

# Park Bugle

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

Volume 29, Number 10 / April 2003

## Neighbors wage peace

*St. Anthony Park group vows to continue efforts despite Iraq war*

by Dave Healy

War. Some people are for it, some are against it.

Peace. Is any reasonable person not for peace?

Although distinguishing between "pro-peace" and "anti-war" might strike some as semantic nit-picking, for one group of St. Anthony Park

**"We don't just want to be against something."**

—Marilyn Benson

residents, the difference is not trivial. They call themselves St. Anthony Park Neighbors for Peace, and the name reflects a conscious attempt to state their beliefs positively.

"We don't just want to be against something," says member Marilyn Benson.

According to Benson's husband, Tim Wulling, St. Anthony Park Neighbors for Peace formed in the early 1980s in response to remarks from the Reagan administration about "prevailing in a nuclear war." Wulling joined in the late 80s,

when the group's main visibility was staffing a table at the annual St. Anthony Park Arts Festival and marching in the Fourth of July parade.

During the 1990s, the group became inactive, but the prospect of a U.S.-initiated war with Iraq prompted some original members to reassemble last fall. Benson and Wulling offered to host the first meeting in their home on November 2.

Out of that wide-ranging discussion, several concrete ideas emerged. The group decided to place an ad in the Park Bugle, to host a neighborhood potluck and

to conduct a regular "peace presence" in the neighborhood.

The first peace presences were held in December outside local churches and the St. Anthony Park Library. In

*Neighbors for Peace to page 16*



Photo by Meg Layese

St. Anthony Park Neighbors for Peace members Kathy Magnuson (left) and Regula Russelle (right) sign up a new member, Donna Martinson.

## Lauderdale artist's show honors Hawaii roots

by Natalie Zett

A visit to Donna Berry's Lauderdale studio leads through the house to an attached garage. After navigating toys, lawn care implements, a car and assorted miscellanies, one comes to a door at the back of the garage.

That door is Berry's looking glass. It leads to an enchanted place—an artist's studio, where the smells of paint, turpentine and passion-fruit tea mingle while Norah Jones softly serenades over the speakers. Wall-to-wall, color-drenched oil paintings illuminate the space and create a vibrant tropical ambience.

Berry shares the studio with a dapper, fedora-wearing skeleton who holds court in front of the supply shelves along with a couple of animal skulls and a lush Monstera plant.

Berry opens a solo show on April 6 at the Undercroft Gallery in St. Matthew's Episcopal Church. The road that brought her to Lauderdale and St. Anthony Park was a long and winding one from her native Hawaii.



Photo by Natalie Zett

Painter Donna Berry takes a break in her Lauderdale studio.

Berry's artistic aspirations started early. "My uncle was an artist and he always had a studio at home. He would never let the other little kids in his studio, but he let me in because I listened to him and was interested. He loved painting and encouraged me when I decided to go to college to study art."

Berry received a BEA in sculpture at the University of Hawaii, but after graduation she found herself painting instead of

doing sculpture. She went back for a master's degree in painting. In graduate school, she met her partner, Diana Eicher, a Minnesota native and artist.

Berry had traveled to art retrospectives in New York City and on the West Coast, but the Twin Cities wasn't on her radar as a possible relocation spot.

"Diana's mother kept sending me newspaper articles

*Donna Berry to page 3*

## Local groups get DNR grants

*District 12 Community Council awarded Conservation Partners Grant*

by Emily Farell and Karlyn Eckman

For over 10 years, the St. Anthony Park Community Council (SAPCC) has made it a priority to protect and preserve the neighborhood's habitat and environmental resources. Resources such as the Kasota Ponds and wetlands, Skonard Spring and the Bridal Veil Creek watershed are important to the quality of life and the overall health of the neighborhood and greater metro area. They aid in stormwater and groundwater management and provide habitat for many organisms.

In 2001 the SAPCC was awarded a Department of Natural Resources Metro Greenways Planning Grant that enabled volunteers to conduct a baseline inventory of natural resources in the neighborhood. Over 65 volunteers and professionals participated in the project.

As a result of this grant project, a report was published: "What We Have Lost and What Remains: Options for Managing and Connecting Habitat in Saint Anthony Park with Surrounding Communities." The report states that the Metro Greenways Grant "is not an end but a beginning . . . a step toward expanded community participation in monitoring, managing, and improving the natural resource base that has been endowed to us."

In January 2003 the SAPCC Environment Committee was awarded a follow-up Conservation Partners Grant from the DNR to build on previous work and involve even more citizens in the restoration and continuing stewardship of the dwindling urban natural areas in St. Anthony Park. Several local residents who are also environmental professionals will help with various activities including planting native vegetation, restoring shoreline, providing turtle basking and nesting sites, controlling road runoff and removing invasive species.

In addition, neighborhood volunteers will continue to monitor pond water and habitat, and the neighborhood bird census will also continue. Several educational activities with local groups and schools are also planned throughout 2003.

The SAPCC is seeking volunteers for the annual Kasota Pond Cleanup on Saturday, April 26 from 9 a.m. to noon. No experience is necessary. Anyone interested may call Emily Farell at 649-5992.

## St. Anthony Park Garden Club receives Environmental Partners Grant

by Mary Maguire Lerman

The Minnesota Department of Natural Resources has awarded an Environmental Partners Grant to the St. Anthony Park Garden Club. The grant will enable the club to purchase a set of weed wrenches and root talons, which will be available for borrowing through Park Hardware. These tools will help residents uproot buckthorn and other shrubs that are less than 2.5" in diameter.

Another component of the grant will assist in further removal of invasive species from private and public lands, including along Highway 280 and the Burlington-Northern railroad line. Scouts and other youth and adult groups will be involved in this effort.

A survey of invasive species in St. Anthony Park will be extended into University Grove in Falcon Heights. And the club will co-sponsor another woody invasive species removal effort this October.

*DNR Grants to page 8*

**The St. Anthony Park Community Council election** will be held Tuesday, April 8 from 4-8 p.m. at two locations. North St. Anthony Park residents vote at the library, 2245 Como Avenue. South St. Anthony Park residents vote at Hampden Park Co-op, 928 Raymond Avenue. Any St. Anthony Park resident age 16 or over is eligible to vote. See page 5 for candidates' statements.



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# CITY FILES

## Como Park

The Como Park neighborhood will hold their annual community garage sale on May 17.

The community councils of District 10 and District 6 together with the St. Paul Parks and Recreation Department will hold a task force planning meeting on April 2 for the annual Hmong soccer festival. The meeting will be at 6:30 p.m. at the Rice Street Library, 995 Rice Street, and is open to the public.

## Lauderdale

Residents are urged to begin preparing for the citywide garage sale on May 17. Call City Hall by May 9 to register your sale and have it placed on the map. Registration is free. Maps are also free and will be available at City Hall on May 12.

## Falcon Heights

The City Council has unanimously approved an ordinance amendment providing for a Farmer's Market Interim Use Permit at 2025 West Larpentur. The market will be operated by St. Paul Farmer's Markets from May through October on Tuesdays. A recent citywide survey indicated that 80% of residents support this venture. The city will consult

with an on-site manager at Twin City Co-op on fine-tuning plans for the market.

Falcon Heights, Lauderdale and the University of Minnesota are collaborating on a project to improve the trail between Lauderdale's nature area and the path on the old trolley right-of-way in the University Grove neighborhood of Falcon Heights.

The project would enhance a paved trail, improve erosion control, remove invasive species and implement crime prevention improvements. City staff have been authorized to apply for a DNR grant for assistance. If the grant is awarded, there will be a series of public meetings and a planning process will be developed.

Falcon Heights currently receives \$279,363 in local government aid and market value homestead credits. The city faces a cut of \$103,306 in 2003, and more in 2004. At the end of the biennium, the city expects to have only \$32,897 in such aid. The governor's plan calls for levy limits to remain in place through 2005.

