Fundraiser taps local artistic talent

St. Anthony Park Community Council hosts October 11 event at North Star Ballroom

by Dave Healy

District 12 residents will have a chance to indulge their taste buds and their artistic tastes on October 11, when the St. Anthony Park Community Council will hold a fundraiser at the North Star Ballroom on the University of Minnesota’s St. Paul campus. The event begins at 7 p.m. with hors d’oeuvres, wine tasting and a silent auction, followed at 8:30 by a live auction and program. Auction items will feature works of local artists, broadly defined. For example, attendees can bid on a five-course dinner and wine for six, prepared in

St. Anthony Park Community Council Fundraiser
Saturday, October 11, 2003
7-8:30 p.m. Silent auction, hors d’oeuvres, wine tasting
8:30 p.m. Live auction, program
North Star Ballroom
University of Minnesota Campus Center, 2017 Buford Avenue
$30/person, $50/couple
644-5992 or super@visit.com for more information

If life gives you depressions, make rainwater gardens

by Dave Healy

You know that low-lying area in your back yard where water collects? Some summers it never really dries out, and you can bet the mosquitoes are going crazy in there. What to do? Residents of 1666 Coffman, a condominium complex on Larpenteur Avenue and Coffman Street, across from the University of Minnesota Golf Course, have faced that problem for years. A storm water basin behind the complex collects runoff in an area that connects to the city’s storm sewer system. After significant rains or snowmelts, that spot remains soggy for several days.

Last March several residents started talking about what they could do to enhance the stormwater basin without significantly changing the topography of their collective back yard.

Two couples—Marcia and Burr Sundquist, and Dorothy and Fred Wade—spearheaded the planning effort. One of their first steps was to contact the Ramsey Soil and Water Conservation District (RSWCD), who sent someone out to examine the site.

RSWCD suggested installing a rainwater garden—a collection of native plants with deep root systems. Tom Peterson, RSWCD district manager, explained that rainwater gardens create several benefits:

• They help filter runoff, removing nutrients and pollutants that degrade water quality and harm river and wetlands.
• They provide habitat for butterflies, hummingbirds and dragonflies,
• They enhance an area’s appearance, substituting attractive flowers and grasses for weeds and mud.

Food scientist searches for the perfect nectar

by Dave Healy

As a kid, Dave Rowley liked to read food labels. He didn’t understand most of what he found there, but he was fascinated by the lists of ingredients with their often technical names. Years later, as a food science major at the University of Minnesota, Rowley learned what those terms mean.

“Big words in a list of ingredients can make things sound scary,” says Rowley, who lives in St. Anthony Park. “But my education impressed me with the overall quality of the food industry.”

For years, Rowley made a living in that industry, including a stint as an employee of Pillsbury, where his specialty was developing new flavors. In 1998, wanting more independence than working for a large corporation provided, he left Pillsbury and started his own consulting company, Food Advantage Inc.

As a consultant, Rowley works with small food companies to help them develop new products. He creates flavors for all kinds of foods—coffee creamer, shaved ice, frozen yogurt, beverage syrup, candy, sauces and more.

As a flavor maker, Rowley is part detective, part chemist, part gourmand. He must be able to respond to clients who want to be able to taste “the fuzz on a peach” or “the seed in a raspberry.”

While Rowley continues to find his consulting work engaging, a couple of years ago he began thinking about how he could have a more personal effect on the food industry.

“I wanted a legacy I could be especially proud of,” he says, “by creating something that tastes good and is good for you.”

Rowley was also motivated by his experience as a cancer survivor, which motivated him to change his diet and plunged him into the world of anti-oxidants and phytochemicals, which are
Como Park
On October 1, Stonebridge Corporation and Gerald Feisch together with St. Paul Area Revitalization Corporation (SPARC) will break ground on Arbor Pointe, 47 units of senior rental apartments located at Dale and Maryland.

Falcon Heights
Lavine Johnson has been appointed to the Neighborhood Commission.

The council unanimously approved a resolution involving a tax parcel split to facilitate a land swap between the owner of the property adjacent to Dino’s and the developer of the Larpenteur-Snelling southeast corner, George Sherman. There will be no effect on local tax base or revenues.

The city has begun the budgeting process, which is expected to take six months. Staff are developing a preliminary budget. Residents who have ideas about the budget should contact a City Council member.

Elections for mayor and for two council positions will be on November 4.

Lauderdale
The Annual Halloween Party will be held on Halloween night from 5-7 p.m. at City Hall. This is a Lauderdale tradition that provides an alternative to the custom of going door to door. All ages are welcome at this free event. People are encouraged to come in costume.

There will be hot dogs, cider, hot cocoa, trick or treat bags for children and a scary maze to explore. Cartoon movies will be shown throughout the evening.

Donations of candy or money will be accepted at City Hall to help with the costs of the event.

Residents who donate to the party and want to forgo passing out treats at their home can get a flyer to display that invites people to the party and explains that the resident has donated to the event.

On November 4 elections will be held for city council and school board. All residents vote at Lauderdale City Hall. Polls are open from 7 a.m. to 8 p.m.

St. Anthony Park
On Saturday, October 4, residents of St. Anthony Park, Como Park and Falcon Heights can participate in a neighborhood cleanup at the north end of the State Fairgrounds. The cleanup starts at 8 a.m. and continues until 2 p.m., or whenever all the containers are full.

Residents must bring the flyer they received in the mail to gain entrance and must enter from Larpenteur Avenue. Fees will be assessed: $7 for cars; $12 for small SUVs, station wagons and mini vans; $22 for pickups and large SUVs.

Residents may bring brush and general refuse but no household hazardous waste or recyclable materials. Additional fees will be charged for appliances, electronics, mattresses or box springs, and tires. Reusable goods will be accepted.

St. Paul
The St. Paul League of Women Voters will sponsor a forum for school board candidates on October 16 from 7-9 p.m. at Hubbs Lifelong Learning Center, 1030 University Avenue West.

Eight candidates have been invited to participate. Four of them will be elected to the seven-member school board on November 4 and will serve a four-year term.

The event is also sponsored by Support Our Schools, the Network of Education Action Teams and the Community Education City-wide Advisory Council.

The St. Paul School Board oversees a budget of $556 million and a student population of approximately 44,000. The district employs about 8,000 people, including 3,665 teachers and specialists.

--Susan Corner
Raymond Bryan’s Home for Retired Computers

by Judy Woodward

Where are the computers of yesteryear? The Osborne, the Apples, those long-forgotten Commodore 64s? What became of those clunky machines with the funny green-on-green screens and the big floppy discs that really did flutter when you waved them in the air?

A stable fraction of those cyber-pioneers can be found stacked floor to ceiling in the second quarters of Raymond Bryan’s shop on Raymond Avenue in south St. Anthony Park. When it comes to overcrowded premises, Raymond Computer more or less defines the industry standard. If there were any more elderly keyboards and antique CPUs crammed into Bryan’s store, likely there wouldn’t be room for the owner himself.

And that would be a pity, since Bryan is as much an oral historian of the computer age as he is a businessman.

Bryan loves to talk about the early days of the personal computer, those semi-mythical times when brainy college dropouts could and did revolutionize computing from workspaces in their parents’ garages.

“Altair was the first real home computer,” Bryan reminisces. “It was offered as a kit in the magazine Radio Electronics.”

Introduced in the mid-70s, the Altair proved too sophisticated for most do-it-yourselfers, says Bryan. “Most people failed at putting it together.”

