

Park Bugle

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

Volume 30, Number 6 / December 2003

Volunteers toss water lilies at Kasota Ponds complex

by Karlyn Eckman

Fifteen volunteers helped restore native vegetation at the Kasota pond complex on October 5. The big event was eagerly anticipated by several children who had great fun lobbing water lily roots into the ponds.

The water lily toss was part of the St. Anthony Park Community Council's efforts to clean up and rehabilitate ponds and wetlands in the neighborhood. All of the ponds have suffered a decline in the diversity of aquatic plants, and there has also been a big increase in invasive non-native species such as buckthorn and Russian olive.

A first step is to restore native yellow and white water lilies to the ponds. First, a permit to transplant aquatic vegetation was granted by the DNR to the Community Council. Volunteers then harvested roots from McGowan and Kenny Lakes in Pine County using a kayak and rake. Six contractor buckets of heavy roots were collected.

Volunteers Cherie Wagner and Karlyn Eckman tied rocks to hundreds of root pieces so they would sink and resprout next spring. Spring and autumn are the best times to harvest water lily roots because many come to the surface with new sprouts.



Charles Midwinter and his son Solomon help clean up Kasota Pond West.

Since the water lily toss, volunteers have also been hard at work cutting and stacking buckthorn and Russian olive. For three weekends in October, volunteers from the intrepid Buckthorn Busters (led by Mary McGuire Lehrman and Ron Dufault) and the District 12 Environment Committee wielded chain saws, bow saws, loppers, pruners and weed wrenches to remove huge piles of invasive materials from the ponds.

These activities will help prepare the sites for replanting in the spring of 2004 with native species. The Buckthorn Busters have also been very active in buckthorn eradication in north St. Anthony Park this fall. The work at the ponds is supported by grants from the DNR.

Other Community Council activities this autumn include distributing bat boxes, ongoing water sampling, the neighborhood bird census, and other collaborative and planning activities with adjoining neighborhoods.

In addition, a small wetland fragment has been identified near Sarita wetland by the U of M transitway. This hidden wetland may have been part of a larger historic wetland complex that connected it with Sarita wetland, and to Newell Pond in the Hamline-Midway neighborhood.

The wetland is being studied by Community Council volunteer Karlyn Eckman and U of M student Sharon Wheeler. Although small in size, it supports a family of blue-winged teal, migrating waterfowl, minnows, green herons, crayfish, butterflies and native plants. Current efforts focus on soil sampling, documenting birds, monitoring water quality and developing a baseline inventory of vegetative species.

The St. Anthony Park Community Council would like to thank Mavia Almlil, Ron DuFault, Ann Fisher, Suzanne Garfield, Terry Gockman, Otto Gockman, Steph Hankerson, Jennifer Heaton, Fahmy Ismael, Bob Kaufer, Mary McGuire Lehrman, Mickelle, the Midwinter family, Gregg Richardson, Tessa Turnquist, Cherie Wagner, Jay Weiner and sons, Sharon Wheeler and many others for their hard work at our local ponds and wetlands this fall.

Anniversary quilters tell stories for new book

by Dave Healy

A picture, it's said, is worth a thousand words. The saying is unfortunate, for it pits words and images against each other and implicitly obliges the reader/viewer to make a choice. Often, though, words and images are complementary.

That, at least, was the conviction Judy Probst and Arlene West had a couple of years ago when they began talking about creating a book based on the St. Anthony Park Centennial Quilt, a 1987 neighborhood creation that currently hangs in the St. Anthony Park Library.

Their vision resulted in "Stories from the Quilters," a recently published collection that represents the 25 women who created the quilt 16 years ago. It was made possible in part with a grant from the St. Anthony Park Community Foundation.

Probst noted that the quilt had hung downstairs in the library's meeting room for many years, but that after the addition was built, it was moved out by the lower entrance.

"I started to notice it more often then," she said, "and I got to thinking that most people probably have no idea who made it or why. Also, some things the quilt depicts aren't there anymore. I thought it would be nice to preserve the experiences



In 1987 Pat O'Connor and Ruth Donhowe posed with the newly completed St. Anthony Park Centennial Quilt.

people had making the quilt."

Probst had done oral history in the neighborhood earlier for the St. Anthony Park Association. Those accounts were never published separately, but David Lanegran used them for his 1987 book, "St. Anthony Park: Portrait of a Community." Probst had also seen another neighborhood quilt with an accompanying booklet, and thought that the

text was a helpful addition.

Probst's idea was to contact everyone who had contributed a quilt square and ask them to write about what they remembered from the experience. Tracking people down took awhile. Many still lived in the area, but several had moved away. Three women had died since the

Quilt stories to page 6

Alliance works to change attitudes at Como

by Colin Steinmann

There is a lot of talk these days about violence and bullying in schools. Homosexual students are an easy target for just that. Anyone who admits to being gay—or even straight and supportive of gays—can face a lot of difficulty in the already tough social world of high school.

The Gay Straight Alliance, a group of students at Como High School, is trying to change that. Every Wednesday after school they meet in the library.

Their goal is to make the school a safer, more tolerant place for youth, regardless of their sexual orientation, but especially for students whose lives are affected by negative attitudes toward gay, lesbian, bisexual and transgender (GLBT) people.

"I have a lot of friends some who are gay or bi or whatever," says Nick Arver, a Como student. "Regardless, if you get accused of being gay you're going to get

picked on."

Saddening observations such as this are supported by the Department of Education. Studies they have conducted show that GLBT youth are four times more likely to skip school because of feeling unsafe and three to seven times more likely to commit suicide.

"We try to make Como Park an open, safe and tolerant environment for all students," says Alliance member Lisa Ritter.

The Alliance tries to promote their message of tolerance through posters and a monthly information table in the school's lunch room.

"Last time we did this we gave out rainbow colored Skittles with attached facts relating to gay, lesbian, bisexual or transgender teens," comments Sarah Prentice, a member of the Gay Straight Alliance. "People of all races and religions are GLBT"

is one example of the facts they passed out.

In addition to planning for these activities, the Alliance started a film festival this year. Once a month they show a film related to GLBT issues. On the schedule for this year is "Philadelphia," starring Tom Hanks.

The students who attend Gay Straight Alliance meetings vary. "The sexual orientation of our members is not what we get together to discuss. We're a social action group," says Ritter.

Some straight members of the group may have friends and family members who are GLBT. The one thing all members have in common is that they are interested in changing anti-GLBT attitudes throughout the school.

Students run the Gay

Gay Straight Alliance to page 14

CITY FILES

Give a Gift Certificate for
the holidays!



Therapeutic Massage -
Wellness Clinic LLC
651-647-0324 order online at:
www.messagegiftcertificates.net

Lunch Special
1/2 Sandwich
& Cup of
Soup Combo
\$5.99!

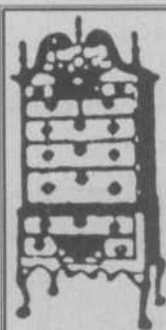
Limit 1 coupon per visit per person.
Not valid with any other offers.
Expires December 31, 2003

QUALITY CARING CRAFTSMANSHIP
With your special desires in mind



Specializing in remodeling
and renovation of older homes
Tectone Construction
Call Ben Quie in the Park at
651-645-5429

Tectone is Biblical Greek for Carpentry
LICENSED • BONDED • INSURED



**My
TURN!**

Affordable
Quality
Used
Furniture
for every room
in your home!

Winter White
Wool Rugs
12 x 7 and 12 x 9
\$350 each

Rocking Chairs
7 small to large

East Lake Settee
Soft Red
\$475

My Turn!

1686 Lexington Avenue
Roseville • 651-487-8595

Wed. 10 - 6 / Thurs 10 - 8
Fri. 10 - 6 / Sat 10 - 4 / Sun 10 - 3

Como Park

Lee Helgen is the new City Council member from Ward 5. He defeated four other candidates in the November 4 election.

Falcon Heights

Sue Gehrz, unopposed as mayor, was elected to a third term. City Council Members Peter Lindstrom and Richard Talbot, both incumbents, were also re-elected. They will now each be serving their second four-year term on the council.

The October 8 meeting of the City Council included discussion of several items involving funding sources and agreements related to the Larpentur-Lexington southeast corner redevelopment project, including the area's status as a tax-increment-financing (TIF) district. Council Member Talbot sought clarification of the true status of a TIF district.

Concern was expressed that some people have the misperception that a TIF district does not pay taxes.

City Administrator Heather Worthington explained that all tax jurisdictions (city, school district and county) continue to receive taxes on property within a TIF district at the tax rate established prior to its creation. The increment generated over and above that prior tax rate goes back to the developer for the life of the TIF district. About every two years, the city reviews its TIF districts to make sure they are in compliance with state standards.

Lauderdale

Incumbent Jeffrey Dains was unopposed for mayor. Incumbent Moose Giannetti won re-election. Incumbent Karen Gill-Gerbig defeated challenger Leanne Lemire by one vote, a result confirmed by a recount on November 12.

St. Anthony Park

Jay Benan was re-elected as City Council representative for Ward 4.

The Community Council has decided to appoint a group to determine how the District 12 plan will be completed. This group will select a representative task force, set a time line and establish a process.

Margaret Wolff of the University of Minnesota updated the council on two projects that are in planning stages. One is a Gophers-only football stadium being considered for a location near Mariucci Arena.

The other is a chilled water facility for the St. Paul campus, which could be ready for construction by spring of 2004. Two sites are being explored, one on Buford and the other on Cleveland in the old Health Services building. The Cleveland site would essentially reuse a building that is scheduled to be demolished.

A chilled water facility will house central coolers and pump the water to cool other buildings via underground pipes.

—Susan Conner

Zeller Plumbing Service

Repair or Replacement of:
Toilets / Faucets / Disposals / Water,
Drain and Gas Pipes

10% OFF Labor with ad.

Free estimates, call and compare
Raymond M. Zeller / 651-690-0421

Park resident for 17 years / Lic # 003473m / Insured

North St. Anthony Park Office Space For Rent!

Prime location at 2190 Como Avenue. Main floor office, approximately 1,200 square feet with 1/2 bath and kitchenette. \$1,200 per month with heat and electric, maintenance, taxes and building insurance paid by building owner. Easy parking, easy access, great visibility. This is the first time this space has been available for more than 40 years.

Jim Roehrenbach and his State Farm Insurance office will be relocating to the new office space directly behind 2190 Como Avenue along Knapp Place.

Availability projected to be March 1, 2004. Call soon. Steve 651-644-3557

Steve Townley

651-644-3557 • 2190 Como Avenue

www.stevetownley.com

RE/MAX
RESULTS, INC.

MY HUSBAND IS AMAZING!

He Builds and Fixes almost anything

RUSSELL DEDRICK

651-776-1780

State Lic # 20113561

Additions • Renovations



professional
handyman services



MUSIC IN THE PARK SERIES &

ST. ANTHONY PARK COMMUNITY FOUNDATION

present

A RAGTIME ENTERTAINMENT

with **BUTCH THOMPSON** and special guest, conductor
DAVID REFFKIN and introducing the **ST. PAUL RAGTIME ORCHESTRA**

Sunday, January 11, 2004 • 2:00 & 5:00 P.M.

Annual Gus Donhowe Memorial Jazz Concert



Butch Thompson returns this season with David Reffkin, leader of the *American Ragtime Ensemble*, who will direct top Minnesota players in a program of rare vintage arrangements from his personal collection.

St. Anthony Park United Church of Christ
2129 Commonwealth Ave., St. Paul



TICKETS \$25 • 651-645-5699

Give the gift of music - gift certificates available

Tickets also at the Bibelot Shop & Macawber's Bookstore in St. Anthony Park

www.musicintheparkseries.org

Tripping the Classic Nutcracker's light fantastic

Como Park teen to play Clara in Ballet Minnesota production

by Lisa Steinmann

A split grand jete is essentially "like doing a split in mid-air," according to 13-year-old ballerina Karmyn Grant. It sounds difficult, but Karmyn doesn't consider it the hardest part of dancing the principal role in Ballet Minnesota's Classic Nutcracker this year.

The hardest part is following the music from a live orchestra, dealing with tempo changes and keeping count through her dance steps as she tells the story of Clara, the dreamer of fantastic dreams on Christmas Eve.

Como Park resident Karmyn decided to join her friend Elizabeth in lessons at the Classical Ballet Academy School, four years ago. One of her teachers there, Andrew Rist, choreographer for the annual Ballet Minnesota Classic Nutcracker performance, cast Karmyn in her first Nutcracker roles.

Karmyn has danced multiple roles during performances over the past few years. She has been a rat, a soldier, a German doll and one of the Ginger children who pop out from beneath the voluminous skirts of Mrs. Ginger.

Karmyn describes her star turn this year as Clara as a role where "there's a lot to learn. Sometimes it's frustrating to think you have a part of the dance down—and then you don't. But the dances are really fun and I like being with friends."

The Ballet Minnesota Nutcracker features over a hundred dancers, many of them local. Students of all ages from the Classical Ballet Academy join professional dancers from the Ballet Minnesota Dance Company.

Guest artists this year include Oksana Konobeyeva and

Dimitry Tuboltsev, both formerly of the world-famous Russian Bolshoi Theatre. Tuboltsev plays the Cavalier, who literally sweeps Clara off her feet. "That is fun," Karmyn admits.

"My family's role is pretty big. I couldn't go anywhere without them. They pay for it; they influence me. It's really nice."

—Karmyn Grant

Karmyn's father, Tom Grant, who volunteers behind the scenes, observes that in addition to the opportunity to dance with professionals "who raise the bar for the kids," the professional dancers also take time to talk to the dance students and give them advice.

At the end of every rehearsal the students clap for their teachers. Tom describes it as "a show of respect and warmth among the group."

Karmyn keeps a busy schedule in preparation for the Nutcracker performances coming up in mid-December. She attends

dance rehearsals six days a week for one to three hours a day. Luckily, as a seventh grader at St. Paul Academy, she has been able to arrange a work study credit for her long hours in rehearsal.

She also enjoys the support of her family: father Tom, mother Judy and 16-year-old sister Martha.

"My family's role is pretty big," says Karmyn. "I couldn't go anywhere without them. They pay for it; they influence me. It's really nice."

The Ballet Minnesota Classic Nutcracker will be performed this year at O'Shaughnessy Auditorium, December 12-14. School group performances are December 10-12.

Music will be performed by the Mississippi Valley Orchestra conducted by Edward Schlueler.

For ticket information or to learn more about Classical Ballet Academy, visit their Web site at www.balletminnesota.org.

INCOME TAX
Preparation and Planning for
Individuals
Corporations
Partnerships
Estates and Trusts

BUSINESS SERVICES
Compilation of Financial
Statements
Payroll Tax Guidance
New Business Startup
Bookkeeping Services

FINANCIAL PLANNING
Office Open Year Round

HOLTZCLAW & ASSOCIATES, LLC

At the corner of Como & Doswell
www.holtzcpa.com

651-644-8563



The CPA.
Never
Underestimate
The Value®

**In a religion that
was born in a barn,
an open door
goes without saying.**

Our church invites you to join us in the worship
and fellowship of Jesus Christ. The door is always open.