## St. Anthony Park

The Community Council has ranked the projects for which they are requesting Capital Improvement Budget funds:

1. Langford playground tot lot replacement and site work.
  2. Cromwell/Bayless/Raymond traffic calming project completion.
  3. Hampden Park enhancements.
- The list will be sent on to St. Paul's CIB Committee.

Kasota Ponds, both east and west, sport newly installed turtle basking log configurations. Ron Dufault, Terry and Otto Gockman, Gordon Murdock and Suzanne Garfield found the logs, put them together, attached anchors and placed them atop the ice on the ponds.

Their plan is that when the ice melts, the anchors will hold the logs in place, the sun will warm the logs and the turtles will climb aboard to bask.

Volunteer to help at the annual Kasota Ponds cleanup on April 26th and see for yourself if the sun is shining on their logs. Call 649-5992.

About 40 people attended a meeting on February 27 to discuss contingency plans in case the south St. Anthony Park Rec Center falls prey to budget cuts.

The consensus of those in attendance is that maintaining current activities and public access should be preserved in the event that some kind of partnership with another group is necessary.

It was agreed to press the city to maintain funding. If that effort is unsuccessful, the group will explore ways to keep the center open without city funding.

District Council elections are from 4-8 p.m. on April 8. North St. Anthony Park residents vote at the St. Anthony Park Library. South St. Anthony Park residents vote at the Hampden Park Co-op.

—Susan Conner

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**Donna Berry from page 1**

about Artspace, an artists' co-op, and it had photos of these huge studios."

The promise of decent, affordable studio space piqued Berry's interest. She investigated Minnesota and was pleasantly surprised. "You wouldn't believe how expensive everything is in Hawaii. To have this much space seemed like paradise. I had no idea what the weather was like, but I was so happy that I was going to get a studio."

Berry, along with her teenage daughter and Eicher, moved to a Lowertown co-op in 1995 and later to the Frogtown Artist's Co-op. Along the way, she learned to love Minnesota and even found a unique way of coping with the winters.

"Painting light is how I survive the winter—I visualize light. Yet, I like the seasons and I love Minnesota, especially the long summers and the long light. In Hawaii the sun goes down at the same time all year."

In 1999 Berry and Eicher moved to Lauderdale, where they have been ever since. At this point, Berry is a full-time artist. "For a while, I worked as a K-6 art specialist. I enjoyed it, but it was hard on me trying to maintain my studio work and teach at the same time. I eventually realized I couldn't manage both, so I decided just to do my art. I live frugally and paint full-time."

In 2001 Berry entered the Community Art Show at the Undercroft Gallery and won the Best of Show award. However, that fall her enthusiasm for painting ran up against the events of September 11, and she

experienced a "dark night of the soul" that caused her to stop painting briefly.

The following April she received a phone call from the Undercroft Gallery inviting her to do a solo show in April 2003. When she hung up the phone, there was a message on her answering machine that Helen Gilbert, her mentor from graduate school, had died of cancer.

"I decided to do the show as an homage to Helen. She loved a painting I did with the Monstera leaf. When she looked at it, she said 'Donna, that leaf is singing.' I'm calling the series 'Singing Leaf.' The Monstera plant appears in every painting, including one of the Kola mountains in Maui, the setting in which it would naturally be growing. This whole series is like me—taken from the Islands and transplanted. It's part of my healing from grief, too."

For Berry, the series also gives her a chance to be true to her inner promptings. "I think some people might say, 'Oh why is she painting a plant, that's so trivial.' But I felt that with all the fear—the war threat and

terrorism—I needed to focus on nature and beauty, on what feels good to me and what is good about life. We don't know when we're going to die, but I'm not going out and buying duct tape."

Though her greatest artistic influences are Cézanne and Matisse, Berry readily admits that her perspective is also strongly influenced by her spirituality. "I was raised partly Buddhist and partly Christian, and I was just baptized Episcopalian (at St. Matthew's Church). When I asked for a tour of the church, I didn't know how I would fit in, being Buddhist. Yet I really liked it and I have grown to love that community and that church. They are very welcoming."

Berry isn't sure what specific artistic endeavors the future holds. "I just want to do good work. This is my calling, and I've had that for a long time. I feel I have a mission to complete and I want to be true to it."

"Singing Leaf" opens April 6 at the Undercroft Gallery and runs through May 16. The gallery is located in St. Matthew's Episcopal Church, 2136 Carter Avenue. Admission is free. For gallery hours, call 645-3058.

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## EDITORIAL

*Blessed are the peacemakers*

According to the history books, there hasn't been a world war for 60 years. But by another reckoning, as the world shrinks all wars become world wars. Sixties protesters chanted "The whole world is watching." Today, no American needs to be reminded of the global audience for our actions, especially any that involve armed conflict.

Placing war on a global stage might suggest to some that it's not a local issue. Indeed, when St. Paul City Council Member Jay Benanav brought a resolution to that body opposing pre-emptive war against Iraq, some questioned why a city council should be discussing such matters.

But war—even international war—doesn't happen in "the world." It happens in localities—in cities and villages and neighborhoods. So why shouldn't a city council weigh in on the subject? Or a group of neighbors, for that matter?

St. Anthony Park Neighbors for Peace is a group that has addressed a global issue by maintaining a local presence. Although individual members are involved in related efforts with wider purviews, Neighbors for Peace has focused on the community where its members live. They've done that by hosting community potlucks and by maintaining a weekly "peace presence" on Como Avenue. Peacemaking, these people believe, starts at home.

They believe some other things that certain political leaders would do well to pay more attention to. One of those has to do with the very notion of leadership. Ask a member of St. Anthony Park Neighbors for Peace who their leader is and you'll get a puzzled look. The group has meetings and committees and task forces and facilitators—but no "leader."

From the very beginning, these people made a conscious decision to rotate the task of leading meetings and share the responsibility of representing the group. They value and trust each other. They know what people involved in other successful collective efforts have learned: Strong people don't need strong leaders.

Is America a strong nation? Our president doesn't seem to think so. He views leadership as a solo act that pays only the most cursory and obligatory attention to deliberative bodies such as the United Nations or agreements such as the one achieved at Kyoto, and then acts the way one wanted to act all along, dragging the rest of us along behind.

Is St. Paul a strong city? Our mayor doesn't seem to think so. His notion of leadership is to circumvent the City Council at every turn and to advance his own personal agenda.

It's true that the brand of leadership practiced by George Bush and Randy Kelly is more "efficient." Deliberation takes time. Consensus takes time. Empowering others and recognizing their abilities and trusting them to act appropriately takes time. It's a lot easier just to do it yourself.

But is it democratic? And isn't it democracy that we're bent on imposing in the rest of the world?

## 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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## COMMENTARY

St. Anthony Park has been good for my kids and family. It has a good school, library, retail center and recreation program. It has four historical mainline Protestant churches and two vibrant Catholic churches. From what I can gather, three of the Protestant fellowships are facing aging and dwindling congregations.

Churches are important institutions. Nationally, 30 percent of the population participates in church activity with some regularity, and half of all personal philanthropy and volunteering is religious in nature. Church is a place where neighbors can meet even though they may not have children the

same age. Everyone will tell you a church is not a building; it is people.

Religious historian E. Brooks Holifield writes:

"In the 1890s thousands of congregations transformed themselves into centers that not only were open to worship but also were available for Sunday School (where literacy was taught to former black slaves and immigrants), concerts, growing women's circles, youth groups, scout troops . . . Perhaps more importantly, they gave increasing amounts of money for purposes other than their own maintenance. Protestant congregations by 1923 gave 30 percent of their offerings to

missions and benevolent causes."

This is our big challenge. Can we three local congregations put aside any differences we have and share our resources—possibly even consider sharing one or two church buildings. What will be our legacy?

Wouldn't it be better to be in a church where there were 200 families instead of 100? I am not advocating a suburban super church but rather a great local church with more outreach.

I hope and pray this is the first contribution to an ongoing dialogue leading to action.