Shortly afterward, though, there emerged one of Bryan’s computing favorites: the Commodore. If Bryan has a personal computer hero, it’s probably Jack Tramiel, Holocaust survivor, Canadian immigrant and developer of one of the great machines of the PC’s pioneer era—the Commodore 64.

“It was an approachable thing,” is the way Bryan describes that early machine. “I could write the software for it. A lot of people could engineer hardware or software.”

Bryan waxes equally enthusiastic about another early effort: the Amiga 1000. In 1984, it was the first PC to do color and stereo sound. It did true multitasking, and it did all of this with 250 kilobytes of memory and one floppy that held 800K.

Bryan remembers the early era of home computing as a kind of cyber-Eden—innocent, carefree and full of the satisfaction of youthful discovery. Alas, every paradise contains a serpent. “I am not a strong fan of Microsoft,” he says. “Bill Gates ripped off every idea he’s ever made money on.”

In Bryan’s view, the early breakthrough models like Commodore and Amiga were driven from the digital garden, displaced by an army of utilitarian Windows-driven PCs. Now, years later, the refuge of those machines of that fodder era finally come to rest at Raymond Computer.

“I’ve found,” says Bryan, “that there’s a market for them. Lots of people want to buy the kind of Commodore they had as a kid. It’s similar to buying a classic car.”

Wedged behind the one operable terminal in the store, Bryan in his height purple shirt provides a spot of color amid the piles of tan and gray hardware. With his prodigious beard and comfortably unshaved face, he looks more like a semi-retired hippie than a techie pioneer.

“If we’d been told in high school that we all were going to work with computers some day, we’d have laughed,” he says. Bryan might have laughed even harder than most.

Unlike many of the standard bearers of the electronic revolution, Bryan was never a cyber-geek in high school. Son of a professor at the University of Minnesota, he grew up in University Grove and found himself more interested in the arts than in technology when he was in high school.

Raymond Bryan is page 20

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Exp 10/31/03

"Please join us for our first children’s reading on October 11th at 10:30 a.m. Also ask about joining our free loyalty club and get 10% OFF all new book purchases. Micawber’s is your neighborhood store—please let us know how we can help you."

Micawber’s Bookstore
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This wonderfully old-fashioned home will be on the market very soon. The location is ideal, the charm is unspoiled, and the opportunity is now.

Features include a main floor 3½ bath, central air conditioning, hardwood floors, a lovely wooded lot, a newer 1½ car garage, and a welcoming three season front porch.

There are three bedrooms upstairs, plus a den and an office area (or 4th bedroom) on the main floor. Additionally, there’s a nice entry foyer, a large living room, and a formal dining room.

Please call soon.

Steve Townley
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www.stevetownley.com
A successful dualathon

Thanks to everyone who helped support me and my friend Adam McNish in this year’s Buckman Challenge. Together we raised $5,100 to help support the Children’s Cancer Research Fund. This dualathon was a great event around which we could focus our fundraising. We had a gorgeous day, and neither of us had to miss work on Monday to nurse abused bodies back to life. The only hope next year’s efforts will be as successful.

Adam Sekely
Denny Park

District 12 plan from page 1
Once the plan has been approved by the District Council, it will be sent to the Planning Commission, then to the St. Paul City Council and mayor for their approval.

A summary of the neighborhood plan becomes part of the city’s comprehensive plan, which is used to guide development and priority setting throughout the city.

Jon Schumacher, executive director of the Community Foundation, said that the foundation will postpone its next grant-giving cycle until spring in order to provide time for the council’s planning process to continue.

The foundation gives grants to local organizations, and that mission will be better fulfilled by allowing the neighborhood plan to be more fully developed, Schumacher said.

“The Community Foundation’s purpose is to assess needs,” he added, “and this report and the subsequent planning process is a comprehensive attempt in that direction.”

According to Mathews, “Planning must involve more than a commitment to keep things the same. A neighborhood plan is a consensus document that should reflect ownership of the people who would be affected by the change.”

Fundraiser from page 1

one’s home by Mike Phillips, executive chef at Chef’s Tavern on Raymond Avenue. Chocolat Celene at University Avenue donated something they call a “wine and chocolate experience.”

Those interested in visual art will be much to choose from, including a painting by St. Anthony Park resident Andor Himmelstoss and a print by Dan MacManus of Gulfport. Several local photographers have also contributed samples of their work.

Music lovers may want to pursue the services of a local musician. For example, Robin Fox will perform for two hours at the pleasure of whomever places the high bid for his talents. There will also be tickets for a Music in the Park Series performance. Autographed books by local authors will round out the artistic offerings at the auction.

Community Council member Rose Gregoire noted that while the fundraiser has been organized around an artistic theme, non-art-related items will be available as well. Gregoire worked with council members Connie Powell, Deb Kreibl, Mike Phillips and Joe Rigling to plan the event.

According to Melissa Mathews, District 12 executive director, money raised at the October 11 event will be used to help the St. Anthony Park Community Council meet its annual budget of $80,000.

Of that amount, Mathews said, about $54,000 comes from St. Paul’s fund to combat crime prevention and citizen participation efforts in District 12.

“To remain fully staffed and to maintain or expand our services, we’ll need more money,” she said. “The fundraiser will help us accomplish that.”

—Melissa Mathews
District 12 executive director

The city and the Greater Minneapolis Council of Churches contribute another $17,000 toward the Handworks program, which matches local churches with at-risk children who have particular skills with elderly and disabled residents who need assistance with household tasks.

The remaining $9,000 of District 12’s budget comes from the Community Council’s own fundraising.

Mathews said the council is anticipating an 8 percent reduction in its citizen participation funding from the city in 2004, owing to general budget cuts. In addition, the city’s share of Handworks funding ($5,000) will be cut off.

“To remain fully staffed and to maintain or expand our services, we’ll need more money,” she said. “The fundraiser will help us accomplish that.”

Mathews noted that with the city’s recent budget cuts, St. Paul employs fewer planners. “That means district councils have to do more planning,” she said, pointing to St. Anthony Park’s current efforts to update its comprehensive plan as an example.

Fund Drive

In October the Buggle will begin in annual fund drive. Look for a letter from the Fund Drive Committee to arrive soon. We thank the following contributors for giving us a head start on this year’s campaign.

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Construction of new houses in St. Anthony Park is unusual, but two such projects are currently underway.

Above: Doug Carlson lays block for part of the triple that he and his wife and two other couples will occupy on Eutis Street.

Left: Paul Ormseth works on the house he designed for his parents, Dennis and Turid Ormseth, on Raymond Avenue.

Jacque Karos and Nancie Rust Yabini, members of a tai chi class that meets at Longfied Rec Center, work on their movements outdoors. The class is sponsored by St. Paul’s Community Education program.

1805 Roselawn, $269,900
Roseville Historical Site
Sundrenched rooms, 4 bedrooms, 2 baths, this farm home built in 1907 has 2 ft. thick walls in the basement made of concrete and large stones brought from the fields on a stone sled. 1/2 acre lot.

Call Moose at 651-628-5539
e-mail: moose@cburnnet.com
go to www.callmoose.com for more pictures and info.

St. Anthony Park Neighbors for Peace
We now have 335 members.
For more information and to join us contact:
www.ParkPeace.org
Kathy Magnuson at 651-645-2475
kathydmagnuson@yahoo.com
or Shelley Sherman at 651-645-4102
mail@shermanshome.com

In Defense of Freedom:
Why Civil Liberties Matter
Constitutional lawyer Peter Erlinder will speak about threats to civil liberties

Sunday, October 12
coffee, tea, & juice 6:30 p.m.
presentation 7 p.m.

