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 tos 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 resuspend next spring. Spring and autumn are the best times to harvest water lily roots because many come to the surface with new sprouts.

Since the water lily tos, volunteers have also been hard at work cutting and stacking buckthorn and Russian olive. For three weekends in October, volunteers from the interpid Buckthorn Busters (led by Mary McGuire Lehman and Ron Dufault) and the District 12 Environment Committee willed 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 bar 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 transect. This hidden wetland may have been part of a larger historic wetland complex that connected it with Sarita wetland, and to Newsell Pond in the Harlaxton-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 Mavis Alton, Ron Dufault, Ann Fisher, Suzanne Garfield, Terry Gockeman, Otto Gockeman, Steph Hankerson, Jennifer Heaton, Fahmy Ismail, Bob Kauter, Mary McGuire Lehman, Mickelle, the Midwinter family, Greg Richardson, Tina Turrquint, 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 Heady

A picture's an idea, 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 been hung downstairs in the library's meeting rooms 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 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 or transgender (GLBT) people.

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

Sadening observations such as this are supported by the Department of Education. Studies they have conducted show that GLBT youth are four to seven 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 our 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 Prenice, 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 challenging anti-GLBT attitudes throughout the school.

Students run the Gay

Gay Straight Alliance to page 14
Como Park
Lee Helen is the new City Council member from Ward 5. He defeated four other candidates in the November 4 election.

Falcon Heights
Sue Gehrm, 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 serve 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 Larpenteur-Lexington southeast corner redevelopment project, including the arms 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 Wardington 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.

Loedderdale
Incumbent Jeffrey Dins was unopposed for mayor. Incumbent Moose Gjontsen won re-election. Incumbent Karen Gill-Geib defeated challenger Leslie Lesire by one vote, a result confirmed by a recount on November 12.

St. Anthony Park
Jay Benav 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 Gopher-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 Bedford 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 pumps the water to cool other buildings via underground pipes.

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Como Park teen to play Clara in Ballet Minnesota production

by Lisa Steismann

A split grin jeté is essentially “like doing a split in mid-air” according to 13-year-old ballerina Kamryn Grant. It sounds difficult, but Kamryn doesn’t consider it the hardest part of dancing — the principal role in Ballet Minnesota’s Clair de Lune 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 Kamryn decided to join her friend Elizabeth in lessons at the Classical Ballet Academy School, four years ago. One of her teachers there, Andrew Ritz, choreographer for the annual Ballet Minnesota Classic Nutcracker performances, cast Kamryn in her first Nutcracker role.

Kamryn 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.

Kamryn 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 whom local. Students of all ages from the Classical Ballet Academy join professional dancers from the Ballet Minnesota Dance Company.

Guest artists this year include Takeshi Kurosawa and

Dmitry Tuboltsev, both formerly of the world famous Russian Bolshoi Theatre. Tuboltsev plays the Cavalier, who literally sweeps Clara off her feet. “That is fun,” Kamryn admits.

“My family’s role is pretty big. I couldn’t go anywhere without them. They pay for it and they influence me. It’s really nice.” — Kamryn Grant

Kamryn’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.”

Kamryn 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 Kamryn. “I couldn’t go anywhere without them. They pay for it and 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 Schleuter. For ticket information or to learn more about Classical Ballet Academy, visit their website at www.balletminnesota.org.

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

Sun., Dec. 14, 10 a.m. - “The Hidden Revealed” service of music, led by Jean Krieger and Sandy Salmen

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

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Of O.G. N.

Gerhard Neubach
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 defies
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 tried
To step on what some jerk has shrinkled.
No dog's at fault that does its job,
But an owner who won is an ill-bred sick.

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.
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 Dins (left) gets some help with his costume from magician Joseph Giannetti, husband of City Council Member Moose Giannetti.

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Jing Carlson
Polly Cardwell
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Sarah Duvall
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Bret Sundberg
Howard Ducey
Nancy Dunley
Carrie & Folk Earlman
Katherine & Ken Ehlen
Shelby Espeland
Seila Fante
Nancy Fehskel
Kathy Finken
Deb Fiske
Daniel & Heather Fosse
Fred & Linda Fosse
Bob Fosse
Leslie Fox
Teri Fox
Phillip Galliano
Gretta Geist
Chris Geist
Terry Geist
Joanne Schade
Kiki Gore
Dena Greenberg
Maria Karpinski
Lisa Gundersen
Keni Hansen
Dave Hansen
Peter & Teri Hansen
Bob & Sue Hansen
Alison Hansen
Luci Hansen
Rose Hendricks
Quilt stories from page 1

The 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 booklets.

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

Dunhove and Machswitw decided on a design that would incorporate 25 appliqué 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 Hanks, who lived on Scudder Street at the time, took ideas from some of her neighbor’s homes, built in 1886 and 1887, to create a representative Victorian house.

The quilt also commemorates other neighborhood buildings (Muskogeho 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 (Bookstreet, Music in the Park).

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 Brasil, thought she might not have long to live when she was invited to participate in the quilt. Brasil 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 grow.”