Dan Buechler  
St. Anthony Park

## Why does Bush want war?

Even though Saddam Hussein is a bad person, it gives the United States no right to go and kill all those innocent people in Iraq when we could think up another plan to help the people of Iraq and to get a different president for Iraq—peacefully.

President Bush just wants to have war for no reason. He just wants to experience war. Why is that?

Julia Karvel  
St. Anthony Park

## Thanks to neighbors

Thank you to all the people who were so kind with prayers, flowers, candies, sweets and visits while I was recovering from a heart operation. I am especially grateful to the St. Anthony Park Block Nurse Program for rides to therapy, to Sister Andrea from Corpus Christi Catholic Church and to all my St. Anthony Park friends for their help.

Monica Kline  
St. Anthony Park

## Thanks to constituents

I'd like to say thank you to the people who attended my town meeting on February 22 at the Como Lakeside Pavilion. I was pleased that over 150 people from our neighborhoods came to express their views and take part in the debate over the governor's proposed budget and Minnesota's future.

We had an open and lively discussion about the budget issues facing our state, and we heard many points of view. I know I will find what I learned that day very useful as we legislators go about the business of putting together our own budget proposals.

At the meeting people expressed concerns about the impact of the governor's spending reductions for various areas of the state's budget, including cuts that affect low-income families, vulnerable people, immigrants, public employees and higher education students.

Judging from the results of a legislative survey that many of

those in attendance filled out, people in our area are very concerned about adequate funding of our schools, proposals making it easier to carry a gun, the high cost of health care, requirements that immigrants' driver's licenses show visa expirations and the shifting of the state's tax burden to the local level.

I have many concerns about Gov. Pawlenty's proposed budget, including cuts in children's services, medical coverage for many working families and the poorest children and pregnant women, higher education, nursing homes and aid to cities.

We face many tough decisions in the coming weeks and months, and I appreciate your thoughts and opinions. Please feel free to contact me at: 120 State Capitol, 75 Rev. Martin Luther King Jr. Blvd., St. Paul, MN 55155-1606, 296-5537.

Sen. Ellen Anderson  
Senate District 66

## Contributors

*Our thanks to the following contributors and to everyone who helped make this year's Bugle fund drive a success. To date you have contributed \$21,095.*

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# St. Anthony Park Community Council Candidates make election statements

*The St. Anthony Park Community Council election will be held Tuesday, April 8 from 4-8 p.m. North St. Anthony Park residents vote at the library, 2245 Como Avenue. South St. Anthony Park residents vote at the Hampden Park Co-op, 928 Raymond Avenue.*

## NORTH ST. ANTHONY PARK

### Rose Gregoire

Marketing consultant  
2110 Knapp Street

I've enjoyed my work with the council over the last three years and would like to continue for another term to see a number of projects through to completion.

### Victor Hanson

Bookseller/usher  
1538 Grantham Street

I am running for community council because I want to work to address the needs and concerns of St. Anthony Park citizens and enhance our relationship with the larger St. Paul community. I believe that greater interaction in the form of organized sporting events for all ages or extending a personal, welcoming invitation for large events between the community groups in St. Paul and the Twin Cities area will be mutually beneficial. Recognizing and appreciating the uniqueness of our community requires us to look beyond and embrace our shared urban identity.

### Brett Single

Computer consultant  
2238 Doswell Avenue

Having lived here for six years, I've gotten attached to this neighborhood and would like to participate in a more meaningful way.

### Ronald Sundberg

Engineering and business development consultant  
2377 Valentine Avenue

I have very recently moved into north St. Anthony Park from South Minneapolis. I am interested in becoming active in the Community Council as a means of becoming part of the neighborhood. I have been an active volunteer in an affordable and transitional housing program in South Minneapolis.



## SOUTH ST. ANTHONY PARK

### Raymond Bryan

Computer store owner  
862 Raymond Avenue

I am interested in the being on the council for several reasons. I was on the Physical Planning Committee, the Economic Committee and originated the Baker School Task Force that was instrumental in preserving the old school house. On the one hand I am a homeowner in the St. Anthony Park area for more than 25 years, and on the other a business owner in the neighborhood.



In my earlier involvement on the District Council I was concerned about the kind of development that the city or developers had in mind for the area, and I am concerned about that now.

### Sherman Eagles

Software engineer  
980 Hampden Avenue

The next two years will be difficult with state and city budget cuts. I believe that my experience with citizen participation over the past 25 years will be an asset to the Community Council.



### Jay Johnson

Musician  
974 Manvel Street

I am proud to have been a representative to the St. Anthony Park Community Council the last two years. As a member of the Environment Committee, I have worked on the community cleanup, the Kasota Pond cleanup and many other issues. I have been a resident of our community for over 20 years. If elected, I will continue to help make our neighborhood a better place to live and work.



### Gregg Richardson

Librarian  
963 Bayless Avenue

As a St. Anthony Park resident for the past 14 years, I've come to appreciate the factors that go into making a good community. I've raised my kids here and been involved in various small ways over the years. In my career as an academic science librarian, I've come to understand the importance of the physical environment of an urban area, and have also developed professional research skills that I think could be of service to the council.

### Bruce Weber

Grain merchant,  
960 Hampden Avenue

I would like to represent St. Anthony Park. My wife and I and our three children have lived here the past five years, and we enjoy this community immensely. Therefore, I am willing to work for this terrific community.



*"Every gun that is made, every warship launched, every rocket fired signifies, in the final sense, a theft from those who hunger and are not fed, those who are cold and are not clothed."*

— DWIGHT D. EISENHOWER  
U.S. general and 34th president (1890-1969)

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for more information and to join us contact:

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## Living Green Expo comes to State Fairgrounds

by Dave Healy

More than 10,000 people are expected to find out how to save money and "live green" when they attend the second annual Living Green Expo at the Minnesota State Fairgrounds.

The free event runs from

10 a.m. to 6 p.m. on Saturday, April 12, and 11 a.m. to 6 p.m. on Sunday, April 13. Parking is free, secure bike storage is available and attendees who ride the bus will get a free ride home. Free Blue Sky Guides, which

contain over \$5,000 in discounts for products and services from local businesses, will be given to the first 100 attendees each day (limit one per family), compliments of Great River Energy.

The 2003 Living Green Expo will feature more than 150 vendors showcasing environmentally sound products, services and practices.

Additionally, more than 80 workshops will feature everything from how to compost and reduce toxicity in the home to using the latest energy-saving technology and cooking with organic, locally grown food.

There will be a wide variety of art displays, children's activities, food and entertainment, including an eco-fashion show, a play by high school students and an interfaith celebration of sustainability.

Part of the Living Green Expo is the Community Garden Fair and the Food and Farm Festival, a gathering of community gardeners. People will have the chance to meet 20 local farmers who are involved in direct marketing of sustainable food products to consumers.

Businesses, food organizations, state and local agencies, and environmental

Living Green Expo to page 7

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**Living Green Expo from page 6**

groups will provide information about new technologies, renewable resources, products made from both recycled and sustainably grown materials, and more.

The Expo will feature sustainable products and services created by local companies, and will include exhibits and workshops on transportation, home building and remodeling, energy, yard and garden, food and agriculture, arts and culture, and household products and practices.

Participants will be able to see the new Ford Focus hybrid fuel cell vehicle and the new Segway personal transporter.

Attendees are encouraged to help fight hunger by bringing a nonperishable food item to benefit Second Harvest Heartland.

For more information, as well as updates on sponsors and exhibitors, contact Jeff Stuhr at 215-0218 or visit [www.livinggreenexpo.org](http://www.livinggreenexpo.org).

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## St. Anthony Park Garden Club plans seasonal events

### Spring Plant Sale

Order forms for the spring plant sale to benefit the butterfly garden project at the St. Anthony Park community gardens are now available at local businesses. These blooming plants are from Hermes Floral and include Easter lilies, azaleas, hydrangeas, Persian violets, spring bulb gardens, kalanchoes, calla lilies and orchids.

