The Park Bugle

JUNE 2001 ■ VOLUME 27, NUMBER 12
NONPROFIT COMMUNITY NEWSPAPER FOR ST. ANTHONY PARK, FALCON HEIGHTS, LAUDERDALE AND NORTHWEST COMO PAR

Lori's owner to open new restaurant

by Pete Keith

Changes are in the works for Lori's Coffee House and the adjacent businesses at 1441 Como Avenue. Lori, an important caffeine and soup shop for nearby residents, University students and faculty, will soon be expanding, according to Mahmood Shahin. Shahin owns the business, as well as both Lori's and his recently acquiring it from his older brother Adel, who purchased the coffee shop five years ago.

With their own sweet equity, Adel and Mahmood have been busy making upgrades to the building, installing new storm windows on the upstairs apartments, and preparing to expand Lori's into the space next door, currently occupied by a laundromat. "We're doing all the work," explained Mahmood. "So Lor's will be as big as it is.

In addition to increased square footage, Lori's menu will also be expanding to include a deli and a wider array of beverages. An exact completion date is unclear, but Mahmood hopes the new space will be ready later in the summer.

"The laundromat, which..."

A place for everything and everything in its place

Free Market exchange helps facilitate the giving and getting of stuff by Judy Woodward

Diana Kennedy knows what to do with your junk. You know what stuff we're talking about here. It's big, it's bulky and it's too good to throw away. You've got to haul it out to Goodwill, and if you were organized enough to plan a garage sale, your eye wouldn't have been caught by this headline in the first place.

Meanwhile, the stuff just keeps accumulating. The old sofa would look great in somebody's living room but no longer has a place in yours. Those bikes the kids will never ride again. The waterbed. The snare drums. The list goes on, doesn't it? Or maybe you've got the opposite problem. You're all ready for life, you look around your newly rented, unfurnished apartment and realize you need some stuff!

Either way, Kennedy has the solution. Recently and her colleagues at the St. Paul Neighborhood Energy Coordinating (NEC) have devised an Internet-based exchange service called the Free Market. It's an opportunity for area residents to give and get free reusable goods for their homes and yards. And when they say free, the NEC means exactly what they say. No money changes hands. There are no listing fees, delivery charges and no purchase prices.

Individuals arrange their own pick up and delivery of items exchanged.

"The purpose," says Kennedy, "is to keep perfectly good, usable items out of landfills."

The Free Market has been available to St. Paul residents since 1998, but as of Earth Day, April 22, service was expanded to Washington and Anoka counties. Which means more listings and more potential customers for everyone.

"It went crazy when we expanded," reports Kennedy. "On our Internet site the number of visits jumped to 1600 a week."

The Free Market website, you can browse the online catalog or post your own information. Most posting list their names and phone numbers, but there is another way to trade.

NEC will also handle confidential listings—only for St. Paul residents.

There's another perk for St. Paul residents, as well. We don't publish our phone number," says Kennedy, "but St. Paul residents can use our service even if they don't have Internet access. We'll do the matching for them. All others must have an Internet connection to participate in the Free Market.

Kennedy says that most of the items listed fall into the category of "the usual suspects—appliances, electronics, and furniture."

But not all.

Kennedy notes that someone once gave away an entire house on the Free Market and that it's not unusual to find more specialized items listed as well. Recently, a staff at NEC found herself with an oversupply of decorated gift boxes after a special occasion. She listed the boxes on the website and within one afternoon, another woman responded. The caller was planning a wedding and figured...
CITY FILES

Saint Anthony Park
The Community Council voted to support the College Park One Project plans, with the addition of a backboard for the basketball court.
The Council has requested the City of St. Paul to implement the traffic calming recommendations of the Cromwell/Bayless task force.
- Block Bayless Place from Bayless to Raymond.
- Install bump-outs at stop signs at Cromwell/Bayless Place and Bayless/Raymond.
- Install speed bumps on Cromwell from Territorial to Bayless Place.
- Install "Children at Play" signs on Cromwell near the playground.
- Add "No Parking Within 30 ft." to stop signs at Bayless Place and Cromwell intersection.
- Add a sign on Territorial Road directing eastbound traffic to Raymond/Cleveland.
- Paint permanent traffic lines on Raymond.
The Council selected their co-chairs for the year:
Christopher Cauney (St. Anthony Park), Sherman Eagles (South St. Anthony Park), Deborah Koahi and Connie Powell (business community).
-Susan Conner

Two dozen projects are in the running for Neighborhood Sales Tax Revitalization (STAR) small grants this spring, including one from St. Anthony Park. The 24 requests, which are for $20,000 or less, total $466,591. The city does not have a set amount available for small grants. Instead the STAR Board recommends projects it believes are worthy of funding.
The St. Anthony Park Business Association wants $20,000 for its matching grant program for exterior and physical improvements to businesses.
The grant is being sought by the Midway Chamber of Commerce, which oversees business association operations. The association has used Neighborhood STAR funds in the past for this program.
-Jane McClure

Como Park
A controversial underground parking project at Como Park adjacent to the zoo and conservatory has been dropped. The Parks and Recreation Commission had approved an underground parking lot several years ago, but that plan will have to be scrapped because of the high costs construction and maintenance would bring.
The decision was welcome news to the District 10 board, which has a long record of opposing such a development. High costs, potential public safety issues in an underground ramp and aesthetics were concerns raised.
Don Ganje of the Parks and Recreation Department and District 10 board members agreed there needs to be more community discussion of parking options for Como Park. Parks and Recreation's current proposal calls for a shuttle bus service between the park and the State Fairgrounds. The city is seeking federal funding to help pay for the project.
The current conservatory-zoo parking lot was built in 1965.
and replaced a formal garden area. Plans call for redoing the parking area, reconnecting Eastabrook to Midway Parkway and eventually recreating the formal gardens, which will be adjacent to the planned education resource center.

The parking lot reconstruction will get underway in July. It is just one of several projects planned for Como Park in the months ahead:
- Renovation of the old Como Park streetcar station building for use by park visitors. The structure had been used by park staff for many years. The renovation should be completed this summer. Space will be available for community meetings, and there will be displays and an interpretive center.
- A pedestrian bridge over Lexington Parkway, just north of Schilliman Avenue. The concrete arch bridge will have ornamental railings and will be used by walkers, joggers and bicyclists.
- After the pedestrian bridge is built, the city will turn its attention to a pedestrian/bicycle tunnel designed to get people safely across the Burlington Northern Santa Fe Railroad tracks south of the park. The tunnel will be about 14 feet wide and 12 feet high. A walkway between Jessamine and Energy Park Drive will then be expanded as part of a route that will continue to Hamline Avenue.

Jane McClure

St. Paul

Now that new billboards are banned in St. Paul, existing signs face increased scrutiny. The St. Paul City Council adopted a resolution May 9 that sets up the new billboard monitoring program and establishes fees for annual billboard inspections.

In contrast to the intense debate billboard regulations have provoked over the past three years, the council resolution was adopted with no public comment. The resolution spells out regulatory steps the council approved last November, when it voted to ban construction of any new billboards. St. Paul's new billboard inspection program is patterned after programs used for several years in Minneapolis and by the Minnesota Department of Transportation, which inspects signs along state and federal highways.

City staff estimate there are about 620 sign facias in St. Paul. The ordinance and resolution call for the city zoning administrator to maintain an inventory of all billboards in St. Paul, routinely inspect them and take action against any violators of the sign ordinance.

It also calls for the city to set a fee for initial billboard registration, inspection and enforcement. The fee will be $145 per sign face per year and is based on estimated monitoring start-up costs of $150,992, with annual inspection costs of $73,564. The resolution gives the City Council the right to re-evaluate the fees if it is determined that they do not cover actual program costs.

Jane McClure

Taste of Scandinavia
A Deli and Bakery

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Dr. Paul Kirkegaard
644-9216
2278 Como Ave.
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In the past year, homes listed by other agents in St. Anthony Park have sold for 99.3% of their listing price.
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The difference is 6.5%.
Why would you want to list your home with anyone else?

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CARTER AVE FRAME SHOP
Letters

Celebrating commitment

In some ways anniversaries are like birthday. Each anniversary is an opportunity to reflect on the past and celebrate the present. In this issue of the Park Bugle, we highlight the achievements of some of our community leaders and organizations.

Job Corps thanks neighbors

Students and staff at the Hubert H. Humphrey Job Corps Center with thanks to Como Park residents for their generous contributions to our annual neighborhood food drive.

Author makes clarification

I appreciated the article in the April issue about me and my recent book. I want to thank Judy Woodworth for the fine profile and Lori Hamilton for her photographic work. I just want to clarify one paragraph that was unfortunately mistranscribed.

