



# Park Bugle



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

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## Falcon Heights gets ready for Town Square

by John Marino

The southeast corner of Larpenteur and Snelling Avenues in Falcon Heights is slated for a face-lift that will take it from the mid-1950s into the 21st century.

Town Square is a revitalizing project scheduled to begin this summer with demolishing what the developer calls "an aging and decrepit shopping center" and replacing it with mixed-use development.

When it's done in about two and a half years, the corner will have housing units for a variety of income ranges and will retain about one-fourth as much retail space. The current area has about 50,000 square feet of retail shops.

"We started looking at this three years ago," said Heather Worthington, Falcon Heights city administrator. "A study determined that the current retail space is over-saturated and that the new plan of 12,000 square feet is more realistic, given that the other two corners are doing better."

Current retail tenants will vacate the premises by the end of

May and demolition will begin in September, shortly after the State Fair concludes.

One business, Dino's Gyros, will move across Larpenteur and eventually occupy the building that now houses Embers restaurant. Chin's Kitchen also hopes to relocate on the north side of Larpenteur. None of the

50 for lower-income families. Fifty-five senior housing units will feature both one- and two-bedroom apartments. Fourteen town homes will be priced in the \$225,000-\$250,000 range. All resident parking will be underground, and there will be a surface parking lot for the retail shops.

Because of the decreased retail space, the city expects that traffic will eventually decrease by 1,300 vehicle trips per day. During construction, there won't be any detours on

either Snelling or Larpenteur. "It'll be a pretty tightly controlled site," Worthington said.

City officials have involved the community in planning the site, holding at least 16 meetings. One big change that residents lobbied for and got was the height of the apartments, originally scheduled to be four stories high. Residents said that was too high, so all parties agreed to a limit of three stories.

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**"A study determined that the current retail space is over-saturated and that the new plan is more realistic, given that the other two corners are doing better."**

—Heather Worthington,  
Falcon Heights city administrator

other businesses plan to remain once the new retail center opens.

Construction will begin when the footings are put in sometime in October or November, Worthington said. Senior housing, affordable apartments and retail shops will open in late 2004. The last piece of the redevelopment puzzle, upscale town homes that will face Arona Street, will open in mid-to-late 2005.

There will be 119 family rental apartments, 69 of which will rent for the market rate and



Photo by Mary Jo Tarasor

Barbara Williams and Roberta Schroeder stretch at the free exercise classes for seniors at the Seal High Rise in south St. Anthony Park. The classes are offered by the St. Anthony Park Block Nurse Program and funded in part by a grant from the St. Anthony Park Community Foundation.

## May forum will present results of SAP neighborhood study

by Dave Healy

On May 6, a forum will be held to discuss the results of a neighborhood study being conducted by the St. Anthony Park Community Council and the St. Anthony Park Community Foundation. The forum takes place at 7 p.m. (doors open at 6:30) at St. Anthony Park Elementary School, and all neighborhood residents are invited to attend.

The May 6 forum will include a presentation by researcher David Lanegran, who will report the results of a recent neighborhood survey conducted by the St. Anthony Park Community Foundation.

The survey of area residents and businesses asked people to characterize their satisfaction with various neighborhood services.

Lanegran will also share demographic information about St. Anthony Park that he has collected from a variety of sources. In addition, several GIS maps of the area will be available for inspection, addressing a number of demographic variables.

After Lanegran's presentation, people will divide into small groups to discuss the presentation and offer feedback, which will be incorporated in a neighborhood plan that the St. Anthony Park Community Council will present to the city of St. Paul.

St. Anthony Park hasn't done a comprehensive long-range plan for 20 years. A decision to update the 1983 plan was initially prompted by an announcement from St. Paul's Department of

Planning and Economic Development that the city will begin "decertifying" existing neighborhood plans unless they are updated by 2005.

The timing of St. Anthony Park's efforts to focus on long-range planning turned out to be fortuitous, according to Jon Schumacher, Foundation executive director.

"Current state budget discussions have forced people to ask themselves 'What are essential neighborhood services?' A neighborhood plan is in part an answer to just that kind of question," he said.

The plan St. Anthony Park eventually approves will address such areas as housing, parks and recreation, library services, transportation, retail and economic development, social services, education, employment, emergency services and energy use.

According to Schumacher, a comprehensive plan enables a neighborhood to be both reactive and proactive. For example, he pointed to recent discussions about closing recreation centers in St. Paul.

"Proposals are going to be made," he said. "If we don't have any formal expression of our collective will and desire, it's more difficult to respond to various ideas."

But planning doesn't only enable a community to react more effectively, Schumacher

## State budget cuts affect local organizations

Trickle-down effect threatens programs, hours, staff, services

by Susan Conner

Budget cuts at the state, county and city level will affect nonprofit organizations and other familiar institutions in Bugle neighborhoods.

Music in the Park, the Block Nurse Program, nursing homes, district councils, Como Zoo, recreation centers and libraries all are grappling with anticipated changes in financial support.

Music in the Park is facing a "very serious" situation, according to Director Julie Himmelstrup, if the proposed state budget becomes a reality.

That budget would cut the State Arts Board, from which Music in the Park regularly receives a significant grant, by 40 percent. "This is back to where we were 15 years ago," said Himmelstrup.

"This money will probably not be replaced by corporation and foundation giving," said Sheila Smith, director of Minnesota Citizens for the Arts, "because that giving is down due

to endowments suffering the effects of the stock market situation." This budget cut, she added, is "another blow in a time that is increasingly painful."

For the coming year, Himmelstrup said, "we want to do extra special programming for our 25th anniversary, with two new works commissioned. The reason we will even survive this next year is that we have established some reserves." The future? "It's a big unknown."

Himmelstrup pointed out that aside from its musical contribution to the community, Music in the Park provides economic benefits as well.

"We use small, local vendors for our printing and other needs. And many times after one of our programs I see members of our audience eating dinner in our local restaurants. We support the neighborhood in a variety of ways."

The St. Anthony Park Block Nurse Program, which started in

1981, was the first such program in the nation and has since been replicated many times and acknowledged for innovation by the Ford Foundation and Harvard's J. F. Kennedy School of Government.

The Block Nurse mission is "to help elderly people live in their communities as long as possible," said director Mary Jo Tarasor.

They do this by providing a wide array of services, including home care and nursing, but not limited to that. Professional nurses provide the nursing; volunteers provide many of the other services.

With an annual budget of \$80,000 (which does not include third-party reimbursement for some nursing services), \$20,000 has been provided by the county and \$20,000 has been a direct operating grant from the state.

The rest has been derived

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## Como Park

Mendota Homes has submitted a site plan for 12 single-family homes at Hoyt Avenue and Fisk Street. The development will be called Montana Woods. Plotting and streetscape plans have been presented to the District 10 Board for input.

The community-wide garage sale is May 17. Call the Community Council office (644-3889) for more information.

## Falcon Heights

Residents are now able to recycle used clothing as a part of the city's regular recycling program. All items will be recycled for use and not shredded for fiber. This is a no-cost service. Contact City Hall (644-5050) for further information.

## Lauderdale

A citywide garage sale will take place May 17 starting at 8 a.m. Residents are encouraged to register their sale with the city so

that a map of all sales can be distributed. Contact Lauderdale City Hall (631-0300) by Friday, May 9 to register. There is no cost to registrants.

## St. Anthony Park

The District Council has passed a resolution in support of the aims of the St. Paul Recreation Alliance. The resolution states: "The St. Anthony Park Community Council believes that our community parks and recreational centers, and the neighborhood focus provided by their on-site professional staffs, are essential to the health and stability of our neighborhoods. We strongly oppose the closing, consolidation, or forced leasing of any of these facilities and encourage the mayor and City Council to fully fund and support the critical community-building role these assets play in the future of St. Paul."

The April 8 Community Council election saw two council members re-elected and three

new members elected.

In south St. Anthony Park, Sherm Eagles was re-elected, and Bruce Weber and Gregg Richardson were elected as delegates. Jay Johnson and Ray Bryan will serve as alternates.

North St. Anthony Park residents re-elected Rose Gregoire and elected new delegate Ron Sundberg. Brett Single and Victor Hanson will serve as alternates.

## St. Paul

Eureka Recycling launched a fleet of 14 new recycling trucks on Earth Day, April 22. The trucks are owned and operated by St. Paul's nonprofit recycling partner, and will replace the trucks used by Eureka's former contracted hauler, Waste Management, Inc.

The new trucks are painted green and run on biodiesel, a clean-burning vegetable oil-based fuel derived from soybeans. Biodiesel produces fewer harmful emissions than petroleum fuels while still delivering reliable performance and supporting Minnesota's agricultural economy.

The new trucks are designed to be easier to operate than the old trucks. Drivers will be able to dump recycling into a waist-high trough instead of having to toss materials up into baskets. When full, the trough empties into the inner compartments of the vehicle, which are enclosed to keep recycling materials cleaner and prevent litter from flying out into the streets.

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**NEWS**

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

### Congratulations to all Delegates and Alternates to the Board of Directors!

The annual neighborhood election was a success. Special thanks to the Nominating and Election Committee for their hard work.

#### North St. Anthony Park

Rose Gregoire and Ronald Sundberg (Delegates)  
Victor Hanson and Brett Single (Alternates)

#### South St. Anthony Park

Sherm Eagles, Gregg Richardson, and Bruce Weber (Delegates)  
Jay Johnson and Ray Bryan (Alternates)

#### Business Community

Paul Kirkegaard, Deb Kuehl, Mike Phillips, Connie Powell, and Joe Ring (Delegates)  
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## Tracking comics rumors? Consider the Source

by James Beach

It's a good time to be in the comics business.

"There isn't a single property from DC or Marvel that isn't licensed right now," said Nick Postiglione recently. He's one of four owners of the Source Comics & Games on the northwest corner of Larpenteur and Snelling Avenues in Falcon Heights.

"It's a very interesting time because Hollywood is looking to comic books, and the thing about comics right now is they're so widely diverse. Everything from tales of personal journey to relationships to gothic horror to military—they cover just about every genre."

"Comics follow culture much more closely than games," co-owner Bob Brynildson added. He went on to say that while games can become part of a culture, they usually don't change people's attitudes or beliefs the way comic books can.

So does art imitate life, or does life imitate cartoons?

Brynildson is noncommittal. He and his colleagues are too busy running their store to spend much time on such questions. They're happy to leave the issue to some ambitious grad student.

The Source will celebrate its 10-year anniversary on May 23 and 24, and the owners plan to commemorate the occasion with free hot dogs and soda pop as well as a raffle.

