State budget cuts affect local organizations

Trickle-down effect threatens programs, bourses, 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 Himmelstropp, 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 five years ago," said Himmelstropp.

"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, Himmelstropp 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."

Himmelstropp 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 1 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 Tarasz.

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 from donations, federal and state grants, and fundraising events.

"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

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-run 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

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Come Park
Mendonza Homes has submitted a site plan for a 12 single-family homes at Hoyt Avenue and Fisk Street. The development will be called Morana Woods. Planting and stucco 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 (631-6300) 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 staff, 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 agencies 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, Sherri 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, Bert Single and Victor Hansen 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 hoppers. 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 street.
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, located at 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 everything." "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 art?

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-cotta terraces, posters of dwarfs and fairies, 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 $240. The most expensive item, said Postiglione, is a Captain America shield replica cast from spun aircraft aluminum.

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

"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 innate science," Postiglione admitted. Brynildson elaborated: "Here's an example of one of our very good games. There's a trade paperback out; it was a comic book and now it's a trade paperback called '30 Days of Night.' It's about vampires who go to north Alaska because there are 30 days of night and they figure it's worth a gambol. 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. "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 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 run-ners."

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 tackle 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 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.

"It could be a matter of opinion by some people," Brynildson admitted. "But we don't have an over-18 section, and that's because we want rooms 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.

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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 wanted to describe a store's location, it was enough to say "up there near Gray's," or "across from the Flame" or "next to Applehaus."

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

And now North Home (gph) is going to become Town Center! Write in for another face-lift in the commercial sector. And as the face-lifts of the area will be sucked down the garbage disposal of suburban development, I loved that place up by Gray's, with its curious assortment of stores, shops, offices and restaurants. It provided goods and services to the community. It saved you a trip to the malls, Monkey Wars, Spartan Atlantic or downtown. It embodied basic supply-and-demand economic principles while reflecting the changing nature of consumption. It was a no-gloss, quietky "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 Flumeburger, area residents could gaze across the street and group about the ever-changing commercial landscape. Take the eat-end space, for example. From the 1990s today it housed venues such as Falcon Heights Pharmacy, Lord Sabaty's Shoppe, Wonder's Organs, Gulliver's Hobby Shop and Tony's Golf. For awhile it was Mickey's Restaurant, which morphed into Vic'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 Chinese coffee house.

Or I'd go into Eddie Webster's—or, later, Lee's—for a rack or two of pool. Carl's Kitchen provided takeout Chinese food, and Shaye'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, Clark's, JX, Phillips 66, Standard, Texaco and Cities Service/Cugo. By the 70s most were gone and none were doing anything.

In no small part 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 a new Frank's. I'm not happy about the Town Center plan. Nearly all the "North Home" store 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 Cooley 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 Hay Avenue in Falcon Heights. In June, he will return to his permanent home in Cebu City, Philippines.

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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, "Tidal Wave," that analyses 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 for women's studies programs around the country soon after its publication in 1979. Readers began asking for a sequel, Evans says, but with the women's movement continually growing and changing, it was hard to choose a moment.

"I was in the 90s that I began to feel able to do that kind of analysis," she said, and the book "just sort of took off 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 from New Hampshire to Minnesota in 1993. She has two sons, Craig (24) and Jack (21). Last summer she married Chuck Dayton, who shares her house on Scadler Street along with aoodles named Sky.

Dayton left Minnesota to join Evans in her urban neighborhood. "It didn't occur to me to choose Minnesota," she said. "It was clear that 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 New Hampshire, which is incredible."

Evans said she especially enjoys walking out her back door and across to Langford Park, where she has met "alternate" friendships with other dog owners. And she values the "neighboringness" of the block, with "people who live all around me who 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, and in the course of which she met Paul Wellstone.

"Paul understood that the most important change comes from the ground up," she said, expressing the hope that Wellstone supporters will soon find ways "to sustain his work," in addition to Wellstone's own year working in Chicago, where one of the early "second wave" feminist groups was formed. "It's 1967, 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 University of North Carolina while raising her son and continuing her activism with a women's collective.

