

# The Park Bugle

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Sept. 12

NONPROFIT COMMUNITY NEWS SERVING ST. ANTHONY PARK, FALCON HEIGHTS, LAUDERDALE, AND NORTHWEST COMO PARK  
SEPTEMBER 2000 ■ VOLUME 27, NUMBER 3 ■ P.O. BOX 8126, ST. PAUL, MN 55108

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Mayor Sue Gehrz, "Governor Pillsbury" and council member Richard Talbot enjoy Falcon Heights ice cream social page 3



Area nursing homes face changes page 8-9

## Had paddle, still travels

Photo by Truman Olson



South SAP resident will accompany U.S. Olympic table tennis team to Sydney

by Dave Healy

One never knows when an epiphany might happen. For south St. Anthony Park resident Bob Fox, watching a ping pong game in 1973 proved to be one of his life's defining moments. "Ping pong" is what Fox would have previously called what he saw that day. Now he refers to the game as table tennis. It's a game that has taken him all over the world and that finds him in Sydney, Australia this month for the 2000 Olympics, where he'll serve as manager (or "team leader," as he's officially called) for the eight-person U.S. table tennis team.

*"When I was in law school, I played a lot of ping pong—mostly because I didn't really like law school."*

"Like many people, I played ping pong as a kid," says Fox. "When I was in law school, I played a lot of ping pong—mostly because I didn't really like law school. I got to be pretty good, but it was just a game I enjoyed playing."

After moving to the Twin Cities to practice law, Fox noticed an ad for a table tennis tournament in Minneapolis. He decided to check it out. "I was absolutely awestruck by what those people could do to a ping pong ball," he says. From that moment on, Fox was hooked. He started playing regularly at a table tennis club in Minneapolis. Soon he began

Bob Fox to page 10

## SAP Community Council awarded DNR Metro Greenways grant

by Karlyn Eckman

St. Anthony Park is fortunate to have many environmental resources within our neighborhood boundaries: old shade trees; the Kasota ponds and wetlands; Skonard Spring; part of the Bridal Veil Creek watershed; and an occasional red-tailed hawk, fox and kestrel. Many of these resources have been neglected or encroached upon by development over the years, and some are unknown even to long-time

residents. These natural resources are important to our quality of life and enhance the beauty of the neighborhood. They are also important for stormwater and groundwater management and as habitat for many organisms.

The St. Anthony Park Community Council's (SAPCC) Environment Committee has been concerned with conserving the community's natural resources for many years. The environment committee has organized

volunteers for annual clean-ups at the ponds, has participated in efforts to acquire the community garden property in south St. Anthony Park and was successful in contesting at the city council the development of a 24-hour Amoco gas station and convenience store near Kasota pond. Countless local residents have volunteered their time and energies over the years for these and other local environmental activities.

Recently the SAPCC Environment Committee was awarded a \$15,000 Metro Greenways planning grant from the Minnesota Department of Natural Resources. The purpose of the grant is to conduct a baseline inventory of natural resources in the neighborhood. The grant will enable volunteers

to document the existence of natural resources on public lands in our area. These include city property, public parks and recreational areas, Mn/DOT lands (including the wetlands, woods and ponds along Highway 280) and the University of Minnesota transitway. Several local residents who are also environmental professionals will help with various inventory activities and will work with local volunteers.

Volunteers have already begun fieldwork in the wetlands and ponds and have made some interesting discoveries. Despite bustling highways and nearby warehouses, the ponds contain crayfish, turtles, salamanders and a wide variety of aquatic insects and plants. Surprisingly, the tiny wetland fragment located on the

Greenways grant to page 5



Aquatic entomologist Margot Munson leads volunteers in sampling for aquatic insects at a pond near Energy Park Drive Photo courtesy Karlyn Eckman

## Como couple is crazy about cats

What do you do if the five cats you don't meet your feline companionship needs? If you're Theresa and Brianna Hempel, you volunteer at Feline Rescue, a non-profit, no-kill shelter for abandoned, abused and stray cats and kittens.

For the past two years, Theresa Hempel and her daughter Brianna, 10, have spent two hours every Sunday at Feline Rescue, located at 2340 Charles Ave. in south St. Anthony Park. Temporary home to as many as 50 cats, the shelter has no paid staff and relies completely on volunteers. Only adult cats are cared for at the shelter; kittens are placed in foster homes.

At the shelter, while Theresa Hempel cleans cages and fills food dishes, Brianna plays with the cats. "I do all kinds of things with them," says Brianna. "Sometimes

we play school. Once we did a puppet show."

Theresa admits to being a bit of a soft touch regarding cats as she ticks off names of the animals who share their Sheldon St. home in St. Paul's Como neighborhood. Zeus, the newest member of the family, came from Feline Rescue; Claire was a stray they took in; Chloe came from a neighbor; Cinnamon was part of a litter from a friend's cat; Buck came home with Theresa when someone at a party mentioned she had a cat she could no longer keep.

"There were eight kids in my family," she says. "We must have at least 40 animals among us now—dogs, cats, birds, a horse." Theresa isn't the only family member with a particular weakness for cats. Currently, her sister Maria Long is caring for

Cats to page 16



Photo by Truman Olson

## Music in the Park leaves house

Chamber music series begins 22nd season with new office

by Dave Healy

One question all families eventually face is whether it's time for a child to move out of the house. Music in the Park Series, St. Anthony Park's acclaimed chamber music series, has been dodging that question for several years. Finally, founder and artistic director Julie Himmelstrup, in whose house the Series' office has been located, decided it was time for her "child" to get out of the laundry room and into a real office. In mid-August, MITPS began making preparations for the move from Himmelstrup's home at 1333 Chelmsford St. to an office building on the corner of Doswell and Como.

The new office is small—just 184 square feet—but it will enable the Series to have all its materials in one location, and it will let Himmelstrup and her husband, Anders, use their dining room table for dining again. "We've grown to the point where we have to be under one roof," she says, "and it just can't be our roof any more."

It was important to Himmelstrup that MITPS's new office remain in St. Anthony Park. Though it has presented performers from all over the world and attracts listeners from the greater Twin Cities and beyond, the Series has always had a neighborhood feel. Concerts will continue to be held at St. Anthony Park United Church of Christ, located at 2129 Commonwealth Ave. "This series probably wouldn't have worked in any other neighborhood," says Himmelstrup. "The support of this community for

chamber music has been vital to our success."

Music in the Park Series is distinctive not only for its neighborhood association but also for its mission. While other organizations are in the business of producing or performing chamber music, MITPS is, in Himmelstrup's words, a "present." "Our job is to bring the best chamber musicians we can find to St. Anthony Park," she says, "and to present the finest concerts we can for our audience."

Another thing that makes the Series distinctive is the way it combines new and traditional music. Many people associate chamber music with composers such as Haydn, Mozart and Beethoven. But as Himmelstrup takes pains to emphasize, chamber music is a living form that continues to develop. "I don't want to isolate contemporary music by confining it to separate concerts," she says. "I'd rather incorporate some new music into traditional concerts."

For example, the MITPS's April 8, 2001 concert will present the wife-and-husband duo Wu Han (piano) and David Finckel (cello), who will perform Rachmaninov's Sonata in G minor as well as Bruce Adolph's "Couple," composed especially for the performers' wedding anniversary. Music in the Park Series has also demonstrated its commitment to new music by commissioning two pieces during the last two years.

A glance at the Series' 2000-01 season, its 22nd, reveals Himmelstrup's eclectic tastes. Instrumentation ranges from a

Music in the Park to page 5



## CITY FILES



# MUSIC in the PARK SERIES

## 2000-2001 SEASON

- OCT. 15 LOS ANGELES PIANO QUARTET  
4 PM (violin, viola, cello, piano)
- NOV. 5 AMERICAN BRASS QUINTET  
4 PM
- NOV. 26 THE WAVERLY CONSORT  
4 PM & 7:30 PM *The Christmas Story*; (Michael Jaffee, Director)
- FEB. 11 MICHALA PETRI, recorder;  
4 PM LARS HANNIBAL, lute, guitar
- MAR. 4 CHEE-YUN, violin;  
4 PM YOLANDA KONDONASSIS, harp
- APR. 8 DAVID FINCKEL, cello;  
4 PM WU HAN, piano
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7 PM

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### Como Park

#### Dey Brothers site purchased

St. Paul developer Gerald Frisch has purchased the former Dey Brothers site at Dale and Maryland. Frisch has been meeting with the Como Community Council and area residents to discuss plans for a 44-unit senior housing project on the site. All apartments would be handicapped accessible, and occupant parking would be underground. Frisch plans to start construction in the fall of 2001.

#### Fall cleanup set for Sept. 30

The annual fall cleanup for the Como and St. Anthony Park neighborhoods will be held on Saturday, Sept. 30 from 8 a.m. to 2 p.m. at the Camel Lot on the Minnesota State Fairgrounds. Neighborhood residents may drop off brush, metal, scrap lumber, concrete and household goods. Enter from Larpeur Ave.