Game representatives, comic book writers and illustrators will be available to discuss new products. Best of all, the gaming room will be in full swing, offering customers a chance to arrange battlefield dioramas, join a round of Yu-gi-oh or throw some dice.

The Source, with its 150,000 comics filed meticulously in custom-built racks, also houses a plethora of gaming paraphernalia. Pewter miniatures, terra-form terraces, posters of dragons and faeries, art supplies, CDs and DVDs, novels, gaming cards and greeting cards are interspersed with strategy games, paintable statues and local artwork.

Prices range from a 10¢ die to an elegantly designed wooden chess set for \$285. The most expensive item, said Postiglione, is a Captain America shield replica constructed from spun aircraft aluminum.

"We're total geeks," he said immodestly.

The combined "geekiness" of the four owners has paid off—last year the Source won an esteemed Will Eisner Spirit of Comics Award, an honor bestowed upon just one of over

600 stores nationwide.

So how do these game-pushers keep current?

"It's an inexact science," Postiglione admitted.

Brynildson elaborated:

"Here's an example of one of our very good guesses. There's a trade paperback out; it was a comic book and now it's a trade paperback called '30 Days of

company of doctors, engineers, housewives and college students.

The West Coast entertainment industry has a lot to do with this demographic shift, according to Brynildson. But the business has a way to go before saturating the market, and it relies heavily on its traditional customer base of 16-30-year-old males.

"We have a number of

products that are more recognized in the mainstream—Superman, Spiderman, Batman, now the X-men," said Brynildson. "On the game side, there's Dungeons and Dragons, of course, but mostly we're a niche market. If you were to take a random sample of my customers, they'd be called out-runners."

"There's a lot more women, there's a lot more kids, and that's a new development within the last two to three years," Postiglione added.

Both Brynildson and Postiglione stressed the significance of the

Internet, which has raised product awareness, but they don't consider the World Wide Web a major threat to their livelihood. Just to be on the safe side, though, they offer customers an Adventure Card that gives a 10 percent discount.

"It's a tactile business," Postiglione explained. "People want to come in, especially with comics and games. They want to put it in their hands, see how it feels, see how it looks. And we carry just about every comic published in America."

To quell any raising of eyebrows, Brynildson asserted that the Source, despite its diverse merchandise, doesn't carry X-rated titles. Still, he conceded that the classification "adult comics" can be fairly subjective.

"Could be a matter of opinion to some people," Brynildson admitted. "But we don't have an over-18 section, and that's because we want moms to come into our store—it's as pure and simple as that."

The Source, located just off Snelling at 1601 W. Larpenteur Avenue, is open from 10 a.m. to 9 p.m. Monday through Saturday and noon to 6 p.m. Sunday.



Photos by Lori Hamilton

Night.' It's about vampires who go to north Alaska because there are 30 days of night and they figure it's smorgasbord time. It's a romantic horror kind of thing and would make a terrific movie if they ever did it."

"Sam Raimi licensed it already," his partner said.

"Another example is we decided to bring in Christian comics," Brynildson continued undeterred. "We sell them all the time."

"I think the best way to put it is that it's a combination of instinct, knowledge and training," Postiglione summed up.

"Our number-one source of information, believe it or not, is our customers. As a whole, they are very sophisticated technology-wise, and they tend to be really good readers—just because comics you have to read, and games, if you wanna play them, you gotta read them."

And read them they do. With roughly 700 new books becoming available each month, comics enthusiasts are buying in record numbers, and the burgeoning comics industry seems headed for the stratosphere.

The stereotypical scrawny teen, while still a regular buyer, now finds himself in the

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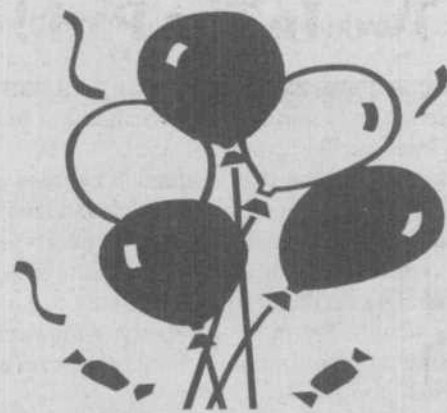


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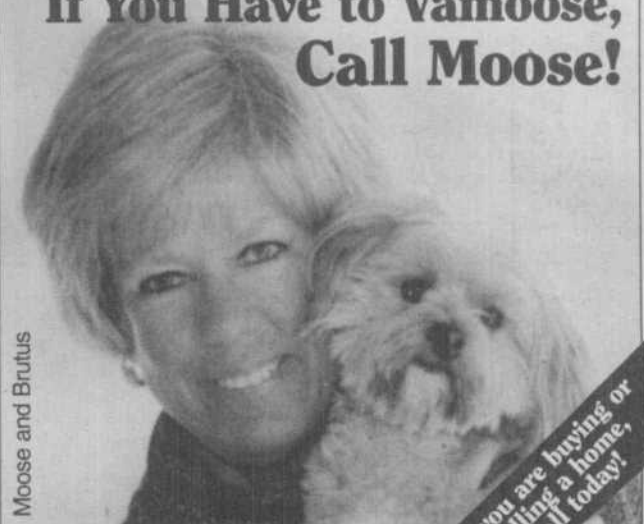
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## EDITORIAL

## Stay tuned for further developments

"Beauty," we're told, "is in the eye of the beholder." Take a new building, for instance. What you think of it depends on all kinds of variables. Some of those relate to form or style and tend to be more personal. Are you a modernist or a classicist? Do you prefer glass or brick? Big windows or small?

Other judgments have more to do with function. What did this building replace? What's next door? How will it be used? How accessible is it?

The noun "building" comes from the verb "build." A building, then, is something built. This is pretty straightforward and neutral. A building is a building is a building. If you want to indicate something about a particular building, adjectives are required.

At first glance, the word "development" seems to be a similar example—the noun form is related to the verb. Here's what the dictionary has to say:

**"development"** 1. a developing or being developed. 2. a thing that is developed; result of developing. 3. a step or stage in growth, advancement, etc."

The first two definitions are straightforward—a development is something developed. But the third definition complicates things. The words "growth" and "advancement" aren't neutral; they imply progress. For this reason, if one wants to imply that a development is positive or beneficial, no adjective is needed. The word requires modification only when something negative is intended: an unfortunate or untoward or unwanted development.

Because of the positive connotations that attend the notion of development, a collection of buildings to which the noun is applied generally is assumed to reflect progress. It's assumed that developed land is better than undeveloped land, or that a redevelopment is necessarily an improvement over the original.

But that may not be the case. Development always entails loss, and sometimes what's lost is more valuable—to some people, at least—than what's gained. Developing previously undeveloped land means losing open space. Redeveloping a site means losing something familiar, perhaps even well loved.

Larry Millett's book "Lost Twin Cities" recounts the architectural history of Minneapolis and St. Paul and dramatically chronicles the buildings and monuments that fell to the wrecking ball during the 19th and early 20th centuries. In Minneapolis, the Gateway district was systematically dismantled in the 1960s, an undertaking documented in Joseph Hart's "Down & Out: The Life and Death of Minneapolis's Skid Row." Evelyn Fairbanks' memoir "The Days of Rondo" recreates the neighborhood lost to the construction of Interstate 94 through St. Paul.

These books make it clear that (re)development is a mixed bag.

In Austin Tappan Wright's utopian novel "Islandia," the agrarian Islandians steadfastly resist an outsider's efforts to upgrade their primitive technology. Their reluctance to disturb the landscape is typified by a farmer's decision not to cut down a tree because of the effect its loss would have on the symmetry of the vista.

For how many modern Americans would that kind of world view be considered utopian?

## Park Bugle

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## COMMENTARY

## You mean to tell me you call this progress?

by Paul Healy

They call it North Home Shopping Center now. Those of us who grew up in the neighborhood knew nothing of that name. We never referred to it as a "center," "mall" or "plaza." If we needed to describe a store's location, it was enough to say "up there near Gray's," or "across from the Flame" or "next to Applebaums."

One of the great things about the place was that—unlike neighboring Falcon Center, Falcon Crossing, Larpenteur Center or Lexington Plaza—it didn't have a name.

And now North Home (gāg) is going to become Town Center! We're in for another face-lift in the commercial sector. And another slice of Americana will be sucked down the garbage disposal of suburban development.

I loved that place up by Gray's, with its curious assortment of shops, stores, offices and restaurants. It provided goods and services to the community. It saved you a trip to the malls, Monkey Wards, Spartan Atlantic or downtown.

It embodied basic supply-and-demand economic principles while reflecting the changing nature of consumerism. It was a no-gloss, quirky "center," part non-traditional strip mall and part "avenue of broken dreams."

But the dreams were part of the allure of the place. Sitting in the corner booth at the Flameburger, area residents could gaze across the street and gossip about the ever-changing commercial landscape.

Take the east-end space, for example. From the 1950s to today it housed ventures such as Falcon Heights Pharmacy, Lord Salsbury's Shoppe, Wondra's Organs, Gulliver's Hobby Shop and Tony's Golf. For awhile it was Mickey's Restaurant, which morphed into Vicky's in a brilliantly crafted paint-conservation scheme. Some of us had hoped that additional restaurant alternatives would follow, but no Ricky or Dicky

came forward to continue the rhyme pattern or the tradition of second-rate burgers.

Not all the transitions were as seamless as one restaurant giving way to another, or a bank becoming insurance offices. The service station that stood right on the corner of Snelling and Larpenteur became a submarine sandwich shop. A pool hall eventually wound up as a Christian coffee house.



That place near Gray's provided somewhere for just about anybody to live out their dreams and test the viability of their business plan.

Some establishments lasted for many years; others came and went almost before the paint was dry.

The diversity of stores was amazing: jewelers, craft boutiques, a grocery, pharmacies, clothing and apparel, insurance dealers, sales and service centers, barbers and beauty salons, a dance studio, upholstery shops, tax consultants, printing presses, auto parts stores, doctors and dentists offices, and a host of others long since forgotten.

You could buy luggage, take karate lessons, have your teeth cleaned—or purchase an engagement ring, a yard of fabric or a sewing machine.

As a kid I would go in the back door of Gray's, either to proceed to the soda fountain for a coke or a malt, or to go down the stairs to Flaherty's Bowl.

Or I'd go into Eddie Webster's—or, later, Lee's—for a rack or two of pool. Chin's Kitchen provided take-out Chinese food, and Shakey's offered Italian options. Our family bought groceries at Applebaums and floor tile at Robinson-King.

You could learn a lot about sociology and consumer economics by watching the stores change.

In the 1960s there were seven gas or service stations within eight blocks of our house on Simpson Street: Falcon Oil, Clarks, DX, Phillips 66, Standard, Texaco and Cities Service/Citgo. By the 70s most were gone and none were doing auto repairs.