Kudos to Kasota cleaners

Thanks to the neighborhood volunteers who participated in the Kasota Pond cleanup on Saturday April 28: Dan, Anna and Matthew Buechler; Suzanne Garfield; Otto and Terrence Goodman; Min Hausman; Mark, Leif and Meara How; Diane and Milanda Landis; Ellen Long.

COMMENTS

An open letter to Betty McCollum

by John Marino

Dear Rep. McCollum,

Congratulations on your election to the U.S. House of Representatives. It’s truly astounding that you’re the first Minnesota woman elected to Congress in half a century. When I moved here in 1993, I found Ginnie Kilberg’s description of Lake Wobegon, Minnesota, to be true: ‘The women were, indeed, strong. But that fact hadn’t been manifested in the halls of Congress until your November triumph.’

But I’m a little concerned, Rep. McCollum, that you haven’t sponsored any legislation yet. Sure, you’ve co-sponsored about 80 or 90 bills, but where is that Minnesota pioneering spirit, that indomitable female strength? Is there a law against proposing a law?

I think you should throw caution to the wind and do something great right away.

Why bother walking on eggshells for two years? Back home here in the 4th District, I’m rooting for you to make an impact now. I’m sure that’s not what the entrenched House’s Old Guard wanted you to do, but I don’t trust them and you shouldn’t either. They don’t want change, so they would just hold you down.

Therefore, Rep. McCollum, I’d like to ask you to introduce legislation that will make the 30-hour workweek a reality. You read me correctly: the 30-hour workweek—with no reduction in pay, I might add. Why not? This is a revolutionary idea that will have long-term benefits on both sides of the aisle talking. ‘Hey,’ they’d whisper, ‘that freshman Congresswoman from Minnesota is really bold!’

But this is not a suggestion

Commentary to page 8

Thanks, readers, your contributions help sustain us

David Bowen & Samuel Zander

The Bible Shop

Farm-On-Fork

$100 Gifts

$175 Gifts

Schneider Drug

In-Kind Gifts

* Webpage assistance from Keith Dyrud

* Proofreading from Michael Runnele

Letters to page 20

Last month’s story about the Como Park Hmong festival incorrectly identified Tom Ritter, chair of the District 6 Planning Council. The Bugle regrets the error.

COMMENTARY

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Sherm Eagles marks 25 years of Community Council service
by Jody Woodward

When Sherm Eagles got out of the Army almost 30 years ago, he came back to St. Paul with a self-confessed "chip on the shoulder toward people in power." He moved into a duplex on Raymond Avenue, grew a beard and voted for George McGovern for president. But most important, he got involved. As a draftee in the Vietnam Era he hadn't seen much grass-roots democracy during his two-year Army stint, and he missed it. Missed it so much that he's devoted a good portion of his life ever since to striving to keep local people in control of the issues that affect their daily lives.

Back when Eagles first went to work on local issues, there was no St. Anthony Park Community Council. The council didn't get its start until 1976, when the federal government made the creation of formal venues for citizen participation a requirement for community development block grants.

Eagles knows a lot about the history of the community council, as well he should. He was one of the very first people elected to it. A quarter of a century later, he's back serving on the council again. With his encyclopedic recall of the many issues the council has faced over the years, he may be the closest thing to an institutional memory that the neighborhood organization possesses.

As Eagles recalls it, his life in community politics began with a "rebellion."

"In the early '70s, south St. Anthony Park was considered a declining metropolitan area. The city planned to redevelop major parts of the neighborhood, which means they were going to tear down housing and make it into an industrial area. Local residents protested big time. There were sit-ins at City Hall."

The chain of events set off by those initial community protests ultimately led to the creation of the highly successful Hampden Square project for low- and moderate-income housing in the mid-70s. Eagles still remembers the ground-breaking ceremony, for it was one of the highlights of his years in public service. "It was the first new residential construction east of Raymond Avenue in many decades," he says.

"I don't think that democracy in the United States 100 years from now is necessarily a sure thing. So anything we do to keep people involved in the public decision-making process keeps us practicing democracy. And that's worth doing."

The struggle for Hampden Square set a pattern for neighborhood activism that persists to this day, according to Eagles. "People come out to protest when they feel threatened," he says. "It hasn't been easy, but on the whole the neighborhood has been successful. The things that are really important turn out the way we want them to."

Eagles, who says he is an optimist by nature, believes that most of the initial goals neighborhood activists set for themselves 30 years ago have been accomplished.

"The industrial encroachment has been prevented. There was a successful conversion of the old Baker School to the Baker Court office/retail complex. We got the sound wall built along Highway 280. That takes a lot of the thud away from the residential area. People living in St. Anthony Park today, some of them, don't even realize there was a threat."

Eagles points to other victories as well. In recent years, the community turned back the threat of an Amoco station on Energy Park Drive and persuaded the University of Minnesota to relocate a proposed soccer stadium from a residential area to Cleveland Avenue. The hotly disputed proposals for a new playground in College Park in north St. Anthony Park also appear to be working their way toward resolution.

Eagles says the controversy surrounding College Park was the toughest kind of problem for the community council to deal with. "There was no consensus in the neighborhood. Neighborhood-level conflicts can get very local issues. Eagles still lives in south St. Anthony Park with his wife of 20 years and two golden retrievers. His beard has mellowed to silver-gray, but his bright blue eyes still shine with conviction, even though they now look out from behind steel-rimmed trifocals. And when he talks about supporting the grass roots these days he may just as easily mean the St. Anthony Park Community Gardens. Eagles was a leader in the community council's successful campaign to purchase from the railroad the land near Energy Park Drive where the gardens are established.

His commitment remains undiminished. There are still issues to confront and a neighborhood to be protected. Are there plans afoot to make 280 a six-lane highway? Is there a threat to transform Koatsa Boulevard into "a four-lane, 50-mph road cutting between north and south St. Anthony Park? If so, Sherm Eagles stands ready to swing into action once more.

He says, "Political scientist Theodore Lowi argued that democracy in the United States was the result of an almost unique set of circumstances. The situation could confirm without the people in 1790, but that's not true today. I don't think that democracy in the United States 100 years from now is necessarily a sure thing. I don't care much for the idea that democracy may be on the way out. So anything we do that keeps people involved in the public decision-making process keeps us practicing democracy. And that's worth doing."

St. Anthony Park Community Council

NEWS

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

Congratulations new SAPCC Business Delegates!
Suzanne Fantle
Deborah Kuehl
Connie Powell
Paul Kirkegaard
Joe King

and Business Alternates!
John Rasmussen
Jan Morlock

Thank you Karlyn Eckman for serving as a South SAPCC alternate. Your creativity, enthusiasm, and initiative is greatly appreciated!

Interested in hearing the results of the St. Anthony Park Natural Resources Inventory? Interested in sharing your vision for the future of our community's greenspaces?

Come to the SAPCC DNR Metro Greenways Grant Land Management & Planning Meeting June 19th, 6:30pm Luther Seminary Room 116 Bockman Hall

For more information please call Heather Magee-Hill at 651-645-4132.
Celebrate!n
An open-air worship experience at Newell Park!
Come worship God with your friends and family.
Eat Mexican food. Enjoy a children's fandango.
And learn about the people & ministries of Central Baptist Church.

From the Midway to Mexico For children and youth
Celebrating God's Love! For Friends and Neighbors.

Date: Sunday, July 22, 2001
Time: 10:00 a.m.
Place: Newell Park
(Second Terrace and Pierce Butler Road)

You are invited. Come join us.

Library . . . from page 1
resources and wider access to information. "The core is still the same; the tools could be different," she notes.
As an example, Foreman cites a recent request by a patron for information from several magazine articles. Before, this would have required looking up the articles in the "Reader's Guide" and then having the library carry the necessary periodicals. Instead, Foreman was able to find the information on the Internet through periodical search engines and send the complete articles to the patron via e-mail the same day.
In addition to the new technology and new collections, the St. Anthony Park Library has added plus of a temporary influx of new books. While the downtown library is being renovated, its books have been divided among the various branches. Among the items sent to the St. Anthony Park branch are a collection of world language books, biography, and art and history books. These materials were chosen because of the library's proximity to the University's student housing, which has a significant foreign population, and to the University's Department of Housing and Apparel.