### St. Anthony Park

#### Community garage sale approaches

On Saturday, Sept. 16 a community garage sale will be held from 9 a.m. to 4 p.m. If you are interested in holding a garage sale that day, call the SAP Community Council office at 649-5992.

#### Home improvement loans available

Low-interest STAR loan money is still available to homeowners in District 12 for exterior and limited home interior improvements. Up to \$15,000 is available per household; no income limits apply. Interested homeowners should call Kathy Bjerke at 523-7833.

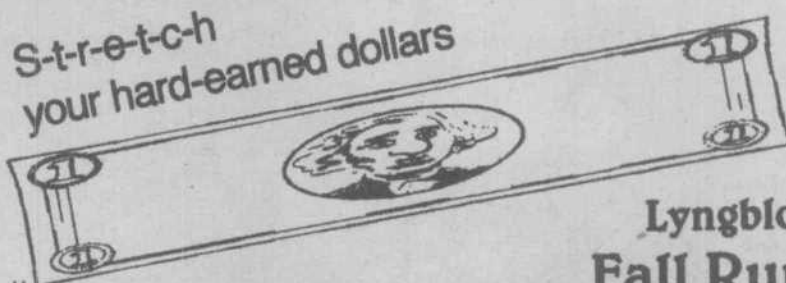
### South SAP seeks alternate

The SAP Community Council currently has an opening for an alternate from the south St. Anthony Park neighborhood. If you are interested in this position, call the council office at 649-5992.

### Council opposes billboard plan

The SAP Community Council has unanimously opposed a recent recommendation from the St. Paul Planning Commission regarding billboards located in the city. That recommendation would prohibit the erection of new billboards unless they serve as replacements that would reduce the existing square footage of billboards space. Billboards could be replaced if they are located in large commercial-industrial areas, such as Highway 280 or University Ave. The commission also recommended that the city reconsider any provisions about billboards in existing special sign

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districts that are inconsistent with city-wide regulations.

St. Anthony Park currently has an approved special district sign plan that prohibits the construction of any new billboards within District 12. The SAP Community Council objected to the planning commission recommendation because it would permit some new billboards to be erected within District 12 boundaries. The council also opposed that recommendation on the grounds that it conflicts with a University Ave. corridor study acknowledging that business signs and overhead billboards "constitute a major visual blight to the experience of University Ave."

The SAP Community Council unanimously approved a motion requesting that St. Paul adopt a city-wide restriction on new and relocated billboards similar to the St. Anthony Park sign plan and that a nuisance law be used to remove billboards from residential, scenic and historic areas.

**Correction:** The August issue of the Bugle erroneously implied that changes to permit parking policies around the St. Paul campus of the University of Minnesota had been proposed by the SAP Community Council. The Bugle also misidentified the affected streets.

Changing permit parking procedures is a petition process that must be initiated by affected residents. Once this process had been initiated by residents in north St. Anthony Park, the community council endorsed their petition.

New parking restrictions are now in effect on the following streets: Dudley from Chelmsford to Cleveland, Raymond from Dudley to Hendon, Hythe from Dudley to Buford, Hendon on the north side from Raymond to Hythe and on both sides from Hythe to Chelmsford. Previously, parking on these streets was limited to one hour from 8 a.m. to 5 p.m. except by permit. Now, no parking will be permitted on these streets between 8 a.m. and 8 p.m. except by permit.

The Bugle regrets the errors.

## St. Paul City Council

### City's 2001 budget promises few cuts in services

Mayor Norm Coleman's proposed 2001 budget calls for flat property taxes and a slight decrease in city spending. Few cuts in city services have been proposed.

A potentially consequential issue on the horizon for neighborhood groups is the proposal process for Long-Range Capital Improvement Budget (CIB) requests. Projects for parks, recreation centers, street lighting and paving, bridges and libraries compete for funds every other year in a city-wide, state-mandated process. That process will get underway in early 2001 for the 2002-03 funding cycle.

Because there are a number of long-term carryover projects already lined up for 2003 CIB funding, members of the CIB Committee have the difficult task of telling district councils,

City files to page 4

Among highlights of the Falcon Heights ice cream social on July 27 were children's games, an appearance by the Falcon Heights Fire Department, the musical group Red Beans & Rice (pictured here), and of course ice cream. A special attraction was an "appearance" by Gov. John S. Pillsbury, who served from 1876-1882 and who amused the crowd with his characterization of someone who had missed out on the last 99 years. Photo by Truman Olson



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Interior Painting	\$1453 - \$1588	\$2342 - \$2600
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## Grow old along with me

"What is it," asked Matthew Arnold, "to grow old?"  
His answer provides little comfort:

*Ah, 'tis not what in youth we dreamed 'twould be!  
'Tis not to have our life  
Mellowed and softened as with sunset glow,  
A golden day's decline.  
'Tis not to see the world  
As from a height, with rapt prophetic eyes,  
And heart profoundly stirred. . . .*

*It is to spend long days  
And not once feel that we were ever young;  
It is to add, immured  
In the hot prison of the present, month  
To month with weary pain.*

These lines from Arnold's poem, "Growing Old," published in 1867, may have been a response to the enthusiastic picture of old age presented in Robert Browning's 1864 dramatic monologue, "Rabbi Ben Ezra," which begins:

*Grow old along with me!  
The best is yet to be,  
The last of life for which the first was made.*

Modern Americans are expected to pay lip service to Browning's vision of growing old. As the fabled baby boomers age, they are assured that everything—work, play, sex—can get better and better with each passing year. Matthew Arnold's version of aging, on the other hand, doesn't play very well on the American stage.

And yet a closer look at the story we tell each other and ourselves about getting old reveals that we're not really talking about aging at all. The message we're given, and the one we desperately want to hear, is that we don't have to get old. We can be just as active, just as productive, just as virile in our 50s and 60s and 70s as we ever were.

But of course that message isn't true. Most of us will grow less independent as we age. We may not move into nursing homes in the numbers we once did; currently only 5 percent of Minnesota's elderly are in institutions. But many of us will need what the administrators featured in this issue call "assisted living." We'll slow down. We'll cut back. We'll fall away.

In short, we'll grow old. Too old to lead the strenuous life, to carry a big stick, to take the bull by the horns, to climb every mountain and ford every stream. In a nation that reveres youth and vigor, will there be a place for us? In a culture that often hears only the active voice, will we find a listening ear? ■

### Next issue September 28

#### Deadlines:

Display ads .....September 14  
News & classifieds .....September 15

# The Park Bugle

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

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### Guard those leaves!

As I got out my rake to clean up the acorn crop in my yard, I was reminded of an incident last fall. I had placed seven or eight bags of chopped leaves on my rose beds to protect my buried roses for the winter and to use as mulch in the spring.

One day I returned from work and noticed that all the bags were gone. No, I hadn't put them on the boulevard, which sometimes means "help yourself." And no, they were nowhere near the garbage pick-up.

Apparently someone opted for mulch over morals. Forget the image of gardeners as kinder, gentler people and lock up those leaves!

Verena Larson  
St. Anthony Park

### Calling (almost) all gardeners

Next summer, the St. Anthony Park Garden Club and the St. Anthony Park Association will jointly sponsor the St. Anthony Park Garden Tour. This event provides funds to both groups for projects and grants within our community. Unfortunately, next summer some of our neighborhood will not be accessible due to street paving. The area between Como and the railroad tracks from Bourne east to the fairgrounds will be torn up for much of the summer.

At this time we are asking gardeners within St. Anthony Park but outside this street project area to contact one of us if you are willing to have your garden/landscape included in next year's tour. Or if you know of an outstanding garden in your neighborhood, please call us with the address and name of the gardener and we will contact them regarding this opportunity.

The tour is usually scheduled in July, but we have not yet chosen the exact date. The tour is a fun-filled day of flowers, musicians, interesting gardeners and other events. Please give us a call if you are willing to participate in the first St. Anthony Park Garden Tour of the new millennium.

Mary Maguire Lerman, 651-644-7388  
Ron Dufault, 651-647-0262

Co-chairs: St. Anthony Park Garden Tour



## Letters

### College Park fundraising efforts continue

Some of you have noticed that work has begun on the new College Park playground. Our task force continues to work on raising funds to rebuild the tennis and basketball courts adjacent to the new playground.

So far the community's generous response has raised nearly \$12,000 in gifts and pledges. Recently we received a \$5,000 challenge grant, so future contributions will go to matching that amount. Our overall fundraising goal is \$35,000, which would enable us to meet a city neighborhood STAR grant for which the St. Anthony Park Community Council (SAPCC) has applied.

Applicants for STAR funds will present their requests on either Sept. 18 or 21. The closer we are to meeting the \$35,000 match by then, the better our chances of getting the STAR grant. Over 75 gifts and pledges have been received to date, but we still have a ways to go. Now is the time to respond to the \$5,000 challenge grant, which effectively doubles your gift. Please send your tax-deductible contribution to the SAPCC, 890 Cromwell St., St. Paul, MN 55114 with a note indicating that it is for the College Park courts. Thank you for all your help.