It's no surprise that Champion Auto Parts and, later, Royal, opened shop up by Gray's. And Gray's itself went the way of most neighborhood drug stores, like nearby Falcon Drug, bowing out to the huge chains.

I'm not happy about the Town Center plan. Nearly all the "North Home" stores will be leaving. Don't expect a guy who bought his first baseball card at Gray's or "turned over" the Kings and Queens pinball machine at Falcon Bowl to stand by and watch the place get bulldozed without a few whines and rants.

Not only will I miss the stores and the look and feel of the place, I have a sneaking suspicion that the changes being planned will not mean a better life for the merchants or the customers. I'm wondering if this might not end up being a "change-for-change's-sake" development, like Como Golf Course, where the end result is not a better place at all—just a different one.

*Paul Healy grew up on Simpson Street in the Como Park neighborhood. Currently he lives on Hoyt Avenue in Falcon Heights. In June, he will return to his permanent home in Cebu City, Philippines.*

## Contributions

Steven & Cynthia Ahlgren  
Barbara & Francis  
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Donna Bulger  
Christopher Call & John  
Thomas  
Michael & Lis  
Christianson  
Howard & Nancy Dunlavy  
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Dennis & Molly O'Rourke  
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## In-kind Contributions

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## New e-mail addresses

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## Local author describes feminist "Tidal Wave"

by Anne Holzman

More than 20 years after her first book on the history of feminism, St. Anthony Park author Sara M. Evans has returned to the subject in a new book, this time to analyze how the women's movement in the United States continues to "reinvent itself" into the new millennium.

Evans' first book, "Personal Politics," became standard reading in universities across the country soon after its publication in 1979. Readers began asking for a sequel, Evans said, but with the women's movement continually growing and changing, it was hard to choose a moment.

"It was in the 90s that I began to feel able to do that kind of analysis," she said, and the book took a decade to get to press. "Tidal Wave: How Women Changed America at Century's End" was published just this year by The Free Press.

A professor of women's history at the University of Minnesota since 1976, Evans has lived in St. Anthony Park since moving here from North Minneapolis in 1993. She has two children, Craig (34) and Jae (21). Last summer she married Chuck Dayton, who shares her house on Scudder Street along with a poodle named Sky.

Dayton left Minnetonka to join Evans in her urban neighborhood. "It didn't occur to me" to choose Minnetonka, she said. "It was clear to Chuck that I adored this house and adored this neighborhood."

He has settled right in, she added. After two years, "he knows more people here than he knew in his old neighborhood."

Evans said she especially enjoys walking out her back door and across to Langford Park, where Sky has facilitated friendships with other dog owners. And she values the neighborliness of the block, with "people who live all around me who I can call day or night."

Evans grew up in South Carolina, attended high school in Dallas and received her bachelor's degree from Duke University, then a master's in political science and African studies. In North Carolina, she joined civil rights and antiwar efforts, in the course of which she met Paul Wellstone.

"Paul understood that the most important change comes from the ground up," she said, expressing confidence that Wellstone supporters will soon find ways "to sustain his work."

Tired of school, she spent a year working in Chicago, where one of the early "second wave" feminist groups was forming.

"In the fall of '67, I discovered the women's liberation movement," she said. Back in North Carolina, she entered graduate school with a fresh sense of mission.

"If we're going to have a movement of women, to change the world, to make history, we have to have a history," she said. "We have to know the shoulders we stand on."

She completed her doctorate in history at the University of North Carolina while raising her son and continuing her activism with a women's collective.

After North Carolina, Minnesota was something of a shock. She was amazed to find that "people believed that government should be used to improve quality of life," noting that in recent months, "that's under assault."

The combination of activism and academics has continued to work for her. "Tidal Wave" is a "direct product" of her courses in the history of American women at the U of M. "From my activism, I get a lot of the questions I want to pursue," she said.

But activism tends not to produce reliable answers; for those, she turns to the academic mode of gathering and analyzing information: "You have to listen to find answers."

Activism enters again when it's time to put it all together, she said. "I get hunches" about the meaning of the data that can speed up the analytical process.

In "Tidal Wave," Evans describes the roots of the "second wave" of feminism in the 1960s (the first wave having culminated with access to voting rights), then traces the "backlash" years in the 1980s and a resurgence of focused activism in the 1990s, although not without some generational battles.

Researching the recent history taught her an interesting lesson, she said. As a professor, she was aware in the 1980s "that the whole thing felt defensive," as successful efforts to change the language, the subject matter and the points of view in many fields came under heavy fire from conservatives.

But careful study showed that "there was so much more creativity and activism going on" in the 1980s and 1990s, which academics may have missed "because of the power of the backlash, and the defensiveness—of those of us in the academy, anyway."

"Tidal Wave" looks at the 1980s in a chapter called "Deep Currents," suggesting that while the backlash grabbed most of the headlines and made it look as if women everywhere were running for cover, the women's movement was still roiling somewhere under the surface, building up an offshore force that broke onto the beaches of our awareness again in the 1990s.

In particular, "Tidal Wave" traces the opening up of the religious establishment to

inclusive language and women's ordination, the establishment of the Emily's List campaign fund and the spread of women's studies as an academic field during the 1980s.

The book does not gloss over the painful moments, however. "I don't think a romanticized past is useful," Evans said, even though she found it painful to write about attacks on leaders and about the "authoritarianism" that has sometimes characterized women's organizing efforts. History can help us learn from the past, and also correct our misperceptions, she said.

For example, we need to stop looking back at the 1970s and saying that "it was all white," given the evidence that in addition to constant work toward integrating races in many "white" organizations, there were also parallel women's initiatives in the black and Chicano movements.

Evans said that "trying to understand the simultaneity" of gender, race and other categories is the most interesting recent concern of her field, studying "how most people incorporate many dimensions."

Whereas historians of different continents once hardly spoke to each other, there are now frequent discussions throughout the department. A specialist in early modern Europe, for example, regularly consults with those studying the same time frame in Latin America, Asia or Africa.

"All that has made the field of history much more dynamic."

Recent debates in the history department have also focused on the question, "How do we teach during the war?" Evans' conclusion: "There are no easy answers."

One goal, she said, is that "we hope we're giving students the critical intellectual tools. How do you be a citizen in a time like this? You need to think well and ask good questions, about not just what your government is doing, but what's the history of that part of the world where we're now engaged in war? What are the likely consequences of this or that behavior? What is the history of American military involvement, outside U.S. borders, over a long period of time?"

In addition to full-time teaching and research, Evans' activism at home continues as well, sometimes stretching far afield from academic projects. Students often stay in her house when she and Dayton are on the road, and a "Say No to War with Iraq" sign is prominent in their front yard.

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### Town Square from page 1

Some merchants, however, aren't thrilled with the project. "I'm certainly not one of the supporters of it because I'm being kicked out," said Deb Hall, owner and master instructor at Karate Junction for the past four years. "I have some very loyal people who were sad to hear that I'm moving."

Hall is currently looking at two new sites for relocating her business—either just across Larpenteur to the basement under J's Liquors, or to Selby Avenue in St. Paul.

Another unhappy merchant is Jim Bigelbach, owner of Falcon Bowl and Fun Center.

"They're just putting us out," he said, adding that in

2001 he thought his bowling alley would be relocated underneath the town homes, but that area has since been slated for parking. Bigelbach said he is hoping for help from the city of Roseville to get a space in Har Mar Mall.

Gregory Fisher, however, is happy to be leaving. "The mall has never drawn a great amount of people," said the owner of Chelsey Flooring. "The buildings are rickety at best. It's leaky; we were flooded out seven times in the corner gift shop." Fisher owned the Brass Unicorn gift shop, formerly located next to Mill and Textiles, from October 1999 to June 2000.

"We thought we'd flourish here," Fisher said, referring to his

carpet shop. "We're near Roseville and Falcon Heights and on two main arteries. You've got a lot of people going by, but not too many stopping. It needed to come down. It's just too old to operate."

Town Square represents a fairly typical model of redevelopment. "It fits in the classic mold of revitalizing inner-ring suburbs that have small strip centers," said Sue Fauver, an attorney with Sherman Associates, Inc., the developer. Sherman Associates is in the final stages of purchasing the land, which is currently owned by a partnership of individuals, Fauver said.

### Forum from page 1

said; it also helps people identify needs they can address proactively.

"For example, one thing we've heard from neighborhood residents is that they wish St. Anthony Park had more

local options for senior housing and assisted living. That knowledge can help guide future development."

Schumacher stressed that the kind of planning process St. Anthony Park is currently

doing can tap knowledge that might otherwise remain hidden.

"We have a lot of expertise in the community that we don't very often bring together and draw on collectively. It just seems to make sense to do that now."

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# Home Tour includes St. Anthony Park residence

by Dave Healy

The more than 60 homes on the 16th annual Minneapolis and St. Paul Home Tour will include one in St. Anthony Park. Ted and Betty Homdrom will open their house at 1544 Fulham Street on Saturday, May 3 from 10 a.m.-5 p.m. and Sunday, May 4 from 1-5 p.m.

The Homdroms have owned their three-bedroom house for over 60 years. During that time they added a deck and sliding glass door off the dining room, remodeled the kitchen and refinished a built-in buffet. For the tour, they'll have a display of photographs showing what the house used to look like.

In addition to architectural features, visitors will notice the Homdrom's extensive collection of African art, a reminder of the many years they lived in South Africa.

Sponsored in St. Paul by the St. Paul Housing and Redevelopment Authority, the free, self-guided tour shows visitors a wide variety of housing options, including bungalow, craftsman, Queen Anne, Victorian, foursquare, condominium and duplex.

Last year more than 8,500 people made more than 45,000

visits to homes in both cities.

Remodeling projects include kitchens, bathrooms, additions and total conversions.

The James J. Hill Building downtown, on the National Register of Historic Places, is on the tour as an example of converting commercial to residential space.

It is also one of three featured tour stops of projects from St. Paul's Housing 5000 program, which aims to create 5,000 new and renovated homes in the city by 2006.

Besides St. Anthony Park, other St. Paul neighborhoods represented on the tour include Como Park, Hamline-Midway, Macalester-Groveland, Summit Hill, Frogtown, Aurora-St. Anthony, Ramsey Hill, Cathedral Hill, Uppertown, Irvine Park, West Side, Railroad Island and Dayton's Bluff.

Two concurrent neighborhood tours will highlight additional homes.

The Dayton's Bluff neighborhood tour features Victorian homes with spectacular views, a new sustainable condominium complex and the Mounds Theater. The West Side tour includes a loft renovation

above an old local bar.

