. They also have free business open houses every first and third Thursday at 6 p.m., where you can attend business workshops and get business consultation and loan information. There are also complementary information sessions on non-conventional and long-term Employment Programs. Call Women's Venture at 644-3508 for more information. If you wish to volunteer, contact Ann Maas at extension 128.
St. Anthony
Park
Community Council annual holiday meeting on January 12
The St. Anthony Park Community Council extends a special invitation to all neighborhood residents to attend its annual holiday meeting on January 12, 6:30 p.m., in the community room of the Olsen Campus Center at Luther Seminary.
A social hour, from 6:30-7:30 p.m., precedes the business meeting. Light refreshments from 7:30-10 p.m. Light rail transit on University Avenue is the main discussion topic. The council expects to vote on whether to endorse University Avenue as a light rail in the proposed central corridor.
— Dave Healy
Hearing on blocking Crowell traffic on January 6
On January 6, 7 p.m., a town meeting will be held in conjunction with the community council's Physical Planning Committee meeting at the South St. Anthony Recreation Center, 2800 Crowell Avenue. The committee is interested in hearing neighborhood input on a proposal to block Crowell Avenue to vehicular traffic for a one-block stretch just west of the Recreation Center.
Residents in that area have expressed concerns about increasing traffic on Crowell Avenue. Up to 1,000 cars a day use the street, many as a shortcut to Raymond Avenue.
One proposal being considered is to close that stretch of Crowell to traffic for a 90-day trial period. Interested residents are encouraged to attend the January 6 meeting.
— D.H.
Chore service workers needed
Participants are needed for the Neighborhood Chore Service, a referral service maintained by the community council that links neighborhood seniors, teens and young adult workers. Seniors needing help with snow shoveling, yard maintenance, or housekeeping call the chore service and are matched with workers who live near them. Workers then make their own financial arrangements.
To be added to the chore service directory, individuals must be at least 12 years old and live in the St. Anthony Park or Como neighborhood. Workers are especially needed in the north St. Anthony Park area. Anyone interested in participating should call Carol Madison at 649-5992.
— D.H.
Block workers needed
Block workers are needed in the St. Anthony Park area, especially among apartment dwellers. Block workers help distribute information on crime prevention to their neighbors. If you live in an apartment and are interested in finding out more about being a block worker, call Carol Madison at 649-5992.
— D.H.
Anti-billboard advocates keep debate alive
by Jane McClere
Despite the defeat of a billboard question that would have banned many billboards in St. Paul, there's no sign that billboard battles will end anytime soon. As a St. Paul Planning Commission committee prepares to renew a study of city sign regulations, two more neighborhoods are seeking restrictions under current special sign district rules.
St. Anthony Park is already a special sign district. Como Park is expected to consider seeking a similar designation. Hamline-Midway and Merriam Park were granted special sign district status this fall by the St. Paul City Council. Requests from the west side and St. Anthony-Hamm are pending.
Special sign district rules currently allow neighborhoods to ban new billboards and place other restrictions on billboards and other signs. Grand Avenue and Highland Villages are two of the city's special sign districts. St. Anthony Park was the first planned area to seek special sign district status for a large area. In neighborhoods where billboards are seen as an issue, special sign districts are the only restrictive option. Had the billboard ban passed November 2, 2,000 citywide billboard restrictions would have taken effect. Many billboards in St. Paul would have been declared public nuisances and removed over a five-year period. It would not have affected billboards governed by state or federal laws, such as billboards along interstate highways.
The billboard question fell 53 percent to 47 percent, with 40,174 nos and 35,082 yes votes. It carried all but one precinct. In Ward 4, most of Ward 3 and all of the Summit Hill portion of Ward 2. But it failed to pass in many east side wards and in much of Wards 1 and 5.
"I think people responded to the issue of property rights, and that you don't take someone's property without compensation," says Ellen Media, the city's local preparer, Leoch Muller.
Scene St. Paul Chronicle John Maniscalco reports he was disappointed but not surprised by the outcome. In fact, He was encouraged by the close vote. If we can get the facts out there, we can come back with this ballot question in a year," he says.
Maniscalco attributes the loss in part to an expensive pro-billboard campaign waged in the days before the election. Billboard companies indicated they would spend $500,000 to defeat the measure, after a court challenge to remove the ballot question failed in October.
Scene St. Paul also contends that the last-minute advertising blitz contained inaccuracies, such as statements that nonprofit groups and neighborhood businesses would not get the benefit of billboard advertising. One letter from St. Joseph's Awareness/Voces of Education claimed that "A ban on billboards would severely jeopardize the work of SAVE and other non-profit organizations that rely on the generosity of area billboard companies."
A postcard mailing listed businesses and non-profit that would be affected by the billboard ban. That drew protests from some of the listed business and organizations, who said they had not been asked if their names could be placed on the postcards. Ellen Media also posted a number of personalized billboards. One called the ballot question "extreme." Others were humorous messages, stating that "Billboards have feelings, too" and declaring November 2 to be "Hug a Billboard Day" in St. Paul.
"Even if the ban had passed, we would still have more than 300 billboards in St. Paul. It's not true that there would have been no more billboards," Maniscalco says. That's still more billboards per capita than any other city in Minnesota.
"We don't have any dialogue," explains Maniscallo. "Every time a community goes in with a special sign district request, they oppose it. The only time we had any debate was after we got the question on the ballot."
Don't shorten College Park debate
St. Paul city officials report that funds for revamping College Park's playground won't disappear in one year. This is good news. It gives neighbors the opportunity to shape the playground's design to satisfy youngsters' needs as well as environmental and aesthetic considerations. Yet, the bad news is that the St. Anthony Park Association appears reluctant to relinquish the original design. What a shame. The plan on the table brought about so much controversy and led to the council hiring a mediator to facilitate the debate. Now, Heather Woodringston, the council's executive director, says in this issue: that the mediation process may only tweak the plan and further discussions are needed. The Parks Commission, however, may be on to something. As asked before, the playground idea is flawed and it is time for the council to say so. Finding a thoughtful, inclusive design concept for College Park is much more neighborly than closing the door on the discussion before the mediation process begins. ■

Millennium welcome
Shortly Y2K anything will be as obsolete as typewriters, telephone booths, and girdles. Look for Y2K survival kits at AsMan and surplus stores nationwide. If you read this note before Millennium Eve please don't plan your festivities around the possibility of ball hunger disasters. Instead, celebrate in style with friends and family—again, if you spend December 31 hiding beneath the bed, don't stand on ceremony. Plan a late January Millennium fest and play Y2K "Better the late show— it is a pity that Y2K preparedness almost overshadowed the opportunity for bringing people together. ■

Next Issue January 27
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The Park Bugle
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The Bugle is a community newspaper serving St. Anthony Park, Loring Park, Lake Nokomis, and the Como Park area. The Bugle reports and analyzes community news and promotes the exchange of ideas and opinions in this community. The Bugle strives to promote freedom of expression, enhance the quality of life in the community and encourage community participation.