Robert Munson,  
for the College Park One Project Task  
Force: Mary Pat Dunlap, Linda Foster,  
Cynthia Meyer, Richard Magnuson,  
Michael and Tricia Noble-Olsen, Linda  
Shane, Allan Torstenson and John Wright

### Yanisch supporter weighs in

Rebecca Yanisch will have my vote on primary election day, Sept. 12. She is the only candidate in the DFL primary race who has both rural and urban experience. She knows the problems of family farms from personal experience. She understands the struggles of single mothers and working families without affordable health care and prescription drugs because she's lived them.

With Rebecca Yanisch in the Senate, we'll have a more informed debate because Minnesota will have a senator who has actually struggled with the problems currently being debated in the Senate.

Rebecca Yanisch will be a strong voice for prescription drug coverage, affordable health care, Social Security, Medicare, family farmers, rural communities and quality education.

Rebecca Yanisch will be much more than a vote in the U.S. Senate. She'll be a voice for millions of people and families who have been left out of the debate.

The September primary is less than a month away. Take time to find out about Rebecca Yanisch. She's capable, experienced, effective and ready to be the first woman from our state elected to the U.S. Senate.

Bobbi Megard,  
St. Anthony Park

### Hausman's quality of life efforts lauded

We would like to thank Alice Hausman for the vital role she plays in protecting Minnesota's quality of life. As District 66B's representative to the Minnesota House of Representatives, Alice Hausman has taken leadership in developing commonsense solutions to environmental problems in Minnesota.

We are particularly grateful for Representative Hausman's strong support of legislation to control the damage to our environment caused by jet skis, dirt bikes and ATVs. Representative Hausman is working to restore common decency and peace and quiet on our public lands and waters.

Gene and Nancy Larimore  
St. Paul

## City files . . . from page 3

community development corporations, neighborhood business associations, city departments and other prospective project sponsors that there will not be much money for new projects.

At the August meeting, CIB Committee members agreed to start contacting their district councils and other community organizations and let them know that funding may be in short supply. "We're probably going to

have some of the most heated discussions that we've ever had," said committee member and St. Anthony Park resident Paul Savage.

### District councils submit STAR grant applications

Two area projects are among the 65 proposals competing for this year's neighborhood Sales Tax Revitalization (STAR) grants and loans. Competition promises to

be fierce. Requests total more than \$26 million, while only \$4-5 million is available.

The St. Anthony Park Community Council submitted an application for a \$35,000 grant to rebuild two tennis courts and one basketball court at College Park. The Como (District 10) Community Council and St. Paul Parks and Recreation jointly submitted a request for \$756,000 for a Como Park pedestrian and bicycle tunnel beneath the Burlington Northern Railroad tracks.

Neighborhood STAR funds can be used only for capital improvement or equipment projects. Grants and loans must be matched 1:1 with dollars, donated material or "sweat equity." ■

### Your contributions sustain us

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Writing from Pete Keith

Webpage assistance from Keith Dyrud

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## Greenways grant . . . from page 1

proposed Amoco development site has yielded the highest diversity of aquatic insects of all of the ponds in the vicinity.

### The wetland on the proposed Amoco development site yielded the highest diversity of aquatic insects.

SAPCC is seeking volunteers, student groups, scouts, U of M students and others to participate in the inventory. Volunteers do not need experience in environmental inventory work

and will be trained as needed. SAPCC is also seeking applicants for a part-time staff position to help coordinate the project.

Two community workshops will also be held as part of this project, the first on Tuesday October 17 and another in late spring 2001. The workshops will be facilitated by Shelley Shreffler of the Neighborhood Energy Consortium. The workshops will share preliminary results of the field work with neighborhood residents and will foster community-based planning for future conservation and management of the sites. Other longer-term project goals are

to reconnect fragmented habitats and to initiate some "hands-on" community-based environmental rehabilitation projects. The environment committee also hopes to establish a community-based environmental monitoring project with local volunteers.

If you would like more information about the coordinator position, or are interested in volunteering with the project, please call the St. Anthony Park Community Council at 649-5992. ■

## Music in the Park . . . from page 1

violin/viola/cello/piano quartet to a brass quintet to a recorder/lute duo to violin and harp. Music includes the Waverly Consort's "Christmas Story," as told in the music of the Middle Ages; Stephen Hartke's "The King of the Sun," inspired by paintings of Joan Miró; and Zurab Nadarejshvili's String Quartet No. 1.

What holds these diverse musical offerings together? For Julie Himmelstrup, it's the intimacy of the setting in which they are performed. "You can hear chamber music at the Ordway," she says, "but that's not the kind of venue for which it was created. Similarly, you can watch baseball at the Metrodome, but how much more enjoyable to take in a Saints game at Midway Stadium, where you can see the players up close."

Music in the Park Series' new

season opens Sunday, Oct. 15 with the Los Angeles Piano Quartet. All concerts are held on Sundays at St. Anthony Park United Church of Christ, located at Commonwealth and Chelmsford. Season tickets are \$75 for 7 concerts and \$70 for six concerts, if purchased before Sept. 9. For ticket information, call 651-645-5699 or 651-644-4234. ■



Los Angeles Piano Quartet members Ayako Yoshida, violin; Katherine Murdock, viola; Xak Bjerken, piano; Peter Rejito, cello Photo courtesy Music in the Park



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2301 Como, 651-644-2757



## St. Anthony Park Community Council

# NEWS

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

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

Executive Director: Carol Madison ■ Community Organizer: Melissa Mathews

Members: Bob Arndorfer, Christopher Causey, Ron Dufault, Sherman Eagles, Karlyn Eckman, Ron Edlund, Suzanne Fontle, Suzanne Garfield, Terrence Gockman, Rose Gregoire, Bruce Kimmel, Deborah Kuehl, Alice Magnuson, Bill Miller, Sueann Olson, Connie Powell, and Robert Stroughn

## COMMUNITY GARAGE SALE

SATURDAY, SEPTEMBER 16  
9 A.M. TO 4 P.M.

If you are interested in holding a sale, the deadline for registration is Wednesday, September 13th at noon. For a registration form or more information, call 649-5992.

## Recycling Signs

We have a new supply of Recycling Day reminder yard signs. If you would like a replacement sign or would like to be a sign volunteer, call Melissa at 649-5992.

Mark Your Calendar NOW!

## NEIGHBORHOOD CLEANUP DAY

SEPTEMBER 30, 2000

8:00 A.M. TO 2:00 P.M.

Camel Lot, State Fairgrounds

Hoyt and Snelling Avenues

Enter only off Larpenteur

This year we welcome St. Anthony Park, Como Park, and Falcon Heights residents to our cleanup!

Questions? Call the SAPCC at 649-5992 or Como Park Community Council at 644-3889

Watch your mailbox for your voucher in mid-September—remember, you must present this voucher at the cleanup to be admitted.

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WINTER SESSION 2	FEBRUARY 24-MAY 5
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## THE HOME FRONT

e t c .

### Sports and recreation

**Langford Park's Booster Club** will meet Wednesday, Sept. 20 at the Langford Recreation Center, 30 Langford Pk. All residents are welcome.

Kid vendors will be selling their products at Langford on Saturday, Sept. 23 from noon to 3 p.m. All kids 10 and up are invited to reserve a table.

The south **St. Anthony Park Recreation Center** will hold its annual Ice Cream Social on Sunday, Sept. 10 from 2-4 p.m. Neighbors are invited to stop in for games, refreshments and more.

**Como area** hockey registration for the 2000-01 season will take place on Saturday, Sept. 9 from 2-5 p.m. and on Wednesday, Sept. 13 from 6-8 p.m. at the North Dale Recreation Center, 1414 St. Albans. Sign-ups are for boys and girls 15 and under interested in either the recreation or traveling team. For more information, call Dave Douglass at 488-8060.

### Reading

**Thomas F. Waters** will read from and sign copies of his new book, "Wildstream: A Natural History of the Free Flowing River" on Thursday, Sept. 7 at 7 p.m. at Micawber's Bookstore, 2238 Carter Ave in Milton Square. Waters is retired from the University of Minnesota fisheries faculty.

The second annual **St. Paul Reads Book Drive** is soliciting new and gently used books for St. Paul school libraries and classrooms. Books can be placed with curbside recycling or dropped off at Border Books and Music, Hmong Arts Books and Crafts, Kowalski's Grand Market, Red Balloon Bookshop, Ruminator Bookstore or any St. Paul Public Library. For more information, call 767-4895.

### People



**Natalie Wass** of St. Anthony Park has been chosen as a finalist in the Ms. Petite Minnesota Pageant, to be held Oct. 20-22

at Jeanne D'Arc Auditorium in St. Paul. Ms. Wass is a 1997 graduate of St. Mary's College in Maryland. Currently she works as an actress and volunteers as a news reader for the State Services for the Blind and as a tour guide at the Guthrie Theater.