Visitors are also invited to see floor plans, architectural models and finish selections for Emerald Gardens, a Housing 5000 development.

Now under construction, this town home and loft condominium community will comprise four buildings, with 54 one- and two-level homes per building, yielding a total of 216 homes. The first is set to be occupied by January 2004. Located at the edge of Prospect Park at 2577 Franklin Avenue, homes start in the upper \$100,000s.

Visitors choose which homes to visit by using the Home Tour Guide with descriptions and photos of all homes and maps of their locations.

Home Tour Guides are available at Bruegger's, Hirshfield's and Lathrop Paint stores. In addition, a full list of home addresses, with photos and descriptions of selected homes, can be seen at [www.msphometour.com](http://www.msphometour.com).

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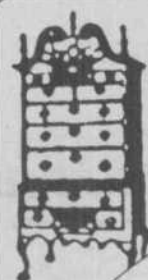
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**April hikers invited to become May bikers**

by Dave Healy

Spring has sprung, and Mary Nelsestuen wants you on a bike.

Actually, Nelsestuen would be happy to see more people riding bikes all year long, but she's particularly interested in having people try biking to work this month.

May 15 is "Bike to Work Day" in the metro area, a promotion of B-BOP: Bike, Bus Or Pool to work, a program of the Minnesota Department of Transportation.

Nelsestuen is a metro citizen representative on Minnesota's State Bicycle Advisory Committee, where she has served for two years.

Because of her SBAC membership, the St. Anthony Park resident was asked to serve on the Metro Bikeway Mapping Advisory Committee. That group's goal is to develop a regional bicycle highway system and to promote bicycles as a competitive and attractive mode of transportation.

Nelsestuen's service on the SBAC reflects a life-long interest in biking. In addition to attending six meetings a year for that organization, she also tries to visit other bicycle advocacy groups regularly.

St. Paul, for example, has its own Bicycle Advisory Board, which meets monthly. And there are national organizations, such as the League of American Bicyclists.

The Twin Cities compares favorably to other areas in bicycle commuters. According to the 2000 Census Supplemental Survey, Minneapolis ranks #1 in the country for bicycle commuting, with an estimated average of 5,366 people

riding to work each day on a bike—2.6 percent of commuters.

Historically, St. Paul has lagged behind its sister city in promoting bicycling. For example, Minneapolis has devoted more staff time to developing bicycle and pedestrian initiatives than St. Paul has.

However, in 2002, St. Paul created a new position: pedestrian/bicycle initiatives coordinator. The first coordinator lost his position in the first round of city budget cuts, and the current coordinator is Howard Bell, who also is the city's supervisor of parks security. About 40% of Bell's time is devoted to bicycling and pedestrian issues.

Bell's position is jointly funded by three city departments: Parks and Recreation, Public Works, and Planning and Economic Development. He serves as the city staff representative on the St. Paul Bicycle Advisory Board, a 15-member group that includes both government employees and citizen representatives.

Bell said the St. Paul Bicycle Advisory Board has two current emphases: putting the city's network of trails on St. Paul's Web site, and improving trail signage throughout the city.

"Trails" consist of both dedicated routes that are only for bicyclists/pedestrians, and marked bike lanes on city streets.

Nelsestuen thinks many more people could commute by bicycle than currently do so.

"Biking to work is great exercise, it saves money and it reduces congestion," she said.

She cited safety concerns, time and weather as barriers that keep people from seeing bicycling as more than a recreational pursuit.

"As far as safety goes, there are already many bike-friendly routes in the metro area, and we're working to identify more" she said. "Those include bike paths, designated bike lanes and wider streets with low traffic levels."

She added that designating a street as desirable for biking depends on several factors including traffic volume, parking needs, existing signage and the cost of adding amenities such as lane striping.

The perception that biking takes more time than driving may be inaccurate, Nelsestuen said. "Research shows that compared to driving a car, urban bicycle trips of three miles or less can actually decrease your travel time."

When it comes to weather, there's no question that would-be bike commuters in Minnesota have a tougher time than those in, say, Tucson.

"But even if people biked only when the weather is favorable, it could make a huge difference in reducing traffic congestion," Nelsestuen said.

Increasing the number of bicycling commuters can be accomplished by emphasizing bicycling as a recreational activity, said Bell.

"By promoting recreational biking, we increase the number of people who will use bikes for other purposes."

For more information about Bike to Work Day, visit [www.b-bop.org](http://www.b-bop.org).

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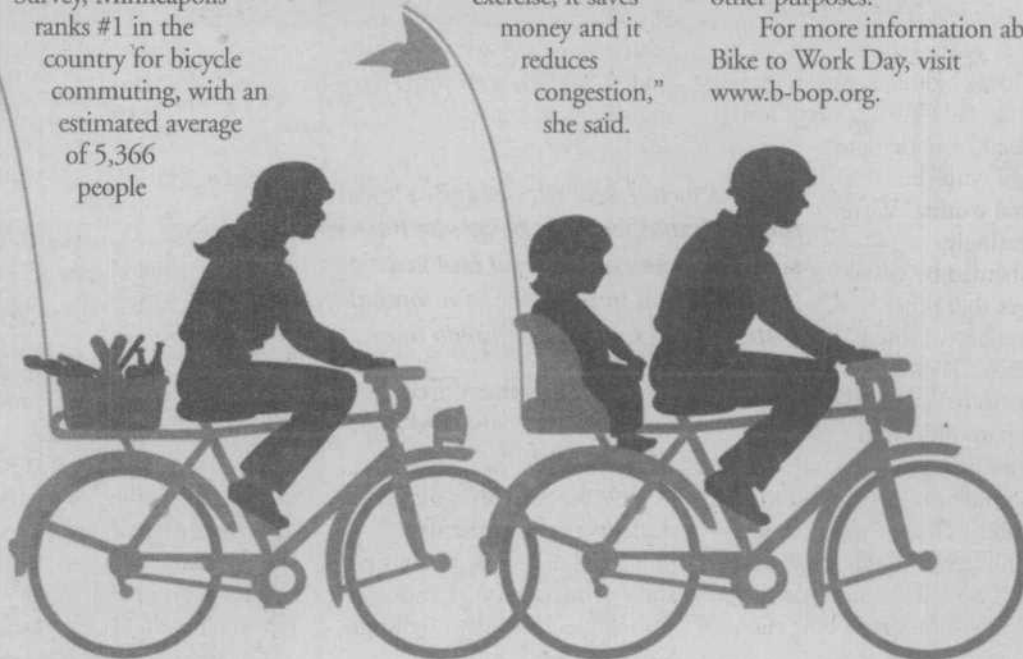
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## Annual carnival returns to St. Anthony Park Elementary

by *Antonie Young*

For nearly 50 years, the St. Anthony Park school carnival has brought families and friends together from the neighborhood and beyond. With games, food and prizes, the carnival never fails to draw crowds into its warm celebration of the community.

The carnival has evolved from its original purpose: an occasion for teachers to entertain students with singing and stage antics.

According to carnival organizer David Lee, the celebration first began at the old school that was across from the Hillside Avenue Methodist Church, and moved to St. Anthony Park Elementary when it was built.

Lee, a parent of three St. Anthony Park students, has spent five years volunteering to manage the carnival. He took over the position from Mark Hansen, who "retired" when his children left the school.

"Originally (after Mark left), it was me, Thom Lister and Martin Wolf who ran the show," Lee said. "Now it's me and Marty, plus lots of volunteers."

Lee added that Cindy Thrasher has taken over as volunteer recruiter, maintaining an organized method of finding and managing volunteers, as opposed to the previous word-of-mouth strategy.

"It takes about 150 volunteers to make the carnival," Lee said. "Plus, others bring in pop and baked items. The carnival relies heavily on these people."

From the start, the carnival has been primarily for entertainment and community building, not fundraising. Profits help fund school field trips and Environmental Learning Center excursions. However, as Lee said, making money is not the main issue.

"The carnival's role is to bring the community together," Lee said. "We open the school for the community to come in and see. And we want kids from other schools to come, and people from other communities to feel welcome, too."

So great is the carnival's community-building pull that many parents return as volunteers even after their children have left the school.

"All of the work is shared," Lee explained. "If I make 60 cakes to sell and give as prizes, I will freeze them. Then the Girl Scouts will frost them and finish them. That's how the process of involvement goes."

"From a marketing perspective, using the carnival to attract non-St. Anthony Park people helps the school," Lee said. "We want them to feel welcome

and see what the school is like, and the carnival puts us on the market. Education is competitive and we need parental involvement and funding to survive. We have to compete with other schools, and the carnival lets parents see our participation and energy."

Lee and other volunteers work hard to keep event prices low, focusing on inclusiveness rather than fundraising. When he took over heading the carnival, Lee knew that saving money was important.

"We wanted to have better events for less, so Wolf and I built all the games and remodeled the Haunted House," Lee explained. "We now have 10 gym games like baseball toss, plus the cake and pop walk, bingo and a fish pond."

The celebration receives promotional items from corporate sponsor General Mills, such as books and crayons. With volunteers and community members also donating prizes, the event has always been a success.

The carnival will take place at St. Anthony Park Elementary on Friday, May 9 from 5:30-8 p.m. The event still needs cookies, bars and breads for the bake sale, as well as pop for the pop walk. Call Lee with any questions at 603-8541.

## Young writers blossom under poet's guidance

by *Dave Healy*

Why is poetry important?

Joyce Sidman believes that reading and writing poetry foster a sense of wonder and delight with the natural world. "We're increasingly bombarded by visual images that other people have created," she says. "Poetry forces us to notice the world around us, to be attentive."

Sidman is a poet who tries to nurture attentiveness in school-age children through the COMPAS Writers & Artists in the Schools program. She was a poet-in-residence at St. Anthony Park Elementary School for two weeks this year. In

February she worked with fifth graders, and in April with second and third graders.

*"Once a writer has successfully captured thoughts and feelings, he or she has created something more powerful and lasting than an 'A' on a test, a touchdown in a football game, or a spot at the head of the lunch line."*

Joyce Sidman, from her introduction to "Good Morning Tulip"

Under Sidman's guidance, students read and discuss published poetry by famous poets and from COMPAS's annual anthologies of student writing. Sidman edited last year's collection, entitled "Good Morning Tulip."

But reading poetry is only a prelude to writing it. "It takes courage to write," says Sidman.

"I'm asking young people to reach inside themselves and find words to match what they discover there. That's daunting when you're alone at your desk at home, and it's daunting in a room full of classmates."