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Letters

Dashing buckthorn with St. Anthony Park Association's help
Two issues ago I wrote an article detailing how you can help eradicate buckthorn. There is assistance available.
The St. Anthony Park Association awarded a grant to the St. Anthony Park Garden Club to assist with buckthorn removal during 2000. This grant allows for the pickup of can from private properties. However, the grant request was only partially funded. I am looking for potential grants to match the association's goal so that a tree service can be hired for a weekend of picking up and chipping buckthorn throughout the Park. I would like to enlist the assistance of youth groups and others in this neighborhood effort. If you are interested in being part of the effort to remove buckthorn, please call me at 644-7388.
Mary Maguire Larrson
St. Anthony Park

Don't decorate with ornamental tree-tops
Despite of this year's lack of snow, the holiday season is still a beautiful time of year in our neighborhood, with all of the lights, wreaths, and other holiday decorations that people so painstakingly put up for us all to enjoy. Speaking for many residents, I say thank you.
I would like to point out, however, that one item increasingly common in decorating, is a bit troubling. That is the use of "tree tops." I'll admit that they are nice looking, but unlike Christmas trees, they are not a cultivated crop. A lot of people don't realize it, but they are literally the tops of sapling trees growing in the wild; and each one is the one and only top of an entire tree. Quite often these trees only grow a couple inch a year, so that's why they can represent many, many years of growth.
I often see dozens and dozens of tree tops in a single household or store display. That's dozens and dozens of trees that have had their tops hacked off.
It would be one thing if the trees could grow their tops back, but they can't. Any new growth is deformed and stunted. And the DNR acknowledged recently that many, if not most of these trees, will die as a result of this injury.
So, the next time you do your holiday decorating, please be aware of the source of the items you buy.

Pete Keith St. Anthony Park

Holiday Lights benefit a financial success
Thank you for making the 1999 Holiday Lights Dinner a great success. Through your participation in the Silent Auction and your contributions sustain us

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QUARTER CENTURY
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* Help with our annual fund drive mailing from ParkBank
* Great outdoor shooting from Bob Gray
* Story writing from Pete Keith
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Thank you for your gift!
A hundred and fifty years ago, Thoroua wrote, "Beware of any enterprise that requires new clothes." It's hard to think of a statement more odd with the spirit of our own age. Today's middle manager might wear slacks and a sweater to the office instead of a suit, but her or his outfit still had better be carefully coordinated and it still had better be new. Though we now have casual Fridays, we probably haven't moved all that far from the spirit of John Molloy's 1975 best-selling Dress for Success: "In matters of clothing, conservative, classical dressing connotes an actuality to the individualistic and iconoclastic Thoroua. Ironically, however, it is Thoroua who is the true conservative. A conservative is one who conserves or preserves. A true conservative is a conserv-atominic, someone who tries to extend the life of things. Conservatives don't cut down old trees or tear down old buildings. They repair, they refinsh, they restore. Conservatives don't believe that newer is better. A patch is a badge of conservatism."

About the time John Molloy was writing Dress for Success, I was practicing my own brand of conservation as a college student. My badge was a pair of bell-bottom jeans. I bought them new but, in true Thorouaian spirit, immediately set about trying to make them look old by subjecting them to repeated washings. Nowadays, of course, one can hardly buy jeans that haven't been "pre-washed," but this was back in the dark ages, the pre-pre-washed era, if you will.

Once my jeans had been properly aged, I could finally wear them. And wear them I did — every single day, rain or shine, summer or winter. Washing the dye out of something before you ever put it on and then wearing it every day is a recipe for fabric deterioration. My jeans developed holes in the knees and seat. When a hole appeared, I patched it. Eventually, even some of the patches wore through, which meant I had to patch the patches.

Of course, saying that "I had to" apply patches is an overstatement. No one held a gun to my head. The laws of commerce had not been suspended: clothing stores still carried jeans. I was not so destitute that buying a new pair of jeans was an unbearable option. So why did I keep nursing those old jeans along?

A cynical might have observed that patched jeans had acquired a certain paramele within the subculture. I inhabited at that time and that I was actually a class to fashion. A pragmatist might have deduced that the difficulty of finding pants to fit my 6’8” frame made me loath to give up a pair. Though these explanations are not without merit, I don’t think they quite capture the dynamic at work in my patching madness.

My mother made most of my clothes until I reached high school, just as her mother had for her. Although my mother was an accomplished seamstress, she never passed on any of that knowledge to her first-born son, nor did I acquire it in high school, where, in the late ‘60s, home ec was still a female enclave. So I never learned to sew and consequently never experienced the satisfaction of making my own clothes.

Patching a pair of jeans was a way to make something my own, to put my own stamp on it. Besides clothes, my grandmother made her own soap, churned her own butter, rendered her own lard, I buy Tide and Blue Bennet and Clorox, as well as most of life’s other necessities, including what I wear. Someone I don’t know made the shirt I wear daily. I don’t feel connected either to the things or their makers. In sewn on a patch, I’m reinforcing a connection to something that I believe in some way expresses part of who I am.

For clothing, unlike soap and butter and lard, isn’t just thing. One’s clothes say something about a person. Furthermore, clothes wear a long period of time eventually conform to one’s shape. If allowed, to even begin to absorb something of one’s unconscionable something as mundane as perspiration, mind you, but a quality altogether ineffable. Slip on a shirt that someone else has owned for several years. Even if it fits you reasonably well, doesn’t it feel a little strange?

About 20 years ago a good friend of mine died. After his death, Mike’s widow, Pats, gave me his coat: full-length, double-breasted, black wool. I’m sure it was an expensive garment when it was new, and Mike was not given to expensive clothing. Receiving something expensive, however, was not what made Pats feel so meaningful. This was a garment Mike had worn for many years. Among the people who knew him well, the remembrance of Mike outdoors in winter was inseparable from that coat.

The coat I received was used. The lining was torn in several spots; some of the buttonholes were so stretched that the buttons barely stayed buttoned. But I hardly noticed those things. What I saw was an artifact that had come to represent the man who wore it. A tangible thing that had outlasted the body it clothed and that had retained something of the intangible essence that body had clothed.

By giving Mike’s coat to me, Pats was signifying that she considered me worthy of wear a garment that had become inextricably identified with her husband. She could not have paid me a higher tribute or given me a more precious gift. I wear Mike’s coat only on special occasions. It is impossible for me to put on without thinking of him, and not just thinking of him, but feeling him somehow.