In North Carolina, Minnesota was something of a shock. She was amazed to find that "people believed that governments could help to improve quality of life," noting that in recent months, "that's unhearable."

The combination of activism and academics has continued to work for her. "Tidal Wave" is "a direct product" of her continuing work 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 says, to the academic mode of gathering and analyzing information: "You have to listen to find answers."

Activists enter again when it's time to put it all together, she said. "I get hungers 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 1950s (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 bickers.

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 it made if look as if women everywhere were coming for cover, the women's movement was still rolling somewhere under the surface, building up an "offshore force that broke the treacherous seas of our awareness again in the 1990s."

In conclusion, "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 romanticized past is useful," Evans said, even though she found it fruitful 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 it was all white," she said, "and see that even more radical women would integrate 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 genders, races and other categories is the most interesting recent concern of her field, studying "how more people integrate into different categories."

"Whereas historians of different continents once hardly spoke to each other, there are now frequent cross-talks throughout the department. A specialist in early modern Europe, for example, regularly consults with me as we are both writing the same time frame in Latin America, Asia or Africa."

"All these changes made the field of history much more dynamic." Recent debates in the history department have focused on the role of the Atlantic in the role of the world and that there's not as much development is now engaged in work. What are the consequences of this or like that? What's 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' activities continue as well, sometimes stretching far afield from academic projects. Students often stay in her house when they are in St. Anthony and on, and have a "Say No to War with Iraq" sign is prominent in their front yard.

Neighbors and friends gathered in their home recently to enjoy heat and desert a

Tidal Wave to page 14

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Park Bugle 5

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the very thing that it seeks to destroy"

—Martin Luther King, Jr.

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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 Larpentaur to the basement under J’s Liquors, or to Selby Avenue in St. Paul. Another unhappy merchant is Jim Bigelow, 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. Bigelow 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 Copper Flooring. "The buildings are rickety at best. It’s leaky; we were flooded out twice 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 Roselle 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 Fauer, 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, Fauer said.

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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CHAPTER ONE

The hottest day of the summer so far was drawing to a close and a drowsy silence lay over the large, square houses of Privet Drive... The only person left outside was a teenage boy who was lying flat on his back...

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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 Homondro will open their house at 1554 Fulham Street on Saturday, May 3 from 10 a.m. to 5 p.m. and Sunday, May 4 from 1-5 p.m.

The Homondros 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 refreshed 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 Homondros’ 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 duplexes. Last year more than 9,500 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 complete four buildings, with 54 one- and two-level homes per building, yielding a total of 216 homes. The first 42 are 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, 19th Field’s and Lutheran Print store. In addition, a full list of home addresses, with photos and descriptions of selected homes, can be seen at www.mshometour.com.

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April hikers invited to become May bikers

by Dave Healy

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

Nelsontzen is a metro citizen representative on Minnesota's State Bike 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 bike highway system and to promote bicycles as a competitive and attractive mode of transportation.

Nelsontzen'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 commuting. 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" consists of both dedicated routes that are only for bicyclists/pedestrians, and marked bike lanes on city streets.

Nelsontzen 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, Nelsontzen 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," Nelsontzen 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," she said.

For more information about Bike to Work Day, visit www.b-lop.org.
Annual carnival returns to St. Anthony Park Elementary
by Anthony 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 Marin Wolf who ran the show," Lee said. "Now it's me and Marty, plus lots of volunteers." Lee added that Cindy Thresher 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 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 students helps the school," Lee said. "We want them to feel welcome and see what the school is like, and its 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 fosters 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 see 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, be 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."

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 poems to page 14

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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 Como Avenue West. 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 Micah's 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 Wijijigawan 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 Marijo 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, welcome. Call the library at 642-0411 prior to bringing in donated books.

