

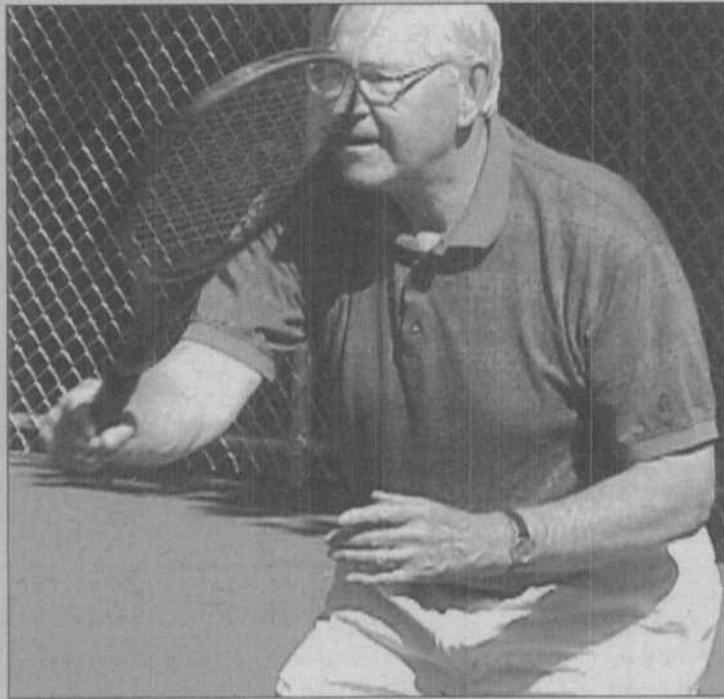
# Park Bugle

St. Anthony Park, Falcon Heights, Lauderdale & Northwest Como Park

Volume 29, Number 3 / September 2002

*Bob Munson shows off his forehand at new College Park tennis courts.*

On August 19, the remodeled tennis and basketball courts at College Park opened for play. The first person on the scene was Bob Munson, who spearheaded the neighborhood fundraising drive that made the new courts a reality. Under Munson's leadership, over \$36,000 was raised to rebuild the tennis and basketball facility. Matching city STAR funds provided the remaining money for the renovation. Additional photos appear on page 15.



## St. Anthony Park Association contemplates uncertain future

by Judy Woodward

The St. Anthony Park Association has fallen on hard times. The group, whose name for over half a century has been synonymous with civic life in St. Anthony Park, has foundered in recent years. The monthly meetings, once a fixed point in the community's calendar, have been discontinued for lack of attendance. Top offices in the organization have gone unfilled for almost two years. The once indispensable Community Directory was last published in 1999. There are even those who say that the organization's

mission of community involvement and neighborly fellowship will be among the casualties of the increasingly impersonalized urban life of the new century.

**"People from other neighborhoods are astounded by the level of activism here, but the old format of a monthly meeting for getting together doesn't fit modern life."**

—Mel Boynton, former Association president

In some respects, the Association has been a victim of its own success. Although the Association-sponsored Fourth of July celebration in

Langford Park and the annual Progressive Dinner in February are still going strong, many other community efforts that the group once oversaw are now in the

SAP Association to page 20

## Billboard owners gain upper hand against city

2000 City Council decision leaves St. Paul vulnerable to lawsuits

by Susan Conner

Recent court rulings have made it clear that St. Paul's ability to control advertising signs was severely compromised by a 2000 City Council decision to exempt the downtown Xcel Center from the city's sign ordinance.

Delite Advertising has successfully challenged city restrictions on several of its billboards, including one at Vandalia and I-94. According to Ward 4 Councilmember Jay Benanav, Delite's success can be traced to the City Council's action in granting the Minnesota Wild an exemption to an otherwise restrictive sign ordinance passed two years ago.

"I warned my colleagues on the Council that this decision would come back to haunt us," said Benanav. "That's why I couldn't vote for the exemption."

The Xcel Center, which opened in 2000, is owned by the city but is on a 25-year lease to the Minnesota Wild. The city borrowed \$130 million in order to build it. Part of the lease agreement includes the provision that the Wild may use outdoor advertising signs on the building. The Wild get the revenue from this advertising and use it to help pay rent, which the city applies to its \$130 million debt.

At the same time the city was working on plans to bring the Wild to St. Paul, it was drafting a new sign ordinance. The final ordinance includes a clause that exempts the Wild's exterior advertising signs from restrictions that would apply to such signs elsewhere in the city

(St. Paul Legislative Code Sec. 66.214).

On November 28, 2001 Delite Outdoor Advertising sued the city for its refusal to grant several sign variances, including one to raise the billboard on Vandalia and I-94. On February 5, 2002, Ramsey County District Court Judge John Van de North ruled on Delite's suit.

**"I warned my colleagues that this decision would come back to haunt us. That's why I couldn't vote for the exemption."**

—Jay Benanav, Ward 4 City Councilmember

Several of their requests were granted, the variance for the Vandalia billboard among them (Court File No. C6-01-4824).

On February 6, 2002, at a closed session of the City Council, City Attorney Frank Villaume presented the results of Judge Van de North's ruling. At that meeting, the Council decided not to appeal the ruling. According to Councilmembers Benanav and Kathy Lantry, the vote was 4-2, with Benanav and Lantry in the minority. There is no official record of this vote because it was taken at a closed meeting.

As a result of Van de North's ruling, there have already been variances granted for increased height and size—and even new advertising—that contradict the intentions of St. Paul's ordinance and special sign districts.

Why did the Council decide not to appeal the ruling that granted Delite's requests for these variances? A similar situation in

federal court resulted in a different ruling more favorable to the city.

According to Benanav, "The attorney was concerned that we would lose on (Delite's) equal protection claim."

One of the issues in Delite's suit was a constitutional challenge. They claimed that the city "has violated its rights to equal protection and due process under the Minnesota Constitution by allowing advertising signs on professional sports facilities while prohibiting all other billboards in the city" (Court File No. C6-01-4824).

Judge Van de North wrote that "the record is not sufficiently developed for the court to resolve these issues."

This response by the court to Delite's constitutional challenge for equal protection left open the possibility that if the City Council chose to appeal the ruling, the city might lose on the equal protection issue. Benanav thought they should pursue an appeal anyway.

"Sure we might lose, but we might win," he said.

Without a decision on this issue, a denial by St. Paul of a request for new advertising signs anywhere in the city faces the threat of additional constitutional challenges to its sign ordinance, according to Benanav.

"By refusing to challenge Delite's equal protection claim, we let the cows out of the barn," he said. "This makes our ordinance completely useless."



Photo by Truman Olson

Members of the St. Anthony Park Touch Rugby club engage in some spirited competition on a recent Wednesday evening at Murray Field.

## Local players discover rugby can be a touching experience

by James Beach

Anyone wishing to supplement their evening bicycling, roller-blading or power-walking might want to contact Brady Flower of the St. Anthony Park Touch Rugby Club.

"It's a fast-moving, dynamic game that encourages fitness," said Flower. "People come to get in shape, to stay in shape."

The co-ed club meets Wednesdays at 6 p.m. and Saturdays at 9 a.m. on a 50 by 70-meter patch of short-trimmed pitch at Murray Field, near

Highway 280 and Como Avenue. "Murray Field has been key to keeping the club going,"

Flower said. "People come from as far away as Burnsville, Apple Valley—all over the Twin Cities."

The club collects no dues or fees from its members, and aside from the oval rugby ball and pliable orange cones to mark the sidelines and scorelines, the game requires no expensive equipment or storage

Touch Rugby to page 14



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**St. Anthony Park Home Sales 2002 Real Estate Update**

**First Six Months**

	2002	2001
Number of Houses That Sold	11	19
Lowest house Price	\$150,000	\$126,000
Highest House Price	\$428,000	\$322,500
Average House Price	\$235,751	\$224,236
Average Market Time	15 Days	12 Days

The average sale price was .2% above the asking price. Five homes sold for at the asking price. Three sold below, and three sold above the asking price.

The first 6 months of 2001, the average sale price was 2.2% above the asking price.

Both years' figures exclude condominium and town house sales. Please call us if we can be of any assistance to you.

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**Como Park**

The District 10 Board will meet on September 17 at Sholom Home at 7 p.m. St. Paul's Parks and Recreation Department will present its shoreline management plan for the Duck Point area of Como Lake.

**Falcon Heights**

The City Council has authorized an application for Livable Communities Demonstration Program grant funds, which would be used for the Southeast Corner Redevelopment Project at Snelling and Larpenteur. Funds would cover construction of a transit shelter, relocation of utilities, streetscaping, pedestrian links and underground parking.

After considerable discussion of recent complaints and police calls regarding excessive noise, the Council has decided to hold a mini-workshop for further review and discussion of the present noise ordinance. This will be in September, on a date yet to be determined.

The annual picnic for residents of the Grove will be held Saturday, September 14.

A citywide garage sale will take place Saturday, September 21 from 9 a.m.-3 p.m. Residents are invited to hold individual garage sales on that day, and to put out balloons or flags in front of their house to designate it as a participant in the citywide sale.

**Lauderdale**

Senator John Marty has announced his bid for re-election in District 54, which includes Lauderdale. Marty, who lives in Roseville, has been in the State Senate since 1987.

His legislative interests include government ethics, campaign finance reform, education, health care, the environment and crime prevention. He is a graduate of St. Olaf College, and a former research analyst and foundation grant administrator.

**St. Anthony Park**

The Community Council will request CIB funding for permanent street changes at Raymond Avenue and Bayless Place. If funding for permanent changes has not been secured by the end of 2005, the Council will request that the temporary changes be removed.

The Council passed a motion to support the planned car wash addition to Park Service and

affirmed the efforts of Park Service to work cooperatively with their neighbors to resolve concerns.

Emerald Greens/Harvester Place residential development is proceeding. A trailer is on site for sales information. Construction will start on individual buildings when 50 percent of a building is pre-sold. The units will be available one year later.

Emerald Greens features townhomes and flats for sale with an average unit size of 1265 square feet. A building at 808 Berry will have 267 rental units, which will rent for \$650-\$2500 per month. Construction is scheduled to begin in October.

**St. Paul**

St. Paul's Planning and Economic Development Department is sponsoring two community workshops in September to discuss transit-oriented development opportunities on University Avenue at its intersections with Snelling and Lexington. Transit-oriented development encourages compact, pedestrian-friendly development with a high density of employment and housing within walking distance of a major transit stop.

The workshops will be held September 23 and 24 from 6-9 p.m. at Lifetrack Resources, 709 University Avenue.

