

St. Anthony Park has its temperature taken

Residents hear neighborhood study results at May 6 forum

by Dave Healy

The doctor's report is in and the prognosis is optimistic. After poking and prodding the neighborhood for several months, Dr. David Lanegran and his diagnostic crew have declared St. Anthony Park healthy, wealthy and wise. The patient is expected to lead a long, full life.

Lanegran, geographer and Macalester College professor, was hired by two St. Anthony Park nonprofit organizations—the Community Council and the Community Foundation—to study the neighborhood and prepare a report that will have two primary

uses. The Community Council will incorporate Lanegran's findings into a neighborhood plan it will submit to the city of St. Paul. The Community Foundation will use the report to

"We found a high degree of consistency between business and residential concerns, and between residents of north and south St. Anthony Park."

—David Lanegran

guide its fundraising and grant-giving activities in the coming years.

Lanegran, who was assisted by several Macalester students, drew on three sources of information for his report. He

assembled census and Community Geographic Information System Consortium data on housing, income and demographic trends in the neighborhood. In addition,

St. Anthony Park residents and business owners were surveyed about their satisfaction with various neighborhood services. Finally, a forum was held on May 6 at which residents had an opportunity to discuss their concerns and rank them in importance.

Much of what Lanegran and

St. Anthony Park to page 4

Milton Square—a touch of Europe in SAP

by Judy Woodward

Ask most residents of north St. Anthony Park about the true geographical center of their community, and they're likely to mention the English Tudor complex of restaurants, retail businesses and apartments found at the corner of Carter and Como Avenues.

Milton Square is in its tenth decade now as a community anchor, and it seems to come as close to defining the physical heart of the neighborhood as is possible for mere bricks and mortar to accomplish in just under a hundred years.

When Franklin Ellerbe designed the familiar half-timbered, three-building complex in 1909, he was providing the then geographically remote neighborhood of St. Anthony Park with residential space, social halls and room for purveyors of the most mundane commercial necessities. The space in the complex now occupied by the well-known Muffuletta Cafe spent most of its first several decades of existence as a grocery store.

Few realized then that the Square would one day be in the vanguard of the "boutique-ization" of the gentrified spaces of the newly reclaimed shopping playgrounds of the middle class.

In the 1970s, when Muffuletta was making heroic efforts to obtain the first wine-and-liquor license ever granted to a north St. Anthony Park restaurant, the concept of a re-energized, redeveloped urban



space was considered daringly novel.

Nowadays, as Milton Square approaches its centenary, the complex's combination of revitalized antique spaces and "interesting" shops has been widely copied in every yuppified corner of the Twin Cities, wherever lattes are drunk and PDAs flourish. The complex

itself has an application pending for recognition by the St. Paul Heritage Preservation Commission.

Yet all is not upscale contentment at Milton Square.

There are long-term vacancies among the commercial rentals. The lower-level café

Milton Square to page 16

On Monday, June 9 at 7 p.m. a celebration will be held at College Park to commemorate the new playground and tennis/basketball courts, which were completed last August. The event will be a "thank you" to all the neighbors, businesses and organizations that helped make the College Park improvements possible. Ward 4 City Council Member Jay Benanav and College Park Task Force Chair Bob Munson will speak, and refreshments will be served. All neighborhood residents and business representatives are invited to attend.



Photo by Lori Hamilton

Annual June festival features art and a whole lot more

by Dave Healy

The St. Anthony Park Arts Festival, a June tradition on Como Avenue, returns for its 34th run on Saturday, June 7 from 9:30 a.m. to 5:30 p.m. Though billed as an art fair, the event also features food, entertainment, plant and book sales, and displays by a variety of neighborhood organizations.

The heart of the festival is art, and this year's coordinator Arlene West has lined up 120 artists, about half of whom have displayed in previous years. They represent a wide variety of media including painting, watercolors, ceramics, jewelry, garden sculpture, mosaics, original clothing and more.

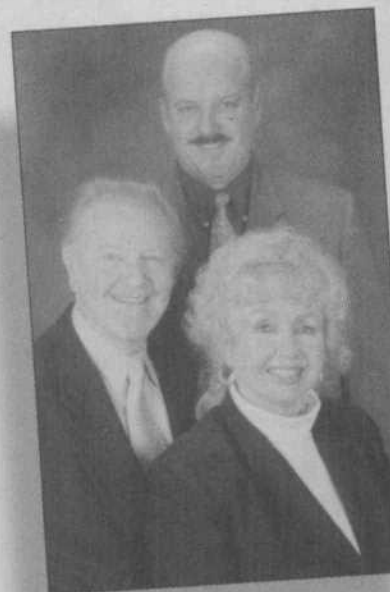
Besides art, three other sales will take place during the festival. The St. Anthony Park Garden Club will sell plants in the parking lot of Park Service, 2277 Como. The St. Anthony Park Business Council will offer T-shirts designed by local artist Warren Hanson. Also, from 11 a.m. to 3:30 p.m., the St. Anthony Park Library will hold a used book sale in the library's lower level, 2245 Como.

Other book-related events include St. Anthony Park author Shelly Sateren selling and signing her new children's book, "Cat on a Hottie's Tin Roof," outside the library by the bike rack. And the Girl Scouts will collect children's books for the Hennepin County Medical Center. They will be set up on the corner of Como and Luther Place.

Entertainment will take place in two locations. Ukamu, playing South American music, will perform most of the day at Como and Luther Place. The "Showmobile" at Carter and Como will feature mostly local performers, including Glen Berg-Moberg, Mark and Stephan Brancel, Burna Kuglar, Richard O'Connor and others.

Food sales will include smoothies and Izzy's ice cream at Ginkgos, hot dogs and brats at Speedy Market, Asian burgers on the grill at Muffuletta, and outside vendors selling kettle korn, lemonade, gyros, burgers and roasted nuts.

Many neighborhood organizations will have displays along Como Avenue: the District 12 Community Council, the Park Bugle, St. Anthony Park Neighbors for Peace, Veterans for Peace, the St. Anthony Park Block Nurse Program, Feline Rescue and others.



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CITY FILES

Como Park

There will be a grand opening for the new North Dale Recreation Center in June. Call the council office at 644-3889 for further information.

Mendota Homes, the developer of the Montana Woods housing development, has submitted a revised site plan calling for slightly less density. This adjustment, which adds a street and removes a cul-de-sac, was required by St. Paul Public Works in order to assure better water management.

A neighborhood meeting was held on May 14 for the purpose of responding to the current Mendota Homes proposal.

Groundbreaking is tentatively scheduled this summer for a senior housing development at Maryland and Dale Avenues. Developer Dale Frisch will partner with North End Area Revitalization (NEAR) on this project. NEAR will work to secure HUD funding for the project.

Lauderdale

The annual Day in the Park will be held on July 12 this year. This is an all-family summer celebration featuring a parade, games, bingo and music. Call city hall for more information.

Falcon Heights

Falcon Heights has received a \$150,000 Livable Communities grant from the Metropolitan Council for its Town Square development project on 4.5 acres on the southeast corner of Snelling and Larpenteur.

The grant will help build 14 townhomes that are part of the 189-unit, \$30-plus million Town Square mixed-use, transit-oriented residential and commercial redevelopment project.