A few years after I received Mike’s coat, I purchased a new parka. It became my everyday winter coat. I had it cleaned several times, but recently it had come to look very much like an old junker. I had patched a torn pocket and replaced the hood’s drawsting, but other wounds had gone undetected. My wife found the garment embarrassing and had been urging me for several years to replace it. This week I finally relented: I bought a new parka. It’s a different color than its predecessor but otherwise looks much the same. It’s a serviceable garment that will protect me from the ravages of Minnesota winters for a long time. My wife likes it. It’s new. When it slips on it, it feels foreign. It hasn’t endured anything yet, and I haven’t endured anything while wearing it. It hasn’t absorbed any of me.
**SCHOOL NEWS**

The month of December was a busy time in the schools, with many events and activities taking place. This time of year means looking ahead. If you have children who will be entering school in 2000, you should visit the annual St. Anthony Schools Parent Information Fair on Saturday, February 5. Schools will have exhibits at the Roy Wilkins auditorium at River Center from 9:30 a.m. to 2 p.m.

**Chelsea Heights Elementary School** welcomed the community to join them for a holiday band concert on December 14. Staff at Chelsea Heights are also making preparations for site-based management. This involves nominating a council of school and community members to manage school business. People who are interested in running for Chelsea Heights Site Council may call the school at 289-8790.

Balloons will appear in the February newsletter. The site council will begin meeting in March.

**Murray Junior High** hosted a display of moon rocks during the month of December. The rocks, collected during NASA missions in the 1960s, are considered national treasures. Murray was able to show the rocks because science teacher, Mr. Payne, was cordial to handle the rocks during summer workshops sponsored by NASA. Murray Junior High School has a science program that includes a robotics team, a computer science class, and an environmental science class.

**Brimhall Elementary School**

She received a scholarship from Lockheed Martin to attend NASA Space Camp last summer. Third grader, Marissa Gehr, from Mrs. Kehl’s classroom, performed in the Park Square Theatre production of LaVosada. Mrs. Kehl, Brimhall’s volunteer coordinator, has been named to the Washington County Child Protection Citizens Review Panel. A PTA meeting is set for January 3. Dr. Speiler, director of curriculum and staff development for Roosevelt Schools, will be speaking. On January 23, the PTA sponsors the annual Snow Fun Festival.

**Como Park High School**

The school is hosting an open house on February 5 for prospective students and their families. The high school will be offering a variety of academic and extracurricular programs, including Advanced Placement courses, honors courses, and a variety of sports teams. The school will also be offering a new visual and performing arts program. The school is located at 2278 Como Ave., and the open house is open to all students.

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**ann McCorrrmick’s**

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**SCHOOL NEWS**

The month of December was a busy time in the schools, with many events and activities taking place. This time of year means looking ahead. If you have children who will be entering school in 2000, you should visit the annual St. Anthony Schools Parent Information Fair on Saturday, February 5. Schools will have exhibits at the Roy Wilkins auditorium at River Center from 9:30 a.m. to 2 p.m.

**Chelsea Heights Elementary School** welcomed the community to join them for a holiday band concert on December 14. Staff at Chelsea Heights are also making preparations for site-based management. This involves nominating a council of school and community members to manage school business. People who are interested in running for Chelsea Heights Site Council may call the school at 289-8790.

Balloons will appear in the February newsletter. The site council will begin meeting in March.

**Murray Junior High** hosted a display of moon rocks during the month of December. The rocks, collected during NASA missions in the 1960s, are considered national treasures. Murray was able to show the rocks because science teacher, Mr. Payne, was cordial to handle the rocks during summer workshops sponsored by NASA. Murray Junior High School has a science program that includes a robotics team, a computer science class, and an environmental science class.

**Brimhall Elementary School**

She received a scholarship from Lockheed Martin to attend NASA Space Camp last summer. Third grader, Marissa Gehr, from Mrs. Kehl’s classroom, performed in the Park Square Theatre production of LaVosada. Mrs. Kehl, Brimhall’s volunteer coordinator, has been named to the Washington County Child Protection Citizens Review Panel. A PTA meeting is set for January 3. Dr. Speiler, director of curriculum and staff development for Roosevelt Schools, will be speaking. On January 23, the PTA sponsors the annual Snow Fun Festival.

**Como Park High School**

The school is hosting an open house on February 5 for prospective students and their families. The high school will be offering a variety of academic and extracurricular programs, including Advanced Placement courses, honors courses, and a variety of sports teams. The school will also be offering a new visual and performing arts program. The school is located at 2278 Como Ave., and the open house is open to all students.

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Confessions of a TV watching generation — Fifth graders in Mr. Hausmann’s class at Falcon Heights Elementary reveal their tube secrets

“I think TV is great. My rules for TV are three shows a school night and then I have to do my homework. After that, I can watch as much as I like. My favorite show is Dilbert and I think there should be more educational programs.” — JON

“I like TV and this is why: many shows are educational. I get to watch TV whenever I want. I also like to play with my friends. My favorite show is Charmed because I enjoy scary shows. TV can be wonderful, although I prefer friends.” — SALLY HEDBERG

“I can only watch two hours of TV a school day. I think that’s the right amount because it is always wonderful to play outside on a beautiful and sunny day. I don’t have a favorite show.” — CAROLINE

“I love TV because it is very good for you, although some channels have very bad stuff. I used to be into 1950s music and now I like rap and head-banging music. Guess what got me into that sort of music? TV.” — JOE BLACKSHEAR

“I love watching TV. One reason is because it has MTV and I love MTV because it has music videos. I get to watch all the TV I want, but I limit myself so I can play and get my homework done. I also can’t watch everything I want because some shows aren’t appropriate for me. Thanks for reading about the way I feel about TV.” — JESSICA ZIELINSKI

“I like watching TV and I can watch however much I want to, but I limit myself. My favorite show is Dilbert. I can not watch R-rated movies or shows with sex in them.” — ALEX

“I think TV can be bad for people, because I heard that itrots your brain. I get to watch between three and four hours of television a day. Kids should limit their TV time so they can exercise and play with friends.” — LAUREL MOLIN

“I love television, but one thing I do is limit myself because I don’t want to spend the whole day watching TV. However, when my favorite show is on, I go straight on the sofa and turn on the set. I play with friends, so TV doesn’t take over my life.” — ANONYMOUS

― Anonymous

“Every afternoon I watch TV. Some people might say I watch too much television and sometimes they’re right. I do think some kids watch too much, but parents should not limit kids because most kids can limit themselves.” — PAUL

“I can watch TV everyday, but I only watch about one hour. On weekends I watch two hours. I make room for homework and instrument practicing. After watching a little TV I think kids should go outside and play, and I play sports after TV.” — ANONYMOUS

“Watch about two hours of TV a day. I wish I could watch a half an hour more. I have one favorite show — The Jeffersons on Nick at Night. I choose this one because it makes me laugh and I’m sure it can make others laugh too.” — JENNIFER DICKHAUS

Join SAPA for its 14th Annual
Progressive Dinner
February 26

Please join the St. Anthony Park Association on Saturday, February 26, for our annual progressive dinner. It’s a great opportunity to meet your neighbors, enjoy a special meal, and enjoy great conversation! Come alone, or come with a friend! Join us at a central location for appetizers and receive your schedule for the evening.