All proceeds from the sale will be used to continue site preparation and planting of the butterfly gardens located off

Robbins Avenue near Cromwell Avenue.

Orders must be mailed by April 7; pickup will be Saturday, April 12 from 1:30-3:30 p.m. at the St. Anthony Park Library meeting room.

### Garden Tour

The biennial garden tour will be held Saturday, June 28 from 10 a.m. to 4 p.m. Sponsored by the St. Anthony Park Garden Club, the tour benefits gardening and natural resource projects in

the neighborhood.

Volunteers, who will receive a free ticket, are needed to greet visitors at the various gardens, assist with installing signs, sell tickets and help with other tasks. Also needed is a special group of volunteers to serve as human chess pieces at one of the gardens on the tour.

If you are interested in volunteering, please contact Gitte Mohr: 644-3379 or [gitte\\_mohr@hotmail.com](mailto:gitte_mohr@hotmail.com).

### DNR Grants from page 1

The USDA Invasive Species Mini-Grant awarded to St. Anthony Park, along with funds from the garden club, serve as a match for the DNR grant. In addition, all volunteer hours associated with these efforts serve as a matching contribution.

An artist will be hired to create art work of woody invasive species and their look-alikes.

Arlene West will work with garden club members and master gardeners to create an invasive species survey guide that will be made available both in print and electronic form to other communities.

Anyone who wants to assist with this grant may contact Mary Maguire Lerman at 644-7388 or [magui011@umn.edu](mailto:magui011@umn.edu).

## Thank you, neighbors, for your generous support of St. Anthony Park!

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### Mark Your Calendars!

"Community Planning Forum"  
May 6, Tuesday - 7 PM  
St. Anthony Park Elementary School

Prof. David Lanegran will present a draft of his SAP/District 12 Report; a time for questions and discussion will follow.

This is the first step in the formation of a neighborhood plan that will be submitted for inclusion in the City of St. Paul Comprehensive Plan.

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# Falcon Heights student is Jif contest winner

by Dave Healy

You haven't lived until you've eaten a peanut butter pizza sandwich.

Until recently, indulging in this culinary curiosity would have been a matter of happenstance because, officially, there was no such thing. It took the creative thinking of Falcon Heights resident Luke Mielke, sparked by an incentive from the folks who make Jif peanut butter, to bring the world a hitherto unrealized combination of English muffin, peanut butter, strawberry jam, banana, chocolate syrup and coconut.

Luke's recipe fetched him a \$100 savings bond, baseball cap, T-shirt and several jars of peanut butter in the Jif's Most Creative Peanut Butter Sandwich Recipe for Kids Contest. And it made the nine-year-old third grader at Falcon Heights Elementary School a hit among friends and family.

Luke's mom, Paula Mielke, had seen a notice about the contest in the paper and thought it might be a good project for the Christmas holiday. The only requirements were that the recipe be for some kind of sandwich and that it include at least two tablespoons of Jif peanut butter.

The Mielkes had previously made mini-pizzas using English muffins, tomato sauce and pepperoni. That concoction served as the inspiration for Luke's contest entry.

His first attempt proved to be inspired; no refinements were necessary. The proportion of ingredients was just right, and the only major decision confronting him was whether to include a sprinkling of coconut. In deference to his younger brother Isaac, no fan of the flaky white stuff, Luke made that ingredient optional.

Contest entries were to be accompanied by a drawing or photo. "I tried drawing the sandwich," said Luke, "but I couldn't get it right. So we took a picture."

This is the first time Luke



Luke Mielke sprinkles some coconut on a peanut butter pizza sandwich.

has won a prize for his cooking, but it doesn't mark his first foray into the kitchen. Indeed, he already had another original recipe to his credit: a waffle sauce that combines peaches, raspberries, sugar and syrup.

Although Luke likes coming up with his own concoctions, he's not above using someone else's recipe. He got a cookbook for Christmas, and recently he picked up one on Indian cuisine at the library.

When he's not in the kitchen, Luke keeps busy working on a model train set in the basement and participating in Cub Scouts. After winning first place in Pack 297's Pinewood Derby, he's eagerly awaiting the Northwest District derby on April 6, when he'll be pitted against 160 other cars.

In the meantime, he keeps the cupboard well-stocked with ingredients for his pizza sandwich, which has become a

family favorite. Despite its popularity, though, Luke concedes that it might be awhile before they go through all the jars of Jif he won in the contest.

"I think we might end up giving some to a food shelf," he said.

## Luke Mielke's Prize-Winning Peanut Butter Pizza Sandwich

- 1 English muffin, sliced
- 2 T. Jif peanut butter
- 2 t. strawberry jam
- 8 slices of banana
- chocolate syrup
- coconut (optional)

- 1. Toast the English muffin.
  - 2. Spread with Jif peanut butter.
  - 3. Spread jam on top of peanut butter.
  - 4. Top with banana slices.
  - 5. Drizzle with chocolate syrup.
- If desired, sprinkle with coconut.



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Thursday Eve til 8:00  
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Sunday: Closed

2309 Como Avenue in St. Anthony Park  
(651) 659-9438

### Kindergarten Roundups

The Kindergarten Roundup for Chelsea Heights Elementary School, 1557 Huron Street, will be held on Tuesday, April 8 from 3:45-5 p.m. Tours of the building will start at 3:15 p.m. with informational meetings starting at 3:45 p.m. Prospective kindergarteners (who must be 5 by Sept. 1, 2003) and their parents are invited to attend. For more information call 293-8790.

Kindergarten Roundup at St. Anthony Park Elementary School, 2180 Knapp Street, will be held on Wednesday, April 23 from 6-7:30 p.m. Children who will be 5 years old by September 1, 2003 and their parents are invited to meet the principal and teachers. Children will visit the kindergarten classrooms while parents meet with staff and receive registration materials.

Please bring a copy of your child's birth certificate, immunization record and social security number. Refreshments will be served. For further information, call the school at 293-8735. If you live outside the St. Paul School District, you may obtain an open enrollment form by calling 632-3728.

### Arts Events

Music in the Park Series presents the Baroque music ensemble REBEL in concert March 30 at 7 p.m. at St. Anthony Park United Church of Christ, 2129 Commonwealth Avenue.

The ensemble is joined by bass Curtis Streetman and will perform vocal and instrumental music from 17th-century Germany. Works will include two psalms by Nicolaus Bruhns, "O Jesu dulcissime" by Franz Tunder, Johann Rosenmüller's Sonata Seconda No. 3 in E, and two chorale preludes by Buxtehude with organ solo.

Tickets for the concert are \$16 in advance, \$18 at the door and \$12 for students. They are available at Bibelot, Micawber's or by calling 645-5699.

Music in the Park's Family Concerts conclude with April 4 performances by Joan Griffith (guitar and bass) and Ruth MacKenzie (vocalist), who will present "What is Jazz?"

Concerts are at 6:15 and 7:30 p.m. at St. Matthew's Episcopal Church, 2136 Carter Avenue. Tickets are \$5 in advance and \$6 at the door and are available by calling 645-5699.

### Community Band

The St. Anthony Park Community Band begins its 22nd year on April 8, and welcomes new member interested in playing a challenging musical repertoire.

Rehearsals are held during April and May, with a full schedule of concerts continuing through the summer. The band plays a wide variety of music in performances at various locations throughout the St. Paul area.

Instrumentalists of all ages are invited to attend rehearsals on Tuesday evenings from 7:15-9 p.m. at Como Park High School, 740 W. Rose Street, just east of Lake Como. For more information, call Paul Husby at 642-1559.

### Dinner/Discussion

"A World at War: Comprehending the Incomprehensible," a study group sponsored by St. Matthew's Episcopal Church, concludes on Monday, April 28 with a

presentation on the Palestinian-Israeli conflict.

The Allabounis (Bishara, Isabella and Nabeel), who own the Abu Nader Deli on Como and Raymond, will tell their story and offer their perspective on the situation in Palestine and Israel. They will also serve dinner.