The city of Falcon Heights proclaims that the weekend of June 20-22 is Minnesota Street Rod Association's (MSRA) 30th Annual Back to the 50s Weekend. Log on to www.msra.com for further information about the planned events at the Minnesota State Fairgrounds. The 2002 event had 10,468 registered vehicles, making it one of the largest car events in the country. Falcon Heights expects nearly 100,000 spectators to attend.

St. Anthony Park

Bruce Kimmel of south St. Anthony Park, Rose Gregoire of north St. Anthony Park and Deb Keuhl representing businesses have been elected as co-chairs of the Community Council for this year.

The Council passed a resolution supporting a study by University UNITED. The study will examine a 1,200-acre area located between Aldine on the east, the city limits on the west, I-94 on the south and the mainline railroad tracks on the north.

The study will be done in two parts. The first phase will involve a thorough examination of the status and needs of industrial companies currently located in the study area, and a study of future manufacturing trends.

After this phase of the study has been completed, UNITED and its member organizations will examine the spatial and land use implications of these findings and make long-term recommendations for the area.

This effort will be done in conjunction with the affected district councils, which are in the process of updating their community plans, as well as a number of community partners and stakeholders.

Eureka Recycling is proposing a materials recovery facility (MRF) at 1800 Como Avenue, across from the fairgrounds on the south side of Como.

—Susan Conner



ST. ANTHONY PARK COMMUNITY COUNCIL

NEWS

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

Thank You!

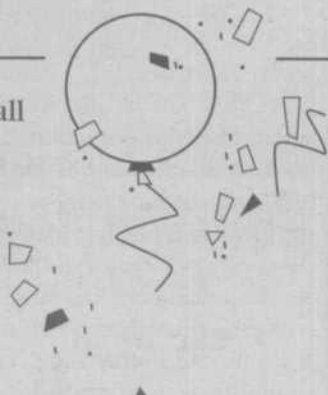
to all the volunteers who helped make the 2003 Annual Kasota Pond Clean-Up a tremendous record-breaking success! With over

60 volunteers, we collected over 70 bags of trash. Thanks also to our business supporters: Hampden Park Co-op, Speedy Market, Kohl and Madden, Bruegger's Bagels, Parkview Cafe, and Dunn Bros.

It's A Party!

Monday, June 9th (cake served at 7pm) at the College Park tennis courts (Raymond and Carter Ave). Join us as we celebrate the official opening of the tennis and basketball courts.

Thank you to all the neighbors, organizations, and businesses that made this possible.



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Leisure Center keeps Wednesdays unleisurely

by Michelle Christianson

What do seniors do who don't go to Florida, don't have part-time jobs, maybe don't even drive? Is their only option to sit and watch television, read or do some other solitary activity? Does social life stop after retirement?

Some St. Anthony Park residents were considering those questions in 1970 and came up with a creative answer—the Leisure Center at St. Anthony Park United Methodist Church. Over 30 years later, the group is still going strong.

The Leisure Center was a cooperative effort of four area churches—St. Anthony Park Lutheran, Corpus Christi Catholic, St. Matthew's Episcopal and St. Anthony Park United Methodist. It's open to anyone over 55 years of age, no church membership is required and there are no organization dues. The group meets every Wednesday of the year except for the two weeks during the State Fair and the Wednesday between Christmas and New Year's Eve.

On a typical Wednesday members start gathering at about 9:30 a.m. for coffee and conversation. At 10, organized activities (cards, sewing, painting, book discussion and crafts) begin. Lunch, at a cost of \$4, is served at noon. After a short business meeting at 12:45 p.m., a program continues until 1:30.

Twenty-year-member Henrietta Miller started coming to the Leisure Center after she retired from her job as office administrator for the University of Minnesota Biochemistry Department. She was interested in the painting program but was soon recruited to be program director, a position she has held ever since. One of the first things she asks anyone she meets is, "Can you sing or dance?"

The programs vary widely. One week may be a travelogue, the next a dance program (they've hosted both cloggers and tap dancers recently), another featuring someone who plays a

musical instrument or has another interesting skill.

Nurses from Lyngblomsten Care Center and the Block Nurse program come to the Leisure Center each month to take blood pressure readings, give blood sugar tests and flu shots, and answer any personal health

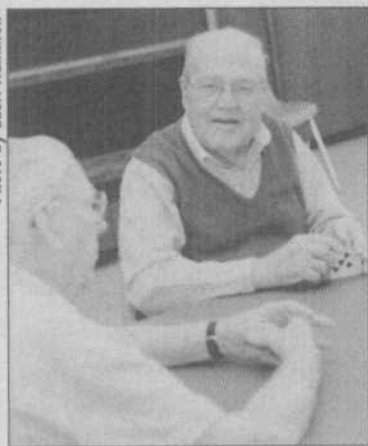


Photo by Lauri Hamilton

A Wednesday card game at the Leisure Center

questions members may have. They also give seminars on skin and foot care, senior exercises and other topics.

The lunches are full meals cooked by Marie Karpinski with assistance from about 12 volunteers each week from area churches. Another dozen volunteers serve the lunch. There are special dinners with holiday themes for Valentine's Day, St. Patrick's Day, Easter, Thanksgiving and Christmas. Last Christmas' meal was especially memorable, with five kinds of meat, homemade breads and all the trimmings. Members sign up at the Center the week before or call Karpinski (603-8946) by the Monday night before the lunch.

The craft group makes the

table decorations for the lunches each week. But that's not all they do. Their projects include sewing, knitting, tatting, crocheting and other handicrafts. They make baby and children's clothing for Ramsey County Human Services; lap blankets for residents at St. Anthony Park Home; and quilts, stuffed animals, greeting cards, jewelry and other items for sale at the annual bazaar.

The money from the bazaar supplements funds brought in by the lunches and donations from individuals and organizations in the area. Phyllis Rudd is in charge of rehabilitating dolls for children at women's shelters and has a group working on the dolls each week.

Craft director Nancy Wenkel has volunteered at the Leisure Center for over 20 years because she sees it as a valuable way for seniors to get out of their homes and meet people in the middle of the week.

"There is a great mix of people from all walks of life, from St. Anthony Park, Roseville, Lauderdale and even further away," says Wenkel. "I grew up in this community and see this as a way of giving back."

She especially likes the fact that Leisure Center is for everyone, not just members of the Methodist Church (which has graciously donated the space at no charge all these years).

Miller says about 30 to 35 people come to the Leisure Center each week, down from the 60 to 80 of earlier years, and this worries her a bit. She hopes seniors will recognize that this is an active group where people can meet new friends and expand their horizons. "It's a wonderful place to meet people."

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EDITORIAL

Small is beautiful . . . and vulnerable

What do people want in a neighborhood?

Recent events provide some clues about what Bugle readers value in the areas where they live. In Falcon Heights, the impending Town Square development reflects that community's decision to replace an older commercial area with mixed-use construction that combines housing and retail establishments.

In St. Anthony Park, housing is also on people's minds, as witnessed by discussion at a May 6 neighborhood forum that revealed a strong consensus for maintaining a variety of affordable housing options.

St. Anthony Park residents have been prompted recently to weigh in on other issues as well. The threatened closing of the South St. Anthony recreation center drew strong opposition, making it clear that the neighborhood highly values that resource.

Other community assets were affirmed in responses to a neighborhood survey conducted by urban geographer David Lanegran. Residents listed green space, the library and effective schools as things they liked about their community. The survey also revealed a strong value for varied, accessible shopping areas.