### Volunteers

The **Befriender** program is seeking volunteers who are willing to complete 18 hours of training and make a one-year commitment to the program. The Befriender program introduces young mothers who have little support to older women who can provide a unique friendship.

Training will be held on

Friday, Sept. 22 from 12:30-9 p.m. and on Saturday, Sept. 23 from 8:30 a.m. to 5 p.m. at Roseville Lutheran Church.

To schedule an interview prior to training, call 646-7771.

The **Raptor Center** at the University of Minnesota's College of Veterinary Medicine is seeking volunteers interested in working at a facility that cares for injured raptors (eagles, hawks, owls and falcons) and provides public outreach.

Volunteer orientation sessions will be held Wednesday, Sept. 27 from 6-8:30 p.m. and Saturday, Sept. 30 from 9:30 a.m.-noon at the Raptor Center, 1920 Fitch Ave. on the St. Paul campus. To register for one of the orientation sessions or for additional information, call Noreen at 612-624-9753.

Como Zoo needs 250 volunteers a night on the last two weekends in October for **Zoo Boo**, Como's annual non-scary Halloween event where families follow an outdoor path around the Zoo transformed into a storybook paradise.

Volunteers are being sought who can work from 5-9 p.m. on Friday, Saturday or Sunday, Oct. 21, 22, 27, 28 or 29. Work as a costumed character or behind the scenes, distribute refreshments, facilitate parking, help set up or tear down props.

To volunteer or for more information, call Kate McNulty at 487-8287.

## Neighborhood invited to see Murray addition

by Ann Bulger

One of the best-kept secrets in St. Anthony Park has been the construction of a new addition at Murray Junior High School at 2200 Buford Ave. Since this is a somewhat out-of-the-way location, many SAP residents never drive by it, and most have probably been unaware of the building project over the past 15 months.

The community is invited to tour the new facility on Thursday, Sept. 14 from 3:30-6:30 p.m., with a ribbon-cutting ceremony at 5 p.m. Former Murray students are especially encouraged to attend. From 6:30-9:30 p.m., current Murray students and parents can meet their teachers. Refreshments will be served.

Construction of the new addition began on June 10, 1999 and ended Sept. 1, 2000—just in time for the new school year, although most of the new area was open for use last April. The \$1,350,000 brick and aluminum



Photo by Truman Olson

structure was designed by Dan Murdoch of Ankeny Kell Architects in south St. Anthony Park. The contractor was C & M Construction Co. of Burnsville.

The new addition ties the two former buildings together and provides a grand entrance to the school. It houses 14 offices and conference rooms on the ground floor. On the second

floor, a walkway connects Murray's two buildings—a boon for students, who have always had to walk down a flight of stairs and then back up again to get from one second-floor class to another in the opposite building.

The former office area in the old building has been converted to a teacher work room, a computer classroom and a life skills classroom. ■

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## Arts events

**Louis Safer** and **Joyce Lyon** will share the opening exhibit at the First Unitarian Society of Minneapolis.

Safer, long-time St. Anthony Park resident and professor emeritus at the University of Minnesota, will show a series of new mixed-media works entitled "Insights."

Lyon, a faculty member in the University of Minnesota Art Department and a more recent arrival to St. Anthony Park, will exhibit work from a series called "Transitions."

The exhibit will run from Sept. 10-Oct. 15. A reception (open to all) will be held Sunday, Sept. 17 from 1-3 p.m. The Society is located at 900 Mount Curve Ave., Minneapolis. For more information, call 612-377-6608.

The **Goldstein Gallery** on the University of Minnesota's St. Paul Campus presents "Fashion Lives, Fashion Lives" until Oct. 8. This exhibition focuses on the 1940s and '50s, when American fashion design emerged from the dominance of European designers.

Guest curator Margot Siegel focuses on four individuals: her mother; Madame Jeanne Auerbacher, Dayton's Oval Room's legendary buyer and early champion of American fashion; Gilbert Adrian, one-time MGM studio costume designer; Charles James, hailed by many as America's greatest fashion

designer; and Pola Stout, a textile designer who created fabric for Adrian's intricate designs.

The Goldstein Gallery is located at 244 McNeal Hall, 1985 Buford Ave.

The Como Park Conservatory's **Gallery Garden** celebrates the beauty of nature in the United States and Sri Lanka with an exhibit by Sri Lankan artist Sumitra Wanduragala. The exhibit continues through Sept. 27.

The Como Park Conservatory and Gallery Garden are open daily from 10 a.m. to 6 p.m. The Conservatory is located just west of the intersection of Lexington Pkwy. and Eastbrook Dr. S. in St. Paul's Como Park.

## Gardening

The **St. Anthony Park Garden Club's** September meeting will focus on summer and spring bulbs. Club member Mary Maguire Lerman will discuss how to clean and store summer flowering bulbs for the winter. She will also discuss varieties and planting methods for fall planting of spring flowering bulbs.

The garden club program begins at 7 p.m. and is open to the public. The meeting will be held in the Auxiliary Dining Room of the Olson Campus Center at Luther Seminary, 1490 Fulham.

The St. Paul Neighborhood Energy Consortium and the

Capitol Region Watershed District are offering two free **low-impact lawn care workshops** as part of the Clean Streets, Clean Como Lake project.

Residents of Saint Paul, Roseville, Lauderdale and Falcon Heights can attend these free workshops to learn how to maintain a healthy lawn and protect local waterways at the same time.

Workshops will be led by U of M Extension Service master gardeners. To sign up, call the NEC at 221-4462. Two workshops are scheduled:

\* Wednesday, Sept. 13, 6:30-8 p.m. St. Timothy's Lutheran Church 1465 N. Victoria, St. Paul.

\* Thursday, Sept. 14, 6:30-8 p.m. Falcon Heights Community Park Cleveland and Roselawn.

## Grant Opportunity

The **St. Anthony Park Community Foundation** announces its second annual grant competition. Not-for-profit organizations, neighborhood and community-based groups serving the needs of St. Anthony Park are eligible for funding. Applications are due by Oct. 13.

Application forms and guidelines are available at the St. Anthony Park Library or by contacting Ginger Bethe at 641-1455. ■



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I was even more impressed with you after the closing. We had some legal documents that had to be sent in with the rest of the papers. We only had one copy of one of these documents and you went out of your way to make sure we got more copies of this very important document.

I would recommend you to anyone who is buying or selling a home. By using your service they will get very professional help and a person who will do all he can to make sure you are successful. Thank you again for your work in selling my father's house.

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## LINNEA: Assisted living in a classic setting

by Amy Causton



Photo courtesy Linnea Home

You may have noticed a graceful red-brick building at 2040 Como Ave. near Raymond that looks like a Victorian mansion, and wondered who lived there. That building is the Twin Cities Linnea Home. Built in 1917, the Linnea Home was originally established as a home for Swedish immigrants and was owned and governed by women until the 1960s. Over time, it evolved into a care center for the elderly.

Linnea Home is licensed as a "board and care" facility, which means it provides assisted living to its 71 residents as opposed to full nursing home care. Its residents have "pretty light health needs," says administrator Dale Armitage. "We allow our residents to maintain a sense of independence," he adds, noting that the majority of Linnea's rooms are private.

Linnea Home does provide 24-hour nursing care, however, which most assisted living facilities do not. They also provide temporary respite care for people with short-term needs (after an injury or

surgery) or whose caretakers will be unavailable for a time.

Operating a nursing home is not without its challenges. Armitage cites increasing regulatory pressure as one of the major difficulties, as well as "negativity in the mass media." As an example of the latter, he cites a recent "Dateline NBC" story about nursing homes in Texas and California being sued for providing insufficient care. The story expressed the attitude that nursing homes should simply hire better workers, something Armitage says is much easier said than done. "There aren't enough quality workers out there to provide the help these people need," he says and predicts this will continue to be the biggest concern in the future.

The future will also pose new challenges as the baby boom generation ages. While Armitage believes existing facilities are adequate for the current demand (Minnesota has the most nursing home beds per capita in the country), the future demand for elder care will likely outstrip the supply.

And that's not the only concern. As Armitage puts it, baby boomers are "much more demanding consumers. People aren't going to want those cookie-cutter 1960s nursing homes." Among the "high expectations" he believes baby boomers will have for their care centers: more

Linnea Home to page 12

## SHOLOM: A traditional nursing home changes with the

by Dave Healy

The Sholom Community Alliance is illustrative of the changes affecting senior care in the last quarter of the 20th century. A fixture at Midway Pkwy. and Snelling Ave. since 1923, the former Jewish Home for the Aged of the Northwest, now called Sholom Home East, has recently decided to downsize its nursing home and to expand assisted living services for its residents.

What was to become Sholom Home began in 1907 among a small group of Jewish women who recognized that very little in the way of institutional care for the elderly was available—both across society at large and especially for Jewish people. By 1971, Sholom had reached its capacity

of 302 beds at the Midway Pkwy. location, and in 1995 an additional facility was built in St. Louis Park. Since then, the St. Paul site has been known as Sholom Home East, while its 170-bed Minneapolis counterpart is Sholom Home West. The Sholom Community Alliance also includes Knollwood Place Apartments, a market-rate independent housing facility in Minneapolis that is home to 165 tenants, and Menorah Plaza and Menorah West, both HUD-subsidized apartment buildings.