5:30-6:20 APPETIZERS AT A CENTRAL LOCATION (TO BE ANNOUNCED) 7:30-8:30 MAIN COURSE 8:30-9:15 SALAD AND BREAD 9:45-10:45 DESSERT AND COFFEE

If you wish to attend, fill out the following coupon and mail BEFORE FEBRUARY 13 to: Marcia O’Connor, 216 W. Hoyt Avenue, St. Paul, MN 55108 (645-2043), or e-mail to: marcie@hansen.com.

Anyone who calls by February 23 to confirm the course and the number of people you will host.

Name(s) (Please include the name of ALL people who will be attending the progressive dinner)

Address

☐ 1/W will host a course in our home for ___ people.
(Your address should include yourself, and any others you have listed above)

Course: First choice __________ Second choice __________

☐ Our home is handicap accessible

☐ 1/W choose the appetizer course. (The appetizer course locations will contact you regarding choice of appetizer and amount, plus set up and clean-up of this course)

Special needs: ________ ☐ Prefer vegetarian entrée ☐ Prefer handicap accessible location

Peggy & Gary Spar
Peggy: 651-639-6383 • gregrey@mnhouse.com
Gary: 651-639-6384 • gary@mnhouse.com

St. Anthony Park Association
President: Ron Dufault 645-0262
Progressive Dinner Chair: Marcia O’Connor 645-2043

Are you Paying too Much to Your Mortgage Company?

If you originally obtained a conventional mortgage with less than a 20% down payment, you were paying a Private Mortgage Insurance (PMI) premium. Most lenders only require homeowners to pay PMI when they have less than a 20% equity position in their homes. Once a homeowner’s equity position reaches 20% or more through appreciation, home improvements or paying down the loan, money can be saved by canceling the PMI coverage.

If you think you may be eligible to have your PMI canceled, begin by contacting the lender to see what the minimum property value must be in order to cancel PMI coverage. You most likely will be required to have the property appraised by a licensed appraiser.

As always, if there is any way we can be of assistance to you, please let us know.
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AN APPLE A DAY HELPS KEEP THE DOCTOR AWAY - WINTER WELLNESS ADVICE
by Abby Marler

I f you’ve been coughing and sneezing, perhaps you’ve thought about ways to stay healthy this winter — I know I have. And since I tend to catch every cold I come in contact with, writing this article became a personal quest. In an effort to glean some useful information, I set out to interview some of our neighborhood’s health practitioners.

Colds and flu are not the only winter hazard. Icy sidewalks rate right up there, says Dr. Allen Fontenot, a family practitioner at Health Partners’ Como Clinic. With a specialty in sports medicine, he sees many broken bones, particularly in the winter. The rule of thumb is to use common sense and be extra careful on icy walks. There are a lot of disabling mishaps and are a significant mortality rate which result from broken hips. If the weather is questionable use caution, and don’t go anywhere unless you absolutely have to. If you are stranded, stay with your car and run your heater. You at least have shelter. Actually, going for help is when accidents happen, such as hypothermia, slipping, and breaking bones. Equip your car with a snow shovel, sand, and keep the gas tank full.

Keep those muscles and joint warm — bundle up! Exercise is a very important factor in keeping our weight down, muscles limber, and it stimulates our circulation and lymphatic system. Mall walking is a good option. Don’t socialize too much when you’re “under the weather” because you could easily spread the virus around. Use common sense — avoid people with a cold!

Hand washing with the major way to prevent colds and flu. A typical day, with a fever and o Dr. Fontenot advises to drink plenty of fluids, rest, or cough medicine. Will children clear up, especially if they have a temperature or higher and are below doctor for an evaluation started the cold in the first respond to antibiotics. If resulting from bacterial infections, sinus infections (pneumonia) can be true antibiotics. However, if the antibiotics are used too effectiveness is diminished that we get flu shots, as pneumonia shot. But it
numbers. The Gemmara family consider themselves privileged to have had her early recipes tested in their kitchen, and Joan went on to master some of her exotic Asian dishes.

Her repertoire may be varied, but Gemmara retains a modest, unpretentious attitude to the dishes she prepares. "There is something very nice about sharing a meal with friends and family," she says. "It's very very special, especially as opposed to, say, dining out."

Gemmara has a few trusty cookbooks, including a tattered, bespattered copy of The Joy of Cooking that her husband gave her before their wedding more than 30 years ago. She says, however, that she prefers to get her recipes from friends. "I love the connection I have with people through the recipes they share," she begins.

But then she interrupts herself for a crucial announcement, "I think, it's ready," says Gemmara. "Let's eat."

Find Joan Gemmara's stew recipe on the opposite page and turn to page 13 for more winter food delights. Bon appetit!

### Nurturing Indoor Plants by Mary Maguire Lerman

Our daylight significantly shortens from October until March and it is very important that we keep a close eye on our indoor plants. Why? They are growing under the most difficult conditions at this time of the year. Our daylight is shorter, the angle of the sun is lower, we frequently have cloudy winter days further reducing available light and our furnaces are running — creating warm, dry interior conditions. Many interior plants are tropical plants that are accustomed to moist, humid conditions, and dependable light levels. Winter indoors in Minnesota offices or homes is not an ideal world for your tropical plants.

This is the time of the year when we fret most about our indoor plants. So, how can you best care for your indoor plants and what are problem symptoms to watch for so that you can respond accordingly? Dr. Richard Widner, a St. Anthony Park resident, taught floriculture crops at the University of Minnesota. He was thorough in his teaching approach and provided students with numerous symptoms to observe when monitoring crops. Over the past 25 years I have found this chart (see page 15) to be invaluable with diagnosis. Keep it in a safe place — you will put it to good use!

Beware of insect infestation. Our winter indoor conditions are ideal for the growth of spider mites that thrive in warm, dry situations. If plant foliage begins to take on a silvery, mottled appearance, take a look at the underside of the leaves. If you see specks about the size of pepper grains, take a closer look. Take a sheet of paper and brush these specks onto the paper. Then see the paper down and rub your thumb through the specks. If they smear on the paper, you have spider mites at work. They are most often brought indoors with plants in the fall and can even blow into your home through window screens in late summer and fall. If your plant is heavily infested with spider mites, my recommendation would be to compost it — the sooner the better! Why? When heavily infested, it is very hard to control spider mites, plus you have a source of infestation for other indoor plants. Always thoroughly check and spray your plants (if necessary) before bringing them indoors in the fall. If the infestation is not too severe, I would suggest removal of the infested leaves and then begin a weekly spray regime with insecticidal soap if it is labeled for your particular foliage plants. Be sure to check the label first on these insecticidal soaps before spraying to be certain your plant is not sensitive to this spray. Also, to help slow down the spider mite reproduction rate, move the plant to a cooler site in the home because the warmer the site, the faster the mites will accumulate.