Two themes emerge from these events: diversity and accessibility. People like variety—in housing, in shopping, in a mix of developed and undeveloped land. And they like being close to the places they depend on for shopping, recreation and edification.

But maintaining diversity and accessibility is an enterprise fraught with peril. Commercial, educational and recreational facilities close to where people live are threatened by a bigger-is-better mind-set. The neighborhood drug store, gas station, grocery store, barbershop, hardware store, post office—all are endangered species. So are neighborhood schools and recreation centers.

One way local establishments cope with the threat of being overshadowed or swallowed up is by trying to attract people from outside the community. So a neighborhood school becomes a magnet school. A store or restaurant tries to become a "destination" for people who may live far away. But what happens to the neighborhood feel of these places in the process?

Small may be beautiful, but it's also vulnerable. What's the future of such long-standing local establishments as Micawber's Bookstore or Blomberg Pharmacy or Herbst Food Market or Noll Hardware? How about the Como Station post office? Or neighborhood elementary schools like Chelsea Heights or St. Anthony Park? Or recreation centers like Langford, South St. Anthony or Northwest Como?

If the small enterprise can't compete, it will fold. The resulting reduction in accessibility makes a community less attractive. Ironically, however, success can threaten the other thing people value about their neighborhood: diversity. Communities perceived as successful become attractive to outsiders, which causes real estate to appreciate, which makes housing affordable to an ever-narrower range of buyers, which makes neighborhoods less heterogeneous.

Healthy neighborhoods are a precious but fragile resource.

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COMMENTARY

by Jack Neely

Once, when I was about 13 or 14, I took a shower at the YMCA after boxing. My only shower-mate was a rather thin gentleman who, to my teen-aged eyes, looked very, very old. It was my first encounter with the unadorned human aging condition. With an adolescent shudder at the crinkly, flaccid flesh, I wondered, "How long will it be before I look like that?"

Last night, a simple gesture brought me face to face with the reality of my own aging process. On the slippery side of 67 there are times when a lifetime of denial suddenly looms before you, as through the eye of a June bug just before it hits the windshield of reality.

It wasn't the gerontology class I took awhile back or the (premature) monthly mailings from AARP that made me feel

older. Nor was it the increasing difficulty of shaving the Gillette Foamy out of the deepening creases in my face. Or the realization that I'm better off stepping down from the bed of my pickup truck rather than jumping.

I was undeterred by bifocals, by the whitening of my sideburns, by the appearance of monthly social security checks, advertisements for "extended care" policies, decreased hand-eye coordination and increased bursitis on the racquetball court. Nor did I feel older just because I realized I need a cat nap every couple of hours when cutting wood—like my dear father-in-law, Ernest, took at age 70.

It's what other people do or say that brings me up short. The first such occasion was when a high school student called me

"sir." The second occurred a couple of years before I retired, when four of us had to physically subdue a student who was out of control. We had him pinned flat on the floor of the principal's office while awaiting the police. The principal, a man 10 years my junior, looked at me and asked, "Are you all right?"

Last night, I revisited the old man in the shower again. My son drove me home after I finished baby-sitting my 14-month-old grandson. He dropped me at the curb. There was no light on at the house. And then he waited for me to enter the house before driving off.

Love, thoughtfulness, caring—I know so. A blow to my manhood—a little. A sign that the sled is picking up speed on that downhill slope—definitely!

St. Anthony Park from page 1

his associates found was unsurprising.

Property values, after increasing steadily through the mid-1990s, have jumped markedly in recent years. Between 1997 and 2002, the average sale price of single-family homes in St. Anthony Park increased from about \$150,000 to about \$250,000. A summary of sales since 1997 confirms that housing in the area continues to be much in demand.

Total population has declined slightly over the past 10 years, while the number of people over 85 has doubled.

The median household income is higher than in St. Paul as a whole (\$46,000 vs. \$38,000) and increased slightly during the 1990s.

Another source of data for Lanegran's report was a neighborhood survey of residents and businesses conducted last February and March. A total of 289 St. Anthony Park residents completed the survey.

Residents were asked to choose their top two concerns from lists representing five areas: housing, community assets, transportation, the environment and economic development.

When asked what's important in their neighborhood, people mentioned the library, green space, affordable housing and a mix of convenient shopping. They expressed concerns about parking and traffic levels.

Lanegran was struck by several unexpected findings.

"We found a high degree of consistency between business and residential concerns," he noted, "and between residents of north

and south St. Anthony Park. Also, the number of home-based businesses that responded to the survey was surprising."

Another thing Lanegran found interesting was the diversity of housing in the neighborhood. There are slightly more rental units than owner-occupied houses and condominiums in St. Anthony Park, and from 1900-2000 there was a slight increase in owner-occupied dwellings, making the split even more balanced. Furthermore, duplexes, triplexes and condominiums are fairly evenly distributed throughout the community.

According to Lanegran, the slight increase in owner-occupied dwellings indicates that the concentration of student housing other neighborhoods have experienced is not occurring in St. Anthony Park, despite the proximity of the University of Minnesota. Nor has the increase been so great as to signal gentrification and displacement of lower-income households.

Lanegran finds considerable reason for optimism about St. Anthony Park's future and cites several statistical measures of confidence people have in their neighborhood.

One of these is conversion of underutilized commercial and industrial land to housing, a criterion by which St. Anthony Park fares quite well.

Another is private investment in housing stock, which is reflected in the number and value of building permits homeowners secure. Since 1997, nearly every block in the community received some sort of investment, and the average value

of permits was high compared to the city as a whole.

A final source of information for Lanegran's report was the results of a May 6 town meeting held at St. Anthony Park Elementary School.

About 150 people attended the forum, where they heard a preliminary report from Lanegran and his colleagues, and then divided into small groups to discuss the report and their own concerns. Each small group reported to the larger group, and remarks were summarized and recorded on large sheets of paper. Then people voted for their top four issues.

Issues that forum participants ranked highest included the following: maintain neighborhood businesses, maintain a variety of affordable housing options, support the aging through programs and housing, maintain educational choice and quality, and promote cohesion and a sense of community through cultural institutions.

A final version of Lanegran's report should be ready by early June. Print copies will be available for viewing at the library and Community Council office. An electronic version will be accessible at the Community Foundation's Web site: www.sapfoundation.org.

Contributions

Rex & Joan Lovrien
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Fourth of July organizers look for assistance

by Dave Healy

Though it hasn't really started to feel like summer yet, it's not too early to begin thinking about the Fourth of July. Indeed, it's only because a committed group of organizers start thinking about the Fourth well in advance that the annual celebration of the holiday in St. Anthony Park is so successful.

"The Fourth in the Park" depends on many volunteers, and this year's event can use the talents and energy of neighborhood residents in many areas. The most immediate pre-Fourth event is a "stuffing party" on Wednesday, June 4 at 6:30 p.m. at Langford Recreation Center. Volunteers will help stuff envelopes for a mailing to local residents about the Fourth of July schedule. Anyone who wants to help should just show up.

On the Fourth itself, volunteers are needed to decorate the bandstand, distribute flags for the parade, serve food and sell raffle tickets. Anyone interested in helping with one or more of these activities should contact Julie Glowka at 647-9969 or julieglowka@aol.com.