Fireside Room
St. Anthony Park Lutheran Church
2323 Como Avenue, St. Paul

Res. Harriet Abbott &
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Mary Jane Aitken
Alfred & Dorothy Appelli
Candy Anderson
Caro Amy
Wayne Bourland &
Amanda Capozzo
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Tracy Nudders
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Angie Johnson
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Walter Ochol
Larry Jones
David &
Lori Jones
Nick Jordan &
Debbie Smith
Ann Jurgenson
Michael Jarvies
Roman Kirschen
John Kates
Jae Kesler &
Doug Weis
Dworie Krasner
D. Perry Krieger
Laurie Kirshen
Laura Kress
Vernice Krok

(more names next month)
Rainwater gardens from page 1

1666 Coffman residents received two matching grants to cover materials and labor for their rainwater garden: $600 from RSWCD, and $1,200 from the Caped Region Watershed District. The project was also partially supported by non-designated 1666 Coffman memorial funds.

Technical assistance on site preparation and plant selection was provided by RSWCD as part of its Native Vegetation Landscape Restoration Program.

RSWCD’s Melissa Lewis recommended a variety of plants—wildflowers, grasses, rushes and sedges—that are native to east-central Minnesota and well adapted for the conditions at the Coffman site.

Over 3,000 seedlings were ordered from Dragnetly Gardens in Amery, Wisconsin.

Planting began on August 29. Residents were assisted by members of the East Side Conservation Corps, part of the Community Design Center of Minnesota.

Under the direction of Ruth Murphy, these inner-city young people spent the summer working on habitat restoration, including a number of rain gardens on St. Paul’s East Side.

Several volunteers also helped with planting, including Ramsey County Commissioner Janice Reiman.

Coffman residents will assume responsibility for maintaining the site, including weeding, watering and replanting when necessary. Asked whether all their hand work was worth it, Marcia Sunday replied, “When our committee looked at the 2,600-square-foot site, freshly planted with seedlings, we realized it was quite an accomplishment. Come next growing season, and the next, we’ll know how successful we were.”

SUPPORT THE SCOUTS

Once again, the Cub Scouts from St. Anthony Park PACK 22 will be out selling wreaths door-to-door in our community beginning 10/20. As our only fundraisers, all proceeds go to our pack’s activities, and to send out our scouts to camp.

Made in Minnesota, these wreaths are very fresh with pinecones and a red velvet bow. Only $15 for a 24” wreath or swag. 36” wreaths are $30, and garland is $1 per foot in either 25 or 50 foot rolls.

If we miss you, please call us. Sales end 11/16/03.

Wreaths are delivered to your door by Cub Scouts on 11/22/03.

SCOUTING FOR FOOD

This month our cub scouts will be delivering SCOUTING FOR FOOD grocery bags to every home in the Park as part of a statewide program to restock food shelves. Place non-perishable food items in the bag and leave it on your doorstep for pick up before noon on Saturday November 1st. Last year we delivered over a ton of food to the local food shelf. Help us help others.

HAVE FUN MAKE FRIENDS! BE A SCOUT!

JOIN US! Come to our next pack meeting on Oct. 20th 7pm, at United Methodist Church basement for more info or to sign up.

New members are always welcome.

THANKS FOR YOUR CONTINUED SUPPORT.

For more info contact Blake Thayer at 651-644-4794

PACK 22 – Over Fifty Years Strong! – SAP UMC

Pack 22 has a policy prohibiting discrimination against any individual who wants to make a positive contribution to our scouting program.
The Wright sisters keep Como tennis flying high

by Michelle Christianson

When Como tennis coach Kathy Dumas began the 2002 season, she realized that the team needed some new blood because of the many seniors who had graduated the year before.

She asked returning junior Florence Wright if she knew of anyone who would like to play, and Florence knew right away whom she would ask—her seventh-grade sister, Rose. Now the Wright sisters are ranked number one and two on the Como team. The sisters had lots of role models growing up: both parents and their grandmother played. Of course, it did help that they live almost next to the tennis courts at College Park in St. Anthony Park and had ready-made partners in the same household.

They both have taken lessons from Greg Hier at the St. Paul Tennis Club. Florence started when she was in third grade and Rose beginning when she was five years old.

The Como team now has about 15 girls on the varsity and about 20 on the junior varsity.

Coach Kathy Dumas has been at Como since 1981 and strongly believes that because tennis is such a great life sport, as many people as possible should be involved. She and her husband, volunteer coach Dick Dumas, appreciate the maturity and liveliness, as well as the skill level, that the Wright sisters bring to the team. "They are both good athletes and good students," says Dumas, adding that the team as a whole is a joy to work with. "There are no 'buckers' in the bunch. They're wonderful kids."

"In tennis, I am a senior. The others don't give me special treatment and I am competitive. That makes me play better."

Seventh grader Rose Wright, on playing for the Como High School tennis team

The students feel the same way about their coaches. "They do so much for the team and have brought us so far," says Florence. "They are both very dedicated and hard-working."

Rose concurs. "They always think of the kids first and make sure that everything goes well."

Florence works at the Downtown Grill and likes to hang out with her friends when she is not competing or doing homework. She feels that tennis will always definitely be a part of her life and would play in college if she got the chance. She wants to major in art or environmental science.

Rose, though farther from that possibility, definitely wants to play tennis at the college level and even beyond if she can. She knows she would have to work really hard, but would like to play as a pro tennis player. Right now she diverts her time among tennis, basketball, volleyball, swimming, schoolwork and friends.

The sisters, though competitive with each other, enjoy being on the team together. Rose has improved quite a bit by playing with good players, and they challenge each other to do their best.

"In tennis, I am a senior," she says. "The others don't give me special treatment and I am competitive. That makes me play better."

The season started on August 11 and in mid-October regionals will begin. The top four players on the team will get to go on as singles or doubles players, and the Wrights will most likely get to decide at which game they would do best.

The girls say that Cecin and Central are the strongest teams in the area, but Como, Harding and Johnson are growing up. One gets the feeling they are also saying, "Bring 'em on!"
Carter Ave. Frame Shop makes top 100
by Dave Healy

St. Anthony Park's Carter Avenue Frame Shop was recently named one of the nation's 100 top art and framing retailers by DECOR magazine.

According to DECOR, there are at least 17,000 retail framers in the industry. The 100 winners, who were featured in the magazine's August 2003 issue, are the industry's pioneers and market leaders.

Carter Avenue Frame Shop, one of only two retailers from Minnesota to be recognized, was honored at a September 5 ceremony in Atlanta.

"To be singled out among the thousands of retailers in the nation is truly an honor," said Tim Smith, certified picture framer and owner of Carter Avenue Frame Shop.

Smith noted that framing pictures involves much more than working with wood, metal and glass.

"We're in the relationship business," he said. "We try to ask our customers the right questions about how their art will be displayed so we can help them make good design choices." Carter Avenue Frame Shop has specialized in custom framing since 1975. They are located at 2186 Como Avenue.

Information is available at www.carteravenueframeshop.com or by calling 645-7862.
Invasive species roundup focuses on College Park

by Mary Maguire Lerman

Did you know that if you live within 1/3 mile of College Park and have fruiting buckthorn on your property, your berries are a source of infestation in the park?

Fourteen years ago in a 13-mile buckthorn-free perimeter around an area that has been cleared of the invasive plant prevents reinfestation. Who? The historic element in buckthorn berries causes birds that consume them to excrete them within 1/16 mile.