Special Advent/Christmas Services and Events:

Sun., Nov. 30, 10 a.m. - First Sunday of Advent -
Greening of the Church

Sun., Dec. 7, 10 a.m. - Intergenerational Christmas Pageant

Sun., Dec. 14, 10 a.m. - "The Hidden Revealed" service of music,
led by Jean Krinke and Sandy Saliny
4 p.m. - Christmas Tea & Gift Sale (reservations required)

Sun., Dec. 21, 10 a.m. - Choir Christmas Concert

Wed., Dec. 24, 4 p.m. - Family Christmas Eve Service
11 p.m. - Candlelight Service

St. Anthony Park United Church of Christ

2129 Commonwealth at Chelmsford.
651-646-7173 Website: www.sapucc.org
Handicapped accessible and an
Open and Affirming congregation

HOW SINGING, DANCE & DRAMA CREATE A MANY-SIDED CHILD

StageCoach teaches 4-16 year olds the skills they need to act, sing and dance.

Soon students begin to stand better, move more freely and express themselves clearly and with confidence.

StageCoach schools run on weekends. Winter classes start Saturday January 3rd.

For further information on your local St. Paul StageCoach schools call Principal, Liz McAllister, at:

952-988-8775



STAGECOACH
THEATRE ARTS SCHOOLS

www.stage-school.com

Edina - Maplewood - Minnetonka - Rochester - St. Paul

WSP

Internet Consulting & Education

Web Solutions That Work

- Design
- Marketing
- e-commerce
- Hosting
- Reporting
- Consulting

With over 700 offices in 87 countries, WSI has helped thousands of companies profit from the Internet.

For a complimentary, no obligation Internet Business Analysis

Call **651-647-4488**

A \$500 value now thru December 31st., 2003

www.wsisolutions.com

e-commerce • e-business • e-world

Shop for the Holidays

\$5 OFF

Retail
Purchase of
\$30 or more
with coupon



\$5 OFF

Fair Trade
Gift
Baskets
with coupon

GINKGO in the Park
your local coffeehouse

2300 Como Ave. (at Doswell)

St. Anthony Park **651-644-7699**

721 N. Snelling, **651-645-2647**

Expires 12/20/03

EDITORIAL

Pressing the flesh

Commerce grows less personal every day. Vending machines don't require you to go into a store and hand someone your money. Online shopping eliminates encounters with sales people. Voice mail systems circumvent phone questions to receptionists.

For some, this is a welcome development. Being able to punch buttons on your phone to get the information you need means not encountering a busy signal or getting put on hold. Paying at the pump means you don't have wait in line behind someone stocking up on Diet Coke and Hostess Ding Dongs. Online banking avoids another line, as does the self-service checkout option available at some stores.

Anything that reduces the time one spends waiting in line must be good.

On the other hand, standing in line presents opportunities for interaction. You pop into the post office for some stamps. There's a line. You're about to turn around and head for the machine when you see someone you know. A conversation ensues.

And it isn't just lines and the people in them that are avoided by automation. There are also the operators and receptionists and cashiers and clerks and tellers and shop keepers—the whole commercial populace that humanizes the otherwise impersonal exchange of goods and services.

But even many of these people are intermediaries, standing as they do at some remove from those who actually created the product or rendered the service for which we're paying. After enjoying a restaurant meal, we don't walk back into the kitchen and pay the chef.

A small-town doctor tells about receiving an after-hours call from a worried father whose son had sustained a nasty cut. "Meet me at the office," said the doctor, who proceeded to stitch up the boy's finger.

"What do I owe you?" asked the father, reaching for his wallet.

"That's okay, we'll send you a bill."

"No, I can pay you right now."

The doctor realized that he didn't know how much to charge. Somebody else always handled that end of things. He made an educated guess, probably on the low side, and the father handed over the payment in cash. Later, the doctor described the transaction as peculiarly satisfying. Payment tendered for service rendered, person to person, a handshake to seal the exchange.

That, of course, is the way things usually used to be. Now, though, increasingly we deal with intermediaries or machines. Gemeinschaft gives way to Gesellschaft, the five and dime to Wal-Mart. Such is the march of civilization.

But there are still plenty of opportunities for personalized exchanges, and there are plenty of shop keepers and clerks and business employees of all kinds who are worth encountering face to face, like the three profiled in this issue.

So go ahead: press the flesh. It'll do you good.

Park Bugle

2190 Como Avenue, Box 8126, St. Paul, MN 55108

phone: 646-5369 fax: 646-0159 e-mail: editor@parkbugle.org

Subscription rate: \$25 per year

The Bugle is a community newspaper serving St. Anthony Park, Lauderdale, Falcon Heights and Northwest Como Park. The Bugle reports and analyzes community news and promotes the exchange of ideas and opinions in these communities. The Bugle strives to promote freedom of expression, enhance the quality of life in the readership communities and encourage community participation.

Opinions expressed in the Bugle by the editor, writers and contributors do not necessarily represent the opinions of the Board of Directors, Park Press, Inc. Copyright 2003 Park Press, Inc., St. Paul, Minnesota. All rights reserved.

Next Issue: December 24

Display Ads: December 40 • News & Classifieds: December 12

Advertising Representatives

Raymond Yates & Dan Schultz / Voice: 646-5369 Fax: 646-0159

Park Bugle Staff

Editor Dave Healy, 646-5369
Production Steve Parker, 489-0993
Subscriptions and Classifieds Raymond Yates, 646-5369
Billing Holtzclaw & Assoc., 644-8563

The Park Bugle is published by Park Press, Inc., a nonprofit organization guided by an elected board of directors. Currently serving on the board are Farhad Anklesaria, Shelley Diment, Kathryn Gilbertson, Thor Kommedahl, Don Marier, Mary Jo McGuire, Gordon Miller, Carolyn Nestingen, Connie Powell, Sheila Richter, Eva Rogness, Milton Sherburne, Tim Smith, Cindy Thrasher and Jerry Wallace.

Letter writers get their poetic feet under them

Music in the Park
Is always a lark
Thanks to the stewardship
Of Julie Himmelstrup.
Trios and quartets delight
Audiences night by night.
And Butch Thompson is always a gas;
He's a master of all kinds of jazz.
So thanks Julie; you have over the years
Listened to a thousand cheers.
So here is another kudo from the pen
Of G. N.

Gerhard Neubeck
St. Anthony Park

Whose dog did it? It wasn't mine;
I always walk her on a line,
and when at nature's urge she squats,
I stifle my reluctant thoughts;
my nose may wrinkle up my face
but I clean up each smelly trace.
Therefore like you I'm sorely irked,
to step on what some jerk has shirked.
No dog's at fault that does its job,
but an owner who won't is an ill-bred slob.

Oliver Steinberg
St. Anthony Park

Thanks, readers, for contributing to the Bugle fund drive.

With the contributions from those listed below, our annual fund drive has collected \$12,568.
Our goal for the year is \$21,000. Contributions are still welcome.

8 anonymous donations
Alfred & Dorothee Aepli
Jane W. Allison
Richard & Clare Allyn
Charles & Catherine Anderson
Joel & Teresa Anderson
R. K. Anderson
Mildred Bates
Earl Bergerud
Howard & Jane Bergstrom
Kay W. Blair
John & Frieda Boeke
Richard Bolger
Jane D. Bose
R. H. Brokopp
Bob Brown
Donna Bulger
Carolyn & Dale Canfield
Bryan Carlson
J. Cartford & P. Stein
Clay & Jean Christensen
Jim & Sandy Christenson
Janet Christianson
Bea Clark
Andrew & Carolyn Collins
Patricia Coppo
Bob & Carol Cross
John & Lynn Crowley
Liz & Shel Danielson
Dave & Karen Davis
William H. &

Anabel De Juan-Gomez
Chris & Jean Donaldson
Hal & Pam Dragseth
Bill & Mary Duddleston
Alice & David Duggan
Edward & Helen Dyrda
June Estelle
Les Everett
Joe & Sue Everson
David & Maryse Fan
Paul & Ann Fate
Ron French
Gale Frost
Robert & Greta Gauthier
Robert Gille
Valerie Green
Roy & Marge Halvorsen
Dave Hansen & Karen Lilley
Evelyn Harne
Sig & Emma May Haugan
Don & Meri Hauge
Lynne Hessler
Phillip & Linda Hewett
Sarah Hobbie & Jacques Finlay
Lillian Hogberg
Frances Homans &
Allan Torstenson
Dorothy Hopp
Richard L. Hotchkiss

Bill Huth &
Sally McGuire-Huth
James E. & Sally B. Jernberg
Jennifer Marker Johnson
Erik Jordan & Laura Park
Nick Jordan & Debbie Smith
Joanne & David Karvonen
L. S. Kemmer
Desiree Kempcke
Joanne Kendall
Mrs. Charles (Marian) Kerr
John & Anne Kersey
Monica J. Kline
Mike & Sue Krivit
David W. Larson
Virgil & Verena Larson
Kristal Leebrick &
Don Stryker
Bill & Mary Lerman
Marikay & Jack Litau
Mrs. Martin Lundberg
William H. Madden Jr.
Richard Magnuson
Lois Marrinan
Richard & Rosemary McHugh
Stew & Kathy McIntosh
Gary & Lynn McLean
Mike & Bunny Mennie
Jack & Joanne Meyer
Tony & Joan Mieloch
Philip & Henrietta Miller
Christine & Leon Moen
Kathryn U. Moen
Bjorn & Margot Monson
Fred J. Morlock
Carolyn & Jim Nestingen
Susanne & Donald Nevin
Gerald M. Nolte
Marcie & Mike O'Connor
Alide Ogrins
Betty & Howard Olson
Bob Palrud
Carol M. Pearson
Steve & Nancy Plagens
P. J. Pofahl & Charles Nauen
Benjamin S. Pomeroy
Priscilla & David Porter
Mary Preus
Jonahan & Cynthia Putz-Yang
Mrs. Warren Quanbeck
Paul & Betty Quie
Joseph & Agnes H. Rechiene
Gary Reineccius
Tom & Alice Ressler
Maynard Reynolds
Marcel & Sheila Richter
Eva Rogness
Tom & Jo Anne Rohricht
Regula & Michael Russelle
Peg Sautter

Ann Scott
Mark Seeley & Cindy Bevier
Philip & Kathleen Sellew
Oliver Steinberg & Emily Page
Bill & Barbara Sippel
John G. Smith
Ceese Stickle & Bob Feigel
Janet Pearson Stoeberl
Dave & Sally Stoppel
Lila & Olaf Storaasli
Mrs. Dorothy Swanson
Ron Tabaika
Robert Thayer & Nancy
Meade-Thayer
Mabel L. Thompson
Lois Thorstenson
Blaine Thrasher & Cindy
Vik Thrasher
Mrs. Marian E. Uram
Roger & Evelyn Vik
Jeanne Watson
Bruce & Alisa Weber
Carol & Lowell Weber
Joanne & Vern Weckwerth
George Weiblen
John Whitehead &
Suzanne Garfield
Muriel Widmer
Claudia Wielgorecki
Jeff Willius & Sally Gibson
Mary & John Wilson
Ann & Gary Wynia

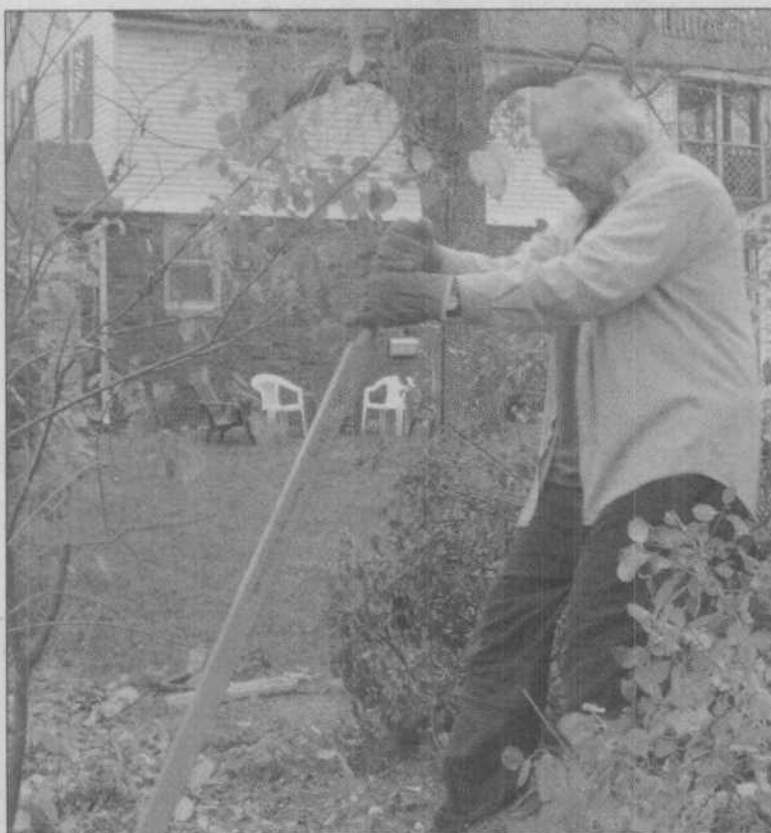
BUSINESS CONTRIBUTORS

Bargain Upholstery
Bomar Antiques/
Bob Granovsky
Holtzclaw & Associates, LLC
Schneider Drug
Sparr, Gary, Peggy, Peter
Sparr/Edina Realty
St. Anthony Park Home
Steve Townley-Realtor
Summit Graphic Design
TagTeam Film & Video
Tectone Construction

IN-KIND CONTRIBUTION

Christine Elsing, proofreading

St. Anthony Park resident Adam Granger uses a weed wrench to remove a buckthorn hedge in front of his house on Blake Avenue. Granger was participating in the St. Anthony Park Garden Club's annual buckthorn roundup on October 25. Buckthorn is an invasive species that has been targeted for removal throughout the city. The weed wrench Granger is using was acquired by the Garden Club as part of a DNR grant.



John Isaacson and Jeff Johnson hang lights on a tree near St. Anthony Park Bank. The two men work for United Operations, which handles the tree lighting for Como-Carter businesses. Johnson, who said he's been doing this for five or six years, eventually moved to the roof for a better angle.



At the Lauderdale Halloween party, Mayor Jeffrey Dains (left) gets some help with his costume from magician Joseph Giannetti, husband of City Council Member Moose Giannetti.

At the Lauderdale Halloween party, Harry Potter is joined by a mysterious masked figure.