For the parade, trucks, convertibles and vintage cars are needed. Also, floats, groups and marching units of all kinds are welcome to participate. As always, the parade will conclude with decorated bikes, wagons, strollers, scooters, etc. Any group interested in being in the parade should contact Sandee Kelsey at

kelse005@sossgw.stu.umn.edu or 645-9053.

In addition to volunteer help, the Fourth of July celebration depends on contributions from area residents and businesses. Several local businesses have already contributed to this year's event, including Abu Nader, Bibelot, Carter Avenue Frame Shop, Gustafson Jewelers, Dr. Paul Kirkegaard, Langford Park Booster Club, Park Service, St. Anthony Park Bank and Speedy Market.

Checks made out to SAP Association can be dropped off at St. Anthony Park Bank or mailed

to: SAP Association, PO 8062, St. Paul, MN 55108. Anyone who wants to donate something for the drawings should contact Julie Glowka.

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Water damage claims are particularly troublesome right now, because of a heightening concern over potential mold problems.

Where this can become a very large issue is when a home is sold. The new buyers may find themselves with a difficult to insure house, which could lead to a delay in closing or even a fall through on the home's sale.

Another facet of CLUE is that your personal history is also tracked. If you file an excessive number of insurance claims, you may buy a house that is very insurable, but because of your personal claim history, you may have problems obtaining insurance. Some insurance companies also look at personal credit history, fearing that people with poor credit are more likely to file fraudulent claims to obtain cash.

What can you do? First, stay with your current agent. You have a history with each other and your agent can go to bat for you if problems arise.

Second, don't file minor claims. Think about raising the deductible on your insurance and using the premium savings as an off set against small claims.



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Fabulous landscapes featured on garden tour

by Mary Maguire Lerman

Once again St. Anthony Park gardeners will display their finest designs in this summer's garden tour on Saturday, June 28. Nine busy gardeners have volunteered their time and energy since January to chair committees and get this year's tour off the ground.

Both residential and business gardens will be featured on this summer's tour. One special garden has changed dramatically since it was last featured on the garden tour. In fact, recent activity in this garden has drawn gawkers in the adjacent alley. The story of this renovation begins at Speedy Market.

If John Thomas and Chris Call had not stopped by Speedy to pick-up sandwiches back in 1993 when they were busy remodeling a kitchen on Raymond Avenue, they would have missed the "For Sale by Owner" sign in front of the nearby 1915 bungalow. Since purchasing the home, there has been a flurry of activity both indoors and out. The front yard has been converted into a cozy patio garden, and the backyard has undergone several transformations.

Nine years ago Thomas and Call had created a plan for the landscape with numerous stages. Like many homeowners, all plans are put on a schedule based on available time and finances. This season the backyard is undergoing another phase that will be ready in time for the late June tour.

How did this garden come

together? Two gardeners, each with different ideas, have blended their thoughts and energy to create a real stunner. Thomas is a landscape architecture graduate from the University of Wisconsin and owns Thomas Landscape. He designs and installs landscapes, and several of the gardens on this year's tour came from his drawing board.



Prior to setting up his landscape business in 1992, Thomas worked as a designer for Lied's Nursery in Milwaukee and then Bachman's here in the metro area. His great aunt was an avid gardener, and he spent some of his formative years on a farm. There he had the responsibility of mowing the lawn and took great care in edging it. Now he can determine just where each plant is placed in the growing garden, and he has gradually been reducing the property's mowable area.

Call has a degree in civil engineering that comes in quite handy with the house renovation and garden landscaping. He remembers caring for a vegetable

garden when he was growing up. After college graduation, he purchased a home in Minneapolis where his neighbors were active gardeners. Call soon succumbed to peer pressure. He picked up packets of native seeds at a home and garden show and grew them into plants in his sunroom. His backyard evolved into a native landscape within a short time.

Where do these two find their great plants? Chris and John frequent many garden centers in the Twin Cities, but their favorites are the smaller neighborhood centers including Highland Nursery, Landscape Alternatives, Boulevard Gardens, Bloomsbury Market and the newly opened Tangletown Gardens.

Together, their training and garden interests have created a master landscape. This summer, their backyard garden features a labyrinth and large-scale chessboard created from Montauk slate, alternating with turf. A terraced patio of New York bluestone overlooks the chessboard and labyrinth, and is surrounded by raised beds of perennials.

However, the plan made nine years ago is still not complete. Several more items remain to be done. When will it be finished? Their authority on the matter is Lani Shapiro, a Chelmsford Street gardener, who has told them "you're done when you're dead!"

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There is no frigate like a

Children's author finds fiction is a hot tin roof

by Lisa Steinmann

"Not including marrying my wonderful husband and having my two perfect kids, it was the best thing that's happened to me in my life," says author Shelley Swanson Sateren, describing how she felt when the magazine Publishers Weekly, the standard bearer for the book industry, used the word "hilarious" to describe her new book "Cat on a Hottie's Tin Roof."

"My number one goal in writing this book was to make kids laugh. I wanted to write a book that was fun, funny and strong."

The next best thing to happen to Sateren is to have this book published after 20 years of patience and perseverance as a children's book writer. She is a seasoned author, with 16 nonfiction books to her credit. But "Cat on a Hottie's Tin Roof," published in May, is her first work of fiction and "her baby," as she likes to call it.

The book is written from the point of view of sixth-grade Cat Carlson, who finds herself suddenly chumless after her best friend moves to Paris. The book follows Cat's adventures as a nerd trying to make friends with a hip, boy-band-obsessed girl named Cassidy McDew.

Cat first meets Cassidy at the store, where her mother has sent her to pick up corn for dinner. Cassidy is there reading the "Back to Cool" issue of "Tween Magazine." They realize that they will both be entering sixth grade at the end of summer. They get to know each other as they start school and do things together like swim at Como pool and shop at Resurrection Duds and Savers Plus.

If any of these places sound like code for something familiar to residents of St. Anthony Park, Sateren admits that she had the area in mind as she wrote. However, she points out that the book is really a composite of stories and places she has known. Some of them come from St. Anthony Park, where she lives with her husband, Roald, and two young sons, Erik and Anders.

The book also draws on her own childhood. She often experienced the challenge of making new friends because she moved seven times during her school years. She remembers many hours riding in a dusty VW van as her family ranged from Minnesota to points west, south and even north; Sateren spent her middle school years in Canada.

The reason she chose to write about girls in the 8-12-year range is because it was her happiest time in school. "I dearly love that age," she says. "It is a time to giggle, to be fun and free."

Sateren found inspiration for the various characters and situations in her book from friends, family and neighbors. Her father helped her write about a science fair project where a motor scooter is powered with methane from rotting rutabagas. The idea for a boy band encounter is based on a true story that came from friend Shana Berg, whom Sateren met while working at Bibelot. Neighbor Holly Bell, a former manager at the Target Center, helped Sateren imagine the logistics of trying to sneak a meeting with a super-star pop band.

Cat's anxiety about appearing too smart at school in front of her new friends grew out of a discussion the author had with a group of 'tweener girls (in between ages 10 and 12) at Langford Park one day. In the book Cat describes her school as "filled with cliques so tight you couldn't crack them open with a jackhammer." Sateren included ideas from Megan Thrasher and Hannah Worku about cliques and what it takes to keep up appearances in sixth grade. She not only listened closely to what the girls said but how they spoke too. It helped her develop Cat's voice, rich with the quirky, intense language of 'tweener girls.

