

In Falcon Heights the cry goes up: There's art in them there corncribs

by Judy Woodward

"I'm very interested in agricultural implements," says Randy Walker.

True enough, but Walker expresses his fascination with farming tools in ways that might not make a lot of practical sense to anyone who's ever milked a cow or plowed a field.

Walker, 33, is a fiber artist who creates elaborate geometric forms out of found objects and artfully interwoven nylon ropes.

It's work that requires a powerful imagination, as well as a willingness to spend a fair amount of time in the farmyards of his adopted state of Minnesota.

From scythes to saw blades, the foundations of his colorful sculptures are the kind of things more often found abandoned at the far end of the pasture than on display in an art gallery.

Walker describes his work as an "attempt to blur the visual boundaries between empty and

full." Right now, he's filling—after a fashion—the largest container of his career.

Since early summer Walker has been at working to transform an empty, abandoned corncrib into the stuff of art, with the aid of about 500 pounds of nylon rope.

Visitors to the Gibbs Museum in Falcon Heights have been able to watch Walker's vision take shape as he slowly fills an 18-foot corncrib with an elaborate mesh of interwoven cords that resemble nothing so much as 24,000-foot version of the old string game of cats' cradle.

"I don't see a corncrib," he declares. "I see a steel cylinder that's made for weaving."

Whatever you call it, it's shaping up to be an impressive sight, although one that might have given pause to the original inhabitants of Gibbs Farm.

"They probably would have thought I was crazy," says Walker

cheerfully. "Transforming a corncrib takes a lot of time, and now you can't even put corn in it anymore."

Modern farmers are often equally bemused when they encounter Walker. "I met a lot of farmers while searching for the right corncrib," he says. "They were like 'what?' It was hard for them to grasp the concept."

Walker finally located the perfect base for his project on a farm in Pelican Rapids. Transporting it to the Gibbs site was only the beginning of the technical problems he encountered. The corncrib had to be completely disassembled for the journey, and even though the pieces had been carefully marked, putting it back together again was a challenge.

In order to raise the crib once more, Walker and a friend named Keith Cramlet had to locate a special kind of antique steel winch. "They were harder to

find than the corncrib," says Walker.

Walker says his sculpture in progress is "about space and perception. About somebody being able to experience the corncrib three-dimensionally. The fiber is supposed to be the

memory of the corn. Yet, the crib is not full, not empty."

At first, Walker planned to use only yellow rope, in honor of the original contents of the crib. Lately, though, he's introduced

Corncrib art to page 16



Fiber artist Randy Walker strings colored nylon cord inside a corncrib at the Gibbs Museum, near Cleveland and Larpenet in Falcon Heights. Walker moved the corncrib from a farm near Pelican Rapids.

Wood carver lets chips fall where they may

by Natalie Zett

Walter Grittner was packing his bags when a visitor arrived for an interview. Four shopping bags were brimming with various chip carving samples he was taking to an art exhibit at the New York Mills Regional Cultural Center, being held in conjunction with 12th annual Great American Think-Off.

"You know what they're talking about this year? Same-sex marriage. Now that ought to be interesting," said the 80-something-year-old Lauderdale resident.

Grittner removed a wooden plate from one of the bags, revealing divine geometry—or something close—in its interlaced circles, squares and swirls.

This level of perfection, with its clean, exacting cuts, seems humanly impossible. However, Grittner says, "It's just me and my X-Acto knife. That's all I use, along with a compass and ruler when I create the designs."

Grittner calls his introduction to chip carving some 60 years ago a "happy coincidence."

"I was in my last few months of high school at Humboldt," he said. "I didn't take art classes, but my homeroom teacher was the art teacher, and she had a book by someone who had written about various Northern European countries and their woodcarvings."

Grittner was captivated by the photos of otherwise dark and drab furniture being transformed by the addition of carved triangles, lines and circles in various patterns.

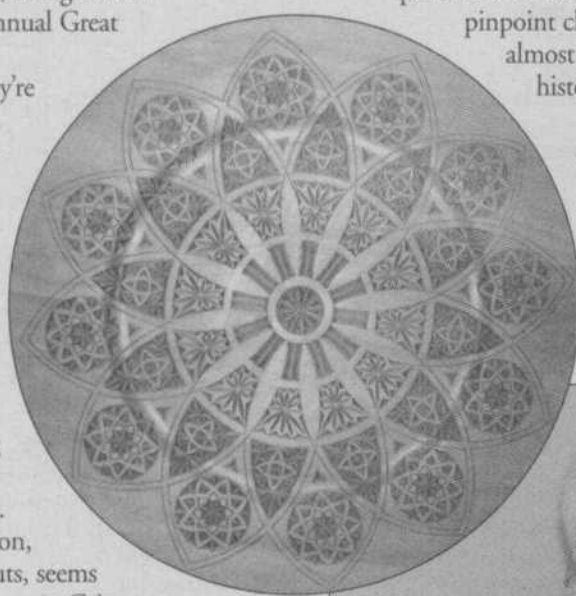
"I was good at math and when I looked at the

patterns, I saw the geometry and decided this was something that I wanted to learn," he said.

Chip carving is a specialized type of woodcarving that produces intricate geometric patterns on wood facades. It's difficult to pinpoint chip carving's origins since almost every society throughout history has a form of it.

"Some might think of it as whittling," said Grittner, "but it's more precise, especially when you're carving geometric patterns. There are no

Wood carver to page 10



Chip carver Walter Grittner needs only an X-Acto knife and a steady hand to turn out the intricate designs that have given him a national reputation.

Neighbors debate proposed wine shop in Milton Square

by Dave Healy

A proposal to create a boutique wine shop in St. Anthony Park's Milton Square is currently moving through the approval process.

The Little Wine Shoppe would be located at 2236 Carter Avenue. The 350-square-foot store would sell wine, micro-brewed and imported beer, and a limited selection of high-end liquor and liqueurs.

The wine shop is the brainchild of Jeffrey and Christina Huff, who live in St. Anthony Park. They have applied for an off-sale liquor license for the Carter Avenue site.

City regulations prohibit off-sale liquor licenses for any location within 300 feet of residential property, parks or licensed child care centers. Because the proposed wine shop would be close to a residential neighborhood, a waiver must be granted

by the St. Paul City Council.

According to Chapter 409 of the St. Paul Legislative Code, two conditions are required in order for the council to waive restrictions relating to location.

First, the council must determine that a license request "is not inconsistent with the health, safety, morals and general welfare of the adjoining neighbors." That judgment considers such things as noise, traffic, litter, lighting, etc.

Second, the council must receive a petition from 75 percent of the owners and tenants of all residences within 300 feet of the proposed off-sale location stating that they have no objection to a liquor license being granted.

In May, Huff circulated a petition to affected residents.

Wine shop to page 4

CITY FILES



P perfect little spa and salon

plspa.com

2301 Como Ave. Suite 102 St. Paul, MN 55108 651.645.7665

Falcon Heights

The Falcon Heights City Council held a special meeting on June 21 to respond to a request from the Ramsey County Board for input regarding how many dispatch/communication centers should be included in the county's new 800 MHz system. The council voted to recommend a single dispatch/communication site and that a cost allocation model be based on call volume—with funding and governance addressed through a shared powers agreement.

St. Anthony Park

The St. Anthony Park Garage Sale, a fundraiser for the Community Council, will be

held September 18. Volunteers are needed. Call Melissa, 649-5992, to offer your help.

The native plantings around Kasota Pond have been completed. Thanks to all who participated. Terry Gockman will build observation blinds for the area.

The St. Anthony Park Community Council has raised strong objections to the city's District Council Committee process and recommendations with regard to funding and other issues. The council voted unanimously to send their concerns to the mayor and the City Council.

The Community Council contends that the process was

flawed, that it needed a nonpartisan facilitator as well as sound historical and participant research. They see the recommendations of the committee as reflecting a narrow view and not encouraging creative solutions. The council has requested a new process with a neutral facilitator, citizen participation, consideration of alternative models, and funding for optimal organizing and outreach.

St. Paul

A voter's guide for this fall's elections has been published by the Minnesota secretary of state's office. It lists offices that will appear on the ballot this fall, voter qualifications, polling places, registration information and how to file an absentee ballot. The guide also provides information on Minnesota's four major political parties.

Copies of the guide may be ordered from the secretary of state's office (215-1440; secretary.state@state.mn.us) or downloaded from www.sos.state.mn.us/election/VoterGuide-2004.pdf.

—Susan Conner

FALL OPEN HOUSE & REGISTRATION
August 23 - 26
5:30 pm - 9:00 pm

MYDT

Celebrating 10 years of excellence!

- Tap, Jazz, Ballet, Pointe, Modern, Musical Theatre, Hip Hop and Combo Classes
- Preschool through Adult

Register Now!
Call for Information

1/2 OFF!

One Month Tuition - New students only (\$50 Max)
Expires October 2004

Midwest Youth Dance Theatre / 1557 West Larpenteur Avenue (Northeast corner of Snelling and Larpenteur) Falcon Heights

651-644-2438

Professional Hardwood Flooring

by **AURA**

quality work at low rates

Call Gary at 612-770-3057 or 612-706-9319

gpoolejr@msn.com

Thank You from the St. Anthony Park Association!