Lovely Rambler, Hardwood Floors

under carpeting. New updated kitchen and appliances, updated bathroom, huge backyard that overlooks Veterans's Park. Wonderful tree lined street and all this for under \$200,000! 2762 Griggs St. No, Roseville - See more images -go to www.callmoose.com

Call Moose at
651-628-5539

e-mail: moose@cbburnet.com
www.callmoose.com



Moose and Brutus

St. Anthony Park Neighbors for Peace

For more information or to join us contact:

www.ParkPeace.org

Kathy Magnuson at 651-645-2475
kathydmagnuson@yahoo.com

or Shelley Sherman at 651-645-4102
mail@shermanhome.com

Election Agenda 2004

Critical issues for justice and peace:

- * Constructive, international cooperation
- * Environmentally sound energy independence
- * Preservation of civil liberties
- * Fair and clean elections
- * Repeal of "Conceal and Carry" legislation
- * Corporate transformation

See our resource materials
at the reference desk
at the St. Anthony Park Library

Help develop an action plan and
work toward results. See our website at
www.ParkPeace.org

To make a contribution, contact Margaret LeBien,
1511 Grantham Street, St. Paul, MN 55108, 651-647-0819
(checks may be made out to St. Anthony Park Neighbors for Peace)

A partial list of our 335 members:

Rev. Grant Abbott & Elaine Tarone	Deborah Carlson	Stella Evans
Mary Jane Addison	Gary Carlson	Nancy Feintheil
Alfred & Dorothee Acpli	Inga Carlson	Kevin Feliska
Cindy Anderson	Polly Cartford	Terri Foley
Carla Army	T. Cassler	Daniel & Heather Foster
Wayne Barstad & Anne Kapuscinski	Pat Cook	Fred & Linda Foster
Councilmember Jay Benanav	Brian Corner	Robin Fox
Rev. Marilyn Benson & Tim Wulling	Sharon Creamer	Leslie & Tom Frost
Erica Bentley & Kurt Clark	Christine Curtiss	Philippe Gallandat
Margaret & Bill Beyer	Amy Dailey & Paul Sackaroff	Greta Gauthier
Paul Bloom & Meg Layese	Bernice & Garvin Davenport	Otto Gockman
Curt Boehm & Jessica Daily	Susan Dean	Terry Gockman & Jeanne Schacht
Rev. Ted Bowman & Marge Grahm-Bowman	Susan DeVries	Kiki Gore
Mark Brancel & Burna Krugler	Stefanie Dojka	Donna Greenhagen & Maria Karpinski
Abby Brogden	Ruth S. Donhowe	Lisa Gunderson
Bill & Kirsten Bromaghim	Jay Dregni & Meredith Sommers	Kell Hansen
	Joan Duke & Ron Sundberg	Dave Hansen
	Howard & Nancy Dunlavy	Peter & Terri Hanson
	Carrie & Erik Earthman	Rev. Bob & Susan Hardman
	Katherine & Kent Eklund	Rep. Alice Hausman & Rev. Robert Hausman
	Shirley Espeland	Lee Heilman
		Rose Hendrickson

Quilt stories from page 1

quilt was completed, so Probst found family members who agreed to write on their behalf. "I'm interested in history," said Probst, "but I'm not a production person." For that part of the project, she turned to her friend Arlene West, who has overseen the layout and printing of the booklet.

The quilt itself was the brainchild of two neighborhood women, Ruth Donhowe and Linda Maschwitz. St. Anthony Park celebrated its centennial in 1987, and the quilt project was organized to commemorate significant buildings and places in the community.

Donhowe and Maschwitz decided on a design that would incorporate 25 applique squares. They recruited a core group of quilters, both experienced and novice, and came up with a color scheme and a list of possible subjects.

"I think the process ended up being pretty fluid," said West. "There were initial plans, but some people joined as the project continued. And although there were suggested subjects, people could also choose their own."

Some quilters elected to depict their own homes. Five actual houses appear in the quilt, as well as one imaginary one. Theresa Hankel, who lived on Scudder Street at the time, took ideas from some of her neighbors' homes, built in 1886 and 1887, to create a representative Victorian house.

The quilt also commemorates other neighborhood buildings (Muskego Church, Baker School, Park Hardware, the library) as well as places and activities (sledding at College Park, tennis and skating at Langford Park) and neighborhood institutions (Bookstart, Music in the Park).



Dorothy Bemrick, former member of the St. Anthony Park Community Chorus, created a square for the Centennial Quilt honoring that group.

Some things memorialized in the quilt no longer exist: the St. Anthony Park Co-op, the old Raymond Avenue bridge, the Community Chorus.

One contributor, Nancy Brasel, thought she might not have long to live when she was invited to participate in the quilt. Brasel had recently been diagnosed with breast cancer, and, as she writes in the book, for her the quilt was an opportunity to leave something for her three children "in the event that I did not survive to see them grown."

Brasel did survive, but in the quilt square she created for her children, which depicts their Commonwealth Avenue house on

a Halloween night, she signed her square with her name trailing out of the chimney as smoke.

"That my name be there was important for me in leaving this mark for Heather, Christopher and Michael. That it was symbolized by smoke had to do with my intense contemplation of the ephemeral nature of life."

On Saturday, December 13 at 2 p.m., a reception for the centennial quilters will be held at the library. The public is invited. Copies of "Stories from the Quilters" will be for sale at \$5. After the event, the booklet will be available at Micawber's and Biblot, and one copy will be displayed near the quilt.

Hair Designs Unlimited

Day Spa & Salon

Day Spa
• Swedish Massage
• Deep Tissue Massage
• Therapeutic Massage
• Upper Body Massage

Full Line of
• Aveda
• Biolage
• Nexos
• Paul Mitchell

Full Service Salon
• Haircuts & Styling
• Hair Color & Foils
• Facials & Waxing
• Mani & Pedicure

1703 Snelling Avenue, next to Warners' Stellan

651-644-3211 Salon Hours: Monday - Friday 9 am - 7 pm
Saturday 8 am - 4 pm / Closed Sunday

\$10 OFF!
1 hr.
massage
Exp 12/31/03

15% OFF!
on selected
products
Exp 12/31/03

\$5 OFF!
hair color
& Permanent
New Clients Only
Exp 12/31/03

Edina Realty.

Congratulations to Peggy & Gary Sparr
on earning their clients' nomination to the
"Super Real Estate Agents" list in the
November Minneapolis St. Paul Magazine!
This list represents only 3% of all licensed
real estate agents in Minnesota.

Nominations were based on:
Integrity
Knowledge
Communication Skills
Closing Preparation
Professionalism
Overall Customer Service



The Sparrs

Peggy: 651-639-6383 peggy@mnhouses.com
Gary: 651-639-6304 gary@mnhouses.com
Peter: 651-639-6368 peter@mnhouses.com

Edina Realty.



HATE TO WAIT?

We do too. So most of our framing is turned around in one week. Need it sooner? We accommodate rush orders whenever we can. And our work is always guaranteed!



www.carteravenueframeshop.com

Hours: Weekdays 10-5:30, Thurs. til 9, Sat. 10-4

The mission field has changed. Are you ready?

Doctor of Ministry Program in Congregational Mission and Leadership

Do you have a passion for revitalizing congregations and developing new ones? The church urgently needs you.

Our doctor of ministry program prepares theological leaders for effective ministry in North America with an emphasis on congregational vitalization, mission development and leadership development.

Visit us online at www.luthersem.edu/dmin, or e-mail: plokken@luthersem.edu for information.

LUTHER SEMINARY

Graduate Theological Studies
2481 Como Avenue, St. Paul, MN 55108
Phone: (651) 641-3203 + Fax: (651) 641-3425





No bones about it

by Kristi Curry Rogers

This month I've decided to dive into some of the really exciting controversies that are current in dinosaur paleontology. So over the next several installments of "No Bones About It," you can discover what we think about dinosaur colors, habits and growth; whether dinosaurs were warm-blooded; why T. rex probably tasted like chicken; and lots of other things.

Thanks for writing in, and please keep the questions coming, especially if there's something you always wanted to know about dinosaurs but never heard an answer to. You can e-mail questions and comments to me at krogers@smm.org.

Were dinosaurs brightly colored like birds, or dull like elephants and crocodiles?

Most of the time, the best evidence of a dinosaur that we have in the fossil record is a skeleton. Very rarely, other kinds of fossils are preserved—things like eggs, tracks or coprolites (fossilized dung).

When we are most lucky, some soft tissues are preserved, including feathers, downy body coverings and skin. These soft tissues provide us with a first indication of what dinosaurs may have looked like on the outside.

Skin impressions are known for a wide range of dinosaurs—from the meat-eating theropods like T. rex, to the large-bodied herbivorous sauropods like

Diplodocus, to the horned dinosaurs called ceratopsians.

The skin impressions we've found so far indicate that dinosaur skin was usually non-bony (different than crocodiles that have large bony plates underneath their skin), and made up of scales that were flat, didn't overlap one another and were often rounded hexagons.

Some dinosaurs have been found with large flaps or frills of skin, especially along the backbone or in the head region. (Think of a lizard with an inflatable pouch of skin near its throat).

One famous, made-up dinosaur skin structure is the crazy frill on the Dilophosaurus (the "spitter") from "Jurassic Park." This peculiar dinosaur had two bony ridges on its skull, but there is no evidence in the fossil record for the flaring neck frill that Jurassic Park artists created.

Color is probably one of the most frequently asked questions about dinosaurs. It is also one of the least knowable features. Color patterns on skin have not been preserved for any dinosaur, so we know very little about what color dinosaurs might have been.

Most movie dinosaurs have been dull in color, more similar to living crocodiles or elephants than to birds or zebras, but some or all dinosaurs might have actually been more brilliantly colored.

In order to answer this question for dinosaurs, we have to compare them to what we see

in the modern world. On earth today, dinosaurs have two close living relatives: crocodiles (which are like ancient dinosaur cousins), and birds (which really are dinosaurs themselves—they evolved from a group of small meat-eating dinosaurs).

Both crocodiles and birds see in color, which explains the bright pigmentation in bird feathers. Sometimes, these colors are key in establishing a territory or in finding a mate.

A good example of this is the difference between male and female cardinals (males use their bright red color to attract mates), or the patch of red on the wings of a red-winged blackbird (which is used to scare off males competing for territory).

It is likely that the largest dinosaurs—like the largest birds, crocodiles and mammals alive today—were not so brightly colored. Smaller dinosaurs, like many lizards and birds, may have used dramatic color displays for identifying members of their species, for finding mates and for defending territory.

Except for the crazy colors of hot pink and bright purple for the largest dinosaurs, any color pattern for dinosaurs is possible. The important thing to remember is that even paleontologists don't yet have a final answer to this question.

Let your imagination run wild! What color do you think dinosaurs might have been?

CHEATS

TAVERN

791 RAYMOND AVENUE ST. PAUL, MN 55114

HOURS
TUE-FRI 11:00 AM-9:00 PM • SAT 5:00-9:00 PM
SUN 5:00-8:00 PM • RESERVATIONS ACCEPTED FRI & SAT 651-646-2655

Your local businesses invite you to

Stroll St. Anthony Park

throughout the holiday season. Quaint shops, old fashioned service, a warm inviting atmosphere and the true spirit of the holiday season.

Visit your favorite local merchants to register for our annual
Christmas Stocking Drawing
Overflowing with gift certificates to make your holiday even merrier.

Drawing will be held
December 31st.
Must be over 18 to win.

This advertisement
sponsored by
the St. Anthony Park
Business Council



4-H News

by Bobby Ragoonanan

Hello, Bobby is back. Emperor Palpatine was banished forever after Halloween. It's time I told you about our meeting on November 10.

Tim Jurney, the vice president, called the meeting to order because our president, Anne Drache, was not there. For roll call, we did what we dressed up as for Halloween. We also found out that the Northern Lights 4-H Club has \$675.14 on hand.

To start off the meeting we played a game called hook tag. Everyone hooks arms in pairs, except two people. One of these

becomes the chaser and the other is the chased. When the chased is tired of being chased, they grab another person's arm. Then the person on the other side becomes the chased. If the chased is caught, they switch. It was fun!

We had three presentations. The first was by Patrick Jurney about how to make French toast. The second was by Patrick's older brother, Tim, on stamp collecting. The last presentation was by John Weber on how to bathe a guinea pig. The guinea pig kept on squeaking. In pleasure? Anger? Get me out of

here right now?

There were no project reports. We talked about how the Linnea Home visit went. The residents were very impressed.

The last part of the meeting was a guest speaker. She talked about making bags for an organization called International Foreign Youth Exchange. From her, we learned that 4-H is all over the world. At the end, we decided to make school bags for IFYE to send to different countries.

After the meeting we had a snack of cookies and apple juice.

It's A DICKENS OF AN IDEA JEWELRY —

The gift that lasts a lifetime

You know us by our reputation of unique fine quality jewelry — whether it be diamonds, colored gem stones, pearls, amber or our selection of handmade jewelry from the studios of Tom Kruskal. Give a gift that reflects your love.



Holiday Hours:

Tuesday - Saturday 10 am - 6 pm • Thursday 10 am - 7 pm

EMIL GUSTAFSON JEWELERS

2278 Como Avenue / St. Paul / 651-645-6774

**Buy any
Specialty Coffee
& get another
(of equal or lesser value)
1/2 Price!**

Limit 1 coupon per visit per person.
Not valid with any other offers.
Expires December 31, 2003

Imaginative Solutions for Everyday Living



design & remodeling
Insured, bonded, MN License #20131391

Architectural and Interior Design

- Additions & Porches
- Kitchens & Baths
- Attic Finishes
- Colors & Textures, Lighting, Furniture Layout
- Small & Big Projects

