

The Park Bugle

NONPROFIT COMMUNITY NEWS SERVING ST. ANTHONY PARK, FALCON HEIGHTS, LAUDERDALE, AND NORTHWEST
JANUARY 2000 ■ VOLUME 26, NUMBER 7 ■ P.O. BOX 8126, ST. PAUL, MN 55108

- City Files page 3
- Editorial page 4
- The Home Front pages 10-11
- Lives Lived page 14



Thriving in winter
Discover new recipes, health ideas, and plant tips pages 8-9



Falcon Heights Elementary School
fifth graders reveal their television rules and favorite programs page 7

Bugle Fund Drive
Help us keep your paper strong

Gene Ohman

The art of fine furniture

Photo by Truman Olson



by Pete Keith

In a dusty old warehouse built for a purpose long since vanished, works of true art and craftsmanship emerge.

Since 1993, Gene Ohman has been creating custom fine furniture in his current location, next to the railroad tracks in south St. 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 one-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 wood carving."

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 thousandths of an inch accuracy. He recently purchased a German

Gene Ohman to page 16

Mediation process aims to resolve College Park controversy

by Judy Woodward

Hoping to resolve the impasse between supporters and opponents of the planned relocation of the playground area at College Park, the St. Anthony Park Community Council is trying something new.

The council has called in a mediation service. The Dispute Resolution Center is a small St. Paul-based organization that specializes in offering community-based mediation services for the

east Metro Area. Although the center has worked with other community councils, this is the first time they've been asked to help resolve a St. Anthony Park dispute.

The Dispute Resolution Center has scheduled two public meetings next month to begin the mediation process. Concerned residents are being asked to meet on January 13 and January 27, from 7-9 p.m., at Luther Seminary's Olson Campus Center, second floor, 1490 Fulham Street,

in order to take part in discussions of the issues and possible solutions to the College Park dispute. 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 plan did not receive sufficient notification of earlier meetings. The center mailed out introductory letters to every household in north St. Anthony Park, and at least 66 residents so far have committed themselves to involvement in the mediation process.

Janeen Massaros, the center's executive director, stressed that her group's mission is not to craft a

College Park to page 2



Photo by Truman Olson

Tene Monica Heidelberg leads WomenVenture organization

by Amy Causton

Sometimes in life, things come full circle. Such is the case for Tene Monica Heidelberg, president of the south St. Anthony park-based WomenVenture, a career and business services agency. Heidelberg is very familiar with the services WomenVenture provides — she was once a customer.

Heidelberg lived in north Minneapolis when, in the early '70s, she found herself divorced, going to school, and with two kids to support. She went on welfare briefly but had little patience for the red tape involved, so she got a part-time job. She worked for several community organizations and nonprofits before coming to WomenVenture in the late '70s for help in pursuing a corporate job. Like many people working in the nonprofit sector, she needed help translating her experience and skills into marketable commodities for a winning resume in the corporate sector. With WomenVenture's help,

Heidelberg got jobs first with Medtronic and then with Honeywell.

In 1991 Heidelberg was laid off at Honeywell and got a job with the north side (Minneapolis) Way to Grow program, a school-readiness organization; later she became responsible for the citywide Way to Grow program. After spending six months at a new position, she found herself frustrated with the politics of the job. Just then, she was contacted by a headhunting firm looking for a president for WomenVenture, and she took the job in August.

The organization she runs has nearly as complex a history as Heidelberg's. WomenVenture evolved out of two organizations: CHART, a career service aimed at helping women — particularly homemakers "displaced" by divorce — to make the transition into a secure job; and WEDCO, an economic development company for women wanting to start their own businesses. The

WomenVenture to page 2

The best part of waking up is MorningStar in your cup

by John Marino

For Jose 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 Hampden 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 dirt, dust and the chaff are eventually burnt away by the flame. However, impurities affect the taste of the coffee and some beans get burnt during the slow-roasting process.

Not so with Vido's air-blown roaster.

"This system blasts hot air into the coffee and the impurities are blown away," he says. "It separates the bean from the chaff. It's more accurate and economical."

Economical because he says he can roast a 40-pound batch of beans in about 10 minutes and doesn't require added labor to watch over the beans. The conventional method, however, takes about 20 to 30 minutes and requires constant attention.

So economical, in fact, that after only three-and-a-half years in the business, Vido is looking to expand from his current 2,000-square-foot warehouse on Endicott Street to a much larger space of "at least 5,000 square feet and maybe 10,000," he says.

Not bad for a budding

entrepreneur who wanted to pursue a career in his native Brazil as a swimming coach. "I never thought I was going to be in the coffee business. I came here to learn English."

He also swam at Hamline University and was planning to do his coaching internship somewhere in Florida or California.

"But all my college credits from Brazil were not accepted, so I gave up my swimming dream and decided to go into business."

With some help from his father, Dominques Nicola Vido, a coffee farmer in Brazil, who supplied him with coffee, Jose started Cafe Imports, a wholesale company, with business partner, Andrew Miller. Although Jose eventually sold his interest in

Photo by Truman Olson



Cafe Imports in order to start MorningStar, he still buys his coffee from Miller, who still owns Cafe Imports.

"He's my American brother," says Jose of Miller. They met when both were working at D'Amico Cucina. Vido was bussing 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 it's not that 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

MorningStar Coffee to page 12



MUSIC in the PARK SERIES

1999-2000 SEASON

- FEB. 6** THE AMADEUS PIANO TRIO
4 PM violin, piano, cello
- FEB. 27** THE PETERSEN STRING QUARTET
4 PM
- APR. 16** THE EBERLI ENSEMBLE
4 PM violin, clarinet, cello, piano
- APR. 30** BELLADONNA (Baroque quartet)
7 PM with GAO HONG, pipa (Chinese lute)

ALL CONCERTS ON SUNDAYS AT
ST. ANTHONY PARK UNITED CHURCH OF CHRIST
2129 Commonwealth Ave. at Chelmsford in St. Paul

4-Concert Series: \$45

Single Tickets: \$13 advance purchase
(\$15 at the door, \$8 student rush)

TICKETS AVAILABLE AT
THE BIBELOT SHOP (651-646-5651) &
MICAWBER'S BOOKSTORE (651-646-5506)
in St. Anthony Park, St. Paul.

Tickets / Information: (651) 645-5699 or (651) 644-4234
Music in the Park Series, 1333 Chelmsford, St. Paul, MN 55108



Give the Gift of Music
Holiday Gift Certificates
Call: 651-645-5699

COMO RAYMOND AMOCO
2102 Como Avenue at Raymond • 651-646-2466

JAL AMOCO
2421 Larpenteur at Eustis • 651-645-5971



Gas open 6 a.m. to midnight
Mechanics on duty 7 a.m.-11 p.m.

College Park . . . from page 1

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

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 neighborliness."

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 out 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 Massaros, "but we've got all winter. Construction can't begin until spring."

Actually, they may have even longer. Although some observers have speculated that the city funds made available for the playground project will be withdrawn if they remain unspent by January of the year 2001, these fears are probably baseless. Says St. Paul City spokesman, John Worka, "There is no 'sunset date' 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 attend the January meetings, whether or not they have contacted the Dispute Resolution Center in advance. For additional questions, you may call Jean Peterson at the center, 292-7791. ■

WomenVenture . . . from page 1

two groups merged to become WomenVenture in 1989.

WomenVenture 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 also have a mother/daughter program that strives to break the cycle of poverty in struggling families.

Since 1978, WomenVenture 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. But to Heidelberg, it's not just about numbers and jobs — it's about empowerment. Many of their clients are women who put their careers on hold to be homemakers and stay-at-home mothers, who don't know what jobs they would be qualified for.

When Heidelberg came to

WomenVenture to get help with her resume, she learned a fundamental lesson: "If you have skills, you can transition," she says. And most women have more skills than they realize. "It empowered me to look at myself as marketable," Heidelberg says. Now she is helping spread the

Since 1978, WomenVenture 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.

message to other women.

In her position, she sees the problems women are up against. For low-income women, one of those problems is knowing what kinds of jobs they can get. A client might want to be a nurse but not have the necessary four-year degree. WomenVenture 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 Heidelberg, 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). WomenVenture tries to prepare clients to work in a male-dominated environment, and also tries to improve the environment through education. One of WomenVenture's services is on-site seminars on employment issues, including women's issues.

On top of these problems, Heidelberg 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 WomenVenture, she says, is "to serve as a catalyst for public policy that supports the

needs of women." She points out that so many of society's problems stem from women and children in tenuous economic circumstances: school problems, crime, welfare. Rather than trying to fix all these families in crisis, Heidelberg 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 WomenVenture's counselors are 300 volunteers, some serving as mentors to women starting new jobs or businesses, others as teachers, advisors, or office help. WomenVenture also relies on donations, grants, and assistance from business partners. They are able to provide their services at reasonable rates on a sliding-fee scale based on income. And while their primary emphasis is on women, nine percent of their are men, and most of their programs are open to men.

In the future, Heidelberg and WomenVenture's board have a few major goals: "To serve more people . . . to diversify the people that we serve, and to form collaborations and partnerships with other organizations," Heidelberg 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."

WomenVenture has a new schedule out for 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 a business consultation and loan information. There are also complementary information sessions on the non-traditional and low-income Employment Programs. Call WomenVenture at 646-3808 for more information. If you wish to volunteer, contact Ann Mays at extension 128. ■

Goodmanson Construction



CONCRETE
SPECIALISTS

- Basement Waterproofing
- Decorative Retaining Walls
- Slabs • Walks
- Patios • Driveways
- Fire Egress Windows

All Work Guaranteed
20 Years in Business

651-631-2065

CITY FILES

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, which runs from 7:30 - 10 p.m. Light rail transit on University Avenue is the main discussion topic. The council expects to vote that evening on whether to endorse University Avenue as a light rail in the proposed central corridor.

— Dave Healy

Hearing on blocking Cromwell 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, 890 Cromwell Avenue. The committee is interested in hearing neighborhood input on a proposal to block Cromwell 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 Cromwell



St. Anthony Park neighbor Scott Dutcher meets Minnesota Secretary of State Mary Kiffmeyer at a recent gathering of the University of Minnesota College Republicans.