Thank you to our St. Anthony Park neighbors and businesses for your wonderful support of the 4th of July celebration held in Langford Park. This event is made possible because of your volunteer time and financial contributions. We gratefully acknowledge the individuals and businesses that contributed at least \$50 to our community celebration:

Patriot (\$1,000 or more)

St. Anthony Park State Bank

Starburst (\$200 or more)

Victor and Lonio Chan
Carter Avenue Frame Shop - Tim Smith
Edina Realty - Gary, Peggy and Peter Sparr
Emil Gustafson Jewelers
Park Service - Ned Wesenberg
Paul Kirkegaard, DDS
St. Anthony Park Dental Arts - William Harrison, DDS
Tim and Tom's Speedy Market

Fire Cracker (\$100 or more)

The Bibelot Shop - Roxanne Freese
Raymond Dietman & Mary Griffin
Kent and Katherine Eklund
Gary Johnson and Joan Hershbell
Ron Olson and Kimberly Ryan
Park Hardware Hank
Sharrett's, Inc.
Frank Steen, DDS and Lisa Habeck
Tectone Construction - Ben and Ginny Quie
Roger and Evie Vik

Sparkler (\$50 or more)

David Bauerfeld
Caffe Biaggio
Willard & Beth Cecchi
Cecil & Margaret Chally
Robert Feigal, DDS and Cynthia Stickles
Tom Fisher and Claudia Wielgorecki
Bill and Lori Fritts
Bob and Greta Gauthier

David Hansen and Karen Lilley
Mark and Brenda Hansen
Dave and Nancy Healy
Joan Jones
Erik Jordan & Laura Park
Dorothy Knight
Knudsen Realty
Scott and Dianne Krizan
Gordon and Christy Myers
Brian and Mary Ellen Nerney
Mark Nolan
Mike and Marcie O'Connor
Louise Rathburn
Gary Reineccius
Sharon Sandgren
Jay Schrader and Clare Caffrey
Jon Schumacher and Mary Briggs
James Snapp and Mary Hamel
Robert and Mavis Straughn
Thomas Landscape
Blaine and Cindy Thrasher

We welcome additional donations. If you are interested in making a contribution, please mail it to the St. Anthony Park Association, PO Box 8062, St. Paul, MN 55108. Thank you!

We attempt to include the names of all who contributed to support the Fourth in the Park celebration. If your name has not been included, please excuse the omission and let us know so that we may properly recognize your gift.

Now For Sale
In Lovely Como Park!



811 West Idaho. A surprisingly spacious 4 bedroom, 2 bath home with a main floor family room, large "eat-in" kitchen + formal dining room, oak floors, a fireplace, and a large double garage. Just a few minutes northeast of Como Lake on a quiet, non-through street.

Please call soon! \$278,900



Steve Townley
Experienced, Professional Real Estate Service

651-644-3557
2190 Como Avenue
www.stevetownley.com

Can I refill that cup for you? Regular or decaf?

Business owners debate the pros and cons of fair trade coffee

by Caroline Daykin

For many people, having a morning cup of coffee is as routine as taking a shower or brushing their teeth.

But like many actions performed repeatedly, buying an espresso or latte is often done with little thought of how the purchase might affect people and the environment. These days, more coffee drinkers are seeking out "fair trade" coffee to reflect their environmental and economic values.

While large coffee producers purchase beans through intermediaries or from large plantations, fair trade coffee is bought through cooperatives of small farmers. Eliminating the middlemen helps farmers earn a livable wage.

Many fair trade coffees are organic, which means no chemical fertilizers or pesticides were used in their production, and shade grown, meaning the plants were grown among trees rather than in a field.

The latter method necessitates clearing a rainforest, while the former mimics the natural structure of the forest, maintaining a habitat for birds and fostering biodiversity, which reduces the need for chemicals and pesticides.

Businesses in and around St. Anthony Park reflect a variety of practices and attitudes regarding fair trade, shade grown, organic coffee.

Helen DuFault, manager of Hampden Park Co-op, thinks that over the past 15 years people have become more informed and interested in the food they eat.

She said consumers are willing to pay more for coffee brands that guarantee that the people who produced the coffee have been treated fairly.

According to Chris Eilers, CEO of Dunn Bros., some of their stores, including the one combined with Taste of Scandinavia in St. Anthony Park, have seen increased sales of fair trade coffee due to an educated clientele.

Tom Spreigl, co-owner of Tim and Tom's Speedy Market, said his business is able to sell fair trade coffee because of the number of environmentally concerned citizens in the area.

Mona Rozycki, co-owner of the Coffee Grounds in Falcon Heights, encountered many customer questions when she first took over the business and began carrying fair trade coffee about two years ago. Now, Rozycki said, people are more likely to know what fair trade coffee is.

According to T.J. Semanchin of Peace Coffee, a Twin-Cities based brand of fair trade coffee, lack of knowledge is what prevents more people from

purchasing fair trade coffee.

Once people become aware of the positive consequences that buying fair trade coffee has for farmer and the environment, said Semanchin, it's not hard to convince them to do so.

According to Semanchin, consumers don't pay more for fair trade coffee compared to other specialty coffee, since the middlemen, whose earnings cut sharply into the profits of the farmers, are eliminated. They would, however, notice a difference when converting from a mass-market brand such as Folgers.

Semanchin said the price for specialty coffee varies greatly, and Peace Coffee's prices are "middle of the road" for specialty coffee.

Retailers, however, offered a different perspective on the issue of price. According to Spreigl of Speedy Market, which carries Peace Coffee, compared with coffee that isn't fair trade, Peace Coffee is more expensive by a dollar a pound or more.

Eilers of Dunn Bros. also contended that fair trade coffee is more expensive than regular specialty coffee.

Another reason retailers gave for not carrying fair trade coffee exclusively is the lack of consistent quality.

Rozycki of the Coffee Grounds used the analogy of oranges. She said that since oranges reach their peak growing season at different times depending on the locale, purchasing produce from only one region would limit its quality. She argued that if oranges were purchased exclusively from

Florida, for part of the year they would taste bitter.

Eilers said that quality is a consideration in Dunn Bros.' decision not to carry fair trade coffee exclusively. He argued that it is not always possible to acquire fair trade coffee that would "meet our standards."

But according to Semanchin, "Fair trade means promoting quality." Since farmers are paid more for their produce in the fair trade system, they are able to invest in their farms. Also, farmers are likelier to sell their best products to a company that treats them fairly.

Local business owners articulated a variety of mission statements for their enterprises, but all expressed a desire to provide a quality product at a reasonable price.

Spreigl suggested that consumer activism resulted in Speedy's decision to carry Peace Coffee. "A big part of our mission is to provide customers with what they want."

Semanchin described Peace Coffee's "triple bottom line" as resulting in profits for the company and coffee farmers as well as "ecological sensitivity."

DuFault said it is intrinsic to Hampden Park Co-op's mission to buy local wares rather than "something that's coming in from California."

The bottom line for consumers? It's possible to enjoy coffee and have a clear conscience. Local businesses provide ample options for promoting fair trade while sipping that cuppa joe.

Feline Rescue

No-Kill Cat Shelter

Cat Adoptions Foster Homes Needed
St. Paul 642-5900 www.feline rescue.org



Premiums going up? Service going down?

Insurance Brokers
Since 1913

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

~SAINT PAUL VOCAL FORUM~

SINGER AUDITIONS!

Classical choral music and much more!
Eclectic ancient to modern
Saint Anthony Park Rehearsals
Auditions by appointment: 651-645-5562.

- SINGING FOR UNDERSTANDING AND PEACE AMONG PEOPLE -

CUSTOM FRAME SALE

20% off- one picture • 25% off- two pictures
30% off- three or more • sale runs 7/26/04 to 8/21/04

PICTURE FRAME SUPPLY

2446 University Ave. W., St. Paul,
651-645-7740



40% OFF!

Bridal & Bridesmaid Sample Sale

Milton's Bridal

2230 Carter Avenue / Suite 9
St. Paul / 651-646-0426
www.miltonsbridal.com
offer good through September 2004

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

2100 Ford Parkway, St. Paul, MN 55106

KITCHENS & BATHROOMS

CUSTOM WOODWORKING

ADDITIONS • BASEMENTS • ATTICS
PORCHES • DECKS • HOME OFFICE

Building on our reputation / Many references

ROEPKE RENOVATIONS

651-645-4203 lrrenovations@aol.com
licensed / bonded / insured / MN. License #20387059



Short or Tall, Big or Small WE GROOM THEM ALL!

PROFESSIONAL GROOMING FOR DOGS & CATS



**\$2.00
OFF!**

Self - Service
Pet Wash

Not valid with other offers,
coupons or specials.
Expires 8/31/04

**METRO
PET SPA**

YOUR PET'S SALON

651-633-6226 Open 6 days a week Monday - Friday
2823 Hamline Avenue / Hamline Shopping Center

METRO PET SPA
651-633-6226

EDITORIAL

Do we really want to preserve the right to choose?

The consumer's life sure ain't what it's cracked up to be.

Some people would say that we've never had it better. No matter what you want to buy—from widgets to wieners to wallpaper—Americans have more choices now than any group of people at any time in history.

Let's say you're in the market for a new automotive sound system. You're still limping along with the unit that came with the car, and it's embarrassing to give a friend a lift and reveal the sorry state of your audio. Fortunately, you live in a major metropolitan area where there are dozens of audio stores and departments within easy driving distance.

And if you don't like the selection at those places, you can always go online, where the whole world is your oyster. You could spend days checking out the possibilities. With all those choices, there's no excuse for buying anything other than the perfect sound system.

Which of course is precisely the problem. The more options you have, the more pressure you feel to make exactly the right choice—and the more likely you are to second guess any decision you do make.

But selecting that sound system is only the beginning. Almost anything you buy these days is going to have a couple dozen presets for radio listening. It's going to take you a week or two to decide which stations you want to have a pushbutton away.