651-647-5225

Season's Greetings from your Neighborhood shops

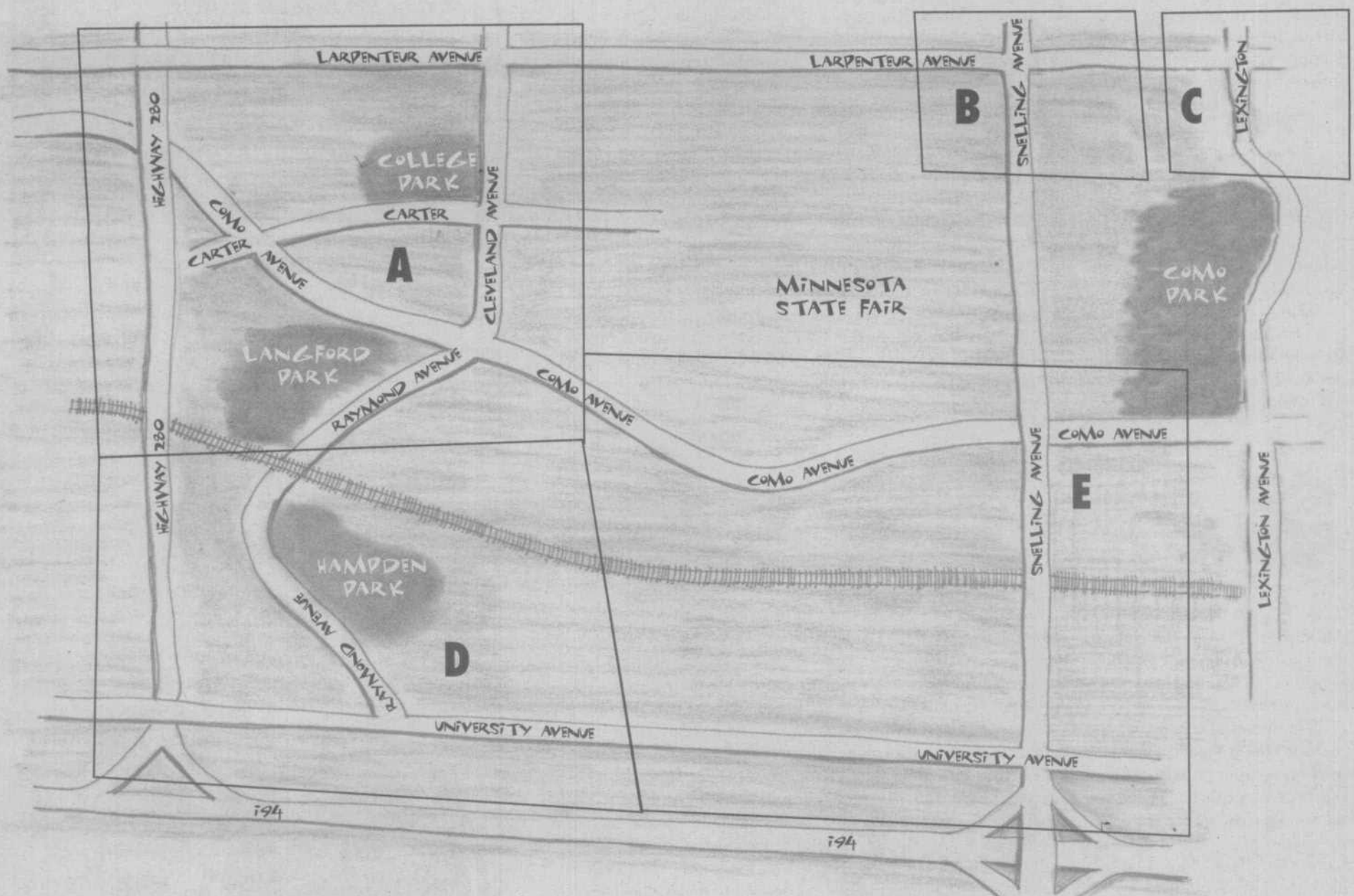
Consider shopping in your backyard this holiday season. Well, perhaps just a bit further than that, but not much. Residents of St Anthony Park, Falcon Heights, Lauderdale, and Como have some of the best shops and retail stores within walking distance! You can find stores nearby to provide everything on your shopping list—and maybe even a few surprises! Besides, meandering through a neighborhood shopping village feels very different from racing around crowded freeways or clicking on a cold computer. Imagine strolling over to a shop where you know the name of the owner. There's Dave over at Park Hardware, Sandy at My Turn or Tasha at Tasha's Eclectic Clothing and Furniture. Imagine a shopping break at one of the local cafes, drinking a warm beverage as you watch the snow gently falling outside.

Old fashioned? Or modern and trendsetting? You decide.

However, while many people will still rush out to the nearest mall to do their shopping, a growing number find value in doing much, if not all, of their shopping right in their own neighborhood. Not only is this convenient, it creates a whole different mood for the holidays. You can feel good that you're supporting local businesses, and that you are finding unique gifts for the unique people in your life. Perhaps it's about feeling more connected. Isn't that part of what the holidays are about—connecting with people?

If you would like to support your neighborhood this season by doing some or all of your shopping in the area, the Park Bugle has provided a directory to help you with your shopping list and perhaps jog an idea or two. As you can see, there are many places to choose from!

Enjoy making connections this holiday season!



A COMO & CARTER

Abu Nader Deli and Grocery
2095 Como Ave.
Shopping Break, Groceries

American Sports Café
2554 Como Ave.
Shopping Break

Anthony's Park Salon
2301 Como Ave.
Salon Products and Services
(SEE AD)

Antique Garden
2236 Carter Ave.
Vintage Xmas Ornaments and
Decorations

Bibelot
2276 Como Ave.
Gifts, Clothing, Jewelry,
Stationary, Home

Carter Avenue Frame Shop
2186 Como Ave.
Custom Framing and Art (SEE AD)

Christy Myers Photography
2145 Knapp St.
Family Photography, by
appointment only

Como Rose Travel
2301 Como Ave.
Holiday Travel, Gift Certificates
(SEE AD)

Crescent Moon
2228 Carter Ave.
Home Furnishings, Cards,
Stocking Stuffers

Elle Salon
2095 Como Ave.
Salon Products and Services (SEE AD)

Embellish By Lady Elegant's
2230 Carter Ave.
Tea-Related Gifts and Accessories
(SEE AD)

Emil Gustafson Jewelers
2278 Como Ave.
Custom Design, Limited Edition, and
Designer Jewelry (SEE AD)

Ginkgo in the Park Coffeehouse
2300 Como Ave.
Ornaments, Gift Certificates,
Stocking Stuffers

Hearts and Vines in the Park
2309 Como Ave.
Home Furnishings, Cards,
Stocking Stuffers (SEE AD)

Holly House Center for Integrated
Health Care
2265 Como Ave., #202
Acupuncture, Chiropractic, Massage
Therapies (SEE AD)

Luther Seminary Bookstore/
Augsburg Fortress
1490 Fulham St. (located in
basement of Olson Campus Center)
Wide Range of Bibles, Devotional
Books and Children's Books

Micawber's Bookstore
2238 Carter Ave.
Books, Calendars, Cards (SEE AD)

Milton's Bridal
2230 Carter Ave., Ste. 9
Wedding Products

Muffuletta in the Park
2260 Como Ave.
Shopping Break, Gift Certificates
(SEE AD)

Nada Chair Back Support Systems
2448 Larpenteur Ave.
Back Slings/Supports (SEE AD)

Park Hardware, Inc.
2290 Como Ave.
Tools, Xmas Lights, Sleds (SEE AD)

Peg Houck's Original Watercolors
Show & Sale
2184 Carter Ave.
Dec. 5, 6, and 7 only (SEE AD)

Salon EQ
2230 Carter Ave, Ste. 6
Salon Products and Services (SEE AD)

Speedy Market
2310 Como Ave.
Stocking Stuffers, Housewares
(SEE AD)

Tasha's Eclectic Apparel n' Furnishings
1437 Cleveland Ave. N.
Clothes, Furnishings, Handmade Gifts

Taste of Scandinavia/
Dunn Bros. Coffee
2232 Como Ave.
Bakery, Shopping Break

Village Pottery Bar
2230 Carter Ave.
Retail and Paint-Your-Own Pottery

B LARPEUR & SNELLING

Blomberg Pharmacy
1583 N. Hamline (at Hoyt)
Gifts, Cards, and More (SEE AD)

Buck's Unpainted Furniture
1639 Larpenteur Ave.
Furniture, Entertainment, Bedroom

Clatti's Italian Restaurant
1611 Larpenteur Ave.
Gift Certificates, Shopping Break

Coffee Grounds
1579 Hamline Ave.
Gifts, Crafts, Cards, Live Music
(SEE AD)

Design Modern Interiors
1709 Snelling Ave.
Contemporary Scandinavian Furniture

The Garden Gift Shop
1755 Prior Ave. N.
Books, Gifts, Garden Art

Garden View Café
1871 Larpenteur Ave.
Mugs, Gifts Certificates, Art
(SEE AD)

Hair Designs Unlimited
Day Spa & Salon
1703 Snelling Ave.
Massage, Salon Products and Services
(SEE AD)

Hermes Floral
1750 W. Larpenteur Ave.
Flowers, Plants, Gifts

J's Liquors
1559 Larpenteur Ave.
Liquor Products

Source Comics and Games
1601 Larpenteur Ave.
Comics, Games, Hobby (SEE AD)

Sleep Concepts
(formerly "Spare Room Futons")
1705 N. Lexington
Factory Direct Futons, Beanbag
Chairs, Air Beds

Warners' Stellan
1711 Snelling Ave.
Dishwashers, Washers/Dryers,
Built-Ins

C LARPEUR & LEXINGTON

Arthur's Jewelers
1717 Lexington Ave.
Diamonds, Watches, Repair

Bicycle Chain
1712 Lexington Ave.
Bicycles and Accessories

Flowerama
1676 Lexington Ave.
Flowers, Gifts

Game Cauldron
1747 Lexington Ave.
Video Games

Hancock Fabrics
1135 Larpenteur Ave.
Material, Sewing Equipment

Jonathan Robert Fielding and Co.
1767 N. Lexington
Pipes, Cigars, Accessories

Key's Café and Bakery
1682 Lexington Ave.
Shopping Break

Leben's Flowers and Greenhouses
1021 Larpenteur Ave.
Flowers, Plants, Wreaths, Garlands

Music-Go-Round
1722 N. Lexington
Musical Instruments

My Turn!
1686 Lexington Ave.
Antiques, Furniture (SEE AD)

Ol' Mexico
1754 Lexington Ave.
Shopping Break

The Pet Connection
1732 N. Lexington
Gifts for the pets!

Red Wing Shoe Store
1750 Lexington Ave.
Shoes and More!

Robert Paul TV
1789 Lexington Ave.
TVs, Stereos, Electronics

D UNIVERSITY & RAYMOND

All Wrapped Up
2500 University Ave., Ste. B
Corporate Gifts and Baskets

Andy's Lunchbox
1829 University Ave.
Shopping Break

Anodyne Artists Company
825 Carleton St.
Art

Antiques of Quality
918 Raymond Ave.
Antiques

Bargain Upholstery
797 Raymond Ave.
Upholstery Services

BME Labstore
2459 University Ave.
Lab Equipment for Kids and Adults

Caffè Biaggio
2356 University Ave.
Shopping Break, Gift Certificates

Capitol Furniture Sales
2402 University Ave.
Home Furnishings

Chet's Taverna
791 Raymond Ave.
Shopping Break, Gift Certificates
(SEE AD)

Chocolat Celeste
2506 University Ave.
Chocolate Products

Custom Cat Purniture
2242 University Ave.
Custom Furniture for your Kitty

Dubliner
2162 University Ave.
Shopping Break, Live Music

Evenstar Coffeehouse and Bookstore
2401 University Ave.
Books, Cards, Jewelry,
Stocking Stuffers

Hampden Park Coop
928 Raymond Ave.
Unique Giftware, Jewelry,
Stocking Stuffers (SEE AD)

Herbst Street Market
779 Raymond Ave.
Stocking Stuffers

J. Ring Glass Studio
2408 Territorial Road
Stained Glass and Other
Glass Products

Keys Café and Bakery
767 Raymond Ave.
Shopping Break

Kodiak Furniture
933 Vandalia St.
Furniture

Noll Hardware & Industrial Supply
789 Raymond Avenue
Housewares, Tools

Parkview Café
930 Raymond Ave.
Shopping Break (SEE AD)

Pho 79
2233 Energy Park Drive
Shopping Break

Picture Frame Supply
2478 University Ave.
Custom Picture Framing

Prairie Star Coffeehouse
2399 University Ave.
Shopping Break, Gift Certificates

Rapit Printing
2400 University Ave.
Printing Products and Services

Raymond Avenue Gallery
761 Raymond Ave.
Pottery and Textile Art, Art Shows

Roasting Stones
2388 University Ave.
Stones, Jewelry, Cards,
Stocking Stuffers

Sharrett's Liquors
2389 University Avenue
Liquor Products (SEE AD)

Shen-men Acupuncture and
Massage Center
2395 University Ave., Ste. 220
Health Services, Gift Certificates

SOS Office Furniture
2441 University Ave.
Office Furniture

Spiros Mediterranean Market
2264 University Ave.
Shopping Break, Stocking Stuffers

Succotash
781 Raymond Ave.
Vintage Clothing and other
Vintage Products

E COMO & SNELLING

American Sports Nutrition
1563 Como
Sport Supplements,
Vitamins, and Herbs

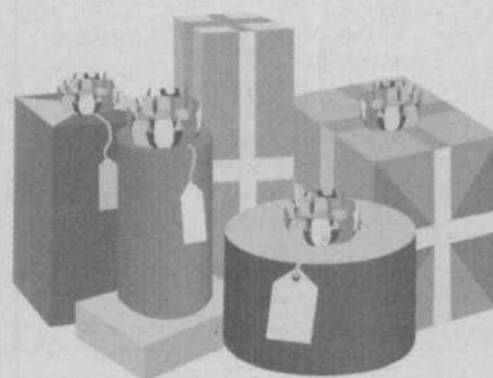
Bascali's Brick Oven
1552 Como Ave.
Shopping Break, Gift Certificates

Black Bear Crossing Coffee House and
Community Circle
831 Como Ave.
Gifts, Stocking Stuffers,
Shopping Break

Nelson Cheese Factory
1562 Como
Cheese and More!

Wellness Center, LLC
www.massagegiftcertificates.net
Stress relief, Relaxation,
Therapeutic Massage (SEE AD)

*If you are involved with
a local retail business and would
like to be included in next
December's Shopping Directory
(a free service), please call
Dan or Ray at (651) 646-5369.*



we've arrived

Help us celebrate the opening of our St. Anthony Park Salon.

Come in for a consultation

with a complimentary

stress relieving treatment

Schooled in London and

AVEDA, Christine Wengler

brings a trendy and classic

style to St. Anthony Park

with over 12 years

experience as a Barber/Stylist

/ Women's Styling

/ Men's Barbering

/ We also do color & foils

651-644-4114

2095 Como Avenue

at Cleveland/Raymond

elle

s a l o n



Who ARE the people i

For many of us, one thing that greases the wheels of patronizing. That's more likely to happen with a small business there. It might be the owner, or it might be an employee living an essential part of a place's ambience. Meet three r

MARY, PAUL



Mary Ambrosier helps Speedy customers have a good one

by Michelle Christianson

"You have a good one, now."

Quick, who says that and where does she work? If you can't answer that question, you don't shop at St. Anthony Park's Speedy Market very often. Mary Ambrosier has worked 40 hours a week at Tim and Tom's for over 17 years, and she seldom misses a day.

"My mother would beat me with a stick," she says about calling in sick if she wasn't really ill. In fact, she is gone so infrequently that customers will ask "Where's Mary?" if they don't see her at the cash register.

Mary grew up in Elkton, South Dakota, and worked for a credit bureau and the county courthouse in Brookings until she moved to Minnesota in 1968.

She has been married to Ron Ambrosier since 1973 and lives in Lauderdale. She has no children, and her two dogs, Goldy and Andy, are no longer living.

But Mary has a wealth of friends in the customers she interacts with each day. She may not remember your name, but she remembers something about you. For example, one customer is "the lemon drop kid" because he always buys lemon candy.

She recounts fondly the many regulars who are special to her. There is little Victoria, who baked cookies for Mary with her dad,

Will. Another young girl always asks to come in to see Mary—instead of going to McDonalds—when she visits her grandmother.

The older customers are especially dear to Mary. She tells of running out to the car to hug her friend, Mabel Hovda, when she couldn't come into the store.

And she loved it that Doc Arne always called her "George" after she teased him for mistakenly referring to her by the name of a waitress at the old Mannings.

But even if Mary never saw you before, she will greet you as an old friend. She makes a practice of looking at the name on your check and saying a personal goodbye.