—Susan Conner

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**St. Anthony Park Buckthorn Roundup Participation Form**

I am a resident of the St. Anthony Park neighborhood and I want to participate in this year's buckthorn roundup. Enclosed is my check for \$\_\_\_\_\_ to cover the partial cost of pickup of my brush as noted below.  
**Make your check payable to the St. Anthony Park Garden Club.**

NAME \_\_\_\_\_  
(Please print)  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

- I will have my buckthorn cut, stacked and ready for pickup on Saturday, October 12th.
- I understand I will receive a leaflet explaining how to prepare it for pickup.
- I need assistance in the cutting/hauling/stacking of buckthorn on my property.
- I can volunteer to assist others with cutting/hauling/stacking buckthorn.
- I'm not sure if I have buckthorn, mulberry or honeysuckle on my property. I would like to have my property checked. Please call me to schedule a time for a visit.

Quantity of buckthorn to be picked up:	Charge
Up to 3 smaller shrubs or 1 small tree (less than 12 feet)	\$10.00
4 to 10 small shrubs or 2 small trees	\$20.00
50 ft. hedge or more than 10 shrubs, or 3 small trees	\$30.00

I have a large quantity of buckthorn to be removed, contact me for a yard visit so that a rate can be determined.

Participation forms must be postmarked no later than October 5th to allow time to arrange for no parking signs and schedule the pickup. If you need assistance, your form must be postmarked no later than September 30th.

Mail check and form to:  
SAP Garden Club, Buckthorn Roundup, P.O. Box 8195 Como Station, St. Paul, MN 55108

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# Anodyne soothes artists and audiences

Local arts organization nurtures fledgling artists

by Amy Causton

St. Anthony Park has an embarrassment of artistic riches; the area is well known for its strong and diverse arts community. But no other arts organization is quite like Anodyne Artist Company, located at 825 Carleton Street.

Anodyne, which takes its name from a Greek word meaning "to heal" or "to soothe," was founded in 1999 as an inclusive arts company whose goal is to foster artists through mentoring; education; and provision of studio, rehearsal and performance space.

The company consists of 27 developing artists along with 22 established ones. Some of these artists are people labeled "disabled" due to mental or physical disabilities. But at Anodyne they are welcomed and nurtured.

Fledgling artists can take classes in visual and performing arts, use the large studio and rehearsal spaces to work on their projects, and draw on the invaluable asset of a supportive community of artists. As Mary Pendergast, Anodyne's executive artistic director, points out, "Time for conversing and philosophizing is very important for new artists."

Pendergast says that Anodyne faces many of the same challenges that confront any arts organization: raising money, scheduling rehearsal space, securing rights. But as an inclusive organization, they also have the challenge of working with a wide range of artists and "understanding how different people learn differently," says Pendergast. "But that's a fun challenge."

Anodyne hopes to foster

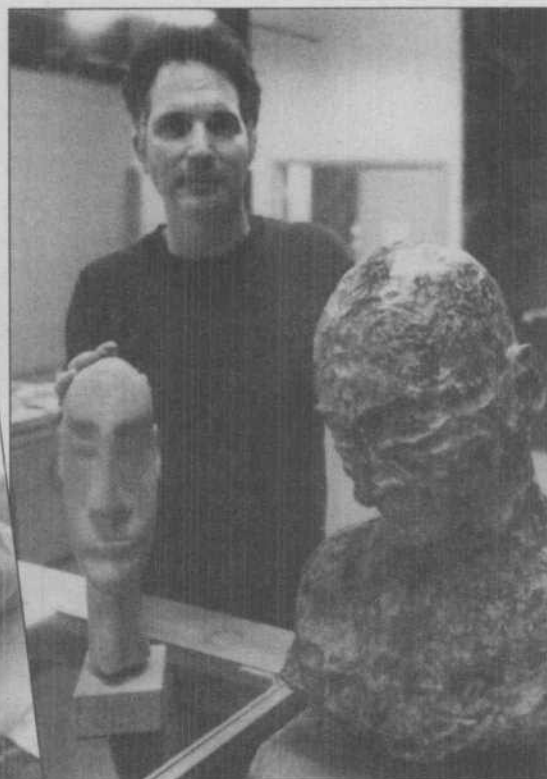
artists so they can eventually move on, by providing them with skills both in creating their art and connecting it with an audience. For some artists, especially those dealing with disabilities, finding an audience can be a struggle. Pendergast describes an artist with a mental illness who was always late for rehearsals due to her illness, and as a result had gone through several theatrical companies.

"We work with some artists who want to develop their technique and move into the mainstream," Pendergast says. "Others want to do their art but have run out of places to do it."

To help bring artists and audiences together, Anodyne has a Studio Art Shop where artists can sell their work. The shop includes a wide variety of pieces, including ceramics, sculpture,

painting and textile art.

In addition, Anodyne stages productions like last year's "Treasured Alliances," and has a "Third Thursdays" program where Anodyne artists as well as other artists perform at 7:30 p.m.



Photos by Truman Olson

Top: Sculptor Joseph Pendergast shows off some of his work.

Left: Edward Twait, one of Anodyne's founding artists, works on a drawing.

on the third Thursday of the month.

Currently, the company is working on a series of one-act plays, including "The Actor's Nightmare" and "Gate B," which will open October 5, and a production called "Feats of Feet," which will probably open next spring.

Anodyne to page 4



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## EDITORIAL

*Getting ourselves back to the garden*

*We are stardust, we are golden  
We are ten-billion-year-old carbon  
And we got to get ourselves back to the garden*

"Woodstock" by Crosby, Stills, Nash and Young

The biblical drama moves from a garden to a city, from Eden to the New Jerusalem. One need not be a hardened skeptic to wonder if that development represents progress.

The garden can symbolize innocence, ala Eden and Woodstock. For urbanites, the garden is also a refuge or buffer—from noise, from buildings, from asphalt and concrete—and a connection to an otherwise distant natural realm.

But a garden is not Nature; instead, it bears the stamp of human nature, reflected in a penchant for order, symmetry, arrangement, pattern. Though gardens vary in size, shape and contents, they have one thing in common: they are planted. The beans go next to the carrots, the pansies next to the snapdragons. A place for everything and everything in its place.

Determining something's place may be guided by more than the individual gardener's whim. A Japanese garden, for example, conforms to age-old conventions. But in America, we usually expect a garden to reflect the owner's personality. Each gardener profiled in this issue sees her garden as some kind of extension of herself.

Gardens, like gardeners, can be spontaneous or planned, linear or nonlinear, coordinated or random. Above all, they are individual.

But expressing one's personality is an enterprise beset with restrictions. Among the many lessons learned in the garden, perhaps none is more profound than the necessity of working with limitations. What will grow in this climate and this soil with this amount of sun and shade? You may believe in the depths of your being that irises represent the real you, but if your irises don't get any direct sun, they'll never bloom. Just as most of us learn to live with something other than our dream job, dream house or dream mate, so too we learn to make do with less than our dream garden.

It's been said that there are two kinds of people in the world: those who divide the world into two kinds of things, and those who don't. Dualism is a compelling principle. It might be observed, for example, that there are two kinds of gardens in the world: vegetable and flower—utilitarian and aesthetic.

The distinction is not absolute. A vegetable garden may include a border of marigolds to keep out rabbits. A flower garden may sport the occasional herb. But by and large, flower and vegetable gardeners are two distinct subspecies, and though the two may share a love of the soil, they often don't have much to talk about.

Another convenient distinction in the gardening world is public vs. private. The gardens profiled in this issue are all visible from the street or sidewalk. While the idea of a secret garden is an enduring fascination, the public garden provides a closer link to the glories of Nature, which are freely accessible to all.

A garden is a gift we give ourselves and each other.

## 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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### Library landscaping winds up

The landscaping project at the library is almost complete, and the St. Anthony Park Library Association is very happy with its progress. All the plants are in and becoming established. We are getting a replacement for the dead hackberry tree on the Carter Avenue boulevard. All eight benches have been funded by or in honor of neighborhood residents, and we see many people using the four benches that are already in.

Twin Lakes Landscapes has added a bike and stroller path up to the bike racks from the Carter Avenue sidewalk. The base of the patio has been laid, and we hope to have the brick pavers laid on it in November. We even have a volunteer group that weeds every Monday morning (newcomers welcome).

We are still selling engraved brick pavers, and have extended our deadline to September 15. We still need the contributions, and we want to make sure that everyone who wants a brick has a chance to order one.

Contribution cards are available in the library, right above the check-out desk. We have had terrific support for this landscaping project; just a few more bricks will complete it.

In a year or two, when all the work is complete and the plants have filled out, we will have a garden that truly complements our beautiful library, thanks to our library supporters.

Mary Griffin  
St. Anthony Park Library Association

### Booster Club needs new blood

I am writing to inform the St. Anthony Park community of the Langford Park Booster Club's annual meeting on September 18 at 7 p.m. at Langford Rec Center. The Booster Club's monthly meetings are always open to the public, but the annual meeting provides an opportunity to nominate and elect board members, as well as discuss needs and goals for the coming year.

Recent annual meetings have been marked by poor attendance,

which has obliged the board to essentially hand pick new members by asking friends and others involved at the Rec Center to serve. This is in violation of Booster Club by-laws and also potentially denies broad community representation.

The Booster Club supports the organization of sports in the city recreational leagues as well as other activities such as cooking, babysitting and martial arts classes; Fourth of July activities such as the food booth and pony rides; and equipment improvements such as the tennis courts and playground. It's a far-reaching organization that needs your ideas, skills and energy.

You don't need to have children involved at Langford to participate. Many people help support our activities by volunteering to coach or to assist with tournaments, the ice rink or the Fourth of July. If you are interested in kids and community and have one Wednesday evening a night free, please consider a nomination to the Booster Club board. In any event, please try to attend the annual meeting to find out how you can participate in Langford Park activities throughout the year. Lemonade and cookies will be served.

David Lee  
Outgoing Booster Club president

### The Bugle is on the move

On September 2, the Bugle office will move from its current location in the Healy Building, 2301 Como Avenue, to the State Farm Insurance/Remax Realty building at 2190 Como.

Phone (646-5369) and fax (646-0159) numbers will stay the same, as will the mailing address (Box 8126, St. Paul, 55108). However, the drop box will move to the new location. It will be on the Knapp Place side of the building.

### Let's debate Iraq policy

Daily we are told that the United States government is planning to dramatically escalate the bombing of Iraq, which has been going on for more than 10 years. Many of us believe this attack will be not only cruel but unwarranted. There has been no Iraqi attack on the United States and no public evidence that can link Iraq to the events of September 11.