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 Cromwell 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 with teen 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 database, individuals must be at least 12 years old and live in the St. Anthony Park or Como neighborhood. Workers are especially needed in the south 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 McClure

Despite the defeat of a ballot 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 resume 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 Snelling-Hamline 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 Village are two of the city's special sign districts. St. Anthony Park was the first planning district to seek special sign district status for a large area.

In neighborhoods where billboards are an issue, special sign districts are the only restrictive option. Had the billboard ban passed November 2, 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 ballot question fell 53 percent to 47 percent, with 40,174 no votes 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 Eller Media's local president, LeeAnn Muller.

Scenic St. Paul Chairman John Mannillo 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.

Mannillo 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.

Scenic St. Paul also contends that the last-minute advertising blitz contained inaccuracies, such as statements that non-profit

groups and neighborhood businesses would not get the benefit of billboard advertising. One letter from Suicide Awareness/Voices of Education claimed that "A ban on billboards would severely jeopardize the work of SA/VE and other non-profit organizations that rely on the generosity of area billboard companies."

A postcard mailing listed businesses and non-profits that would have been 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.

Eller Media also posted a number of informational 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," Mannillo says. "That's still more billboards per capita than any other city in Minnesota."

"We don't have any dialogue," explains Mannillo. "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." ■

MY HUSBAND IS AMAZING!



He Builds and Fixes almost anything

Russell Dedrick

651-776-1780

State Lic# 20113561

professional
handyman
services

• Remodelling •
• Additions •
• Renovations •

EMIL GUSTAFSON JEWELERS
DISTINCTIVE JEWELRY AND DESIGN SINCE 1911

OUR SERVICES INCLUDE

DESIGN ♦ RESTYLING ♦ RESTORATION ♦ REPAIR

SUZANNE FANTLE ♦ OWNER

2278 COMO 651-645-6774

T-F 10-6, SAT 10-5



WE WISH OUR CUSTOMERS AND
FRIENDS A YEAR OF PEACE,
GOOD HEALTH, AND HAPPINESS.

A Lively Collection
of Gifts, Clothing
& Jewelry

THE BIBELOT SHOPS

1082 Grand Ave. St. Paul 651-222-0321
2276 Como Ave. St. Paul 651-646-5651
4315 Upton Ave. So. Mpls. 612-925-3175
9:30-8 M-F, 9:30-5:30 Sat., 11-5 Sun.
www.Bibelotshops.com

Dear St. Anthony
Park Residents

HAPPY NEW YEAR!



As the the new
Millennium dawns...

We will continue to provide the complete real estate services that you've come to know and trust. We're also building a new internet website, the best place to go when it comes to selling or buying homes in the Park. Check us out at...

www.stevetownley.com

Although our "virtual" location has expanded, our real home in the Park has remained the same since 1961. **Stop by anytime!**

Steve Townley

651-644-3557 • 2190 Como Ave.

E-mail: sjtownley@aol.com

RE/MAX
CROSSROADS, INC.

EDITORIAL

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 youngster's needs as well as environmental and aesthetic considerations. Yet, the bad news is that the St. Anthony Park Community Council 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 Worthington, the council's executive director, says in this issue that the mediation process may only tweak the plan and further discussion may erode "St. Anthony Park neighborliness." The reverse is true. As said 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 AxMan and surplus stores nationwide. If you read this note before Millennium Eve please don't plan your festivities around the possibility of bah humbug disasters. Instead, celebrate in style with friends and family. Then, again, if you spent December 31 hiding beneath the bed, don't stand on ceremony. Plan a late January Millennium fete and play Y2K-on-the-Donkey. The lesson — it is a pity that Y2K preparedness almost overshadowed the opportunity for bringing people together. ■

Next issue January 27

Deadlines:

Display adsJanuary 13

News & classifiedsJanuary 14

The Park Bugle

2301 Como Avenue, Box 8126, St. Paul, MN 55108
phone: 646-5369 ■ bugle@minn.net
http://www1.minn.net/~bugle/

The Park Bugle is published by Park Press, Inc., a nonprofit organization guided by an elected board of directors. Currently serving on the board are Cindy Ahlgren, Andy Collins, Grace Dyrud, Kathryn Gilbertson, Connie Hillesheim, Catherine Holtzclaw, Thor Kommedahl, Bill Lorimer, Carolyn Nestingen, Bettye Olson, Mark Olson, Steve Plagens, Alisa Potter and Marietta Spencer.

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

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, Northwest Como Park, Falcon Heights and Lauderdale and to local businesses.

Subscription rates are \$25 per year

Writers in this issue: Amy Causton, Michelle Christianson, Dave Healy, Pete Keith, Mary Maguire Lerman, Abby Marier, John Marino, Jane McClure, Lisa Steinmann, and Judy Woodward.

EditorDavid Anger, 646-5369
Office ManagerJodie Maruska, 646-5369
BillingHoltzclaw & Assoc., 644-1074
Production ManagerRegula Russelle, 646-3620
PhotographerTruman Olson

ADVERTISING REPRESENTATIVE

Rachel Larson, 644-5188 ■ fax: 646-0159

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.

Copyright©2000 Park Press, Inc., St. Paul, Minnesota.

All rights reserved.

Bashing 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 cut buckthorn from private properties. However, the grant request was only partially funded. I am looking for potential grants to match the association's gift so that a tree service can be hire for a weekend of picking up and chipping buckthorn through 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 Lerman
St. Anthony Park

Don't decorate with
ornamental tree-tops

Despite of this year's lack of snow, the holiday season is certainly 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 spruce 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 inches a year, so these tops 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

CENTURY
(\$100 to \$125)

Ruth Donhowe
Marietta Spencer

QUARTER CENTURY
(UP TO \$25)

Carol and Robert Cross
Joseph & Louise Dunnwald
Hallie Wannamaker

IN-KIND DONATIONS

- * Long-time assistance in business matters from Wendy Hanson
- * Help with our annual fund drive mailing from ParkBank
- * Computer trouble-shooting from Bob Grant
- * Story writing from Pete Keith
- * Webpage assistance from Keith Dyrud
- * Proofreading from Jeanne Frerichs



Letters

the Dinner itself, the St. Anthony Park Business Association made over \$2,700. This money will go a long way toward the year 2000 budget. The Holiday Lights Committee did a fine job of organizing, picking caterers, menu, calling for donations and all of the many tasks that go unseen, but are essential to the events success. Again, thank you one and all.

Ron Edlund
St. Anthony Park

You can help save elms

It was one of those quintessential late July evenings. It seemed as though everyone was out enjoying it. The sweet, syrupy air was laced with the pulsing strum of crickets. My wife and I had gone for a drive just to cool off. With the sun roof still open, we parked in front of our house under our big old boulevard elm and finished

listening to a CD which complemented our summery mood. At one point, I looked up at our elm and remarked at how its graceful, fountain-like shape defined the space under and around it. We talked about how wonderfully the tree decorated, sheltered, quieted and cooled our front yard. We wondered what it would be like if it weren't there.

Two months later, it wasn't there. Our graceful elm, along with several others near our home, was erased from our experience by Dutch Elm Disease and city foresters.

We decided to find out if there was anything we could do to save the remaining elm in our back yard. We learned that there is an effective "vaccine" for Dutch Elm Disease. Arbotect, developed by the University of Minnesota, is injected into the base of the tree just where the roots flare out. The treatment is expensive (our tree cost \$300) and the city won't pay that much to save boulevard trees. But the injection works; it's guaranteed for three years — enough time, we hope,

Letters to page 11

CLIP AND SAVE THE
BUGLE'S 2000 DEADLINES

| DISPLAY ADS | NEWS AND CLASSIFIEDS |
|------------------------|----------------------|
| Thursday, January 13 | Friday, January 14 |
| Thursday, February 10 | Friday, February 11 |
| Thursday, March 16 | Friday, March 17 |
| Thursday, April 13 | Friday, April 14 |
| Thursday, May 11 | Friday, May 12 |
| Thursday, June 15 | Friday, June 16 |
| Thursday, July 13 | Friday, July 14 |
| Thursday, August 17 | Friday, August 18 |
| Thursday, September 14 | Friday, September 15 |
| Thursday, October 12 | Friday, October 13 |
| Thursday, November 9 | Friday, November 10 |
| Thursday, December 14 | Friday, December 15 |

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

- ☐ \$25 ☐ \$35
☐ \$50 ☐ \$100 ☐ other _____

Please write your name(s) as you would like it printed in the Bugle's list of contributors

☐ Check here if you do not want your names(s) published in the contributor list.

Please return this card with your check to:
The Park Bugle
2301 Como Avenue
P.O. Box 8126
Saint Paul MN 55108

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____

Thank you for your gift!

M u s i n g

Clothes

by Dave Healy



A hundred and fifty years ago Thoreau wrote, "Beware of any enterprise that requires new clothes." It's hard to think of a statement more at odds with the spirit of our 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, class-conscious conformity is absolutely essential to the individual success of the American business and professional man." Such words would have been anathema to the individualistic and iconoclastic Thoreau. Ironically, however, it is Thoreau who is the true conservative.

A conservative is one who conserves or preserves. A true conservative is a conservationist, someone who tries to extend the life of things. Conservatives don't cut down old trees or tear down old buildings. They repair, they refinish, 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 conservatism as a college student. My badge was a pair of bell-bottom jeans. I bought them new but, in true Thoreauvian 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 daylights 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 unavailable option. So why did I keep nursing those old jeans along?

A cynic might have observed that patched jeans had acquired a certain panache within the subculture I inhabited at that time and that I was actually a slave to fashion. A pragmatist might have deduced that the difficulty of finding pants to fit my 6' 8" frame made me loathe 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 mania.