Another important local influence on Sateren's writing has been St. Paul author Judy Delton, who's written several book series for children, including the popular adventures of the Pee Wee Scouts. Sateren was invited to join in writing workshops that Delton conducted in her home on Summit Avenue until her death last year.

Delton loved the story of Cat Carlson and encouraged Sateren to send a sample of her book to Random House, where it was picked up for publication. The editors at Random House kept her hard at work for more than a year revising and reshaping her book.

"I have never worked so hard in my life!" sighs Sateren, describing how she would get up at 2:30 a.m. to find time to write. The payoff is not just the publication of this book; her editors have asked for another book, although it will not be a second one about Cat. Sateren also just got the exciting news that her book will soon be published in Italy.

It is a busy season for Sateren as she works to keep up with the success of her first novel. The Red Balloon Bookstore on Grand

Letters reveal father-daughter relationship

by Amy Causton

With the media attention given to the "greatest generation" and the rising interest in genealogy and family histories, many people are delving into their past. For most of us, such delving results in a completed family tree or some good stories. For Anne Ylvisaker, it resulted in a book.

Ylvisaker (pronounced "Ill-va-soccer") saw her first novel, "Dear Papa," published last year. The novel is in the form of letters written by nine-year-old Isabelle Valborg Anderson to her dead father, as well as to family and friends. Set during World War II, the novel depicts the changing dynamics of a family dealing with loss.

For Ylvisaker, the story began with a visit to her Aunt Betty, who as a child had written a letter to her father just before he died. Ylvisaker and her aunt searched for the letter but never found it. Instead, Ylvisaker returned home with a number of old family photos and her curiosity piqued.

Eventually she wrote her own, fictionalized letter, setting it at about the time her grandfather had died and using a photo of her aunt from that time to inspire her. That photo appears on the book cover, along with a photo of Ylvisaker's grandfather at his gas station and the house, 1234 Palace Avenue, where Ylvisaker's family—and Isabelle's—grew up.

The novel begins one year after the death of Isabelle's father. Ylvisaker chose to start there because "the second year after a loss is harder than the first year. The finality of it sets in and you realize you can never talk to that person again. I figured a year after her father's death she'd be bursting with what she wanted to tell him."

In writing the book, Ylvisaker drew on her feelings about her own father's death in 1996. "The emotions Isabelle is feeling are emotions I went through dealing with my dad's death as an adult," she says.

Dear Poppa to page 10

Neighborhood story tellers branch out

by Anne Holzman

The quiet, little gray book on sale at St. Paul branch libraries for \$10 a copy may constitute a new art form, according to its creators, who recently published "Twelve Branches: Stories from St. Paul" after a year and a half of committee meetings, community storytelling sessions and collaborative writing. The book reads like a short story anthology, except that the settings add up to a familiar map of the city of St. Paul.

The Friends of the St. Paul Library planned the book to mark the reopening of the Central Library in 2002. They wanted to recognize that event while also drawing in the branch libraries. Sending writers to interview neighbors at each library, then "chain-write" a book, seemed like a way to connect the system together.

Four writers were hired, based on their community teaching experience as well as their literary track records. Branch libraries and the Pioneer Press publicized their project and encouraged participation. A writer visited each St. Paul neighborhood library to listen to the stories of people gathered there. After several visits, the writer drafted a short story based on the anecdotes, historical details and characters that had arisen in the library sessions.

Nora Murphy, who wrote "The Butterfly Garden," based on St. Anthony Park library visits, said there were some hitches in the process. "Each of us had one library where no one showed up," she said, and the attendance at St. Anthony Park was smaller than she had expected. Nevertheless, it was the largest of her three assigned libraries, and she worked plenty of familiar geographical and historical details into the finished product. Speedy Market, the library itself, Langford Park and the Fourth of July parade all figure in the story. The porch swing that is central to the story came from one person's reminiscence in a library session.

The writers resorted to other methods when no one showed up for a session. Thanks to their long experience with community projects, they could arrange interviews at other locations when necessary, or draw on other characters from the neighborhood. Murphy met with a group of seniors at the Hallie Q. Brown Center after no one materialized at the Lexington branch, and from their reminiscences she drew details about Negro League baseball games



RE/MAX
Results



Hot Tin Roof to page 10

Twelve Branches to page 10

Book to take us lands away

Readers invited on journey inside secret garden

by Michelle Christianson

Carolyn Strom Collins, along with her collaborator, Christina Wyss Eriksson, has a knack for choosing just the right children's classics to explore. Her three books about "Anne of Green Gables," four about the "Little House on the Prairie" series and one about "Little Women" (not to mention the craft book for preschoolers) have all been popular. But now she has taken on perhaps the best loved (at least among little girls) of them all—Frances Hodgson Burnett's "The Secret Garden."

The University Grove writer began working on "Inside the Secret Garden: A Treasury of Crafts, Recipes, and Activities" in the same manner as she has always worked. She first read carefully through the book, underlining words, foods or activities that may be unfamiliar to children or might suggest a creative activity. Then she and Eriksson traveled to the places in England that inspired Burnett: Great Mayham Hall in Rolvenden, Kent (where the actual secret garden still exists), the site of Friston Hall in Yorkshire and the Yorkshire moors.

They took many photographs that their illustrator, Mary Collier, used to bring the book to life, and they sifted through countless papers, letters and old photos to see how much of Burnett's real life was reflected in "The Secret Garden."

The book is divided into five chapters, the first of which briefly describes the book's plot and also contains a short biography of Burnett plus a timeline listing world events coinciding with major events in her life. The second chapter explores life in a typical manor house, including the roles of the servants, the types of buildings on the grounds and

the gardens that would have been part of the manor.

The next three chapters more directly involve readers. The third chapter contains menus for food that Collin, Mary and Dickon (the book's main characters) ate and gives authentic recipes using ingredients a modern American child would have available, but sticking to methods and appliances used in the 19th century (no microwaves here!).

The fourth chapter gives children ideas for creating their own secret gardens, both miniature and on a larger scale. The fifth chapter contains many activities inspired by "The Secret Garden," including garden crafts and creating your own "skipping rope." Sprinkled throughout are quotes from the book connecting the activities to the characters.

Readers of "The Secret Garden" know that there are many words (from India, "Yorkshirisms," and older British

terms) that are unfamiliar to children (and some adults). The glossary at the back of the book is helpful for both meaning and pronunciation.

Collins speaks of herself as a "literary detective, a sort of Nancy Drew of books." She reads between the lines and looks behind the scenes at the authors, settings and time periods of all the books she has explored. She is careful to see that there are no faces (beyond the original illustrations) in her books, so that readers can use their imaginations to picture the characters. Her books are popular with mother-daughter book clubs because of the love and detail that go into each book.

Collins can't reveal the subject of her next book because she is in negotiation with her publisher. But whatever classic she chooses will definitely be lovingly researched and illumined for any enthusiastic reader.

Inside the SECRET GARDEN

A Treasury of Crafts, Recipes, and Activities



Carolyn Strom Collins
and
Christina Wyss Eriksson

Illustrations by Tasha Tudor and Mary Collier

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Hot Tin Roof from page 8

Avenue in St. Paul held a publication party for Sateren and her book on May 18. It was an especially appropriate place to celebrate because she worked there as a bookseller for five years during the 1980s.

On June 7, she will be selling and signing her books at

the St. Anthony Park Art Fair. Her books will also be available for purchase at Bibelot and all metro bookstores. On June 21 she will make an appearance at River City Books in Northfield (one of her former home towns.)