Sholom has always been a non-profit corporation that relies heavily on its

Auxiliary to raise the Alliance's program highlight of the 50th annual Sholom B'nai in January. This year 2000: Sholom Lig over 1,000 attend \$213,000 to support facilities.

Sholom Home current 285-bed resident adult day care for half of whom are immigrants. The meals-on-approximate who need their house the coming East will to 75 beds develop a They are in the Hig This decision reflects in according Sholom's

Photo courtesy Sholom Home





# nursing homes pursue different visions

STEN: *Diversifying in a changing senior care environment*

by Dave Healy

Lyngblomsten in 2000 is  
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maintains a variety of outreach programs that in 1999 served nearly 10,000 people. Lyngblomsten sponsors adult forums on a variety of topics throughout St. Paul, dispenses flu shots at 27 different sites, administers health checks at 17 locations and oversees a parish nurse program that operates through 11 Twin Cities churches and Luther Seminary in St. Paul.

Although Lyngblomsten has always included what might still be called a nursing home, that component of its mission has changed dramatically over the years. According to chief operating officer Susan Kiley, "When I got started working in nursing homes, people had two choices. Either they could live at home, or when they and their family could no longer manage that, they could enter a nursing home." Back then, Kiley explains, someone might expect to live in a nursing home for 10 years or more.

Today, many more options are available throughout society, including senior housing with various services, assisted living and full-time care. The length of stay in

Lyngblomsten's Care Center has decreased dramatically in recent years. Currently, over half of their admissions are for less than 30 days. Many people enter a nursing home for short-term rehabilitation, for example, to recover from a serious injury.

Shorter stays create several challenges for nursing homes. For one thing, more frequent turnover of patients increases the amount of paperwork surrounding admission and discharge. Even more difficult to deal with from an employee perspective is the loss of long-term relationships that formerly could develop between residents and staff. According to Lyngblomsten's director of community relations, Elizabeth Ekholm, "People go into health care or senior care because they want to help others. Part of the satisfaction of helping people is developing relationships with them that persist over time. If someone only stays with us for a few weeks, we don't get a chance to develop that relationship."

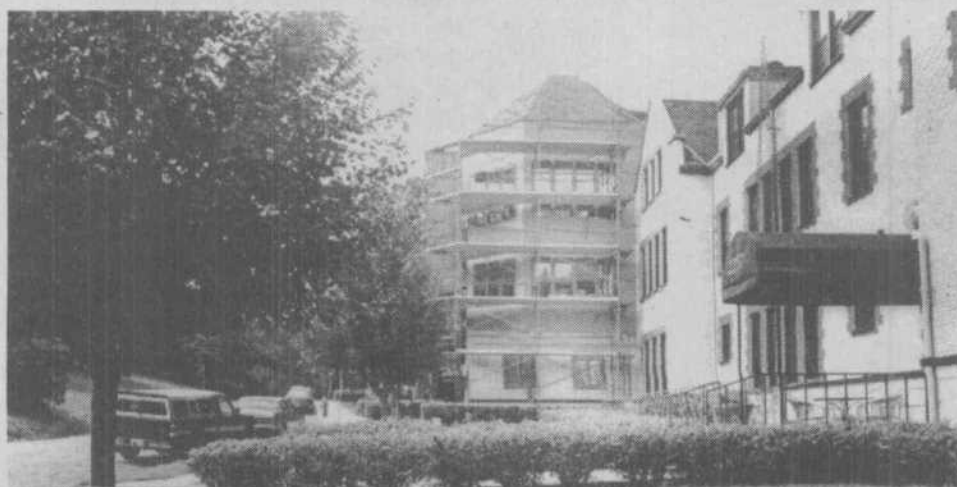
Employee satisfaction is only one

Lyngblomsten to page 12

## ST. ANTHONY PARK HOME: *Building for the future*

by Pete Keith

Photo by Truman Olson



## ST. ANTHONY PARK HOME

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operating officer.  
lom Home to page 12

In the midst of the difficult times facing the nursing home industry, the St. Anthony Park Home has been boldly moving forward with a \$3.5 million expansion plan five years in the making.

Surprisingly, though the addition is adding 17,000 square feet, the Home's capacity will effectively stay the same, at approximately 90 residents. As well as the addition, the existing facility will undergo a major renovation. The entire exterior will get a facelift, providing a pleasing match between the old and new structures.

The net effect of the project will be the addition of more dayroom and dining space and the installation of bathrooms in all of the bedrooms. Most of the living arrangements will be two-bedroom, as

opposed to the numerous three- and four-bedroom accommodations currently available.

The St. Anthony Park Home occupies the former Children's Home Society building on Commonwealth Ave. just off Como. A nursing home facility since 1960, it came under the current owner and administrator, John Barker, in 1991.

Unlike many nursing homes, the St. Anthony Park Home is a stand-alone facility, not part of a larger corporation or non-profit affiliation. Therefore it needs to be run as a small business in order to survive, according to Barker. This is no simple task in the current environment of heavy regulation, cost pressures and the constant challenge of finding and retaining committed and qualified nursing personnel.

"Let's face it," says Barker, "this industry does not pay its nursing assistants commensurate with their role. These

St. Anthony Park Home to page 12



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**Questions? Call Ginger Bethe at 651-641-1455**

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## Bob Fox . . . from page 1

entering tournaments. Table tennis was no longer just a hobby. It had become Bob Fox's passion.

In 1990 Fox was asked to serve as local coordinator for the U.S. Olympic Festival, held that year in the Twin Cities but since discontinued. The Festival was a simulation for the Olympic Games and was designed to expose athletes to the conditions they would encounter in Olympic Village. As Fox explains, "Being in the Olympics doesn't just mean competing. It involves living in a secured 'village' with 15,000 other people, sleeping in a dormitory, eating in a cafeteria, dealing with security and check points. The Festival helped prepare our athletes for the whole Olympics package."

Fox's stint as Festival local coordinator was followed by an invitation to serve as commissioner for the 1991 Festival in Los Angeles. Then he was asked to be team leader for the 1992 Barcelona Olympic table tennis team, a role he also filled in 1996 in Atlanta.

As team leader in Sydney, Fox will accompany the four women and four men who will represent the United States in table tennis, along with their two coaches. He'll handle the flood of administrative details connected with international travel. He'll arrange sightseeing trips for the athletes. He'll round up extra clothes and gear if luggage gets delayed. He'll see to it that people get where they need to be on time. He'll be part travel agent, part concierge, part caddy, part camp counselor.

And all this as an unpaid volunteer. Being in Sydney means Fox will miss the first third of the semester at Metro State University, where he teaches political science and history. He's fortunate to be able to conduct part of his first-semester classes on the Internet. Students in his three classes will have regular e-mail contact with their professor, who will be dodging errant ping pong balls on the other side of the globe.

Although he doesn't get paid for his Olympics work, Fox is quick to point out the job's perks. He never has to buy tennis shoes or sweat suits or blazers. He gets to travel all over and rub shoulders with some of the world's greatest athletes. And he gets to bask in the atmosphere of the supreme international sporting event of all time. "Walking into the stadium as part of the opening ceremonies in Atlanta, seeing Muhammad Ali holding the Olympic torch, being part of that whole incredible spectacle—there's nothing like it."

Fox's playing days are winding down. Up until a year or so ago, he still played table tennis two or three times a week. He is a 10-time state senior champion and once made it to the national semifinals in the over-50 category. But like many aging athletes, he finds his body resisting the demands of his sport. Now, he's more comfortable in a supportive role, helping other players and serving as an evangelist for the game he loves.

"Table tennis is a 'minor' sport in this country," says Fox. "That means it doesn't get the media attention of football or basketball or baseball. But it doesn't mean the efforts and accomplishments of its practitioners are minor."

*"I love living in south St. Anthony Park. I like the varied architecture. I like being able to walk to the Hampden Park Coop and Keys Restaurant. And I like the spirit of activism I sense among my neighbors."*

In China everyone knows the best table tennis players. In Sweden, the top stars make a comfortable living. Fox knows that will probably never happen here, but he would like to see table tennis get more respect. He's pushing to get the game included in the physical education curriculum at more schools. And he constantly sings the praises of the sport's top players. Tests conducted at one Olympic Festival revealed that table tennis players had quicker reaction times and better hand-eye coordination than any other group of athletes.

Fox's own reaction time isn't what it used to be, but his passion for table tennis is undiminished. Still, he expects to see his involvement in the sport drop off a bit in the coming years. As that happens, he'd like to get more involved in his neighborhood.

"I love living here," says the Seal St. townhouse resident. "I like the varied architecture. I like being able to walk to the Hampden Park Coop and Keys Restaurant. And I like the spirit of activism I sense among my neighbors."