And once you've figured that out, you still have to choose at any given moment which button to push. What are you in the mood for right now? And even if the song that's playing now is pretty good, who's to say there isn't a better one just a little further down the frequency band?

But that's just radio. Obviously, your new system can also play CDs. So you'll have to go through your entire collection and decide which ones to keep in the car. And that's not all. Obviously, your new system has a disc changer, so at any given moment you can elect whether to listen to one CD straight through or a random selection of tracks from several albums.

But that's just radio and CDs. Obviously, your new system can play MP3s. And so it goes.

So let's keep this simple. Say you want to grab a cup of coffee. Fortunately, you live in a major metropolitan area where there are dozens of places within easy driving distance to get a cuppa joe. So, what'll it be? Folgers or Dunn Bros.? Regular or decaf? Espresso or latte? Two percent or skim?

Okay, after holding up the line with your dithering, you finally make a decision: one short mocha skinny half-caf latte, no foam.

But aren't you forgetting something? For the careful coffee drinker, there's another set of questions to be addressed.

Where were the beans grown? Is your nicotine habit fueling the chain saws that are leveling the rain forest? Were the plants subjected to pesticides that are washing into a nearby river and fouling residents' drinking water? Was the farmer who grew those plants paid a fair price? Does your daily fix depend on exploiting child labor?

So now whenever you buy something, not only should you compare its price and quality to all the similar products on the market, you should also research where it came from and how it was made. After all, sweatshops wouldn't exist if there were no market for what they produce.

This consumer thing can be a full-time job. And actual products are only a piece of the pie. How do you know the school your kids attend is best equipped to meet their educational needs? How do you know the church you go to is the best one for your spiritual needs? What about your doctor, dentist, attorney, broker, insurance agent?

After all, we live in a major metropolitan area. There are hundreds of choices out there. You owe it to yourself and your loved ones to make the best decision. But it's going to take some research.

So what are you waiting for? Pick up the phone and get cracking.

Lament for stolen signs

I was disheartened recently to find that during the one week of the year that we as Americans celebrate independence and our freedoms, one of our fellow Americans and neighbors chose to challenge those rights.

During that week, nearly 25 John Kerry campaign signs were systematically removed from their stakes in the Falcon Heights neighborhood south of Larpent Avenue. The signs had all been placed at the same time by neighbors seeking to make a unified statement of the need for change and in support of our next president, John Kerry.

It was a further irony that not only did this take place around the Fourth of July, but also during the week of the release of "Fahrenheit 9/11," a scathing exposé of the truths behind our current presidency.

I encourage the sign snatcher to see a screening of the movie. I wouldn't be surprised if you may want to return the signs to their stakes. I'll leave mine out for you.

Eric C. Brendro
Falcon Heights

Say no to wine shop

I am a neighbor who lives within 300 feet of the business proposed by Jeffrey and Christina Huff at 2236 Carter Avenue. I have owned and lived in my home for over 18 years.

I have several reasons for being opposed to the city granting a liquor license for this property. I am not opposed to alcohol sale or consumption. My issues are with this particular location with its unique circumstances.

The law prohibits off-sale liquor within 300 feet of parks. The St. Anthony Park Library falls within that boundary. Residents know that the library grounds serve as a park for the neighborhood. There are landscaped grounds with a brick patio area and benches in front and on the side.

Another concern is an increase in traffic. Establishments selling beverages seem to generate a large amount of truck traffic.

The intersection at Carter and Como is already a difficult one, with heavy pedestrian use, a poorly timed stop light for those pedestrians and heavy

neighborhood car traffic. Also, many children walk to and from school along this route.

Parking is another big issue in this area, as anyone living nearby can attest. Mr. Huff's application indicated that there are 30-40 spaces available for off-site parking. In fact, there are far fewer, and those same spaces are used by residents and patrons of Milton Square.

I believe that Sharrett's Liquors and other stores in the city are doing an adequate job of serving our need for fine wine and other alcohol, without introducing into a mixed residential/business neighborhood the problems associated with such businesses.

While the type of store that Mr. Huff proposes sounds tasteful, allowing it to open would make it easier for a cheap, high-volume liquor store to open some day in Milton Square.

We need to encourage new businesses at Carter and Como, but this would be a very poor fit for St. Anthony Park.

James McCord
St. Anthony Park

Wine shop from page 1

According to Christine Rozek, deputy director of St. Paul's Office of License, Inspections and Environmental Protection (LIEP), enough people signed the petition to meet the 75 percent requirement.

In addition to the petition, neighbors within a 350-foot radius of the proposed site received a letter from LIEP inviting comments.

According to Rozek, when written objections to a liquor license request are received, a hearing is held before a legislative hearing officer. Such a hearing was being scheduled when this issue went to press.

Burna Krugler, who lives at 2263 Commonwealth Avenue, was one of the property owners who declined to sign the petition for the Little Wine Shoppe. She said her reservations were not so

much based on the current proposal as on the long-term implications of granting a liquor license at that site.

"I'm concerned about what might happen down the road," she said. "What happens when this owner decides to sell? I wonder what that might mean for the community."

Terry Reineccius, of 2249 Carter, signed the petition.

She said, "My husband and I have been saying for years that Milton Square would be a perfect spot for a wine boutique. So we're excited about the plans."

Reineccius added that she was impressed with Jeff Huff's business plan.

"I think he had thought things through very carefully," she said. "He seems very concerned about doing something that will serve the neighborhood well."

Jeff and Chris Huff have lived in St. Anthony Park, at 2361 Bourne Avenue, for five

years. They have a seven-year-old son and a two-year-old daughter.

"We live here," said Jeff Huff, "and we feel like we know the neighborhood. I've talked to a lot of people about our ideas, and the vast majority like them."

Huff noted that while they hope to attract business from all over, "our core customers will be people from the neighborhood. We want to be responsive to their needs."

Huff emphasized that the Little Wine Shoppe would have an off-sale license, so there would be no consumption of alcohol on the premises.

He acknowledged there has been some resistance to his plans.

"I feel bad that there are people who object. They're concerned about change. But we've put a lot of thought into this, and we're convinced it will be a good thing for the community."

Park Bugle

Office: 2190 Como Avenue

Mailing address: 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 2004 Park Press, Inc., St. Paul, Minnesota. All rights reserved.

Next Issue: September 1

Display Ads: August 18 • News & Classifieds: August 20

Advertising Representatives

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

Park Bugle Staff

Editor.....Dave Healy, 646-5369
Production.....Stephen Parker, 489-0993
Subscriptions and Classifieds.....Raymond Yates, 646-5369

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, Tom Countryman, Shelley Diment, Kim Holman, Thor Kommedahl, Don Marier, Mary Jo McGuire, Carolyn Nestingen, Connie Powell, Sheila Richter, Eva Rogness, Milton Sherburne, Tim Smith, Cindy Thrasher and Jerry Wallace.

Budding tennis players have fun while they learn

by Lucy Steinmann

Local tennis players had fun while honing their skills this summer at Langford Park and Como Park High School as part of the St. Paul Urban Tennis Program, a six-week, daily tennis camp for ages 7-18. These were two of 25 locations throughout the metro area.

The program is flexible to fit individual needs. It's not mandatory to come every day, and players can register any time during the program. Participants are grouped by age and ability.

Classes take place between 9 a.m. and 1 p.m., with younger players scheduled earlier in the day. About 130 kids took part in the Langford program this year.

Kristen Olson spoke highly of the program. "My son has been doing it for four years. He continues to play throughout the year because of the skills he has learned. The teachers are so good, it's obvious that they want to be there and they want the kids to learn about tennis."

Another mother, Kim Rosenwinkel, said that watching her child participate inspired her. "It's real fun, and it's made me interested in learning tennis, too."

Eight-year-old Meg Stover attended the 9 a.m. class this summer. She said, "I like that we get to play games." When asked about her tennis skills, she noted, "I'm better at hitting it."

At the 10 a.m. class, 10-year-old Kevin Muelbauer said, "I like the games most because they're fun, and most of the people are my friends." He added, "I think I'm improving most on my serve because it's actually going in the service box now sometimes."

Rose Wright, 14, said, "My favorite part is that you get to

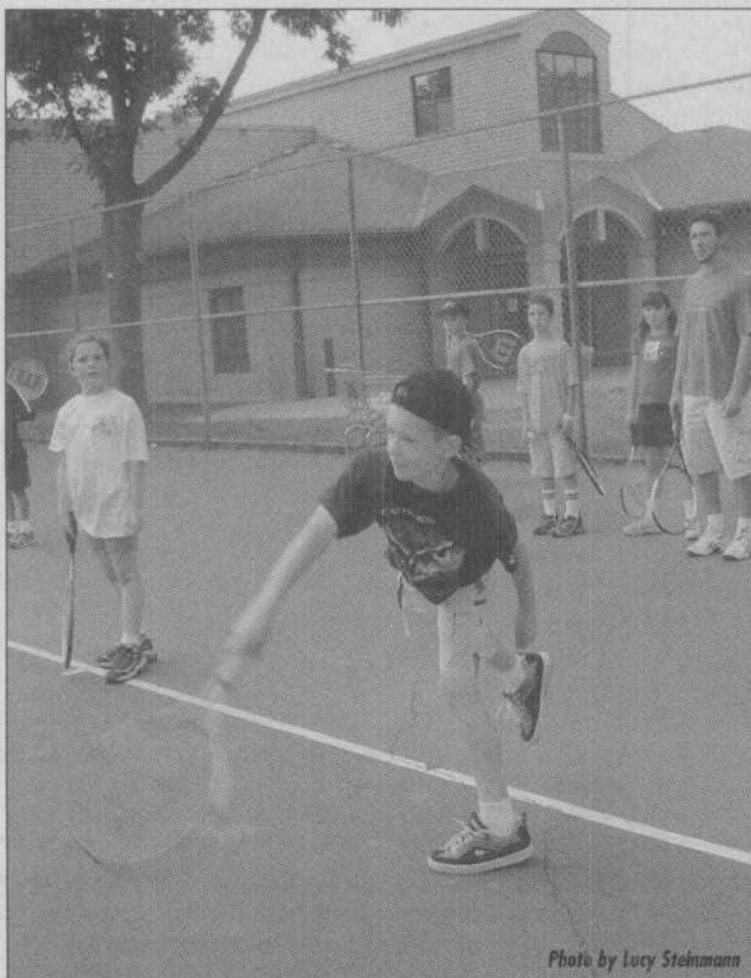


Photo by Lucy Steinmann

Aaron Wallace, age 8, of St. Anthony Park practices his serve at Langford Park. Aaron was one of about 130 participants in this summer's Urban Tennis program at Langford.

learn how to play tennis and you have fun with your friends."