The library hasn't just added new materials and computers, however. Patrons can now access the library's home page on their home computers and search the catalog, place requests for materials and renew items they have checked out. And just in the past month, a telephone renewal system was initiated that allows patrons to check their records 24 hours a day.
But the changes are not quite finished. Aided by a generous donation from the St. Anthony Park Association, the St. Anthony Park Library Association is working on the last phase of the remodeling project—landscaping the grounds. Foreman has nothing but praise for the tireless work of the Library Association, which she calls "a really tremendous group of people."
One of the nicest benefits of the remodeling, in Foreman's opinion, is having to move more space, not only for books but for borrowing and reading. The old children's area was so cramped, she says, that people had to select their books and move out of the way so someone else could look.
"Now," she says, smiling, "folks can actually stay here and enjoy the space."
The next big event for the library is the St. Anthony Park Art Fair, coming up June 2 from 9:30 a.m. to 5 p.m. Shortly thereafter, in mid-June, the summer reading programs start, with numerous special events scheduled throughout the summer. "We're really excited about the summer reading program," Foreman says, noting that this year for the first time there will be a teen reading program geared toward kids entering 6th grade and older, with special incentives geared for the separate age groups.
All of which added to a lot of new things to see and enjoy at the library. Although the St. Anthony Park Library is small, it has very high usage per capita. And, as Foreman points out, patrons aren't limited to the library's collection—they can order books from the entire seven-county area and beyond, right from the comfort of their neighborhood library.
"Think of us as an access point," Foreman says, "the tip of the iceberg."
The St. Anthony Park Library is located at the corner of Como and Carter Avenues. Hours are 10 a.m.—9 p.m. Monday—Thursday, 10 a.m.—5:30 p.m. Friday, 11 a.m.—4 p.m. Saturday, and 1-5 p.m. Sunday.

Free Market . . . from page 1
the boxes would be just the thing for wrapping bridal gifts.
Como Park resident Luanne Lee used the Free Market to find the solution to a massive problem that had been disrupting her happy home.
Make that a really massive problem. A California king-sized waterbed with an overhead canopy mirror and an attached wooden headboard featuring built-in bookshelves and curo display space, to be precise.
"My boyfriend had an attachment to it," is how she explained the item's bulkling presence in her modest first-floor duplex. But after 15 years, Lee, who says that she's now "in a downsizing mode," decreed that it was time for the waterbed to go.
But where?
Says Lee, "My boyfriend was sure he could get rid of it. We talked to people, but nobody was interested."
It began to look as if the only possible solution would involve a grueling trip to the city dump—not to mention possibilities for back strain that would thrill the heart of an underworked chiropractor.
That's where the Free Market entered Lee's life. "We listed the waterbed," she reports, "and within two days we got half a dozen calls."
A young couple from the East Side was the first to show up at Lee's house—with a truck big enough to haul the waterbed away. Lee was so pleased at the happy outcome that she threw in her kitchen table, as well.
Lee's experience is typical of satisfied Free Market users, but even when the merchandise doesn't move as quickly as a well-built waterbed, there can be unexpected bonuses in the exchange process.
PaulPerlak of St. Anthony Park has been trying to give away part of a Mac IICi computer for more than a month. He's not surprised by the delay. It takes a special kind of person, Perlak realizes, to appreciate the value of an obsolete, unsponsored motherboard.
Once a state-of-the-art machine, his hardware is currently worth about $12 on the open market, he estimates. "But it's worth something to someone who needs the part," he points out.
Perlak can wait. Meanwhile, there are other benefits. "A woman called because her Mac had died," he says. "She couldn't use my part, but I knew enough to diagnose the problem with her computer."
The woman was so impressed with Perlak's skill that she offered him clerical contacts for his computer tutoring business.
And so it goes with the getting and giving of stuff. If you need some or want to get rid of some, you can visit the Free Market website at www.twin-citiesfreemarket.org. If you're not an Internet user and you live in St. Paul, you can also call the Free Market staff at 222-200 for more assistance.
St. Anthony Park Elementary competes in Destination ImagiNation

Team of 6th graders heads to finals of problem-solving competition in Knoxville, Tennessee

by Lisa Steimann

I imagine the story behind one of the mysterious and ancient stone statues on Easter Island, in the South Pacific. What anonymous person carved the soft volcanic stone into a head and then positioned the statue, weighing many tons, so that it settled in term and gazed out to sea?

That was the task set before a group of seven 6th graders at St. Anthony Park Elementary School this year as part of an after-school program called Destination ImagiNation. The team put together a skit portraying the life and times of the anonymous creator of an Easter Island statue. Their efforts have taken them to first place in both regional and state levels of competition. During May they traveled to Knoxville, Tennessee, to compete at the global tournament, along with teams from 47 states and 6 nations.

The goal of the Destination ImagiNation program is to teach young students team-based creative problem solving. Andrew Kingstetter, unofficial spokesperson for the team, explains that one of the benefits of the DI experience is learning about teamwork. "It's like a basketball team. In DI you have to learn to work together with different people and different problems."

Under the supervision of 6th-grade teacher Ron Beck, the group began meeting weekly after school back in November to work on the "team challenge" that would be presented in early March at the regional tournament. Andrew pointed out that in the nine years St. Anthony Park School has been participating in the program, this has been the school's best year in competition. This year five teams from the school went to regional competition, four went on to state and the 6th grade team is the first to go to the global tournament. They are one of only two teams from St. Paul that went to Tennessee.

The team challenge this year was entitled "Anonymously Yours." The 6th graders examined a selection of artwork from other cultures and chose the image of the monolithic statues from Easter Island. They then had to research the culture and time period of that work of art and create an eight-minute performance telling the story of the anonymous person who created the statue.

6th graders apply finishing touches to their Easter Island statue. From left to right: Andrew Hove, Kong Khang, Dejon Bonner, Hannah Works and Andrew Kingstetter.

The discussion necessary to generate ideas was often set in motion by team member Megan Thrasher. "I'm a real talkative person, not a leader," she said with an infectious giggle. "Because not everyone wants to listen to me, but I can keep everyone on the topic."

The team read about Norwegian explorer and anthropologist Thor Heyerdahl and his theory that the Polynesians people living on Easter Island thousands of years ago may have had contact with sailors from Chile, 2000 miles to the east. They wrote a script about a shipwrecked sailor from South America who, with the help of the Easter Islanders, carved a statue in memory of family and friends he left behind.

Team members Kong Khang, who had participated in DI before, and Alex Hewett played important roles as listeners and people who helped carry through to completion ideas that were generated. Alex conceived of the methods needed to create a six-foot tall replica of an Easter Island statue. The team used puppet-making skills they had learned with the Heart of the Beast puppets, who recently visited their school, and made their statue out of boxes and paper-mache.

They were also required to add three other dimensions or "side trips" to their performance. In addition to the artistry of the paper-mache sculpture and creative set design, and the portrayal of team work employed by ancient artisans' use of logs to roll the heavy stone statues, team member Dejon Bonner's percussion music added both tension and a sense of awe as the heavy stone was rolled and then lifted into place.

Fast thinkers like Andrew Hove brought improvisational skills to the team. DI competitors also must respond to "instant challenges" where they have to improvise using random materials they're presented with. For example, one minute before the skit is to begin, the team receives an "improv item" to incorporate into their performance. At the state competition, the team received a deflated beach ball. Hannah Works, who opened the skit in her role as a reporter for a TV news station, held the ball at arm's length and used it as a mirror to check her appearance. During the rest of the skit the ball changed hands, becoming, among other things, a place to sit and an implement for carving hieroglyphics in stone.

The support of the school and neighborhood enabled the group to raise the funds needed to send the entire team to Knoxville, Tennessee, in May. They are grateful to everyone who has offered support. Perhaps it is typical for this group, who clearly have taken the lessons of friendship and teamwork to heart, that they would add, "And we'd like to recognize the other team at St. Anthony Park School for all their hard work."
St. Anthony Park Association Awards

On May 8 the St. Anthony Park Association presented awards to a variety of neighborhood groups and individuals:

- Con Overgard Award for excellence in Social Studies to: Christie Holmes
- Con Overgard Award for excellence in English to: Drew Henry
- SAPA President's Award for support of the association and its president and for continued community involvement to: Sherman Eagles, Brian Erickson, Ben Helverson, Sandee Kiley, David Lec, Harriet and Bill Lerman

Grants were awarded to the following organizations:

- Music in the Park Series
- St. Anthony Park Block Nurse Program
- St. Anthony Park Community Band

Murray Junior High students Drew Henry and Christa Hedman show off their Con Overgard awards.

- St. Anthony Park Community Education
- St. Anthony Park Garden Club
- St. Anthony Park Library Association
- St. Anthony Park School Association
- St. Matthew's Art Committee

Commentary...

designed to garner you political points. In my mind, this is a quality-of-life issue. Time is such an important commodity that it's often overlooked. But I wish I had a dollar for every time I've heard a relative, friend, neighbor or co-worker say that he or she "just doesn't have enough time."

There's an old expression that time heals all wounds. Well, time would help heal a lot of new wounds as well. Just imagine if we had a 30-hour workweek. Parents could get off work at 2:30 instead of 6:30. They'd be home to greet their children from school. How's that for an instant solution to the troublesome problem of latchkey children? And with the money parents would save in day care, they could invest or spend more for durable goods, services, entertainment and travel. That would constitute an instant boost to the economy. Speaking of the economy, you could increase employment by 25 percent. Instead of three people each working a 40-hour week, you could employ four full-time workers, each working 30 hours per week.