Activism, like epiphanies, comes in many forms. Talking to Bob Fox, one has the feeling that he'll always manage to find creative outlets for his life's passions. ■

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## Attracting hummingbirds requires planning

by Mary Maguire Lerman

Once you've had an experience with hummingbirds, you want it to continue—most of the time, that is. In 1982 my husband and I were backpacking on the John Muir Trail in Yosemite National Park. We were both wearing orange-red chamois shirts.



Suddenly, we were attacked by a pair of large hummingbirds that confused our bright shirts for giant flowers. Fortunately, they soon realized we had no nectaries and were quickly off searching for the real thing.

About 10 years ago, while visiting relatives in North Carolina, I made the mistake of washing the glass sliding doors near their deck. I thought my brother would enjoy a clearer view of the many hummingbirds that came to the feeder. It seemed like a good idea until shortly after

the cleaning, when I heard a thud on the door. Upon investigation, I found a stunned ruby-throated hummingbird lying on the deck. Since there were many cats in the neighborhood, I went out and picked up the tiny bird and held it in the palm of my hand for 20 minutes until it finally came to and started "humming" its wings. It flew a few feet away to the railing, gave me "the look" for cleaning the glass and then took off for the nearby woods. Since that day, window washing has not been high on my priority list.

However, attracting these amazing creatures to my yard and garden has been a priority. Usually, St. Paulites only see hummers during their fall migration. They arrive very early in the spring and are often up in Minnesota's north woods by mid-May. To be attracted to your garden, hummingbirds need a constant, large supply of nectar-rich plants. For the last two seasons I have planted large quantities of scarlet sage in my front yard. Then in fall when the hummingbirds are moving

through our area on their southerly migration, from my living room window in the very early morning hours I have the opportunity to observe these beauties feeding on the flowers.

A neighbor of mine had many hummingbirds visit her garden one fall when her numerous clumps of "only the lonely" Nicotianas sylvestris were in heavy bloom. Having a single plant that hummingbirds prefer to feed on will not be enough to attract them. Large quantities of their preferred blooms are required because these birds are heavy feeders and need many flowers to obtain the nectar they require. Adding a hummingbird feeder to one's yard may help keep these birds around longer between May and September. Since the protein in their diet is obtained from eating insects, Carroll Henderson of the Department of Natural Resources also suggests hanging chunks of melon and banana in mesh bags to attract fruit flies for the hummers.

Why does one need so many flowers and a feeder to keep hummers about? They require an extraordinary amount of energy for their size. Their speeds have been clocked at 25-30 miles per hour as they harvest nectar. Crawford Greenewalt, a photographer and hummingbird authority, notes that an average adult male will consume 3,500 calories a day, but a similarly sized hummingbird would have to consume 155,000 calories daily in order to keep itself going. University of California researcher Oliver Pearson observes that the nectar from 1022 fuchsia blossoms would supply the energy needs of an Anna's hummingbird for just a single day.

To add plants that will attract more hummers next year, consult the accompanying list of their favorite nectar plants. Also, consider stopping by Micawber's and picking up "The Hummingbird Garden" by Mathew Tekulsky; it's fascinating reading. ■

Photo courtesy Mary Maguire Lerman

### Favorite flowers of the ruby-throated hummingbird

Shrubs:  
WEIGELA

Perennial Vines:  
TRUMPET CREEPER\*  
TRUMPET HONEYSUCKLE

Annual Vines:  
MORNING GLORY  
CARDINAL CLIMBER, CYPRESS VINE

Perennials:  
WILD COLUMBINE, OTHER COLUMBINES  
BUTTERFLY BUSH  
DELPHINIUM  
FOXGLOVE  
CORALBELLS  
HIBISCUS  
CARDINAL FLOWER  
BEEBALM  
BEARDTONGUES  
GARDEN PHLOX

Annuals:  
DAHLIA  
LARKSPUR  
FUCHSIA  
JEWELWEED  
SCARLET/STANDING CYPRESS  
LANTANA  
FOUR O'CLOCK  
JASMINE TOBACCO  
"ONLY THE LONELY" TOBACCO  
PETUNIA  
MEALY-CUP SAGE  
SCARLET SAGE  
NASTURTIUM

\* Use caution when selecting the planting site for this vine, which can cause major structural damage to wood-sided homes and garages.

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## BACK TO SCHOOL CHECK UPS

Primary (baby) teeth play an important role not only for proper chewing of food, but also in order to hold space for permanent teeth to erupt. With the start of school upon us it's time to reeducate our children on the care needed for their teeth such as brushing, flossing, proper nutrition, and regular dental check ups.

Todd Grossmann, D.D.S.  
Paul Kirkegaard, D.D.S.  
2278 Como Ave.  
644-3685



### Lyngblomsten . . . from page 9



Lyngblomsten residents enjoy a craft bazaar. Photo courtesy Lyngblomsten

component of the challenge confronting any employer in today's economy. According to Susan Kiley, the most pressing issue facing nursing homes today is attracting and retaining staff. "Direct care is hard, hard work. Nursing home jobs don't pay what they're worth. The rewards end up being much more personal than monetary."

Nursing home employees are

also affected by social criticism of the institutions in which they work. "We are a youth-oriented society," says Elizabeth Ekholm. "We don't really know how to feel about the elderly or the places that care for them." Ekholm also cites a diminishing of the service ethic in America as a threatening development for an aging society. "Many of our employees at Lyngblomsten are immigrants or

refugees. Often they come from cultures where caring for the elderly is an honorable profession. Here they encounter a very different attitude."

To counter these forces, Lyngblomsten continues to perfect a model of holistic care based on partnerships. They cultivate a volunteer force that numbers over 500. They rely on a men's and women's auxiliary that helps with fundraising. They partner with 39 churches in the Twin Cities to provide off-campus health checks and parish nursing care. They explore innovative options for senior care such as the Service House, a small cluster of apartments surrounding a communal gathering space. And they continue to educate themselves on the special challenges of caring for Alzheimer's patients. ■

### St. Anthony Park Home . . . from page 9

people could go to McDonald's for a job with a lot less hassle and make about the same money."

The industry's challenge of retaining qualified employees is "a whole lot of people's fault," says Barker. "If we as an industry want to do better, and we can, we simply need more qualified people to work on the floor, taking care of the residents, and we need the resources to compensate them. Ninety-nine percent of my job is getting and keeping good staff—that determines our ability to treat our residents well."

Barker is critical of those who think that nursing homes are inefficient and wasteful. He acknowledges that there were problems in the past with particular nursing homes, but the "solution" of reimbursement

reductions enacted by Medicare in 1997 went too far.

The majority of dollars that go to fund most nursing homes

effective and responsible nursing home, Barker is enthusiastic and optimistic about the future. "I love what I'm doing, and I am

**"As taxpayers, we don't want to pay more, yet we continue to demand more from nursing homes. All I ask is that we be honest about what we can do with the resources available."**

—John Barker

are provided by the government. "As taxpayers, we don't want to pay more, yet we continue to demand more (from nursing homes)," says Barker. "All I ask is that we be honest about what we can do with the resources available."

In spite of the great challenges in operating an

fortunate to operate my own business. I wouldn't be doing this project if I weren't optimistic. There is a definite need for this type of service and facility." And finally, "My goal has always been to do this for 30 years, and it's been 10 years so far." ■

### Linnea Home . . . from page 8

private rooms, Internet access, cable TV and central air conditioning. In an older building like this, it's not easy to meet these needs.

For these and other reasons, the Linnea Home has launched its "Restore Classic" fundraising effort to revamp the building and to redo the landscaping. One of the advantages of an older building, according to Armitage, is that the residents feel comfortable in a building similar to ones they grew up in. Linnea Home has the polished woodwork, big windows and spacious porches found in many older homes. In the renovation process, the goal will be to maintain that ambiance. Anyone interested in contributing to the fundraising effort (or in donating antiques to be used in decorating the Home) may contact the Linnea Home at 646-2544. ■

### Shalom Home . . . from page 8

"Things are in flux right now," says Klein. "Nursing homes are an older model of senior care. The trend today is definitely toward assisted living. People want an environment that feels more residential and less institutional." Klein sees nursing homes continuing to provide a government-supported safety net

provided in people's homes to assisted living on campus to full-time nursing home care. It remains committed to working with other Jewish organizations such as the St. Paul Jewish Family Services, Jewish Community Center and area synagogues, as well as local social service and community agencies. And it will continue to

**"Nursing homes are an older model of senior care. The trend today is toward assisted living. People want an environment that feels more residential and less institutional."**

—Michael Klein

for the elderly, while assisted living becomes more attractive for those with greater financial resources.

The Shalom Community Alliance is an attempt to provide an array of senior care services that help people adjust to decreasing independence, from services

respond to the changing environment for senior care by adding assisted living in St. Paul to the other services they currently offer. ■



# COMMUNITY CALENDAR

## 1 Friday

■ Lauderdale and Falcon Heights recycling.