Sidman uses a variety of methods to help students overcome the challenge of the blank page. She might bring in an interesting object, like a conch shell. Or she might encourage students to re-envision

*Poetry to page 14*

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**MUFFULETTA**

### Arts Events

Music in the Park Series presents "A Celebration of Minnesota Composers and Musicians" at 7 p.m. on Sunday, May 4 at St. Anthony Park United Church of Christ, 2129 Commonwealth Avenue.

The concert will feature compositions by four Minnesota composers: Carol Barnett, Randall Davidson, Stephen Paulus and David Evan Thomas. Performers

include a variety of local musicians representing the Minnesota Orchestra and St. Paul Chamber Orchestra.

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

**Arts Off Raymond**, an annual open house and studio event, takes place May 2 and 3 in the Raymond/University area in south St. Anthony Park.

More than 60 local artists in six buildings will open their studios to the public. Visitors will be able to view and purchase art in a wide variety of media, including painting, drawing, ceramics, sculpture, textile arts, theater, multimedia and dance.

Hours are 4-10 p.m. Friday, May 2, and 10 a.m.-5 p.m. Saturday, May 3. Maps will be available at Roasting Stones Cafe, on the southwest corner of Raymond and University. Call 644-1645 for more information.

### Sales

St. Matthew's Episcopal Church and St. Anthony Park United Church of Christ will hold a joint **garage sale** on Saturday, May 17 from 8 a.m.-3 p.m. The churches are located back-to-back on Chelmsford between Carter and Commonwealth.

YMCA Camps Widjiwagan and du Nord will hold their annual **spring garage sale** at the Minnesota State Fairgrounds Merchandise Mart building from May 14-17. Hours are 9 a.m.-8 p.m. Wed.-Fri. and 9 a.m. to noon Sat. For more information, call 644-4725.

Como Park's Marjorie McNeely conservatory will have a **plant sale** of bulbs and perennials from 8 a.m. to 2 p.m. on Saturday, May 17. Over 12,000 bulbs and 5,000 perennials will be for sale.

The St. Anthony Park Library will hold a **book sale** on

Saturday, June 7 in connection with the St. Anthony Park Arts Festival. Donations are welcome. Call the library at 642-0411 prior to bringing in donated books.

### Cleanup

The Midway Chamber of Commerce will hold its fifth annual **University Avenue Spring Cleanup** on Saturday, May 3 from 8:30-11 a.m.

Volunteers should meet at 8:30 a.m. on the front lawn of the Midway Family YMCA, 1761 University Avenue. All necessary supplies will be provided, and shuttle vans will be available. For more information, call 646-2636.

### Movies

Free **old-time movies** (Laurel and Hardy, Charlie Chaplin, Buster Keaton) will be shown at the St. Anthony Park Library on Friday, May 2 from 7-8:30 p.m. Live piano accompaniment will be provided by Norris Anderson.

### Gibbs Museum

The Gibbs Museum of Pioneer and Dakota Life offers two special summer programs for children.

From June 24-August 15, children entering grades 2-7 can attend the museum's authentic **one-room school house** for a day.

Students recite from 19th-century readers, use slate boards, compete in spelling bees and play Victorian games at recess. They also make ice cream, candles and cornhusk dolls.

The school day runs from 9 a.m.-3:30 p.m. Cost is \$25. Reservations are required and may be made by calling 646-8629.

The Dakota Learning Lodge hosts **day camps** from 9 a.m.-3 p.m. on Mondays from June 23-August 25 for children

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entering grades 4-6.

The camp provides hands-on experiences that focus on the stories, crafts, language and daily activities of the Dakotah.

Cost is \$40. Reservations are required and may be made by calling 646-8629.

Special events at the **Gibbs Museum** in May include the following:

*May 4, Sheep to Shawl Day*  
Demonstrations of sheep shearing, spinning and weaving. Visitors can try their hand at traditional crafts.

*May 18, Woodworking Day*  
Learn about woodworking and view woodworking tools. Children can assemble bird or bat houses from pre-cut wood pieces.

*May 25, Memorial Day Picnic.*  
Bring a picnic lunch, sit in the shade, and join in games and leisure activities enjoyed by your ancestors.

### B-BOP

The Midway Transportation Management Organization invites commuters to try an alternative to driving alone in May as part of a regional **Commuter Challenge**.

For more information on riding the bus, carpooling, bicycling or walking to work, visit [www.b-bop.org](http://www.b-bop.org). Sign up at the Web site to win airfare and three nights in the Bahamas or a new bicycle.

### Recreation

Registration has begun for **teeball, nearball, softball and baseball** at Langford and South St. Anthony Recreation Centers and will continue until teams are filled.

Practices start in mid-May and games in early June. Call 298-5765 for more information.

Teeball (5-6), Monday games.  
Nearball (7-8), Monday games.  
Baseball and softball (9-10),

Thursday games.

Baseball and softball (11-12), Monday or Wednesday games.  
Baseball and softball (13-14), Tuesday or Thursday games.

### Composting

Ramsey County's **yard waste sites** are open. Residents may drop off leaves, grass clippings and soft-bodied plants.

Finished compost and wood chip mulch are offered at yard waste sites when available at no charge to Ramsey County residents.

Brush and other woody materials are not accepted. Call 633-3279 for brush disposal options.

Spring hours (through June 1) are 11 a.m.-7 p.m. MWF, 9 a.m.-5 p.m. Sat. and 11 a.m.-5 p.m. Sun. All sites are closed Tuesdays and Thursdays, as well as Memorial Day, May 26.

Call 773-4455 for a recorded message of site locations, or visit [www.co.ramsey.mn.us/ph/ch](http://www.co.ramsey.mn.us/ph/ch).

### Carousel

Cafesjian's Carousel opens for its fourth season in Como Park on May 1. Extended summer hours begin Memorial Day weekend.

From May 1-23 the carousel is open Tues.-Sun. from 11 a.m.-4 p.m.

From May 24-Sept. 1 hours are 11 a.m.-4 p.m. Tues.-Fri. and 11 a.m.-6 p.m. Sat. and Sun.

Infants under age 1 ride free. Tickets for all other riders are \$1.50.

The historic carousel operated during the Minnesota State Fair for 75 years, then moved to downtown St. Paul. Since 2000 it has been located in its own pavilion next to the conservatory in Como Park.

Volunteers are needed to operate the ride, assist riders, and sell tickets and merchandise. For information, call 489-4628 or visit [www.ourfaircarousel.org](http://www.ourfaircarousel.org).

### Model Railroading

The Twin City Model Railroad Museum sponsors a **model railroad and hobby sale** on Saturday, May 10 from 9 a.m.-3 p.m. in the Education Building at the State Fairgrounds.

Admission is \$4, free for children under 5, and is also good for a visit to the museum in Bandana Square.

The sale features over 200 tables of new and used equipment, including model and toy trains, hobby items, books, magazines and more.

For more information, visit [www.tcmrm.org](http://www.tcmrm.org) or call 647-9628.

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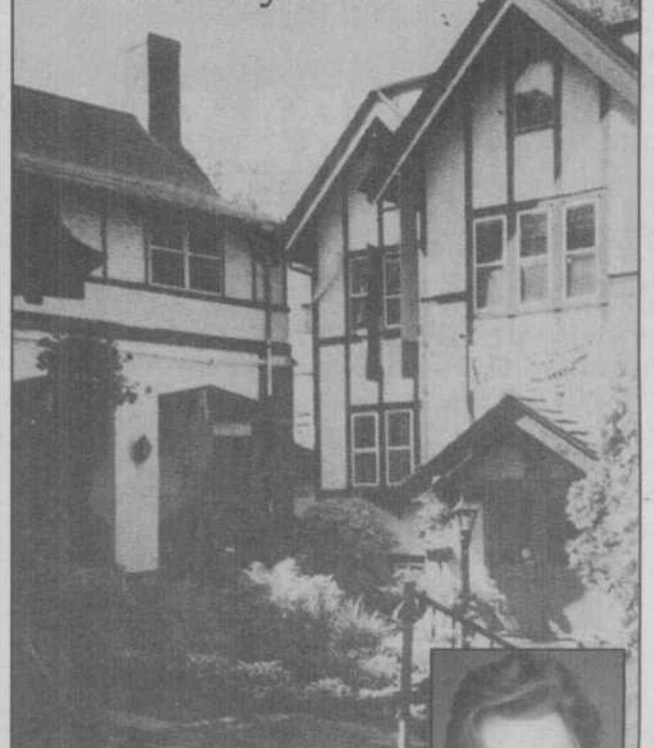


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## Long-time St. Anthony Park neighbors honored

by Gerald McKay

On March 19, two long-time residents of St. Anthony Park were honored by about 75 neighbors and friends on the occasion of their departure to Spartanburg, South Carolina. Cliff and Marie Christenson had lived in St. Anthony Park for nearly 60 years.

The going-away party at St. Anthony Park Home was planned by members of Clovia Sorority, a student group on the University of Minnesota's St. Paul campus.

Both the Christensons had close ties to the St. Paul campus. Marie was supervisor of the University's Child Development Laboratory, where she was a teacher and advisor to students in home economics. Cliff worked for the State Department of

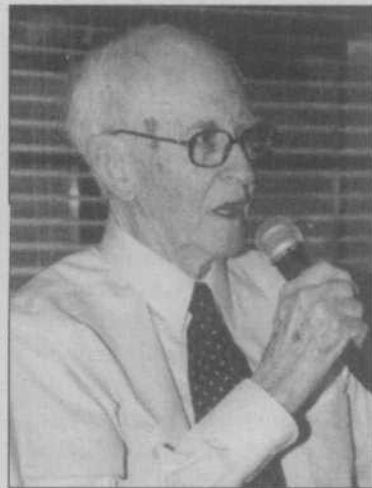


Photo by Don Breneman

Cliff Christenson addresses the audience at his going-away party.

Agriculture's seed testing and plant pathology laboratory, which for many years was located on the St. Paul campus.

The Christensons were involved in many community activities—judging exhibits at the State Fair, raising funds for University student groups, serving as advisors at Farmhouse Fraternity, participating in activities at Corpus Christi Catholic Church and helping with weekly programs at St. Anthony Park United Methodist's Leisure Center.

Cliff was awarded the U of M's Little Red Oil Can in recognition of his many contributions to campus programs that improve student life.

The Christensons have two children: Noel, a wildlife specialist in Ontario, and Anne, an educator in South Carolina.

## Resident celebrates 100 years

St. Anthony Park resident Nora Johnson celebrated her 100th birthday on April 10.

Born on a farm in Thief River Falls, she moved to the Twin Cities as a young woman. She and her husband raised three children, all of whom graduated from the University of Minnesota.

Following her husband's death, Mrs. Johnson returned to her home town each summer to



Photo by Mary Jo Tarasor

help her brother work the family farm. She also taught kindergarten and Sunday School for 19 years.