Nick delMas, 16, added, "It has a good atmosphere and it's a great way for kids to have fun and to exercise."

I have been involved with the Urban Tennis program the last few years and have thoroughly enjoyed it. The teachers are great and give personal attention to each kid. More experienced participants have a chance to play in occasional tournaments, so they get practice in an actual game situations.

I have a very busy schedule and the flexibility of this program is reassuring. There is no pressure to be there; it's a come-when-you-can experience. It is also a great opportunity to spend time with old friends and meet new ones.

St. Anthony Park Neighbors for Peace

Planning meeting (all are welcome):

Wednesday, August 4, 7 p.m.

Murdock's, 1489 Hythe, 651-647-9341

For information check out our amazing web site

www.ParkPeace.org

& see our resource materials at the reference desk of the St. Anthony Park Library



Housing Trends

Whether you are thinking of buying or remodeling, here are some current trends to consider:

- **Light & Bright** - Today, most people are very light conscious. They want more light in their homes. Ways to bring in more light are by altering the type of window coverings you have, or by adding sky lights, solar tubes and larger windows.
- **His/Her Space** - People are preferring their own space as opposed to sharing space. Thus, two smaller closets are preferable to one large closet.
- **Detached Garages** - Surprise! The main reason for this is the flexibility it gives the exterior of the main house, plus more space for windows.
- **Accessibility** - As baby boomers age, so do their parents. Ways to make homes more accessible to elderly people, such as hand railings on steps and more light need to be implemented.
- **The Real Thing** - Synthetic materials are out - natural materials are in.

We tend to get comfortable with our old things, but when it comes time to sell a home, those that have been updated will always sell faster. Why not enjoy some of these updates before it's time to sell? Feel free to call us for advice!



The Sparrs

www.mnhouses.com

Peggy: 651-639-6383 peggy@mnhouses.com

Gary: 651-639-6304 gary@mnhouses.com

Peter: 651-639-6368 peter@mnhouses.com

Edina Realty Inc.



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

StageCoach teaches 4-18 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.

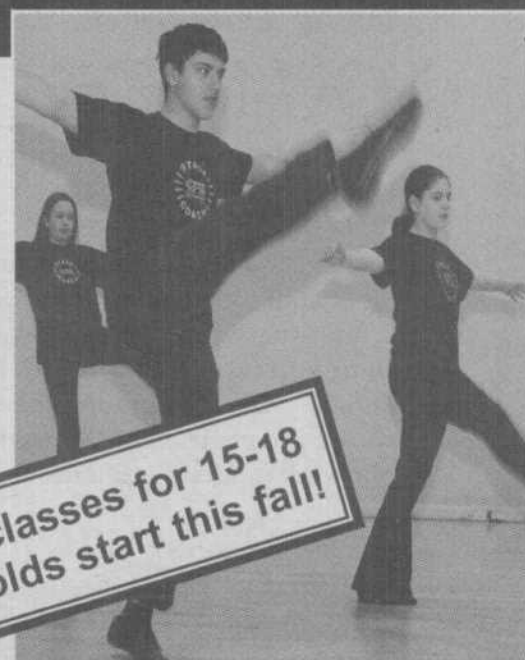
StageCoach St. Paul has classes every Saturday during term time.

The Fall Term starts September 18th.

For further information or to receive a brochure call Principal, Liz McAllister, at:

952-988-8775

New classes for 15-18 year olds start this fall!



STAGECOACH
THEATRE ARTS SCHOOLS

www.stage-school.com

Edina - Maplewood - Minnetonka - Rochester - 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

Now offering "Sleep"-Sedation Dentistry

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



DAN BANE CPA, LLC

Certified Public Accountant

Serving clients for 34 years
at the corner of
Como and Doswell.

Providing Individual &
Business Tax Service.

Call for an appointment at
651 999-0123.



Ticket to Brasil will perform at Como pavilion

On Friday, August 27 from 7-9:30 p.m., local musical group Ticket to Brasil will perform at the Como Lakeside Pavilion in an evening of bossa nova, samba and Brazilian jazz.

The group is led by guitarist and Lauderdale resident Pavel Jany.

Ticket to Brasil has performed at local and international events including the Winnipeg Jazz Festival, the Twin Cities Hot Summer Jazz Festival, the Minnesota Orchestra MusicFest and the Minnesota Winter Jazz Festival.

They have been featured on

local FM radio stations KBEM and KFAI as well as KTCA public television.

Tickets are \$10 (\$8 for a party of three or more) in advance and \$12 at the door. Visit www.tickettoBrasil.com or call 308-7246 for tickets or more information.

Wait no more!

Lyngblomsten has openings.



Lyngblomsten
1415 Almond Avenue
St. Paul, MN 55108
www.lyngblomsten.org

Since 1906, Lyngblomsten has been serving the needs of the elderly in the Twin Cities. Our continuing-care campus near Como Park offers senior housing and skilled nursing care. We'd love to have you be part of the Lyngblomsten community.

Choose the option that's right for you or your loved one:

Lyngblomsten Care Center (651) 632-5301

- Alzheimer's Programs
- Long-Term Placement
- Service House Option
- Short-Term Rehab & Respite Care

Lyngblomsten Apartments (651) 632-5424

- Low-income housing for seniors; 1- and 2-bedroom units, noon meals, emergency call system, housekeeping, group activities, grocery services, security system

The Heritage at Lyngblomsten (651) 632-5428

- Market-rate apartments for seniors; multiple floor plans, noon meals, emergency call system, housekeeping, group activities, grocery services, security system, underground parking, guest suite

Our campus includes a chapel with chaplains on staff, gift/coffee shop, hair salon, therapies, community center, and Home Health Agency.

Please call for more info and to arrange a tour.



1778 Eustis St.

Spectacular English gardens, hardwood floors, sunroom overlooking garden backyard, a truly lovely setting for this 1 1/2 story home.

You will never guess you are in the middle of the city. Enjoy 2 bedrooms, 2 baths. Call for a showing today!

\$199,900

Call Moose at
651-628-5539

e-mail: moose@cbburnet.com
go to www.callmoose.com
for more pictures
and info.



Moose and Brutus



**WE MAKE
YOU LOOK
GOOD.**

Our framing designers have a knack for designing beautiful treatments for your artwork. Your friends and family members will be impressed with your good taste. You won't have to wait long either — most work is completed in one week. And our work is always guaranteed!



www.carteravenueframeshop.com

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



Join us for

**COMMUNITY
APPRECIATION
DAY!**

**THURSDAY,
AUGUST 5TH**

11:00AM TO 2:00PM
Don't miss the fun!

Join us at our Main Bank Parking Lot
(2265 Como Avenue) for...

- **Free Hot Dogs & Brats,**
and other summer fixins!
- Entertainment
- And much more!



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



THE LEADER IN IMPROVING OUR URBAN COMMUNITY



The Birdman Of Lauderdale by Clay Christensen

The choices you make when you landscape your property can improve your chances of seeing birds and other wildlife up close and personal all year long.

My wife and I have a Juneberry tree in our front yard, just beyond the kitchen window. It's also known as a serviceberry, a tree that does well in partial shade and will get up to 20 feet tall at maturity. It's covered with white blossoms early in the spring, even before most of the leaves appear. Then in June, appropriate to its name, the berries appear. They start white, then pink, red and finally a deep purple as they ripen.

And the birds love them. I can testify that they're quite delicious. The ripest berries are at the tips of the smallest branches, so there are some acrobatics involved as birds try to get the best berries.

The most successful avian approach is to find a stout branch below some overhanging purple berries. But those are usually the first to go. Some birds actually dive off their perch and try to snatch a tasty one on the wing.

We've had baby robins trying out their branch-grabbing skills, fluttering to keep their balance. Adult robins and house finches are common visitors.

The other evening we had five or six cedar waxwings eating

berries. They take the berry in their bill, and it looks like they've bitten off more than they can swallow. The berry fills the bill from gape to tip. But they tilt their head back and somehow open their beak a little bit further, and down it goes. You can see the bulge in its crop where the berry awaits further "processing." We saw one take three berries like that in quick succession, resulting in a radically altered profile with three Juneberries in its crop.

The next morning we had a couple young orioles chattering at each other and eating berries as fast as they could. They looked like this year's fledglings, still muted in color and not too sure of their flight equipment. They persuaded me to hang up the hummingbird/oriole-feeder again so that they'd have sugar water there if they wanted it.

We have other plantings that attract birds, including a honeysuckle climbing over an arbor. Hummingbirds like these flowers. A Virginia creeper has taken over half of our garage wall. For several years in a row, we had a Connecticut warbler that would stop by in late September or early October on its fall migration to sample the creeper's berries. What a fine, unexpected "yard bird."