Such a war will likely result in the deaths of thousands of innocent civilians and cause immense suffering to a population already devastated by war and nearly 12 years of the most pervasive sanctions ever placed on a country in this century.

A war could also result in the deaths of thousands of American soldiers. It would cost tens of billions of our tax dollars and would further erode support for domestic social programs that are steadily declining.

It is up to us, the people of this country, to demand of our Congress an open debate about the invasion of Iraq before it becomes a reality.

Shelly Sherman  
St. Anthony Park

### Correction

A transcription error created confusion in last month's letter from Cindy Schwie. To clarify, both of the herbicides Round-up and Rodeo contain the chemical glyphosate, but Rodeo does not contain a surfactant.

The Bugle regrets the error.

### Contributions

Steven & Cynthia Algren  
Bob & Adrienne Banks  
Robert J. Thayer &  
Nancy J. Meade-Thayer

IN-KIND GIFTS  
Proofreading from  
Christine Elsing  
Web page updating from  
Matt Healy  
Furniture moving from  
Mark Olson

### Anodyne from page 3

Pendergast notes that there is a rising "outsider" arts movement that seeks to develop and work with artists whose voices have not been heard—what Pendergast calls "untrained artists that have a wonderful technique and rhythm with their work."

Still, it can be difficult for talented artists, especially those with disability labels, to connect with the public. For them, there is Anodyne. Pendergast says that Anodyne's goal for the future is "to continue supporting artists in developing their own means and

ways within the arts community, and to have a platform for artists to spring from."

As she puts it, "We're here for the community, and for the synergy that people create as a whole."

Anodyne Artists Company is located at 825 Carleton Street, between Charles and Territorial Avenues. Hours are 8 a.m.-4 p.m. Monday, Wednesday and Friday, and 8 a.m.-8 p.m. Tuesday and Thursday. The Studio Art Shop is open for browsing during these hours.

There will be a grand opening celebration in October, with an open house from 1-5 p.m. on October 4, and special activities including a demonstration of raku firing (a form of ceramic glazing) beginning at 1 p.m. on October 5.

For more information, call 642-1684 or e-mail anodyneart@aol.com.



# Former schoolmates teach English in China

by Dave Healy

Birthdays that end in zero can do strange things to people. For Lynnette Hansen, turning 50 was the impetus to volunteer as a teacher with Global Language Villages, a decision that resulted in a three-week stay in Kunming, China this summer.

"I'd been toying with the idea of going to China for two or three years," says Hansen, a lifelong resident of St. Anthony Park. "When I turned 50 recently, I thought, 'This is it. I'm gonna do it.'"

Joining Hansen in Kunming during July and August were two former classmates of hers, Lynda Halverson Edone of Wymberly, Texas, and Denise Bailey of Shoreview. The three women went to school together from kindergarten at St. Anthony Park Elementary through 12th grade at Murray High School.

"Once I decided to go," says Hansen, "I sent a letter to a bunch of my friends, recruiting teachers for our group. When Denise got the letter, she called Lynda, and they both decided to join me."

Hansen had learned about Global Language Villages, which is operated by Concordia Language Villages of Concordia College in Moorhead, through another friend, Beth Haukebo, who served as dean of the program Hansen, Edone and Bailey taught in. Concordia Language Villages was founded by Haukebo's father, Dr. Gerhard Haukebo, over 40 years ago, and Global Language Villages began in 1997.

In five years, GLV has grown from one village and 80 students to 12 villages and 2400 students. The program pairs a Chinese teacher with a visiting teacher and assistants. Students age 8-18 practice speaking and listening to English. This year, GLV maintained 12 villages in 11 Chinese cities.

Hansen, Edone and Bailey



At the end of a "No Talent Show" put on by the teachers, students in the Kunming Global Language Villages class were invited on stage to join in singing "YMCA."

taught at South Ocean School, a private school located in the mountain city of Kunming, the capital of Yunman province. They left the U.S. on July 16 and spent a week touring in China before starting work at the school.

think on your feet, shoot from the hip and go with the flow," she says. "And above all, you learn to make do with what you have."

GLV's language classes have a curriculum that volunteers receive ahead of time, but they're free to adapt it however they want—or even ignore it altogether in favor of their own lesson plans. Hansen and

Haukebo brought teaching materials with them, but because they didn't know anything about the students ahead of time, they

*"I noticed a real spirit of cooperation and equality between adults and children. In the U.S., it seems like we're easily bugged by kids. I didn't see much of that in China."*

—Lynnette Hansen

GLV volunteers don't need a teaching certificate. However, they must be interested in cultural sharing and enthusiastic about working with kids. And flexible, stresses Hansen.

"You need to be able to

Teaching in China to page 8

## INNOVATORS

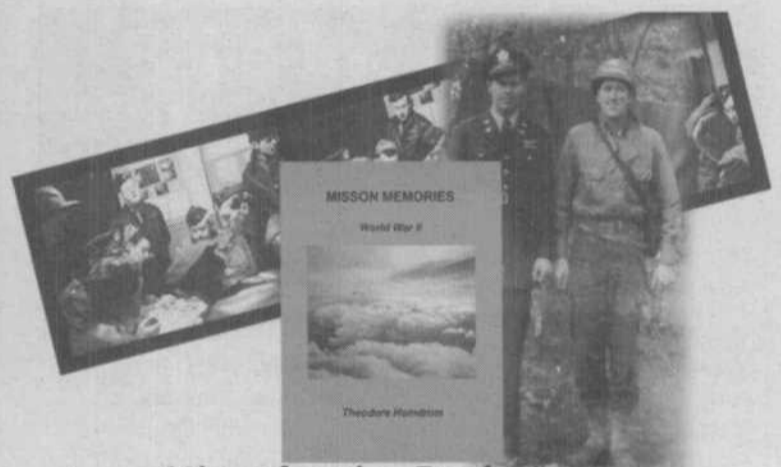
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# Music in the Park promises memorable series

## Local chamber music forum looks forward to its 24th season

by *Antonie Young*

The St. Anthony Park United Church of Christ's halls will soon ring again with internationally renowned chamber music melodies, some haunting and ancient, some jazzy and modern, as Music in the Park Series opens its 24th season on October 13.



Violist Kim Kashkashian will perform November 10. She will be joined by pianist Robert Levin.

Artistic director Julie Himmelstrup has planned a veritable feast of genres spanning five centuries, performed by some of the world's finest musicians. Opening with the Swiss Amanti String Quartet and closing with a finale celebration of Minnesota composers and musicians, the variety of this season's musical buffet has something for every listener.

According to board member and development chair Lynne Beck, Himmelstrup chooses her musicians in several different ways. "She has lists made up, and she talks to other presenters who have used performers so that she can 'block book' with them," explained Beck.

Himmelstrup generally block books a number of groups, particularly with the Chamber Music Society of St. Cloud. For example, the Amanti Quartet and the two artists set for November 10, Kim Kashkashian and Robert Levin, were block booked this season. "They'll play here one day of the weekend, St. Cloud the next," said Beck.

Himmelstrup also gets ideas for artists she'd like to schedule from conferences. She maintains strong relationships with artists' managers and creates a network of presenters, trusting the managers and learning about the musicians' tours and availability.

"Julie looks for artists who connect with the audience," said Beck. "She wants to schedule groups that have been together for a while and have developed a



Christopher Riley, piano, and Carter Brey, cello, come to Music in the Park Series November 24.

good presence. Musicians need to have good relationships to play well together."

Himmelstrup also tries to build a program around diversity, both in terms of groups and repertoire. "This year, we have a viola-piano duo and a jazz ensemble, among other things. Julie likes to have at least one string quartet a year, jazz every year, and we often feature early music," said Beck.

This season's chamber music travels through five centuries, from classical to contemporary, showcasing different instrumentation and periods.

"The last concert of the series, on May 4, is interesting because we've never done this before. It is a Minnesota composers and artists feature, some new to us, celebrating the

Minnesota connection," said Beck.

Himmelstrup seeks variety in Music in the Park's performances, but one thing she never varies is the performance space: the United Church of Christ on Commonwealth Avenue. "She lives across from the church, went to it, and thought it perfect," said Beck. The church is acoustically and architecturally beautiful, while being an intimate and convenient setting for listeners. In that familiar space, "the regular series people like what Julie picks, knowing it will be good," said Beck.

Himmelstrup, the series' founder, has created a strong reputation and a large following. With her choices for the 2002-2003 Music in the Park Series, concert-goers can expect a banquet of diverse sounds while resting assured that, as always, the coming season will strike a memorable chord.

Music in the Park Series is currently offering an "early bird special" for the 2002-2003 season. Those who subscribe by September 15 will save \$5 on either a six- or seven-concert series. In addition, single tickets are \$16 in advance (\$18 at the door, \$12 for students subject to availability). Single tickets are available at the Bibelot Shop and Micawber's Bookstore. For ticket information, call 645-5699.

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**Teaching in China from page 5**

still had to do a lot of improvising.

Although GLV's official age range is 8-18, the Kunming site had some younger and older students. Hansen ended up working with the youngest children.

"They picked up things the quickest," she says. "Within no time, they were using my slang

in the evening, the older students who had homework studied by candle light."

Other things struck her as well. "I noticed a real spirit of cooperation and equality between adults and children. In the U.S., it seems like we're easily bugged by kids. I didn't see much of that in China."

In addition to a desire to



Lynnette Hansen, her Chinese teaching partner and their class visit the Copper Temple in Kunming, China.

and imitating my gestures."

A GLV school day starts at 7:30 a.m. with breakfast. Teachers eat with their students because meal times provide good opportunities for speaking and listening. The morning is given over to language classes and lessons on individual U.S. states.

After lunch, everyone takes a nap. In the afternoon, there are more language classes, a choice class (art, music, dance, drama, journalism) and staff meetings. Supper is followed by an activity: games, dances, movies, a carnival, talent show, Olympics.

Hansen was impressed with the students' commitment. "This was their vacation," she notes, "but they still worked hard. When the power went out

learn English, the Kunming students displayed a keen interest in American culture.

"The St. Paul Saints donated some things for us to bring along. We tried to teach the kids how to play baseball, but they didn't really get it. When someone hit the ball, the whole team wanted to run the bases."

Hansen has settled back into her life on Scudder Street. But the images of her time in China will linger for a long time.

"Working in a school with friends I went to school with made the experience all the more enjoyable," she says.

For more information, contact Global Language Villages at 800-222-4750, glv@cord.edu, or visit their Web site at www.ConcordiaLanguageVillages.org.