Brasil 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 name with her square naming 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 Bibelot, and one copy will be displayed near the quilt.

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Diplodocus, to the horned dinosaurs called ceratopitans. 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 back bone 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 Diplodocus (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 dinosaurs, so we know very little about what color dinosaurs might have been. Movie makers have filmed dino color in more similar to living crocodiles or elephants than to birds or reptiles, 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 seer 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 pouch 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 patterns 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?
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!

---

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Abu Nader Deli and Grocery
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Shopping Break
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2301 Como Ave.
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(SEE AD)
Antique Garden
2236 Carter Ave.
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Enid Gustafson Jeweler
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Hearts and Vines in the Park
2309 Como Ave.
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Micawber's Bookstore
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Musical Instruments
My Twine
1886 Lexington Ave.
Antiques, Furniture (SEE AD)
O'F X
1794 Lexington Ave.
Shopping Break
The Pet Connection
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Gifts for the pet
Red Wing Shoe Store
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Shoes and More
Robert Paul TV
1799 Lexington Ave.
TVs, Stereos, Electronics

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Hampton Park Cop
928 Raymond Ave.
Unique Gifts, Jewelry, Stocking Stuffers (SEE AD)
Herbe Street Market
779 Raymond Ave.
Stocking Stuffers
J. Ring Glass Studio
2408 territorial Road
Stained Glass and Glass Products
Keys Café and Bakery
767 Raymond Ave.
Shopping Break
Kodah Furniture
933 Vandalia St.
Furniture
Neil 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.
Current Picture Framing
Prairie Star Coffeehouse
2399 University Ave.
Shopping Break, Gift Certificates
Rapid Printing
2400 University Ave.
Printing Products and Services
Raymond Avenue Gallery
761 Raymond Ave.
Pottery and Textile Art, Art Shows
Roaring Stones
2388 University Ave.
Stones, Jewelry, Cards, Stocking Stuffers
Shutter'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
Spinos Mediterranean Market
2264 University Ave.
Shopping Break, Stocking Stuffers
Successo
781 Raymond Ave.
Vintage Clothing and other Vintage Products

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Baskins' Brick Oven
1552 Como Ave.
Shopping Break, Gift Certificates
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831 Como Ave.
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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 Don or Ray at (651) 646-5369.
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, Gaddly 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, who took her to Speedy Market every day. And then there's Deb, who brought her two kids to Speedy Market for 20 years.

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 Maminis.

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 Gehrt. "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 Heg keeps things moving at Park Service
by Judy Woodward

Paul Heg 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 Heg, 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 Weisenberg can't be found.

On the first snowy day of the season, Heg was finishing up a Monday shift that the weather hadn't improved. "Today, too can hit stuf 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, Heg'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 Heg 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
In your Neighborhood?

As somebody who puts in a lot of time under the hoods of other people's cars, Huog 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 Chappelle bolds down the fort at Park Bank
by Natalie Zett

At first meeting, Mark Chappelle 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 Chappelle does for his retail banking and senior clients at St. Anthony Park Bank.

Chappelle looks very much like an assistant vice president. His suave, 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 Chappelle, the secret to such a long run is having a great employer and enjoying what you do.

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

Mary, Paul & Mark to page 20
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 Audith Beveridge of the Koehler & Drama Institute of Floristry. Making a miniature 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 12 workshop. For more information, call 645-3601.

Arts Events
On Sunday, November 30 at 4 p.m., Music in the Park Series presents Beladonna, a baroque quartet. The quartet will be joined by soprano Maria Jetee. 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 Wies, harpsichord. Together with Maria Jetee 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.

Fllower Show
Como Park's Marjorie McNedy 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.
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 Pigey has been
named business development
director at WomenVenture, a
nonprofit economic development
agency headquartered in south
St. Anthony Park.
Pigey will head up
WomenVenture's services for
small businesses, including
micro-lending, business
counseling and technical assistance.
Previously, Pigey 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
hosting 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 better 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 Bliss (664-4339),
Tom Amlotte (656-8998),
Joe Juettner (487-0064), or Eldon
Metzger (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 2840 Como Avenue.
For more information or to
donate items for the bazaar, call
Dee Cation 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 Bunch Library. Parents of
students in grades 4-8 are
welcome to attend.
For more information or to
schedule a school tour, contact
Christine Voiglander at
cvoiglander@cva.k12.mn.us or
523-7170.

Lunch Special
1/2 Sandwich
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Hope Springs Eternal
THIS HOLIDAY SEASON AT MICAWBER'S

For renowned and historian Studs Terkel, hope is born of
activism, commitment, and the stately determination to
resist. In his new book Hope Dies Last: Keeping the
Faith in Difficult Times (The New Press), Terkel inter-
views the young and old, congressmen and cooks, artists
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.

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6th, and ALL KIDS age 14 and
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complimentary photo
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Join us for all the fun!

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member, information will be available on
Saturday on how to join!

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Gay Straight Alliance from page 1

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

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

Conne'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 Conne Park and keeps us connected with the districts-wide GSA," says Prestice.