CLEANUP
The Midway Chamber of Commerce will host 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 cornshuck 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 sciences, 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 precut 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 Commute Challenge. For more information on riding the bus, carpooling, bicycling or walking to work, visit www.b-bop.org. Sign up at the Web site to win a free flight and three nights in the Bahamas or a new bicycle.

Recreation

Registration has begun for tee ball, 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.

Tee ball (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/eh.

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.

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 or call 647-9628.

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

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

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 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.

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

This year the county cut 5 percent of its support to the Block Nurse Program. The governor’s budget proposal would change the picture greatly 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 nonscheduled 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 Tarasz.

According to Tarasz, 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 wouldn’t be able to coordinate volunteers. It would probably limit our clients."

The Bogle distribution area includes four nursing homes: Linnea Home, St. Anthony Park Home, Sholom Home and Lymphomton 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 Arness. 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 Arness. "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 sometimes 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 Phone 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.
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 resilient. "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 COMPASS 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 work. 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 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 descended down to the lonely paper, all blank and white.

I ask myself, Is that paper ever lonely? Then I say, Is it 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 a 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 arrayedness" 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 state-wide 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 nitty-picky 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.
Migration proves that spring is for the birds
by Karltn Eckman

Spring is upon us, and many migratory birds have returned and are nesting. The Bugle neighborhood in 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 sighting to report, please call the St. Anthony Park 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 months.

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 smart group of birdwatchers was organized. Their notes and checklists have entered into a database developed by volunteer Joan McKean. 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 Environmental Committee will be installing bat houses, bird houses and an observation blind at Kenya 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 Karltn at 649-1606.

Murray establishes Bugler scholarship fund
by Dave Holst

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 Bugler.

The Buglers 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.

In memory of the Buglers, 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 Bugler Wolf Ridge Scholarship Fund) to the following address:

Murray Junior High Ann and Bill Bugler
Attn: Phyllis Baitel
2206 Bedford Avenue
St. Paul, MN 55108

Ann and Bill Bugler's dedication to children will be remembered and commemorated through this fund.

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The St. Anthony Park Community Forum
Tuesday, May 6 • 7-9 p.m.
St. Anthony Park Elementary School
(COMO AND KNAPP)
Presentation of the first comprehensive SAP/District 12 "State of the Neighborhood" report in 20 years by Macalester Professor David Lanegan.
Doors open at 6:30 p.m. to preview information. Time for questions and discussion following presentation.

PRIZES & TREATS provided by
May Arts

Music

Como Park Senior High School
740 Rose Ave., 293-8800
- Spring choral concert, "Stories, Songs and Spirits" May 13, 7pm
- Jazz band concert May 20, 7pm
- String band and choral concert May 22, 7pm
- Vocal jazz concert May 29, 7pm

Coffee Grounds
1279 Hamline Ave., 644-9959
- Jitterbug May 2, 8pm
- Poets, painters and music with Minneapolis College May 6, 7pm
- Bill Pahl May 8, 7pm
- Ivory Backley May 9, 8pm
- Carol Irons and the Blue Gills May 10, 8pm
- Jess Huet May 11, 10pm
- "The Juicy Boys" May 15, 7pm
- Eun Sik Park May 18, 8pm
- Bill Harmonrad at open mic hour; fly trapping by Roseville cable access May 17, 8pm
- Open mic May 18, 7pm, sign-up by 6:30pm

- Ivory Backley May 22, 7pm
- Steve Harlan vocals May 23, 8pm
- Balalaika, authentic Russian folk music May 24, 8pm
- Bill Pahl and Pat Vogel May 31, 8pm

Ginkgo Coffeehouse
- Cam Waters May 2, 8pm
- Open Stage May 7, 8pm
- Dave Robinson May 8, 730pm
- Paul Huyck May 9, 8pm
- Paul Acres May 10, 730pm
- Jess Huet May 16, 8pm
- Open Stage May 21, 8pm
- Kelly Lee Konirtz and Victoria Duvall May 23, 8pm
- Blues: Live Old Time Jam Session Second and Fourth Wednesdays, 7pm