In the fall of 2000, St. Paul Parks and Recreation forestry staff and a Ramsey County Surveying Service crew helped cut and stack for removal many buckthorn and mulberry from College Park. A year later, members of Boy Scout Troop 17 helped remove smaller buckthorn in the west end of the park using a root talar and weed wackers. However, if you walk in College Park today you will again see young buckthorn shrubs and mulberry trees approaching fruiting stage. We need the help of all neighbors to help remove College Park from invasive buckthorn and mulberry that is again dominating the understory. These invasive plants shade out desirable plants and develop extensive root systems that take much needed moisture and nutrients away from other landscape plants.

Our neighborhood has spent a lot of time, energy and money in recent years to install new hardwoods in the park including a playground and tennis and basketball courts. Now it’s time to work on the greenspace so that the park continues to be an appealing and safe place to visit. Anyone living within the area bounded by Como Avenue, Luther Place/Granham Street, Dudley Avenue and Cleveland Avenue who has buckthorn or mulberry in their yard is encouraged to take the opportunity this fall to remove the plants from your property so that College Park’s desirable plants have a chance to survive and thrive once again.

That opportunity comes in the form of a buckthorn roundup on October 25. Residents who sign up and pay the reduced fee (the St. Anthony Park Garden Club partially covers the cost of the roundup) can stack their buckthorn, mulberry or honeysuckle plants on their boulevard and have them picked up by a tree service.

If you are physically unable to handle the woody invasive removals on your property, you can request assistance by calling the St. Anthony Park Community Council office (654-5992) before October 8. Leave your name, address and phone number. You will be contacted and volunteers will assist you.

Prior to the roundup, Boy Scout Troop 17 will again work at College Park to remove invasive. On October 18 they will join other community volunteers using weed wackers and other tools. The troop invites neighborhood residents and students from Luther Seminary and the University of Minnesota to assist them. Meet at the park at 10 a.m. to join the work crew, and bring a pair of garden gloves.

Again this year volunteers will be surveying the neighborhood. A flyer will be left at your home if observers spot invasive plants on your property. They will not walk onto private property unless invited. If you’re home while they are surveying and want them to look at areas that might not be visible from the alley or sidewalk, invite them in.

A training event for volunteers will occur Sunday, October 5 from 1-5 p.m. at the St. Anthony Park Library. Master gardeners and volunteers from around the metro area and the state have been invited for this training. In the two weeks following the training, volunteers will walk down public sidewalks and alleys to look for buckthorn and other invasive species.

As part of a DNR grant received by the St. Anthony Park Garden Club, a set of weed wrenches will be available at no cost. Simply bring your driver’s license and a credit card to fill out the tool loan form at Park Hardware. There is no charge for the use of these tools; a credit card is required simply as a deposit.

Weed wrenches are great new tools that can help you rip shrubs or trees up to 25 inches in diameter out of the ground. Using the weed wrench, you need not use saws or trim stumps to prevent new growth.

A cleanup effort is also being planned for the Kadota Ponds, where both buckthorn and Russian olive have invaded. Volunteers are needed to help at the various removal events. To volunteer, call 654-5992 and leave your name and phone number. When you volunteer you will become enrolled in the St. Anthony Park affiliate of the IBIB, the International Brotherhood of Buckthorn Busters. We need your help. Please join us!
The general election on November 4, 2003 will see contested races in all of the communities served by the Bugle: Falcon Heights, Lauderdale and St. Paul's Ward 4. School boards in those neighborhoods are also up for election.

Falcon Heights
Falcon Heights will select a mayor and two council members on November 4. Mayor Sue Gehlert, currently completing her second term, is running unopposed. Prior to serving as mayor she was on the City Council for six years. Gehlert had represented her neighborhood on parking and street light issues, and she became interested in doing what is needed to improve a community.

Commenting on her experience as mayor for the past eight years, Gehlert said, "I truly enjoy the experience. It enables me to use problem-solving skills. There are always new challenges and opportunities to be taken. The people in this city are wonderful, a pleasure to work with. They really roll up their sleeves to help their community." Gehlert is particularly pleased with the "culture of planning" that has developed in Falcon Heights. For example, "when we do a redevelopment, the first thing we do is to hold informal meetings with the immediately affected area and ask input from the community."

Two of four City Council seats are up for election. Incumbents Peter Lindstrom and Richard Talbot are seeking re-election. Tom Lagonow, chair of the Planning Commission, is challenging for a seat.

Lagonow has lived in Falcon Heights since 1990. He has served on the Planning Commission for three years and has been chair for one year. He has also chaired the University of Minnesota's Students Services Fee Committee, which was responsible for a budget of $10 million.

Lagonow wants to help the council "keep a close eye on the budget." While he's "not afraid of taxes," he says "we need to keep an eye on spending. It is probably time to reevaluate again."

Lagonow's initial motivation for seeking a position on the council was hearing about a proposal to move Falcon Heights elections from the off year to the same year as the general election. "I think that to add a race to that election, when there are so many other races, would be too overwhelming for the voters," he said. "The people of Falcon Heights who go to vote in the off year for our community really know the issues and the candidates. Why change it?"

Lagonow also expressed disappointment with the TIF agreement the city reached with the developer of the southeast corner redevelopment project. That agreement will keep the property off the tax roles for 25 years.

"If I had been on the council I would have pushed the developer for only 15 years or 20, 25 years is a long time (to lose that revenue)," he said.

Incumbent Peter Lindstrom has lived in Falcon Heights since 1997 and has served on the council since 1999. Before that he was the chair of the Parks and Recreation Commission, which he describes as "a very rewarding experience. I learned a lot and believe that I was able to contribute as well."

Lindstrom has long been interested in local government. He believes that "important decisions regarding government are made at a local level" and that "a person should be involved in their community."

One of the great satisfactions of his term on the council has been the "very challenging process of planning" for the redevelopment of the southeast corner at Larpenteur and Snelling.

"We held 20 or so community meetings," Lindstrom noted. "There were many, many issues we've had to deal with. I'm most excited about the 60 units of senior housing that this will bring to the community. Currently we have none. This will be a big asset to Falcon Heights."

If re-elected, Lindstrom looks forward to the ongoing work necessary to see the redevelopment through to completion, and to the needed work on Curtis Field, which floods whenever it rains. "We're planning major improvements," Lindstrom said, "it has been a real pleasure to serve on the council. The city is heading in the right direction."

The other incumbent, Richard Talbot, moved to Falcon Heights 15 years ago. Within a month of moving in, he realized that there was talk of tearing down and redeveloping properties in his neighborhood, including his new home. His first community involvement, then, became his participation in demonstrations against this action.

The demonstrators were successful and the council put off the process of redevelopment. Now, during his term on the City Council, he has been able to fully participate in planning redevelopment on that very spot, the southeast corner of Larpenteur and Snelling.

Talbot is pleased with the community involvement and planning the council has used this time around. He wants to continue on the council to be able to "shepherd it through" to completion.

A second area of satisfaction is the council's fiscal responsibility. "We have a sort of tradition," he noted. "We serve as neighbors in our turn, and we look out for each other."

Talbot lauded the council's decision to do a thorough risk assessment of the city's reserves and to lower their reserves gradually by imposing no tax increases.

"I am very proud to be a member of this council," said Talbot. He described Falcon Heights as a city with low taxation and high amenities that is a great place to raise children. He added that protecting this reputation and making it even better for the next generation is a great part of the motivation for his commitment to city government.

Lauderdale
Lauderdale residents will also elect a mayor and two council members. The mayor, Jeff Dains, is running unopposed. He has been mayor of Lauderdale for 10 years. On the council, two incumbents and two challengers vie for two spots.

Incumbent Mike Giannetti is running unopposed. Giannetti has been the liaison to the Commission on Minnesota Water. He received a $20,000 grant from the development of the Larpenteur Avenue look forward to being a part of more.