Imagine all the stress and resultant rage we could reduce on a nationwide scale if ordinary folks had more time for themselves and their families. We could play with our kids, thus reducing parental neglect; we could have unhurried conversations with our spouses, thus reducing resentment and loneliness; and we could better care for our elderly parents. Or we could find the time to paint the garage, knit a sweater, throw a clay pot, sing in the choir or just walk around the lake. We deserve it, and now. According to U.S. Bureau of Labor statistics, in 1998, 40 percent of all male workers and 22 percent of all female workers worked more than 40 hours a week. Some recent numbers from the Economic Policy Institute say that in 1996, dual-income couples with children were, on average, working the equivalent of six weeks a year more than they did in 1989. There's a real imbalance here. The interests of business are being served but not the interests of labor. We need to even the playing field.

We also need to keep wages where they are now. A reduction in working hours shouldn't mean a reduction in wages. The corporate world can afford it. It made record profits throughout the 1990s while real wages declined. An EPA report said that the inflation-adjusted earnings of the median worker in 1997 were 3.1 percent lower than in 1989.

Clearly a change for the better is needed. I want to thank you for co-sponsoring two pieces of legislation that amended the Fair Labor Standards Act. But now you must take a bolder step.

JUNE EVENTS

June 2 - St. Anthony Park Arts Festival 10% off all regular stock!
June 9 - 11 AM - Kate DiCamillo reads from her new young adult novel The Tiger Rising.
June 14 - 7 PM at the SAP Library Mary Sharratt reads from her novel Summit Avenue.
June 21 - 7 PM William Kent Krueger reads from his new mystery Purgatory Ridge.

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In addition, certificates and buttons were presented to homeowners and volunteers who participated in the buchhorn roundup last fall. The certificate recognized them as members of the International Brotherhood of Buchhorn Busters (IBBB).
Volunteers turn out for Arbor Day planting at College Park

by Mary Maguire Lerman

The morning of April 24th arrived quite chilly, but by 9:30 the swallows were being tossed aside as the planting of 15 bur oaks and 5 witch hazels got under way. T. K. Walling, a city forester, assisted with placement of the trees in the park prior to the arrival of volunteer planters.

Neighborhood residents Dave Stepple, Ron and Colleen Tabaska, and Ron Dufalt helped plant throughout the day, along with the St. Anthony Park Co-op Preschool and Brownie Troop 410.

The preschool class arrived in late morning with their sand pails and shovels and helped plant and water the tree at the top of the staircase. They have promised to visit this tree on their regular park visits and water as necessary.

Since the planting, the trees have been watered only once because regular rains have taken care of most of the necessary moisture needs. One oak did not leaf out, and the nursery replaced it with two smaller oaks, so a total of 16 bur oaks were installed, primarily in the western half of College Park on the sloping hillside.

Storms in 1998 had leveled several trees near Dowell and Chalmersford, and a number of bur oaks succumbed to stress or chestnut blight over the past two years. So, the planting of these younger oaks will help to replace those already lost and others that may soon have to be removed.

The city forester also marked several trees for removal, including numerous mulberries (many of which are dead) and several other hazardous trees.

The tree that fell near the Myrha/Dowell intersection was a mulberry that had internal root rot.

Sometime this season these trees will be removed by city forestry staff, and this winter the oak trees in the park will be trimmed. Further, the remnant of the grand oak tree near the sliding hill on Carter Avenue is severely decayed and will also be removed this season because of safety concerns. Trees with red marks are scheduled for removal, including several bordertown that are jeopardizing the continued growth of some of the mature oak trees.

Another huge group of volunteers arrived around 9:30 on Arbor Day. The landscape ecology class taught by Dr. Sue Galatowitch from the Department of Horticultural Science spent their laboratory session on site learning how to construct wattle bundles and install them on the eroded Carter slope.

A pile of dead buckthorn had been stored last fall beneath the willow trees, and this was cut and tied to make the wattles. Nearly 40 wattles were installed into the hillside to assist with erosion control. Soil was backfilled behind the wattles and native prairie grass seed was raked in. It is hoped that this action will help prevent further erosion and that the sliding hill will be ready for use this coming winter.

The temporary fences on the slope are designed to keep summer park users from trampling the prairie grasses as they get established. Additional plugs of prairie plants will be installed in June.

Let’s make it a tradition to celebrate Arbor Day in St. Anthony Park. Where shall we plant next year?

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2313 Como Ave., 651-646-2549
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St. Anthony Park's Block Nurse Program

by Susan Conner

2001

is a time of celebration for the St. Anthony Park Block Nurse Program, a neighborhood initiative to help seniors live at home independently. This year marks the 20th anniversary of this community-generated, community-run, community-serving organization. The story of its founding is the story of a group of women who recognized a need in society and responded with action.

Their inspiration, their values, their hard work resulted in the SAP Block Nurse Program.

In 1981, professor of nursing and local resident Jlde Martinson, who was serving on the National Institute on Aging Advisory Board, sought to apply her background in hospice and in-home care of very sick children to needs of the elderly. At the time, only medical services provided in institutional settings were covered under governmental and insurance regulations. Many seniors were independently, but unsuccessfully, trying to meet their medical and home care needs by themselves.

Martinson believed that communities should come together to aid elderly residents in need of basic physical and emotional assistance. Help would come from paid public health/geriatric nurses and home health aides as well as neighborhood volunteers.

By receiving in-home health care, clients could stay in their homes for extended periods of time, preserving their quality of life and remaining a part of their community network while at the same time avoiding expensive nursing home costs.

In December of 1981, Jlde Rohricht, a member of the Human Services Committee of the District 12 Community Council, wrote an article for the Bugle reporting on Martinson's participation in the White House Conference on Aging. She included a description of the "block nurse program" idea, as Martinson had described it.

"The Block Nurse Program does a great job of coaching volunteers and matching volunteers with seniors. I can say 'I've received a lot more than I've ever given, that's for certain.'" —Chris Miller

Block Nurse

Martinson's visit network. Her hope was that seniors would work full time, as Community Organizer, asking, 'When is it a problem?'

Rohricht then hosted a meeting to explore the notion of a Minnesota Human Services Network.

Living room
Five women who laugh (left to right): Ann Carey, Jennifer Scharp, and Barbara O'Grady at the reception for the opening of the new Democratic-Farmer-Labor (DFL) headquarters.

Paid staff and volunteers continue to create that same sense of community that the Block Nurse Program meant to bring.

Do it.

"The Block Nurse Program does a great job of coaching volunteers and matching volunteers with seniors. I can say I've received a lot more than I've ever given, that's for certain." —Chris Miller
am: A study in community activism

recognized the value of the trust that exists within a neighborhood to use nurses and aides living in the neighborhood who might not be as neighborhood volunteers. As Ann Copeland, then District 12 members, "Immediately Ida received calls from nurses and seniors: "I want to be a part of it!""

organizational future. Egeland and Ann Park's State They began to grapple with issues of structure and funding. Funding continues to be an issue. Says Copeland today, "We were so naïve, thinking the concept made so much sense that it would surely be within the reimbursement system within 3-5 years."

Late, Martinson happened to describe the idea to a businessman seated next to her during a plane trip. He suggested that she talk with Elmer Andersen of F.B. Fuller for possible help with start-up funding. The next Sunday Martinson saw Andersen at church and broached the idea. Within a week the new organization had received a proposal requesting assistance, and by April 1982 they received a grant from Fuller and assistance from Medtronic Corporation, which completed what was needed to begin the project.

The founding group expanded to include Marjorie Jamison, who had been present at the nurses' conference when Martinson initially described her idea, and Barbara O'Grady, director of the Ramsey County Nursing Service. Jamison became the program director, and O'Grady worked closely with the program as they developed a way to pay block nurses.

According to Copeland, the new model did not fit with the county's existing system. "If not for Barb's willingness to be flexible within the government structure, the program never would have gotten off the ground," she said.

In June of 1982 the program opened, with neighborhood residents Jane Peter Berg as the first block nurse. Peter-Berg soon recognized the need for home health aides or, in the terminology of that time, "block companions." Meg Schaefer became the first home health aide in April 1983. Nurses also recognized that some seniors needed social contact, so Robricht, as the initial volunteer coordinator, incorporated other residents as volunteers to provide supportive visits to seniors. She

Block Nurse history to page 14

How many times have you seen the word "block nurse" and thought to yourself, "That's a great service—for other people"? Most of us think of ourselves as invisible, capable of taking care of ourselves and our loved ones in any situation. But the fact is, we all get older and sometimes find ourselves in situations we just can't handle on our own.