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 1960s, 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 Bonnet and Crisco, as well as most of life's other necessities, including what I wear. Someone I don't know made the things I use daily; I don't feel connected either to the things or their makers. In sewing 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 a thing. One's clothes say something about a person. Furthermore, clothes worn over a long period of time eventually conform to one's shape. If allowed to, they even begin to absorb something of one's essence — not 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, Pris, 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 Pris's gesture 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 hardly 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, Pris was signifying that she considered me worthy to wear something that had become inextricably identified with her husband. She could not have paid me a higher tribute nor given me a more precious gift. I wear Mike's coat only on special occasions. It is impossible for me to put it on without thinking of him, and not just think of him, but feel 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 jacket. I had patched a torn pocket and replaced the hood's drawstring, but other wounds had gone undressed. 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. But it's new. When I slip it on, 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.

Clothes to page 11

Call for Artists!

A Multimedia Art Show
to celebrate the new millennium

"IN THE BEGINNING.....2000"

January 16 - February 28



Applications available at
St. Matthew's Church

2136 Carter Avenue
9:30-1:30 • Monday - Friday
or call office at 651-645-3058



RE/MAX
Crossroads

When you're looking for
your new home, you only
need to make one call.



Beth Richardson
651-646-2100



St. Anthony Park Community Council

NEWS

MARK YOUR CALENDAR!

Please plan on attending these two important meetings:

Thursday, January 6, at 6 p.m.
Physical Planning Committee
South St. Anthony Park Rec. Center

TRAFFIC ISSUES on Bayless Avenue and Cromwell Avenue will be discussed. Input is needed on a possible solution to heavy traffic at Cromwell and Bayless Avenues by temporarily closing Cromwell Avenue north of the Recreation Center.

Wednesday, January 12
6:30 to 10 p.m.
Full Council
Luther Seminary
Olson Campus Center
Board Room and Balcony

We will be discussing the possibility of LIGHT RAIL TRANSIT (LRT) on University Avenue — we will have information

If you have questions, comments or concerns please call Heather at 646-5992, or e-mail us at district12@ci.stpaul.mn.us

Council-sponsored meetings are listed each month in the Bugle Community Calendar (see page 13).
Everyone is welcome!

Office: 890 Cromwell, St. Paul, MN 55114

Executive Director: Heather Worthington

649-5992
district12@ci.stpaul.mn.us

Members: Bob Arndorfer, Christopher Causey, Ron Dufault, Sherman Eagles, Karlyn Eckman, Ron Edlund, Suzanne Fante, Terrence Gockman, Scott Hamilton, Connie Hillesheim, Mary Jackson, Deborah Kuehl, Alice Magnuson, Bill Miller, Sueann Olson, Kristina Stierholz, Robert Straughn, and Natalie Zett

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

ST. ANTHONY PARK
HEALTH CARE PROFESSIONALS

Bjorndahl & Dodds, Family Dentistry
2282 Como Avenue, 651-646-1123

St. Anthony Park Block Nurse Program, 651-642-9052
Helping Older Neighbors Live at Home

St. Anthony Park Dental Care, 2278 Como Ave.
Todd Grossmann, DDS 651-644-3685
Paul Kirkegaard, 651-644-9216

St. Anthony Park Clinic, Dr. David Gilbertson, D.O.
Omar Tveten, M.D.
2315 Como Ave., 651-646-2549

Dr. Carla Breunig, Chiropractor & Classical Homeopath
970 Raymond Avenue, 651-644-0455

Twin City Linnea Home
2040 Como Ave., 651-646-2544
Member of Ebenezer
Social Ministries

Franklin J. Steen, DDS

Raymond Gerst, DDS, RET
2301 Como, 651-644-2757



A Wide World of Travel



ASSEMBLE & LEAD A GROUP...
...YOU TRAVEL FREE with 16 in your group... plus MORE.
Come to our Tour / Cruise Night...learn how!

TOUR and CRUISE NIGHT - JANUARY 13, 2000
6 pm - 8 pm - Representative from GLOBUS & Cosmos
Refreshments - Prizes - Fun - Valuable Information!

1340 COMO AVE (COMO & HAMLINE)
ST. PAUL, MN 55108
(651) 644-8144 ph. 603-8757 fx.
sales@wideworldtravel.com www.wideworldtravel.com



Ann McCormick's Hair Styling Salon



Men & Women 651-644-3926
Tuesday - Saturday by appointment
1540 Fulham, St. Paul (in St. Anthony Park)



COMO RAYMOND AMOCO

2102 Como Avenue at Raymond • 651-646-2466

JAL AMOCO

2421 Larpenteur at Eustis • 651-645-5971



Gas open 6 a.m. to midnight
Mechanics on duty 7 a.m.-11 p.m.

Dr. Todd Grossmann

651-644-3685

Dr. Paul Kirkegaard

651-644-9216

2278 Como Ave.

Your neighbors in St. Anthony Park



Don't miss this

50%

discount

If you receive assistance from the **Energy Assistance Program**, you also can receive a 50 percent electric rate discount on the first 300 kilowatt-hours of electricity you use in each billing period. The discount is available to qualified NSP customers, even if they get most of their heating energy from another utility, or a fuel oil or LP gas supplier.



The energy to make things better™
www.nspco.com

© 1999 Northern States Power Company

Don't delay. You must apply for the **Assistance Program** by May 1, 2000, to be eligible for the 50 percent discount. However, we encourage you to apply as soon as possible.

For more information about ways to save money and energy, call NSP at 1-800-895-4999.

If you have questions about the **Energy Assistance Program**, please call the Minnesota Department of Economic Security at 1-800-657-3805.

SCHOOL NEWS

The month of December was a busy time in the schools tying up the old year. The New Year means looking ahead. If you have children who will be entering school in 2000 you will want to visit the annual St. Paul Schools Parent Information Fair on Saturday, February 5. Schools will have exhibit booths 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 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 293-8790. Ballots 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 certified to handle the rocks during summer workshops sponsored by NASA.

Teacher, Mrs. Kath, will be teaching a space unit this spring centered on the International Space Station to third graders at **Brimhall Elementary School**. She received a scholarship from Lockheed Martin to attend NASA Space Camp last summer. Third grader, Marissa Gohl, from Mrs. Kath's classroom, performs in Park Square Theatre's production of *LaPosada*. Mrs. Kaphing, 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. Speiker, director of curriculum and staff development for Roseville Schools, will be speaking. On January 23, the PTA sponsors the annual Snow Fun Festival.

Como Park High School

senior Jonathon Farnsworth went to New York City in December for a banquet honoring the 12 finalists for the Wendy's High School Heisman Award — a program that recognizes students who excel in the classroom, in sports, and in their communities. Jon was chosen as a finalist from among more than 12,000 high school seniors across the nation. The two winners, one male and

one female, will be announced after this has gone to press. Jon is also a graduate of St. Anthony Park Elementary and Murray Junior High School.

Students at Como Park High can choose from a wide variety of after school activities to round out their experiences. Besides a full complement of winter sports this season there is a new Chess Club this year. Como will have a chess team competing in January as part of the Minnesota High School Chess League. Another competitive endeavor is the Como Math Team. For students who like to test their knowledge across the curriculum there is Knowledge Bowl. French teacher Suzanne Susens helped organize Hmong Women's Circle.

At Falcon Heights

Elementary School parents helped plan "Winter Holiday Parties" for classrooms with the assistance of a room party source book, a collection of craft, food and game ideas that have been generated by the school community. Kindergartners received books entitled *I Like Me* as part of a literacy project meant to promote self-esteem development. Each book was personalized with the child's name and the names of friends, school, principal and teacher. Dallas Leier, president of the St. Paul Council of Telephone Pioneers and a Falcon Heights School grandparent, presented the books. Nan Knutsen, volunteer coordinator at the school, is always looking for

volunteers, especially retirees, seniors, and folks who want to serve as resource speakers, sharing job, hobby, or travel stories. If you are interested call Nan at 646-0021 (M-W-F).

Students at St. Anthony

Park Elementary School had a lot going on last month. The sixth graders put on a "Culture Fair." Younger students visited the fair to learn more about cultures from around the world. Thanks to a generous McGuire grant, third graders visited the Minnesota Zoo. Students have read over 5,000 books as part of their reading goals. Classes have been celebrating the future with "Millennium Parties" and reflecting on the past by putting together time capsules. Attendance has been about 98 percent recently. MAT 7 test scores will be out in January.

Como Park Elementary

School kicks off the new millennium with "Passport 2000." Students and staff have planned visits 50 countries around the world via the computer. They are creating travel brochures, passports, and using the Internet to set off in the right direction. Como's Grandparent Reading Buddies program recently got some attention. KTCA, Channel 2, broadcasts a short feature on volunteers who read with children on December 8. Como is also putting together a Site Based Council for the school. Call the school for more information at 293-8820. ■

— Lisa Steinmann



Fifth graders in Ms. McGuire's class at St. Anthony Park School are pictured here with the reports that they wrote as part of the Native American project. This unit of study for all the fifth graders culminated with an invitation to members of the Native American community to visit. The students welcomed an Ojibway tribe member, pictured here with his young daughter, in regalia that he beaded himself. He taught students the snake dance. Two other Ojibway guests taught a beading craft and the moccasin game.

Support your local businesses

Tim Abrahamson Construction



Fine
Carpentry

General
Contractor

Lic #9174

651-645-9775

Burton's Rain Gutter Service

Roof Snow and Ice Removal



• Clean • Repair • Install
• Rainleader Disconnects • Chimney Caps

Licensed • Bonded • Insured

Serving area since 1973

Burton R. Johnson

651-699-8900

1864 Grand Ave. MN

ID#20126373

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

Essays compiled by Lisa Steinmann

"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."