Despite the current whirlwind, Sateren is clearly

delighted with the whole experience. Indeed, she admits that the reason she writes is that "I am writing for myself; to be truly entertaining you have to delight yourself."

Dear Papa from page 8

Writing the book in epistolary form was a comfortable choice for Ylvisaker, a lifelong writer who loves writing letters. However, she wasn't sure it would work for a novel. "It's a hard way to write, because everything has to go through one person's filter," she says. In the end, she stuck with it because "it just kept working."

She used her imagination to write the story, but interviewed friends and family who grew up during World War II for accuracy. "Writing the book made me feel closer to my family," she says. She also got books from the library for photos of the clothes and other details of the period.

To write in the voice of a nine-year-old, she called upon her extensive teaching experience. Ylvisaker taught elementary school for 12 years, mostly third grade. She says she loves that age because of the "positive outlook, confidence and humor" she sees in the children. She feels this description would be true of kids in 1943 and is still true today because she sees many of the same qualities in her own nine-

year-old daughter.

One of the surprises Ylvisaker has had since her book was published is that "a lot of people from the WW II generation have been reading it." They send her letters with many of their own stories of the period.

Ylvisaker grew up in south Minneapolis and moved to St. Anthony Park three years ago. It was at about that time that she became a professional writer. She had to quit teaching for medical reasons, and she needed a less physical occupation. Since she had always loved writing stories, letters, and journals, writing seemed a natural choice.

She has published 19 nonfiction books for children (two under the name Anne Hanson), as well as numerous essays and magazine articles for adults, but "Dear Papa" is her first published fiction. In addition to her writing, she gives workshops in schools on fiction and nonfiction writing, letter writing, and journaling.

She starts a typical day by writing for a while before her daughter gets up. Then, after taking "a couple of hours to do the mom thing," she spends time

walking and ruminating over ideas she's working on, as well as generating new ones. Ylvisaker says she's currently "in the process of a novel that involves a lot of walking." She generally finds that she needs quite a bit of time to let the ideas "simmer" before she gets to the "white-heat" stage of intense writing.

Her hard work has paid off: "Dear Papa" was named one of the Top 10 Youth First Novels of 2002 by Booklist Magazine, and Red Balloon Bookstore is featuring the book for Grand Old Days. Ylvisaker will be signing books as well as appearing in the Grand Old Days parade June 1. Her daughter will accompany her, dressed like the photo on the book cover.

But for Ylvisaker, perhaps most gratifying has been to see people of all ages embrace her book. "I'm speaking to grades 3-8 this year," she says, "and I've been speaking at quite a few adult book clubs." Add in the members of the "greatest generation," for whom the story is especially resonant, and you truly have a book for children of all ages.

Twelve Branches from page 8

and the dances that accompanied them. She said she was lucky in that case because her father grew up in that neighborhood, and she'd chosen it in the past for other research projects.

A different kind of book could have resulted, had oral history been the goal, along the lines of the Appalachian culture recorded in the Foxfire project's many books, or the spliced interviews of Studs Terkel. But this is fiction, not oral history.

Most of the "Twelve Branches" stories have one cohesive plot, although several read more like character sketches.

There are mystical overtones in some, and the writers have invented dialogues, letters, and in some cases whole new characters to tell the stories. They're about the bitterness of being an outsider, the grace of connecting with a neighbor, the sweetness of falling in love.

Murphy said that the intention to do something different was clear from the start. "What the library wanted, what (the publisher) Coffee House wanted, was fiction coming out of St. Paul," she said. So while she did feel obligated "to put in a little bit from everyone I talked to," she

was free to use her usual fiction techniques to bring structure and meaning into each story.

Murphy said she'd like to do it again, and she's considering ways to approach community writing and invite more participants into such a process.

The best part, she said, was reading selections from the book, first in a city-wide celebration with all four authors, then in some of the branch libraries. At St. Anthony Park, she said, people who attended the reading responded with more reminiscences.

"That's what I loved, the sitting around and sharing stories," she said. She hopes to bring that feeling into future writing projects, which might draw participation the way murals and other public art projects sometimes do. "I think this just scratched the surface" of what community writing projects can accomplish, she said.

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e t c e t e r a

Gardening

The St. Anthony Park Garden Club's annual plant sale will be held Saturday, June 7 in connection with the Art Festival. A wide selection of perennials and some annuals will be available for purchase in the Park Service parking lot. Sale hours are 9 a.m.-2 p.m. Proceeds go to benefit gardening and natural resource programs in the community.

Participants in the buckthorn removal program during the last three years will receive a set of coupons for discounts at six metro-area nurseries.

Volunteers are needed to assist with checking tickets and providing directions during the June 28 Garden Tour. Volunteering for a 3.25-hour shift nets a free ticket for the tour. To volunteer, contact Gitte Mohr at 644-3379 or gitte_mohr@hotmail.com.

Reunion

The Central High School class of 1958 will hold a 45-year reunion on August 9 at the Sheraton Four Points Hotel in St. Paul's Midway area. Registration will be accepted through June 15. Call 952-831-8890 for information.

People

Lauderdale resident Annette Jean Claussen was presented with the Eliza A. Drew Prize in German at Hamline University's Honors Day Awards Ceremony on May 1. The prize is awarded for academic distinction in German. Claussen, a graduate of Roseville Area High School, is the daughter of Rand and Barbara Claussen of Lauderdale.

On April 30, 32 young women representing St. Paul city and suburban public and private high schools received the Athena Award for outstanding achievement in athletics. Among them were St. Anthony Park residents Colleen Schramm and Sarah Elizabeth Watkins.

Schramm lettered in soccer, gymnastics and track. She was named to the all-section academics team her junior and senior years, and received MVP, all-conference and all-section honors in track. In addition, she has been a member of Como's speech team, French club, and junior and senior class board.

Watkins lettered in soccer, cross country skiing and track. She was a three-year all-conference selection in soccer as well as MVP and captain. In cross country skiing and track she was voted all-conference for three years. She is a member of the National Honor Society and Central's student council.

Gibbs Museum

Special events in June include the following:

June 1: Soap Making
Learn the basics of making soap and receive recipes to try out at home.

June 8: Bread & Butter in a Jam
Help churn butter and bake bread, then sample the treats

June 15: Father's Day
Old-time autos visit the museum. Fathers admitted free when accompanied by child(ren). Tom LeBlanc will perform Native American stories and dance.

June 22: Strawberry Festival
Come to the Gibbs kitchen and see sample recipes using strawberries. Try some homemade ice cream with strawberry topping.

June 29: Collecting Day
Learn about collecting and view others' collections—from bottles to buttons to quilts.

Potluck

On June 30, St. Anthony Park Neighbors for Peace will sponsor a community potluck and talk by former U.S. Representative Arlen Erdahl, "The United Nations in a Unilateral World."

The potluck starts at 6 p.m., the talk at 7 p.m. The event will take place at St. Anthony Park United Church of Christ, 2129 Commonwealth Avenue.

Ice Cream

On Saturday, May 31 from 2-4 p.m. Ginkgo in the Park will celebrate the addition of Izzy's ice cream to their menu. There will

be a drawing for door prizes, free samples and special prices, plus an art area for children 7 and under, with free art supplies and project ideas.