Meg Schaefer, first heard of the Block Nurse Program when she saw an ad in the Bugle for someone to train as a home health aide. Although her previous job had been as an X-ray technician, she had helped a friend with terminal cancer and realized just how much "nitty gritty" work needed to be done in such situations. After a few weeks of training, she became the program's first home health aide.

At that time, home health aides were there to do just about anything around the house, as well as personal care. Schaefer found herself doing light cleaning ("and sometimes pretty heavy-duty cleaning"), painting walls and installing rail, as well as bathing clients and doing physical therapy. She became very close to many of those she worked with, and when she quit the job in 1999 to care for her grandchildren, she really missed the contact she had with the clients. "You learn so much from older people; they have such a wealth of knowledge and wisdom," says Schaefer.

Block Nurse clients to page 15

"I felt I was facing a puzzle and didn't have all the pieces. I was distraught. But they made Bob feel more comfortable and secure and calmed my fears. Bob was able to remain at home close to family where he was loved and cared for."

—Natalie Geiger

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Gardening
The St. Anthony Park Garden
Tour will be held Saturday,
June 30 from 10 a.m. to 4 p.m.
The event will feature 12 gardens,
most of which have not been on
the tour before. Musicians and
artists will entertain at several
gardens.
Tickets are $12 in advance
and $15 the day of the tour.
Advance tickets are available at
Park Hardware, Rain Mundi
and Ginkgo in the Park.
The garden tour is jointly
sponsored by the St. Anthony
Park Garden Club and the
St. Anthony Park Association.
Proceeds from the tour help fund
the association's neighborhood
grants program, the garden club's
buckthorn roundup and other
projects.
Volunteers are still needed
for the tour. Anyone working
a three-hour shift receives a
complimentary ticket. Call Ginte
at 644-3379 to find out more
about volunteer opportunities.
For questions about the tour,
call 647-8622.

Arts Events
An exhibit of young people's
art continues through August 24
at the Undercroft Gallery at
St. Matthew's Episcopal Church.
The Undercroft Gallery is
located at 2136 Carter Avenue
and is open Monday-Friday from
11 a.m.-5 p.m., Saturday
by appointment and Sunday from
8-11:30 a.m. For more
information, call 645-3058.

HELLOS, a chamber music
quartet, presented its annual
concert at St. Anthony Park
United Church of Christ on
June 26 at 7:30 p.m.
The evening will feature
"Itinerant Forester," "Rasa de los
Incas," Alberto Ginastera's
"Danzas Argentinas," and
selections from Brahms' "Carnival"
and Bernstein's "West Side Story.
Also on the program will be jazz
tunes such as Oliver Nelson's
"Stolen Moments," Clovis Henry's
"Boplicity," and Ray Noble's
"Cherokee.

HELLOS was founded in
1994 and released its first CD,
CD, "Creation," will be released
this year.

Members of HElLOs are
Tony Gardner, violin; John
Jensen, piano and keyboards;
St. Anthony Park resident Mike
Smith, double bass; and former
St. Anthony Park resident Joe
Holmqvist, percussion.

A suggested donation of $10,
$5 for seniors and students,
will be accepted at the door.
Children under 5 are free. For
more information, call 647-1148.

The Schola Cantorum of the
Church of the Holy Childhood,
1435 Midway Parkway, will sing
"Messe Solenne de la Pentecote"
by Emilie Paladilhe on Pentecost
Sunday, June 3, at the 10 a.m.
Mass.
Music will also include works by
French composers Andre Caplet, Alfred
Buchet, Marcel Roullet and Cesar
Franck.

The St. Anthony Park Library
will host two readings this
month. On June 11 at 7 p.m.,
poet and local resident Gerhard
Neubeck will read new poems.
On June 14 at 7 p.m., Mary
Sharratt reads from her new
novel, with questions and book
signing to follow.

Volunteers
America Reads is looking for
volunteers to tutor struggling
readers from June 25-July 27
during the St. Paul Schools
summer session. Volunteers
commit to as little as one hour
a week for five weeks.
Volunteer age 55 and older
may be eligible for benefits
such as transportation reimbursement
and supplemental insurance.
For more information, contact
Jill at 605-1687 or
Connie at 605-1685.

St. Paul Parks and Recreation
needs teenagers and adults who
enjoy the outdoors to volunteer
at day camp this summer at
Lake Elmo Park Reserve. Day
camp aides will work with the
director and counselor, supervise
children ages 7-12, and assist
with special group activities
such as swimming, leather crafts,
scavenger hunts and canoeing.
Free transportation to camp,
lunch and a t-shirt will be
provided.

Volunteers must attend a
training session at Hillcrest
Recreation Center on July 18
from 9-11 a.m. and be available
for at least one of two day camp
weeks, July 23-27 and August
6-10 from 8:30 a.m. to 4:30 p.m.
Applications are available at
any St. Paul Recreation Center
or by calling 266-6000. They
are due by June 22.

For more information, call
Dave Danielson at 298-5812.

Camp
Horace Mann Elementary
and Como Park Senior High will host
Camp Invention, a national
science and creativity day camp
offered jointly by the National
Inventors Hall of Fame in Akron,
Ohio, and the U.S. Patent and
Trademark Office.
Children entering grades 2-6 spend a week exploring hands-
on, cross-curriculum activities that integrate science, math,
history and art.
Camps run from 9 a.m. to
3:30 p.m. and will be held at
Horace Mann from June 25-29
and at Como from August 13-17.
The $175 fee includes snacks and
a t-shirt. Register at
www.invent.org or by calling
1-800-968-4352.

For more information, call
Susan Clarke at 952-937-8128.

Churches
Como Park Lutheran Church,
1376 Hoyt Avenue, celebrates its
75th anniversary with a festival
service at the Como Park
Pavilion on Sunday, June 24
from 9:30-10:45 a.m.
The service will include participation
by several former pastors and a reunion choir.
a picnic will follow the service;
tickets are $5. An anniversary
cookbook will be available for

Soccer clinic draws a crowd
On May 18 the South St. Anthony Park Recreation Center hosted
its ninth annual soccer clinic. The event was co-sponsored by the
Langford Park Booster Club and Jim Ruhemann of State Farm
Insurance.
This year's clinic served about 100 soccer enthusiasts in
kindergarten through 6th grade. Professional coaches offered
instruction at several different stations. Each participant received
a regulation soccer ball.

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High schoolers hit nails instead of beaches

For many high school students, spring break is a time to kick back, sleep late and indulge themselves. But for five St. Anthony Park residents, a week away from school was an opportunity to weld hammers, shovel, scrape and paint brushes.

Central student Noel Young, Andrew Brooks of Como Senior High, along with Highland Park juniors Carlson, Matt Healy and Carlson spent their week in Sioux Falls, South Dakota, working with other Habitat for Humanity volunteers. The trip was organized by Barbara McCaskey, youth director at St. Anthony Park Lutheran Church.

This was the second Sioux Falls Habitat trip for Brooks, Carlson and Healy. Last year's group was larger, but according to McCaskey, this year's volunteers got just as much work done. The five high schoolers were joined by McCaskey, graduate student Tammy Paulson and retired missionary Don Flaten.

Habitat for Humanity helps provide affordable housing for eligible families. Homebuyers receive $45,000 mortgages with no interest. They must contribute at least 300 hours of "sweat equity." Habitat also depends on additional volunteer labor as well as corporate donations of materials and appliances.

During their four days in Sioux Falls, the work crew painted a basement, took out walls in a former office that Habitat remodeled into a single-family dwelling and scraped paint from doors destined for re-use in another house.

The five high school students were housed in the lounge of the Methodist church where the St. Paul group stayed. They slept on couches and had access to the room’s pool table and TV.

Accommodations this year were decided by a step up from the 2000 trip, when the seven male members of the team shared a kindergarten Sunday School room.

Matt Healy is not a member of St. Anthony Park Lutheran, but when his friend Paul Carlson asked him a year ago if he wanted to accompany the church youth group to Sioux Falls, he readily agreed. This year, Healy was eager to go again.

"Spring vacation is a time when young people want to have fun and give themselves a break from the rigors of school," he said. "This trip gave me a chance to have fun and make a difference at the same time."

McCaskey is hoping to take another work team to Sioux Falls next year. "One of the nice things about going back year after year is that you get to see people living in the houses you've worked on," she said. "This is a way for us to make our faith active by seeing how our efforts can make a difference in people's lives."  

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After June 11, $12.00 per student
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Sandy Daust
St. Anthony Park Barbers

People
Luke Alan Tressel of St. Anthony Park recently received the William G. Gloom and Physical Education Student of the Year awards from Hamline University.

The William G. Gloom Award is given to senior athletes who personify academic excellence and athletic participation in one or more sports, and athletic leadership and service to Hamline.