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# French Immersion School pulls up stakes for Como Park neighborhood

by Rhonda Zurn

An old joke quips that people who know two languages are bilingual and people who only know one are American. The St. Paul French Immersion School is proving that old joke wrong and hopes to give its students the last laugh.

At St. Paul French Immersion School, English-speaking elementary students learn all subjects taught in other St. Paul public schools while they learn French. All classes are taught in French, but teachers are aware that, at first, students do not understand the language.

That's why teachers ease students into understanding the new language through visual learning such as pictures, gestures and other visual cues to help students make connections between French and their native language. In third grade, students begin English language arts and English reading. By sixth grade, students are fluent in both English and French.

Students quickly learn that French is not just for the books. Young adult volunteers come to the school from around the world to share their cultures and history from places as far away as Senegal, Cameroon, Algeria and Europe. Teachers also bring the French world into the classroom through the Internet, French-speaking e-mail pals and field trips to special language camps.

"In our ever-increasing global society, it is essential that people learn other languages and cultures," said Gayle Middlecamp, curriculum coordinator at the school. "Immersion is the next best thing to actually living in another country," she added.

Academic research shows that learning more than one language stimulates brain development, encourages creative thinking, improves math skills and enhances students' English skills. Language immersion programs in the early years also have proven successful

in helping students become fluent in the language and helping them achieve at high academic levels in English.

"Learning another language comes so naturally for the little kids," said Gene Galatowitsch, transitional principal during the 2001-02 school year. "It's just amazing how fast they can learn."

St. Paul French Immersion School began as a pilot program in 1996-97 as the city's first and only elementary French immersion program. The French language was chosen because of its importance in our global society. After English, French is the second most frequently taught language worldwide. French is spoken by people on five continents and is one of the official languages spoken in Canada, the United States' number one trade partner.

The French Immersion School recently relocated to its newly renovated site at 1028 Van Slyke Avenue, the old St. Andrew's school near Como Lake. Fatima Lawson was selected as the new principal for the 2002-03 school year. The school had previously shared space for six years at Highland Park Elementary School.

The additional space allows the school room to grow. More than 220 students are enrolled for the 2002-03 school year, up from 143 last year. Approximately 75 kindergarten students will provide a strong base for the school in future years.

"We're very pleased with the growth for this coming school year," Middlecamp said. "We've even heard from some parents that they moved to St. Paul just because they wanted their child to attend our school."

Along with student enrollment growth, the school's staff is expanding to keep up. The school now has about 16 teaching staff from around the world who all speak fluent French.

The school is funded in part

Photo courtesy of St. Paul Public Schools



St. Paul French Immersion School educational assistant Pa Dao Ly works with a first-grade student on learning how to tell time in French. By sixth grade, students are fluent in both French and English.

by a federal government foreign language assistance grant. They will receive \$465,000 over three years to pay for program development, staff training on language immersion methods, and French language materials and supplies. With help from the grant, a middle school French immersion program is in the beginning planning stages.

Beyond the grant's financial support, school staff agree that parent involvement is the key to the school's success. Parents have to make a long-term commitment because students see the most benefit after several years in the program. Parents also are expected to get involved in the overall academic program. Parents don't have to know French. In fact, they are encouraged to talk to their students in English at home about the things students have learned in French at school.

"This program is for all families of all backgrounds," Galatowitsch said. "No matter

who you are, there's no more precious gift you can give to your children than the gift of another language."

*This article was reprinted with permission from the St. Paul Public Schools.*

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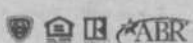


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# Local gardeners express

Stories by Natalie Zett / Photos by Lori Hamilton

## Lynn Berkeland: Just buy 'em and stick 'em in

A couple of years ago, Lynn Berkeland declared a vendetta

plants and stick them in. If I don't like them, I take them out. I really don't know anything about plants; I don't even know their names. That's why I have labels on everything."

and plants, including a cactus and an oversized pumpkin.

"That's Ortiza," she said, pointing to the enormous orange-yellow orb. "I named her after

David Ortiz of the Minnesota Twins. He's a big guy and she's a big girl. My goal is to get that pumpkin as big as possible!"

The Berkelands, who share their home with two of their three grown children and three large dogs, also never use chemicals in their yard. "We believe if some animal wants to come and eat something up, we can share," she said.

The animals have also returned their kindness. Last year, squirrels "planted" pumpkins in their front yard. "We just let them grow," said Berkeland. "At the end of the season, we had about 30 pumpkins, and we just lined them up. This year I decided to plant my own, and that's how I got Ortiza!"

Berkeland, who has eradicated any remaining vestiges of lawn, gives a final word of advice. "If you like something—colors, types of plants and so on—and they



against a culprit that was sapping her time, energy and money: her lawn. Berkeland, who's lived in Lauderdale for 23 years, began replacing grass with bulbs and loved the resultant foliage, not to mention freedom from mowing.

The following year, Berkeland, who was convalescing from major surgery, continued her campaign. "For six weeks, I had to keep my foot elevated above my heart. I sat at home, passing the time reading garden catalogs, among other things. One day, I hobbled over to the computer—keeping my foot above my heart the whole time—logged onto a garden catalog Web site and ordered flower bulbs. Well, when you order bulbs, the companies send you free ones. When the UPS guy arrived, he could barely lift the package. It must have weighed over 100 pounds! My husband and I planted around 300 bulbs. In the spring it was beautiful. We had tulips, daffodils, crocuses and irises."

Berkeland's gardening methodology is simple: "I just buy



Despite downplaying her horticultural knowledge, Berkeland's doing something right, for both her front and backyards are bright and beautiful with a stunning array of colorful flowers

don't 'match,' what does it matter? The same thing is true when you're decorating your house. If you want a purple couch and a lime green chair, then have it! Life's too short."



## Jan Shafer Sedgewick: Gardening as an art form

Jan Shafer Sedgewick's front yard is a thoughtful, lovely array of shapes and colors—from the curving sidewalk and decorative windmill to the small bubbling fountain and purple Echinacea flowers. It's no surprise that her background is art.

"I studied art for six years," Sedgewick said, "metals, such as silver, gold and copper, as well as fiber."

She also designs hats. "I have two hats in the permanent collection at the Minnesota Historical Society," she noted. "I also have a photo in their book, 'Minnesota Collects.' Another perk was having Lola Perpich commission me to do the lampshades for the governor's mansion when she was renovating it."

For Sedgewick, yard design is similar to the other art forms she works in. "It's about shape as well as color. It's working with space," she said.

Sedgewick's talents are also reflected in her volunteer activities. She's a member of the St. Anthony Park Community Council's Physical Planning Committee, serves on the Ritual Environment Committee at the Church of St. Luke and volunteers at the Minneapolis Institute of Arts. In addition, she and her husband, Jerry, are busy raising their two boys, age 9 and 14—and tending their garden.

"We keep adding things," said Sedgewick. "The apple and cherry





# ...ss themselves in color



trees are an homage to Michigan, where Jerry is from."

When asked about the future of the canvas known as her yard, Sedgewick said, "I'm fascinated with toptary (forming plants into shapes, such as animals). I recently became interested in Inuit images, such as bears, that I might like to include. The trick is you have to prune the plants while they grow, but even in the winter, they have shape. That attracts birds and other animals, too. We'll see what happens."

## Lani Shapiro: A garden of one's own

Lani Shapiro was inspired by her daughter's bat mitzvah over 10 years ago to create her first garden. It was May and she wanted to do something, but the native San Francisco resident and novice gardener wasn't sure where to begin.

"I knew so little about gardening. I didn't even know what I liked, so I dug up some day lilies—those flowers you see on the road—and replanted them." She soon became an avid gardener, constantly learning and continually planting.

By the time Shapiro moved to St. Anthony Park in 1995, her three children were grown and her marriage had ended—and it was time to plant a new garden. She evaluated the land around her new home and slowly began renovating.

"I was moved by the book, 'A

Pattern Language.' It's about making livable spaces—it's a vocabulary of space. I wanted to place myself, my garden, where I would meet my neighbors. I wanted to create something beautiful, not just for me but so others could enjoy it."

Armed with bulbs and garden implements—and a camera to record the transformation—Shapiro began reworking the space around her home.

"I also started harvesting rocks to use in terracing my yard. I would go by construction sites and ask if I could have the rocks. I learned you have to be careful about that, because you can



really destroy the shocks in your car!"

Minnesota has given Shapiro a keen awareness of the change of seasons. "You don't have that in California, where it's 70 degrees all the time. Here, it's visceral. I feel signs of spring in January."

Shapiro's garden has also given her an abundance from which to share. "I find that my garden makes it easy for me to be generous," she said. "I have more flowers than I know what to do with. Although I don't like picking them for myself, I love taking a bouquet with me when I go someplace."

Shapiro is philosophical about gardening in Minnesota. "When you plant a garden in this climate, it's a supreme act of faith that it will be come up and you'll be there to enjoy it. For me, it's not a project, it's meditation."



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The Goldstein is located at the University of Minnesota's St. Paul campus, 244 McNeal Hall, 1985 Buford Avenue. Gallery hours are M-F, 10 a.m.-4 p.m. (Th. until 8 p.m.), Sa. and Su. 1:30-4:30 p.m. For more information, call 612-624-7434.

music sung in English, Norwegian and Swedish. The event is free and open to the public. For more information, call 641-3451.

On September 21 and 22 at 7:30 p.m., St. Anthony Park resident Jerry Sedgewick will present a multimedia performance entitled "Raw Cud" at the St. Paul Student Union Theater, 2017 Buford Avenue.

"Raw Cud" includes commentary, essays, photography, film and music. Tickets are \$10 for regular admission, \$7 for students. Advance tickets may be ordered at [www.imbueinc.com](http://www.imbueinc.com).

**Biking**

St. Paul will host a national Probike/Prowalk Conference September 3-6. The conference presents information on enhancing opportunities for walking and biking in urban communities.

On September 3, the National Conference of Pedestrian Advocates takes place at the Radisson Riverfront. Registration is \$50. To register, visit [www.americawalks.com/congress/details/index.htm](http://www.americawalks.com/congress/details/index.htm).

Pre- and post-conference training will be offered by the Association of Pedestrian and Bicycle Professionals. Register at [www.apbp.org/mnreg](http://www.apbp.org/mnreg).

Two free events will take place on September 6 and 7. On September 6 from 3-5 p.m. at the Radisson Riverfront, Transit for Livable Communities and the Center for Neighborhoods will co-sponsor a panel presentation showcasing innovative ideas for street design, enforcement strategies and funding mechanisms to make streets more inviting and safe for pedestrians and bikes.

On September 7 from 10 a.m.-noon at the Landmark Center Auditorium, David Engwicht and Paul Osborne will discuss traffic calming and reduction, as well as how to encourage children to walk or bike to school.