Karen Gill-Gergich, also an incumbent in 1999. She expressed satisfaction developing a comprehensive plan for the city. Gill-Gergich praised Lauderdale's commitment to reduce or eliminate sex discrimination and sexual harassment.

When asked why she is running again, she said "We work with people who are working so effectively and in a very positive and in a very productive way."
first on the Park Community is before taking on the re-election.

Conner

He is particularly interested in the upcoming Highway 280 project and will "want to be certain that the community will be heard" as it proceeds. The League of Women Voters will hold a joint forum for City Council candidates of both Falcon Heights and Lauderdale on October 2 from 7-9 p.m. at Falcon Heights City Hall.

Falcon Heights and Lauderdale will also be voting for school board members in School District 623. Voters will select three candidates from a slate of five: Todd Anderson, Linda K. McLean, John Reich, Thomas E. Ring and Cecilia A. Warner.

St. Paul

In St. Paul's Ward 4—which includes part of District 10 (Como) and all of District 12 (St. Anthony Park), District 11 (Hamline Midway), District 13 (Merriam Park) and District 14 (Macalaster Groveland)—residents will choose a City Council member. Jay Benanav is the incumbent and Denise Gulfer is the challenger.

Benanav, completing his second term on the City Council, is an independent business consultant with a degree from St. John's University School of Law. He completed the Senior Executives in State and Local Government Program at Harvard's John F. Kennedy School of Government.

As a deputy commissioner of Minnesota's Department of Labor and Industry, his work was awarded a Kennedy School Innovations in Government Award in the 1980s. Currently he serves as vice president of the City Council and vice chair of St. Paul's Housing and Redevelopment Authority.

Benanav came within 500 votes of being elected mayor of St. Paul in 2001. During his mayoral campaign, he warned voters that recreation centers and libraries would be at risk in the near future. For the last two years, he said he has struggled with the city administration over its handling of the budget crunch. He said he successfully opposed Mayor Kelly's efforts to close nine recreation centers (three in Ward 4), cut library hours and decommission three fire engines.

Asked what's been the greatest satisfaction in his council work, Benanav said, "It's things that make the most difference in people's lives, the things that bind a neighborhood together, like rec centers—even part-time ones—like libraries, playground equipment, a community garden.

Benanav expressed satisfaction with his work on new housing and other revitalization along University Avenue. He is glad the council was able to amend city ordinances so that neighborhood restaurants can apply for outdoor beverage service.

Benanav noted, "My ward has more district councils than any other ward. They are my eyes and ears. They deal with the day-to-day issues, the grass roots level of the neighborhoods and the city. They are very useful." According to Benanav, a council member's role is to be independent of the mayor, to represent his or her own ward and at the same time be able to balance all the wards. The goal is "a strong city with strong neighborhoods."

Reminded that the Pioneer Press has referred to him as "a perennial thorn in the side of Mayor Randy Kelly," Benanav said, "I ask the most questions. I understand how the city and the budget operate and I can read between the lines."

Looking ahead, Benanav said, "Next term will be extremely difficult. We will have even more financial problems. There is a $15 million deficit predicted for 2005. We have already cut $32 million from the budget. How to protect core city services will be a great challenge. There are no easy answers."

He said he hopes to continue to find ways not just to keep the rec centers open but to enhance them. He thinks there are areas in the city budget that can be worked with. "I bring an understanding of the city budget and its history."

Challenger Denise Gulfer of Como Park is a realtor. She makes no apologies for her lack of political experience. "I have no agenda or political experience," said Gulfer. "I am a mother and a businesswoman. I maintain a business budget. That is basically similar to the city (budget)."

Gulfer does, however, have years of experience with recreation centers. She described her involvement in sports and, through that, with recreation centers as an important part of her youth and said she has continued this involvement in the lives of her children. They are involved in sports and she continues to coach at rec centers.

Gulfer sees rec centers as "a first line of defense for neighborhoods. Frankly, I am not thrilled with the new reorganization plan." She would like to explore the possibility of "teen councils" helping to plan recreation activities for younger children and even help maintain rec centers.

Gulfer said she will bring a "women's perspective" to the council. "Men and women look at things differently." In the debate and discussion forum of the council, she said this perspective will bring more "teamwork" to the council.

"My concern with Mr. Benanav is that there is an animosity with the mayor's office and with others on the council team. It is possible to dissent in a way that doesn't antagonize politically."

The City Council "needs to rely heavily on the district councils," said Gulfer. "They are neighbors and they have a lot of responsibility."

She added that a City Council member should be an advocate for his or her own ward with "an obligation to get out and find what the residents want" and then make the "best decision for the greatest number of people."

Gulfer said she is aware of the enormous budget difficulties and that is necessary for everyone to work together to cope with the problems.

"We can figure out ways to share the burden, perhaps with some collaboration—with Ramsey County, for example, and the sheriff's department. Perhaps there can be collaboration between the rec centers.

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Benefits
The Minnesota-Dakota chapter of the Alzheimer's Association will hold a Memory Walk on October 4 at Como Park starting at 9 a.m. Funds raised will go toward support groups, classes, a help line and other services provided by the association. For more information contact Tiffany Burrall at 952-857-0541 or Tiffany.Burrall@afzl.org, or visit www.alzmn dak.org.

Falcon Heights resident John Hustad will hike across Minnesota to raise money for prostate cancer research. Hustad, a prostate cancer survivor, will leave on September 29 and hopes to finish his ride by October 2.

His route will take him from Pipestone to Cannon Falls. Hustad's goal is to raise $10,000. Money raised will go to CaP CURE, a nonprofit public charity. Checks made to CaP CURE can be sent to: John Hustad Blue Ribbon Bike Trip 1825 Anona St. Falcon Heights, MN 55113.

Sales
Holy Childhood Church, 1435 Midway Parkway, holds its fall rummage sale from 9 a.m. to 7 p.m. on Thursday, October 9 and from 9 a.m. to noon on Friday, October 10.

The annual fall garage sale to benefit YMCA Camp Widipweegan and du Nord takes place from Wednesday, October 8 through Saturday, October 11 at the Merchandise Mart building at the Minnesota State Fairgrounds. Hours are 9 a.m. to 8 p.m. Wednesday-Friday and 9 a.m. to noon on Saturday.

Over 200 families contribute clothing, household items, toys, books, furniture, sports equipment and more. All proceeds go to the camps. For more information, call 645-6605.

Halloween
The Gibbs Museum of Dakota & Pioneer Life will host a Halloween Celebration on Saturday, October 25. Pranks, jack-o-lanterns, ghosts and storytelling will be featured as costumed guides lead groups of 25 by lantern through seven sets on museum grounds.

The first tour begins at 6 p.m., and groups will leave every half hour. The cost is $10 for adults, $9 for seniors and $8 for children. For reservations, call 646-8629. The museum is located at Larpenteur and Cleveland Avenues in Falcon Heights.

The Anaphylaxis and Food Allergy Association of Minnesota will host a NO-Food Costume Halloween party on Saturday, October 25 from 1-3 p.m. at the St. Anthony Park Library.

The event includes games, story time and tickers (yes, yes, stickers, erasers, etc.) instead of candy. There will also be an ambulance for exploring, courtesy of the Minnesota Ambulance Association.

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www.minikahda.com

Dinner
Peace Lutheran Church in Lauderdale will hold a pasta dinner on Saturday, October 25 from 5-7 p.m. at the church, located on the corner of Walnut and Ione. The price is $6 for adults and $4 for children. Everyone is welcome.