The Physical Education Student of the Year Award is given to a junior or senior with a GPA among the top three or four of physical education majors, who has completed a strong research project and demonstrates the potential to be an outstanding teacher/coach.


Nicole Johnson, a sophomore at St. Paul Academy, recently scored in the top 5 percent in the state on level three of the National Spanish Exam, "Concursos Estatales 2001." She will receive a certificate from Governor Jesse Ventura’s office.

Gibbs Farm
Gibbs Farm Museum announces special Sunday events in June:

June 3: Animals on the Farm. Help name baby pigs and sheep. Win an animal bank.

June 10: Flag Design Day. Learn the historic importance of flags. Design a flag to be flown at the farm.


June 24: Butter your Bread. Churn butter and bake bread.

Nicole is the daughter of Toni Simmons and Ruth Johnson of Como Park.

Sarah Barnes, a senior at St. Paul Academy, was honored with an Athena Award on April 25. Sarah was one of 31 young women from St. Paul city and suburban high schools who received the award for outstanding achievement in athletics.

She was a four-year participant in basketball, softball and tennis. She served as captain and was voted all-conference in all three sports. In basketball she won the MVP award.

Sarah is the daughter of Mike and Sandy Barnes of Como Park.

Invitation
The St. Anthony Park Block Nurse Program will celebrate its 20th anniversary on Thursday, June 21 at St. Matthew’s Episcopal Church, 2136 Carter Avenue. A board meeting is at 6:15 p.m., and the program begins at 7 p.m. Refreshments will be served. The event is free and open to the public.
Block Nurse history . . . . from page 11

enlisted seven residents, from ages 65 to 85, to take a 10-week training course in peer counseling. This became the first group of volunteer visitors. The Community Service Committee of the community council then helped design a system to use trained college students, scouts, churches and service clubs in providing aid to seniors.

Malcolm Mitchell is the director of Elderberry Inns, a replication and advocacy group for block nurse programs. He describes the founding as the story of a group of women who recognized the value of neighborhood and of trusting relationships and who had a strong sense of community and a deep respect for the elderly. "They were never stopped by hearing the words 'We don't do things that way.'"

By 1983 the St. Anthony Park Block Nurse Program was gaining interest from beyond the local community. A Japanese film crew documented the program and showed it in Japan. Twenty representatives of the Japanese Nurses Association visited the Program in 1984. That year the St. Paul Foundation funded a professional evaluation of program results, which showed that 85 percent of clients served would have been in nursing homes without block nurse program care.

Validation and recognition of the programs' value grew. A neighborhood in Oregon sought guidance in developing a similar program. Then-Governor Rudy Perpich issued a proclamation applauding the SAP/BNP. The "Main Agency Achievement Award" was given by the Midwest Alliance in Nursing, and the program received an "Innovations in Government" award from the Ford Foundation, which included money for assisting in replicating the model elsewhere.

In 1987 a "Spirit of Service" award and a proclamation by the Ramsey County commissioners acknowledged the role the Block Nurse Program had played with the County Public Health Nursing Service, the District 12 Council, St. Anthony Park and St. Paul in organizing cost-effective medical care and supportive services to help seniors remain in their homes as long as possible.

Over the years the program has made several changes. In 1991 it merged with Living At Home, an outreach program to healthy elders—the "intermediate frail." "The Living at Home/Block Nurse Program has now been replicated in 31 communities in Minnesota and 5 in Texas. Replication assistance is provided through Elderberry Institute in St. Paul, which also attempts to influence public policy regarding elder care. According to Institute director Mitchell, "Our role is to respond to a neighborhood call. Every program began with an individual who said, 'I want to see that this happen in my community.'" The values and principles of the original founders are thus carried on in each new program. Rohricht, one of the founders, sees the ongoing mission as "citizens reclaiming a sense of commonwealth wherein the common good of the community is the responsibility of the citizenry."

Currently the St. Anthony Park Block Nurse Program has 17 nursing clients, 32 foot care clients, 40 living assistance clients, 26 volunteers and some occasional group volunteer efforts. Resource coordinator Judy Pohle acknowledges that it's more difficult to get volunteers these days but stresses that there are many ways to help. "Some needs are short-term, and there are many short-term volunteer tasks."

The Block Nurse Program has changed since its founding, and needs to continue to change in response to current realities, says Patricia James, current board chair. These realities include managed care limitations on services, the fact that some companies will provide services until they can no longer bill Medicare and then will refer patients to BNP, the fact that Medicare pays for less than it used to, and the fact that assisted living facilities now sometimes operate in conjunction with nursing homes.

"Pressure is always on the program to do less and to speed less time with clients," said James. Nevertheless, she affirms, the program is still committed to neighbors helping neighbors and to nurses being able to maintain good relationships with their clients.

The board today is composed of up to 18 people, all neighbors, who meet monthly to formulate policy and guide the organization. As always, they invite participation from the community. They will also be inviting the neighborhood to a 20th anniversary celebration later this month.
Block Nurse providers . . . from page 11

Block Nurse Program's office at St. Anthony Park United Methodist Church. Kampmeyer joined the organization a couple of years ago in succession to a contact direct contact with clients. "I was doing nursing assessment by phone," explains Kampmeyer, "and I missed seeing people on a one-to-one basis."

Her days are spent making nursing visits to see Block Nurse conducting blood pressure clinics and trying to keep up with the seemingly endless paperwork. Kampmeyer loves working for the Block Nurse Program. "We spend time doing 'human' things with our clients, such as celebrating their birthdays and getting to know them. This is the way nursing used to be once upon a time."

"We spend time doing 'human' things with our clients, such as celebrating their birthdays and getting to know them. This is the way nursing used to be once upon a time."

—Jean Kampmeyer

For example, one volunteer, Cindy Anderson, is also a Girl Scout leader who had her Brownie troop make brownies and visit senior at the Seal High Rise, where the Block Nurse Program has many clients and where they conduct regular blood pressure clinics. Accompanying Anderson's troop was a group of musicians, which included Anderson's husband. Before the engagement, Anderson coached the girls so they would be comfortable interacting with the seniors.

"This created a satisfying, rewarding intergenerational event," says Kampmeyer.

Block Nurse clients . . . from page 11

It was shortly after quitting her work with the Block Nurse Program that Schaefer's mother-in-law, diagnosed with Alzheimer's disease, moved in with Meg and her husband Ken. The transition from giving services to receiving them gave Schaefer a chance to see the Block Nurse Program from the other side.

Her mother had been a very independent person, and I was just the daughter-in-law to her. The nurse, Jean Kampmeyer, was able to get her to do things that I couldn't. She got her to take her medication, to move more, to get out of the house. She's become more mobile, and helped find a day care situation so that she could get out of the house. My mother-in-law looked forward to the stimulation of talking with somebody different, and I really appreciated the support Jean gave to all of us in our decisions about care."

When the time came, Kampmeyer helped Schaefer find a group home for people with Alzheimer's and assisted with the transition. They are very pleased with the care she is now receiving.

Natalie Galagher had cared for Schaefer's mother. "Her health was declining because of multiple sclerosis. She had assistance from aides connected with her health care provider," she says. In 1999, as Bob and Natalie faced his final days, the nurse and a home health aide from the Block Nurse Program stepped in."I felt like I was facing a puzzle and didn't have all the pieces," Galagher says. "I was distraught. But they made Bob feel more comfortable and secure and calm my fears. They reassured me that I was doing all I could to promote my husband's comfort and well-being. And they often referred to us as a great team."

"As I look back on those last days and weeks, I take comfort in knowing that with the professional expertise of the Block Nurse Program, Bob was able to remain at home close to family, where he was loved and cared for. He died in September of 1999.

Galagher had another wonderful experience with the Block Nurse Program. When local elementary school children wanted to plant flowers in someone's yard to make them happier, the Block Nurse Program referred them to Galagher. Thus, one day 50-60 students descended on her yard with petunias and geraniums in hand. Not wanting them to get muddied from tramping in the dirt, she had them sit along the sidewalk and plant from the relatively cleaner cement. She provided gardening tools and watering cans (tomato soup cans) for each child.

Sixty holes were dug, sixty seedlings were planted and watered, and sixty plants survived and bloomed all summer and into the fall, she recalls. "This project promoted community involvement for all the participants and delighted passersby, who appreciated the flowers' beauty all summer.

Both Amy King and Irene Beatt used the Block Nurse Program's services for themselves,

Block Nurse home health aide, Karen Cartwright, says that a "helper's high" occurs when people get outside of themselves and connect with one another. For her, that translated into 18 years as a home health aide. "I feel for many of us that it's probably like a calling," said Cartwright. "There is such a connection between spirituality and aging and—face it—we're all getting older! So it's good for all of us to see something encouraging in our seniors because we're seeing ourselves."