Arts Events

Author John Coy will read from his recently published book, "Two Old Potatoes and Me" at Micawber's Bookstore on Saturday, June 14 at 2 p.m.

Reception

A reception for retiring teachers Lois Swartz and Carol Strahan will be held from 3-4 p.m. on Friday, June 6 in the multipurpose room of St. Anthony Park Elementary School.

Both teachers have worked in the St. Paul School District for more than 30 years. Swartz began her career at Baker School in south St. Anthony Park and moved to St. Anthony Park Elementary when Baker closed. Former students and parents are invited.

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JUNE ARTS

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The Coffee Grounds

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- JIM KANTOROWITZ
JUNE 1, 10AM
- MATT PATRICK AND GREG WOLLEN
JUNE 6, 8PM
- OPEN MIC
JUNE 8, 7PM
- MARY CAY STONE AND SCOTT McILRAITH
JUNE 12, 7PM
- REVE DU FAUX
JUNE 13, 8PM
- FALLING FURTHER
JUNE 14, 8PM
- JOE AND PAT
JUNE 15, 10AM
- LONESOME DAN KASE
JUNE 20, 8PM
- THINLAND
JUNE 21, 8PM
- IVORY BRIDGE
JUNE 26, 7PM
- BLUE WOLF
JUNE 27, 8PM
- JIM EMERY AND SELAH PORTER
JUNE 28, 8PM

- OPEN MIC
JUNE 29, 7PM
- SCRABBLE, CHESS, BRIDGE, CRIBBAGE AND BOARD GAMES
Tuesdays and Wednesdays, 6-9PM

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Ginkgo Coffeehouse

2300 Como Ave., 659-9734

- WELCOME IZZY'S ICE CREAM TO Ginkgo. Children's activities and door prizes.
May 31, 2-4PM
- COOKER JOHN AND DAN NEALE
JUNE 5, 7:30PM
- MARK STARRY
JUNE 7, 7-9PM
- HARMONY
JUNE 7, 9-11PM
- EMBER SWIFT
JUNE 12, 7:30PM
- CHRISTINE COSTANZO
JUNE 14, 7-9PM
- CATFISH STEVENS
JUNE 14, 9-11PM
- BUFFALO GALS
JUNE 19, 7:30PM

- DRIVETIME
JUNE 21, 7-9PM
- BLUE WOLF
JUNE 21, 9-11PM
- ROSANNA LEE
JUNE 28, 7-9PM
- CLAIRE VANDECRONMERT
JUNE 28, 9-11PM
- POP WAGNER
JUNE 28, 10AM
- BLUEGRASS AND OLDTIME JAM SESSION
SECOND AND FOURTH WEDNESDAYS, 7PM
- CHILDREN'S ART AND STORY HOUR
EACH THURSDAY, 10AM
- OPEN STAGE
FIRST AND THIRD WEDNESDAYS, 6PM sign-up

Visual Arts

Goldstein Gallery

244 McNeal Hall, 612-624-7437

- "BONNIE CASHIN: AN ELEGANT SOLUTION"
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Undercroft Gallery

2136 CARTER AVE., 645-3058

- "WATERCOLORS FROM MALCOM'S BACKROOM"
JANE BOGGS, DARLENE DUSENKA, JANE MCKINLAY, TRACY MOOS, MAGGIE MOULTON, MARY YOUNG
MAY 20- JUNE 27

Anodyne Artist Company

825 CARLETON ST., 642-1684

- "ART . . . what is it?"
JUNE 19, 7PM

Raymond Avenue Gallery

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- "HEART'S DESIRE"
MAY 30-JUNE 27



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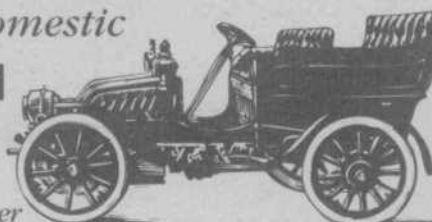
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JUNE CALENDAR

2 Monday

• AA, St. Anthony Park Lutheran Church (651-644-0809), 8 p.m. Every Monday.

3 Tuesday

• TOT TIME (for 5-year-olds and younger), Langford Park Rec Center (651-298-5765), 10 a.m.-1 p.m. Every Tuesday.

• TOASTMASTERS (651-645-6675), training in effective speaking, Hewlett Packard, Broadway & 280, 7:35-8:35 a.m. Every Tuesday.

• CHAIR EXERCISE CLASSES - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 1:30 p.m.. These classes are free to all area seniors, but pre-registration is necessary. 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.

• 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 PM. Last rehearsal for the year.

• St. Anthony Park Writers Group (645-1345), St. Anthony Park Library, 6:30 p.m.

4 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.

5 Thursday

• TOT TIME (for 5-year-olds and younger), South St. Anthony Rec Center (651-298-5765), 10 a.m.-noon. Every Thursday.

• TOASTMASTERS (651-649-5162), U.S. Forest Service, 1992 Folwell Ave., St. Paul Campus, 11:30 a.m.-12:30 p.m. Every Thursday.

• CHAIR EXERCISE CLASSES - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 1:30 p.m. 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.

6 Friday

• SENIOR CITIZEN FUN GROUP (gym, bowling and darts), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday. (First Friday,

blood pressure clinic by the St. Anthony Park Block Nurse Program, 9-10 a.m.).

• Falcon Heights recycling.

6 Saturday

• St. Anthony Park Arts Festival, 9:30 a.m.-5:30 p.m., Como Ave.

9 Monday

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

• Como Park & Lauderdale recycling.

• College Park Celebration, 6:30 p.m.

10 Tuesday

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

11 Wednesday

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

• LEISURE CENTER FOR SENIORS (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Free blood pressure clinic by the St. Anthony Park Block Nurse Program.

• St. Anthony Park recycling.

12 Thursday

• FREE blood pressure clinic and Health resources by the St. Anthony Park Block Nurse Program, St. Anthony Park Library, 10-11 a.m.

• Full Council Meeting, St. Anthony Park Community Council, South St. Anthony Park Rec Center, 890 Cromwell, 7 p.m.

13 Friday

• Falcon Heights recycling.

17 Tuesday

• District 10 board meeting. Call 644-3889 for details.

18 Wednesday

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

• St. Anthony Park recycling.

20 Friday

• Falcon Heights recycling.

23 Monday

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

• Como Park & Lauderdale recycling.

24 Tuesday

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

25 Wednesday

• Falcon Heights City Council, City Hall, 2077 Larpenleur 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.

• St. Anthony Park recycling.

28 Saturday

• St. Anthony Park Garden Tour, 10 a.m.-2 p.m.

30 Monday

• Community potluck, St. Anthony Park United Church of Christ, 6 p.m.

Items for the July Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, June 13.

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As the new board chair, I'd like to take a moment to introduce myself. I've lived in the north end of this community for over twenty years, and became a Foundation board member two years ago. I've enjoyed my time on the board, and I look forward to the challenge of continuing the tradition of leadership established by our first two chairs, Andy Boss and Kent Eklund. They have done much during our first four years to make the Foundation an important asset to our neighborhood.

new members: John Archabal, Bob Arndorfer, Audrey Estebo, Greta Gauthier, and Tim Smith. They come highly recommended and add expertise in areas important to the Foundation's growth.

I'd also like to thank those board members who ended their terms recently: Lis Christenson, Beth Richardson, Ellen Watters and Steve Wellington. Their leadership shaped the Foundation in many ways during our formative years, and we will continue to seek their advice and involvement as we move ahead.