This spring I replaced a couple of cranberry bushes out front. They had never flowered or

had any fruit. But the ones I put in this spring flowered soon after planting and already have green berries on them. The birds should enjoy them when they ripen this fall.

The butterflies like the purple coneflowers in the back garden. And sedum "Autumn Joy" is described as a "butterfly landing pad."

You'll see more birds if you landscape for them. I recommend Carol Henderson's "Landscaping for Wildlife," available at bookstores and through the Minnesota Department of Natural Resources. He has suggestions for plantings, flowers, shrubs, trees and houses—and water attractions for birds, mammals and butterflies.

So, as you're planning your fall landscaping projects or thinking ahead to next spring, think about landscaping for wildlife.

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

Hearts & Vines in the park

Cottage Trimmings, Gifts & Cards
Vintage, Scandinavian, Dried Florals

Customer Appreciation Sale
20% OFF Storewide*
Monday, August 2 thru Saturday August 7

*Sale excludes greeting cards

Hours: Monday - Friday 10:00-6:00, Saturday 10:00-5:00
Thursday Evenings 'til 8:00

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

Concordia Early Learning Preschool

Where Play & Learning Meet!

- Full Day Preschool for Ages 3 - 5 • Full & Part Time Options
- Child & Play Centered Learning
- Highly Qualified, Experienced, & Energetic Staff
- Open 7:30 a.m. - 5:30 p.m. Year-round
- Conveniently Located in the Energy Park & Midway Area
- Enroll Now! (We enroll throughout the year as space allows.)

Call 651-644-5378 for enrollment information!



Concordia Early Learning Preschool

1355 Pierce Butler Route • Saint Paul • 651-644-5378 • Fax 651-649-5799

Tired of clogged gutters and downspouts?

- Costs much less than other systems
- Highest flow rate gutter guard systems
- Will not void roof warranties
- Not visible from ground areas
- Avoid damage to gutters
- Eliminate nesting areas

Present this RSVP card for
\$75 OFF / 100 ft.
installation
FREE cleaning & gutter repair
systems

We're so confident in this product that we offer you...

Stop
cleaning
your
gutters!

9 Month
Money Back
Guarantee

20 Year
No Clog
Guarantee

GutterFilter™

Protection So Advanced, It's Simple.

GutterFilter AMERICA



5%
Seniors
Discount

Homeowners
get help in
keeping
gutters
clean

New product provides
year-round filter.

"I'm so confident in the product
that we offer you a nine-month money-back guarantee and 20-year no-clog guarantee."
— Dan Corley



A new product for keeping the gutters clean is the basis for a new business owned by Daniel Corley at 764 Marshall Avenue, St. Paul, MN 55104. Called GutterFilter, the product was invented in Grand Rapids, MI, about six years ago by a man John Orthloff, Corley said.

Corley was so impressed with the product, he bought the franchise for Minnesota, and in January he opened DC Gutter Filter Inc. "It's so advanced, it's simple," he said. "When you look at it, you think it's foam, but it's a filter and more like a sponge."

GutterFilter is made from exterior-grade urethane that fits snugly into the gutters and cannot be seen from the ground. The urethane serves as a filter for moisture while filling the gutter so twigs, leaves and other debris can't fall in. Any leaves or debris that do fall on the urethane remain on top and blow away.

While sunshine will harden the surface of GutterFilter over time, the porous, filtering quality of the product remains unchanged. It is capable of handling up to 24 inches of rain in an hour, Corley said.

Another advantage to GutterFilter is that it can stay up year-round. It never needs to be cleaned, containing a special product, BioCide, which retards the growth of mildew and moss.

When Frozen, GutterFilter still allows water to go through it. It may help with ice dams if the dam is caused by frozen downspouts. "The GutterFilter will keep the gutter clean, and any melting that happens will be absorbed immediately," Corley said.

The product comes in four-foot sections, retailing for \$8 to \$10 per foot, Corley said.

Corley installed GutterFilter into his first home on April 1st. Since then he has installed over 60 homes. The response has been overwhelming to the product and referrals are rolling in.

Corley offers a nine-month money-back guarantee on GutterFilter, and it also comes with a 20 year no-clog guarantee.

Two subcontractors do all of the installations. Corley said they come out, clean the gutter and do small repairs to gutter, if needed, before installing GutterFilter. "You will never have to clean your gutters again," Corley said.

For more information, go to the company's web site at: www.GutterFilter.net

www.gutterfilter.net
No-clogs guaranteed Call Dan at 651-291-1985
for a FREE Estimate. 1-866-532-3292

Arts Initiative Presents:

An Art Sale and Wine Gala

Featuring local and regional artists,
plus a sampling of food and wine.

Sunday, Sept 19, 2004

4:00 - 6:00 p.m.

Caffe Biaggio

Located on University at Raymond

\$50 per person

Proceeds from the event and art sale go directly to the

SAPSA Art Enrichment Fund and are tax deductible.
Join your friends & neighbors for this intimate

affair to ensure that
the art education experience remains strong at SAP
Elementary School.

Tickets are limited.

Contact Mary Boyle at 651-488-7437 for more
information.

e t c e t e r a

Make This School Year

one for the books
with a Carlton card.

Blomberg Pharmacy

651-646-9645

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



CARLTON
C A R D S
...says it best

Christy Myers
Photography
Photographing the
Ones You Love
—With Love

Call for an Appointment
651/647-0776

National Night Out

National Night Out, an annual community-building and crime-prevention event, will be held Tuesday, August 3.

The event began 21 years ago as a way for communities to visibly affirm their commitment to watch out for each other. Many people use the occasion to meet with neighbors and share food and activities.

In Como Park, the Northwest Como and North Dale Recreation Centers will hold a joint ice cream social and team awards ceremony on August 3 from 6-8 p.m. The event will be at the Northwest Como Center, Hamline and Hoyt.

In south St. Anthony Park, some neighbors will gather at 867 Raymond Avenue at 6 p.m. for food and fellowship.

HOLLY HOUSE Massage Therapy

Renew • Energize • Balance •
Tone • Cleanse
Enjoy the pleasures of good health!

- Sports
- Swedish
- Pregnancy
- Deep Tissue
- Trigger Point
- Neuromuscular
- Myofascial Release
- Facilitated Stretching
- Hand/Foot Reflexology

25% OFF
1 Hr. Massage
1st Session or Gift
Cert. w/ Ad

Expiration Date:
08/31/04

Building optimal health naturally! Since 1977

Phone: 651-645-8951
(In the Park Above the Bank)

MOMS Club

MOMS Club is an international nonprofit organization that offers daytime activities and support for mothers who have made the choice to be home during the day, either full-time or part-time, with their children.

Local chapters offer a variety of daytime activities for mothers and their children, community service opportunities benefitting children and a monthly Mom's Night Out.

The St. Anthony Park Como West Chapter is looking for moms interested in joining our group. For more information contact Traci at 659-0038.

One Rotary District 5960 group will visit Taiwan from mid-March to mid-April, 2005.

Another group will visit Brazil from mid-May to mid-June. District 5960 includes St. Paul.

Candidates must live or work within the district, be age 25-40, U.S. citizens, and have permission of their employer to participate.

Applications must be received by August 20 for Taiwan and September 17 for Brazil. For an application form or more information, contact Jingle Mahan (jingle@rotary5960.org or 636-9054) or visit www.rotary.org.

Group Study Exchange

Rotary International's Group Study Exchange program allows business and professional people to study for four weeks in another country. They stay in homes and follow an itinerary of educational and cultural points of interest.

School Open House

Jennings Experiential High School, a charter school located at 1745 University Avenue, will hold an open house for new students on August 11 from 4-8 p.m. at the Como Park Streetcar Station.

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 over 20 years / Lic # 003473m / Bonded, Insured

Remodelers & Cabinetmakers

The Transformed Tree

ESTABLISHED 1973

licensed/bonded/insured
Certified Remodelers on Staff
30+ Years of Dedicated Service

651-646-3996 • www.transformedtree.com

NARI
MEMBER
State License
#1856

Sharrett's Liquors

651-645-8629

Raymond & University
Call for **Fast Delivery!**

STAY LOCAL GO FAR

Help support our local St. Anthony Park businesses maintain a strong mix of shopping and service alternatives.
You can make a difference. Shop your neighborhood merchants.

ST. ANTHONY PARK BUSINESS COUNCIL



**Master Crafted
Quality Murphy Beds**

Turn any room into a guest room.

Call David, 612-386-5362

FREE DELIVERY within the
7-county metro area. Call for details.

Custom Designs
Match your
Homes Interior

We Install the
Beds We Make

Perfect for the
Cabin or Office

e t c e t e r a

Jennings Experiential High School emphasizes student-centered, community-centered, project-based learning. Students research interesting and important topics, then travel to places related to those topics.

For more information about the school or the open house, contact Joshua Larson (612-423-5000; josh@jehs.org) or visit www.jehs.org.



Lara MacClean and her son Jackson with Iceland's President Olafur Ragnar Grímsson.

life for all five of Hamline's schools.

Formerly Davenport was dean of the College of Liberal Arts, and he will continue to retain that position in addition to his new responsibilities. He started his career at Hamline 38 years ago as an assistant professor of English. He helped establish the Hamline Writing Center and the school's first-year-seminar program.

Gibbs Museum

Special events during August at the Gibbs Museum of Pioneer & Dakota Life:

Aug. 1 - Fiber Arts. View the museum's quilt collection and try your hand at basic quilting.

Aug. 8 - Archeology Day. Find artifacts in a mock archeology dig.