Newfolk Collective
293-9201
- Precky Haddawy May 10, 730pm
- Sr. Paul Student Center
- Paulist Star
2599 University Ave. W. 646-7827
- Saturday nights Every Saturday, 10pm-1pm

Music in the Park Series
St. Anthony Park United Church of Christ 2129 Commonwealth Ave., 645-3699
- Celebration of Minnesota composers and musicians May 4, 7pm

Drama

Como Park Senior High School
740 Rose Ave., 293-8800
- Festival of one-act plays May 8, 7pm
- May 9 & May 10, 730pm

Visual Arts

Goldstein Gallery
244 McNeal Hall, 612-644-7454
- 2003 Spring art show through May 14

Midway Contemporary Art
2500 University Ave. S. C2
- "SHIMMER," current curated by Bruce Hardy
- May 22, 7-9pm
- Opening reception May 22, 6-8pm

Raymond Avenue Gallery
761 Raymond Ave., 644-9200
- "Aut hew Two Habitats" through May 9

Undercroft Gallery
2136 Carter Ave., 645-3038
- Doreen Bray, "Shining Ltd." through May 16
- Lee Boozie, watercolors May 1-8, 8pm

Garden View Café
1871 W. Larpenteur Ave. gardenviewcafe.com
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All concerts on Sundays at St. Anthony Park United Church of Christ 2129 Commonwealth Ave. at Chelmsford St. in St. Paul Tickets/Information: (651) 645-5099 email: musicinthepark@slippe.com website: www.musicintheparks.com

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

SINGLE TICKETS AVAILABLE AT THE BIBLIOLOG SHOP & MICAUBER'S BOOKSTORE IN ST. ANTHONY PARK

2003-2004
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www.musicintheparks.org

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1 Thursday
- For Fun (for 7-year-olds and younger), South St. Andrew Rec Center. 611-298-7365. 10 a.m., Every Thursday.
- Chess & Game Clubs - Seidel High, 825 S. 3rd Street every Tuesday.
- Chess & Game Clubs - Seidel High, 825 S. 3rd Street every Thursday.

5 Monday
- AA, St. Andrew Park Lutheran Church. (651-644-0009). 8 p.m. Every Monday.
- Boy Scouts, St. Andrew Park United Church of Christ. 7 p.m. Every Monday.

8 Thursday
- Free Blood pressure check and Health awareness by the St. Andrew Park Block Nurse Program, St. Andrew Park Library. 10-11 a.m.
- Full Council Meeting, St. Andrew Park Community Council, South St. Andrew Park Rec Center, 890 Cornwell, 7 p.m.

12 Monday
- Park Press Inc., Park Board Building Meeting, St. Andrew Park Block Nurse Program Community Room, 7 a.m.
- Como Park & Lucilede recycling.

13 Tuesday
- Lucilede City Council, City Hall, 1891 Walnut St., 7:30 p.m.

14 Wednesday
- Falcon Hills City Council, City Hall, 2077 Dempster Ave., 7 p.m.
- Lincoln Center for Seniors (607-9146), St. Andrew Park United Methodist Church, 9 a.m. 9:30 a.m., Lunch reservations by Monday. Free Blood pressure check by St. Andrew Park Block Nurse Program.
- St. Andrew Park recycling.

15 Thursday
- Puppers show and play, 5:30-7:30 p.m., Peace Lutheran Church, 1744 Walnut St. Lucilede. Free. Everyone welcome.

16 Friday
- Falcon Hills City Council, City Hall, 2077 Dempster Ave. 7 p.m.

17 Saturday
- 2-Church Campout, 8 a.m., 3 p.m. St. Matthew's Episcopal Church, 2165 Center Ave. (651-3058) and St. Andrew Park United Church of Christ, 2129 Cornwell Ave. (651-7173).

20 Tuesday
- District 10 board meeting. 651-644-3939 for details.
- 25th Anniversary Celebration, Holy Family Center for Inpatient HealthCare. (651-645751). Free. Dinner, 7:00 a.m. and 7:30 a.m. Lunch reservations by Monday. Free Blood pressure check by the St. Andrew Park Block Nurse Program.