"When we first moved here, I didn't know anyone," says Falcon Heights mayor Sue Gehrz. "It made me feel welcome that she just said my name. That meant a lot to me."

It means a lot to many people, according to Speedy Market owner Tom Spreigl. "Everyone knows and loves Mary," he says. "They really miss her when she's gone."

Spreigl also appreciates her reliability. "She's as honest as can be, and she knows what to do and just does it," he says.

That fits in with Mary's take on the job. When asked what's the best part of the job, she replies, "the whole thing." And the worst? "Nothing. I have nothing to complain about. I wouldn't have stayed here so long if I didn't like it."

Outside of work Mary lives a quiet life. She likes to fish, camp, dance and garden.

At 63, Mary has no plans to

retire yet, though she says she won't work as long as Carol Pearson in the deli (still going strong at 81). She wants to spend more time with her husband after retirement.

Whenever that happens, there will be a lot of people who will miss her "Have a good one."

Paul Hueg keeps things moving at Park Service

by Judy Woodward

Paul Hueg may not always connect your name with your face, but chances are he knows your car more intimately than you do.

The 6-foot-6-inch Hueg, with his black beard and oil-stained hands, is, in his own words, the "guy to go to" at Park Service, 2277 Como Avenue, whenever owner Ned Wesenberg can't be found.

On the first snowy day of the season, Hueg was finishing up a Monday shift that the weather hadn't improved. "Today, two cars hit stuff because of the weather," he said. "On a day like this, you just know you won't leave on time."

A fixture at the station since 1996, Hueg's roots in the neighborhood extend back through most of his 40 years. He grew up in a yellow house on Gordon Avenue where his mother still lives.

Number five of the seven Hueg kids, Paul has known some of his customers since the days when he used to deliver their paper and baby-sit for their kids. "I like to know who I'm dealing with," he

The Garden GIFT SHOP

in Your Own Backyard

Tons of fun gifts for gardeners

hundreds of books • tools • gloves
great gift items • garden art & sculpture

Open weekdays & Saturday • Ask about our membership special

Minn. State Horticultural Society

Northern Gardener Bookstore

1755 Prior Ave N

Falcon Heights, Minn. 55113

651.643.3601

www.northerngardener.org

1 mile west of Snelling & Larpenetour

just north of U of M-St. Paul campus

25% off

your total purchase
with this coupon
excludes red-dot clearance items

*Celebrate
old friends of
fine vintage.*

HAPPY HOLIDAYS

LUNCH DINNER

Muffuletta

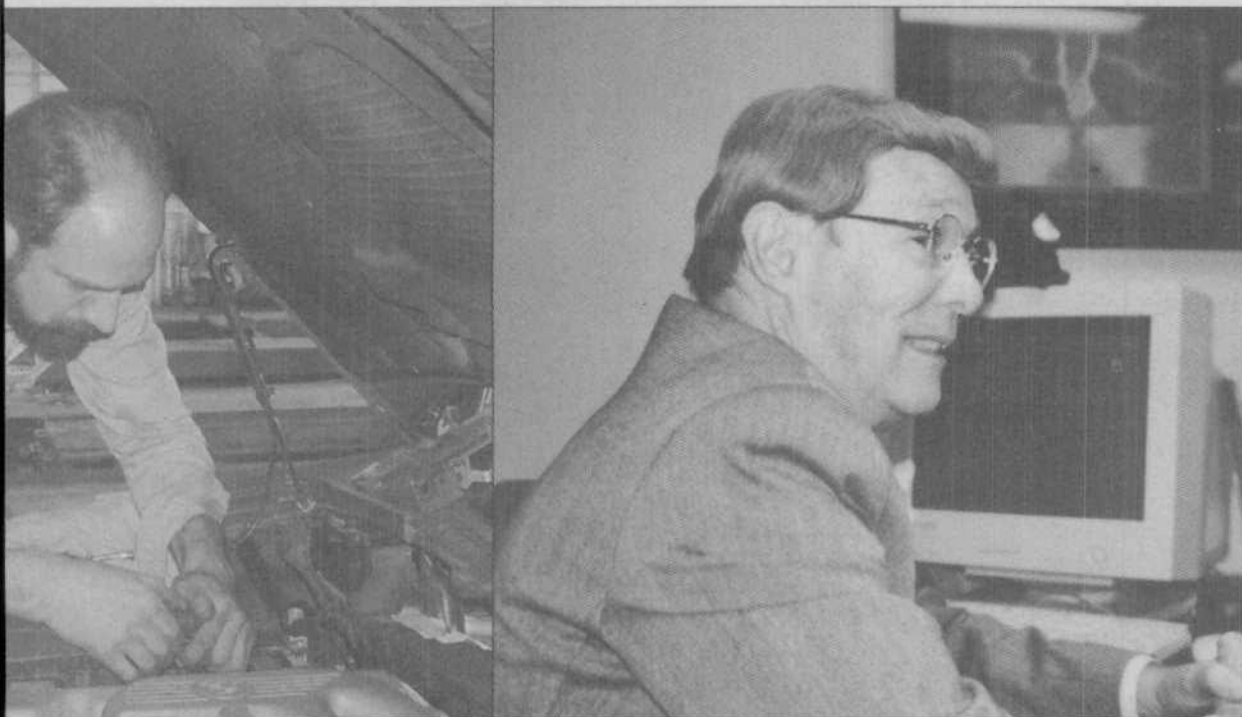


In Milton Square
2260 Como Avenue West
St. Paul, MN
Reservations 651-644-9116

IN YOUR NEIGHBORHOOD?

Commerce is recognizing someone at the establishment we're... where customers often get to know the people who work... the three profiled here: long-time workers who have become... St. Anthony Park is a great place to do business.

Paul & Mark



said. "It feels good on both sides."

It's that spirit of neighborly familiarity that typifies business at Park Service. When long-time customers drop their cars off for service, often they don't bother bringing the key into the station. It's enough to park the car off to the side and leave the key in the visor, where mechanics like Hueg will replace it once the auto has been repaired.

"It's a system that works for us," he said, noting that they've never had a car stolen.

Not that the key-in-the-visor technique hasn't led to occasional irregularities. Hueg remembers the time, for example, when two silver Toyotas—a Camry and its close cousin, a Corolla—were parked side-by-side, awaiting pick-up at the end of the day.

"The Corolla customer came to pick up his car, and ended up driving away in the Camry."

Fortunately, Hueg managed to flag down the inattentive driver as he pulled out of the station.

"Otherwise, I'm sure he would have gone home with the wrong car," he said.

Then there was the time when two identical models were parked in front, alike in every detail except for a slight difference in shade.

The first owner arrived and deposited a bag of groceries in what he incorrectly assumed was the back seat of his car. Then he went inside to settle his bill.

While the first man was paying, the second owner came out of the station, jumped into what really was his own car and drove off. When he got home, he was

surprised to find somebody else's shopping in the back seat.

"He thought one of the mechanics had been using his car to pick up some groceries while he was out test-driving it," said Hueg. "Stuff like that happens, but nobody gets hurt. It puts a little adventure in the day."

Hueg may joke about the adventures of auto mechanics, but it's obvious that the chief satisfaction of his workday comes from the job itself.

"I really like the work," he said. "I like the physical parts of the work as opposed to the piddly jobs. I'd rather do a job like rebuilding a clutch or a differential versus problems like 'My headlight doesn't work.'"

The only part of the job he doesn't care for is dealing with the occasional openly suspicious customer.

"They've got the attitude before they come (that they're going to be cheated). There's nothing you can do to change the mindset and it taints the whole thing."

Hueg spends much of his workday in closer contact with the internal combustion engine than most of us will ever be, but his fascination with auto mechanics doesn't spill over into any sort of romance of the road. He drives a Ford F350 pickup because "it's comfortable and I use it for snow plowing."

Ask him what his "dream car" is and he'll start telling you instead about the "dream house" that he, his wife and his three teenage sons are building on the farm in western Wisconsin where they raise elk.

As somebody who puts in a lot of time under the hoods of other people's cars, Hueg can offer expert opinions about what models are less likely to need his services.

"Toyotas and Hondas are pretty durable and easy to operate," he said, adding, "You can get two years out of almost any car. But it's the next two years that count."

Mark Chapple holds down the fort at Park Bank

by Natalie Zett

At first meeting, Mark Chapple seems a man of few words, much more at home asking questions than talking about himself. That's typical of someone who listens to others, as Chapple does for his retail banking and senior clients at St. Anthony Park Bank.

Chapple looks very much like an assistant vice president. His suit, tie and gracious manner are reminiscent of the bankers of days gone by. No business casual here.

Working anywhere longer than five years is rare, but 45 years is a phenomenon—especially these days. According to Chapple, the secret to such a long run is having a great employer and enjoying what you do.

Chapple found his niche early in life when, as a 17-year-old, he took a summer job at St. Anthony Park Bank.

Peg Houck's
Original Watercolors Show & Sale

Friday,
December 5th
3 pm - 9 pm

Saturday,
December 6th
9 am - 5 pm

Sunday,
December 7th
11 am - 5 pm

2184 Carter Avenue / Saint Paul / 651-334-4180

Saint Anthony Park Dental Arts, P.A.

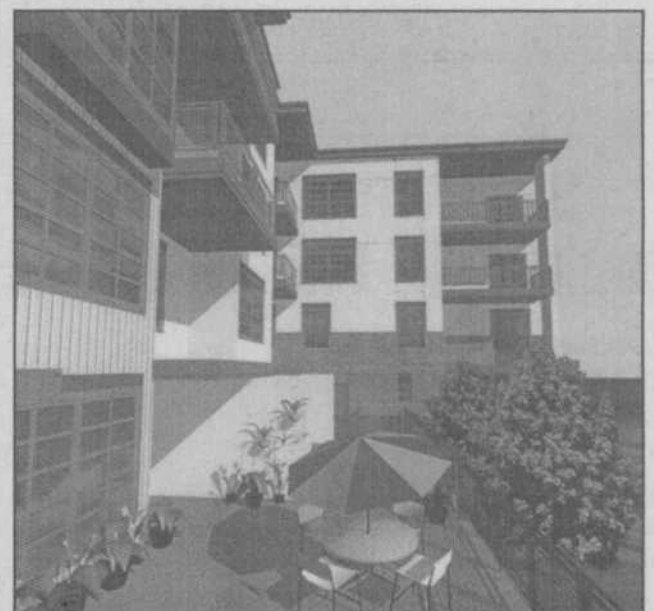
Your caring local office for cosmetic and family dentistry

William Harrison, DDS

A tradition of excellence spanning 75+ years!



2282 Como Avenue West
Saint Paul / 651-646-1123
Fax 651-646-1987 / www.sapdentalarts.com



Folks are moving into Emerald Garden's first building this month. Condos and townhomes priced from \$175,700 with 1br, 1.5 ba. to \$358,900 for 3br, 3ba, are available with 9 ft. ceilings and underground parking. Call me for a private showing.

Nancy Meeden
Coldwell Banker Burnet

651-282-9650
nmeeden@cbburnet.com



e t c e t e r a

Wishing You Happy Holidays...
Sandy's Barber Shop
Celebrating 10 years of serving the Park

Roseville Professional Building
 2233 Hamline Avenue North / Suite 213
651-644-9791

PARK SERVICE
PUMPS OPEN 24 HOURS
FOR CREDIT CARD USERS!

CAR WASH OPEN!

- TIRES • BATTERIES
- EXPERT REPAIR
- CERTIFIED MECHANICS
- QUALITY CITGO GASOLINE

THE  STATION IN THE PARK
 2277 COMO AVE / 651-644-4775 / 651-644-1134

Dr. Todd Grossmann
 644-3685
Dr. Paul Kirkegaard
 644-9216

Your neighbors in St. Anthony Park

 **ST. ANTHONY PARK DENTAL CARE**
 2278 COMO AVE / ST. PAUL

ST. ANTHONY PARK HEALTHCARE PROFESSIONALS


St. Anthony Park Dental Arts, P.A.
 Dr. Bill Harrison www.sapdentalarts.com
 2282 Como Avenue, 651-646-1123

St. Anthony Park Dental Care, 2278 Como Avenue
 Todd Grossmann, DDS 651-644-3685
 Paul Kirkegaard, 651-644-9216

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

Twin City Linnea Home
 2040 Como Avenue, 651-646-2544
 Member of the Board of Social Ministry

Franklin J. Steen, DDS
 2301 Como 651-644-2757



HOLLY HOUSE Center for Integrated HealthCare
Building optimal health naturally! 2265 Como, 651-645-6951

Decorating Workshops

The Center for Northern Gardening, 1755 N. Prior Avenue in Falcon Heights, will host two decorating workshops during December.

On December 6, from 10-11:30 a.m., participants will learn how to use fresh greens and blooms to create a holiday table design. The instructor is Ardith Beveridge of the Koehler & Dramm Institute of Floristry.

Making a mistletoe ball will be the theme of a December 12 session from 10 a.m. to noon. The instructor is Jessica Ostrov of Mother Earth Gardens.

The cost for each workshop is \$10 for MSHS members, \$25 for non-members. In addition, a material fee will be collected—\$20 for the December 6 session and \$10 for the December 13 workshop. For more information, call 643-3601.



Arts Events

On Sunday, November 30 at 4 p.m., Music in the Park Series presents Belladonna, a baroque quartet. The will be joined by soprano Maria Jette. The concert takes place at St. Anthony Park

United Church of Christ, 2129 Commonwealth Avenue.

Beladonna consists of Margaret Humphrey, baroque violin; Clea Galhano, recorder; Rebecca Humphrey, baroque cello; and Rebecca Weiss, harpsichord. Together with Maria Jette they will perform a program of 17th and 18th-century German and Italian music for the Christmas season.

Tickets are \$18 in advance, \$20 at the door, and \$12 for students (when available). For more information, call 645-5699.

Community Playroom

On Saturday, November 22 from 10 a.m. to 1 p.m., Falcon Heights will hold an open house at the city's community playroom. Cider and cookies will be served.

The playroom has moved to new quarters in the nursery at Falcon Heights United Church of Christ, 1795 Holton Street. Its regular hours are Wednesday and Friday mornings, 9:30 a.m. to noon, from November through April.

The community playroom is a place where adults can bring infants and preschool children for recreational play and social interaction. It is not a drop-off day care center. The cost is \$2 per child or \$3 per family.

Flower Show

Como Park's Marjorie McNeely Conservatory will hold its 2003 Holiday Flower Show from December 5 through January 18. The show features a variety of poinsettia cultivars.

The Conservatory is just west of the intersection of Lexington Parkway and Horton Avenue in Como Park. It is open daily from 10 a.m. to 4 p.m. Admission is \$1 for ages 13-64, 50¢ for youth and seniors. Children five and under are free.

Commemorative Trees

Friends of the Parks and Trails sponsors a commemorative tree program that enables anyone to give someone a tree to help

Anthony's

 2301 Como Avenue, suite 102
 St. Paul, MN 55108
 www.anthonysparksalon.com

SO PURE
 NATURAL BALANCE

Treat your hair to something special. Enjoy \$5.00 off any So Pure Hair Bath with a copy of this ad. Use for your body and your hair, infused with natural ingredients. Feed your hair something healthy for a change.