Aug. 15 - Dakota Day. Learn how the Dakota lived, try out their tools, eat samples of native foods and play traditional games.

Aug. 22 - Medicine Garden.

People

Lauderdale resident Lara MacClean spent June 11-18 in Iceland leading an exchange program between the MacPhail Suzuki Academy and a similar school in Iceland. MacClean teaches violin at MacPhail and at Gustavus Adolphus College.

MacClean, who brought along her three-month-old son, Jackson, oversaw a group of 38 musicians, many of whom were accompanied by their parents on a "shadow tour."

The string orchestra performed for the president of Iceland, and the musicians were entertained at his home.

St. Anthony Park resident F. Garvin Davenport has been named vice president for academic affairs at Hamline University. He will oversee academic programs and student

New Business

On August 19 from 3:30-6 p.m. Perfect Little Spa and Salon will hold a grand opening celebration at the shop, 2301 Como Avenue, Suite 102. The event features complimentary services, drawings, food and beverages. The new business took over the space formerly occupied by Anthony's Park Salon.

Clearly Professional Window Washing

You'll see the difference!

All Windows -
Inside & Out!

763-780-0907
651-635-9228

24 HOUR
ANSWERING



**Fresh
Gourmet
Coffee
and
Sandwiches
Daily!**

Tim & Tom's
Fresh Meat
Speedy
& Groceries
Market

2310 Como at Doswell - St. Paul
Open Every Day 7AM - 10PM
Phone: 651-645-7360
tntspeedy@aol.com

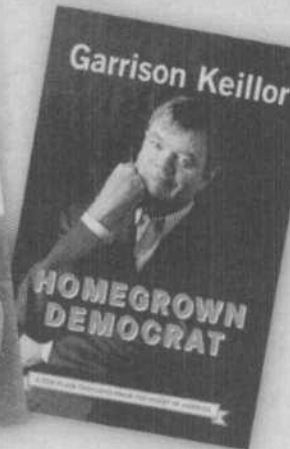
MasterCard VISA

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

Take a Vacation with a Minnesota Author

New Titles from
Micawber's Books

Four Souls by Louise Erdrich Rich in Ojibwe culture and wonderful prose, Erdrich's new novel is yet another chapter in her ongoing Native American saga and it follows the life of Fleur Pillager, an enigmatic character who first appeared in *Tracks* (1988).



Homegrown Democrat by Garrison Keillor In his inimitable style, Keillor draws on a lifetime of experience amongst the people of the Midwest and pays homage to the common code of civic necessities that arose from the left. This love letter to the yellow-dog Democrat city of St. Paul is sure to amuse and inspire Americans just when they need it most.



MICAWBER'S

the eternally optimistic book people
2238 Carter Ave., St. Paul—In Milton Square on Carter at Como
Hours: M-F: 10-8 • Sat: 10-6 • Sun: 11-5 (651) 646-5506

Come home to University Grove...



Colonial at 2099 Hoyt Avenue with four bedrooms, four baths, main floor den, lower level family room, and attached two car garage. Ask about buyer requirements. **\$475,000**

Nancy Meeden
Coldwell Banker Burnet

651-282-9650

Cell 612-790-5053

nmeeden@cbburnet.com



**1339 EUSTIS,
ST. ANTHONY PARK**
Multi-generational beauty!
2 homes in one, hrdwd flrs,
6 b/r, huge yard!
\$449,900



**1401 GRANTHAM
ST. ANTHONY PARK**
Quiet charm in "The Park"!
Built-in's, hrdwd flrs, marble
F/P, 3 br. **\$449,900**



**1995 SKILLMAN,
ROSEVILLE**
Classic Rambler! Tons of space
4+ br, 2 F/P.
\$279,900

REDUCED!

**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!



Jack & Jill **A Private Childcare Center for**
 • Infants • Toddlers • Preschool
 • K-6 After School Enrichment Program
(651) 604-3810 office
 Conveniently located in Fairview Community Center
 1910 County Rd B West • Roseville, MN • 55113

HAMPDEN PARK CO-OP

928 Raymond Ave. St. Paul 651-646-6686



A Natural Foods Co-op in the
Heart of the Twin Cities for 30 years

a full line of natural foods & organic produce
fresh sandwiches, soups & salads, dairy, meat & eggs

EMIL GUSTAFSON JEWELERS

DISTINCTIVE JEWELRY AND DESIGN SINCE 1911

OUR SERVICES INCLUDE
 DESIGN ♦ RESTYLING ♦ RESTORATION ♦ REPAIR
 SUZANNE FANTLE ♦ OWNER
 2278 COMO 651-645-6774
 T-F 10-6, SAT 10-5

Wood carver from page 1

mistakes allowed." Grittner uses a razor-sharp blade in his knife to shape his intricate designs.

While still in high school, Grittner began teaching himself chip carving and planned to go on to studying it formally, but "my Uncle Sam called me."

During World War II, Grittner served in the Air Corp, maintaining turrets used for combat. The war ended just before he was to go overseas.

"The Japanese quit when they heard I was coming," he said.

After the service, Grittner married, began a family and started working at St. Paul Book and Stationery, from where he eventually retired.

"By the time I was done," he noted, "I'd worked in every area of the business from the mailroom to sales." He also returned to chip carving "just as a hobby."

"I was just making these things," he said, pointing to decorative picture frames gracing family portraits. "I gave them as gifts. It might sound kind of crass, but it was a way to make a nice gift on a budget."

Grittner's original designs on wooden plates, boxes and picture frames were a smash hit. Family and friends prodded him to enter competitions, but he wasn't sold on the idea.

"I mean, I had nothing to compare them to," he said. "I didn't know of anyone doing this type of chip carving, so I didn't know if mine was any good—though I thought it might be."

In 1982, he finally conceded, entering his work in the Minnesota State Fair. Much to his amazement, he walked away with a blue ribbon.

"Then, the floodgates opened," he said.

The Minnesota Historical Society contacted him shortly afterward, asking Grittner to do a chip carving demonstration at the Alexander Ramsey Historical Society, where they were focusing on the art of early Minnesota immigrants.

"My goodness! Then the invitations started coming out of nowhere. This was all unplanned," he said.

In addition to accepting invitations for other historical and ethnic organizations, Grittner began entering woodcarving shows and started traveling around the Midwest, demonstrating and lecturing about chip carving and selling his works, some of which can be found at Ingebrechtsen's Scandinavian Gift shop on Lake Street.

Chip carving also served another purpose for Grittner when he became a widower 18 years ago. "My wife was just months away from retiring as a medical secretary when she got sick and died. Chip carving, well, it kept me active."

Through his travels to promote chip carving, Grittner said, "I have met a lot of people and have a lot of friends. I am really glad that I love studying geography because if someone tells me where they're from, where

they live, I can usually tell them something that I know about the place."

Grittner has had many adventures along the chip carving circuit. Once, he and other artists were raffling off pieces of work in order to help fund the following year's art exhibit at Lake Bronson, Minnesota.

"For me, well, they had to do a second printing of raffle tickets," he laughed.

In addition to lecturing on chip carving and selling his work, Grittner has taught the art to a number of people, but he said that few go on to perfect the craft. "It's definitely not easy because of the precision involved."

Even if you can't tell an isosceles from an equilateral triangle, you don't need to be a mathematician to appreciate the beauty, detail and precision of Grittner's chip carving. Samples of his work can be viewed at: <http://mnfolkarts.org/walter/walter.html>.

DANCING • SPLASHING • JUMPING • SLIDING
 St. Anthony Park United Methodist Church
Nursery School
 Apply Now For Fall!
 Monday - Friday
 9:00 am - 11:30 am
 2, 3, 4, or 5 days a week
 or
 Tuesday, Wednesday, Thursday
 1:00 - 3:30 pm
 Ages 3 to 5 years old
651-647-6385
 2200 Hillside Avenue
 Just up the hill from St. Anthony Park Elementary!
 PLAYING • COOKING • PAINTING • CRAFTS
 PUPPETS • FAMILIES • STORIES • SINGING
 FIELD TRIPS • SHARING • FRIENDS • FUN!

ROGER'S TREE SERVICE
 Caring for your trees & shrubs since 1974
Certified Arborist
 Roger Gatz
651-699-7022

IRIS PARK COMMONS

A Community of Heart

"Let's have coffee after your tour. Maybe my insider's perspective can be of help."

Vivian Dorn



Vivian has already faced the decision that you may be facing now. That's why she volunteered to talk with prospective new neighbors about what it's like to live at Iris Park Commons.

We offer comfortable, secure apartments with supportive services for age 55 or better. One or two-bedroom and studio designs, most with views of Iris Park or our private campus. Some one-bedroom and studio units are now available to people with qualifying limited incomes.

Visit us at www.ehomesmn.org. Better yet, call us at **651-646-1026**. We'll be happy to answer all your questions and arrange a tour (and, if you wish, a chat with Vivian).

1850 University Ave W • Saint Paul MN 55104
 Part of the Episcopal Homes family

CORNELIA PLACE

Opening March 1, 2005



Reserve a gracious new home for your heart and soul.
Over 25% already reserved.

At Cornelia Place, your gracious one or two-bedroom home will be attached to a beautiful inter-faith chapel and surrounded by a private campus that's alive with neighbors who share your active, independent spirit.

Visit www.ehomesmn.org or call us at **651-632-8840**. Ask about the decorating options available only to charter residents who reserve their new home in advance. If you're age 62 or better, the time to begin exploring the possibilities is now.