Tickets for the dinner are \$10 and must be reserved in advance. Contact the church at office@stmatthewsmn.org or 645-8902.

### Composting

Eureka Recycling will offer a workshop on indoor composting with worms from 1-3 p.m. on Saturday, March 29 at the Hamline Midway Library, 1558 Minnehaha Avenue.

Composting with worms is a simple way to reduce household waste. A pound of worms can consume almost all the food waste generated by a family of four.

The workshop will outline all the steps necessary to start composting with worms. Supplies will be available for purchase, including worms (\$16), compost bins (\$20) and copies of the book "Worms Eat My Garbage" (\$8).

The workshop is free, but registrations is required. Call 222-7678 to sign up.

### Gardening

Perennial plant hunting in Holland will be the topic for the April 1 meeting of the St. Anthony Park Garden Club. Debbie Lonnee and Jayne Roberts will show slides of their recent trip to nurseries in Holland, featuring perennials that will be released to the market in coming years.

The program is open to the public and begins at 7 p.m. in the meeting room of the St. Anthony Park Library.

The Minnesota State Horticultural Society sponsors two classes on organic gardening.

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ST. ANTHONY PARK COMMUNITY COUNCIL

## NEWS

Council-sponsored meetings are listed each month in the Bugle's Community Calendar. Everyone is welcome!

**2003 COMMUNITY COUNCIL ELECTION**  
**TUESDAY, APRIL 8TH**  
**4:00-8:00 PM.**

Voting locations:

South St. Anthony  
(Hampden Park Co-op)

North St. Anthony  
(SAP Library)

890 Cromwell, St. Paul, MN 55114 • phone: 649-5992 • fax: 649-5993 • e-mail: district12@ci.stpaul.mn.us  
NW St. Paul HandyWorks Program: 649-5984

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## e t c e t e r a

Classes run on Wednesdays from 6:30-8 p.m. at the Center for Northern Gardening, 1755 Prior Avenue N. in Falcon Heights.

On April 2 Bud Markhart, a professor in the University of Minnesota's Horticultural Department, will talk about controlling pests and weeds organically.

On April 23 Paul Red Elk will discuss deadheading, seed saving, harvest time and preparation for next year.

Classes are free for Minnesota Green members and \$5 for everyone else. For more information, call 643-3601 or visit [www.northerngardener.org](http://www.northerngardener.org).

Friends of the Mississippi River will sponsor Gardening for a Rainy Day, a workshop on rain gardens, native plants and gardening techniques for water quality.

The workshop takes place Wednesday, April 16 from 6:30-8:30 p.m. at the St. Anthony Park Library. To register, contact Beth Storey at [bstorey@fmr.org](mailto:bstorey@fmr.org) or 222-2193 ext. 6.

### Art Fair

The 34th annual St. Anthony Park Arts Festival will take place Saturday, June 7 on the grounds of the St. Anthony Park Library and Luther Seminary.

Applications for exhibitors are available at the library, 2245 Como Avenue, or by calling 644-4725.

### Arts Contest

Minnesota Congresswoman Betty McCollum is inviting local high school students to participate in the 22nd annual Congressional Arts Competition, "An Artistic Discovery."

The competition is open to all high school students, grades 9-12. All entries must be original art work, no larger than 32"x32" and must arrive framed. The deadline for entries is April 25.

Send entries to McCollum's office: 165 Western Avenue N., Suite 17, St. Paul, MN 55102.

For more information, call 224-9191.

### People

State Representative Mindy Greiling has been named 2003 Legislator of the Year by the St. Paul Business and Professional Women, an organization that works to promote workplace equity for women.

Greiling, who represents Lauderdale in the Minnesota House, is assistant minority leader and currently serves on the K-12 Education Policy Committee, the Rules and Legislative Administration Committee and the K-12 Education Finance Committee.



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Paul Kirkegaard, 651-644-9216

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

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# April ARTS



## MUSIC IN THE PARK SERIES

### 2002-2003 SEASON



**MARCH 30, 7:00 PM - \*Note time**  
**REBEL: Ensemble for Baroque Music**  
with Curtis Streetman, bass

#### MAY 4 A CELEBRATION OF MINNESOTA 7 PM COMPOSERS & MUSICIANS

Our grand finale will feature compositions by four acclaimed Minnesota composers—Stephen Paulus, David Evan Thomas, Carol Barnett and Randall Davidson—performed by local musicians such as longtime series favorite, pianist Thelma Hunter, Minnesota Orchestra members Michael Sutton, violin; Joseph Johnson, cello; Burt Hara, clarinet; Vern Sutton, narrator; Karen Clift, soprano; Claudia White, flute; Laura Sewell, cello; and Marianne Fleming Bryan, piano.

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ST. ANTHONY PARK UNITED CHURCH OF CHRIST  
2129 Commonwealth Ave. at Chelmsford St. in St. Paul  
Tickets/Information: (651) 645-5699  
email: musicinthepark@sihope.com  
website: www.musicintheparkseries.org

#### TICKETS

Single Tickets: \$16 advance purchase  
(\$18 at the door, \$12 students - upon availability)

SINGLE TICKETS AVAILABLE AT THE BIBELOT SHOP  
& MICAWBER'S BOOKSTORE IN ST. ANTHONY PARK

#### FAMILY CONCERTS 2003

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Friday, April 4 at 6:15 & 7:30 PM

☆ JOAN GRIFFITH, guitar & bass ☆  
and RUTH MACKENZIE, singer  
in "What is Jazz?"

St. Matthews Episcopal Church, 2136 Carter Ave.

Tickets: \$5.00 advance, \$6.00 at door

Call (651) 645-5699

or visit our website: www.musicintheparkseries.org

click on the "family concerts" link

### Music

**New Folk Collective**  
293-9021

• CARNET ROGERS with ARCHIE FISHER  
April 19, 7:30pm  
St. Paul Student Center Theater

**Coffee Grounds**  
1579 Hamline Ave., 644-9959

• MICHAEL YOUNG  
April 4, 8-10:30 pm

• PAUL JONES  
April 6, 10 am

• IVORY BRIDGE  
April 10, 7-9pm

• JERRY KOSAK  
April 11, 8-10:30pm

• PAUL JONES  
April 12, 8-10:30pm

• JIM KANTOROWICZ  
April 13, 10am

• IVORY BRIDGE  
April 18, 8-10:30pm

• NATALIA ZUKERMAN AND  
NADINE GOELLNER  
April 23, 7:30-9:30pm

• THE REMNANTS  
April 25, 8-10:30pm

• THE BOOLEY BAND  
April 26, 8-10:30pm

• Open Mic  
April 27, 7pm

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• Open Mic  
April 2, 7pm (6pm sign-up)

• DIANE JARVI AND DAN NEWTON  
April 3, 7:30pm

• PHIL HEYWOOD  
April 4, 8pm

• ANDREANA CORTES  
April 5

• Open Mic  
April 9, 7pm

• GREG KLYMA  
April 10, 7:30pm

• JOE MEYER BAND  
April 12, 7-9pm

• MICHAEL JERLING  
April 17, 7:30pm

• BILL PERISH  
April 19, 7-9pm

• CLIFF EBERHART  
April 24, 7:30pm

• "HAMLINE GOES TO GINKGO"  
(winner of Hamline University  
musician play-offs)  
April 26, 8-11 pm

• BLUEGRASS AND OLDTIME JAM SESSION  
Second and fourth Wednesdays, 7pm

• OPEN STAGE  
First and third Wednesdays,  
6pm sign-up

### Music in the Park Series

**St. Anthony Park United  
Church of Christ**  
2129 COMMONWEALTH AVE.,  
645-5699

• REBEL: Ensemble for Baroque  
Music March 30, 7pm

### Family Concert Series

**St. Matthew's Episcopal  
Church**  
2136 CARTER AVE., 645-5699

• JOAN GRIFFITH AND RUTH MACKENZIE  
April 4, 6:15 and 7:30pm

### Visual Arts

#### Goldstein Gallery

• HERE BY DESIGN II  
Through April 13

• "KEEPING THE USER IN MIND"  
April 9, 6:30pm  
McNeal Hall, St. Paul Campus

#### Undercroft Gallery

2136 CARTER AVE. 645-3058

• FIFTH ANNUAL COMMUNITY ART SHOW  
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# April Calendar

## 1 Tuesday

- **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.
- **CHAIR EXERCISE CLASSES - Seal High Rise**, 825 Seal Street every Tuesday and Thursday at 1:30 p.m.. These classes are free to all area seniors, but pre-registration is necessary. Call 651-642-9052 to pre-register.
- **FREE blood pressure clinic and health resources** by the St. Anthony Park Block Nurse Program, Seal High Rise (825 Seal St.), 1-3 p.m. every Tuesday.
- **St. Anthony Park Garden Club**, 6:30 p.m., St. Anthony Park Library.
- **St. Anthony Park Writers** (917-0019), 6:30 p.m., St. Anthony Park Library

## 2 Wednesday

- **WOMEN'S CONNECTION**, a women's networking organization (651-603-0954), 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**.