 **DAN BANE CPA, LLC**
 Practicing for 30 years in the Park
 At the corner of Como & Doswell

Providing services in
Income Tax
Preparation & Planning
 &
Estate & Retirement Planning

Please call me today at 651-999-0123
 OR DIRECT DIAL 612-849-8090
 For an Appointment

Need A Plumber?

ALL STAR
 PLUMBING • REPAIR • REMODELING

Sewer Cleaning
 FREE estimates
 satisfaction guaranteed
 "Ten Minutes Away"

Jack Stodola
 Office (763) 792-9062
 Cell (612) 865-2369

e t c e t e r a

reforest metro area parks.

The Friends will mail a card now to the person being honored, and after the tree is planted next summer a map showing its location will be sent.

Trees cost \$50 and may be planted in parks in Anoka, Dakota and Ramsey Counties. For an order form, call 698-4543 or go to the Friends' Web site at www.friendsoftheparks.org.

People

Christine Pigsley has been named business development director at WomenVenture, a nonprofit economic development agency headquartered in south St. Anthony Park.

Pigsley will head up WomenVenture's services for small businesses, including micro-lending, business consulting and technical assistance.

Previously, Pigsley was director of the Iowa Women's Enterprise Center project at the Institute for Social and Economic Development in Iowa City.

WomenVenture is a nonprofit Twin Cities economic development resource that helps women find jobs with livable wages, change or develop a career, or start or expand a business.



Sales

The Roseville Lions Club is holding its annual holiday fruitcake sale to support various community projects.

Benson's Old Home fruitcakes are made from a nonalcoholic mixture that's one-

third batter and two-thirds fruit and nuts.

The price is \$6 for a 1.5-pound cake and \$4 for a 1-pound cake. Delivery is free. To place an order, call Al Ahlf (484-4339), Tom Amlotte (636-8998), Joe Juettner (487-0064), or Eldon Metaxas (645-3691).

Twin City Linnea Home will host its annual holiday bazaar on December 7 from 1:30-3:30 p.m. in the resident dining room.

The bazaar will include baked goods, crafts, a raffle and a white elephant sale. Proceeds go to provide Christmas gifts for residents.

Twin City Linnea Home is located at 2040 Como Avenue. For more information or to donate items for the bazaar, call Dee Carlson at 646-2544.

Volunteers

Ramsey County REACT (Radio Emergency Associated Communications Team) is looking for volunteers who are at least 16 years old, have a Ham or CB radio and are interested in community service. For more information, call 646-0250.

HealthPartners Como Clinic is looking for volunteers to serve as goodwill ambassadors for the clinic by greeting patients and guests as they arrive, serving beverages and reading to children.

Schedules are flexible, and volunteers receive free parking at the clinic, located at 2500 Como Avenue. For more information, call Bonnie Watson, volunteer coordinator, at 254-9249.

Information Session

Cyber Village Academy will host an informational meeting at 10:30 a.m. on December 2 at the Hamline Branch Library. Parents of students in grades 4-8 are welcome to attend.

For more information or to schedule a school tour, contact Christine Voigtlander at cvoigtlander@cva.k12.mn.us or 523-7170.

Lunch Special
1/2 Sandwich
& Cup of
Soup Combo
\$5.99!

Limit 1 coupon per visit per person.
Not valid with any other offers.
Expires December 31, 2003

Embellish by **Lady Elegant's**
Tea Room & Gift Shoppe

Afternoon Tea • Daily Tea & Scones • Monthly Theme Tea • Tea Sampler

HOLIDAY SALE
20% OFF
through December 23

The Nutcracker Ballet Tea
December 12 & 13

Milton Square Courtyard • 2230 Carter Avenue
651-645-6676 • www.embellishstea.com

Hope Springs Eternal

THIS HOLIDAY SEASON AT MICAWBER'S

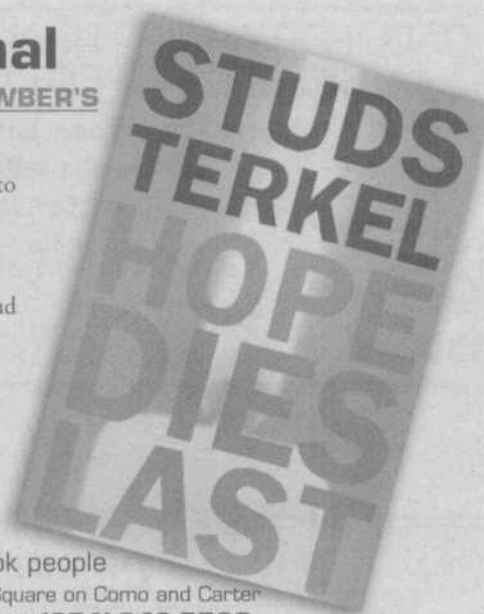
For renowned oral historian Studs Terkel, hope is born of activism, commitment, and the steely determination to resist. In his new book *Hope Dies Last: Keeping the Faith in Difficult Times* (The New Press), Terkel interviews the young and old, congressmen and cooks, activists and CEOs—all those who are taking a stand and making concrete the dreams of today. This holiday season pass on the spark of hope that is once again igniting the precious idea of a better world.



MICAWBER'S

the eternally optimistic book people

2238 Carter Ave., St. Paul—In Milton Square on Como and Carter
Hours: M-F: 10-8 • Sat: 10-6 • Sun: 11-5 **(651) 646-5506**



SATURDAY, DECEMBER 6TH 9:30^{AM} TO 12:30^{PM}



HEY KIDS!
STOP IN
AND VISIT
**SANTA
CLAUS**

PLUS, MRS. CLAUS
AND THE ELVES!

Stop into our Como Avenue Office on Saturday, December 6th, and ALL KIDS age 14 and under will receive a complimentary photo with Santa and refreshments! Join us for all the fun!

P.S. Kids! If you are not already a Sparky Savers Club member, information will be available on Saturday on how to join!

The friendly, corner drugstore
is not a thing of the past!

SCHNEIDER DRUG will be happy to fill your prescription, and **FREE** delivery is available.

Have your Group Health prescription filled at SCHNEIDER DRUG.

3400 University Ave. S.E., Mpls.

612-379-7232 • M-F 8-7 Sat. 8-6

1/4 mile west of Hwy. 280, across from KSTP



St. Anthony Park Bank

2265 & 2300 Como Avenue • St. Paul (651) 523-7800

2171 University Avenue • St. Paul (651) 645-3800

www.park-bank.com Member FDIC

TREE CARE

now's the time!

OUR SERVICES WILL ENHANCE YOUR LANDSCAPE INVESTMENT.

- Pruning Trees and Shrubs
- Tree Removal
- Young Tree Care
- Bolting & Cabling of weak limbs
- Fertilizing
- Noxious Species (Buckthorn Control)
- Insect & Disease Diagnosis

CALL FOR A TREE HEALTH AND SAFETY INSPECTION

Lone Oak Tree Service, Inc.

Office: 651-636-7792

Cell: 612-251-6973

- 20 years experience
- All work performed by Certified Arborists
- Mr. Giri, owner, holds a B.S. & M.S. from U of M School of Forestry

Gay Straight Alliance from page 1

Straight Alliance meetings, but they also receive adult support from one of the school's social workers, Mandy Wohlers.

"She helps the members get their ideas off the ground. Mandy has kept this group alive," says Prentice.

Como's Gay Straight Alliance meetings are also attended by Nate Gottfried, a representative of the St. Paul Public Schools' program Out for Equity. That program's goals are to provide counseling services to GLBT students in St. Paul high schools, to provide education and training for school staff and to build a bridge for GLBT parents who have children in school.

Out for Equity supports Gay Straight Alliances in other schools. Once a month representatives from all the

St. Paul schools get together for a district-wide meeting to network and organize larger events.

"Nate keeps us informed about GLBT events outside of Como Park and keeps us connected with the district-wide GSA," says Prentice.

While members of the Gay Straight Alliance are serious about their purpose, it doesn't stop them from having fun.

"I joined because it is a fun place; I've met cool people. We always have fun at our meetings," says Ritter.

Making the world a better place should include a bit of fun.

Nilles Builders, Inc.
1032 Grand Ave.

Remodeling • Roofing
Renovation
Additions
Windows & Siding
General Contracting

651-222-8701
Brad Nilles

**ROGER'S
TREE SERVICE**

Caring for your
trees & shrubs
since 1974

**Certified
Arborist**
Roger Gatz

651-699-7022

**professional painters
paper hangers**

- Interior & Exterior Painting • Staining & Varnishing • Patching & Sheetrock Repair
- Taping & Ceiling Spray Texturing • Residential & Commercial

Water damage repair interior and exterior

Jim Larson 651-644-5188

Family Business In The Park For Over 40 Years
Licensed • Insured • Bonded • D2237

larson decorating

Pierce Richards

law office

LIZ PIERCE & LIZ RICHARDS ATTORNEYS AT LAW

Thankful to be part of the neighborhood

Over 16 years of experience - a general civil practice.

- Family Law
- Adoption
- Juvenile Court
- Real Estate
- Business Law
- Wills
- Probate Law
- Appeals
- Domestic Abuse

In Milton Square / St. Paul / 651-645-1055

TheTransformedTree
Remodelers and Cabinetmakers

Custom
Kitchens

Creative
Bathrooms

Home
Additions

Experienced, Dedicated Craftsmen
in our 29th year of business

Certified Remodelers on staff
licensed/bonded/insured
State License #1856

651-646-3996

NARI
MEMBER

2239 Carter Ave. in St. Anthony Park

We know you want to know!



It's so easy!

Log on, sign up and receive immediate notice
of each property that comes on the market
in the Park!

www.movingtominnnesota.com

651.646.2100

Beth Richardson, ABR, CRS

RE/MAX Results



RE/MAX Results

2100 Ford Parkway, St. Paul, MN 55106

Stuff it!

In a storage
unit!

1 Month FREE!

(When you pay for one month) Valid on 5x5's, 5 x 10's and all outdoor storage spaces. \$30 on all other available spaces. Valid thru 5/31/04)

**MINIKAHDA MINI
STORAGE**

www.minikahda.com

651-641-0101

Hwy. 280 & Como Avenue
6 other convenient Twin Cities locations
Quality Storage...Professional, Secure, Convenient



Mike Hamerski

mike.hamerski@ctxmort.com

612-298-1020 / Cell 651-631-0911 #121 Office



CTX MORTGAGE COMPANY

A SUBSIDIARY OF CENTEX FINANCIAL SERVICES

Suite 270 / 900 Long Lake Road
New Brighton MN 55112



**MORE THAN GREAT
PRODUCTS, PRICE
AND SERVICE.**

Rates are still great!
Refinancing may be right for
you. Call for a no obligation
mortgage analysis 1st Time
Home Buyer Programs -
FHA/VA Approved Leasehold
Properties Welcome

Butch Thompson returns for January benefit concert

Pianist Butch Thompson will perform Sunday, January 11 at St. Anthony Park United Church of Christ, 2129 Commonwealth Avenue.

Thompson will be joined by the St. Paul Ragtime Orchestra and special guest David Refkin for two shows, at 2 and 5 p.m.

The St. Paul Ragtime Orchestra features Troy Gardner, violin; Jennifer Strom, viola; Laura Sewell, cello; Gordy Johnson, bass; Marlene Pauley, clarinet; Dave Jensen, trumpet; Dave Graf, trombone; and Peter Johnson, drums.

David Refkin is the leader of the American Ragtime Ensemble and a former member of Gunther Schuller's New England Conservatory Ragtime Ensemble, whose recordings were at the heart of the Scott Joplin revival of the early 1970s.

Repertoire for the January 11 concerts will be drawn from Refkin's collection of rare vintage arrangements.

The event is sponsored by Music in the Park Series and the St. Anthony Park Foundation. Tickets are \$25 and can be purchased at Micawber's or Bibelot.

Tickets can also be ordered by phone (645-5699) or e-mail (musicinthepark@sihope.com).

Local business dodges burglary

by Dave Healy

On Sunday, November 16, police apprehended two men who had broken into the Carter Avenue Frame Shop at 2186 Como Avenue in St. Anthony Park.

According to Frame Shop owner Tim Smith, the bust was the result of close cooperation between store personnel and the police. Smith described the following sequence of events:

On Monday, November 10 two men came into the store during business hours to inquire about custom framing.

Later that day, police contacted store personnel and told them that they had been watching two men with a history of burglaries who might be planning to steal fine art glass, three pieces of which were visible from the front window of Smith's store.

Police placed the Frame Shop under surveillance, and on Thursday, November 13 they installed some special monitoring equipment in the store.

On Saturday night, November 15, two men broke into the Frame Shop's rear entrance. They cut phone lines and disabled the store's alarm but did not take anything. The police observed this activity but took no action.

The next night the men returned at about 8 p.m. and again entered the store. They rifled through drawers and then

began to remove items from the store, including the art glass and a stack of antique prints.

At this point police moved in and apprehended one of the men. The other fled into the neighborhood but was later caught hiding in a window well of a house on Commonwealth.

Smith praised the work of the police department.

"They did a great job," he said. "It was obvious they wanted to get a felony burglary conviction on these guys, which is why they didn't move until the thieves were in the act."

Smith said he's contemplating installing some additional security equipment, but he's not "lying awake worrying."

"In 18 years, this is our only burglary. We'll continue to be careful—and thankful for good police work."

**Buy any
Specialty Coffee
& get another
(of equal or lesser value)
1/2 Price!**

Limit 1 coupon per visit per person.
Not valid with any other offers.
Expires December 31, 2003

Bring in a food shelf donation and receive **10% OFF** any item Expires 12/31/03
Maximum coupon value \$10. **PARK HARDWARE**
2290 Como Avenue / St. Paul **644-1695**

Cottage Trimmings & Scandinavian Gifts to warm heart & home

Weekly Specials

November 23 - 29
20% OFF Boxed Christmas Cards

November 30 - December 6
20% OFF all Ornaments

December 7 - 13
20% OFF Christmas Books

December 14 - 20
20% OFF Gourmet Food Gifts

Holiday Hours:
Monday - Friday 9:30am - 8:00pm,
Saturday 9:30am - 6:00pm / Sunday Noon - 5:00pm

Hearts & Vines in the park

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

KITCHENS & BATHROOMS

CUSTOM WOODWORKING

ADDITIONS • BASEMENTS • ATTICS
PORCHES • DECKS • HOME OFFICE

Building on our reputation / Many references

ROEPKE RENOVATIONS

651-645-4203 Irrenovations@aol.com

licensed / bonded / insured / MN. License #20387059



Enjoy the friendliness of a neighborhood
and the comforts of home
at Lyngblomsten Care Center

The renovation of our Care Center is finished, and residents are enjoying:

- small neighborhoods
- lunch and supper served family style
- breakfast made to order
- more choices about daily life activities

Lyngblomsten... a place where seniors LIVE!