21 Wednesday
- League Booster Club, Lewis Park, 7 p.m.

26 Monday
- St. Andrew Park Block Nurse Program board of directors meeting, St. Andrew Park United Methodist Church Library, 7 p.m.

27 Tuesday
- Lucilede City Council, City Hall, 1891 Walnut St., 7:30 p.m.
- Como Park & Lucilede recycling.

28 Wednesday
- Falcon Hills City Council, City Hall, 2077 Dempster Ave., 7 p.m.
- St. Andrew Park Community Council, City Hall, 2077 Dempster Ave. 7 p.m.

29 Thursday
- St. Andrew Park recycling.

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The Community Calendar is sponsored monthly by
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292-9844
Volunteer Week is April 27 - May 3
The St. Anthony Park Block Nurse Program takes this opportunity to thank each and every person who has volunteered with us.

Our volunteers have helped us to help our neighbors for 22 years! Thanks again! For more information about volunteer opportunities with us, call 651-612-9052.

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Celebration Week.
Mother's Day May 10th.
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(651) 659-9438

Arnold Hoff Lindquist
Arnold ("Lindy") Hoff Lindquist, 92, a resident of Albuquerque, New Mexico since 1999, died on November 26, 2002. Before moving to New Mexico, he lived on Carter Avenue.

Mr. Lindquist graduated from St. Olaf College in 1939. He served as president of Mid American 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 Kirksey, Maine; daughter Kristin (Ty) Peterson of Diamond Springs, California, and Karen (John) Lenes of Los Altos, California; stepchildren Joy (Michael) Barrett of Big Sur, California; Marc (Veronica) Barrett of Santa Fe, New Mexico; and Craig Barrett of St. Paul.


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

Helen Chase Murphy
Helen Chase Murphy, 79, died at Kendall 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 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 Dowwell Avenue and later on Fowled 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 Field of 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 Columbus, South Carolina; sons-in-law Keith Koening and Lawrence Rhu; grandchildren Scott; and Ann Marie Rhu and Sarah and Daniel Rhu; nieces and nephews; and many friends.

A memorial service was held at Kendall 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 advisor to the British Admiralty during World War II.

In 1946 Sheldon married Elizabeth Wagner Beasley and became stepfather to John Beasley and step-grandfather 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 Research in Human Learning, 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 violins, 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 Mark 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.
CLASSIFIEDS

Classified deadline: May 20, 6 p.m. Next issue May 29th

1. Type your ad. Our style is to print the first few words in capital letters.
2. Count the words. A word is not separated by space on each line. A phone number is one word.
3. Figure out cost. 850 x number of words ($8.50 minimum).
4. Send your ad & check to Business 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.
5. Classified ads are not taken over the phone.
6. Call Raymond Yarb at 651-644-5609 with questions.


CARLSON PAINTING - interior/exterior, wallpapering, refinishing, 20 yrs. experience, free estimates. 651-429-8084.

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SCHULMAN BROS. QUALITY PAINTING, interior/exterior, textured ceilings and water damage repairs, professional service at affordable rates, local references, free estimates. Insured, Jonathan, 651-481-0462.


CLEANING: Established business. Dependable, honest, reasonable and S&L resident 10 years. Call Mary at 765-789-7500.


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


HILLARD E. SMITH general contractor. Carpentry work, block, stone, cement work. Interior, exterior remodeling, insulation, under-painting 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 651-917-4515.

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

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Sales
MOVING SALE, 73 Latigo Food 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 (chairs are back on back). Saturday, May 17th, 8am to 3pm. St. Anthony Park United Church of Christ, 2129 Cambridge Avenue, and St. Matthew's Episcopal Church, 2136 Carter Avenue. "Fine items": good antiques, lots of furnature, general collection of books, lovely dishes, interesting fabrics & linens, unusual and decorative 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, compost, deck, sofa, chairs, beds, dresser & Meda. A truck throwing up, firewood. Cash only, no early sales.