To RSVP, contact Becky Clawson at the Center for Neighborhoods, 612-339-3480 or [beckyatcfn@hotmail.com](mailto:beckyatcfn@hotmail.com).

The Undercroft Gallery's first exhibition of the 2002-03 season opens Sunday, September 8. The theme of the exhibition is food. Participating artists have all previously exhibited at the Undercroft.

At noon on September 8, prizes will be awarded. Winners will be selected by Allyson Tarnowske, general manager, and David Robinson, executive chef, from Muffuletta Restaurant. The Undercroft Gallery is in St. Matthew's Episcopal Church, 2136 Carter Avenue. For more information, call 645-3058.

On Sunday, September 15 at 7 p.m. the Nordkap Male Chorus will present a concert at Luther Seminary's Chapel of the Incarnation, Olson Campus Center, 1490 Fulham Street. Established in 1909, the 40-voice Nordkap Male Chorus performs Scandinavian and American

**Seniors**

A health and wellness forum sponsored by the Como Park Living at Home Block Nurse Program and Lyngblomsten Senior Center will take place Thursday, September 5 at a 10 a.m. at Lyngblomsten, 1415 Almond Avenue.

The forum will focus on the Senior LinkAge Line, a free telephone information and assistance service that makes it easy for seniors and their families to find community services such as housing, transportation, health care and legal services.

A \$1 suggested donation will be collected for coffee and doughnuts. For more information, call Joanne Kellen at 632-5335. For transportation to the forum, call Geri Rutz at 632-5330.

**Registration for Fall Soccer**

will continue until teams are full. Langford/SSA welcome all boys and girls ages 5 - 14 to come down or call **651-298-5765** to register.

A field trip has been planned for **Horse Back Riding** at

Diamond T Ranch in

Eagan. It is scheduled for Wednesday, September 25 from 3:30 p.m. - 7:30 p.m., at a cost of \$22 per person which includes admission, bus, and lunch.

Call 651-298-5765 or stop in and see Emily Blodgett and Hal Holtcamp.



The Langford Park Booster Club serves to organize, promote and sponsor recreational, athletic, social and civic activities for the benefit, enjoyment and advancement, especially for the young people of the St. Anthony Park community.

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**NEWS**



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A PROGRAM OF ST. ANTHONY PARK COMMUNITY COUNCIL  
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THIS PROJECT IS MADE POSSIBLE IN PART UNDER THE FEDERAL OLDER AMERICANS ACT THROUGH A GRANT FROM THE METROPOLITAN AREA AGENCY ON AGING COORDINATED BY THE GREATER MINNEAPOLIS COUNCIL OF CHURCHES.

Council-sponsored meetings are listed each month in the Bugle Community Calendar (see page 18). Everyone is welcome!

Office: 890 Cromwell, St. Paul, MN 55114 • voice: 649-5992 • fax: 649-5993 • e-mail: [district12@ci.stpaul.mn.us](mailto:district12@ci.stpaul.mn.us)  
 Executive Director: Melissa Mathews

NW St. Paul HandyWorks Program Coordinator: Angie Hoffmann-Walter (649-5984)

Board of Directors: Chris Causey, Ron Dufault, Sherman Eagles, Suzanne Garfield, Terry Gockman, Rose Gregoire, Jay Johnson, Bruce Kimmel, Paul Kirkegaard, Deborah Kuehl, Mike Phillips, Connie Powell, Joe Ring, Jan Sedgewick, and Don Stryker.

Alternate: Ray Bryan, Victor Hanson, Jan Morlock, Nate Tracy

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





e t c e t e r a

**The Saint Paul Classic Bike Tour** takes place Sunday, September 15. Check-in begins at 7 a.m. Riders must get started by 9:30 a.m. Riders choose either a 15-mile or 31-mile route, both of which depart from the University of St. Thomas, Cretin and Summit Avenues.

The ride features refreshments and entertainment at various rest stops along the way. Performers include Charlie Maguire, NUBE, Irv Williams, Machinery Hill, Wanaku, the Middle Spunk Creek Boys, Mark Stillman and Ciyril Paul, and the Calypso Monarchs.

Riders must register by August 31. Register on-line at [www.active.com](http://www.active.com), or print copies of a mail-in form available at [www.spnec.org](http://www.spnec.org).

**Gardening**

Brett Davies of Hermes Floral will discuss cacti and succulents at the next meeting of the St. Anthony Park Garden Club—Tuesday, September 3 at 7 p.m. at the St. Anthony Park Library.

**Library**

St. Anthony Park resident Dara Dokas will lead a family event focusing on loss and remembrance at the St. Anthony Park Library on Tuesday, September 10 at 7 p.m. Dokas is the author of the picture book "Remembering Mama." Call 642-0411 for more information.

**Gibbs Museum**

The Gibbs Museum of Pioneer and Dakotah Life offers **day camps** for children entering grades 4-6. Camps run from 9 a.m.-3:30 p.m. on September 7 and 14. The cost is \$15.

The camp will focus on the seasonal lifestyles, gender roles, crafts, language and daily activities of the Santee Dakotah. For information, call 646-8629.

**Benefits**

St. Anthony Park Lutheran Church is hosting a **Coffee House** at 7 p.m. on September 13 and 14 to benefit local poverty projects such as Daily Work and Project Home. The events take place in the old Taste of Scandinavia space at Milton Square.

Musical entertainment will include Three Men and Banjo, Katherine Eklund (jazz flute), Craig and Nancy Koester (early American sacred shape-note music) and original tunes by pastor Glenn Berg-Moberg.

Family Support Network sponsors "**Walk for Children**" Saturday, September 14 at the Como Park Lakeside Pavilion. Registration begins at 9 a.m., along with entertainment by the Teddy Bear Band. The walk starts at 10:15 a.m.

Money raised from the walk will go to preventing child abuse and neglect by promoting positive parenting and healthy

families. Registration is \$5 per person and \$35 for teams of 8-15 people. In addition, participants are encouraged to solicit pledges. Children 12 and under walk free.

For information, call 1-800-CHILDREN or e-mail [walkforkids@familysupport.org](mailto:walkforkids@familysupport.org).

Kat Daze Festival, a family-oriented event to benefit **Feline Rescue, Inc.**, will take place Sunday, September 16 from noon-5 p.m. at the South St. Anthony Rec Center, 890 Cromwell Avenue.

The festival will include cat-related product vendors, cat and kitten adoption information, educational products and workshops, children's activities and refreshments.

Feline Rescue is a no-kill cat shelter and adoption facility. For more information, call 642-5900.

**Contest**

1000 Friends of Minnesota, a nonprofit organization, is sponsoring a writing contest called "Voices for the City." This essay contest is open to all who value some aspect of city living.

The published collection of essays will celebrate those experiences, places and things that give cities their unique sense of place. Essays should be no longer than 400 words.

Submit entries by October 14 to 1000 Friends of Minnesota, 370 Selby Avenue, Suite 300, St. Paul 55102 or [bdroessler@1000fom.org](mailto:bdroessler@1000fom.org).

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**Touch Rugby from page 1**

space. Players need only a good pair of athletic shoes or cleats to get started. And with a season that runs through early October, there is still plenty of time to get involved.

"Players have a variety of skill levels. We're very supportive in terms of helping folks their first few times out," Flower said. Touch rugby evolved from a

training game invented by Australian rugby players during the 1950s. Originally called touch football, the game has also been played by children and teens at recess, and by people wishing to play rugby without the risk of injuries due to tackles and scrums.

The first officially recognized competition took place in 1978, and with the formation of the Federation of International Touch in 1986, the game started gaining global attention.

Today, touch rugby is one of the fastest growing sports, largely due to influence from Australia, New Zealand and the Pacific Islands. Internationally, the growth of the game in women's and mixed touch exceeds growth in any other sport. Spectators and players can find games in men's, women's and mixed divisions.

Despite its accessibility, only a handful of touch clubs exist in the United States. They can be found in Philadelphia, Hawaii, San Diego, Dallas, Houston, Austin, Portland, Las Vegas and Washington, D.C. The St. Anthony Park club, which started five years ago, is one of this country's oldest.

According to Flower, one possible reason for the game's relative obscurity in the United States is that it's a nonintuitive sport for most Americans.

"Sports like football and basketball are intuitive in the U.S. because kids have grown up playing them," said Flower. "In football, for example, players try to evade a tackle, but this strategy might be detrimental in touch rugby. Sometimes it's better to take the touch, sacrifice the down and get the time and the five meters."

The game of touch is split into "halves" that last approximately 20 minutes apiece. A short break follows each half, and a typical informal game may contain up to five halves, depending on the weather and the stamina of the players.

The object of the game is to score or prevent touchdowns, as in football. Six downs, or touches, occur before possession of the ball goes from the attacking to the defending team.

Play commences with a tap. The ball may then be passed, knocked or handed between onside players of the attacking team in attempts to gain territorial advantage and score. A player in possession may pass, flick, knock, throw or otherwise

deliver the ball to any other onside player on the attacking team, provided the ball moves laterally, not forward toward the scoreline.

Defending players prevent the attacking team from gaining a territorial advantage by touching the ball carrier. A touch includes contact on the ball, hair or clothing and may be made by a defending player or by the player in possession.

If neither team scores, or if both teams score the same number of touchdowns, overtime can be played, or a simple coin toss may decide the winner.

The majority of the St. Anthony Park club's 50 or so members are in their 20s and 30s. Venezuelan and Australian exchange students add an international perspective. And though the official number is seven players to a side, Flower's club can't always muster that number because of the members' varied schedules.

"Sometimes we play four on four, or five on five, in which case we make the field narrower," he said.

When more than 14 show up to play, substitutes are used, and some players voluntarily sit on the sidelines if they need a break. Since the sport is relatively easy to learn and play, it can be deceptively demanding on the athlete unaccustomed to aerobic conditioning.

"We're constantly moving and running, and there are no breaks between downs," Flower said. "We're competitive, but not overly competitive."

He suggests bringing bottled water to stay hydrated, especially in warmer weather, because games can last for more than two hours.

As for the winter months, plans are in the works to continue touch rugby year-round. The club is actively seeking sponsors in order to be able to rent space at an athletic club during snow season.

Still, the game may go on outdoors despite the arrival of inclement weather. Flower says he'd like to organize a game of snow touch rugby, players willing.

For more information, contact Brady Flower at 612-396-8572 or [bradyflower@msn.com](mailto:bradyflower@msn.com).

Official rules provided by the Australian Touch Association can be accessed on-line at [www.austouch.com.au](http://www.austouch.com.au).