## 3 Thursday

- **TOT TIME** (for 5-year-olds and younger), South St. Anthony Rec Center (651-298-5765), 10 a.m.-noon. Every Thursday.
- **CHAIR EXERCISE CLASSES - Seal High Rise**, 825 Seal Street, 1:30 p.m.
- **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.

## 4 Friday

- **STORYTIME** for preschoolers ages 3-5, St. Anthony Park Library, 10:30 a.m. Pre-registration requested. 651-642-0411. Every Friday until April 11th.
- **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.)
- **Falcon Heights recycling**.

## 7 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.

## 8 Tuesday

- **St. Anthony Park Community Band rehearsal** (651-642-1559), Como Senior High band room, 7:15 p.m. Every Tuesday from April 8 to June 3.
- **KINDERGARTEN ROUNDUP**, Chelsea Heights Elementary School (293-8790), 1557 Huron Street, 3:45-5 p.m.
- **LAUDERDALE CITY COUNCIL**, City Hall, 1891 Walnut St., 7:30 p.m.

## 9 Wednesday

- **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.
- **FALCON HEIGHTS CITY COUNCIL**, City Hall, 2077 Larpenteur Ave., 7 p.m.

## 10 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.

## 14 Monday

- **Park Press Inc.**, Park Bugle Board Meeting, St. Anthony Park Bank, 7 a.m.
- **HATHA YOGA CLASSES** start this week. Call Holly House at 651-645-6951.
- **Como Park & Lauderdale recycling**.

## 15 Tuesday

- **DISTRICT 10 BOARD MEETING**. Call 651-644-3889 for details.

## 16 Wednesday

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

## 18 Friday

- **Falcon Heights recycling**.

## 22 Tuesday

- **LAUDERDALE CITY COUNCIL**, City Hall, 1891 Walnut St., 7:30 p.m.

## 23 Wednesday

- **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 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.

- **KINDERGARTEN ROUNDUP**, St. Anthony Park Elementary School (293-8735), 2180 Knapp St., 6-7:30 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.

## 28 Monday

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

- **Como Park & Lauderdale recycling**.

## 30 Wednesday

- **St. Anthony Park recycling**.

ITEMS FOR THE MAY COMMUNITY CALENDAR MUST BE SUBMITTED TO THE BUGLE OFFICE BY 6 p.m., Friday, April 18.

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## LIVES LIVED

### William L. Engstrom

William L. (Bill) Engstrom, formerly of St. Anthony Park, died on February 1, 2003 at age 81.

He was born in St. Paul on March 28, 1921, and grew up on the East Side. He attended Harding High School and studied architectural drafting at St. Paul Vocational School.

From 1942 through 1946, Engstrom served in the U.S. Army as a radio operator and

communications chief. He received two overseas service bars—the American Theater Service Ribbon and the Asiatic-Pacific Theater Service Ribbon. Following active duty, he served as a reservist for several years.

A 45-year-resident of St. Anthony Park, Engstrom worked for Sweeney Cleaners as a boiler engineer and route salesman until his retirement. He also worked part time at the Standard Oil station on Como

and Raymond for many years. His hobbies included repairing radios and televisions, building model airplanes and cars, cooking, gardening and fishing.

Engstrom lived in Vadnais Heights from 1998 until his death. He is survived by his wife of 55 years, Lucille (Berg) Engstrom; son John (Judith) of Sequim, WA; and son Joseph (Karen) of North St. Paul and their children, Mark and Ann.



### Aging Gracefully by Mary Jo Tarasor

According to a variety of studies, Americans are overweight. Obesity has surpassed smoking as the leading contributor to numerous health problems and premature death. There are two causes of excess weight gain: too much food and too little exercise.

From an anthropological perspective, humans have historically lived in environments where more exercise than most of us get today was necessary for survival, and food was only seasonally plentiful or scarce all of the time. Our metabolisms have not adapted to our current environment, where food is plentiful all of the time and little exercise is needed to survive.

As a result, the "diet aid" industry is growing by leaps and bounds. Millions of Americans have paid billions of dollars for pills, drink mixes and other items to help them lose weight "miraculously." Some of these products have proven harmful to health. And none can replace discipline and common sense in a weight-control plan.

This month's column is dedicated to those of us who could use a little advice on sensible diet. The following suggestions are taken from the American Academy of Family Physicians. What I plan to do is implement the ideas one at a time, to see how they help me. I'll provide updates in future columns, and if any of you try these tips, I'd love to hear how they work for you.

•Keep a journal of what, when and where you eat for a week, then review it to find out when and where your eating is unhealthy.

•Store all your food in the kitchen so you'll have to consciously go there to eat. Remove food from your car, nightstand or office.

•Don't buy junk food. Keep fresh fruit and vegetables or fat-free popcorn around for snacks. If you feel the urge to snack, set a timer for 20 minutes. When it buzzes, if you're still hungry, have a healthy snack.

•Don't fry anything. It can triple the calories in your food. (One medium potato: baked, 67 calories; hash browned 163 calories; French fried, 180 calories.)

•Eat your meals at the same time each day. This will condition your body to expect food at certain times.

•Eat breakfast. Skipping meals causes your body to think it is starving, so it shifts into low gear, using fewer calories. This habit is also likely to lead to binge eating later in the day.

•Chew gum, brush your teeth or use mouthwash right after eating to prevent nibbling.

•When you eat, just eat. Don't eat while reading, watching TV or engaging in other distracting activities. If your attention is elsewhere, it's easy to consume much larger quantities of food than you had planned or is good for you.

•Use small plates and measure food portions.

•If you want a second helping, wait 20 minutes before indulging. This is how much time it takes your stomach to tell your brain that it's full.

•To encourage slower eating, use the wrong hand or chopsticks to eat.

•When you bake treats, save portions separately in the freezer. This makes it easier to eat reasonable amounts of goodies.

•Try to get 20 minutes to a half hour of exercise each day. Make it part of your daily activities. Park your car at the edge of the parking lot when you shop; use stairs rather than elevators, especially coming down; do deep knee bends rather than bend from the waist to pick up around the house.

•Drink plenty of water. It helps you feel fuller and also helps flush toxins out of your system.

•If you receive a box of candy or something similar as a gift, recycle it through a food shelf or take it to a party.

•Weigh yourself no more often than once a week. Daily fluctuations due to water retention can be discouraging.

•As these suggestions work for you, reward yourself—but not with food! Give yourself a new book or CD, or take yourself to the theater or a concert. (Use the money you save by not buying snack foods!)

•As your clothes get roomier, take them in or start wearing those clothes at the back of your closet that haven't fit for a while. Clothes that fit more snugly are a good way to alert yourself if you start to add back a few pounds.

•Next month, I'll check in with you on how I've done with these tips.