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Harvest Tea
Lady Elegant's Tea Room and Gift Shoppe in Milwaukie Square will celebrate the autumn harvest with the Harvest Gathering, a six-course tea. The events take place October 24 and 25 at 11 a.m. and 3 p.m. Call 654-6676 for reservations.

Reformation Festival
Luther Seminary will host two events Sunday, October 26 in connection with its annual Reformation Festival. At 5 p.m., a festival buffet takes place in the Olsen Campus Center Dining Room. For reservations, call 641-3419. At 7 p.m. in the Chapel of the Incarnation, Singing the Faith focuses on the Apostles' Creed and celebrates the works of Swedish hymn writer Lina Sundell and Danish hymn writer Thomas Kings. The Roseville Lutheran Church Choir, under the direction of John Helgen, will perform.

Bats
Stephanie Reynolds, wildlife rehabilitator and nature educator, will present a photographic tour of some of the world's 1,000 bat species and the important role they play in nature. The presentation takes place at 7 p.m. on Thursday, October 9 at the United Church of Christ in Falcon Heights, 1735 Holton St., and is sponsored by the St. Paul Audubon Society. For more information, call Patricia Freeman at 763-587-4932.

Composting
Eureka Recycling offers two free backyard composting workshops in October. Topics will include how to start a backyard compost pile and tips for maintaining a healthy pile. The workshops will take place at the Midway compost site on October 4 from 10-11 a.m. and October 8 from 6-7 p.m. The workshops are free, and registration is not required.

People
Terri Dolpher Fleming has been appointed senior vice president for lending at St. Anthony Park Bank. She has been employed at the bank since 1996, most recently as vice president for commercial lending. She is currently treasurer of the Midway Chamber of Commerce.

Kent E. Eldlund has been appointed president of the Fairview Foundation, which works to promote philanthropy on behalf of Fairview Health Services. Eldlund, a St. Anthony Park resident, most recently served as president of the coutsulting firm Cincinnati, Inc.

Former St. Anthony Park resident Dr. Francis J. Haddy has been named a Mayo Foundation Distinguished Alumnus for 2003. He has chaired physiology departments at three universities and is past president of the American Physiological Association.
This month I received several e-mails with questions about dinosaurs and paleontology.

Thanks for writing in, and please keep the questions coming! You can email questions and comments to me at kr0gern@umn.org.

Did dinosaurus live in Minnesota? (Rebecca, age 10)

Dinosaurs definitely lived in Minnesota, but unfortunately for paleontologists their bones are unlikely to be found here (well, there’s always a chance!).

At times during the Age of Dinosaurs, Minnesota’s western half was under a shallow sea where plesiosaurs, mosasaurs and ichthyosaurs thrived.

Remains of these kinds of marine creatures have been found in western Minnesota. The eastern half of Minnesota was relatively flat. No mountains were forming, and no large basins were present to preserve the bones of dinosaurs.

In geological terms, a basin is similar to Death Valley, which is rimmed by mountains. Sediment eroding off the mountains washes into the basin, sometimes covering the bones of animals who died there.

Minnesota during the Age of Dinosaurs didn’t have a basin like this, and was more like the east coast of the United States. Any dinosaur that got preserved here would have to have been incredibly lucky. So far, none have been found.

My favorite dinosaur is Stegosaurus. What is your favorite dinosaur? (Susan, age 9)

Hmmm. That is a very difficult question to answer. I love all dinosaurs, especially when I can learn something about how they lived.

My favorite dinosaur has to be one I got to name myself. It is the dinosaur that I spent several summers digging up, and I certainly studied it in the most detail.

My favorite dinosaur is a member of the group called Titanosauria. Titanosaurs are a specialized group of sauropods (brontosaurus-like) dinosaurs. They all walk on four legs, have extremely long necks and tails, and are quite unique because they have bony armor plates underneath their skin (like crocodiles).

Titanosauria includes the largest animal to walk on earth (a huge dinosaur from Argentina called Argentinosaurus), and titanosauria have been found on every continent on earth (even Antarctica).

The titanosauria that I discovered was found in Madagascar (the island off the east coast of Africa known for its lemurs and chameleons). The first specimen that we found was only a baby but was already 25 feet long! After the fossils were cleaned up at the museum, I began to study its bones and eventually wrote a paper that gave that new dinosaur its name.

It was a species new to science and had never been found before. I named the dinosaur Rapetosaurus krausei (rub-pay-too-sor-us krau-eye). Because Rapetosaurus was found in Madagascar, I wanted to give it a name that reflected its heritage.

Rapetos is the name of a legendary giant in Malagasy folklore. Since this dinosaur really was a giant in Madagascar, I thought the name was perfect.

The second name is after David Krause, my professor at graduate school, and the man responsible for getting me to Madagascar in the first place.

You can see a picture of Rapetosaurus at the Science Museum of Minnesota’s Web page (www.smm.org). Just go to the Research and Collection Object of the Month archive for the story.

Also on November 4, St. Paul voters will elect four school board members from a slate of eight candidates: Warren Anderson, Richard Brodersick, Anne Carroll, Tom Conlon, Georgia Dietz, Brian Joyce, Kazuo Kong-Hata and Al Overweg. A candidates forum takes place Thursday, October 16 from 7-9 p.m. at Hubbard Lifelong Learning Center, 1030 University Avenue West.
non-nutritive components of fruits and vegetables that help prevent chronic disease.

All this resulted in the formation of another new company in March 2002: Benefruit LLC, a beverage manufacturing firm that Rowley operates in an office off Vandalia Street in south St. Anthony Park.

"I knew that fruit is a great food for fighting cancer, heart disease and many age-related maladies," says Rowley.

But he also recognized that acquiring, washing and preparing fresh fruit is a barrier to eating it for many people. What if, he wondered, people could just drink their fruit?

Of course, the market was already crowded with fruit juices, sweetened nectars, smoothies and the like. But Rowley was after something as close as possible to pure, drinkable fruit—with no added preservatives, sugars or fillers.

He set about making various fruit purées, but they weren't very successful. "They just didn't taste very good," he admits. But by adding a small amount of unfiltered apple juice and some natural flavors, Rowley found that he could create a nectar that satisfied all the criteria that had prompted the creation of New product all his own has immersed Rowley in the world of marketing. With no advertising budget yet to work with, that's meant relying on personal contact—pressing the flesh at grocery stores and farmers markets.

Rowley knows that he faces long odds. "About 10,000 new food products are introduced each year, and only 5 percent of those last more than a couple of years," he notes.

But for Rowley, the risks are worth it. "I wanted to create something I could really be proud of," he says, "and I've done that. Now it's just a matter of helping people find out about it."