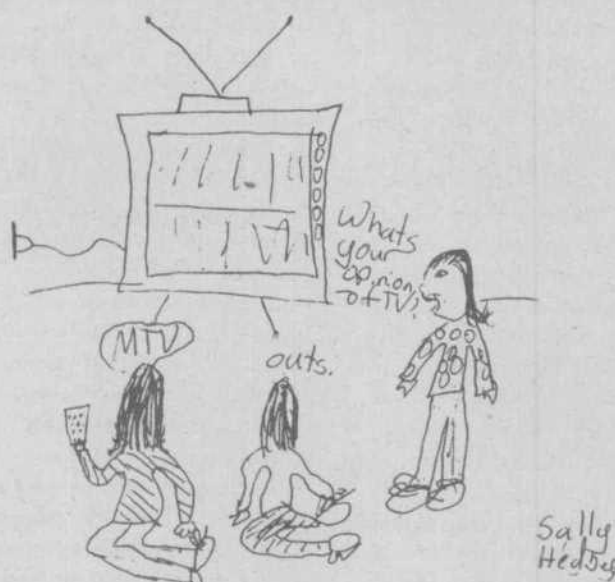
— SALLY HEDBERG

"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



Sally Hedberg

"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 it rots 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 takeover my life."

— ANONYMOUS

"I can watch TV whenever I want. But I can't watch television in the morning and when I get home from school I can only watch until 7:30 p.m. I wish I could watch 'til 8:30 p.m. My favorite show is *The Simpsons* because it's funny. But I still hope you play outside."

— PETER JOHNSTON

"I like to watch TV. I usually limit myself as to how much I watch, because my parents allow me to see as much as I want. The shows I especially like are *Saturday Night Live* and *The Simpsons*, and I watch about two or more hours a day. I also encourage kids to play outside more."

— LEAH CONWAY

"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. I play sports after TV."

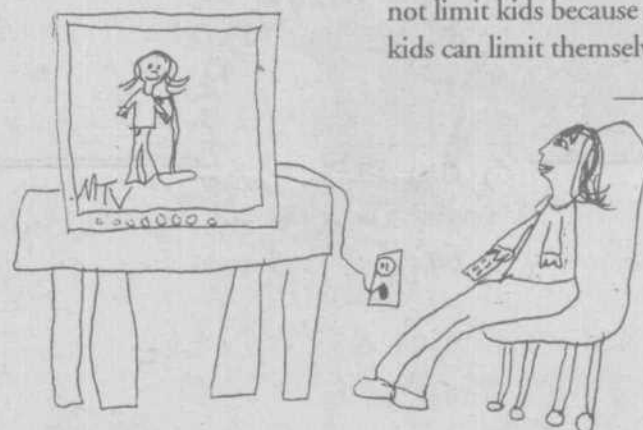
— ANONYMOUS

"I 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

"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



by Jessica Zielinski

Sharrett's Liquors

651-645-8629

Call for FAST DELIVERY

Corner of Raymond and University

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.

Peggy & Gary Sparr

Peggy: 651-639-6383 peggy@mnhouses.com

Gary: 651-639-6304 gary@mnhouses.com

www.mnhouse.com

Edina Realty



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
6:30-7:15 SALAD AND BREAD 8:45-9:45 DESSERT AND COFFEE

If you wish to attend, fill out the following coupon and mail BEFORE FEBRUARY 13 to: Marcie O'Connor, 2168 W. Hoyt Avenue., St. Paul, MN 55108 (645-2043), or e-mail to: marcie@haven.com. Someone will call you by February 23 to confirm the course and the number of people you will host.

Name(s) _____ Phone _____

(Please include the names of ALL people who will be attending the progressive dinner)

Address _____

☐ I/We will host a course in our home for _____ people.
(This number should include yourself, and any others you have listed above)

Course: first choice _____ second choice _____

☐ Our home is handicap accessible _____
(Please describe step situation and anything else that would be helpful)

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

Special needs: _____ ☐ Prefer vegetarian entree ☐ Prefer handicap accessible location

St. Anthony Park Association

President: Ron Dufault 647-0262

Progressive Dinner Chair: Marcie O'Connor 645-2043

- Family Law
- Business
- Mediation/Arbitration
- Real Estate
- Wills - Trusts - Probate
- Bankruptcy
- Personal Injury



**Mark Labine
Law Office**
2239 Carter Avenue
651-644-1739

Mark Labine

*See website at labinelawoffice.uswestdex.com

BLOMBERG PHARMACY

- full service pharmacy • prescription delivery
- medical supplies • cards and gifts
- post office service • fax

651-646-9645

1583 No. Hamline at Hoyt • 2 blocks south of Larpentur
9-7 M-F, 9-4 Sat., closed Sundays • 57 years in your community



INCOME TAX
Preparation and Planning for
Individuals
Corporations
Partnerships
Estates and Trusts

BUSINESS SERVICES
• Compilation of Financial
Statements
Payroll Tax Guidance
New Business Startup
Bookkeeping Services

FINANCIAL PLANNING
Personal Financial Planning
Business Financial Planning

HOLTZCLAW & ASSOC., LLC

At the corner of Como & Doswell

651-644-1074



The CPA. Never Underestimate The Value.

JOIN YOUR NEIGHBORS

at Muffuletta for

CHILL CHASER SPECIALS

FROM NOW UNTIL MARCH 31,

TREAT YOURSELF TO OUR \$8.95

EARLY WEEK FEATURE

(Available Monday, Tuesday and

Wednesday nights).

MUFFULETTA



2260 COMO AVENUE W, IN MILTON SQUARE
ST. PAUL, MN 55108
651/644-9116 • 651/644-5329

Thriving...

JOAN GENNARO KNOWS WHAT'S COOKIN'

by Judy Woodward

Are you hungry? You probably will be by the time you finish reading about Joan Gennaro, a winter cook wizard of Falcon Heights, who rescues famished friends from the misery of unsatisfied appetite when there's a chill in the air to awake the Ravenous Diner who dwells within us all.

There are few things that might make a hungry person happier than the sight of Gennaro, apron-clad and ready for some serious action in the kitchen. On a cold winter morning, there's no better place to be than Joan's sunny Falcon Heights kitchen, with lunch simmering on the stove and fresh bread baking in the oven.

Gennaro, who is a retired librarian and active volunteer, didn't set out to be a fine chef on the Julia Child model. "I never think of myself as great cook," she says modestly, despite the host of friends who are ready to dispute her remark. She adds, "I like to cook, though, and my family likes to eat. That helps."

She has crisp white hair and a cheerful, calm presence that belies her good cook's ferocious attention to detail. On a cold morning, she wears a tailored green apron over a spotless white shirt as she shows a visitor how to prepare an effortlessly elegant luncheon, while simultaneously recounting anecdotes from a lifetime spent making good things to eat.

Today the menu includes a French meat pie called tourtière, a Portuguese chicken and sausage stew with couscous, and home-baked French bread. The smell alone is enough to

remind a visitor that plunging out into a cold wintry morning is never a completely irrational act if it's done in anticipation of a good lunch.

Gennaro throws a handful of onions in the food processor while describing a superlative meatloaf that she recalls being the first memorable meal she ever created. Then she interrupts herself to gesture to the processor, which is reducing several onions to fine mince in just under five seconds. "My husband, Gene, got me the Cuisinart. I would never have bought it for myself. I didn't think I needed it. But now I can't live without it."

Gennaro who, despite her Italian last name, is of Irish and German descent, grew up on meat-and-potatoes Minnesota cooking. "My mother," she remembers, "made two kinds of soup — chicken soup and what we called 'soupbone soup,' which was really vegetable soup." Her culinary horizons have expanded somewhat since those days, but she still remembers some fundamental principles. "Nothing smells better than soup cooking when you come home from school on a cold winter afternoon," she says firmly.

Nowadays, Gennaro found cooking Asian st hot dish. She credits he a retired professor at th Minnesota, with introc world of global cuisine. cooked himself, but be his foreign graduate stu fix a meal.

One of Gennaro's in fact, concerns a won found a locally success restaurants. When the however, she was a you who had never cooked own family. Gennaro r make dinner for our fa The dish was carried cl home to her own coun of curry paste. Our kid 6 years old at the time ever eaten Asian food b very hot, and the kids v it around on their plate We didn't know what t

Later the young co down her spices for Mi

PORTUGUESE STEW

- | | |
|---|---------------------------------|
| 1 lb. Italian sausage, cut in 1/2" pieces | 3 tbs. fresh or 1 tbs. drier |
| 2-3 chicken breasts, cut in 2" pieces | 2 tbs. fresh or 3/4 tbs. drier |
| 3 cups chopped onions | 1 tbs. paprika |
| 2 green peppers and 1 red or yellow pepper, chopped | 1 14 1/2 oz. can diced tomatoes |
| 3-4 cloves garlic, chopped | 1 4 oz. can chicken broth |
| | 1 cup dry white wine |

Brown sausage and transfer to a bowl.

Sprinkle chicken with salt and pepper. Brown chicken three minutes in the sausage drippings and transfer to the bowl.

Pour off all but one tbs. dripping. Add onions and peppers, and cook for 15 minutes. Add garlic, spices. Sauté two minutes.

Return chicken and sausage to cooking pan. Add tomatoes, broth, and wine. Bring to boil. Simmer 25 minutes. Uncover and simmer 40 more minutes. Taste with salt and pepper. Serve over couscous.

AN APPLE A DAY HELPS KEEP THE DOCTOR AWAY — WINTER WELLNESS ADVICE

by Abby Marier

If 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 Fongemie, 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. And use common sense — avoid people with a cold!

Hand washing with soap and water is the major way to prevent colds and flu. A typical cold lasts about 7-10 days, with a fever and runny nose.

Dr. Fongemie advises to drink plenty of fluids, rest, and use over-the-counter or cough medicine. When you clear up, (especially if you have phlegm, have a temperature 101 or higher and are blowing your nose) see a doctor for an evaluation. If you've started the cold in the first place, respond to antibiotics, if necessary, resulting from bacterial infections, sinus infections, pneumonia) can be treated with antibiotics. However, overuse of antibiotics are used too often, effectiveness is diminished. That's why we get flu shots, as well as pneumonia shot. Bed rest is also important.

in winter

.....

is as likely to be
-fry as hamburger
husband, Gene,
University of
eing her to the
Not because he
use he often invited
ents home to

avorite food stories,
a who went on to
chain of Asian
ennaros knew her,
graduate student
r anyone outside her
alls, "She offered to
y one night.
ken, and she'd sent
for a special kind
ere 4, 5 and
d none of us had
ore. Well, it was
e kind of moving
without eating it.
hake of it."
learned to tone
esota palates, and

oregano
d thyme
crushed tomatoes
minutes each side
sauté for
th and wine.
minutes. Season to

a soap and water is
t transmission of
cold lasts one to three
unny nose.
es to take Tylenol,
ke an antihistamine,
en symptoms do not
u are coughing up
ure of 102 degrees
g your nose), see a
The viruses that
st place don't
at complications
fections (such as ear
s, bronchitis and
d effectively with
warns that if
ten, their
l. He recommends
ell as the one-time
is not necessarily

Wellness in Winter
to page 16

names. The Gennaro 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 Gennaro 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 really very satisfying, especially as opposed to, say, dusting."