*As always, if you have ideas for topics we could cover, please contact us at [sapbnp@bitstream.net](mailto:sapbnp@bitstream.net) or 642-9052.*

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# CLASSIFIEDS

**Classified deadline:**  
April 18th, 6 p.m.  
Next issue: April 30th

- Type your ad. Our style is to put the first few words in capital letters.
- Count the words. A word is numbers or letters with a space on each side. A phone number is one word.
- Figure your cost: 85¢ x number of words (\$8.50 minimum).
- Send your ad & check to Bugle Classifieds P.O. Box 8126 St. Paul, MN 55108 or deliver to the drop box at the side entrance to the Bugle office at 2190 Como Ave. on the Knapp Place side of the building by 6 p.m. on deadline day.
- Classified ads are not taken over the phone.
- Call Raymond Yates at 651-646-5369 with questions.

## Instruction

HATHA YOGA Classes start week of April 14th. Call Holly House at 651-645-6951.

## Child Care

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

## Professional Services

GRAPHIC DESIGN—Want fast, quality graphic design services for a fraction of the cost? Let's talk about your next project! Call Raymond at 612-339-4679.

EDITING, book design & typesetting, proofreading, illustration. Sylvia Ruud - 651-645-8405. ruudx004@umn.edu

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

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

PASSPORT PHOTOS—\$12 (tax included), International Institute, 1694 Como Ave., Hours Mon. - Thurs. 9 a.m. - 4:30 p.m.; Fri. 9 a.m. - 4 p.m.

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

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CARLSON PAINTING - interior/exterior, wallpapering, refinishing, 20 yrs. experience, free estimates. 651-429-0894.

ARTISTS AT WORK - A unique company in the service of house cleaning. Serving St. Anthony Park for 15 years. 651-633-2768.

STEVE'S PAINTINT AND Decorating. Interior and exterior, local and prompt, reasonable rates, excellent results. 651-387-7319.

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PLUMBING. All Star Plumbing, Repair, Remodeling. Free estimates. Call Jack Stodola. 763-792-9062 (office); 612-865-2369 (cell).

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

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HOUSECLEANING—TIRED OF CLEANING on weekends? Call Rita & Molly for dependable and quality work! 651-699-7022.

RAIN GUTTERS CLEANED, repaired, installed. Burton's Rain Gutter Service. Since 1973. Insured. License #20126373. 651-699-8900.

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

"The Maintenance Man" - No job too large or too small. Call Roger at 763-464-1655. Licensed & insured.

CAN'T DECIDE PAINT colors? Interior/Exterior Paint Plans. Beth 651-292-0488.

## Lawn/Landscaping

St. Thomas student, reliable lawn mowing, trimming and blowing. Call Andrew 651-645-3940.

## Employment

LOVE ANIMALS? The Wildlife Rehabilitation Center is looking for volunteers to help care for baby wild animals once a week for 2-4 hours. Shifts are available 7 days a week. Children 14-17 can work with a parent, must be 18 years or older to work alone. Web site is www.wrcmn.org. Call Carrie Gmeinder at 651-486-9410 x114 to register or apply online.

PUBLICATIONS SECRETARY - 16 hrs./wk.. Candidates will have experience with MS Word and Publisher and possess excellent organizational and communication skills for work with weekly deadlines. Publications layout experience is highly desirable. Contact Linda at Como Park Lutheran Church 651-646-7127.

## Sales

ROSEVILLE ECFE STUFF SALE Used children's clothing, toys, equipment. April 12th, 9am to 1:30pm. No strollers allowed. Fairview Community Center, 1910 West County Road B.

RUMMAGE SALE - Holy Childhood Church. May 8th 9am to 7pm, May 9th 9am to noon. Corner of Pascal and Midway Pkwy.

## Housing

WE LOVE YOUR HOUSE! Are you selling your 3+ bedroom St. Anthony Park Home? Please call Stuart and Anne 612-378-7992.

GREAT ONE-BEDROOM Condominium! Asking \$116,500. For details call 651-486-4973.

SINGLE-FAMILY HOME for rent (across from Seminary), 3+ bedroom; 2 full baths; formal dining room; hardwood floors; fireplace; dishwasher; washer/dryer; non-smoking. \$1400 + util., 651-644-5657.

LUTHER PLACE Condominium for rent. Large second floor unit with 2 br., 2 bath, LR, DR, laundry, balcony, heated garage, party room, and guest room. Nineteen unit non-smoking 55+ building. Beautiful views in a prime location. 2250 Luther Place, \$1375/month, appointment only. 952-401-0025.

VERY NICE 2 bdr. apt. in updated 1887 Vict. duplex. W/laundry, garage, c/a, storage, yard. \$925/mo. + gas/elec. only. Includes water, trash. Walk to St. Paul Campus. Avail. April 1. 651-644-8098.

GARAGE STALL for rent. 651-645-1135.

FOR SALE - Charming 2+ bed, 2 bath home. Como Park. Gourmet kitchen, office/den, hardwood floors. 200 foot deep lot. Immaculate! Available April 2003. FSBO 651-488-1098.

COMO LAKEVIEW apartment for rent. Expansive 1BR, hardwood floors, beautiful westside view of Lake Como. Available 4-1. \$700.00 651-261-0399.

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**Neighbors for Peace from page 1**

addition to signs and placards, group members had petitions and sign-up sheets. To date, about 180 people have signed on as supporters.

Since the original public gatherings in December, members of Neighbors for Peace have maintained a regular presence in front of the library on Como Avenue every Saturday from 11:30 a.m. to 12:30 p.m.

They have also sponsored two community potlucks at St. Anthony Park United Church of Christ, events that included presentations by speakers familiar with the situation in Iraq.

According to Benson, inviting speakers reflects the group's desire to educate themselves.

"We want to achieve a fuller understanding of American foreign and domestic policy," she says. "Educating ourselves and others is an important part of what we're about. We don't want to be comfortable with ignorance."

In addition to the "for peace" part of their name, the word "neighbors" is important, says Wulling.

"I knew about this group back in the 80s," says the long-time St. Anthony Park resident, "but I didn't join right away. I was sympathetic to their cause but hesitant to get involved at such a local, visible level."

Eventually, Wulling overcame his reservations, and now he sees the group's local visibility as its greatest strength.

"I think many neighborhood residents have felt courage by seeing people they know standing out on the street corner."

Kathy Magnuson echoes that sentiment. "People have come up to me and said 'Did I see you in front of the library?' or 'Was that your name in the Bugle ad?' Having a neighborhood presence makes our message more meaningful."

In addition to their name and public image, St. Anthony Park Neighbors for peace made some important decisions about how to function as a group. One thing that impressed new member Magnuson was their commitment to avoiding fixed roles.

"The first meeting was facilitated by someone with obvious skills at drawing people out and synthesizing a lot of wide-ranging information," says Magnuson. "When we started talking about when to have our next meeting, someone asked him if he'd be willing to lead it. But the group expressed a strong sentiment to rotate that responsibility."

Finances have been similarly ad hoc. When expenses arise, such as paying for the Bugle ad or providing an honorarium for a speaker, people pass the hat. When the group began to accumulate a balance, they opened a checking account. Now, regular financial reports are

given at each meeting.

Although the group has attempted to remain organizationally flexible, it has also tried to recognize individuals' particular interests and abilities.

For example, several task forces have emerged within the larger group. One of these has worked on organizing the potlucks, another on communications, another on articulating the group's vision and

purpose.

For Magnuson, being part of St. Anthony Park Neighbors for Peace has been a source of great encouragement. "I've been impressed by the deep commitment I've seen in other group members," she says. "We have some great philosophical discussions out on the sidewalk on Saturdays."

According to Benson, even though the group is not explicitly

or avowedly religious, she senses "a deeply felt reverence for life and a sense of spirituality."

Group members are firm in their resolve to continue their efforts regardless of what happens in Iraq.

"Obviously, Iraq is our current focus," says Magnuson, "but we have a larger purpose."

"The issue is much larger than this immediate war," says Wulling. "Regardless of what

happens in Iraq, there is still a lot to be done."