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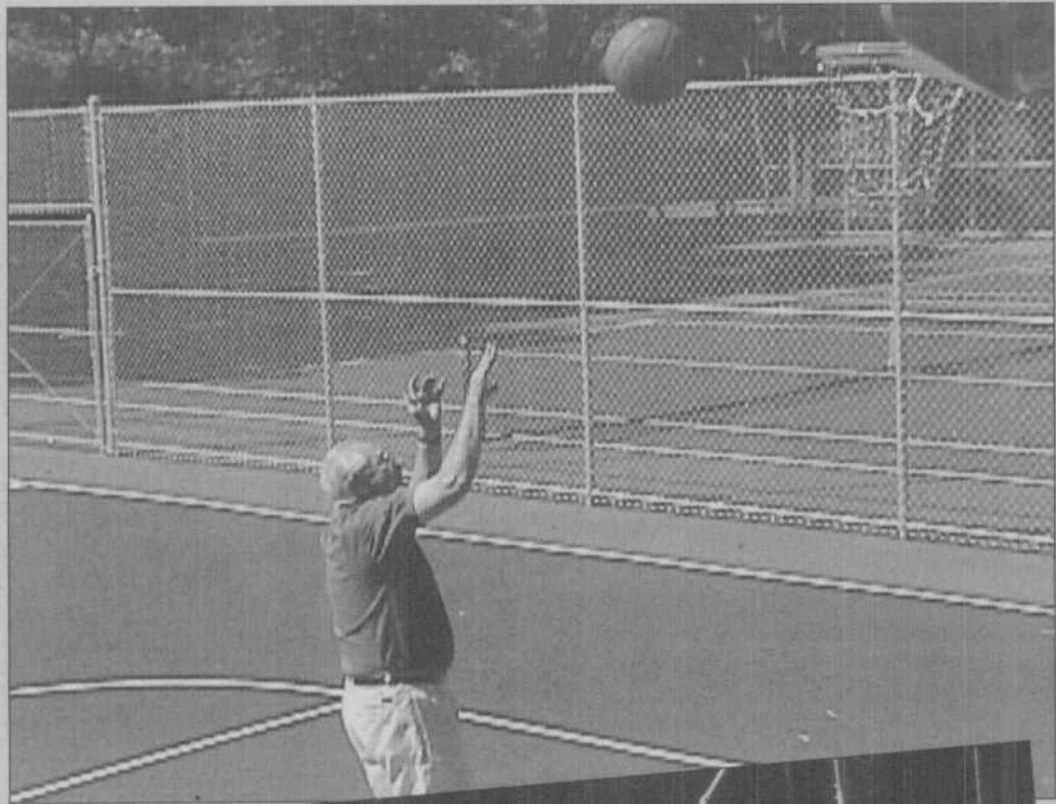
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Top: St. Anthony Park resident and seasoned fundraiser Bob Munson shoots a few hoops at the new College Park courts.

Bottom: The tennis court area before renovation.

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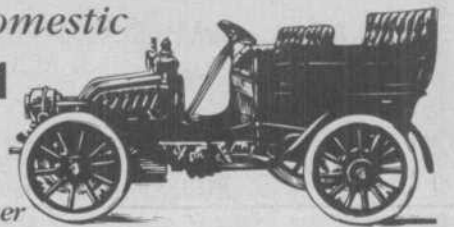
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**Aging Gracefully** by Mary Jo Tarasar

It's no secret that exercise and a healthy diet are the most important ways to keep your ticker ticking. A diet high in fruits, vegetables and whole grains—and low in salt, fats and refined sugars and starches—is essential to a healthy circulatory system.

Eating healthier can be easy! For example, three tablespoons of olive oil daily lowers systolic blood pressure 9 points and diastolic blood pressure 6 points. Mix your own salad dressing with vinegar and oil, and use oil rather than butter or lard to sauté vegetables. Use of soy products has also been shown to reduce risk of heart disease. Munch on soybeans rather than nuts, and use tofu in your stir-fry.

**Exercise**

There is no excuse not to exercise. You say you don't have time? Spend the same amount of time in exercise every day that you spend on hair and makeup (women) or shaving (men). Surely your health is as important as your appearance! And the excuse of limited mobility won't wash either. I teach a chair exercise class in the community and have had class members in wheelchairs or using walkers. There is an exercise regimen for everyone. Check with your health care provider before starting a vigorous exercise program if you have any significant health concerns.

The best way to exercise is to find a routine you enjoy, whether it's a sport, chair exercise to the beat of your favorite oldies or a nightly brisk walk along the parkway. If you need help finding the right fitness program, the Block Nurse Program will be glad to suggest some. Give us a call. As a popular ad campaign urges, "Just DO it!"

**Supplements**

Recent findings suggest that hormone replacement drugs for older women increase the risk of heart attack. This therapy, believed safe based on smaller studies, was implicated in a study of a much larger group of women over a longer time period.

One of the problems with new drugs and treatments is that they have not stood the test of time. However, there are natural substances that have gained the respect of the medical establishment, as well as being traditional folk remedies.

Hawthorne extract has beneficial effects on heart muscle and arterial cells. Folic acid (500 mg daily) reduces the homocysteine level in your blood, lowering your risk of heart disease. 500 mg daily of magnesium increases heart muscle health. And flax seed contains essential fatty acids that lower blood cholesterol and triglycerides. All of these supplements are available at your community co-op or health food store.

**Surviving a Heart Attack**

If you suddenly experience severe chest pain radiating up to your jaw and down your arm, you may be having a heart attack. Anyone can have a heart attack, not just those with a history of heart problems. Most people are alone when they suffer a heart attack. Without help, the heart stops beating, you feel faint, and you have about 10 seconds before losing consciousness.

However, you can help yourself by coughing repeatedly and vigorously. Take a deep breath before each cough, and make the cough deep and prolonged. Repeat every two seconds until you can get help, or until you can feel your heart beating normally again.

This action simulates the action of CPR. Coughing puts regular pressure on your heart to jump-start it into a normal heartbeat rhythm. Breathing deeply increases oxygen in your circulatory system, so you are less apt to lose consciousness.

Practice this technique until it comes naturally, so it will be an automatic response if and when you need it. Tell your friends about it. You may never need it, but if you do, it could save your life!

*As always, if you have ideas for topics we could cover, please contact the St. Anthony Park Block Nurse Program at 642-9052 or [sapbnp@bitstream.net](mailto:sapbnp@bitstream.net).*



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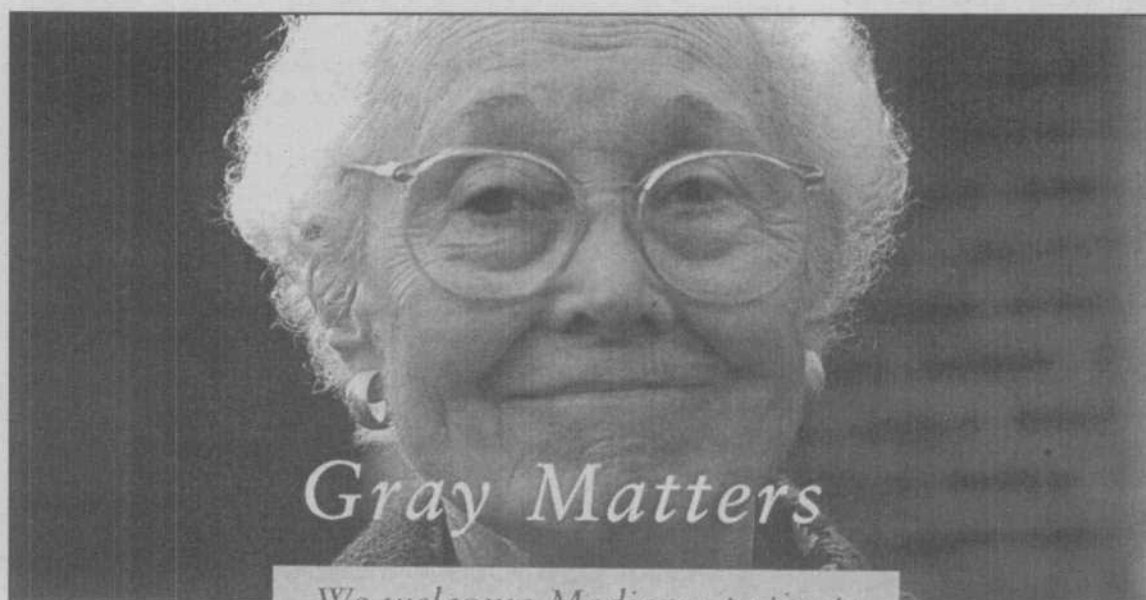
The 24th season of Music in the Park Series opens with the Swiss—The Amati String Quartet—and closes with a Celebration of Minnesota Composers & Musicians. Artistic Director Julie Himmelstrup has invited some of the world's finest musicians to participate in this season's chamber music feast spanning five centuries—the 17th to 21st.

- OCT. 13** AMATI STRING QUARTET  
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- NOV. 10** KIM KASHKASHIAN, *viola*  
ROBERT LEVIN, *piano*  
4 PM
- NOV. 24** CARTER BREY, *cello*  
CHRISTOPHER O'RILEY, *piano*  
4 PM
- FEB. 9** SHANGHAI STRING QUARTET  
4 PM
- MARCH 2** PARIS PIANO TRIO  
with Sharon Moe, *French horn*  
4 PM
- MARCH 30** REBEL ENSEMBLE  
with Curtis Streetman, *bass*  
7 PM
- MAY 4** A CELEBRATION OF MINNESOTA  
COMPOSERS & MUSICIANS  
7 PM
- JAN. 12** SPECIAL JAZZ CLASSICS CONCERT  
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# CALENDAR

## 2 Monday

- AA, St. Anthony Park Lutheran Church (651-644-0809), 8 p.m. Every Monday.
- Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.

## 3 Tuesday

- St. Paul public schools in session.
- Tot Time (for 5-year-olds and younger), Langford Park Rec Center (651-298-5765), 10 a.m.-1 p.m. Every Tuesday.
- Toastmasters (651-645-6675), training in effective speaking, Hewlett Packard, Broadway & 280, 7:35-8:35 a.m. Every Tuesday.
- Lauderdale recycling.
- St. Anthony Park Garden Club, St. Anthony Park Library meeting room, 6:30 p.m.

## 4 Wednesday

- Women's Connection, a job networking organization (651-481-6925), Hubert Humphrey Job Corps Center, 1480 Snelling, Building #1, 8 a.m. Every Wednesday.
- Leisure Center for Seniors (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Every Wednesday.
- St. Anthony Park recycling.