Gennaro 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 Gennaro. "Let's eat." ■

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

Photo by Truman Olson



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 day lengths are shorter, the angle of the sun is low, 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 Widmer, a St. Anthony Park resident, taught floriculture crops to students 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 set 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 they 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 windows! 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. Widmer's trouble shooting chart on page 15.

Zeller Plumbing Service

REPAIR OR REPLACEMENT OF: • toilets • faucets

• disposals • water, drain and gas pipes

10% OFF labor with ad

license 003473m • insured

Free estimates — call and compare

Raymond M. Zeller • 651-690-0421

Park Resident for 17 Years

QUALITY CARING CRAFTSMANSHIP
With your special desires in mind



Specializing in remodeling
and renovation of older homes

Tectone Construction

Call Ben Quie in the Park at 651-645-5429

Tectone is Biblical Greek for Carpentry

LICENSED • BONDED • INSURED

Hampden Park Co-op

A Neighborhood Co-op with
Natural Foods, Fresh Produce,
Unique Gifts & Household Goods!

SERVING THE TWIN CITIES
AS AN AUTHENTIC,
VOLUNTEER-INVOLVED CO-OP

928 Raymond St. Paul 651-646-6686
M-F 9-9 Sat. 9-7 Sun. 10-7

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.

| | | |
|------------------------------|------------------|------------------|
| 2137 | Folwell | Falcon Heights |
| 2110 | Knapp | St. Anthony Park |
| 2189 | Folwell | Falcon Heights |
| 607 | Hamline Ave. So. | St. Paul |
| 2129 | Folwell | Falcon Heights |
| 517 | Tyne | Woodbury |
| 1524 | Iowa | St. Paul |
| 2151 | Fairmount | St. Paul |
| 3664 | Abbey Way | Eagan |
| 1578 | Burton | Falcon Heights |
| 1669 | Niles | St. Paul |
| 1967 | Victoria St. | St. Paul |
| 1583 | Northrop | Falcon Heights |
| 1672 | Nebraska | St. Paul |
| 1365 | Parkwood Dr. | Woodbury |
| Powers Lake new construction | | Woodbury |

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

Nancy Meeden

651-282-9650

Burnet Realty



PARK HARDWARE HANK

Your "First and only stop" store

2290 Como Avenue • 651-644-1695

New Hours: M-F 8 am-8 pm; Sat. 8 am-5 pm; Sun. 10 am-4 pm

Happy Holidays to All!

THE HOME FRONT

Musings



The Accidental Memoirist

by Natalie Zett

I 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 placed at the end of a sentence. I usually avoid subjecting the inner muse to such kvetch-fests. I only turn to classes when I reach a major block in my writing — usually an obstacle that my existing skill set 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 reborn 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 enrolled. A quick scope of my instructor and fellow students immediately nuked 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, fighting a daily war 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 scarred beyond repair. This was the result of a deadly car

crash that seized 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 created 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 so we didn't lose them or get eaten by them. As writers shared their memoirs in various stages of progress, I observed that the more injustice an individual experienced, 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 ah-ha 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 by 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. ■

ST. ANTHONY PARK HOME



As the Holiday Season of 1999 comes to a close, we at St. Anthony Park Home wish to thank the churches, schools and the community for their support, gifts, songs and many kindnesses during the year. We were truly blessed by your goodness. Our gratitude and best wishes for 2000!

2237 Commonwealth 651-646-7486

JOIN US AT CHURCH

EVERYONE IS WELCOME TO WORSHIP WITH US
Sunday Mornings 8:45 & 11:00am
Coffee & Education Hour 9:50am



Pastor Paul Ofstedal
Pastor Reany Lindberg

ST. ANTHONY PARK LUTHERAN CHURCH

2323 Como Ave. W., St. Paul (651)645-0371

Mounds Park Academy



Founded on Excellence
Building on Vision

Open House
for prospective families

Thursday, February 3 • 7 - 9 p.m.

Grades K-12 • College Preparatory
Liberal Arts Education • 21st Century Focus

2051 East Larpenteur Avenue • St. Paul, MN 55109
(651)-777-6788 • <http://mpa.pvt.k12.mn.us>

e t c .

Meditation

St. Anthony Park Lutheran Church is open for prayer and meditation on Wednesdays from 7 to 8 a.m., noon to 1 p.m., and 5 to 6 p.m. The church is located at the corner of Como Avenue and Luther Place.

Art at Luther

Icons by Debra Korluka and paintings by Ansgar Holmberg are on view at Luther Seminary. Holmberg's colorful work, reflecting her notion as "God made incarnate," can be found in Northwestern Hall, 1501 Fulham Street. Meanwhile, Korluka's traditional Ukrainian-Russian icons grace the second floor of the Olson Campus Center, 1490 Fulham Street.

New Year's Day Mass

The Schola Cantorum of the Church of the Holy childhood sings Samuel Rousseau's *Messe Pastorale* with orchestra at the noon mass on New Year's Day. Baritone John

Jagoe and tenor Stephen Schmall perform solos under the direction of Robert Vickery, with Helen Jensen as guest organist.

On Epiphany Sunday, January 2, the 10:30 a.m. Mass spotlights French composer Alfred's Pilot's "Messe des Rois Mages" for men's voices, with chamber orchestra accompaniment. Noel themes take centerstage, including "March of the Three Kings," "O Holy Night," and "Out of the Orient Crystal Skies." Organist Robert Vickery co-conducts with choirmaster Stephen Schmall.

The church is located at 1435 Midway Parkway at Pascal Street.

Call for entry: Millennium Art

St. Matthew's Episcopal Church is planning an art show in celebration of the new millennium called, "In the beginning . . . 2000." The multimedia exhibition runs from January 16 to February 28. Community artist applications are available at the church office (2136 Carter at Chelmsford avenues) or by calling the office at 645-3058.

Langford Park and South St. Anthony Park rec centers

The Langford Park basketball and hockey tournament is set for January 4, 6, 7, and 9. Girls basketball for ages 12u and 10u and boys hockey for ages 8u. Come down and enjoy the games.

Langford Park Sports Days takes place on Saturday and Sunday, January 22 and 23. The weekend party is enjoyable for all neighbors.

During the Christmas and New Year's break Langford Park opens at 1 p.m. and South St. Anthony at 3 p.m.

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.

Warren Hanson's latest book champions long-time companionship

by Michelle Christianson

Warren Hanson — local columnist, writer and illustrator — is really hitting his stride as an author in his own right. His first two solo books, *A is for Adult* and *Haunted Hardware*, "fopped" (his word!) and are now out of print. But *The Next Place*, a gentle and comforting look at death, was a big success and continues to sell well. And his latest book, *Older Love*, was in its second printing just three weeks after release.

Older Love celebrates the "sweetness of a love that lasts for years," says the St. Anthony Park neighbor. Hanson, who likes to write about universals, noticed that no one celebrates longevity; with all the articles and books about divorce and failed marriages, he wanted to see something about those couples whose marriage quietly survives the test of time. His book talks about the every day rituals and shared happiness that make up the fabric of any long-term relationship.

The process of actually writing the book was an interesting one. The title of the book came first — Old Love or Older Love? The latter seemed to have more possibilities and fit better with where Hanson himself is right now. Next he started to fill a legal pad with phrases that fit the topic and then he used a rhyming dictionary and a thesaurus to connect a few phrases together. The whole was then knit together in the way that just "felt right." The final piece was the illustration.

Hanson likes to include his friends and family in his books as a way of paying tribute to those who mean a lot to him. "Without them

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 with 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 relishes 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 *Peef* 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 Jorgensen, entitled *Reading with Dad* that Hanson is in the process of illustrating. Hanson says that it's interesting to illustrate someone else's writing besides his own or Tom Hegg'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 has 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. ■

Letters . . . from page 4

for the blight (which spreads by beetles or through direct root contact between trees) to pass its infectious peak. Homeowners and businesses: if you don't save your boulevard elms, they're gone forever. 10-foot basswood or honey locust (even a mature one, for that matter) is a poor substitute for a stately elm.

Now there are still more elms marked for removal (in front of Speedy Market and Park Hardware). Because they've been marked and spreading the disease since the middle of last summer, we're really worried about the few remaining elms nearby.

One tree we'd especially hate to lose is in front of St. Anthony Park Lutheran Church. It is one of the most perfectly shaped elms I've seen and its autumn gold always outshines the other elms. It's been exposed to diseased trees very close to it for several years, but

still shows no sign of infection. Problem is, once a tree shows the disease, it's too late for the vaccine. I've written and called the church several times to share our concern and inform them that there is a way to save their tree. Last time I called, the church office didn't know of any treatment having been done. With the added stress of having its roots cut during the recent construction, we fear this classic specimen will soon succumb without the Arbotect treatment.

We can't afford to lose the rest of our American elms! We urge you to notice boulevard elms, imagine how empty your blocks would look without them, and make the investment to save these irreplaceable "fountains" of beauty. Contact a professional arborist for the earliest possible treatment next spring.

Jeff and Sally Willis
St. Anthony Park

Clothes . . . from page 5

When I got home from the store, I took off my old parka. I had been planning to throw it out, but somehow I couldn't bring myself to add it to the rag bag.

Instead, I hung it in the back of the closet. Maybe sometime someone will need to borrow a jacket. I wonder what they'll feel as they slip it on. ■



My Turn!

Affordable Quality
Used Furniture
for every room in your home.

Happy New Year
and Thank You!