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.
Local business dodges burglary
by Dave Healy

On Sunday, November 16, police apprehended two men who had broken into the 21st 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.”

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December 14 - 20
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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

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Music

Coffee Grounds
1579 Harding Avenue, 293-8800
- Women's Music Showcase with Amy Swenson, Kelly Bierschimel and Donna Andra December 4, 6:30pm
- Fitzgerald December 5, 8pm
- Boardwalks December 6, 8pm
- Open Mic with host Bill Haaswood December 7, 8pm
- Carol Lee and the Blue Gills December 12, 8pm
- Kelly Evans December 18, 7pm
- Macdonald Hall December 19, 8pm
- Tony Rea Band December 20, 8pm
- Open Mic with host Bill Haaswood December 21, 6pm

Pauhia Sura
2599 University Ave. W., 646-7827
- Saturday Jazz Evening Saturday, 10pm to 1pm
- Gédego Coffeeshoppe
721 Snelling Ave., 645-2647
- Kith & Kin Koon November 28, 8pm
- Wellstone CD release show November 29, 7-10pm
- Joel Lesov December 9, 7-9pm
- Ken Sadow and Michael Connolly December 6, 9-11pm
- Ellis Food Drive concert with Sue Shabone December 19
- Bluespoon and Oldtime Jazz Sessions Fourth Wednesday, 7-10pm
- Open Stage First and third Wednesdays, 6pm-9pm

Music in the Park Series
St. Anthony Park
David Church of Christ
2129 Commodore Ave., 645-5639
- Braddocko (Baroque quartet) with Maan Irm (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 Cedar St., 645-1684
- Art... what is it?
Each third Thursday
Doors open at 7pm
Performance starts 7:45pm

Michaely Contemporary Art
2500 University Ave., Suite C2, 911-1851
- "When Darkness Falls"
Through December 14

Rambam Avenue Gallery
761 Raymond Ave., 645-9200
- "Decades", Peter Calby
(photography), Maud Lee Keona
(scultpture)
Through December 19

St. Anthony Park Community Council
890 Crummell, St. Paul, MN 55114 • phone: 649-5992 • fax: 649-5983 • e-mail: sapcc@visi.com
NW St. Paul HandyWorks Program: 649-5984

Congratulations!
The St. Anthony Park Community Council has nominated
Julie Himmelstrup, Terry Godkman, 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.

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Dr. Paul Kirkegaard
644-9216
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Open 10:00am to 9:00pm
Monday-Saturday & Noon - 6:00 pm Sunday!
December Calendar

1 Monday
- 6:30 a.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 7:30 a.m. Evens, 10 a.m. Worship, 11:30 a.m. Communion
- 10:30 a.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 11 a.m. Worship, 11:30 a.m. Communion
- 6:30 p.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 7:30 p.m. Evens, 8:30 p.m. Evens

2 Tuesday
- 10 a.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 10 a.m. Evens, 5 p.m. Worship, 7:30 p.m. Evens
- 6:30 p.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 6:30 p.m. Evens, 7:30 p.m. Evens

3 Wednesday
- 6:30 p.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 6:30 p.m. Evens, 7:30 p.m. Evens

4 Thursday
- 6:30 p.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 7:30 p.m. Evens, 8:30 p.m. Evens

5 Friday
- 6:30 p.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 6:30 p.m. Evens, 7:30 p.m. Evens

6 Saturday
- 6:30 p.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 6:30 p.m. Evens, 7:30 p.m. Evens

7 Sunday
- 6:30 a.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 7:30 a.m. Evens, 8:30 a.m. Worship, 9:30 a.m. Communion, 11 a.m. Worship, 11:30 a.m. Communion
- 6:30 p.m., St. Anthony Park United Church, 400 Cleveland Ave. (651-298-5765) 6:30 p.m. Evens, 7:30 p.m. Evens
Aging Gracefully

by Mary Jo Tantor

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 berating the pounds we gain over the party season, pounds that might not be shed once they are gained. Lastly there has been a lot of publicity about fat-free and low-fat diets. But we can't afford to forget about the high caloric 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 huge 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, too 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. Left uncorrected and 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. Crazings for sweets can and should be satisfied with 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!

St. Anthony Park Black Nurses 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 susan@bixter.net.

St. Anthony Park Black Nurses Program

December 2002

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

In 1944, T.E. Gullison, then president of Luther Theological Seminary, asked Walt to become the caretaker of the seminary buildings and grounds, a position he held until his death in 1981. Because of his "loving spirit and 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 lifelong member of St. Anthony Park Lutheran Church. He is survived by his wife of 64 years, Gladys, twin children Shari and Sherman, and grandchildren Dawn (Henry) Rimstone 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.
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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."

Chappell never attended the U of M; it seemed fate had other plans for him.

As a teenager, he did part-time 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.

Chappell 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 Chappell. "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 Chappell, who, besides advising his senior clientele, has given them rides, translated their utility bills and sent them home with hot apple cider on occasion.

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

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

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