Finally, a few things you can do to help nurture your indoor plants.

- Drop your night temperature down at least 5 degrees below your day temperature.
- Wash your window! It’s amazing how dirty windows can reduce the amount of available light.
- When watering your plants in the winter, be sure to use room temperature water. Too hot or too cold water is very detrimental to the roots!

Find Dr. Widner’s trouble shooting chart on page 15.

**Come home to St. Anthony Park...**

has been my tagline for eleven years as a Realtor in St. Paul. As you can see from the houses I’ve sold this year, I also get around the Twin Cities.

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I look forward to working with you in the new millennium!

Nancy Meeden 651-282-9650 Burnet Realty

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Wellness in Winter to page 16
The Accidental Memoirist

by Natalie Zett

Enrolled in a writing class this fall. Every few years or so, I take this calculated risk, knowing fully that it may not turn out well. For too long, I seemed destined to enroll in classes that disintegrated into either bad group therapy (whining, angst, or anything to avoid actually writing). Or they're populated with amateur critics, content to fritter class time debating whether a preposition can really be the head of a sentence. I usually avoid subjecting the inner muse to such ketch-fests. I only turn to classes when I reach a major block in my writing—usually an obstacle that my writing skill can't handle. I register with the following survival plan: once I learn what I need, I bail, usually long before the course has concluded.

Earlier this year, I inherited a story—a fantastic, unwieldy family tale. This material needed additional input in order to be born as a book. I located a three-month course on memoir, gritted my teeth, recited a favorite mantra ("absorb what is useful, leave the rest") and embarked. A quick scope of my instructor’s lesson plan immediately nudged my first round of misgivings. The beautiful soft-spoken author facilitating the class worked for me. The class, though, was a real curiosity. To declare this group diverse was an understatement.

They shared their reasons for being there: a middle-aged man confined to a wheelchair described how diving off a boat at age 19 left him paralyzed. He chuckled about just wanting to have his 15 minutes of fame. Next to him, a young woman, firing a darts game with rheumatoid arthritis, shared her struggle with her forthcoming book, which chronicled a friendship with a dying man. The next woman seemed a living corpse: her body twisted in so many conflicting directions, her face scared beyond repair. This was the result of a deadly car crash that snatched her teenage daughter's life (her husband died the year before.). This woman was weaving her own words around her daughter’s final poems and prose. Even those who appeared "normal" had tales of grief, abuse, neglect, and incest. I went home exhausted, but intrigued. We were all truly broken toys. I also conjectured that I might remain for the duration of the course.

The one thousand invisible hands that Joseph Campbell wrote of seemed to bring us together. We shared a common bond—an event, or a string of many events that isolated us from the rest of humanity. We also carried a strong desire to reconnect. We even had our bridge—often the very event that sparked the loneliness. We seemed commissioned by the Fates to create—or else our lives would sink us. We all struggled to tame our stories just enough to make us less frightening to others. By writers shared their memoirs in various stages of progress, I observed that the more obscure an individual experience, the more compassion and forgiveness seemed to flow into their work. Juxtaposing such contradictions yielded powerful narrations. We developed our own shorthand, our own language for communicating with each other. We talked about an other-ah experiences and epiphany moments. Bouts of anger, fear, and frustration erupted as well. The creative process was not always gentle with us. More trouble and more work. Yet, we got through, we carried each other, we even triumphed.

The class ended. Yes. I attended each and every session. I got what I wanted. My work had been sculpted into a respectable piece thanks not only to the feedback, but also simply being a part of this tribe. The collective energy of those lives and words congealed into an organism. I realized finally that no single individual taught the class. Rather the class, all of us, became the teacher. We found transformation in the house of broken toys.

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Call for entry: Millennium Art

St. Matthew’s Episcopal Church is pleased to announce an art show in celebration of the new millennium titled, “In the Beginning 2000.” The multimedia art exhibition runs from January 16 to February 28. Community artist applications are available at the church office (2136 Carter at Chelmsford Avenue) or by calling the office at 654-5992.

Langford Park and South St. Anthony Park rec centers

The Langford Park basketball and hockey tournament is open for ages 6, 7, and 9. Girls basketball for ages 12s and 13s and boys hockey for ages 8s. Come down and enjoy the games.

Y2K readiness

Volunteers are needed on Millennium Eve and New Year’s Day to assist with telephone emergency stations throughout St. Anthony Park. Please call the St. Anthony Park Community Council at 649-5992.
I wouldn't be who I am," he states emphatically. Thus, many of the illustrations and photos are of people he knows and their possessions.

The book was selling adequately when a publicist sent it to Dr. Laura (Schlessinger). She read parts of the book on air and asked for listeners to send in their own stories of older love. It’s a promise of a free book to those whose stories were chosen to be read on air. This, plus a link on Dr. Laura’s web page, sent sales soaring.

Though he chafes at the word "celebrity," Hanson has always enjoyed meeting his readers at book signings. He tries to be as gracious as possible with each person, treating them as though they were "the only one there." He relates the stories of love and forgiveness from the oldest to the youngest of his fans.

Of course, this won’t be Hanson’s last book. There’s another Pig book in the pike, a story Hanson has written that hasn’t yet been submitted for publication and a book by his old friend, Dick Jurgensen, entitled Reading with Dad that Hanson is in the process of illustrating. Hanson says that it’s interesting to illustrate someone else’s writing beside his own or Tom Joy’s and that it’s great to work with a longtime acquaintance.

Hanson, formerly a full-time graphic artist, no longer practices his initial craft. As he states, "Everyone his gifts and if I don’t use mine for good, I’m wasting it." He wants to make people’s lives better through his work and thinks that it is a privilege to do so. Lucky for us.

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The neighborhood shopping spy

by Amy Causton

Well, it’s time to admit it — winter is here. And while we have enjoyed balmy weather in November and December, we know that we have to face the bitter cold of January. But for some, winter is a time for special activities, and for them, there are several places to shop.

If snowmobiling is your thing, you can buy a machine at The Hitching Post (905 University Avenue West, 645-4629). The Hitching Post carries Polaris, Arctic Cat, and Yamaha snowmobiles, and provides parts and accessories as well as servicing.

For skiers, there are several options. Finn-Ski (814 University Avenue West, 645-2454) specializes in cross-country skis and accessories, while both REI (Schneiderman’s Plaza, Roseville, 635-0211), and Joe’s Sporting Goods (935 North Dale, 488-5511) offer both alpine and cross-country skis, cross-country rental gear and accessories. Joe’s and REI also offer ski service and repairs.