10% Off Everything
in January

It's Your Turn! Come Browse

1579 Hamline Ave N.
Falcon Heights
651-603-0353

Hours:

M 12-6, T,W 10-6,
Th 10-8, F 12-6, S 10-4

INNOVATORS

Additions Repairs Renovations

Bathrooms • Offices

Kitchens • Ceramic Tile

Local References

651-488-8464

Licensed, Bonded and Insured
ID# 20067213

Also: Replacement Windows
Home Offices • Basement Additions
Exit Windows for Emergencies

**Fresh
Gourmet
Coffee
and
Sandwiches
Daily!**

**Tim & Tom's
Fresh Meat
Speedy
& Groceries
Market**

2310 Como at Doswell - St. Paul
Open Every Day 7AM - 10PM
Phone: 651-645-7360
tntspeedy@aol.com

**Always
Fresh
Meat
Bread,
and
Produce!**

**Happy Holidays from
Everyone at Speedy Market**

Christmas Eve 7am - 4pm • Christmas Day - Closed
New Year's Eve 7am - 8pm • New Year's Day - 8am - 10pm

Make more...doing less!

4.37%

APY*

Park Treasury Savings Account

Don't you wish you could get great CD-rates and still have access to your money? Then the Park Treasury Savings Account is the perfect option for you. With a \$30,000 minimum deposit, you get a great rate, and the freedom to make additional deposits or withdrawals just like a regular savings account. Call our customer service staff or stop in for details... and information on our competitive rates!



Sharon Darouie, Mark Chapple,
Michelle Perron, Linda Gardner



St. Anthony Park Bank

2265 & 2300 Como Avenue • St. Paul, MN 55108 • (651) 523-7800 •
Member FDIC • www.park-bank.com • e-mail: info@park-bank.com

*Annual percentage yield effective as of 12-1-99 and is subject to change with market conditions.
Base rate of 4.28%.



- Life insurance
- Health insurance
- Investment opportunities*
- Annuities
- Retirement plans & other benefits for Lutherans

Jeff M. Hagon,
LUTCP Registered Rep.
2780 Snelling Ave. N., Ste. 201
Fennville, MN 55113
651-635-0500

LUTHERAN BROTHERHOOD
A Family of Financial Services for Lutherans

* Investment products are distributed by Lutheran Brotherhood Securities Corp., 625 4th Ave. So., Minneapolis, MN 55415, 612-339-8091. Date of first use: April 15, 1996.

**New Year's Greetings
from Cindy, David, Darrel, and
Marsha – your vacation specialists at**

Como Rose
TRAVEL

Formerly Omega Travel
Como at Doswell
651-646-8855

PARK SERVICE

TIRES • BATTERIES • EXPERT REPAIR
CERTIFIED MECHANICS
QUALITY CITGO GASOLINE

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

Happy Holidays from Ned and the Crew



**Celebrate the New
Millennium**

*"We offer you our
Combined Time,
Talent, Experience &
Effort in Buying or
Selling your Home"*

Art & Corinne Bustad
Bus. (651) 481-6759 Res. (651) 644-7154

Edina Realty

"A Family Tradition Since 1955"

Starting December 26th
Micawber's Post-Holiday

SALE

**25% OFF all
2000 Calendars**

**MICAWBER'S
BOOKSTORE**

2238 Carter Ave. in Milton Square • 651-646-5506
Mon.-Fri. 10-8, Sat. 9:30-5:30, Sun. 11:30-5



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** (945 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-Sisu** (1841 University Avenue West, 645-2443) 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 **Fobia** (2500 University Avenue,



647-0097). They carry a variety of funky 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 skate, 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 & L 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. Midwest Mountaineering, 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 messier aspects of winter, you might want to head to **Park Hardware Hank** (2290 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** (1844 North Hamline Avenue, 647-1945) to come and clear your driveway for you.

If the mere discussion of scraping your windshield or shoveling snow makes you weak with despair, there is another option: pick up some pizza at **Basali's** (1552 Como Avenue, 645-6617) or **Pizza Man** (1563 Como Avenue, 642-9777). Better yet, have the pizza delivered, snuggle 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. Rave reviews come from Cafe Latte, Bread & Chocolate, and Loring Cafe. Photo by Truman Olson

espresso 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 Peter 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 flavor," 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 co-ops 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. ■

professional painters paper hangers

- Interior & Exterior Painting • Staining & Varnishing • Patching & Sheetrock Repair
- Taping & Ceiling Spray Texturing • Residential & Commercial

Water damage repair interior and exterior

Jim Larson 651-644-5188

Family Business In The Park For Over 40 Years.

Licensed • Insured • Bonded • D2237

larson decorating

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. 644-0809. Every Monday.

■ Boy 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.

■ Tot Time (for 5-year olds and younger), Langford Park Rec Center, 10 a.m.-1 p.m. Every Tuesday. Call 298-5765 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 603-8946. Every Wednesday.

6 Thursday

■ Toastmasters, U.S. Forest Service, 1992 Folwell Avenue, St. Paul Campus, 11:30 a.m.-12:30 p.m. 649-5162. Every Thursday.

■ Tot Time (for 5-year olds and younger), South St. Anthony Rec Center, 10 a.m.-noon. Every Thursday (there will be no Tot 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 Cromwell, 6 p.m. Neighborhood input welcome on a proposal to block Cromwell Avenue to vehicular traffic for a one-block stretch just west of the Recreation Center.

7 Friday

■ Falcon Heights and Lauderdale recycling.

■ Langford Park basketball and hockey class tournament, 30 Langford Park, 298-5765.

8 Saturday

■ Langford Park basketball and hockey class tournament, 30 Langford Park, 298-5765.

9 Sunday

■ Langford Park basketball and hockey class tournament, 30 Langford Park, 298-5765.

10 Monday

■ Como Park recycling.

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

■ Falconeers Senior Card Club, Falcon Heights City Hall, 2077 W. Larpenteur, 1-3:30 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 Cromwell, 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 residents 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 Dispute Resolution Center 7 - 9 p.m., Olson 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 644-3889 for location.

■ Lauderdale Planning 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, Brimhall Elementary School, Falcon Heights.

24 Monday

■ Como Park recycling.

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

SPICED CRANBERRY DRINK

For Spice Mixture:

1 cup sugar
3 cups water
2 cinnamon sticks
1/2 lemon rind, diced

Bring 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 1/2 oz. of spice mixture to each drink.

TOURTIÈRE (FRENCH MEAT PIE)

| | |
|-------------------------------|--|
| 1 lb. ground beef | 1 tsp. salt |
| 1 lb. ground pork | 1/2 tsp. nutmeg |
| 1 small onion, finely chopped | 1/4 tsp. pepper |
| 1 clove garlic, minced | 1/2 cup boiling water. |
| 1 tsp. cloves | 1/2 cup bread crumbs. |
| 1 tsp. cinnamon | Also, dough for two, two-crust 9" pie shells. |

Brown the meat slowly to remove some of the fat. When it's lost its pink color, pour off the fat and mix in onion, garlic and spices. Add boiling water and bread crumbs. Cook slowly, stirring, for about five minutes. Pour mixture into two 9" pie shells. Top with dough. Seal, brush with cream, if desired. Bake at 450 degrees for half an hour. Serve hot or cold, but it tastes best reheated.

■ St. Anthony Park Community Council Housing and Human Services Committee, South St. Anthony Rec Center, 890 Cromwell, 5 p.m.

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

27 Thursday

■ College Park public meeting, led by the Dispute Resolution Center 7 - 9 p.m., Olson 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 Block Nurse Program Board of Directors meeting, St. Anthony Park United Methodist Church library, 7 p.m.

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

The Community Calendar is sponsored monthly by

Wellington

MANAGEMENT, INC.

Serving the community's needs in

- Office and Retail Space Leasing
- Property Management
- Investment Real Estate

292-9844

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!

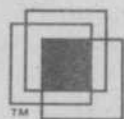
Hours: Weekdays 10-5:30; Tuesday 10-9; Saturday 10-4. 2186 Como Avenue. 651-645-7862



MAXIMIZE THE MILLENNIUM

Call Us

Senior Information & Services



651-642-9052 SAP Block Nurse



DAN BANE, CPA, LLC

Practicing for 30 years in the Park
At the corner of Como & Doswell

Providing services in
Income Tax
Preparation & Planning
&
Estate & Retirement Planning

Please call me today at 651-644-1074
For an Appointment

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 Ahlm; sons, James and Michael; 19 grandchildren; and five great-grandchildren.

Anyta Cathey

Anyta M. Cathey, 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. Cathey was a member at Holy Childhood Catholic Church.

She was preceded in death by her husband, Leonard. Survivors include son, Thomas; daughter, Judy Petree; granddaughters, Sarah Orman, Rachel Cathey, Angie and Chelsea Petree;

and great-grandson, Daniel Cathey.

Georgina 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, Genie Groh; grandchildren, Thomas Groh, Jr., and Jolene Erickson; and great-grandchildren, Riley Groh 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 six brothers and sisters. He is survived by a sister, Winifred O'Connell; and several nieces and nephews.

Luella Dosh

Luella V. Richter Dosh died at age 79 on November 24.

She lived at Lyngblomsten Care Center.

Mrs. Dosh was preceded in death by her husband, Lloyd. She is survived by sons, Lloyd, Curtis,

Edward, and Jeffrey; grandchildren, Jamie and Brian; great-granddaughter, Michaela; sister, Lucille Richter; and brothers, Gordon, Vernon, and Eugene Richter.

James Thompson

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

Mr. Thompson lived in Como Park. He was a member at Como Park Lutheran Church.

He is survived by his wife, Margaret; daughters, Nancy McIntire and Mary Austin; grandchildren, Mike, Khirstyne, Eric, Matt, and Megan; great-grandchildren, Reilly and Connor; sisters, Lillian Wennberg and Shirley Griffin, and brothers, Tom, Donald, and Paul.

Elizabeth Ziebarth

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

Mrs. Ziebarth was a graduate of the University of Wisconsin. She was a member of St. Matthew's Episcopal Church. Her husband, E.W. Ziebarth, was a well-known professor at the University of Minnesota in speech and communications.