## 4 Monday

■ Labor Day

■ AA, St. Anthony Park Lutheran Church (644-0809), 8 p.m. Every Monday.

■ Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.

## 5 Tuesday

■ St. Paul public schools are in session.

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

■ Toastmasters (633-4153), training in effective speaking, Hewlett Packard, 2025 Larpenteur Ave., 7:40-8:40 a.m. Every Tuesday.

■ St. Anthony Park Writers will meet at the Black Bear Crossing House and Community Circle, 831 Como (east of Como Park) at 7:30 p.m. Call 645-1345 for more information.

## 6 Wednesday

■ St. Anthony Park recycling.

■ Como Community Council executive meeting, Black Bear Crossing, 8 p.m.

■ Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Every Wednesday.

## 7 Thursday

■ Tot Time (for 5-year olds and younger), South St. Anthony Rec Center (298-5765), 10 a.m.-noon. Every Thursday.

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

■ St. Anthony Park Community Council Physical Planning Committee, South St. Anthony Rec Center, 890 Cromwell, 6 p.m.

## 8 Friday

■ Como Park recycling.

## 9 Saturday

■ Junior High Night, Langford Park Rec Center (298-5765), 7-10 p.m. Parent permission required.

## 11 Monday

■ Falconeers Senior Card Club (488-3361), Falcon Heights City Hall, 2077 Larpenteur Ave., 1-3:30 p.m.

■ Park Press Inc., *Park Bugle* Board meeting, St. Anthony Park Bank community room, 7 a.m.

## 12 Tuesday

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

■ Holly House director Dr. Patricia Lawler will offer a free workshop on embracing menopause, 6 p.m. Call 644-0302 for meeting location.

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

■ St. Anthony Park Garden Club meeting in the Auxiliary Dining Room of the Olson Campus Center at Luther Seminary, 6:30 p.m. Meeting is open to the public.

## 13 Wednesday

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

■ Block club meeting, Como Community Council office, 1556 Como, 7 p.m.

■ Como Community Council Marketing Committee, Black Bear Crossing, 7 p.m.

■ Como Community Council executive meeting, Black Bear Crossing, 7 p.m.

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

## 14 Thursday

■ Murray Junior High School open house for community members, 3:30-6:30 p.m.; open house for parents, 6:30-9:30 p.m.

■ Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, St. Anthony Park Library, 10-11 a.m.

## 15 Friday

■ Lauderdale and Falcon Heights recycling.

## 16 Saturday

■ St. Anthony Park Community Garage Sale, 9 a.m. to 4 p.m.

## 17 Sunday

■ Kat Daze, 11 a.m.-5 p.m., south St. Anthony Recreation Center, Hwy. 280 and Territorial Rd.

## 18 Monday

■ Como Park recycling.

## 19 Tuesday

■ Lauderdale Planning Commission, City Hall, 1891 Walnut St., 7 p.m.

■ Como Community Council Board meeting, 7 p.m. Community meeting 8 p.m. North Dale Recreation Center.

## 20 Wednesday

■ St. Anthony Park recycling.

■ Langford Booster Club, Langford Park, 7:30-9 p.m.

## 22 Friday

■ Preschool story time at St. Anthony Park library, 10:30 a.m.

## 23 Saturday

■ FARE For All food distribution and registration at St. Anthony Park Lutheran Church (644-8833), 2323 Como Avenue, 8:30-10:30 a.m.; and Holy Childhood Church (644-7495), 1435 Midway Parkway, 9:30-11:30 a.m.

## 25 Monday

■ Como Park recycling.

■ St. Anthony Park Block Nurse Program Board of Directors meeting, St. Anthony Park United Methodist Church library, 7 p.m.

■ Falconeers Senior Card Club (488-3361), Falcon Heights City Hall, 2077 Larpenteur Ave., 1-3:30 p.m.

## 26 Tuesday

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

## 27 Wednesday

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

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

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

## 29 Friday

■ Lauderdale recycling.

■ Preschool story time at St. Anthony Park library, 10:30 a.m.

## 30 Saturday

■ Rosh Hashanah.

■ Como/St. Anthony Park cleanup, 8 a.m. to 2 p.m. at the Camel Lot in the Minnesota State Fairgrounds.

*Items for the October Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, September 15.*



*Temptation lurks at the State Fair  
Photo by Truman Olson*

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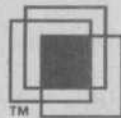


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## LIVES LIVED

**Richard A. Benolken**Richard A. Benolken died on  
Aug. 10 at the age of 69. He was a  
resident of Falcon Heights and a  
parishioner at Holy Childhood  
Catholic Church in St. Paul.Preceded in death by his  
parents, Alma and Alfred  
Benolken, and two brothers,  
Donald and David Benolken, he is  
survived by his wife of 45 years,  
Cynthia Benolken; five daughters,  
Susan Benolken, Sarah Benolken,  
Amy Thorson, Katie Thomas  
and Anne Jutting; a son, Rick  
Benolken; five granddaughters;  
and a sister, Joan Nelson. A Mass  
of Christian Burial took place on  
Aug. 14 at Holy Childhood  
Church.**Charles McMurray Braden**Charles McMurray "Murray"  
Braden died at age 82 on Aug. 1.  
His home was at 1666 Coffman  
in University Grove.Mr. Braden was a retired  
math professor from Macalaster  
College and a member of First  
Congregational Church in  
Southeast Minneapolis.Survivors include his wife,  
Grace Gibas; three daughters,  
Margaret of Minneapolis, Elizabeth  
of Milwaukee, Wisconsin, and Ann  
of Acton, Massachusetts; a son,  
Charles of St. Paul; and four  
grandchildren, Nat, Sarah,  
Benjamin and Emily. A memorial  
service was held at First  
Congregational Church on Aug. 5.**Lucille C. Kimball**Lucille C. Manteuffel Kimball  
died on July 2 at the age of 90.  
She was a resident at Lyngblomsten  
Care Center and a member of  
St. Paul's United Church of Christ.She was preceded in death by  
her husband, Maurice Kimball; a  
daughter, Beverly Kranstover; two  
brothers, Kenneth and Harold  
Manteuffel; and a sister, Eleanor  
Hersinger. She is survived by two  
sons, George and Jerry Kimball; a  
daughter, Maureen Fitzpatrick;  
17 grandchildren; and 40 great-  
grandchildren.A funeral service took place at  
Lyngblomsten Chapel on July 7.**Esther Julia Lang**Esther Julia Lang died on Aug. 2  
at 96 years. She had lived at  
Lyngblomsten Service House for  
the past six months and at  
Lyngblomsten's Heritage House  
for six years prior to that.Esther Kallestad was born in  
Elmore, Minnesota on Sept. 9,  
1903, the daughter of Andrew and  
Anna Kallestad. She was the fifth  
child of 13 and had 10 sisters and  
two brothers. She was preceded indeath by her parents, her husband  
and all of her siblings except two  
younger sisters.She married Dr. Robert Lang  
on May 28, 1928. They spent  
their early years in Austin,  
Minnesota, then moved to  
Portland, Oregon; Short Hills,  
New Jersey; and LeSueur,  
Minnesota before returning to  
St. Paul. Dr. Lang practiced  
dentistry for 26 years, then taught  
dentistry at the University of  
Oregon, Seton Hall and the  
University of Minnesota.The Langs adopted two  
children, Jeanne and Jon.  
Mrs. Lang was a member of Holy  
Childhood Catholic Church.Survivors include two sisters,  
Mildred Cherland of Blue Earth,  
Minnesota and Adeana Smith of  
Lakeville, Minnesota; her daughter,  
Jeanne Thomas of St. Paul; her  
son, Jon Lang of Los Alamitos,  
California; nine grandchildren,  
Robert Thomas, Tim Thomas,  
Michael Thomas, Jeanne Rylander  
and Lisa Arcand, all of the Twin  
Cities; Patricia Hayes of Henniker,  
New Hampshire; Stephen Lang of  
Trabuco Canyon, California; Susan  
Raggert of Garden Grove,  
California; and James Lang of Seal  
Beach, California; and 23 great-  
grandchildren. A Mass of Christian  
Burial was celebrated on Aug. 5 at  
Holy Childhood Church.**Olive Leonard**Olive Leonard died on July 6. She  
was 88 years old and a resident of  
Lyngblomsten Care Center.Mrs. Leonard was preceded in  
death by her husband of 57 years,  
Randall Leonard. She is survived  
by two daughters, Delores Lokken  
of Brinsmade, North Dakota and  
Myrna Krueger of Bloomington,  
Minnesota; one son, James  
Leonard of St. Paul; eight  
grandchildren, Rance, Garry,  
Valorie, Todd, Scott, Tina, Carrie  
and Kelli; and six great-  
grandchildren. Services were held  
July 29 at the Lyngblomsten  
Chapel.**Roy Osterberg**Roy Osterberg, a former resident  
of Como Park, died on July 15.  
He was 73 years of age. Since  
1974 his home had been in  
Cornucopia, Wisconsin.Born Jan. 14, 1927, he grew  
up on Holton Ave. He was a  
graduate of Murray High School  
in 1944 and married another  
Murray graduate, Lois Nordeen.Mr. Osterberg was an  
architect with Ellerbe Becket  
Architects in Minneapolis and  
lived in Stillwater for several years.  
He enjoyed oil painting as a  
hobby and was a member of  
Immanuel Lutheran Church in

Cornucopia.