For the more adventurous among us, there’s always snowboarding. Joe’s Sporting Goods and REI both carry snowboards. If their snowboards don’t seem hip enough for the teenagers, you should check out Fohé (2560 University Avenue, 647-0007). They carry a variety of fancy snowboarding equipment and clothing to match. Also, you can check out United Stores (449 Snelling Avenue North, 646-3544) for their selection of snowboards and sleds.

Another item you can get at United Stores is one of the hottest winter sporting items lately, snowshoes. They carry both the old-fashioned woven style we are all familiar with, as well as high-tech versions.

If you prefer to date, you can find ice skates at Sportmart (1750 Highway 36 West, 638-3000). Sportmart also has skis, sleds, snowboards, snowshoes, and hockey equipment. If you already have skates but need to get them sharpened, stop by M & I Sports (1581 Selby Avenue, 646-3330).

In order to engage in winter sports, you will need lots of warm clothes. United Stores can help you out here, too, with a wide selection of coats, gloves, boots, and the like. At Mediterranean, Sportmart, Joe’s Sporting Goods, and REI all carry a variety of winter clothing items as well.

Alas, as we all know, winter is not all fun and games. To combat one of the more annoying aspects of winter, you might want to head to Park Hardware Bank (2280 Como Avenue, 644-1695) and check out the snowblowers, as well as ice melter, windshield scrapers, and snow shovels. Or, if you’re not a do-it-yourselfer, you can call Blizzard Plowing (1841 North Hamline Avenue, 645-7337) and have them come and clear your driveway for you.

If the mere discussion of scraping or shoveling snow makes you weak with despair, there is another option — pick up some pizza at Bestall’s (14 Como Avenue, 645-6617) or Pizza Man (1563 Como Avenue, 642-9777). Better yet, you can place your order, smuggle up under a blanket, and laugh at the weather. Sometimes the best way to deal with winter is to ignore it — after a while, it will go away.

MorningStar Coffee... from page 1

Customers report that Jose Vido’s MorningStar Coffee is the best thing in town. Have reviews come from Cafe Latte, Bread & Chocolate, and Loring Cafe. (Photo by Bryan Grimm)

expresso machines to make the perfect cup of coffee, espresso, cappuccino, etc.

"Buy locally roasted coffee and grind it yourself," he says. "We provide all the equipment and service and we roast our coffee twice a week so that it’s never more than three days old." The coffee is "real fresh," says Pete Quinn, owner of two Grand Avenue restaurants in St. Paul, Cafe Latte, and Bread & Chocolate. "You can tell. Sometimes, the beans come in real warm." Quinn says he likes the quick service that Vido provides. "I can place an order on Monday and it comes in on Tuesday." Across the river in Minneapolis, MorningStar’s freshness is also appreciated. Lynn Nyman, manager of Loring Cafe, wants to talk about the taste. "MorningStar is our only supplier. We juggled two for awhile, but we decided to go with just MorningStar. "I think it really started with the barista," Nyman says. "We’ve tried lots of kinds of coffees over the years," but MorningStar Coffee has a "big, full-bodied, dark roast. Our customers like it to be strong, but not bitter. It’s a pretty big flavor and it’s also very fresh." Freshness is the key, says Vido. "Nobody in Minnesota should be buying coffee roasted outside the state of Minnesota. The concept, I suppose, is locally produced." Dozens of other clients agree. Vido sells to many other restaurants, coffee shops and several food-to-go as well, including Hampden Park Co-op, which is located just three blocks from MorningStar’s warehouse. But with the company’s continued success, it’s just a matter of time before Vido finds a larger space to meet the growing demand for the freshest cup of coffee in the Twin Cities.
**January 2000**

**Park Bugle**

**Community Calendar**

**1 Saturday**
- New Year's Day

**3 Monday**
- St. Paul public schools resume classes.
- AA, St. Anthony Park Lutheran Church, 8 p.m. 614-0809. Every Monday
- Bay Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.

**4 Tuesday**
- Toastmasters, Hewlett Packard, 2025 Larpenteur Avenue, 7:30 a.m. 645-6675. Every Tuesday.
- Tea Time (for 5-year olds and younger), Langford Park Rec Center, 10 a.m. - 1 p.m. Every Tuesday. Call 298-5755 for details.
- Langford Park basketball and hockey class tournament, 30 Langford Park, 298-5765.

**5 Wednesday**
- Leisure Center for Seniors, St. Anthony Park United Methodist Church, 9 a.m. to 1 p.m. Lunch reservations by Monday, call 601-8946. Every Wednesday.

**6 Thursday**
- Toastmasters, U.S. Forest Service, 1992 Tulip Avenue, St. Paul Campus, 11:30 a.m. - 12:30 p.m. 649-5162. Every Thursday.
- Tea Time (for 5-year olds and younger), South St. Anthony Rec Center, 10 a.m. - noon. Every Thursday (there will be no Tea Time on Thanksgiving Day). Call 298-5765 for details.
- Langford Park basketball and hockey class tournament, 30 Langford Park, 298-5765.
- Town meeting, St. Anthony Park Community Council Physical Planning Committee, South St. Anthony Rec Center, 890 Crow南路, 6 p.m. Neighborhood input welcome on a proposal to block Crow南路 Avenue to vehicular traffic for a one-block width just west of the Recreation Center.

**8 Saturday**
- Langford Park basketball and hockey class tournament, 30 Langford Park, 298-5765.

**9 Saturday**
- South St. Anthony Park basketball and hockey class tournament, 30 Langford Park, 298-5765.

**10 Monday**
- Cocoa Park recycling.
- Park Pals Inc., — Park Bugle board meeting, ParkFlank community room, 7 a.m.
- Falconeros Senior Card Club, Falcon Heights City Hall, 2077 W. Larpenteur, 1:30 p.m. Call 488-3361.

**11 Tuesday**
- Lauderdale City Council, City Hall, 1891 Walnut Street, 7:30 p.m.

**12 Wednesday**
- St. Anthony Park recycling.
- Full Council Meeting, St. Anthony Park Community Council, South St. Anthony Rec Center, 890 Crow南路, 7 p.m.
- Falcon Heights City Council, City Hall, 2077 W. Larpenteur, 7 p.m.
- Annual holiday meeting, St. Anthony Park Community Council extends a special invitation to all neighborhood members to attend its annual holiday meeting, 6:30 p.m., in the community room of the Olsen Campus Center at Luther Seminary. Social hour from 6:30 - 7:30 p.m., business meeting, 7:30 - 10 p.m.
- University Avenue light rail transit is the main discussion topic.

**13 Thursday**
- College Park public meeting, led by the Duluth Center Reachout, 7 - 9 p.m., Olsen Campus Center, second floor, at Luther Seminary, 1490 Fulham Street.