Housing
2 bedroom, 2 bath condo for rent. Lots of amenities $1600/month includes heat, water, garbage. 651-644-0933.

HOUSE FOR RENT - 2411 Commonwealth - 3 bedrooms, 2 bath, heated garage, washer/dryer, great house for family, non-smoking, $1600/month, until paid, appointment only, avail. June 1. Dave at 651-645-4830.


Thanks for many happy years in St. Anthony Park, from Victoria Lindblad, Anne True, Laurie MacLeod, Ann Limric and Melitta 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 1901 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.

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Aging Gracefully from page 18

Sometimes a victim's muscules will begin to twitch uncontrollably as a result of heart 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 heat 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 future columns, please contact us at 642-9052 or saphp@bix.net.

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It's The Question
No One Wants To Ask Themselves.

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What if, after age 65, almost 3 out of 5 still 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.

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So what's the deal for you? Meet your local State Farm Agent for details on coverage, costs, underway and renewability. (2)

---

Life In The Church: Come And Share

- **Bethany Baptist Church**
  - Sullivan at Cleveland S. Roswell: 651-631-0221
  - 9:00 a.m. Filipino-American Worship: Dr.aney Olang
  - 9:30 a.m. Sunday School
  - 10:45 a.m. Bethany Worship: Pastor Bruce Peterson
  - 11:00 a.m. Korean Worship, Pastor Hyung Park
  - 1:00 p.m. Wednesday Children's Programs

- **Como Park Lutheran Church - Elca**
  - 1707 Hurst Ave. W. St. Paul, MN 55106-2300
  - 651-646-7127
  - Handicapped accessible
  - CPl Contact Ministry: 651-644-1897
  - 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.

- **Immaculate Heart of Mary Church**
  - An Ecumenical Old Catholic Community
  - 2200 Hillside Ave. 651-872-8619 or 651-776-3172
  - Saturday Mass: 5 p.m. in Upper Chapel
  - Des Moines Worship Ministry

- **Mount Olive Ev. Lutheran Church**
  - (A WELS Congregation)
  - "An OLD Church With a New Vision" Handicap-accessible.
  - Wheelchair available.
  - 1660 Almond at Pacific: 651-645-2372
  - Sunday Worship: 9 a.m.

- **St. Cecilia's Catholic Church**
  - Crosmere and Bayliss Place: 651-644-4500
  - Website: www.stceciliamn.org
  - Handicapped accessible

- **St. Anthony Park United Church of Christ**
  - 2210 Commonwealth at Chatsworth: 651-646-7717
  - Website: www.saphp.org
  - Handicapped accessible and an Open and Affirming Congregation.
  - Rev. Dave Packard, Pastor.
  - Adult Ed. Faith & Life Breakfast Forum: 8:30 am every Sunday.
  - Sunday School & Wednesday School: 10:00 am; Fellowship: 11:00 a.m.
  - Nursery Care provided: 10:15 am.
  - Sunday, May 4, 10:00 a.m.: Confirmation/New Members received
  - Sunday, May 18, 10:00 a.m.: Spring Music Concert

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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!

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St. Matthew's Episcopal Church
2136 Center at Chatsfield: 651-646-9395
Sunday Services:
- 8:00 a.m. Holy Eucharist, Rite 1
- 11:30 a.m. Holy Eucharist, Rite 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: 651-631-1300
one block west of Snelling
Sunday Worship: 8:45 am and 11:00 am.

Education for ages 2 thru adult: 10:10 am - 10:50 am.
Nursery provided. Handicap accessible.
Pastor: Roland Heers and Sarah Beckonridge-Schmitz
For more information, check www.stmichaelselca.com

Warrendale Presbyterian Church
1040 Como Ave. At Oxford: 651-489-0554
One block east of Lexington Parkway
Rev. Timothy Held, Minister
Sunday School: 9:30 am; Worship: 10:45 am