1840 University Ave W • Saint Paul MN 55104
 Part of the Episcopal Homes family

SOURCE COMICS & GAMES

1601 West Larpenteur Avenue
 (Northwest Corner of Snelling & Larpenteur Avenue)
 Falcon Heights, MN 55113
 Phone **651-645-0386**
www.sourcecandg.com
 Open 10:00am to 9:00pm
 Monday-Saturday & Noon - 6:00 pm Sunday!



No bones about it

by Kristi Curry Rogers

As promised last month, August brings you the terrifying, terrific and toothy Tyrannosaurus rex! T. rex has long been called the king of the big meat-eating dinosaurs. Its name even translates to "tyrant lizard king." What a reputation!

The Science Museum of Minnesota has several really cool specimens of Tyrannosaurus rex—on the floor in the Dinosaurs and Fossils Gallery, and behind the scenes, deep in the collections vault.

When you visit the Science Museum, you might encounter the enormous skull of a T. rex, jaws fully bared and ready to snap at the pull of a lever.

This specimen is a cast (an exact copy of original bone) that the Science Museum acquired from another museum in 1966, and was designed to give visitors an up-close and personal look at how T. rex might have used its massive jaw muscles to open and shut its mouth.

By pulling on the lever, you get to simulate how those mighty jaw muscles could have operated. When you pull the lever, you realize that it takes a lot more muscle strength to close those terrible jaws than to open them.

Over a century has passed since the first discoveries of T. rex, and the debate continues to rage on how that mouthful of sharp, steak-knife-like teeth may have inflicted damage upon prey—like

poor, unsuspecting Triceratops, next month's featured dino.

Some scientists doubt the strength of T. rex teeth and jaws, and have hypothesized that if a Tyrannosaurus sunk its teeth into a tasty Triceratops, it would risk breaking its teeth.

More recent analyses indicate that T. rex teeth are perfectly suited to withstand bone-shattering impacts during feeding, and the discovery of Triceratops bones riddled with T. rex toothmarks provided some estimate of the mechanism of a T. rex bite.

T. rex employed what is called the "puncture and pull" strategy, biting deeply at first and then raking its teeth through the penetrated flesh. T. rex also used its front teeth to delicately nibble the flesh from tight areas of prey skeletons (like along the backbone or ribs).

Just think about a T. rex snacking on a duckbilled dinosaur's backbone like we might eat an ear of corn!

When you think about just how much of a T. rex's body is taken up by its head and how little the arms were (even an adult T. rex couldn't bring its tiny arms up to its mouth), it's easy to see why scientists are convinced that T. rex used its mouth to catch its prey.

Behind the scenes at the Science Museum of Minnesota, the collection contains lots of

other T. rex bones, especially teeth (some of them are over 6 inches long from tip to root) and an enormous toe bone (known to scientists as a metatarsal).

This fossil is my favorite of all the T. rex bones at the museum because it always fools people.

I often pull the T. rex metatarsal out of its cabinet to show people touring the collection, and most say it must be a leg bone. It's just so big—2.5 feet long to be exact.

When I tell them that it's actually just one of three toe bones, their jaws drop as they realize just how big an animal must have been with a single toe longer than a toddler is tall!

Be sure and take a trip to the Science Museum this summer, and visit the Tyrannosaurus rex on display in the Dinosaurs and Fossils Gallery.

Don't forget to send your questions (krogers@smm.org). Stay tuned for next month's featured dinosaur: Triceratops!

Tim Abrahamson Construction



Fine
Carpentry

General
Contractor

Lic #9174

651-645-9775

MY HUSBAND IS AMAZING!

He Builds and Fixes almost anything



RUSSELL DEDRICK

651-776-1780

professional
handyman services

State Lic # 20113561

Additions • Renovations



Remodeling

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

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., Minneapolis / 612-379-7232

Mon. - Fri. 8:30 am - 7 pm, Sat. 8:30 am - 6 pm.

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

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

I chose St. Joseph's



**My baby was born under
the sign of Water.**

I wanted the best birth experience possible
for my baby and me. Naturally. That
included a midwife and water birth.

St. Joseph's Maternity Care Center offers
many different options, including water
birth tubs for midwife-assisted births.

It was a great experience.

Just ask my little swimmer!

I'm glad I chose St. Joe's.

For more information
call Linda at 651/232-5733

St. Joseph's Hospital

Member of HealthEast
Care System

69 W. Exchange St. | St. Paul | www.stjosephs-stpaul.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

Precision cut by Christine

20% OFF

Any Color Service

Women's Styling / Men's Barbering
We also do color & foils**elle**
S A L O N

2095 Como Avenue at Cleveland/Raymond

651-644-4114

AUGUST ARTS

Music

Coffee Grounds

1579 Hamline Ave., 293-8800

- Open Mic with Bill Hammond
August 1, 6pm
- Brandy Evol
August 6, 8pm
- Storytelling with Northstar League
August 7, 8pm
- Open Stage
August 7, 9pm
- Children's Storytelling with
Ms. Joanie: "The Jungle"
August 9, 2:30pm

- Roady Tate
August 13, 8pm
- Morrison and Metzger folk duo
August 14, 8pm
- Open Mic with Bill Hammond
August 15, 6pm
- Music and Movement for Children
August 17, 7pm
- Vicky Emerson, keyboardist
August 20, 8pm
- Bridgeling
August 21, 8pm
- Bill Cagley's Old-Time Music
Showcase with Tim Foss
August 26, 7pm

- Sally Huer
August 27, 8pm
- Storytelling with Northstar League
August 28, 10:30am
- Bill Hammond and Barbara Piper
August 28, 8pm

Ginkgo Coffeehouse

721 Snelling Ave., 645-2677

- Bluegrass and Oldtime Jam Session
Fourth Wednesday, 7pm
- Children's Art and Story Hour
Thursdays, 10am
- Open Stage
First and third Wednesdays,
6pm sign-up

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

Goldstein Museum of Design

244 McNeal Hall, 1985 Buford
Ave., 612-625-2737

- Convergence/Divergence:
Split Rock Design Artists at the
Goldstein
Through Sept. 12

Nilles Builders, Inc.

1032 Grand Ave.

Remodeling • Roofing
Renovation
Additions
Windows & Siding
General Contracting

651-222-8701
Brad Nilles

A Foundation of Neighbors

*Building for the Future*By Jon Schumacher
Executive Director
St. Anthony Park
Community Foundation

Summer has finally arrived. The humidity and heat, kept out of this region thanks to cold air provided by our neighbor to the north, have made their presence felt in a reassuring fashion, just in time for this traditional month of vacations, rest, and relaxation.

The summer months here at the foundation are usually a time to reflect and recharge our batteries. Normally, we'd still be getting acquainted with the new faces we added in April. But this year things are a little different. After producing an ambitious five-year strategic plan based on the needs and opportunities presented in our neighborhood report, we are hard at work determining how best to turn those words into actions.

While we consider a variety of options to help accomplish our goals, one thing is clear: if we want to make a lasting difference in this neighborhood, we need to be able to provide the annual financial support necessary to fill the increasing budget shortfalls in our critical local nonprofit community.

To illustrate the need, our grant requests for this year exceeded

\$50,000 and we were able to award less than half of that total. Our board was impressed by the quality of all of these organizations who are fighting to provide quality education, health, and arts opportunities in our community. We need them and they need our support;

through your kind words and contributions to this foundation, we know you strongly agree.

As we engage in the process of building the foundation so it can provide the financial and organizational capacity necessary to strengthen this community for the future, we are mind-

ful of the challenges presented by our evolving society. Those realities, combined with your support, reconfirm our commitment to preserving the shared values that have made, and will continue to make St. Anthony Park a special place.



Jon Schumacher



ST. ANTHONY
PARK
COMMUNITY
FOUNDATION
PO Box 8038,
St. Paul, MN 55108
651-641-1455
sapfoundation.org

Now For Sale... in Wonderful North St. Anthony Park!



2394 Valentine Avenue

A deceptively spacious 4 bedroom, 4 bath bungalow style home in very nice condition in the Park. Finished on all three levels. This property is full of surprises and definitely worth a look!

Please call soon! \$258,900



Steve Townley
Experienced, Professional Real Estate Service

651-644-3557
2190 Como Avenue

www.stevetownley.com

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

AUGUST CALENDAR

2 Monday

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

• Como Park & Lauderdale recycling.

3 Tuesday

• National Night Out.

• 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. Free to all area seniors, but pre-registration is necessary. Appropriate for all fitness and ability levels, offering cardiovascular workout. All major muscle groups are exercised. Call 651-642-9052 to pre-register.

4 Wednesday

• Women's Connection, a women's networking organization (651-603-0954), Hubert Humphrey Job Corps Center, 1480 Snelling, Building #1, 8 a.m. Every Wednesday.

• Leisure Center for Seniors (651-603-8946), St. Anthony Park United Methodist Church, 9 a.m.-1 p.m. Lunch reservations by Monday. Every Wednesday.

• St. Anthony Park recycling.

5 Thursday

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

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

• Chair Exercise Classes - Seal High Rise, 825 Seal Street every Tuesday and Thursday at 1:30 p.m. Call 651-642-9052 to pre-register.

• St. Anthony Park Community Council Land Use Committee, South St. Anthony Rec Center, 890 Cromwell, 6 p.m.

6 Friday

• Senior Citizen Fun Group (gym, bowling and darts), South St. Anthony Rec Center, 890 Cromwell, 9:30-11:30 a.m. Every Friday. (First Friday, blood pressure clinic by the St. Anthony Park Block Nurse Program, 9-10 a.m.).

• Falcon Heights recycling.

10 Tuesday

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

11 Wednesday

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

12 Thursday

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

16 Monday

• Como Park & Lauderdale recycling.