**17 Monday**
- Martin Luther King Day.
- No classes for St. Paul Public School students.

**18 Tuesday**
- District 10 Como Community Council, 7 p.m. Call 644-3808 for location.
- Lauderdale Planing Commission, City Hall, 1891 Walnut, 7 p.m.

**19 Wednesday**
- Langford Booster Club, Langford Park, 7:30 to 9 p.m. All residents are invited to attend.

**21 Friday**
- Falcon Heights and Lauderdale recycling.

**22 Saturday**
- Langford Park Sports Days, 30 Langford Park, 298-5765.

**23 Sunday**
- Langford Park Sports Days, 30 Langford Park, 298-5765.
- Snow Fun Festival, Reinhart Elementary School, Falcon Heights.

**24 Monday**
- Cocoa Park recycling.
- Falconeros Senior Card Club, Falcon Heights City Hall, 2077 W. Larpenteur, 1:30-3:30 p.m. Call 488-3361.

**25 Tuesday**
- Lauderdale Planning Commission, City Hall, 1891 Walnut, 7 p.m.
- Lauderdale City Council, City Hall, 1891 Walnut Street, 7:30 p.m.

**26 Wednesday**
- St. Anthony Park recycling.
- Falcon Heights City Council, City Hall, 2077 W. Larpenteur, 7 p.m.

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**Spiced Cranberry Drink**
- For Spicy Mixtures:
  - 1 cup sugar
  - 3 cup water
  - 2 cinnamon sticks
  - 1/2 lemon, rind, diced

- Being these ingredients to a boil, then simmer five minutes, strain and cool. Put aside until you're ready to make the drinks. When you are ready to serve, heat cranberry juice, pour into glasses or mugs, and add 1/2 oz. of spice mixtures to each drink.

- St. Anthony Park Community Council Housing and Human Services Committee, South St. Anthony Rec Center, 890 Crow南路, 5 p.m.
- St. Anthony Park Community Council Reformed Church, South St. Anthony Rec Center, 890 Crow南路, 7 p.m.

**27 Thursday**
- College Park public meeting, led by the Duluth Center Reachout, 7 - 9 p.m., Olsen Campus Center, second floor, at Luther Seminary, 1490 Fulham Street.

**28 Friday**
- No school for St. Paul public school students, Teacher Record Day.

**31 Monday**
- St. Anthony Park Bloom Church Program Board of Directors meeting, St. Anthony Park United Methodist Church Library, 7 p.m.

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Items for the February Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, January 14.

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**The Community Calendar is sponsored monthly by**

**Wellington Management, Inc.**

Serving the community's needs in:
- Office and Retail Space Leasing
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**292-9844**

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**All Art Is On Sale!**

**Warm up your home for the cold months ahead.**

During the month of January, all of our framed and unframed art is reduced 15-50%. There is still plenty of winter left. Now is a great time to freshen the view inside your home and save money too. Come in soon for best selection!

**Hours:**
- Wednesdays 10-5:30
- Thursdays 10-9
- Saturdays 10-4

**2186 Como Avenue**

**651-645-7862**

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**Carter Ave Frame Shop**
LIVES LIVED

Irene Barrett
Irene McCabe Barrett died on December 3 at age 91. She was a former resident of Falcon Heights who had recently lived at the Woodbury Health Care Center. Mrs. Barrett was a 1929 graduate of Chicago Normal Teachers' College. She was a parishioner at the Church of the Holy Childhood. Preceded in death by her husband of 64 years, James, she is survived by daughters, Mary Ann Wenzel, Patricia Englund, Kathleen Carroll, and Jean Ahdam; sons, James and Michael; 19 grandchildren; and five great-grandchildren.

Aynia Cathay
Aynia M. Cathay, age 81, died on December 5. She lived on Almond Avenue in the Como Park neighborhood and was a volunteer at the Lyngblomsten Care Center. Mrs. Cathay was a member of Holy Childhood Catholic Church. She was preceded in death by her husband, Leonard. Survivors include son, Thomas; daughter, Judy Peters; granddaughters, Sarah Osman, Rachel Cathay, Angie and Chelsea Peters; and great-grandsons, Daniel Cathay, and great-grandson, Georgina DeMars

George DeMars
Georgina L. DeMars died on November 28. She was 76 years old. Mrs. DeMars was a resident of Lauderdale on Carl Street. She is survived by a daughter, Ginnie Gosh; grandchildren, Thomas Gosh, Jr., and Johlene Erickson; and great-grandchildren, Riley Gosh and Brianna Erickson.

Harry Doris
Harry J. Doris died on November 15. He was a resident of Lyngblomsten Care Center. Mr. Doris was preceded in death by his sisters and sisters. He is survived by a sister, Winfred O'Connell; and several nieces and nephews.

Lucille Dosh
Lucille V. Richter Dosh died at age 79 on November 21. She lived at Lyngblomsten Care Center. Mrs. Dosh was preceded in death by her husband, Lloyd. She is survived by sons, Lloyd, Carl, and Edward, and Jeffrey; grandchildren, Jamie and Brian; great-granddaughters, Michaela; sister, Lucille Richter; and brothers, Gordon, Vernon, and Eugene Richter.

James Thompson
James R. Thompson died on December 1. He was 87 years old.

Elizabeth Ziebarth
Elizabeth J. Ziebarth, age 84, died on November 27. She made her home at 1666 Coffman in Falcon Heights.

PUBLIC INVITED
Hawkins Chemical will summarize for neighbors the contents of the Risk Management Plan they recently filed with the U.S. EPA for its Minneapolis facility.

Come visit a neighbor (the coffee pot's on!)

- The Luther Seminary Bookstore and Augsburg Fortress have a wide selection of books, music, church materials and art.
- Located on the lower level of the Olson Campus Center, Monday-Friday, 9:30 a.m. - 5:00 p.m.
- The cafeteria in the Olson Campus Center is open to the public. Call 651-641-3456 for hours.
- A group tour of Luther Seminary includes: Old Muskogee Church (built in 1844), it is the first Norse immigrant church in the U.S.; the rare book room; artifacts; works of art and more. Call 651-641-3419.
- Daily weekday chapel at 10 a.m. in the Chapel of the Incarnation. Communion is celebrated each Wednesday.
- For more information call 651-641-3456.
Gene Ohman ... from page 1

eengineered table saw for $17,000. Even Norm Abram would be envious.

Ohman readily acknowledges that custom furniture is not for everyone. It can get pretty expensive, especially if you want to fill your home with it.

"It's not for building anything for less than $500." As a rule of thumb, Ohman suggests that one can expect to pay 50 percent more than a comparable piece at Gabberts, "but you get exactly what you want — the design, the dimensions, the finishes. The best values are actually those that are the most expensive." Most of his customers are very interested in the fine details of their homes.