Locally, Fruitpresso™ is available in the juice coolers at Humphries Park Co-op and Spedy Market. For more information, contact David Rowley at 668-8795 or visit www.fruitpresso.com.
Music

Coffee Grounds
1579 Hadley Ave., 293-8800
- Jeff Roy and Michael Young, October 3, 8pm
- Free Roag Pickin', October 4, 8pm
- Open Mic, October 5, 7pm
- Cindy Collins trio w/ Davi Koss, October 10, 8pm
- Mike TBA, October 12, 6pm
- Music TBA, October 17, 8pm
- Blue Folk, October 18, 8pm
- Chico Storytelling Event, October 24, 6pm
- TBA, October 25 & 26
- Halloween at the Coffee Grounds, October 29

Provincetown
2319 University Ave., W., 646-7827
- Saturday Jones, Every Saturday, 10pm-1am

The New Folk Collective
293-9021
- Fast Week Tour dir. Bill Jones, Acoustic, Every Monday, October 11, 7:30pm
- St. Paul Student Center, October 30, 7:30pm
- Creston Birk, October 30, 7:30pm
- St. Paul Student Center, October 31, 7:30pm

Ginza Coffeehouse
721 South Ave., 645-2847
- Eddy Carey, October 2
- Bob Evans, October 10, 8pm
- Emily Swift & Ellis Burgonnin at Hadley's, Sundaes Hall, October 11
- Dorothy Scott, October 16
- Bluegrass and Old-time Jam Session, Second and Fourth Wednesdays, 7pm
- Children's art and story hour, Thursdays, 10am
- Open Mic, First and Third Wednesdays, 6pm-9pm

Music in the Park Series
St. Anthony Park United Church of Christ,
2139 University Ave., W., 645-5699
- Chamber String Quartet, October 12, 4pm

Visual Arts

Pierce Richards
law-office
- Family Law
- Adoption
- Juviniles Court
- Real Estate
- Business Law
- Wills
- Probate Law
- Appraisals
- New in the neighborhood: over 10 years of experience—
attorney at law, general civil practice.
- Liz Pierce
- Liz Richards
- Attorney at Law
- 2230 Carter Ave., St. Paul
- 651-645-1985
- paseoffice.net

Prospect Park Players
Scudder Hall, Hamline University
612-752-8745
- Voices of the Life Book: Les Six, October 19, 3pm

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Please join us for the St. Anthony Park Community Council Fundraiser, "Arts in the Park" Saturday Evening, October 11, at the North Star Ballroom, U of M St. Paul Campus Center, 2017 Buford Avenue, St. Paul
7:00 - 8:30 p.m., Silent Auction - items from local artists, hors d'oeuvres and wine tasting. 8:30 p.m. Live Auction and Program.

Congratulations to Terry Gockman, Elizabeth Clark, and Julie Himmelstrup! District 12 Community Council awards 3 outstanding volunteers annually for the St. Paul neighborhoods honor roll. Please join us for the annual District Council Celebration this fall - look for more information in October announcing the event.

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2278 Como Ave / St. Paul
1 Wednesday  
- Women's Connection: A woman's networking organization (651-603-0974), Harbor Hospitality Job Corps Center, 1410 Snelting, Building #1, 8 a.m. Every Wednesday.
- Lunar Cycle for Seniors (651-603-9846), St. Anthony Park United Methodist Church, 9-11 a.m., 1 p.m. Lodges reservations by Monday. Every Wednesday.
- St. Anthony Park recycling.

2 Thursday  
- Ice Time (for 5-school-olds and younger), South St. Anthony Rec Center, (651-298-5785), 10 a.m.-noon. Every Thursday.
- Teenagers (651-649-3162), U.S. Forest Service, 1992 First Ave., St. Paul, Campus, 11:30 a.m.-12:30 p.m. Every Thursday.
- Clear Exercise Classes - Soul High, Rite 825 Soul Sound every Tuesday and Thursday at 1:30 p.m. These classes are free to all seniors, but pre-registration is necessary. Clear Concert classes are appropriate for all fitness and ability levels, and offer cardiovascular workout. All major credit cards are accepted. Call 651-649-9052 to pre-register.
- St. Anthony Park Community Council Physical Planning Committee, South St. Anthony Rec Center, 890 Cromwell, 6 p.m.
- St. Anthony Park recycling.

3 Friday  
- Senior Citizens Fun Group (8 p.m. today), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday. (This Friday, Blood pressure check by the St. Anthony Park Block Nurse Program, 9-11 a.m.)
- Falcon Hockey recycling.

6 Monday  
- AA, St. Anthony Park Lutheran Church (651-644-8809), 8 p.m. Every Monday.
- Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.

7 Tuesday  
- Ice Time (for 5-school-olds and younger), Lowland Park Rec Center, (651-298-5785), 10 a.m.-1 p.m. Every Tuesday.
- Teenagers (651-649-9675), making in effective speaking, Healthy Pickbacks, Brody's Bar & Grill, 9:30-10:30 p.m. Every Tuesday.
- Clear Exercise Classes - Soul High, Rite 825 Soul Sound every Tuesday and Thursday at 1:30 p.m. Call 651-649-9052 to pre-register.
- Free blood pressure check and health resources by the St. Anthony Park Block Nurse Program, Soul High, Rite 825 Soul St., 1-3 p.m. every Tuesday.
- St. Anthony Park Aerobic Club, St. Anthony Park Library meeting room, 6:30 p.m.

8 Wednesday  
- Falcon Hockey City Council, City Hall, 2017 Larpenteur Ave., 7 p.m.
- Lunar Cycle for Seniors (651-605-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lodges reservations by Monday. Free blood pressure check by the St. Anthony Park Block Nurse Program.

9 Thursday  
- Fall Council Meeting, St. Anthony Park Community Council, South St. Anthony Park Rec Center, 890 Cromwell, 7 p.m.

10 Friday  
- Free blood pressure check and health resources by the St. Anthony Park Block Nurse Program, St. Anthony Park Library, 10-11 a.m.

13 Monday  
- Park Place Inc., Park Bridge Board meeting, St. Anthony Park Community Club meeting, 7 p.m.
- St. Anthony Park Winter, St. Anthony Park Library meeting room, 6:30 p.m., 645-1345.

14 Tuesday  
- Lowland Park Rec Center, City Hall, 1891 Webster St., 7:30 p.m.

15 Wednesday  
- Lowland Block Council, Lowland Park, 7 p.m.
- St. Anthony Park recycling.

18 Thursday  
- Clear Exercise Classes - Soul High, Rite 825 Soul Sound every Tuesday and Thursday at 1:30 p.m. Call 651-649-9052 to pre-register.

19 Friday  
- Clear Exercise Classes - Soul High, Rite 825 Soul Sound every Tuesday and Thursday at 1:30 p.m. Call 651-649-9052 to pre-register.

21 Tuesday  
- District 10 board meeting, call St. Anthony Park Library, 5:30 a.m.

22 Wednesday  
- Falcon Hockey City Council, City Hall, 2017 Larpenteur Ave., 7 p.m.
- St. Anthony Park Community Council Housing and Human Services Committee, South St. Anthony Rec Center, 890 Cromwell, 7:30 p.m.
- St. Anthony Park Community Council Environment Committee, South St. Anthony Rec Center, 890 Cromwell, 7 p.m.
- Lunar Cycle for Seniors (651-605-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lodges reservations by Monday. Free blood pressure check by the St. Anthony Park Block Nurse Program.

27 Monday  
- Connoisseur, St. Anthony Park Library, 7 p.m.

28 Tuesday  
- Lowland City Council, City Hall, 1891 Webster St., 7:30 p.m.
- St. Anthony Park Block Nurse Program board of directors meeting, St. Anthony Park United Methodist Church, 7 p.m.
- St. Anthony Park Winter, St. Anthony Park Library meeting room, 6:30 p.m., 645-1345.

29 Wednesday  
- St. Anthony Park recycling.

Items for the November Calendar must be submitted to the Bugle office by 6 p.m., Friday, October 17.
Flu Shot Clinic at SAP Library
Wednesday, October 15th, 2003
1:00 - 3:00 p.m.
Beat the Flu Season!!!
for more information call us!

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Aging Gracefully
by Mary Jo Toress

The flu season cometh. Can flu shots be far behind?
Some of you may be fortunate enough to have plans
to be out of Minnesota during the cold weather.
Somewhat enviously, the rest of us wish you well.
Those less fortunate, however, must prepare for the
coming cold and flu season.