Eileen Pinto

St. Anthony Park is a wonderful neighborhood, which has benefited for many years from the involvement and commitment of the people who live here. Together we can continue to nurture and sustain those qualities that will secure a strong and vibrant community for future generations.



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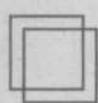
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Aging Gracefully by Mary Jo Tarasor

The current political and economic climate in our state got me thinking about values. For example, is reduction of human services so a few people can keep a few dollars in their pockets consistent with the values of Minnesotans? If we forgo our values and focus on self-interest, what do we lose?

It occurred to me that a strong set of values is as vital a component of good health in individuals as it is for our state.

Have you read the psychological study, "Man's Search for Meaning," by Victor Frankl? Dr. Frankl was interred in a concentration camp during World War II. He found himself in a unique setting for a psychological study on human survival. His case notes were written on toilet tissue and smuggled out of the camp.

What Frankl found was that physical health was not the major factor that determined whether an individual survived. The people who survived were those who had values that gave their lives meaning, even in that bleak environment—those who maintained hope in a hopeless world, who had values though their captors deemed their lives valueless. Mothers who survived for their children, those who

retained deep religious faith despite horrific events in the world and their lives, people with a mission, like Dr. Frankl himself.

I have seen examples of this phenomenon in action, and it never ceases to amaze me. Several years ago, Jim Harris had severe leukemia. He decided that since he was unable to work, he would start an e-mail lobbying program for issues he felt strongly about.

The organization he started, Progressive Secretary, now sends e-mails to public officials on a variety of issues. This is done on behalf of thousands of people who have signed up with the program, and Jim has been in remission for five years—against all medical prognostications.

How does this apply to our lives as we age? It's pretty simple: As we age out of roles that have had meaning for us throughout much of our lives, we need to find new ways of keeping our lives meaningful.

Those of us who outlive friends, spouses, even children must find new people and activities to occupy our hearts and minds.

It is a truism of folk wisdom that those who feel someone—anyone—needs them are usually happy. Common sense also tells us that those who feel

unnecessary are usually pretty miserable. But can uselessness be lethal? I think so.

My grandmother was coerced to retire from her job of 30 years at the relatively young age of 65. Within a year she was dead. The official cause was a brain tumor, but all of us who knew her realized that when she no longer felt useful, she gave up.

What would have happened if she had plunged into a volunteer role, planted a garden that needed tending or begun a campaign of visiting her homebound friends?

There is nothing that can guarantee anyone a long or healthy life. But finding something that gives our lives meaning—and finding new meaning in life as we age and our circumstances change—is surely as critical as good diet and regular exercise.

The St. Anthony Park Block Nurse is interested in your ideas and opinions about health and safety topics for all of us, as we get older. If you have comments or suggestions, please contact us at sapbnp@bitstream.net or 642-9052.



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Milton Square from page 1

space, for example, has remained empty since the previous tenant, Taste of Scandinavia, decamped for sunnier quarters across the street more than a year ago.

Mary Ann Milton, owner of the property since 1958, is unperturbed by occasional delays in renting.

"We could rent all of them right away," she says, "but we don't need another coffee shop. We serve the neighborhood and try to get the proper mix of tenants. We screen our prospective shops and take what we feel will complement each other."

Certainly, the current tenants of Milton Square appreciate the special flavor of the premises.

The Muffuletta Café has occupied the same site for 26 years. General manager Allyson Tarnowski acknowledges that much of their continued success is owed to the building they inhabit. "It's intertwined with the neighborhood and this old and charming building," she says. "It's OK if time stops a little on this corner."

Warren Gregory, the restaurant's sommelier and assistant general manager, adds, "The building shows a European influence that sets it apart. It's an intimate, older space that feels real."

The building, he thinks, projects a kind of authenticity that spills over into Muffuletta's entire operation.

"The image of our customers is educated, well-traveled people who have experienced Europe. We can't be fake here. If we're going to call something beef bourguignon, it had better be beef bourguignon. People will know what that is."

Antique Gardens has only been open since February, but owner Kelly Wallace is convinced of the importance of the Milton Square setting to her business, which features fresh flowers and vintage garden accessories.

"Charming, quaint, personal" is how she describes the space. "I did a lot of looking and I was drawn back to this area. It offered so many of the things I was looking for."

Twenty-three-year-old Emma Quinlan is probably the complex's newest tenant. She is a hair stylist and sole proprietor of Salon EQ, which has been open for less than three weeks.

Quinlan, who has about six years of experience in other people's salons, was not thinking seriously about starting her own business until she took her mother to lunch at Muffuletta in January. One sight of the mellowed brickwork of Milton Square's inner courtyard, and Quinlan says, "I was daydreaming aloud."

Shortly afterward, her mother called Pat Milton, son and business partner of the owner, and the wheels of commerce began to turn.

Quinlan was in business for herself in time for the end-of-the-school-year rush for the perfect prom hairdo. About her new business location, she says, "You feel as if you're in a European country when you're in the courtyard."

Tenants at Milton Square acknowledge that working in a charming, turn-of-the-twentieth century space can present special challenges. "We confront structural issues at Muffuletta on a yearly basis," says Gregory.

Last year, for example, when the adjoining building belonging to the Children's Home Society was torn down, Muffuletta had to rebuild its rear storage area and upgrade the front patio area in order to bring wheelchair access up to code.

"We shared a common wall," explains Gregory, noting that the changes cost "another bundle of money, but were a positive improvement to the restaurant."

Milton notes, "We put in about \$70,000 worth of upgrading this past year," but certain problems linger. "The St. Anthony Park sewers have been a problem forever," she says, "and we're at a low point on the corner."

Whatever its problems, it seems clear that Milton Square will remain a natural focal point of the neighborhood.

Jon Schumacher, executive director of the St. Anthony Park Community Foundation, sums up the formula for successful businesses like Muffuletta, but he could easily be describing the key to Milton Square's unique presence in the area.

"It's finding that perfect niche which satisfies neighborhood needs while competing with mega-stores for customers from outside this relatively small geographic area."

St. Anthony Park Elementary School and the St. Anthony Park School Association (SAPSA) thank the following donors for their help this year in making SAP a strong neighborhood school:

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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

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1376 Hoyt Ave. W., St. Paul, MN 55108-2300
651-646-7127
Handicapped Accessible
cplc@mninter.net
cplcontact ministry 651-644-1897
www.comoparklutheran.org
Sunday Summer Worship Schedule:
• 8:30 & 10:00 a.m. Worship:
(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.
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Communion Prayer Service: 7:30 am Monday

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Sunday Worship & Sunday School: 10:00 am, Fellowship: 11:00 am.
Nursery Care provided - 10:15 am.
Sunday, June 1, 10:00 am - Communion
Sunday, June 8, 10:00 am - Confirmation Sunday
Sunday, June 15, 10:00 am - Student/Teacher Recognition
Sunday, June 22, 9:30 am - Summer worship time begins

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2323 Como Ave. W. Handicap-accessible. 651-645-0371
Pastor Glenn Berg-Moberg, Email: sapluth@mtn.org
Summer Sunday Worship Service - 10:00 am begins June 1, (nursery provided)
Vacation Bible School June 23 - 27, 9:00 am - Noon for pre-school - 6th grade.
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