Although there may not be a huge mass market for custom furniture and cabinetry, Ohman’s shop is quite busy. He doesn’t do a lot of advertising, relying mostly on referrals.

Despite the occasional long hours, and many pressing project deadlines, Ohman enthusiastically proclaims, "I could probably make a lot more money doing other things, but this is what I really love to do, and it’s what I do best."

If you happen to be one of those customers interested in fine custom furniture, Gene Ohman’s business can be reached at 645-4575.

Winter Wellness: from page 8

the best thing for a cold. When you are sick in bed, you are often more susceptible to infections. Get up and move about. If you can, winter in the south!

Humidifiers are a good idea in the winter, and also drink lots of water. It’s shocking to hear that the average relative humidity of the Sahara Desert is 15 percent, Death Valley is 1 percent, but the Minnesota home is only 10 percent in the winter. A note of caution - humidifiers can be a breeding ground for bacteria and fungus. Read your humidifier instructions to prevent a problem. Besides humidity, we need sun light in the winter! At least 15 minutes per day is advised. There are special “sun” lights which have shown to be effective in people who have Seasonal Affective Disorder (SAD). This is actually a physiological disorder, sunlight stimulates the brain to cause hormones to help people feel normal. Also, because we tend to eat more carbohydrates in the winter, it is important to make sure sun seasons change, and it is one of the main reasons Minnesotans live so long. She says, Again, listen to the bodies. Prepare ourselves. Warm our bodies. Prepare our minds. Eat warm food. In winter, cold foods are hard on our immune systems. Get enough rest. And enjoy winter! Ski, skate, wear beautiful colors to “warm up” your life! She also reminds us that we “get connected” by volunteering for worthy causes, or by spending more time with friends and family.

We need to manage our thoughts, manage our exercise and manage our chemistry, or they’re going to manage us!}

LIFE IN THE CHURCH: COME AND SHARE

Bethany Baptist Church
Skillman at Cleveland in Roselle. 651-631-0211
Bethany Baptist Morning Worship 10:45 am Sunday Church School 9:30 am Pastor Bruce Peterson Filipino-American Worship 11 am

Compo Park Lutheran Church - Elca
1376 Howe Ave. W. 651-646-7127 Hardwood accessible CPE Contact Ministry 651-646-1497 Sunday School (Nursery Provided) Riders available for 11 am worship (call the church office before noon on Friday for ride) 8 am & 11 am Worship (Communion 1st and 3rd Sundays) 9 am Children's & Family Worship (Communion 1st and 3rd Sunday) 10 am Sunday School, Youth & Adult Forums Contemporary Worship and Bible Study Sunday 5:30 pm Nursery provided Christmas Eve Service of Carols and Candlelight 3 pm Christmas Eve Service of Holy Communion 10:30 pm Christmas Day Festival Worship with Holy Communion 10:30 am Sunday, Dec. 26 Children and Family Worship at 9 am Traditional Worship at 11 am Pasters: Wendy Ohmen and Meg Sand Visitor Pastor: Kenneth Gransje Director of Youth and Family Ministry: Anders and Dave Wollan Director of Music Ministry: Thomas Perry

Corpus Christi Catholic Church
2131 Nw. Fairview at Crosby Rd. 651-639-8808 Masses and Liturgies in a new worship space. A welcoming community. Hardwood accessible. Sunday Mass: 5 pm Sunday Masses: 8:30 am and 10:30 am Christmas Eve Mass: 10:30 pm, cards beginning at 10:30 pm Christmas Day Mass: 9:30 am

Emmanuel Mennonite Church
MEETING AT THE CHAPEL. OF THE CROSS, LUTHER SEMINARY 10700 W. 70th St. (Northwestern Seminary Bldg) Sunday Service: 9:30 am Sunday School for all ages at 11 am Nursery care provided Pastor Matthew Snoe 651-766-9759

Mount Olive Ev. Lutheran Church
( A WELS Congregation) "THE CHURCH WITH A BIBLE" Hardwood accessible. Wheelchair available. 1460 Almond at Pascall. 651-645-2575 Sunday Worship 9 am Sunday School and Adult Bible Class: 10:30 am

Peace Lutheran Church
YOUTH INVITED TO JOIN CONFERENCE
1734 Walnut at 1st. 1 block north of Larpenteur. 651-644-5400. Sunday Worship: 10:30 am, Holy Communion 1st & 3rd Sundays Sunday School and Adult Education 9:15 am Tuesday Bible Study: 10 am 815 Durch Hamburger

Rose Hill Alliance Church
Borderline in Cleveland. 651-631-0213 Sunday English Worship: 9:30 am, Japanese Worship: 9:15 am Sunday School: 11 am, for all Christmas Eve Service will be a Saturday, December 24, 7:30 pm, 1500 Eagan Ave. (near Hennepin Ave) 651-645-2575

St. Anthony Park Lutheran
Como and Larpent. Hardwood accessible. 651-645-0371 Pastor Paul Ort and Reiny Lindquist Visit our website at http://www.ắp.org/wolfgang.htm We are in the sanctuary through Christmas Continued to next column

St. Matthew’s Episcopal Church
2305 University Ave. S. 651-542-9370 Sunday Services: 8:30 am, Eucharist, Rite I 9:15 am Breakfast. 9:15 am Education hour for all ages 10:30 am, Eucharist, Rite II 11:45 am Coffee Hour Christmas Services: December 24, 4:00 pm: Eucharist with pageant 10:00 am: Cantor 10:30 pm: Festival Eucharist with choir December 25, 11:00 am: Eucharist with choir January 1, 9:30 am: Eucharist, Rite I 10:00 am Joint Service at St. Anthony Park United Church of Christ January 5, 6:30 pm: Evening Prayer/Compline (Epiphany) January 10, 10:00 am: Holy Eucharist, Rite II January 26, 9:30, 9:30 am: Education Hour for All Ages 10:30 am, Holy Eucharist, Rite II Healing services in the chapel fellow boldly every Thursday on 1st and 3rd Sundays. Wednesdays: 10:00 am Eucharist Thursdays 1:00 pm Caregivers信息 Program Adult Forums on January 9, 16, 23, & 30, "Christlikeness and Evolution" 1:00 pm January 23, The Rev. Daniel Swenson, Assistant Bishop of Minnesota will preach and preside at both Sunday services. January 30, 12:00 noon Pastor followed by the Annual Meeting of the Parish Website: http://www.sptc.org/ The Rev. Grant Reeder, Rector The Rev. Lyn Lawyer, Deacon

Warrendale Presbyterian Church
1045 Como Ave. at Oxford. 651-489-2574 Sunday Worship: 10:15 am (service provided) Sunday Church School: 9 am Rev. Timothy Held, Minister