Adds Benson, "The energy to make peace rather than war needs to be sustained."

For more information about St. Anthony Park Neighbors for Peace, visit [www.parkpeace.org](http://www.parkpeace.org) or contact Kathy Magnuson ([kathydmagnuson@yahoo.com](mailto:kathydmagnuson@yahoo.com), 645-2475) or Shelley Sherman ([mail@shermanhome.com](mailto:mail@shermanhome.com), 645-4102).

## LIFE IN THE CHURCH: COME AND SHARE

### ❖ BETHANY BAPTIST CHURCH

Skillman at Cleveland S., Roseville. 651-631-0211  
Bethany Baptist Sunday Worship 10:45 am  
Pastor Bruce Petersen  
Filipino-American Worship 3:30 pm  
Pastor Sanny Olojan

### ❖ COMO PARK LUTHERAN CHURCH - ELCA

1376 Hoyt Ave. W., St. Paul, MN 55108-2300  
651-646-7127  
Handicapped accessible  
CPL Contact Ministry 651-644-1897  
[www.ComoParkLutheran.org](http://www.ComoParkLutheran.org)

Sunday Schedule:  
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.  
Wednesday, Lenten Services, April 2 & 9: 7:00 pm  
Palm Sunday, April 13: 8:00, 9:00 & 11:00 am  
Maundy Thursday, April 17: 7:00 pm  
Good Friday, April 18: 10:00 am Tenebrae Service  
7:00 pm Rutter Requiem presented by the CPL Choir & Orchestra  
Easter Sunday, April 20: 6:30 am Sunrise Service  
8:00, 9:30 & 11:00 am Worship

Pastors: Martin Ericson and David Greenlund  
Visitation Pastor: Leonard Jacobsen  
Director of Music Ministry: Thomas Ferry

### ❖ 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)  
"AN OLD CHURCH WITH A NEW VISION"  
Handicap-accessible. Wheelchair available.  
1460 Almond at Pascal. 651-645-2575  
Sunday Worship: 9 am.  
Sunday School and Adult Bible Class: 10:30 am.  
April 18th - Good Friday Tenebrae Service, 7:00 pm  
Easter Sunday, April 20th - Easter Breakfast, 7:30 am  
Festival of Resurrection Service, 9:00 am

### ❖ ST. CECILIA'S CATHOLIC CHURCH

Cromwell and Bayless Place. 651-644-4502  
Website: [www.stceciliaspam.org](http://www.stceciliaspam.org)  
Handicap accessible  
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)  
Daily Mass: 7:30 am Tuesday, Wednesday, Thursday, Friday  
Communion Prayer Service: 7:30 am Monday  
Lent Reconciliation: April 9, 6:30 pm  
Holy Thursday: April 17, 7:30 pm, Mass of the Last Supper  
Good Friday: April 18, 3:00 pm, Stations of the Cross  
7:30 pm, Celebration of the Lord's Passion & Death  
Holy Saturday: April 19, 8:30 pm Easter Vigil/Eucharist  
Easter Sunday: April 20, 8:15 am Sunday Eucharist (Hi-Rise)  
10:00 am Sunday Eucharist (Church)

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

2129 Commonwealth at Chelmsford. 651-646-7173  
Website: [www.sapucc.org](http://www.sapucc.org)  
Handicapped accessible and an Open and Affirming Congregation.  
Rev. Dane Packard, Pastor.  
Adult Ed. Faith & Life Breakfast Forum - 8:30 am every Sunday.  
Sunday Worship & Sunday School: 10:00 am, Fellowship: 11:00 am.  
Nursery Care provided - 10:15 am.  
Sunday, April 6, 10:00 am - Communion  
Sunday, April 13, 10:00 am - Palm Sunday Service  
Thursday, April 17, 7:00 pm - Maundy Thursday Service  
Sunday, April 20, 7:30 am - Easter Sunrise Service - College Park  
10:00 am - Easter Service - Sanctuary

### ❖ ST. ANTHONY PARK UNITED METHODIST CHURCH

United in Love and Service  
2200 Hillside Ave (at Como) 651-646-4859  
Pastor Donna Martinson  
Sundays:  
10:00 am Worship Celebration  
10:20 am Sunday School (3 years to 6th grade)  
11 am Fellowship  
11:05 am Youth Class  
5:00 - 8:00 pm Alpha and Bible Study  
Wednesdays: 9 am-1 pm Leisure Center (Senior fellowship, activities, and noon meal).  
April 20: Easter Sunrise Service, 7:30 am at College Park

### ❖ ST. ANTHONY PARK LUTHERAN CHURCH

We are a community of believers called to joyfully serve God, one another, and the world. [www.sapl.com](http://www.sapl.com)  
2323 Como Ave. W. Handicap-accessible. 651-645-0371  
Pastor Glenn Berg-Moberg, Email: [sapluth@mtn.org](mailto:sapluth@mtn.org)  
Sunday Worship services 8:45 & 11:00 am. (nursery provided)  
Sunday School 9:50 am.

#### 信義教會 星期日下午

Wednesday, April 2 & 9, 5:30 pm, soup suppers  
7:00 pm, midweek Lenten services  
Thursday, April 17, 7:00 pm, Maundy Thursday service  
Friday, April 18, 7:00 pm, Good Friday service  
Saturday, April 19, 8:03 pm, sunset, Easter Vigil  
Sunday, April 20, Easter services 8:45 & 11:00 am  
Breakfast served between services

### ❖ ST. MATTHEW'S EPISCOPAL CHURCH

2136 Carter at Chelmsford. 651-645-3058  
Monday, March 31, Mideast Study Group - Lecture & Discussion 7:00 pm  
*Prof Iraj Bashiri (U of M) "The rise of radical Islam"*  
Friday, April 4, Music in the Park Family Concerts - 6:15 & 7:30 pm  
*"What is Jazz?" - tickets in advance \$5/at the door \$6*  
Sunday, April 13, Palm Sunday  
*Reading of the Passion at 8:00 & 10:00 am*  
*Outdoor Procession (weather permitting) at 10:30 am*  
Thursday, April 17, Maundy Thursday  
*Holy Communion - 7:30 pm*  
Friday, April 18, Good Friday  
*Holy Communion from Reserved Sacrament at 7:00 am*  
*Good Friday Liturgy at 12:15 pm*  
*Service of Tenebré at 7:30 pm (in darkness with candles)*  
Saturday, April 19, Holy Saturday  
*Stations of the Cross at Noon*  
Sunday, April 20, Easter Sunday  
*The Great Vigil of Easter at 6:00 am*  
*Holy Communion with Hymns at 8:30 am*  
*Holy Communion with Choir & Organ at 10:30 am*  
Monday, April 28, Mideast Study Group - Dinner & Discussion 6:00 pm  
*The owners of Abu Nader Deli serve a Palestinian dinner and give perspective on the Palestinian-Israeli conflict*

Sunday Services:  
8:00 am Holy Eucharist, Rt. I  
10:30 am Holy Eucharist, Rt. II  
4:00 pm Prospect Hill Friends' Meetings  
Wednesdays: 10:00 am. Communion, Chapel  
6:30 pm. Evening Prayer, Chapel  
(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

### ❖ ST. MICHAEL'S LUTHERAN CHURCH - ELCA

1660 West County Road B, Roseville. 651-631-1510  
one block west of Snelling  
Sunday Worship: 8:45 am and 11:00 am.  
Education for ages 2 thru adult: 10:00 am - 10:50 am.  
Nursery provided. Handicap accessible.  
Pastors: Roland Hayes and Sarah Breckenridge Schwietz  
For more information, check [www.stmichaelselca.com](http://www.stmichaelselca.com)

### ❖ WARRENDALE PRESBYTERIAN CHURCH

1040 Como Ave. at Oxford. 651-489-6054  
One block east of Lexington Parkway  
Rev. Timothy Held, Minister  
Sunday School: 9:30 am, Worship: 10:45 am