The St Anthony Park Branch Library will be the site of
a flu shot clinic on Wednesday, October 15 from 1-3 p.m.
The library is an accessible space with
on-street parking available nearby.

In the interests of full disclosure, I must inform you
that the St Anthony Park Block Nurse Program is hosting the
clinic, in collaboration with the
Minnesota Visiting Nurses Association.

The cost of a shot is $16 and
and can be billed to Medicare or other insurance,
but to do that
the person getting the shot must
bring the insurance information along to the clinic.
If you are interested, please contact Mary
Hayes at 624-9052 for more
information or to sign up for the clinic.

There has been some controversy about flu shots,
but the main points are as follows:

- Some individuals have adverse reactions to flu shots, but
the majority of people benefit from the shots.
- Check with your medical provider if you are unsure whether a flu shot is a good idea for you.
- You may be asked to schedule the flu shot at a facility which
would not be possible without the assistance of
our dedicated volunteers.

We want to take this opportunity to thank our
dedicated and invaluable volunteers, who have been
faithfully delivering meals, taking
people to medical appointments and
performing a variety of helpful services. Thank you!

The St Anthony Park Block Nurse Program hopes that "Aging Gracefully" is
helpful to older adults and those who care about them.
We welcome ideas and feedback at 651-9052 or
saphnp@sbcglobal.net.

LIVES LIVED

Alice Irene Neetzel
Alice Irene Neetzel died on July 1, 2003 in Roseville, Minnesota. She was born
December 24, 1907 in Frost, Minnesota and lived for many
years in St. Anthony Park.

She was preceded in
death by her husband, John
R. Neetzel, a son, Raymond,
and a brother, Russell Berge.
She is survived by sister-in-
law Mary Berge of California
and many friends.

An interment service
was held July 8 at the
Riverside Cemetery in Blue Earth, Minnesota.

The Community Calendar is sponsored monthly by

Wellington MANAGEMENT, INC.
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292-9844
Classified deadlines:
October 17th: 6 p.m.
Next issue: October 29th

Type your ad. Usually we put the first few words in capital letters.
Count the words. A word is any number of letters with a space on each side. A phone number is one word.
Figure your cost: 8¢ x number of words (88.00 minimum).
Send your ad & check to: Bugle Classifieds P.O. Box 8136, Shell, PA 55109, or deliver the drop box at the side entrance to the Bugle office at 2190 Como Ave (on the Knapp Side of building) by 6 p.m. on deadline day.
 Classified ads cannot be taken over the phone.
 Call Raymond Yates at 651-644-5507 with questions.

Instruction
PIANO LESSONS with a local, experienced teacher/professional pianist. Call Vicky Mackerman 651-833-7638.
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HATHA YOGA Classes start week of October 27. Call Holly House at 651-644-6951.

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GRAPHIC DESIGN—Want fast, quality graphic design services for your business? Call us about your next project! Call Raymond at 612-339-4679.
PASSPORT PHOTOS-$12 (tax included), International Institute, 5401 1st Ave. S., Hours Mon. - Thurs. 9:00 a.m. - 3:30 p.m.; Fri. 9 a.m. - 4 p.m.

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Sales
MOSTLY WEAVING 31st annual sale of fine arts and crafts. 27 Melbourne Ave. SE, October 11-12 Saturday 10-4, Sunday 1-4.

Notices
EN ROUTE, an art exhibition of Lisa Erickson and Jane Cameron October 12 to November 2. Opening reception October 11, 7-9pm, Louise Art Gallery, 499 Wacouta St. Paul. 651-298-0858 Thurs. 3-6pm, Sat to Sun. 2-5pm.

Housing
1454 HAMLIN AVE, side-by- side duplex. 2 b, no pets, no smokers, Section 8 qualified. $725 per month + utilities. 651-666-7127, crn.253.
NORTH ST. ANTHONY PARK

home! 1486 Raymond, 3 bedrooms, 2 baths, dining room, sun room, 2 fireplaces, garage, and more. $379,900. Joan Ogstad Realty 651-644-0745.


808 BERRY PLACE in Prospect Park. Brand new rental community. Studio, 1, 2, & 3 br flats, lots, and townhomes from $875. Architectural access, 9 or 17 fl. ceilings, granite countertops, whirl in home, fitness room, pub room w/ pool table, theatre, & much more. 866-569-8651.

1666 COMFAN — stunning updates - sun drenched 1 BR southeast corner unit, $129,900. For further information, go to www. mnhomes.com or call the Spars at 651-639-6838 - Edina Realty

1953 SUMMER - Large Falcon Heights rancher. 4 BR, 3 BA, 3 Fplc, main floor family room, lush private lot, $326,000. For further information, go to www.mnhomes.com or call the Spars at 651-639-6838 - Edina Realty

1558 FULLHAM - classic park home w/extraordinary updates. 4 BR, 2 BA, 3 Fplc, newer kitchen. $449,900. For further information, go to www.mnhomes.com or call the Spars at 651-639-6838 - Edina Realty

1469 MIDWAY PARKWAY - unique large Como Park area home. 4 BR, 2 BA, 3 Fplc., oversized private lot, $324,900. For further information, go to www.mnhomes.com or call the Spars at 651-639-6838 - Edina Realty

904 ALDINE - well maintained versatile home near Hamline University. Huge yard w/ fruit trees, 2 BR home w/1-2BA, 3 BR home w/1st floor 2BA, 3 BR home w/1st floor master suite. 3 BR, 2 Fplc., a great buy at $214,900. For further information, go to www.mnhomes.com or call the Spars at 651-639-6838 - Edina Realty

ULTIMATE SENIOR LIVING! 2 bld, 2 bath apartment available New. 1 at 2350 Lucke Place. Security system, garage space, appliances, no pets, no smoking. Deposit, lease, references required. Age 55 and above. Call Gloria (605- 882-0990) or David Holt, RP Management (612-379-7899).

LOWER DUPLEX - 18054 Prospect Court. 2 brs, 1.5 bath, dryer. Includes heat, water and garbage. Non-smoking. Available 10-1. $900/month. 651-644-4300 or 651-644-9007.

MOTHER-IN-LAW apt. for rent - 2X00 Comocondemned, 1 br, 1 ba, large lot, washer/dryer. Includes heat, water and electric. Non-smoking. $725/month. 651-644-4300 or 651-644-9007.

16 Years Experience! Call 651-490-7617 for Your FREE ESTIMATE
Feel free to leave a message if no answer!
Gradually, as his computer knowledge increased, his technological expertise began to outpace the art he was creating. Although he continues to do an occasional piece, his focus shifted almost entirely to computers when he opened the store in 1993.

Bryan is cagy when he describes the resale market for computers. "A thirty-three-year-old computer might have more value than you think," he allows, "but I'm not buying one unless it's a Commodore or an Amiga." Much of Bryan's work involves repairing and refurbishing older machines. Sometimes their historic hard drives will reveal some unexpected files.

Like the antique dealer who finds overlooked treasures in the back drawer of a nineteenth-century wardrobe, Bryan has occasionally uncovered long-forgotten material on old machines.

Sometimes there's a file with the 'great American novel.'" One writer who rode his memoirs of Vietnam on a Commodore 64, has sworn not to publish them on the Web, so I had to convert the files.

Once in a while, the discoveries can be embarrassing. Bryan remembers when a customer brought in a nonworking Mac that the man had received as a gift. "After I got it working," he said, "I found pornography and proprietary materials on it."

The previous owner had either forgotten or neglected to tell the recipient about the questionable stuff. Bryan decided not to reveal anything. "I wiped the hard drive and I didn't tell him the guy a thing."