## 5 Thursday

- Tot Time (for 5-year-olds and younger), South St. Anthony Rec Center (651-298-5765), 10 a.m.-noon. Every Thursday.
- Toastmasters (651-649-5162), U.S. Forest Service, 1992 Folwell Ave., 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.

## 6 Friday

- Senior Citizen Fun Group (gym, bowling and darts), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday. (First Friday, blood pressure clinic by the St. Anthony Park Block Nurse Program, 9-10 a.m.).
- Como Park & Lauderdale recycling.

## 7 Saturday

- Falcon Heights recycling.

## 9 Monday

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

## 10 Tuesday

- Lauderdale City Council, City Hall, 1891 Walnut St., 7:30 p.m.
- Family event with author Dara Dakas, St. Anthony Park Library, 7 p.m. Call 642-0411 for more information.

## 11 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpenneur Ave., 7 p.m.
- Leisure Center for Seniors (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Free blood pressure clinic by the St. Anthony Park Block Nurse Program.

## 12 Thursday

- Free blood pressure clinic and health resources by the St. Anthony Park Block Nurse Program, St. Anthony Park Library, 10-11 a.m.
- Full Council Meeting, St. Anthony Park Community Council, South St. Anthony Park Rec Center, 890 Cromwell, 7 p.m.
- Free weight loss clinic at Holly House, 6 p.m. RSVP at 645-6951.

## 16 Monday

- Como Park & Lauderdale recycling.

## 17 Tuesday

- District 10 board meeting, 7 p.m., Black Bear Pavilion, LL.

## 18 Wednesday

- Langford Booster Club, Langford Park, 7 p.m.
- St. Anthony Park recycling.

## 20 Friday

- Falcon Heights recycling.
- Preschool story time (ages 3-5), St. Anthony Park Library, 10:30 a.m. Call 642-0411 to preregister.

## 23 Monday

- St. Anthony Park Block Nurse Program board of directors meeting, St. Anthony Park United Methodist Church library, 7 p.m.

## 24 Tuesday

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

## 25 Wednesday

- Early release day for St. Paul public schools. All grades released two hours early.
- 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 Larpenneur Ave., 7 p.m.
- Leisure Center for Seniors (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Free blood pressure clinic by the St. Anthony Park Block Nurse Program.

## 26 Thursday

- Free information session by Dr. Patricia Lawler on NAET, a program for allergy sufferers, at Holly House, 6 p.m. RSVP at 645-6951.

## 27 Friday

- Preschool story time (ages 3-5), St. Anthony Park Library, 10:30 a.m. Call 642-0411 to preregister.

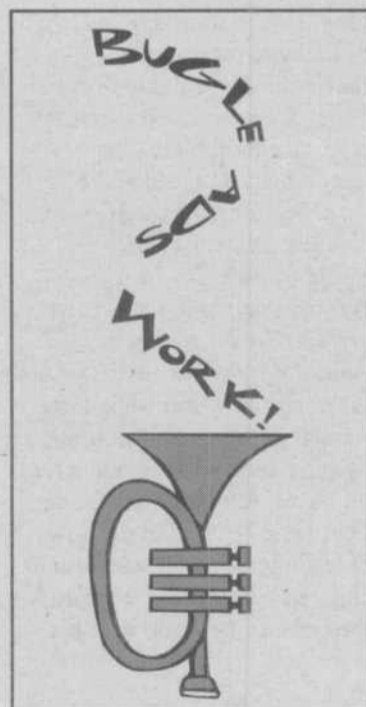
## 28 Saturday

- FARE For All food distribution and registration at St. Anthony Park Lutheran Church, 651-644-8833, 2323 Como Avenue, 8:30-10:30 a.m.

## 30 Monday

- Como Park & Lauderdale recycling.

Items for the October Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, September 13th.



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## A Foundation of Neighbors

Watch This Space

By **Jon Schumacher**  
 Executive Director,  
 St. Anthony Park  
 Community Foundation

Welcome to the St. Anthony Park Community Foundation's new monthly column!

We at the Foundation thought a regular column might be a good way to provide news and support for our local non-profit organizations and initiatives. After all, that's why the Foundation exists: to nurture our unique neighborhood arts, education and civic resources. And in the foundation's first two years we have - through contributions from neighbors like you - provided grants in the total amount of \$38,000.

We hope this column gives you a better understanding of the Foundation and how we achieve our important goals.

Let me begin by introducing myself. I've been a Park resident for the past 21 years.

I met my wife, Mary, here (a Park resident for 24 years), and we feel fortunate to be raising our two daughters, Julia, a sophomore at Como High School, and Jane, a 5th grader at St. Anthony Park Elementary, in such a vibrant community.

I've gotten to know many of you either socially or through our various neighborhood groups, task forces, site councils, and other service opportunities. These relationships have always confirmed my deep, but not unique, belief that St. Anthony Park is one of the greatest places in the world to live. When I was offered the chance to join an organization committed to

preserving and enhancing the institutions that make this neighborhood great, I accepted enthusiastically.

During my first year as Executive Director, I've seen first hand the rewards of that commitment. It starts with our board, 19 neighbors representing the diverse talents and character of this community. It extends to the numerous non-profit organizations and initiatives that enrich our lives and often provide blueprints for the enrichment of other communities.

Underlying this mosaic of support is the charitable spirit of you, the friends and neighbors who make it all possible.

In these months, we'll use this space to tell you of new directions for the Foundation - we're planning an exciting year - and the good work of other local non-profits.

I'm proud to be a resident of St. Anthony Park and proud to play a part in an organization dedicated to understanding and serving this unique community's needs.

**Jon Schumacher**

**ST. ANTHONY PARK COMMUNITY FOUNDATION**  
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If you want to know more about the Foundation call Jon Schumacher at 651/641-1455 or visit our website at sapfoundation.org.

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## LIVES LIVED

**Frederic Chapman Battell**

Frederic Chapman Battell, who lived in St. Anthony Park for almost half a century, died on July 26, 2002.

Mr. Battell was born to Harret Chapman Battell and Frederic Battell on September 26, 1910 in Mediapolis, Iowa. He married Gertrude Smith on September 19, 1936. They enjoyed 56 years of marriage until her death on January 20, 1993.

Services are pending.

**Donald Richard Holmstrom**

Donald Richard Holmstrom died on August 4, 2002 at the age of 71. He grew up in the Como Park neighborhood on Simpson Street and graduated from Murray High School in 1949.

He was born on July 6, 1931 in St. Paul, the son of Mauritz and Sigrid Eckstrom Holmstrom. After high school, he became a member of the Minnesota Air National Guard and served 13 months of active duty in the USAF on Iwo Jima and Japan during the Korean War. On May 23, 1953 he married Marilyn Figg, Murray class of 1950, and moved to Roseville.

Mr. Holmstrom and his

father operated Ace Steel Products in Eagan. In 1976, he was paralyzed by a spinal cord tumor and was unable to continue working at Ace. In later years, he lived in Ottertail, Minnesota.

He was preceded in death by a brother, Kenneth Holmstrom; a sister, Pearl Sammier; a son, Robert Holmstrom; and a grandson, Noah Guenther. Survivors include his wife of 49 years, Marilyn Holmstrom of Ottertail; three daughters, Diane (Jeff) Halseth of Ramsey, Minnesota, Nancy (Greg) Guenther of Coon Rapids, and Elaine (Russ) Blesener of Pine City; three sons, Douglas (Carla) Holmstrom of Evansville, Indiana, Gerald (Debbie) Holmstrom of Little Canada, and Neal (Maureen) Holmstrom of Bemidji; 13 grandchildren; and two great-grandchildren. A funeral service was held on August 7 in Perham, followed by a burial and memorial service on August 8 at Knox Presbyterian Church in St. Paul.

**Kathryn Kimlinger Koppy**

Kathryn Kimlinger Koppy, a longtime Como Park resident, died on July 24, 2002. She was

97 years old. Mrs. Koppy was a parishioner at St. Andrew's Catholic Church.

She was preceded in death by her husband, Norbert Koppy in 1978, and by her brothers, Matt, Martin and Al Kimlinger; a granddaughter, Ann Steveken; and a great-granddaughter, Jamie Henry. She is survived by five daughters, Marion Henry, Mildred (Robert) Steveken, Marjorie (Thomas) Lyons, Kathleen (Frank) Ziegler and Bernice (Thomas) Christian; a son, Thomas (Judith) Koppy; 24 grandchildren; and 20 great-grandchildren. A Mass of the Resurrection was celebrated on July 27 at St. Andrew's.

**Elizabeth T. Kessler Kraft**

Elizabeth T. Kessler Kraft, age 88, died on August 3, 2002. She was a resident of Lyngblomsten Care Center.

She was born on July 15, 1914 and was a member of Nativity Catholic Church.

Mrs. Kraft was preceded in death by her husband, Joseph Kraft, and a son, John Kraft. She is survived by a daughter, Mary E. Kraft CSJ; two sons, Michael (Polly) Kraft and William (Judy) Kraft; four grandchildren, Joan Kraft, Diane (Craig) Wadzinski, Paul Kraft and Sarah Kraft; and a great-grandson, Benjamin.

A Mass of Christian Burial took place on August 6 at Nativity Church.

**Mary Eileen Doyle McKay**

Mary Eileen Doyle McKay died at age 91 on August 17, 2002. She lived in St. Anthony Park for 57 years.

Mary Doyle was born in Grand Rapids, Minnesota. She grew up in Cambridge and lived in Brainerd for six years before moving to St. Anthony Park in 1945. She was a science and physical education teacher before her marriage to Gerald McKay.

Mrs. McKay raised five children and was a leader for neighborhood Cub Scouts, Brownies and Girl Scouts. She was the "Milk Lady" at St. Anthony Park Elementary School for many years, and while there started the volunteer tutoring program in the 1960s. She served on the St. Anthony Park Library Board and believed in the power of reading, especially with and to children. She traveled extensively throughout the world with her

husband after his retirement from the University of Minnesota faculty.

She was an active member of Corpus Christi Catholic Church. She loved her family, her garden, her community and believed that St. Anthony Park was the best place in the world to live.

Survivors include her husband of 63 years, Gerald McKay; four daughters, Sue Kjeer of Springer, Oklahoma, Marguerite Uphoff of Ithaca, New York, Carolyn McKay of Minneapolis and Kathleen Lanfear of Reston, Virginia; a son, Gerry McKay of Hillsborough, California; 14 grandchildren; and seven great-grandchildren. A Mass of Christian Burial was celebrated at Corpus Christi Church on August 24.