Mrs. Johnson enjoys playing Scrabble and baking cookies. Her birthday party included 60 relatives—mostly descendants.

## A Foundation of Neighbors

*Investing in Community*

By Carol Lukas  
Board of Directors,  
St. Anthony Park  
Community Foundation

As we prepare for our May 6 community forum on the future of St. Anthony Park, ponder this...

For two years in a row the Foundation has received an anonymous contribution of three dollars. That's three dollars bills in an envelope with no return address.

Almost weekly we read in the newspaper about someone making a gift of millions of dollars to support a cause. We read about the 2.4 billion dollars contributed in the aftermath of 9/11. And now, the unfathomable amount needed to support the restoration efforts in Iraq.

In the shadow of these causes and these amounts of money, three dollars pales. But the gift of three dollars to a foundation dedicated to enhancing life in a small neighborhood is moving, and significant.

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the amount of the gift that matters. And they understand that even though Saint Anthony Park doesn't have the compelling problems of New York City or Iraq, this neighborhood is worth their investment.

To keep our neighborhood strong, we need to continue to invest our time, energy, and financial resources.

Those three dollar bills are an important reminder that it's not just the big gifts and the big, visible actions that make a difference.

We thank the anonymous donors and all of you who support the Saint Anthony Park community in so many important ways.



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### Budget cuts from page 1

from a variety of grants and fundraising efforts. The state funds have not been increased in 10 years, Tarasar said.

This year the county cut 5 percent of its support to the Block Nurse Program. The governor's budget proposal would change the state grant to a competitive grant pool available to an array of public and private human services organizations.

Funding cuts would mean that St. Anthony Park's Block Nurse Program would have to reduce nonmedical services, blood pressure clinics and exercise classes. Nurses' visits could provide only those services covered by insurance. It would "force us to become something we don't want to be," said Tarasar.

According to Tarasar, a scaled-down Block Nurse Program would cost the state more than it would save through budget cuts.

"It's easy to document how much we save taxpayers by keeping people from having to go to a nursing home. One-third of our clients would likely be in a nursing home, at three times the cost to the state as now."

The Como Park Block Nurse Program also receives \$20,000 from the state. Proposed changes mean "we would have to cut staff," according to Director Kim Rath. "We would not have staff to coordinate volunteers. It would probably limit our clients."

The Bugle distribution area includes four nursing homes: Linnea Home, St. Anthony Park Home, Shalom Home and Lyngblomsten Care Center. These facilities also face reductions in the proposed state budget.

Linnea Home, licensed for 71 beds, is usually 95-97 percent full, said Administrator Dale Armitage. The budget proposal offers a choice of a revenue cut or a bed closure.

"For us the revenue cut would mean losing 12 full-time

employees out of a staff of 50," said Armitage. "If we did the bed reduction, we would have to go to 59 beds."

The St. Anthony Park Home, with 93 beds, is typically full, said Administrator John Barker. He described a dedicated, experienced staff and a level of care that sometime exceeds the industry standard. Industry standard is one bath a week per resident, for example, while the St. Anthony Park Home provides three.

"Seventy-five percent of our expenses are payroll," said Barker. "With cuts like those being described, we would have to reduce staff or pay staff less. There is no question that eventually facilities will close and people will leave the industry."

St. Paul's highly regarded citizen participation vehicle, its district councils, are in line for budget cuts over the next two years.

"We're hearing that the cut will be 6.9 percent this year and the same next year," said Sue McCall, community organizer for the District 10 Community Council (Como Park). "We could probably absorb that much now, but if there is any more there will be serious questions as to whether it is viable to even keep us open."

District 12 (St. Anthony Park) anticipates the same 6.9 percent in cuts to citizen participation funds.

"How can we do what we do with less staff?" asked Executive Director Melissa Mathews. "Do we need to fundraise even more than we already do? Even that takes staff time and money, and everyone else is out there fundraising."

According to Mathews, St. Anthony Park's Chore Service will be affected by the planned elimination of Civic Organization Partnership Program funds, \$5000 of which is used to match money the council gets for that program from the Minneapolis

Council of Churches. "If we can't match it we can't get it," said Mathews.

Proposed cuts in the regional parks budget may affect Como Park Zoo, Manager Liz Anderson said. "At this point we have done some reorganizing but nothing that would be visible to the public. It is too early to tell since there is nothing definite yet."

Budget cuts to a recycling fund would affect composting sites throughout the county, said Zach Hansen of the Ramsey County Department of Environmental Health. The county will be unable to deliver free compost, though it is still available at no cost to residents who do their own pickup. Until now Ramsey County has been able to deliver a load of compost each spring to the St. Anthony Park Community Garden. Hours will also be cut at each site from June through September.

Mayor Kelly's recent budget proposal would have closed the South St. Anthony Recreation Center and decreased hours for the St. Anthony Park Library. On April 17 the City Council reached an agreement with the mayor that restores library hours and the recreation center. The mayor would not say whether these would be off the table in the next round of cuts.

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**69 Congress St. W.** - Unusual blend of Victorian design and Arts and Crafts style.

**1841 Goodrich Av.** - Bungalow with live-in kitchen and space-saving ideas.

**281 E. Kellogg** - Loft-style condos in historic former headquarters of the Great Northern Railroad.

Now in its 16th year, the Home Tour is a celebration of city living sponsored by the Cities of Minneapolis and Saint Paul, the Minneapolis Neighborhood Revitalization Program, the Saint Paul Housing & Redevelopment Authority, Brighton Development, the FannieMae Minnesota Partnership Office, the Minneapolis Park & Recreation Board and Renewal by Andersen.

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### Poetry from page 9

a familiar object, like a stapler.

Her strategies vary according to the children's age. "Young children—kindergarten and first grade—respond to story, movement and rhyme," she says. "They like group poems and enjoy drawing along with writing."

For the middle grades, Sidman introduces images and the idea of metaphor. Older children are able to move between the abstract and the concrete. They're more self-aware, but also more reticent. "You have to work to get their guard down," Sidman says.

As an experienced writer and a published poet herself, Sidman faces a challenge that confronts any teacher. "When you're a writer, you do so many of the preliminary steps instinctively. Those are the things that many

kids need help with."

Sidman has been a COMPAS participant since 1997, which means that she's worked with several thousand young writers. "I'm continually impressed with how sophisticated young readers can be," she says. "And it seems like in every class I work with, there's always at least one child who's never written much of anything before but who just seems to blossom during that week. That's especially gratifying."

### Lonely Moon

I look up at that moon in the sky  
and ask myself, Is the moon ever lonely?  
It sits up in that sky all night long,  
making the dull sky bright and beautiful.

How can I put this down in words?  
I ponder and think, I will write a poem  
about that lonely moon. As I look up,  
the words hidden in my thoughts  
descend down to the lonely paper,  
all blank and white.

I ask myself, Is that paper ever lonely?  
Then I say, It is only lonely  
when it has no words on it.  
So I write this poem.

Jane Schumacher, Grade 5  
St. Anthony Park Elementary

### Tidal Wave from page 5

presentation from a North Carolina activist working to stop the privatization of prisons.

Thanks to her recent marriage, Evans is now a grandmother, with a whole new opportunity to help raise the next generation.

She expressed concern that "urban sprawl is creating enclaves of sameness" along economic, racial, cultural and religious lines. "Those kids . . . are growing up in a cocoon," she said.

One remedy is travel, and she and Dayton have already taken one grandson abroad and are planning a trip to London this summer with the second grandson.

She praises recent innovations in curriculum, especially History Day, a

statewide competition challenging students to do research and present their findings in a wide variety of fields.

"Minnesota has the best History Day in the country," she said. In terms of its importance in the school community, "it's sometimes on a par with sports."

She said she gets calls every year from students around the country doing projects in women's history, and this year she was pleased when Dayton also received a history call from someone researching in his field, environmental law.

She said current budget cuts at all levels of education are a "huge" concern for her, in spite of recent successes in Minnesota schools.

"We have to pay our teachers well. We have to unleash them to be creative professionals in the classroom instead of tying them down to very nitpicky and rigid curricular ideas. We can't separate this discussion from resources. The way teachers and students are thrown into classrooms with minimal resources and told to 'just do it' doesn't work."

Yet she sees signs of hope in her own program, citing the reading list for a current graduate seminar in which 6 of the 13 books were written by University of Minnesota scholars, "which is really thrilling."

The blending of disciplines across languages and continents, once thought terribly awkward, has become commonplace, she said, and historians are coming to terms with the fact that "some of the people who are women are also black or Asian."

This has opened up the discipline of history, she said, and she sees an exciting future for the field: "The most creative work is happening at the boundaries."

Sara Evans will read from and discuss "Tidal Wave" at 7 p.m. on May 7 at the St. Anthony Park Library.

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## Migration proves that spring is for the birds

by Karlyn Eckman

Spring is upon us, and many migratory birds have returned and are nesting. The Bugle neighborhood is home to pheasants, herons, several species of hawks, woodpeckers, ducks, owls, warblers—and even turkeys. Last year a small flock of wild turkeys was seen by many local residents as they gradually made their way from Falcon Heights to south St. Anthony Park.

No turkey sightings were reported during the winter months. If you have any information about the present location of the flock, or if you have some other unusual bird sighting to report, please call the St. Anthony Park Community Council office at 649-5992.

Sightings in early April have

included dark-eyed juncos (which will soon depart for breeding grounds in Canada), a double-crested cormorant, Cooper's and red-tailed hawks, northern flickers, an American eagle and the welcome return of many American robins. Watch for other returning "snowbirds" over the next month.

As part of the Community Council's 2003 DNR Conservation Partners grant, information is being collected about bird sightings in St. Anthony Park. During the 2001 DNR grant process, a small group of birdwatchers was organized. Their notes and checklists have been entered into a database developed by volunteer Joan McKearnan. The database documents a wide

variety of birds either resident in or migrating through St. Anthony Park.

SAPCC would like to continue this birding activity and is actively seeking volunteer birders to make brief, periodic observations. Information about nesting sites is also needed to contribute to a national breeding bird census.

The SAPCC Environment Committee will be installing bat houses, bird houses and an observation blind at Kasota Pond and other sites in the neighborhood during April and May. Call the council office if you would like to volunteer in this effort. If you are interested in volunteering as a St. Anthony Park "birder," please contact Emily at 649-5992 or Karlyn at 649-1606.

## Murray establishes Bulger scholarship fund

by Dave Healy

Murray Junior High School has announced that it will establish a Wolf Ridge Scholarship Fund in the names of former St. Anthony Park residents Ann and Bill Bulger.