She is survived by her husband of 59 years, E.W. Ziebarth; son, John; grandchildren, Trevor, Malia, and Scott; and a step-grandson, Douglas Peterson.

Compiled by Ann Bulger

G^{Too} Shopping is On-A-Roll

HOP GOODWILL'S OUTLET STORE

Hwy 280 & University

- New conveyor belt roll-out of goods
- Easy & comfortable atmosphere
- Best values in town



Hwy 280 & University • 651/603-1544
M-F 9am-9pm, Sat 9am-6pm, Sun 11am-6pm

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. Hawkins staff also will be on hand to discuss safety programs and to answer questions.

Monday, January 24 at 7:00 p.m.
Hawkins Chemical Headquarters
3100 East Hennepin Ave.
Minneapolis
(612)331-6910

HOLLY HOUSE

CENTER FOR INTEGRATED HEALTHCARE

FOR THE BEST IN CHIROPRACTIC AND INTEGRATED HEALTHCARE SERVICES

- | | |
|---------------------------|-----------------------------|
| Chiropractic | Food Intolerance Testing |
| Acupuncture | Hair Analysis |
| Therapeutic Massage | Gait Analysis |
| Exercise Physiology | Lifestyle Education |
| Body Composition Analysis | Yoga, Classes and Workshops |

JOIN US THIS MONTH

INTRODUCTION TO INTEGRATED HEALTHCARE:
INVITATION TO OPTIMAL HEALTH

2nd Tuesday of the month
6:30 p.m., Light supper included
Call now for complimentary tickets

LUTHER SEMINARY

St. Paul, Minn. 55108

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, Mon.-Fri.: 9-5, Sat.: 11-2.
- 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 Muskego 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.

2481 Como Avenue



The Transformed Tree Remodelers and Cabinetmakers

Custom Kitchens Creative Bathrooms Home Additions

Experienced, Dedicated Craftsmen
in our 27th year of business

Certified Remodelers on staff
licensed/bonded/insured
State License #1856

651-646-3996



2239 Carter Ave. in St. Anthony Park

CLASSIFIEDS



Amadeus Trio tops Music in the Park's line-up

Plan ahead for Music in the Park Series' upcoming concerts, when the Amadeus Trio performs on February 6, and Dare to Breathe stars at the family concert on February 4.

The Amadeus Trio, blending violin, cello, and piano, takes centerstage on Sunday, February 6, 4 p.m. at St. Anthony Park United Church of Christ (2129 Commonwealth). The group has won critical accolades from the Los Angeles Times and Washington Post and trio is set to play *Trio Brasileira* by the Brazilian Oscar Lorenzo Fernandez, *Trio in E Minor, Opus 67* by Shostakovich, and Mendelssohn's *Trio in C Minor, Opus 66*.

The Amadeus Trio is led by Marian Hahn, piano, Timothy Baker, violin, and Jeffrey Solow, cello. Hahn, piano, has won

national and international competition. The Oberlin and Julliard graduate has taken centerstage alongside the Cleveland Orchestra and Boston Pops.

Old and young are welcome at the Friday, February 4, when the vocal quintet of Dare to Breathe stars at the Music in the Park Series Family Concert on Friday, February 4, 6:15 and 7:30 p.m., St. Matthew's Episcopal Church (2136 Carter at Chelmsford avenues). Mark Dietrich, Linda Kachelmeier, Kathy Lee, David Moore, and Jordan Sramek sing lullabies from across the world, such as music from Mary Poppins and Hans Christian Andersen.

Tickets for the family concert are available by calling 644-4234. Tickets for the Amadeus Trio can be purchased by calling 645-5699. ■

TROUBLE SYMPTOMS FOR FOLIAGE PLANTS AND POSSIBLE CAUSES

compiled by Dr. Richard Widmer

Lower leaves turn yellow and drop off easily

A) overwatering- change your watering schedule

Burned margins (edges) or brown tips on leaves:

- A) accumulated salts in the soil — repot in new soil
- B) underwatering for long periods of time — water more frequently
- C) low temperature — move to a warmer site
- D) lack of potassium — fertilize with a balanced fertilizer
- E) fluoride effects on Dracaena, Prayer Plant, Calathea, Spider Plant, Yucca & Ti plants — water with distilled water!

Yellowing and dropping of foliage at various levels on the plants

- A) exposure to gas fumes — check your gas connections!
- B) drafts or chilling — move away from drafts of chills
- C) poor soil aeration and drainage — repot in potting soil mix

Small, light colored leaves

- A) tight, heavy, poorly drained soil — repot in potting soil mix
- B) soil too dry over extended time periods — water more frequently
- C) too high a soil pH — our city water pH is running around 8.0!
- D) poor light levels — move to a brighter light location

Weak growth

- A) light green or yellowish foliage- poor root system — repot, check watering
- B) too bright a light for plants not suited to this condition — change location

Soft, yellow, wilted growth

- A) plants growing under excessively high temperatures — move to cooler site
- B) root injury — did pets knock the pot over? Repot, check watering.

Small leaves, long internodes (distances between leaves on stem), soft growth

- A) lack of sufficient light- move to higher light location
- B) plants growing under high temperatures — move to a cooler location

Classified deadline:

January 14, 6 p.m.

Next issue: January 27

- Type your ad. Our style is to put the first few words in capital letters.
- Count the words. A word is numbers or letters with a space on each side. A phone number is one word.
- Figure your cost: 50¢ x number of words (\$5 minimum).
- Send your ad & check to:
Bugle Classifieds
P.O. Box 8126
St. Paul, MN 55108
or deliver to the drop box at the rear of the Bugle office at 2301 Como Ave. by 6 p.m. on deadline day.
- Classified ads are not taken over the phone.
- Call Jodie Maruska at 646-5369, with questions.



Instruction

VOICE/PIANO LESSONS.

Children/Adults. Performance Associates Unlimited. 651-487-0362.

HATHA YOGA, GAIN

FLEXIBILITY IN 2000! Treat yourself to the many benefits of this ancient practice. Gage Coleman, with 18 years of experience, teaches the class locally at Holly House. Three new 6-class series will start Monday 1/10 (Beginner), Wednesday 1/12 (Beginner) or Thursday 1/13 (Intermediate), 7-8:30 pm. Call 651-645-6951

Housing

HOUSE FOR RENT.

2411 Commonwealth, 3 bed-2 bath, vault LR, laundry. Utilities paid \$1450 Now. David 651-645-4300, Roger 651-644-5901.

Professional Services

SEWING SPECIALIST.

Fitting problems my specialty. Professional and accurate custom designs, copies, or alterations. Marjorie Magidow 651-644-4555.

PRUNING: Shrubs, hedges, small trees expertly pruned. 30 years experience. Swiss Gardens 651-489-8988.

PASSPORT PHOTOS — \$11 (tax included), International Institute, 1694 Como Ave. Hours Mon.-Fri. 9 a.m.-noon; 1 p.m.-4:30 p.m.

HARPIST. Cathy S. Victorsen. Beautiful Music for any occasion. 651-644-7016.

SWISS GARDENS: An old-world approach to the art of distinctive landscape design and consulting. Call Philippe, 651-489-8988.

Child Care

CHILDREN'S HOME SOCIETY CHILD CARE CENTER.

Roseville location. 16 months of age up to kindergarten entrance. For more information or to enroll, call 651-636-4495.

PARK ANGELS DAY CARE. Lic. in home since '94. NB-11 yrs. Near Como/Doswell. 651-644-5516.

Freebies

If we have room we place Freebies at no cost to you.

ATTENTION NEWCOMERS TO SAP! Welcome to the neighborhood. Free packets of information on the area and coupons. For delivery call: 651-644-3926 with name, address and phone number. Compliments of New Neighbor Team of St. Anthony Park Association.

Home Services

ALL YOUR INTERIOR & EXTERIOR painting needs and more, thanks to all my good customers. Laval Painting 651-769-8481

CARLSON PAINTING: Interior and exterior, furniture and repair/refinishing, wallpapering. Free estimates. 651-429-0894.

ONE WORLD LANDSCAPE, all landscape services. John 612-379-2939. Call now regarding winter services.

WE SATISFY ALL YOUR PAINTING NEEDS. Professional painting, interior, exterior, paperhanging, patching, taping, staining, ceiling spray texturing, water damage repair, and more. Family business in the Park — 40 years. Jim Larson, 651-644-5188.

APPLIANCE REPAIR: Reasonable rates, friendly service. Neighborhood references. Ron Wagner at 612-840-3598 or 612-377-1310.

HILLIARD E. SMITH general contractor. Carpentry work, block, stone, cement work. Interior, exterior remodeling, insulation, under-pinning porches. 46 years in the Park. Small jobs are our specialty. Licensed, bonded, insured. 651-644-0715.

DEADBOLTS INSTALLED, locks rekeyed. Free estimates. North Country Lock. 651-674-5644.

SCHUFMAN BROS. QUALITY PAINTING, interior/exterior, textured ceilings and water damage repairs, professional service at affordable rates, local references, free estimates, insured; Jonathan, 651-481-0402.

HOUSECLEANING — TIRED OF CLEANING on weekends? Call Rita & Molly for dependable and quality work! 651-771-8353.

GENERAL CONTRACTOR with old house experience. Repairs, replacements, additions of windows, doors, decks, roofs, etc. Kitchens, baths, and family rooms. Local neighborhood references are available. Call Terry 651-488-8464. License ID# 20067213.

CLEANING. Established business. Thorough, honest, reasonable and SAP-centered for eight years. Mary 612-789-7560.

WINDOW WASHING inside and out. "You'll see the difference." Call Larry 612-780-0907.

Employment

ADMINISTRATIVE ASSISTANT-Luther Seminary seeks a full-time assistant to the VP for Advancement (fundraising, marketing, church relations). Will provide clerical support and other assistance. Computer literacy, excellent telephone and people skills, attention to detail are essential. Please send letter of application and resume by January 31 to: Kathy Richardson, 2481 Como Ave., St. Paul, MN 55108.