**Edythe V. Nelson**

Edythe V. Nelson, a Como Park resident for over 50 years, died on August 6, 2002. She was 92 years old. Mrs. Nelson was a member of Como Park Lutheran Church.

She was preceded in death by her husband, Hjalmer Nelson; a daughter, Judith; a son, Warren; and a brother, Vernon Elmsblad. Survivors include her son, Gerald (Sharilyn) of Webster, Wisconsin; a daughter-in-law, Betty Nelson; seven grandchildren, Robyn (Andrew) Esher, Wendy Nelson, Julie (Bryce) Lawrence, Cindy Nelson, Scott (Julie) Nelson, Keith Nelson and Lori (Ducy) Herron; and 11 grandchildren.

Funeral services were held at Como Park Lutheran Church on August 9.

**Loretta Maxine Schultz**

Loretta Maxine Schultz, age 71, died on August 7, 2002. She had lived in the Como Park area for most of her life.

Mrs. Schultz taught kindergarten for many years in the St. Paul schools, including St. Anthony Park Elementary. She was active in DFL politics and involved in antiques. She was known as "the Postcard Lady." She was also a member at Como Park Lutheran Church.

Survivors include two daughters, Lenette Baker and Gretchen Schultz; a son, Laurence (Lisa) Schultz; five grandchildren, Jason, Linnea and Lucas Baker, and Isaac and Sophia Schultz. A funeral service took place on August 12 at Como Park Lutheran Church.

**Alfred L. Vaughan**

Alfred L. Vaughan, a resident at Lyngblomsten Care Center, died on August 4, 2002 at the age of 95. His former home was on Summit Avenue in South Minneapolis.

Mr. Vaughan was the retired dean of the General College at the University of Minnesota. Born September 3, 1906 in Veedersburg, Indiana, he studied physics at Depauw University in Greencastle, Indiana, receiving his bachelor's degree in 1929. He then became a graduate student and teaching assistant at the University of Minnesota's physics department, earning his doctorate in 1934.

For the next four decades, he dedicated his work to the University's General College, eventually becoming dean in 1967. He retired in 1975.

Preceded in death by his wife, Ola-Mae Vaughan, and his son, James Vaughan, he is survived by his daughter, Peggy Vaughan, of Fairfax, California. Services are pending.

**Richard E. Widmer**

Richard E. Widmer, a longtime St. Anthony Park resident, died on August 7, 2002. He was 80 years old. He lived for many years on Raymond Avenue, but his most recent home was in Falcon Heights.

Mr. Widmer was a professor of horticulture at the St. Paul campus of the University of Minnesota for 39 years. In addition to gardening, he enjoyed spending time at his lake cabin in northern Minnesota. He was a member of St. Anthony Park United Church of Christ.

Survivors include his wife of 53 years, Muriel Widmer; two daughters, Wendy (Mark) Tully and Linda (Brad) DeKanick; and five grandchildren, Phillip, Amanda, Andrew, Rachel and Ian. A memorial service was held on August 20 at St. Anthony Park United Church of Christ.

**Correction**

There are three corrections to the August obituary for Ruth Sam Brown. She lived in Prescott, Arizona; she was married for 59 years; and she was member of St. Anthony Park Methodist Church. The Bugle regrets the errors.

—Compiled by Ann Bulger

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**SAP Association from page 1**

hands of others. The District 12 Community Council, the Langford Booster Club, the St. Anthony Park Business Association and the St. Anthony Park Community Foundation can all trace their beginnings to groundwork laid by the Association. As the special-focus groups have spun off and become successes in their own right, they have frequently taken with them the energies of the volunteers that the Association has always depended on.

Ron Dufault was the Association's last president. During his term in office, attendance at monthly meetings, which once averaged 50-60, fell below 20 a month. The membership of the Association is aging, says DuFault, and "many retired people don't want to come out at night, especially in winter. The older people feel as if they've done their duty to the community, and the younger people in the 20-40 age group have families and are involved in their children's activities."

It wasn't always that way. First president Gale Frost remembers when the Association got its start. "Four of us held the very first meeting in 1946. We had been to a meeting of the St. Anthony Park Recreational Council (an earlier civic group). Afterward, someone said, 'What this neighborhood needs is a men's club.'"

Despite several requests from neighborhood women, the Association remained all-male for the next quarter of a century. In those days, when most families lived on one income and leisure time hadn't yet fragmented into a buyers' market of competing demands, the new men's organization of St. Anthony Park grew from 13 founding members to a roster of almost 500.

In the early days, the monthly meetings rotated among the churches in St. Anthony Park, in order to attract members from all denominations. Meanwhile, the women's auxiliaries of the various congregations vied to serve the tastiest refreshments.

In those days before community councils provided a grass-roots forum for local issues in city life, the emphasis of the Association was often on politics. The mayor himself made an annual appearance at their meetings and answered questions on matters of concern to the neighborhood. Remembers Frost, "It was different then because politics was a men's thing."

Gerald McKay, another charter member of the Association, was the group's third president. He sees the decline of the Association as linked to the natural evolution of community life. "In the 1970s, other organizations began to do many of the things that the Association had done before. The St. Anthony Park Council became

the neighborhood's main contact with City Hall and the City Council. That was a logical move for the times, but it took half the significance of the Association away."

Mel Boynton, who served as Association president in the 1980s, thinks that the Association's "mission is still being delivered, but by other means."

"People from other neighborhoods are astounded by the level of activism here," Boynton adds, "but the old format of a monthly meeting for fellowship and getting together doesn't fit modern life. It's a little ironic that the Association is struggling for volunteers now, when volunteer activity remains high in other neighborhood activities."

Boynton cautions that the

demise of the Association would be a loss, even to those who no longer participate in the day-to-day activities of the group. "We would face a potential loss of history of how the neighborhood preserved its best interests. As a community we're served by the rituals of preserving our culture."

In any case, Boynton believes that it's not time to ring a death knell for the Association yet. Paraphrasing Mark Twain, he says, "Rumors of the Association's death may be a little premature."

One current board member who would second that idea is Sandee Kelsey. She is committed to spearheading a move to reinvent the Association for the new century.

"I can't imagine us not helping to give the Association a new shape. It's intangible, but the

Association is part of what makes St. Anthony Park a great place to live."

Kelsey is looking for volunteers. If you would like to

take part in designing a restructuring process for the St. Anthony Park Association, contact her at 645-9053.

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8:00, 9:00, & 11:00 a.m. Worship  
10:00 a.m. Adult Education & Sunday School  
(Holy Communion on 1st & 3rd Sundays, nursery provided)  
Rides available for 11:00 a.m. worship;  
call the church office before noon on Friday for ride.  
Pastors: Martin Ericson and David Greenlund  
Visitation Pastor: Leonard Jacobsen  
Director of Youth and Family Ministry: Amy Dorumsgaard  
Director of Music Ministry: Thomas Ferry

❖ **CORPUS CHRISTI CATHOLIC CHURCH**

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

❖ **IMMACULATE HEART OF MARY CHURCH**

An Ecumenical Old Catholic Community  
2200 Hillside Ave • 612-872-4619 or 651-776-3172  
Saturday Mass: 5 pm in Upper Chapel  
Deo Gratias Wedding Ministry

❖ **MOUNT OLIVE EV. LUTHERAN CHURCH**

(A WELS Congregation)  
"THE CHURCH WITH A SMILE"  
Handicap-accessible. Wheelchair available.  
1460 Almond at Pascal. 651-645-2575  
Sunday Worship: 9 am.  
Sunday School and Adult Bible Class: 10:30 am.  
Monday evening Contemporary Worship: 7:00 pm.  
Vacation Bible School: July 29 - August 2. Call to register.

❖ **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)

❖ **ST. ANTHONY PARK UNITED CHURCH OF CHRIST**

2129 Commonwealth at Chelmsford. 651-646-7173  
Website: www.sapucc.org  
Handicapped accessible and an Open and Affirming Congregation  
Rev. Dane Packard, Pastor. Dennis Sanders, Child & Youth Director  
September 1 - Summer Sunday Worship: 9:30 am, Fellowship: 10:30 am  
September 8 - RALLY DAY - Sunday Worship 10:00 a.m.,  
Fellowship 11:00 a.m., Nursery Care provided - 10:15 a.m.

❖ **ST. ANTHONY PARK UNITED METHODIST CHURCH**

"celebrating the good news that Christ is Alive"  
2200 Hillside Ave (at Como) 651-646-4859  
Pastor Donna Martinson  
10 am Worship Celebration  
10:20 Sunday School (3 years to 6th grade)  
11 am Fellowship  
11:15 Youth Sunday School, Adult Forum  
Wednesdays: 9 am-1 pm Leisure Center (Senior fellowship,  
activities, and noon meal).

❖ **ST. ANTHONY PARK LUTHERAN CHURCH**

We are a community of believers called to joyfully serve God,  
one another, and the world. www.saplc.com  
2323 Como Ave. W. Handicap-accessible. 651-645-0371  
Pastor Glenn Berg-Moberg, Email: sapluth@mtn.org  
Summer Sunday Worship service 10 am, through September 1 (nursery provided)  
Sunday Worship services 8:45 & 11 am, beginning September 8 (nursery provided)  
Minnesota Faith Chinese Lutheran Church at 1:30 pm  
**信義教會 星期日下午**

❖ **ST. MATTHEW'S EPISCOPAL CHURCH**

2136 Carter at Chelmsford. 651-645-3058  
Sunday, September 8:  
Education Hour begins - each Sunday at 9:15 am  
Classes for Children ("Godly Play")  
Youth Groups for Junior & Senior High School, Adult Forum & Bible Study.  
Sunday, September 22:  
St. Matthew's Day - parish choir returns from summer break (10:30 am)  
Sunday Services:  
8:00 am Holy Eucharist, Rt. I  
10:30 am Holy Eucharist, Rt. II  
Prospect Hill Friends' Meetings Sundays at 4 pm.  
Communion: Wednesdays at 10 a.m. in the chapel  
Evening Prayer: Wednesdays 6:30 p.m.  
(All baptized Christians are invited to receive communion with us and no person  
seeking a deeper relationship with God in Christ will be turned away from  
our Lord's table.)  
Ministers of the Church: All the baptized members  
Clergy Who Support the Ministers: The Rev. Grant Abbott, Rector, and the  
Rev. Lyn Lawyer, Deacon

❖ **WARRENDALE PRESBYTERIAN CHURCH**

1040 Como Ave. at Oxford. 651-489-6054  
One block east of Lexington Parkway  
Rev. Timothy Held, Minister  
Sunday Worship: 10:15 am