He is survived by his wife,  
Lois of Cornucopia; two  
daughters, Martha Osterberg of  
Minneapolis and Jo Sanders of  
Moundsview; two grandchildren,  
Molly and Michael Sanders; and  
two brothers, Martin and Glenn  
Osterberg of St. Paul. Services  
were held in Cornucopia.**Robert D. Turnacliiff**Dr. Robert D. Turnacliiff, a  
former resident of St. Anthony  
Park, died on July 12. He was  
76 years old. His recent home  
was in Palos Verdes Estates,  
California.Born March 27, 1924, he  
grew up on the corner of Hendon  
and Branston and graduated from  
Murray High School in 1942.For 31 years, Dr. Turnacliiff  
was the director of Project West  
Wing, studying foreign ballistic  
missile technology. He was a  
longtime member of the  
Scientific Advisory Committee  
for the National Security Agency  
and a consultant for the Arms  
Control and Disarmament  
Agency. He retired in 1993.Survivors include his wife,  
Elda Turnacliiff; a daughter, Anne  
Turnacliiff; and a son, Brian  
Turnacliiff. Services were held at  
the Neighborhood Church in  
Palos Verdes Estates, where  
Dr. Turnacliiff was a member.**James Campbell Underhill**James Campbell Underhill died  
on Aug. 4 at age 77. His home  
was in St. Anthony Park.A specialist in the biology of  
fishes, Dr. Underhill was a  
professor of zoology at the  
University for 37 years. He was  
also the curator of fishes for the  
Bell Museum of Natural History  
on the University's Minneapolis  
campus.Born in Duluth on June 8,  
1923, he received his B.A. in  
biology from the University of  
Minnesota-Duluth and his Ph.D.  
from the University of Minnesota  
in Minneapolis. He served in the  
U.S. Navy during World War II  
aboard destroyer escorts.Dr. Underhill is survived by  
his wife, Anne Underhill of  
St. Anthony Park; two daughters,  
Sarah Holm of Radisson,  
Wisconsin and Mary Underhill of  
St. Paul; and a brother, Donald  
Underhill of Virginia, Minnesota.  
A remembrance service is  
scheduled for Sept. 30 at Forest  
Hill Cemetery in Duluth.

Compiled by Ann Bulger

**Thomas F. Waters**  
Reading  
Thursday,  
September 7  
at 7:00 PMMicawber's welcomes  
University of Minnesotaprofessor emeritus of fisheries and stream  
ecology, Thomas Waters, for a reading  
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pret scientific knowledge on stream ecol-  
ogy to all those who love rivers."**MICAWBER'S  
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September 15, 6 p.m.  
Next issue: September 28

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- 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.
- Please call 646-5369 with questions.

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PROJECT COORDINATOR POSITION. Small non-profit seeks coordinator for DNR Metro Greenways grant project in St. Anthony Park. Duties include coordinating administrative, financial, logistical, and information needs of the project and its team of volunteers. Send letter/resume to SAPCC 890 Cromwell Ave. St. Paul, MN 55114 by 4:30 p.m. September 15. For more information, call 651-649-5992.

## Sales

RUMMAGE SALE SEPT. 21-23, University Lutheran Church of Hope, 601 13 Ave SE, TH-FR 9-8, SAT 9-12. Large sale. Low prices.

COMMUNITY GARAGE SALES. September 9 & 10. 8 a.m.-4 p.m. in Southeast Como, Minneapolis. Sale locations available at 2010 E. Hennepin FFI: 612-676-1731.

## 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.

## For Sale

EXQUISITE BALDWIN SPINET PIANO with bench. Mint condition. 651-644-2062.

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## Cats . . . from page 1

five kittens that Theresa and Brianna found on a recent trip to the Taste of Scandinavia in St. Anthony Park.

"We were sitting outside when I noticed a long-haired white cat disappear into some bushes," says Brianna. "When I looked over there again, I saw two small heads poking out." Investigating further, they discovered a litter of five four-week old kittens.

"Feline Rescue's foster program was full at the time," says Theresa, "so I called my sister. With a little nudging, she agreed to take the kittens in."

At Feline Rescue's Charles St. building, new arrivals are kept in cages. Long-time residents, however, roam freely about. Especially timid cats are kept in the "shy room."

Because of the shelter's no-kill policy, cats stay until they are adopted. For some that may mean months or even years. "One

*"My husband says he wants to come back as my cat."*

—Theresa Hempel

recently adopted cat had been at Feline Rescue for almost six years," says Theresa. When Feline Rescue is full, which is most of the time, they keep a waiting list for new cats.

Although Feline Rescue houses a lot of cats in a fairly small space, fights among the animals are rare. "Considering how many cats we have together, it's amazing how well they get along," says Theresa.

The Hempels learned about Feline Rescue at one of the organization's adoptions, which are held regularly at Petco stores. The shelter asks that adopted cats be spayed or neutered and that they not be declawed.

Theresa and Brianna will join dozens of other cat lovers at Feline Rescue's Kat Daze 2000 on Sept. 17 at the South St. Anthony Recreation Center and Park, located at Territorial Rd. and Hwy. 280. Kat Daze will feature musical entertainment; a blessing of the animals; a cat portrait artist; free cat care information; kitty face painting; cat books, cards, calendars, and gifts; kitty costumes; and tours of the Feline Rescue shelter and the south St. Anthony Park neighborhood. There will also be an opportunity to adopt one of the shelter's cats.

Theresa and Brianna will be working at Kat Daze, but they'll manage to get around to most of the booths. They are, after all, crazy about cats.

"In my neighborhood, I'm known as the cat lady," says Theresa. "But I think the highest compliment anyone has paid me is when my husband said that when he's reincarnated, he wants to back as my cat." ■

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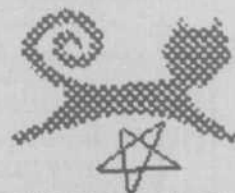
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Bethany Baptist Morning Worship 10:45 am

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 September 3, 10, 17, 24 (nursery provided)

Rides available for 10 am worship (Call the church office before noon on Friday for ride)

8 am & 10 am Beginning Sept. 10, Rally Day, Worship begins at 11 am

Traditional Worship (Holy Communion on 1st and 3rd Sundays)

9 am Children & Family Worship (Holy Communion on 1st and 3rd Sundays)

Pastors: Martin Ericson and Meg Sander

Visitation Pastor: Leonard Jacobsen

Directors of Youth and Family Ministry: Andrea and Dave Wollan

Director of Music Ministry: Thomas Ferry

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1744 Walnut at Lone. 1 block north of Larpenteur. 651-644-5440.

Sunday School and Adult Forum 9:15 am

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Tuesday Bible Study: 10 am

After School Program Tuesday & Thursday 3:30-5:30 Grades 3-6

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

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Pastors Reany Lindberg and Del Jacobson

Visit our website at <http://www.sap.org/worship/sapl.htm>

Summer worship-one service 9:30 am (nursery provided) through Sept. 10

Coffee and fellowship 10:30 am

Rally Sunday! Sept. 17. 10 am opening gathering

Beginning Sept. 17, worship services 8:30 & 11 am,

Education Hour 10 am

Communion 1st and 3rd Sundays

Faith Chinese Fellowship 1:30 pm Sundays

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Men's Prayer Group Fridays, noon

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Sunday Worship & Sunday School at 10 am, Fellowship at 11 am

Nursery Care provided - 10:15 am

Sept. 3 9:30 am worship. Sept. 10 Rally Sunday

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2200 Hillside Ave (at Como) 651-646-4859

Pastor Deb Walkes

Sundays: 9:30 am Sunday School

10 am Worship Celebration, with fellowship at 11 am

11:15 am Adult Forum

Wednesdays: 9 am-1 pm Leisure Center (Senior fellowship, and activities, and meal)

### ❖ 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

8:15 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

Beginning Sunday Sept. 10, Eucharist at 8 and 10:30 am

Education Hour for all ages 9:15 am

Wednesdays: 10:00 am Eucharist

Thursdays: 1:00 pm Caregivers Respite Program

Healing services in the chapel follow both Sunday services on 1st and 3rd Sundays.

Beginning Sept. 7, tutoring for children and youth resumes on

Tuesday and Thursday 6:30 to 8:30 pm

Sunday Sept. 24, join us as we celebrate the feast of St. Matthew

Thursday Sept. 28, 7:30 pm, memorial service for Libby and Bill

McDonald

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The Rev. Lyn Lawyer, Deacon

### ❖ WARRENDALE PRESBYTERIAN CHURCH

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Sunday Worship: 10:15 am (nursery provided)

Sunday Church School: 9 am

Rev. Timothy Held, Minister