LYNGBLOMSTEN
1415 Almond Avenue
St. Paul, MN 55108

Other services and amenities include: a chapel and chaplain services, coffee and gift shop, therapeutic recreation, hair salon, senior center, courtyard and gardens, fireplaces, full rehabilitation department, and on-campus doctor appointments. Dedicated staff and volunteers make sure our residents enjoy every day with us.

If Lyngblomsten sounds like a place you'd like to call "home," please call to arrange a tour: (651) 646-2941

Ask for Kathryn Wilson, LSW, Admissions Social Worker



2199 BUFORD
Adorable bungalow!
Hardwood floors, vintage windows
\$199,900



2340 GORDON PLACE
Charm among the trees!
2 bdrms, just reduced!
\$249,900



**500 15TH AVENUE SW
NEW BRIGHTON**
Tons of space! 4 bdrms,
enormous Family room
\$359,900



**Art, Corinne and Marcus Bustad -
continuing a great real estate tradition!**

Edina Realty

www.bustadgroup.edinarealty.com
651-644-7154 direct / 612-387-8762 mobile

Highly personal service - attention to detail -
depth of expertise - call us today!

Life's Finest Treasures Can be
Found in Small Packages!

Hampden Park Co-op

Unique Gifts for Everyone on Your List!

~ Fresh Spices ~ Tea ~ Nuts ~ Books ~ Cookware ~

928 Raymond St. Paul 651-646-6686

DECEMBER ARTS

FREE CRUISE SEMINAR
 7 p.m. Tuesday,
 November 4 at
 the Muffuletta Cafe
 • First time cruisers welcome
 • Representative from
 Royal Caribbean Cruise Lines will be
 on hand to discuss cruise destinations
 Special booking incentives will be offered
 Please RSVP to 651-646-8855

Como Rose TRAVEL
Royal Caribbean INTERNATIONAL

2301 Como • St. Paul • 651-646-8855

in eight months
 she's gone from wanting
 to be a mermaid
 to planning on being
 a marine biologist.

At Mounds Park Academy, we appreciate the hands-on
 experience-based approach to education. It's an environment
 that fosters social, emotional, and of course, intellectual growth.
 We don't teach kids what to think. We teach them how.

Mounds Park Academy
 www.moundsparkacademy.org
 K-12 • college preparatory • independent • St. Paul, MN • 651.748.5577

Music

Coffee Grounds
 1579 Hamline Avenue, 293-8800

- Women's Music Showcase with Amy Stanton, Kelly Brightwell and Doreen Ariola
 December 4, 6:30pm
- Fitzgerald
 December 5, 8pm
- Borderlands
 December 6, 8pm
- Open Mic with Host Bill Hammond
 December 7, 6pm
- Carol Jean and the Blue Gills
 December 12, 8pm
- Kathy Liners
 December 18, 7pm
- Machinery Hill
 December 19, 8pm
- Jerry Rau Band
 December 20, 8pm
- Open Mic with Host Bill Hammond
 December 21, 6pm

- Ivory Bridge
 December 27

Prairie Star
 2399 University Ave. W.,
 646-7827

- Saturday Jams
 Every Saturday, 10am-1pm

Ginkgo Coffeehouse
 721 Snelling Ave., 645-2647

- Kellie Lyn Knott
 November 28, 8pm
- Wellmore Mile CD release show
 November 29, 7-10pm
- Josh Larson
 December 9, 7-9pm
- Kate Saylor and Michael Connolly
 December 6, 9-11pm
- Ellis Food Drive Concert with
 Sam Shaber
 December 19
- Bluegrass and Oltime Jam Session
 Fourth Wednesday, 7:30pm
- Open Stage
 First and third Wednesdays,
 6pm sign-up

Music in the Park Series

St. Anthony Park
 United Church of Christ
 2129 Commonwealth Ave.,
 645-5699

- Beladonna (Baroque Quartet)
 with Maria Jette (soprano)
 November 30, 4pm

Performing Arts

Como Park Senior High School
 740 Rose Ave W., 293-8800

- Choral Concert: Around the World and Home for the Holidays
 December 8, 7pm
- Band and Orchestra Concert
 December 15, 7pm

Visual Arts

Anodyne Artist Company
 825 Carleton St., 642-1684

- Art... what is it?
 Each third Thursday
 Doors open at 7pm;
 performance starts 7:30pm

Midway Contemporary Art
 2500 University Ave., Suite C2,
 917-1851

- "When Darkness Falls"
 Through December 14

Ramond Avenue Gallery
 761 Raymond Ave., 644-9200

- "Duotones": Peter Caley
 (photography), Marit Lee Kucera
 (textiles)
 Through December 19

Congratulations!

The St. Anthony Park Community Council has nominated
Julie Himmelstrup, Terry Gockman, and Elizabeth Clark to the
 City of St. Paul Neighborhood Honor Roll.

Please join Mayor Randy Kelly, Representative Betty McCollum, neighbors,
 and District Councils, Thursday, December 4, 5:30-7:30 p.m. at
 Coeur de Catherine (The College of St. Catherine),
 2004 Randolph Avenue, St. Paul,
 Tickets are \$15 at the door. Questions? Call 651-649-5992.

St. Anthony Park Community Council

890 Cromwell, St. Paul, MN 55114 • phone: 649-5992 • fax: 649-5993 • e-mail: sapec@visi.com
 NW St. Paul HandyWorks Program: 649-5984

This ad sponsored as a community service by:

LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.
 WE LIVE WHERE YOU LIVE.

Jim Roehrenbach, LUTCF
 2190 Como Avenue
 St. Paul, MN
 651-644-3740

LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.™



State Farm Insurance Companies • Home Office: Bloomington, Illinois

Dr. Todd Grossmann
 644-3685

Dr. Paul Kirkegaard
 644-9216

Your neighbors in St. Anthony Park



ST. ANTHONY PARK DENTAL CARE
 2278 COMO AVE / ST. PAUL

SOURCE COMICS & GAMES

1601 West Larpenteur Avenue
 (Northwest Corner of Snelling & Larpenteur Avenue)
 Falcon Heights, MN 55113



Phone **651-645-0386**

Open 10:00am to 9:00pm
 Monday-Saturday & Noon - 6:00 pm Sunday!



DECEMBER CALENDAR

1 Monday

- AA, St. Anthony Park Lutheran Church (651-644-0809), 8 p.m. Every Monday.
- Boy Scouts, St. Anthony Park United Church of Christ, 7 p.m. Every Monday.

2 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.
- 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.
- 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. Call 651-642-9052 to pre-register.

3 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.

4 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 Fohwell Ave., St. Paul Campus, 11:30 a.m.-12:30 p.m. Every Thursday.

- Chair Exercise Classes - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 1:30 p.m. These classes are free to all area seniors, but pre-registration is necessary. Chair exercise classes are appropriate for all fitness and ability levels, and offer cardiovascular workout. All major muscle groups are exercised. Call 651-642-9052 to pre-register.

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

5 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.

8 Monday

- Park Press Inc., Park Bugle Board Meeting, St. Anthony Park Bank Community Room, 7 a.m.
- Como Park & Lauderdale recycling.

9 Tuesday

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

10 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpenteur 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.

11 Thursday

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

12 Friday

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

16 Tuesday

- District 10 board meeting. Call 651-644-3889 for details.

17 Wednesday

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

19 Friday

- Falcon Heights recycling.

22 Monday

- Como Park & Lauderdale recycling.

23 Tuesday

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

24 Wednesday

- Falcon Heights City Council, City Hall, 2077 Larpenteur Ave., 7 p.m.
- St. Anthony Park Community Council Housing & Human Services Committee, South St. Anthony Rec Center, 890 Cromwell, 5:30 p.m.
- St. Anthony Park Community Council Environment Committee, So. 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.

Items for the January Community Calendar must be submitted to the Bugle office by 6 p.m., Friday, December 12th.



Sharrett's Liquors
651-645-8629
Raymond & University
Call for *Fast Delivery!*

Weekend Breakfast Bliss

Parkview CAFE

930 Raymond Ave. • St. Paul
Mon-Fri 6:30am-2:00pm Sat & Sun 8:00am-3:00pm
651-646-8957 www.parkviewcafe.com

A Foundation of Neighbors

Making a Difference

By Eileen Pinto
Chair, Board of Directors
St. Anthony Park
Community Foundation

It has been a break-through year for our neighborhood and for the St. Anthony Park Community Foundation.

This organization, that began as a leap of faith five years ago, is now on the verge of a strategic plan that will fulfill its early promise, "...to secure a strong and vibrant neighborhood for future generations."

The plan will build on our partnership with the community council, a relationship that has already provided the neighborhood with its first comprehensive report in over 20 years, David Lanegran's *St. Anthony Park, A Community Built on a Strong Foundation*. This plan will also integrate what we've learned through our collaboration with local nonprofits as well as feedback from our public forum and neighborhood survey. That integration will solidify and focus our support, enhancing a granting process that has already awarded more than \$60,000 for initiatives essential to the vitality of St. Anthony Park.

None of this would have been possible without your generous financial contributions. You have allowed us to strengthen arts and environmental education in

our schools, housing and care options for our seniors, community-building events and programs, and protection for our natural resources.

The year 2004 will be a time of opportunity for St. Anthony Park. Neighbors will work to

develop a plan that sets priorities for the future of the entire District 12 area. As we move forward, the Foundation will be there, actively supporting the growth and preservation of this unique community.

Please consider making a year-end gift to the St. Anthony Park Community Foundation.

Together we can make a difference for all generations here in St. Anthony Park.

P.S. Don't forget about our annual Jazz Concert with Music in the Park Series featuring Butch Thompson! There are 2 concerts on January 11th and tickets are on sale through Music in the Park at 651/645-5699.



Eileen Pinto



ST. ANTHONY
PARK
COMMUNITY
FOUNDATION
651/641-1455
sapfoundation.org

The Community Calendar is sponsored monthly by

Wellington

MANAGEMENT, INC.

Serving the community's needs in

- Office and Retail Space Leasing
- Property Management
- Investment Real Estate

292-9844



St. Anthony Park Block Nurse Program
651-642-9052

Did you know that friends and relatives provide 95% of the support that people over 85 need to live independently? If you know someone who cares for a relative, give them a holiday gift - a break for a couple of hours. If you are a caregiver, call us for more information about supportive services. *Happy Holidays to All our Friends & Neighbors!!*



Accessing Your Healer Within!

Offering a potent collection of natural techniques to help you:

- Recover from chronic illness and acute pain.
- Enjoy a healthier, happier, and longer life.

Acupuncture Chiropractic Massage Therapies
Allergy Elimination Clinical Nutrition & Products Neuro Modulation Techniques
Applied Kinesiology Detoxification, Cleansing Weight Management
Biofeedback Energy Medicine Yoga Classes

The Twin Cities' Oldest & Most Trusted Holistic Health Care Clinic

Dr. Patricia Lawler, DC, CCN, DACBN, NP Director
2265 Como Avenue • St. Paul • MN • 651-645-6951

HOLLY HOUSE
Center for Integrated HealthCare

Contact us and discover what we can do for you.

Building optimal health naturally!

SALON E.Q.

2230 Carter Avenue
Suite #6, Milton Square
Saint Paul, Minnesota 55108

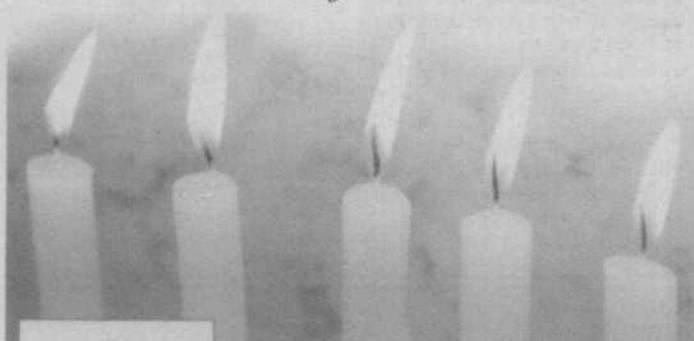
In the courtyard of Milton Square

**cutting & coloring
styling & waxing**

Emma Quinlan **651-646-8700**

**INTRODUCTORY \$5
DISCOUNT FOR
NEW CUSTOMERS**

*Enjoy a safe and happy
holiday season.*



Jim Roehrenbach, LUTCF
2190 Como Avenue
St. Paul, MN
651-644-3740

Like a good neighbor, State Farm is there.®

statefarm.com™

State Farm Insurance Companies • Home Offices: Bloomington, Illinois



Aging Gracefully by Mary Jo Tarasor

Over the holidays, many of us find we feel tired and depressed. It may be that some of these feelings are caused or made worse by all the holiday "treats" we eat at this time of year.

We may also find ourselves bemoaning the pounds we gain over the party season, pounds that might not be shed once they are gained. Lately there has been a lot of publicity about fat-free and low-fat diets. But we can't afford to forget about the high calories and lack of nutrition in refined sugar.

In 1915, the national average of sugar consumption per year was 15 to 20 pounds per person. Today the average person consumes his or her weight in sugar in a year. Much of this sugar is hidden as an additive in common grocery items such as salad dressing and ketchup. The vital organs in the body are actually damaged by this gross intake of sugar.

Refined sugar contains no fiber, minerals, proteins, fats or enzymes—only empty calories. When you eat sugar, your body must borrow vital nutrients from healthy cells to metabolize this incomplete food. Calcium, sodium, potassium and magnesium are taken from various parts of the body to metabolize the sugar. Many times, so much calcium is used to neutralize the effects of sugar that the bones become osteoporotic due to the withdrawn calcium. Likewise, the

teeth are affected and they lose their components until decay occurs and hastens their loss.

If sugar consumption is continued, an over-acidic condition results, and more minerals are needed from deep in the body to correct the imbalance. If the body lacks the nutrients used to metabolize sugar, it will not be able to properly handle and rid itself of the poisonous residues.

Diabetes is another known disease that can be caused by sugar. Diabetes now affects a greater percentage of our population than ever before. Although its incidence among young people has been in the news lately, more older people are now suffering from diabetes as well.

While some people develop diabetes due to genetic predisposition, most diabetes occurs because of excessive sugar intake. When concentrated amounts of sugar are introduced into the system, the body goes into shock from the rapid rise in the blood sugar level. The pancreas eventually wears out from overwork and diabetes results.

Hypoglycemia is another condition that occurs when the pancreas overreacts to the large amount of sugar in the blood and releases too much insulin, leaving one feeling tired as the blood sugar level becomes lower than it should be.

Refined sugar has been called

a drug because in the refining process everything of food value is removed except the carbohydrates. Many nutrition experts say that white sugar is extremely harmful, especially in the quantities consumed by the present-day American.

This holiday season, give yourself the gift of health. Read labels and leave those items that contain added sugar on the shelf. Make your own holiday goodies using some of the sugar substitutes described below.

And there are many alternatives to sugar. Cravings for sweets can and should be satisfied by fresh fruits, which are sweet, easy to digest and contain lots of vital nutrients. Other alternatives, which can be used in recipes or to sweeten beverages such as coffee or tea, are barley malt or rice syrup, small amounts of raw honey, pure maple syrup and blackstrap molasses.