PT JANITOR WANTED for 6 unit building at 1280 Raymond, flexible hours. 612-377-8748

SEASONAL POSITION — RECEPTIONIST — Feb 1 thru Apr 15, 24-27 hours per week, T,W,TR and every other Saturday, if available, St. Anthony Park Business. Call Dorothy at 651-644-1074.

SEASONAL POSITION — DATA ENTRY — Feb 7 thru Apr 15 - Average 20 hours per week, afternoon and evening hours, St. Anthony Park Business. Call Dorothy at (651) 644-1074.

Wanted

WANTED: OLD TOYS — cast iron, die cast, tin. 651-644-1866.

TOP CASH PAID. Older Furniture (All Types)-Also Rugs-Pictures-Frames-Clocks-Toys-Lamps-Glassware-Wood File Cabinets-Trunks-Linen-Pottery-Indian Items-Old Sports Equipment-Old Bikes-Pedal Cars-"ANYTHING OLD." Call 651-227-2469 Anytime!!!!

WANTED: TRAVELERS TO GERMANY during Karneval season Feb 29-Mar 1, 2000. Call 651-646-8855 Como Rose Travel (formerly Omega).

WANTED: ARTISTS for St. Matthew's Multimedia Community Art Show. Jan 16 - Feb 28, 2000. Call 651-645-3058 for more information.



Wulf Appliance Repair

Specializing in Whirlpool/Kenmore Washers & Dryers

Fast, Local Service

Brian Wulf • 651-647-9191

Preventive Maintenance/Repairs

Gene Ohman . . . from page 1

engineered table saw for \$17,000. Even Norm Abraham would be envious.

Ohman readily acknowledges that custom furniture is not for everyone. It can get pretty expensive, especially if you'd want to fill your entire home with it. "It's tough to build 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 would be 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 lying prone in bed, you are often more susceptible to infections. Get up and move about. And 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 12 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

fungi. Read your humidifier instructions to avoid the 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 with people who have Seasonal Affective Disorder (SAD). This is actually a physiological disorder; sunlight stimulates the brain to create hormones to help people feel normal. Also, because we tend to eat more carbohydrates in the winter, it's important to make an effort to especially eat fruits and

vegetables (just as mom used to say!).

Winter can also be viewed as a gift — a time of purification, when many molds disappear, says Dr. Patricia Lawler of Holly House the Center for Integrated Health Care. Dr. Lawler has been a chiropractor since 1977. She is also a certified clinical nutritionist, a diplomate of the American Council of the Board of Nutrition, and a diplomate in neurology, and has studied in England with Jack Worsley, one of the top masters in the world in classical acupuncture.

There is certain vitality as the seasons change, and it is one of the

main reasons Minnesotans live so long, she says. Again, listen to our bodies. Prepare ourselves. Warm our bodies and 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 recommends 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 Roseville. 651-631-0211
Bethany Baptist Morning Worship 10:45 am
Sunday School 9:30 am
Pastor Bruce Petersen
Filipino-American Worship 11 am
Pastor Sonny Olojan

❖ COMO PARK LUTHERAN CHURCH - ELCA

1376 Hoyt Ave. W. 651-646-7127 Handicapped accessible
CPL Contact Ministry 651-644-1897
Sunday Schedule (Nursery Provided)
Rides 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 & Family Worship (Communion 1st and 3rd Sundays)
10 am Sunday School, Youth and Adult Forums
Contemporary Worship and Bible Study Saturday 5:30 pm
Nursery provided
Christmas Eve Service of Carols and Candlelight 3 and 4:30 pm
Christmas Eve Service of Holy Communion 10:30 pm
Christmas Day Festival Worship with Holy Communion 10:00 am
Sunday, Dec. 26 Children and Family Worship at 9 am
Traditional Worship at 11 am
Pastors: Wally Obinger and Meg Sander
Visitation Pastor: Kenneth Granquist
Directors of Youth and Family Ministry: Andrea and Dave Wollan
Director of Music Ministry: Thomas Ferry

❖ CORPUS CHRISTI CATHOLIC CHURCH

2131 No. Fairview at County Road B. 651-639-8888
Meaningful liturgies in a new worship space.
A welcoming community. Handicap-accessible
Saturday Mass: 5 pm
Sunday Masses: 8:30 and 10:30 am
Christmas Eve Mass:
5 pm and 11 pm, carols beginning at 10:30 pm
Christmas Day Mass: 9:30 am

❖ EMMANUEL MENNONITE CHURCH

MEETING AT THE CHAPEL OF THE CROSS, LUTHER SEMINARY
1501 Fulham St. (Northwestern Seminary Bldg)
Sunday Service: 9:30 am
Sunday School for all ages at 11 am
Nursery care provided
Pastor Mathew Swora 651-766-9759

❖ MOUNT OLIVE EV. LUTHERAN CHURCH

(A WELS Congregation)
"THE CHURCH WITH A SMILE"
Handicap-accessible. Wheelchair available.
1460 Almond at Pascal. 651-645-2575
Sunday Worship: 9 am
Sunday School and Adult Bible Class: 10:30 am

❖ PEACE LUTHERAN CHURCH

YOU ARE INVITED TO JOIN US!
1744 Walnut at Lone. 1 block north of Larpenteur. 651-644-5440.
Sunday Worship: 10:30 am, Holy Communion 1st & 3rd Sundays
Sunday School and Adult Education 9:15 am
Tuesday Bible Study: 10 am
Pastor Drew Flathmann

❖ ROSE HILL ALLIANCE CHURCH

Roselawn at Cleveland. 651-631-0173
Sunday English Worship: 9:30 am, Japanese Worship: 9:15 am
Sunday School: 11 am, Int'l. Connection 5:00 pm
Wednesday Int'l. Women's American Culture Class 1:00 pm
(Sept. - May)
Wednesdays Jr. Hi and Sr. Hi Group 6:45 pm
Awana 6:45 pm

❖ ST. ANTHONY PARK LUTHERAN

Como and Luther Place. Handicap-accessible. 651-645-0371
Pastors Paul Ofstedal and Reany Lindberg
Visit our website at <http://www.sap.org/worship/sapl.htm>
We are in the sanctuary through Christmas

Starting Jan. 9 we will worship in the Luther Northwestern Seminary's Chapel of the Incarnation at the corner of Hendon & Fulham. We will have our education hour at 9 am followed by one service at 10 am
Communion 1st and 3rd Sundays
Faith Chinese Fellowship 1:30 pm Sundays
信義教會 星期天下午
Men's Prayer Group Fridays, noon
Our van is available for transportation to and from services.

❖ ST. A.P. UNITED CHURCH OF CHRIST

2129 Commonwealth at Chelmsford. 651-646-7173
We are handicap accessible and an Open and Affirming Congregation
Dane Packard, Pastor; Carrie Sauter, Youth Coordinator
Sunday Worship & Sunday School at 10 am, Fellowship 11 am
Nursery care provided 10:15 am
Christmas Eve: Family Service 4 pm, Candlelight Service 11 pm
Sunday, December 26: Carol Sing
Sunday, January 2, 10 am Worship celebrating the new century with the Nova Jazz Orchestra

❖ ST. A.P. UNITED METHODIST CHURCH THE CHURCH WHERE EVERYONE IS ALWAYS WELCOME

Como and Hillside. 651-646-4859
Pastor Deb Walkes
Sundays: 10 am Worship
Sunday School 9:30 am
Wednesdays, 9 am - 1 pm, Leisure Center with noon lunch
Sunday January 2, 10 am: Combined Worship "Millennium Jazz Service" at SAP United Church of Christ; no service at St. A.P. United Methodist

❖ ST. CECILIA'S CATHOLIC CHURCH

Cromwell and Bayless Place. 651-644-4502
Saturday Mass: 5 pm at the church
Sunday Mass: 10 am at church (nursery provided) and
8:30 am at Seal Hi-Rise, 825 Seal St. (handicapped accessibility)
Tuesday, Wednesday, Thursday: 7 am Mass at the Parish Center

❖ ST. MATTHEW'S EPISCOPAL CHURCH

2136 Carter at Chelmsford. 651-645-3058
Sunday Services:
8:00 am Eucharist, Rite I
8:45 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 p.m.: Eucharist with pageant
10:00 p.m.: Carols
10:30 p.m.: Festival Eucharist with choir
December 25, 11:00 a.m.: Eucharist with carols
January 2, 8:00 am Service only (Holy Eucharist, Rite I)
10:00 am Joint Service at St. Anthony Park United Church of Christ
January 5, 6:30 pm Twelfth Night Celebration (the Eve of the Epiphany) Pageant & Eucharist, followed by dessert
January 9, 16, 8:00 am Holy Eucharist, Rite I
23 & 30, 9:15 am Education Hour for All Ages
10:30 am Holy Eucharist, Rite II

Healing services in the chapel follow both Sunday services on 1st and 3rd Sundays.
Wednesdays: 10:00 am Eucharist
Thursdays: 1:00 pm Caregivers Respite Program
Adult Forums on January 9, 16 & 23, "Christianity and Evolution" 9:15 am
January 23, The Rev. Daniel Swenson, Assisting Bishop of Minnesota will preach and preside at both Sunday services.
January 30, 12:00 noon Potluck followed by the Annual Meeting of the Parish
We are handicapped accessible
The Rev. Grant Abbott, Rector
The Rev. Lyn Lawyer, Deacon

❖ WARRENDALE PRESBYTERIAN CHURCH

1040 Como Ave. at Oxford. 651-489-6054
Sunday Worship: 10:15 am (nursery provided)
Sunday Church School: 9 am
Rev. Timothy Held, Minister

continued to next column

Nilles Builders, Inc. 1032 Grand Ave.

Remodeling • Roofing
Renovation
Additions
Windows & Siding
General Contracting

651-222-8701
Brad Nilles

Ask me about...



Contact State Farm Agent:
James R. Roehrenbach Agent
2190 Como Ave. St. Paul, MN 55108
Bus: 644-3740 Home: 770-3299
Like a good neighbor, State Farm is there.®



State Farm Insurance Companies
Home Offices: Bloomington, Illinois