Cartwright experienced that deep connection through caring for her mother, who eventually died a few years ago. This marked a turning point for her internally, as well as career-wise. Although trained as a social worker, Cartwright has received the most satisfaction doing home health care.

It's undeniable that the Block Nurse Program provides a first-rate service to St. Anthony Park seniors. However, behind the scenes, it's those who work for it (paid or unpaid) who also benefit, making their ties to their beliefs, their lives, their neighbors just a little bit stronger.

Block Nurse open house

On Thursday, June 21, the St. Anthony Park Nurse Program will celebrate its 20th anniversary at St. Matthew's Episcopal Church, 2136 Carter Avenue.

The program begins at 7 p.m., following a 6:15 board meeting. The evening will include awards, refreshments and a comedy routine on the foibles of growing old.

The event is free and open to the public. All friends of the Block Nurse Program are cordially invited to attend.
Franklin-Emerald plan wins preliminary approval

New development would complement adjacent residential neighborhoods

by June McCure

The Franklin-Emerald area may be one of the least-known corners of St. Paul, yet the area is facing major changes that could greatly affect the small neighborhood. Anticipating those changes and making future plans was the job for a small area plan task force set up by the St. Anthony Park Community Council and St. Paul Planning and Economic Development.

The plan won St. Paul Planning Commission approval on May 11. It will now be sent to the St. Paul City Council for final approval and eventually will become part of the city's comprehensive plan, which guides land use, zoning and public improvement decisions.

The area that was studied is bounded by University Avenue, Highway 280, Interstate 94 and Emerald Street, the St. Paul-Minneapolis border.

There is a physical separation between this neighborhood and other St. Paul neighborhoods," said Donna Drummond, a city planner. "It's known as a tucked-away area."

The Franklin-Emerald area is a mix of commercial, industrial and residential land uses; it includes one University of Minnesota building. The zoning for most of the area is industrial.

The plan calls for mixed use to continue and for new office, residential or light industrial redevelopment to be encouraged. One focus of the plan is to move away from businesses and industries that create problems for the adjacent neighborhood. Any new development should create an attractive gateway for the city.

"There is quite a physical separation between this neighborhood and other St. Paul neighborhoods. It's kind of in a tucked-away area."

—Donna Drummond, city planner

Any new development in the area would be encouraged to follow specific design guidelines, to complement the rest of the neighborhood.

Another focus of the plan is to create new pedestrian pathways and connections throughout the area, including an improved pedestrian link between the area and Minneapolis' adjacent Prospect Park neighborhood.

The plan also calls for the tiny Cawfew Street residential area to remain intact, with new housing created to the west to link Cawfew Street neighbors with Prospect Park.

"The folks who live here like living here and want to stay," said Drummond.

Speakers at the Planning Commission public hearing noted that developing the plan wasn't easy:

"It was a pretty contentious process at times," said St. Anthony Park Community Council member Bruce Kimmel. He said there were tensions over land uses in the area. But the task force and city staff were able to come up with some good guidelines that most could agree with.

"It took a while to get there but I think we did a pretty good job," he said.

Kimmel noted that the Franklin-Emerald area was divided into eight sub-areas for study. Of those areas, the land from Cawfew to Emerald, north of Franklin Avenue, was one area that generated controversy. The area has mixed land use, which sometimes conflicts, and has also drawn interest for redevelopment. Yet that redevelopment will have to be done with neighboring land uses in mind.

One person who addressed the Planning Commission was Minneapolis City Council member Joan Campbell, whose ward borders the Franklin-Emerald area. She said Prospect Park residents appreciated the opportunity to be involved in the plan because Minneapolis is preparing plans for its southeast industrial area.

"This is an opportunity and a necessity for both cities to work together," Campbell said.

One key issue for both cities to consider in area planning is traffic. Campbell said the new land uses, in either city, need to be planned so that there is minimal negative traffic impact for the other city.
**JUNE 2001 • P A R K. B U G L E 1 7**

**COMMUNITY CALENDAR**

1 Friday
- Como Park and Falcon Heights recycling.
- Senior Citizen Fun Group (gym, bowling and dinner), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday.
- Preschool storyline for children age 3-5, St. Anthony Park Library, 10:30 a.m. Every Friday. Pre-registration preferred (642-0411).
- Northern Lights 4-H Club Annual Pic and Ice Cream Social, 7:80 p.m. at the Park Bank drive in for Como and Dossell.

2 Saturday
- St. Anthony Park Arts Festival, 9:30 a.m.-5:30 p.m.

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

5 Tuesday
- For Time (for 5-year-old and younger), Langford Park Rec. Center (298-5765), 10 a.m.-1 p.m. Every Tuesday.
- Toastmasters (645-6673), training in effective speaking, Hewlett Packard, 2005 Larpenteur Ave, 7:45-8:45 p.m. Every Tuesday.
- St. Anthony Park Community Band rehearsal (642-1559), Como Senior High band room, 7:15 p.m. Every Tuesday.
- St. Anthony Park Women will meet at Black Bear Crossing, 831 Como Ave., 7 p.m. Newcomers are welcome. 645-1345.

6 Wednesday
- Leisure Center for Seniors (603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Every Wednesday.
- Women's Connection, a job networking organization (681-6925), Hubert Humphrey Job Corps Center, 1480 Summit, Building #1, 8 a.m. Every Wednesday.
- Parent-child class, Central Park Elementary School, 11:15 a.m. 12:30 p.m. Every Wednesday.

7 Thursday
- Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, St. Anthony Park Library, 10-11 a.m. Funded by the St. Anthony Park Association.
- For Time (for 5-year-old and younger), South St. Anthony Rec. Center (298-5765), 10 a.m.-noon. Every Thursday.
- Toastmasters (645-5162), U.S. Forest Service, 1932 Pulaski Ave. S., St. Paul, 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.
- Meeting Junior High Awards Night, 7 p.m.

8 Friday
- Lauderale City recycling.
- Senior Citizen Fun Group (gym, bowling and dinner), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday.
- Preschool storyline for children age 3-5, St. Anthony Park Library, 10:30 a.m. Every Friday. Pre-registration preferred (642-0411).

11 Monday
- Como Park recycling.
- Park Press Inc., Park Bugle Board meeting, St. Anthony Park Bank community room, 7 a.m.
- Falconers Senior Card Club (468-9561), Falcon Heights City Hall, 2077 Larpenteur Ave., 1-3:30 p.m.

12 Tuesday
- Lauderale City Council, City Hall, 1891 Walnut St., 7:30 p.m.
- Holly House clinical director Dr. Patricia Lawler will conduct a free presentation on non-drug alternatives for parenting lessons and hyperactivity in children, Holly House, 6 p.m., 645-6951.
- St. Paul public schools, last day of school for students, K-12.

13 Wednesday
- St. Anthony Park recycling.
- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- Langford Booster Club, Langford Park, 7 p.m.
- St. Paul public schools, last day of school for teachers and staff.
- YMCA Camps Wildwagen and de Nord spring garage sale, Minnesota State Fairgrounds, Merchandise Mart, 11 a.m.-4 p.m.

14 Thursday
- Licensed acupuncturist and pain-relief therapist Al Crum will conduct a lecture on treating heartache and depression, naturally, Holly House, 6 p.m., 645-6951.
- Full Council Meeting, St. Anthony Park Community Council, South St. Anthony Park Rec Center, 890 Cromwell, 7 p.m.
- Falcon Heights recycling.

15 Friday
- Falcon Heights recycling.

17 Saturday
- Father's Day

20 Wednesday
- Langford Booster Club, Langford Park, 7 p.m.

22 Friday
- Lauderale recycling.

23 Saturday
- FARE For All Food distribution and registration at St. Anthony Park Lutheran Church (644-8833), 2392 Como Avenue, 8-10:30 a.m.

25 Monday
- Como Park recycling.
- Falconers Senior Card Club (468-9561), Falcon Heights City Hall, 2077 Larpenteur Ave., 1-3:30 p.m.

26 Tuesday
- Lauderale City Council, City Hall, 1891 Walnut St., 7:30 p.m.

27 Wednesday
- St. Anthony Park recycling.
- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- St. Anthony Park Community Council Housing and Human Services Committee, South St. Anthony Park Rec Center, 890 Cromwell, 5:30 p.m.
- St. Anthony Park Community Council Environment Committee, South St. Anthony Park Rec Center, 890 Cromwell, 7 p.m.

30 Saturday
- St. Anthony Park Garden Tour. See ad on page 7.

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Barbara Burke watches Michael Brown and Lydia News delight in new College Park playground equipment. Photo by lan Faltinch
Mr. Bunting was a retired employee of the Donaldson Company and a member of Christ Church Lutheran in Minneapolis.