There are many cookbooks and recipes to choose from when you're looking for alternatives to sugar. Check your library shelf, or the local co-op or health food store. Your health is worth the effort!

The St. Anthony Park Block Nurse Program offers services to support caregivers. We hope that Aging Gracefully is helpful to older adults and those who care about and care for them. We welcome ideas and feedback for this column at 642-9052 or sapbnp@bitstream.net.

L I V E S L I V E D

Walter Sandgren

Walter Alfred Sandgren died October 25, 2003 at the age of 88. He was born on February 16, 1915 in his family's log cabin on Bone Lake in Scandia, Minnesota.

In 1935, at the age of 19, Walt came to St. Paul and was employed by Bethesda Invalid Home, where he met Gladys Swenson, his future wife. In 1939, both Walt and Gladys left Bethesda and began working at Linnea Home in St. Anthony

Park. They were married on March 26, 1940 in St. Paul.

In 1944, T. F. Gullixson, then president of Luther Theological Seminary, asked Walt to become caretaker of the seminary buildings and grounds, a position he ended up holding for nearly four decades. Because of his "loving spirit and strong commitment to the institution," the Board of Regents honored him on May 22, 1981 by naming a 51-unit apartment building on Eustis Avenue for him. He retired

from the seminary in 1989.

Walt was a faithful member of St. Anthony Park Lutheran Church. He is survived by his wife of 64 years, Gladys; twin children Sharon Sandgren and Sherman (Judy) Sandgren; granddaughters Dawn (Henry) Firmstone of Auckland, New Zealand and Lisa (Timothy) Floyd of Castle Rock, Colo.; sister Ruth Snowberg of San Francisco; and sister-in-law Dorothy Peterson of Mounds View.

**Fresh
Gourmet
Coffee
and
Sandwiches
Daily!**



2310 Como at Doswell - St. Paul
Open Every Day 7AM - 10PM

Phone: 651-645-7360
tntspeedy@aol.com



**Always
Fresh
Meat
Bread,
and
Produce!**

CLASSIFIEDS

Classified deadline:

December 12th, 6 p.m.

Next issue: December 24th

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

Instruction

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

FLUENT FRENCH TUTOR wanted. 2 to 4 hours per week. West Como. Leave message at 651-644-4397.

Child Care

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

HAPPY NEW YEAR to all my past, present, and future families! Park Angels Child Care.

Professional Services

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

DOG WALKING - PET SITTING in your home. For when you're away, out of town, or long work days. A Wing & A Paw Pet Care, doggone great pet care. 651-647-9233 or awingandapaw@hotmail.com. NW Como resident.

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

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

Home Services

PAINTER IN THE PARK, Interior painting, wall repairs, paperhanging, 20 years in SAP, resident references. Call Robb at 651-645-9493.

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

HARDWOODS BY WILES, INC. Hardwood floor installation, sanding, and refinishing. Call Jeremy Wiles at 651-260-2316.

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

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

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

CLEANING - Established business in SAP 11 years. Thorough, honest, and reasonable. Call Mary 763-789-7560.

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

ARTISTS AT WORK (A unique little company for your house cleaning and home maintenance services). We are vacationing mid October - December. Please call us again in January. Spring projects are booked in the winter.

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

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

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

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

APPLIANCE REPAIR. Reasonable rates, friendly service. Neighborhood references. Ron Wagner, 612-840-3598.

Employment

SELL AVON. \$10 enrollment. 50% starting profit. Call Bill, 612-379-8695.

For Sale

USED KENMORE WASHER, in great condition, \$125. 651-647-9233.

Housing

Roseville, DOUBLE BUNGALOW, 2 BR, all appliances, new carpet, paint, AC, garage, deck, cable, water, garbage. Near shops, bus 651-633-4571.

QUIET, SUNNY TOWNHOUSE in St. Anthony Greens colony, Raymond/ Territorial St. neighborhood, 1200sq. feet, two levels, 3BR, 1 & 3/4 BA, large DR/LR, kitchen, laundry, all appliances, 1 car garage, move in condition. Central air/heating. Vaulted ceilings, private courtyard with balcony and deck. Convenient access to both U of M campuses. Perfect starter house at \$148K, 952-942-0697. Agents welcome.

SAP DUPLEXES, walk to campus! Available immediately - \$900/mo.. One upper, one lower. One unit includes utilities. Both 2 BR. Lovely restored Victorians. Call Beth @ 651-646-2100 or 651-646-6857.

All Snowflakes Are Different

The holiday joy from Carlton cards stays the same.

Blomberg Pharmacy
651-646-9645

1583 No. Hamline at Hoyt
2 blocks south of Larpenteur
9-7 Mon.-Fri., 9-4 Sat.
closed Sundays

CARLTON
CARDS
...says it best



Insurance Brokers
Since 1913

Premiums going up?
Service going down?

See What An Independent
Agent Can Do For You



Finding You the Best Coverage at the Best Price
Saving You Time & Money

For a FREE Review & Proposal
Contact Adam Seeley at Twin City Group
(651) 210-2783



NADA CHAIR

At Nada-Chair we design products that improve health and quality of life for everyone. Take advantage of FACTORY DIRECT prices at our warehouse store at Larpenteur and 280. We have products (and prices) to fit everyone.

Open: M-F, 8-5 pm
Tel: (651) 644-4466
view our products at
www.nadachair.com



Think of the one who has everything
(including back pain and poor posture)

Home Traditions
Treating your house like a home
Painting & Wallpapering
651-690-5661



This Christmas ...
Discover
St. Matthew's Episcopal
www.stmatthewsmn.org

A warm, thoughtful and artistic church in the heart of St. Anthony Park

2136 Carter Avenue
651-645-3058

Christmas Services

Dec 12 7:30 pm
Lessons and Carols

Dec 24 3:00 pm
Eucharist & Pageant

Dec 24 Festival Eucharist
10:00 pm Carols
10:30 pm Service

Dec 25 10:00 am
Eucharist

Everyone is welcome.

Absolute faith is not a requirement in our church. An open heart is. Come join us as we celebrate the birth of Jesus Christ. And you may just find that faith is the greatest Christmas present of all.

"SIMPLY ITALIAN"

Offering a unique combination of wood roasted Pizza, Calzones, Hoagies and Soups

BASCALI'S
Wood Fired Italian
BRICK OVEN

1552 Como Avenue
St. Paul
651-645-6617

Fax 651-645-1988, Catering & Delivery (limited area)

Mary, Paul & Mark from page 11

"That was the summer that never ended," he said. "I planned to go to the University of Minnesota, but I found I liked working at the bank."

Chapple never did attend the U of M; it seemed fate had other plans for him.

As a teenager, he did proofing and bookkeeping at the bank. ("Everything was manual back then.") He worked his way up to teller, then real estate loans and eventually his current position as assistant vice president.

Chapple is quick to point out St. Anthony Park Bank's unique place in the community.

"We're a preferred Small Business Association lender. We've helped lots of small businesses get their start."

Although he loves working with small businesses, it's the seniors that put a smile on his face and a twinkle in his eye.

"I really do like working with people and helping them," said Chapple. "Unlike many financial institutions, St. Anthony Park Bank knows most of its customers well. When seniors come to me with questions about their money, I'm happy to point out that we have so many products that can help them."

Going the extra mile comes natural to Chapple, who, besides advising his senior clientele, has given them rides, translated their utility bills and sent them home with hot apple cider on occasion.

Bankers have a reputation for being pretty staid, and anyone who stays at the same place for 45 years would seem to fit that image.

Several years ago, though, Chapple put a little wrinkle in the stereotype when he suddenly changed his name from Marvin to Mark.

"Well, I never legally changed it, but I didn't like Marvin. The first three letters are the same, so it should be easy for people," he laughed.

A Minnesota native, Chapple grew up and still lives in West St. Paul. Though most neighborhood people associate him with the bank, Chapple isn't all business.

From his many high-level positions in varied community organizations, to his 30-year-membership in a poker club ("Yes, I guess I'm pretty good by now"), Chapple is indeed a man of varied talents and interests.

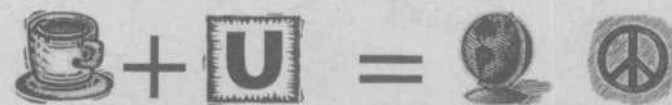
This year will be busy for him, but no busier than previous ones. Just elected president of the Midway Lions Club, he'll be assuming that duty on the heels of his 20-year-tenure as president of International Institute's board of directors, where he worked on such projects as the Festival of Nations.

Another claim to fame is that he is a former West Wind (one of the brothers of King Boreas) for the St. Paul Winter Carnival.

Chapple is also past president of the American Institute of Banking. For a high school graduate, he's gone far. "Well, I found I had a head for math," he shrugged.

Besides everything else he does, Chapple can also add travel to his repertoire of interests. "Now, I really haven't traveled that much," he protested. "I've only been to 45 states—and North Africa and Europe."

When asked from where he derives his tremendous energy for life, especially at an age where many people are retired, Chapple said, "Well, I do take a walk every day. Maybe that's it."

**Art & Gift Sale**

Sunday, December 14th 10 am - 3 pm

- Local Roaster
- Local Gifts
- Local Food
- Local Entertainment
- Local Art
- Local Friends

**THE COFFEE
GROUNDS™**

Established 1993

1579 Hamline Avenue / Falcon Heights
651-644-9959
www.thecoffeegrounds.net

LIFE IN THE CHURCH: COME AND SHARE

❖ **BETHANY BAPTIST CHURCH**

Skillman at Cleveland S., Roseville. 651-631-0211

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

❖ **COMO PARK LUTHERAN CHURCH - ELCA**

1376 Hoyt Ave. W., St. Paul, MN 55108-2300

651-646-7127
Handicapped Accessible
cplc@minter.net
CPLContact ministry 651-644-1897
www.comoparklutheran.org
Sunday Worship Schedule:

- 8:00, 9:00 & 11:00 a.m. Worship:
(Holy Communion on 1st & 3rd Sundays, nursery provided every Sunday)
- Rides available for 11:00 a.m. worship;
Call the church office before noon on Friday for ride.
- Saturday, December 13: Sunday School Christmas Program - 4:30 pm
- Sunday, December 14: Sunday School Christmas Program - 9:00 am
- Christmas Eve Services: 3:00, 4:30 & 10:30 pm
- Christmas Day Service: 10:00 am

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

❖ **IMMACULATE HEART OF MARY CHURCH**

An Ecumenical Old Catholic Community
2200 Hillside Ave • 612-872-4619 or 651-776-3172
Saturday Mass: 5 pm in Upper Chapel
Deo Gratias Wedding Ministry

❖ **MOUNT OLIVE EV. LUTHERAN CHURCH**

(A WELS Congregation)
"AN OLD CHURCH WITH A NEW VISION"
Handicap-accessible. Wheelchair available.
1460 Almond at Pascal. 651-645-2575
Sunday Worship: 9:00 am.
Education Hour: 10:30 am
Christmas Eve: 7:00 pm, Christmas Day 9:00 am.

❖ **ST. CECILIA'S CATHOLIC CHURCH**

Cromwell and Bayless Place. 651-644-4502
Website: www.stceciliaspn.org
Handicap accessible
Saturday Mass: 5 pm at the church
Sunday Masses: 8:15 am and 10:00 am at the church
(nursery provided during the 10:00 am Mass)
Daily Mass: 7:30 am Tuesday, Wednesday, Thursday
December 17 - Advent Reconciliation: 6:30 pm
December 24 - Christmas Eve: 5:00 pm
December 25 - Christmas Day: 8:15 am & 10 am

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

2129 Commonwealth at Chelmsford. 651-646-7173
Website: www.sapucc.org
Handicapped accessible and an Open and Affirming Congregation.
Rev. Dane Packard, Pastor.
Sue Grove, Child & Youth Coordinator
Adult Ed, Faith & Life Forum - 8:30 a.m. every Sunday
Sunday Worship: 10:00 a.m., Fellowship: 11:00 a.m.
Nursery Care & Sunday School provided - 10:15 a.m.
Sunday, December 7, 10:00 am - Intergenerational Christmas Pageant
Sunday, December 14, 10:00 am - "The Hidden Revealed" service of music
4:00 pm - Christmas Tea & Gift Sale (reservations required)
Sunday, December 21, 10:00 am - Choir Christmas Concert
Wednesday, December 24, 4:00 pm - Family Christmas Eve Service
11:00 pm - Candlelight Service

❖ **ST. ANTHONY PARK UNITED METHODIST CHURCH**

Preparing People to Live Faithfully
2200 Hillside Ave (at Como) 651-646-4859
Pastor Donna Martinson

Sundays:
10:00 am Worship Celebration
10:20 am Sunday School (3 yr. to 12th gr.)
11:00 a.m. Fellowship
Victory Temple in Jesus Christ at 11:45 a.m.
Wednesdays:
9:00 a.m. - 1:00 p.m. Leisure Center (senior fellowship, activities, noon meal)

❖ **ST. ANTHONY PARK LUTHERAN CHURCH**

We are a community of believers called to joyfully serve God, one another, and the world. www.saplcc.com
2323 Como Ave. W. Handicap-accessible. 651-645-0371
Pastor Glenn Berg-Moberg, Email: sapluth@mtn.org
December 21: Advent Vespers 7:00 pm
December 24: Christmas Eve Services 4:00 pm & 11:00 pm
December 25: Christmas Day Service 10:00 am
Sunday Worship: 8:30 & 11:00 am
Education Hour: 9:45 am
Minnesota Faith Chinese Lutheran Church 1:30 pm
信義教會 星期天下午

❖ **ST. MATTHEW'S EPISCOPAL CHURCH**

2136 Carter at Chelmsford. 651-645-3058
Website: www.stmatthewsmn.org
Sunday Services:
8:00 am Holy Eucharist, Rt. I, 10:30 am Holy Eucharist, Rt. II
9:15 am Christian Education for All Ages
4:00 pm Prospect Hill Friends Meeting:
Christmas Eve Services:
3:00 pm Children's Pageant & Holy Eucharist (Rite II)
10:00 pm Carols & Holy Eucharist (Rite II)
Christmas Day:
10:00 am Holy Eucharist (Rite I)

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

1660 West County Road B, Roseville. 651-631-1510
one block west of Snelling
Worship: Sunday at 8:45 am and 11:00 am
Educational Hour for ages 2 through adult 10:00 am
Nursery provided. Handicap accessible.
Pastors: Roland Hayes and Sarah Breckenridge Schwiartz
For more information, check www.stmichaelselca.com

❖ **WARRENDALE PRESBYTERIAN CHURCH**

1040 Como Ave. at Oxford. 651-489-6054
One block east of Lexington Parkway
Rev. Timothy Held, Minister
Sunday School: 9:00 am, Worship: 10:15 am

**Goodmanson
Construction**

Concrete Specialists



We can turn your
dungeon basement into
comfy living space!

- Basement Waterproofing
- Concrete Steps
- Fire Egress Windows
- Slabs • Walks • Patios
- Driveways

All work guaranteed
30 years in business

651-631-2065