The Bulgers were active in the Wolf Ridge multicultural leadership retreat that Murray students participate in every November.

Each year, 72 Murray students attend a week-long retreat at the Wolf Ridge Environmental Learning Center in Finlayson, Minnesota. They participate in outdoor activities during the day and attend multicultural classes in the evenings.



Ann and Bill Bulger

When they return to school, students share their experiences and knowledge with the rest of the student body.

In memory of the Bulgers, a scholarship fund has been created to assist the school in making it possible for students to attend the retreat. Anyone wishing to contribute should send a check (made out to Bulger Wolf Ridge Scholarship Fund) to the following address:

Murray Junior High  
Attn: Phyllis Baltes  
2200 Buford Avenue  
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Ann and Bill Bulger's dedication to children will be remembered and commemorated through this fund.



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report in 20 years by  
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For more information contact  
Jon Schumacher, 651-641-1455.





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### Como Park Senior High School

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• Spring choral concert, "STORIES, SONGS AND SPIRITUALS"  
May 15, 7pm

• Jazz band concert  
May 20, 7pm

• Spring band and choral concert  
May 22, 7pm

• Vocal jazz concert  
May 29, 7pm

### Coffee Grounds

1579 Hamline Ave., 644-9959

• Jeff Ray  
May 2, 8pm

• Bobb FANTAUZZO  
May 4, 10am

• Poetry reading and music with  
Bethel College  
May 6, 7pm

• Bill Parish  
May 8, 7pm

• Ivory Bridge  
May 9, 8pm

• Carol Jean and the Blue Gills  
May 10, 8pm

• Jens Hegg  
May 11, 10am

• "The Two Guys"  
May 15, 7pm

• Erin Sugrue  
May 16, 8pm

• Bill Hammond as open mic host;  
live taping by Roseville cable access  
May 17, 8pm

• Open mic  
May 18, 7pm. Sign-up by 6:30pm

• Ivory Bridge  
May 22, 7pm

• Steve Harlan Marks  
May 23, 8pm

• Balalika, AUTHENTIC RUSSIAN  
folk music  
May 24, 8pm

• Bill Parish and Pat Vogel  
May 31, 8pm

### Cinkgo Coffeehouse

• Cam Waters  
May 2, 8pm

• Open Stage  
May 7, 6pm

• Dana Robinson  
May 8, 7:30pm

• Phil Heywood  
May 9, 8pm

• Mad Agnes  
May 15, 7:30pm

• Jean Henze  
May 16, 8pm

• Open Stage  
May 21, 6pm

• Kellie Lin Knott and Victoria Davitt  
May 23, 8pm

• Bluegrass and Oldtime Jam Session  
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May 9 & May 10, 7:30pm

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### Undercroft Gallery

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• Donna Berry, "Singing Leaf"  
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• Jane Boggs, WATERCOLORS  
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# MAY CALENDAR

## 1 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.

• 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. Chair exercise classes are appropriate for all fitness and ability levels, and offer cardiovascular workout. All major muscle groups are exercised. Call 651-642-9052 to pre-register.

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

## 2 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.).

• Falcon Heights recycling.

• FREE old-time movies and live piano accompaniment, 7-8:30 p.m., St. Anthony Park Library.

## 4 Sunday

• CONCERT, 6:30-8 p.m., Peace Lutheran Church, 1744 Walnut St., Lauderdale. Free; everyone welcome.

## 5 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.

## 6 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.

• 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 Community Band rehearsal (651-642-1559), Como Senior High band room, 7:15 p.m. Every Tuesday from April 8-June 3.

## 7 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.

## 8 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.

## 12 Monday

• Park Press Inc., Park Bugle Board Meeting, St. Anthony Park Bank Community Room, 7 a.m.

• Como Park & Lauderdale recycling.

## 13 Tuesday

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

## 14 Wednesday

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

• LEISURE CENTER FOR SENIORS (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.

• St. Anthony Park recycling.

## 15 Thursday

• Puppet show and pizza, 5:30-7:30 p.m., Peace Lutheran Church, 1744 Walnut St., Lauderdale. Free; everyone welcome.

## 16 Friday

• Falcon Heights recycling.

## 17 Saturday

• 2-CHURCH GARAGE SALE, 8 a.m.-3 p.m. St. Matthew's Episcopal Church, 2136 Carter Ave. (645-3058) and St. Anthony Park United Church of Christ 2129 Commonwealth Ave. (646-7173).

## 20 Tuesday

• DISTRICT 10 board meeting. Call 651-644-3889 for details.

• 25th Anniversary Celebration, Holly House Center for Integrated HealthCare (645-6951). Join Dr. Patricia Lawler, staff and friends for an Open House Party.

## 21 Wednesday

• Langford Booster Club, Langford Park, 7 p.m.

• St. Anthony Park recycling.

## 26 Monday

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

## 27 Tuesday

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

• Como Park & Lauderdale recycling.

## 28 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.

• 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.

## 29 Thursday

• St. Anthony Park recycling.

ITEMS FOR THE JUNE COMMUNITY CALENDAR MUST BE SUBMITTED TO THE BUGLE OFFICE BY 6 p.m., Friday, May 16th.



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**Aging Gracefully** by Mary Jo Tarasor

The warm weather has arrived (or not, depending on what day it is). It's important to remember that very hot weather, like very cold weather, can be dangerous to your health. There are lots of common sense solutions to avoid heat-related illness:

- Limit time out of doors, especially in the sun.
- Wear a hat outdoors.
- Exercise in the cool of the morning.
- Drink plenty of fluids.
- Wear lightweight, loose-fitting clothing.
- Make sure you have a good fan on hand, especially if your home does not have air conditioning.
- Get a seasonal check-up.

Ask your doctor if any health conditions you have or medications you take may make you more sensitive to the heat. Even short periods of high temperatures can cause serious health problems. Two common

problems are heat stroke and heat exhaustion.

**Heat stroke**

Heat stroke occurs when the body becomes unable to control its temperature. Body temperature rises rapidly, the sweating mechanism fails and the body is unable to cool down. Body temperature may rise to 106° or higher within 10-15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not given.

**Recognizing heat stroke**

Warning signs of heat stroke vary but may include:

- an extremely high body temperature (above 103°, orally)
- red, hot, dry skin (no sweating)
- rapid, strong pulse
- throbbing headache
- dizziness
- nausea
- confusion
- unconsciousness

**What to do**

If you see any of the above signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. For example, immerse the victim in a tub of cool water, place in a cool shower, spray with cool water from a garden hose, sponge with cool water or wrap the victim in a wet sheet and fan vigorously.

Continue treatment as follows:

- Monitor body temperature and continue cooling efforts until temperature drops to 101-102°.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

*Aging Gracefully to page 20*

**L I V E S   L I V E D****Arnold Hoff Lindquist**

Arnold ("Lindy") Hoff Lindquist, 92, a resident of Albuquerque, New Mexico since 1990, died on November 26, 2002. Before moving to New Mexico, he lived on Carter Avenue.

Mr. Lindquist graduated from St. Olaf College in 1932. He served as president of Mid America Mutual Life Insurance Co. until his retirement in 1977.

He is survived by his wife, Robin; a sister, Irene Gryte, and niece, Joan Weatherby, of Woodland Hills, California; a son, Eric (Jeremy) Lindquist of Kittery, Maine; daughters Kristin (Ty) Peterson of Diamond Springs, California, and Karen (John) Lemes of Los Altos, California; stepchildren Joy (Michael) Bartlett of Big Sur, California; Marc (Veronica) Bartlett of Santa Fe, New Mexico; and Craig Bartlett of St. Paul; grandchildren Brett and Amanda Lindquist, Mark Crisler, Megan Beckle, Jennifer Springer, John and Frank Lemes; step-grandchildren Quinn, Elyse and Jesse Bartlett; great-grandchildren Maxwell Lindquist, and Kiah and Skyler Beckle.

Graveside services will be held Memorial Day 2003 at the Immanuel Lutheran Church Cemetery in Almelund, Minnesota.

University of Oregon, where she received a bachelor of science in nursing education and became a registered nurse.

Before moving to Oberlin in 1994, she lived in St. Anthony Park for many years, first on Doswell Avenue and later on Folwell Avenue. She was married to Paul Lloyd Murphy from 1946 to 1985.

She was an active community volunteer, Girl Scout leader, Unitarian Church Sunday School teacher, editor and research specialist/administrative assistant for the Center for Research in Human Learning at the University of Minnesota. Her interests included serving others, modern design, architectural history, traveling, and collecting Minnesota art, pottery, baskets and folk crafts.

She was preceded in death by a sister. Survivors include a brother, Carl F. Chase of Nampa, Idaho; a sister, Marjorie Block of Winston-Salem, North Carolina; daughters Patricia Murphy of Oberlin, Ohio, and Karen Rhu of Columbia, South Carolina; sons-in-law Keith Koenning and Lawrence Rhu; grandchildren Scott and Anne Koenning, and Sarah and Daniel Rhu; nieces and nephews; and many friends.

A memorial service was held at Kendal on April 7.

**Sheldon Clark Reed**

Sheldon Clark Reed died on February 1, 2003 after 92 years of loving and productive life. He was born on November 7, 1910 in Barre, Vermont.

Mr. Reed graduated from

Dartmouth College and earned his Ph.D. at Harvard University in 1936. He taught at McGill University and Harvard

University, and was a civilian scientific adviser to the British Admiralty during World War II.

In 1946 Sheldon married Elizabeth Wagner Beasley and became stepfather to John Beasley and then father to Catherine Reed and William Reed. The Reeds came to Minnesota in 1948, and Sheldon became head of the Dight Institute at the University of Minnesota, where he founded the field of genetic counseling, taught, and conducted research in general and human genetics.

Sheldon and Elizabeth co-authored many scientific books and papers, gave ballroom dance performances and sang together in church choirs. He specialized in African violets, and she planted native wildflowers. Sheldon cared for Elizabeth through a long illness until her death in 1996.

After Sheldon's retirement he turned to helping Hmong refugees settle in the United States. He began learning the Hmong language at age 70. In his late 80s, he left St. Paul for the friendly and supportive environment of Presbyterian Homes in Arden Hills.

In addition to John, Cathy and Will, Mr. Reed is survived by his sister, Arlene Bergwall of Williamsville, New York; and grandchildren Matt and Elizabeth Beasley; Ben, Alex and Julia Westhoff; and Avery Reed. A memorial service for Sheldon and Elizabeth was held February 4 at St. Anthony Park United Church of Christ.