Preceded in death by a brother, William Bunting, he is survived by his wife, Sylvia Bunting; a son, Jack (Darlene) Bunting; a daughter, Jill (Paul) Nettland; six grandchildren; eight great-grandchildren; four sisters, Evelyn Ernst, Phyllis Fleming, Beverly Chase and Betty Bentley; and several nieces and nephews. Services took place on April 16 at Christ Church Lutheran.

Eugene J. Corby
Eugene "Gene" J. Corby, a longtime resident of the Como Park neighborhood, died on May 2, 2001. He was 72 years of age and a 1947 graduate of Murray High School.

Mr. Corby was the family photographer and a lover of streetcars, old trains and riverboats. He was a parishioner at the Church of St. Rose. He was preceded in death by his brother, Walter (Peggy) Corby; and a niece, Mary Scroggins, who died ten days earlier. Survivors include his wife, Mary Ann Lape Corby; a sister, Elaine (Joseph) Doyle; 14 nieces and nephews; and several grand- and great-grandnieces and nephews. A Mass of Christian Burial was held at St. Rose on May 5.

Francis M. Helms
Francis M. Helms died April 28, 2001, at the age of 77. She was a resident of Falcon Heights and a member of Falcon Heights United Church of Christ.

Preceded in death by her brother, Herbert Hill, she is survived by her husband, William Helms; two daughters, Sharilyn Helms and Barbara (Larry) Helms-Bot; and two granddaughters, Olivia and Victoria Bot. A memorial service took place on May 6 at the Falcon Heights Church of Christ.

Marlin L. Kromeny
Marlin L. Kromeny, age 87, died on April 15, 2001. He was a former longtime resident of Lauderdale on Malcolm Street and had recently lived in Little Canada.

Mr. Kromeny was a veteran of World War II and a member of the 55-Plus Group, the St. Anthony Park Diamonds, and St. John the Evangelist Church of Little Canada.

Survivors include his wife of 52 years, Priscilla Kromeny; two sons, Cal (Bobbie) Kromeny and Gerald Kromeny; a brother, Albert Kromeny; several grandchildren and great-grandchildren; and one great-great-grandchild. A Mass of Christian Burial was celebrated on April 17 at St. John's Church.

Mary J. Cairncross Mason
Mary Jeanette "Jean" Cairncross Mason died on March 14, 2001. She was 97 years old and a resident of Lyngblomsten Care Center.

She is survived by her daughter, Priscilla Goedert, and many nieces and nephews. A celebration of her life was held at her daughter's home on May 20.

Phillip R. Poier
Phillip R. Poier, age 97, died on May 5, 2001. He lived in Falcon Heights and was a parishioner at Holy Childern Catholic Church.

He was preceded in death by a brother, Eugene Poier, and a sister, Violer Wold. He is survived by his wife, Dorothy Poier; a son, Gregory (Sandra) Poier; two grandchildren, Tracy (Dianna) Poier and Kerri (Eric) Vtjohnson; and six great-grandchildren, Mitch, Justin, Andrew, Alysh, Alanna and Arianna. A Mass of Christian Burial was celebrated at Holy Childhood on May 9.

Mary E. Corby Scroggins
Mary E. Corby Scroggins died on April 22, 2001, at the age of 47. She was a former resident of Como Park and a life-long member of Holy Childhood Catholic Church. Her recent home was in Eagan.

Mary Scroggins was a Senior Analyst at West Group for over 27 years.

Preceded in death by her parents, Walter and Peggy Corby, she is survived by her husband of nine years, Leo Scroggins; two children, Jamie Scroggins and Amy Warner; two grandchildren, Jessica and Sarah Warner; a sister, Candy (Gary) Schwartz; three brothers, Mike Corby, Mark (Stephanie) Corby and Jim (Kim) Corby; and several nieces and nephews.

A Mass of Christian Burial took place on April 26 at Holy Childhood.

William A. Skon
Dr. William A. Skon, a former resident of St. Anthony Park, died on April 19, 2001. He was 77 years of age.

Dr. Skon, a chiropractor, grew up on Como Avenue and was a graduate of Murray High School in 1942. His wife, the former Helen Wingblade, grew up on Dowsell. His recent home was in Roseville, where he was a member of North Heights Lutheran Church.

Survivors include his wife, Helen Skon; four sons, Ronald (Linda) Skon, Eric (Kathy) Skon, Dr. William (Susanne) Skon and Brian (Peggy) Skon; a daughter, Wendy (Morris) Johnson; 13 grandchildren, Alyssa, Michael, Jessica, Julie, Nathson, Cara, Ben, Cameron, Brennan and Alison Skon, and Emily, Rachael and Elliot Johnson; a sister, Elaine Kindler; and a brother, Daniel (Glady) Skon. A memorial service took place on April 23 at North Heights Lutheran.

Compiled by Ann Bulger
**Instruction**

**ST. ANTHONY PARK CO-OP PRESCHOOL** is now accepting applications for the fall of 2001. The preschool is a parent-owned cooperative. School is held on Tuesday, Wednesday, and Thursday mornings at the SAP United Church of Christ for children ages 3-5 years. For more information call Barbara Biskel at 651-645-2928 or Jennifer Litt at 651-603-8541.

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**TREATING HEARTACHE AND DEPRESSION NATURALLY, 11/14. Licensed acupuncturist and governice therapist Alan Cofman will discuss ways energetic medicine can help you achieve emotional wellness. 6:00 p.m. Free. Call HOLLY HOUSE at 651-646-6951.

**INTEGRATED HEALTHCARE, 6/19. Join Dr. Angela Reason and learn the guiding principles of natural health. 6:00 p.m. Free. Call HOLLY HOUSE at 651-646-6951.

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Letters... from page 4

fellow, Heather Magee-Hill, Melissa Mathewson, Maddie, Paul and Laura Ratrum; and Sage Pani. Thanks also to Hampden Park Co-op, the South St. Anthony Park Rec Center and Bruegger's Bagels for contributing refreshments for the volunteers.

Volunteers collected about twenty large contractor bags of trash, as well as discarded construction material, landscape items, tires and hub caps.

The composition and quantity of trash has changed over the years since the council began organizing the clean-up. The first few years yielded large piles of heavy solid material, including sofas and overuffed chairs, kitchen sets and other large items. Three and four years ago considerable garbage was removed from two cars occupied periodically by transients.

This year's harvest featured much less solid trash and considerably more road-side litter. A few days after the clean-up, several dozen tires were discarded near the north pond at the end of Hunting Valley Road. Local residents who observe littering and dumping in the Kaota Ponds area should report the incident to the St. Anthony Park Community Council at 659-5972.

Again, thanks to our volunteers!

Karyl Eickman
St. Anthony Park
University Ave. gets deemed

Thanks to some 200 volunteers and numerous cash and in-kind donations, University Avenue and several intersecting north-south streets were rid of over 3550 pounds of trash during an April 28 clean-up.

Several companies brought large groups of volunteers, including Banta Catalgo Group, Minnesota Diversified Industries, Snelling-Hamline Community Council, Lifetrek Resources, St. Anthony Park Bank, Hmong American Alliance Church, Midway Training and Target Midway.

In addition to people power, the cleanup wouldn't have been possible without the generous support of the following Midway Chamber members: Aspen Water Systems, Mardens Building Maintenance and Midway Training Services.

Ellen Western
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Letters... from page 4

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Pastor Sandy Olojan

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CPI Contact Ministry 651-644-1897
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8 am and 10:30 am Traditional Worship (Holy Communion on 1st and 3rd Sundays)
9:15 am - Children & Family Worship (Holy Communion on 1st
Sunday, June 24, 9:30 am; Worship & 75th Anniversary Celebration at the Como Park Lakeside Pavilion)
Pastors: Martin Ericson and David Greenlund
Visitation Pastor: Leonard Jacobson
Director of Youth and Family Ministry: Amy Dorumgaard
Director of Music Ministry: Thomas Ferry
• New Member Class June 17, 2001 from 2-5 pm. Followed by New Member Reception on June 24, 2001 at 9:30 am Outdoor Worship at the Como Park Lakeside Pavilion

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2136 Carter at Chelmsford. 651-645-3058
Sunday Services: 8 am Holy Eucharist, 11 am (handicapped accessibility)

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 Holy Rosary, 825 St. Clair St. (handicapped accessibility)

ST. MATTHEWS EPISCOPAL CHURCH
2136 Carter at Chelmsford. 651-645-3058
Sunday Services: 8 am Holy Eucharist, 11 am (handicapped accessibility)

WARRENDALE PRESBYTERIAN CHURCH
1600 Como Ave. at Oxford. 651-489-6054
Sunday Worship: 10:15 am (nursery provided)
Sunday Church School: 9 am
Rev. Timothy Hold, Minister