**Helen Chase Murphy**

Helen Chase Murphy, 79, died at Kendal in Oberlin, Ohio on April 3, 2003. Born in Nampa, Idaho, she grew up on the family farm and studied at the College of Idaho and the

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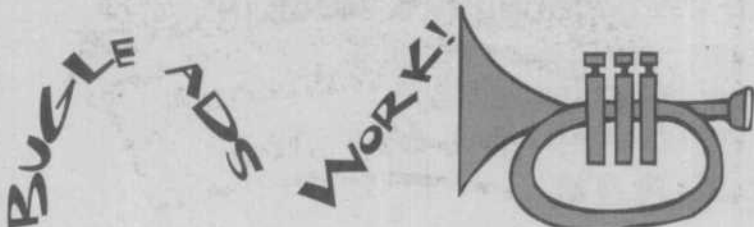
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# C L A S S I F I E D S

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- Count the words. A word is numbers or letters with a space on each side. A phone number is one word.
- Figure your cost: 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

PIANO LESSONS with a local, experienced teacher/professional pianist. Call Vicky Mackerman 651-645-7753.

## 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. ruuds004@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.

## Home Services

INDOOR AIR POLLUTION getting to you? The Filter Queen® Indoor Air Quality System can help! Designed to help people irritated by allergens, it will also help preserve your carpet and furniture! Call Dan at Pacific Aire for an in-home demonstration: 612-408-0233.

Female Caregiver/Home assistant - experienced, dependable. Providing personal care, shopping, light housekeeping. Available weekdays 9a.m.-2p.m. 651-644-4994.

Exterior residential painter: complete house, decks, wood repair, glazing, and pressure washing. Resident of St. Anthony Park. Local references. Experienced. Insured. Earl Jensen/Gopher Finishing. 651-492-5045.

PAINTING: Interior and exterior. WINDOWS: glazing, sash cord, and single pane glass replacement. Park resident with references. Michelle - 651-649-1566.

Tile installation, floor covering, ceramic, vinyl, hardwood. Free estimates, great rates! Safi Home Construction, 612-963-5316.

CAN'T DECIDE paint colors? Interior/exterior paint plans. Beth, 651-292-0488.

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. 651-633-2768. mnartistsatwork@aol.com

QUALITIES BEST PAINTING Interior and exterior, reasonable rates, excellent references. Direct: 651-387-7319.

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

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. Neighbor-hood references. Ron Wagner— 612-840-3598 or 612-377-1310.

CLEANING. Established business, thorough, honest, reasonable and SAP resident 10 years. Call Mary at 763-789-7560.

MASONRY, BRICK, BLOCK, stone, stucco, and concrete. Wall, chimney, and foundational repair. Residential and commercial. Exp. Journeyman B. Robb. 612-378-2420, 612-309-1054.

ALL YOUR INTERIOR AND EXTERIOR PAINTING needs. Patching, staining, and enameling. Affordable and professional. LaValle Painting. 651-769-8481.

WE SATISFY ALL YOUR PAINTING NEEDS. Professional painting, interior, exterior, paperhanging, patching, taping, staining, ceiling spray texturing, water damage repair, and more. Family business in the Park— 50 years. Jim Larson, 651-644-5188.

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.

## Wanted

FREE OR CHEAP ACCORDIAN for former violinist! 651-917-0515.

## Lawn/Landscaping

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

CERTIFIED PLANT DEALER offering top quality shrubs, small trees, and containerized perennials at prices well below retail. Free delivery available. Call Tim: 651-633-6847.

LAWN CARE MASTERPIECE Will do: mowing, trimming, blowing, hedges, trees, dethatching, raking. Experienced. Reasonable. Free estimates. Call Charles 763-424-7002.

LANDSCAPING: decorative edging, weed-stopper fabric, zock, mulch and sod, call Andrew 651-645-3940.

## Sales

MOVING SALE, 73 Langford Park, Saturday May 17th, 9am-4pm. Household/kitchen supplies, books, kids clothes, toys, bikes, lawn and garden items, plants, and more.

Roseville annual BLOCK SALE. Saturday, May 31st, 9am-4pm (near Cleveland and County Road B).

HUGE 2-CHURCH TREASURE sale! (churches are back-to-back). Saturday, May 17th, 8am to 3pm. St. Anthony Park United Church of Christ, 2129 Commonwealth Ave., and St. Matthew's Episcopal Church, 2136 Carter Ave. "Fine Items": good antiques, lots of furniture, great selection of books, lovely dishes, interesting fabrics & linens, unusual and decorator items, household items, sporting goods, kids clothing, and blooming plants!

HUGE ESTATE SALE - At 1335 Simpson off Midway Parkway (near State Fair). Saturday May 10, 8-4. Everything goes, lots of misc., all types of furniture, appliances, tools, garden & household items, comp. desk, sofa, chairs, beds, dresser & Model A truck w/towing trlr, firewood. Cash only, no early sales.

## Housing

2 bedroom, 2 bath condo for rent. Lots of amenities! \$1400/month includes heat, water, garbage. 651-641-0818.

HOUSE FOR RENT - 2411 Commonwealth - 3 bedroom, 2 bath, heated garage, washer/dryer, great house for family, non-smoking, \$1600/month, util. paid, appointment only, avail. June 1, Dave at 651-645-4300.

COMO LAKEVIEW apartment for rent. Expansive 1BR, hardwood floors, beautiful westside view of Lake Como. Available 4-1. \$700 651-261-0399.

Thanks for many happy years in St. Anthony Park from Victoria Lindblade, Anne True, Laurie MacLeod, Ann Limric and Melita Rundquist



OPEN HANDS PROFESSIONAL MASSAGE THERAPY CENTER HAS MOVED TO A NEW HOME!!

We've combined our two St. Paul locations into a beautiful old home at 1801 St. Clair Ave.

We're only 4 miles away. At 120 mph that's 2 minutes (We'll slow you down when you get here!) Call 651-645-7414 to schedule an appointment

## Need A Plumber?

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FREE estimates  
satisfaction guaranteed  
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Dr. Paul Kirkegaard  
644-9216

Your neighbors in St. Anthony Park



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Treating your house like a home

Painting & Wallpapering  
651-690-5661



### Aging Gracefully from page 18

Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring him or herself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

#### Heat exhaustion

Heat exhaustion is the body's response to an excessive loss of water and salt. Those most prone to heat exhaustion are elderly people, people with high blood pressure and people working or exercising in a hot environment.

Warning signs of heat exhaustion include:

- heavy sweating
- paleness
- muscle cramps
- tiredness
- weakness
- dizziness
- headache
- nausea or vomiting
- fainting

The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if symptoms are severe, or the victim has heart problems or high blood pressure. Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than an hour.

Cooling measures that may be effective include:

- cool, non-alcoholic beverages, as directed by your physician
- rest
- cool shower, bath or sponge bath
- an air-conditioned environment
- lightweight clothing

Warm weather can be wonderful for recreation and relaxation. Enjoy a healthy summer!

**Weight update:** In April's column I described a few common-sense approaches to weight control and promised to let you know how they worked for me. During the first month, I've lost three pounds. More next month.

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

## IT'S THE QUESTION

NO ONE WANTS TO ASK THEMSELVES.

What if you suddenly needed some kind of long-term care? How would you pay for it? What kind of options would you have? After age 65, almost 3 out of 4 may need answers to those questions, which is why you need Long-Term Care Insurance from State Farm.® It can help protect your life savings from the costs of extended care. To learn more about it, talk to your neighborhood State Farm Agent. WE LIVE WHERE YOU LIVE.™



**Jim Roehrenbach, LUTCF**  
2190 Como Avenue  
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\*State Farm Mutual Automobile Insurance Company - Home Office: Bloomington, Illinois  
†Source: Lewin Group estimates based on the Brookings-JCF Long-Term Care Financing Model, 1992. As cited in, "Long-Term Care: Knowing the Risk, Paying the Price," Health Insurance Association of America, 1997; pg. 12.  
See your local State Farm Agent for details on coverage, costs, restrictions and renewability.

LTC12002-09

[statefarm.com](http://statefarm.com)

PO2429 O4/O2

## 11th Annual Soccer Saturday

Saturday, May 17, 2003

South St. Anthony Park Rec Center  
Soccer Clinic and Rally for Grades K thru 6  
9 a.m. 'til Noon

**T-shirts and snacks provided to all participants**  
Register at the Langford Park Rec Center in person or by phone, **651-298-5765**



Advance registration is appreciated, but not required for participation.  
Fee of only \$5.00!

Co-sponsored by  
Jim Roehrenbach  
State Farm Insurance

## LIFE IN THE CHURCH: COME AND SHARE

### ❖ BETHANY BAPTIST CHURCH

Skillman at Cleveland S., Roseville. 651-631-0211  
9:00 a.m. Filipino-American Worship, Dr. Sanny Olojan  
9:30 a.m. Sunday School  
10:45 a.m. Bethany Worship, Pastor Bruce Petersen  
11:00 a.m. Korean Worship, Pastor Jiyong Park  
6:30 p.m. Wednesday Children's Programs

### ❖ 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.  
Summer Schedule begins May 25th: Sunday Services at 8:30 & 10:00 a.m.  
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.

### ❖ ST. CECILIA'S CATHOLIC CHURCH

Cromwell and Bayless Place. 651-644-4502  
Website: [www.stceciliaspn.org](http://www.stceciliaspn.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

### ❖ 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, May 4, 10:00 a.m. - Communion/New Members received  
Sunday, May 18, 10:00 a.m. - Spring Music Concert

### ❖ 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)  
11:00 am Fellowship  
11:05 am Youth Class  
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.saplcc.com](http://www.saplcc.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.  
Sunday School & Adult Education ends May 18, 2003.

Minnesota Faith Chinese Lutheran Church at 1:30 pm

信義教會 星期天下午

### ❖ ST. MATTHEW'S EPISCOPAL CHURCH

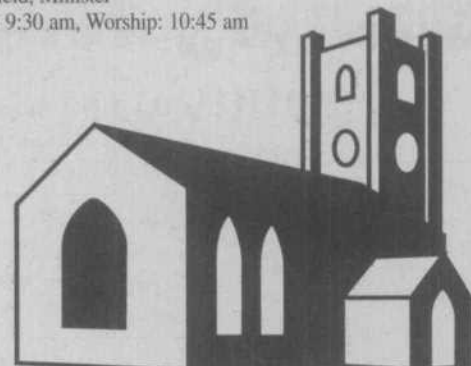
2136 Carter at Chelmsford. 651-645-3058  
Sunday Services:  
8:00 a.m. Holy Eucharist, Rt. I  
10:30 a.m. Holy Eucharist, Rt. II  
9:15 a.m. Christian Education for All Ages  
4:00 pm Prospect Hill Friends' Meetings

### ❖ 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 Schwiertz  
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



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Any Coffee  
Drink!**

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