17 Tuesday

• District 10 board meeting, call 651-644-3889 for details.

18 Wednesday

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

• St. Anthony Park recycling.

20 Friday

• Falcon Heights recycling.

23 Monday

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

24 Tuesday

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

25 Wednesday

• Falcon Heights City Council, City Hall, 2077 Larpeur Ave., 7 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.

30 Monday

• Como Park & Lauderdale recycling.

Items for the September Community Calendar must be submitted to the Bugle office by 6 p.m., Aug. 20.



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.wsitesolutions.com

e-commerce • e-business • e-world

Work with a local travel agent

Custom-designed trips • Airline tickets - domestic and international
Air and hotel packages • Cruises • Honeymoons and Weddings
We are proud that we have been in St. Anthony Park for fifteen years
under the same ownership and with the same employees.
Call on our experience!



2301 Como Avenue • St. Paul • 651-646-8855

**ASPHALT PAVING PATCHING SEALCOATING
CRACK SEALING DRIVEWAYS PARKING
LOTS RESIDENTIAL COMMERCIAL
INDUSTRIAL QUALITY LICENSED BONDED
INSURED GUARANTEED FREE ESTIMATES**

612-706-8018
alpineasphalt.com

**Alpine
Asphalt**

Visit the U at the State Fair August 26-September 6

MAROON AND GOLD DAY

Sunday, August 29

10 a.m.-4 p.m. Celebrate the U's Maroon & Gold Day at the State Fair. Stop by the U of M building on Dan Patch Avenue between Cooper and Underwood Streets.

10 a.m.-2 p.m. Play "Know Your U" and test your knowledge of U trivia at the U stage.

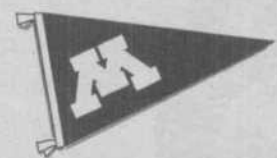
2 p.m. Cheer on the U's 300-piece marching band at the parade.

3 p.m. Listen to the Legendary Bar-B-Que Blues Band on the U stage.

New at the U of M building! Experience the excitement a campus stadium offers.

Visit www.umn.edu/statefair for current University activities during the fair.

Purchase discounted admission tickets
at the Coffman Union bookstore or St. Paul Student Center. FFI: 612-625-6000.



UNIVERSITY OF MINNESOTA

Office of Community Relations

The University of Minnesota is an equal opportunity educator and employer.

professional painters paper hangers

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

Water damage repair interior and exterior

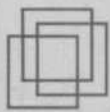
Jim Larson 651-644-5188

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

larson decorating

FREE SENIOR EXERCISE CLASSES

We offer chair exercise classes free to all St. Anthony Park area seniors two afternoons weekly at Seal High Rise. Everyone is welcome! For more information, call Mary Jo



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

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

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

What is God calling you to do?



Is God calling you to take the next step in your ministry? Or, is God calling you to encourage someone you know with gifts for Christian leadership?

Discover how you, or someone you know, can prepare for leadership at Luther Seminary. Order a free copy of our informational CD-ROM.

www.luthersem.edu/cd

800-588-4373



Aging Gracefully by Mary Jo Tarasar

During the torrid summer months, we often get hot and thirsty, and what an array of beverages there is to quench our thirst. But the original beverage, good old H₂O, is still the best for good health. Why?

Water is necessary for the essential chemistry of life, the process of hydrolysis. That's when the water molecule splits into hydrogen and hydroxyl, which in turn interact with the amino acids, carbohydrates, vitamins and minerals that keep us alive.

Drinking appropriate quantities of water helps your body eliminate toxins and excess sodium. It can help suppress an overactive appetite. It reduces fat deposits by assisting in fat metabolism. It prevents the formation of kidney stones.

Boy, if a newly developed drug could make all these claims, the infomercials would be hawking it mercilessly. So why don't most of us drink enough water?

Well, for one thing, we may not know how much is enough. You've probably heard that it's a good thing to drink eight glasses of water a day. But did you know that amount is based on an "average person" weighing 128 pounds? I don't know about you, but it's been a long time since I weighed 128 pounds! So for me, eight glasses of water daily is not enough.

Someone weighing 160 pounds needs 10 eight-ounce glasses of water daily, and someone weighing 190 pounds

needs 12 glasses. So even if we're chug-a-lugging 64 ounces of water daily, and we're not a svelte 128 pounds, we're not getting enough water.

The average person loses about two quarts of water daily through exhalation, sweating and elimination. A person who exercises heavily will lose more. Hot weather can increase the amount of water lost, but so can the dry air and even drier heating systems we live with during the winter.

A surprising number of health problems can be attributed to insufficient intake of water. These include constipation, dry and itchy skin, nosebleeds, dry and unproductive coughs, sinus pressure and headaches. How can all these things be caused by lack of water?

Every cell in our bodies needs water to function properly. When the body isn't getting enough, it tries to limit the amount of water it loses through breathing, mucus production, perspiration and elimination. It conserves water by limiting the amount of water available to the major systems of the body, causing these systems to function poorly, leading to the problems described above.

Okay, so why should we drink plain water? Why not other beverages, which are, after all, mostly water?

Well, coffee, most teas and colas all contain caffeine, which is a known diuretic, so drinking these beverages will actually

increase the amount of fluid lost daily. Fruit juices are more concentrated in sugar than our body fluids, so the digestive tract tries to dilute them, causing a reduction in fluids available to the body's other systems.

So water is the beverage to drink for healthy living. But what kind of water? In this age of myriad designer waters displayed colorfully on grocery store shelves, what kind of water should we be drinking?

We don't need to spend money on bottled waters to get good drinking water. An activated charcoal filter attached to a faucet will remove any carcinogens and bacteria found in the drinking water supply. Such filters are widely available and reasonably priced.

So let's drink to our mutual health. A toast to H₂O, the elixir of life!

P.S. In June, I wrote about my own struggle with cancer. I want to thank all of you who called or wrote to me to express your concern. Although chemotherapy is tough, I am doing well in my battle with this disease, thanks to the support and prayers of people like you!

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 for them. We welcome ideas and feedback for this column at 642-9052 or sapbnp@bitstream.net.

LIVES LIVED

Lois C. Glaeser

Lois C. Glaeser (nee Thorsell) died July 1, 2004 in Fairfax, Minnesota at the age of 72. She was a former vice president of St. Anthony Park Bank and a longtime resident of St. Anthony Park.

Mrs. Glaeser was preceded in death by brother John Thorsell. She is survived by former

husband, Ronald Glaeser; daughters Holly Glaeser and Nancy Glaeser; sons Paul Glaeser (Suzy Wurtz) and John (Trina) Glaeser; sisters Ann (Bob) Maland of St. Peter, MN, Jean (Wendell) Husebo of FL, June (Don) McGrath of Willmar, MN and Myrna Wolf of Orono MN & AZ; brothers Mark (Kathy) Thorsell of Golden Valley, MN

and Wally (Arles) Thorsell of Gresham, OR; granddaughters Ruth, Julia and Ella; and many nieces, nephews and their children.

Funeral services were held July 7 at St. Anthony Park Lutheran Church with interment at Union Cemetery.

Food & Wine from Provence

Late July, early August
Regions of Spain

food & wine during August

Hours: Closed Mondays

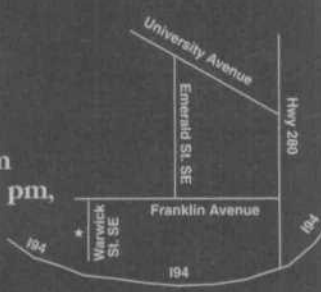
Lunch: Tuesday - Friday 11:00 am - 2:00 pm

Dinner: Tuesday - Friday 5:00 pm - 9:00 pm,

Dinner Saturday: 4:00 pm - 9:00 pm

Sunday Brunch 11:00 am - 2:00 pm

Sunday Dinner 4:30 am - 8:00 pm



Signature
cafe & catering

130 SE Warwick St. / Minneapolis, MN 55414

612-378-0237

C L A S S I F I E D S

Classified deadline:
August 20th, 6 p.m.
Next issue: August 30th

■ Type or write down your ad, and which section your ad should appear in. 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 with area code is one word.

■ Figure your cost: 90¢ x number of words (\$9.00 minimum).

■ Mail your ad & check to:
Bugle Classifieds
P.O. Box 8126
St. Paul, MN 55108
or deliver to the Park Bugle drop box at the side entrance to 2190 Como Ave. (on the Knapp Place side of building) by 6 p.m. on the deadline day. We cannot bill you for your ad.

■ Classifieds cannot be e-mailed, faxed, or taken over the phone.

■ Call Ray at 651-646-5369, voice mailbox #3, with questions.

Instruction

GUITAR TEACHER NEEDED for two boys, beginners, wishing weekly lessons in their North SAP home. Nancy, 651-647-1631.

TAEKWONDO for all ages. Sundays and Thursdays 6:30-7:30, Como Park area. Tom Ferry 651-488-8957.

Voice/piano lessons individually designed to nurture musical interests/ability/career goals. Ages 8-80. **PERFORMANCE ASSOCIATES MUSIC STUDIO** 651-487-0362.

TOXIN AWARENESS workshop - Thursday, August 19, 2004 10:15-10:45am. SAP Library. Free. Get practical, family-focused tips on detoxifying your home. Children welcome. Michele 651-641-0987.

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

Child Care

CHILDREN'S CIRCLE, Waldorf preschool. Openings Fall 2004 class, children 3 to 5 yrs. Two to four morning option, licensed, 16 years in the Park. Trained Waldorf teacher, small cottage setting. Phone 651-642-0981.

CONCORDIA EARLY LEARNING Preschool. Full-day preschool, 3-5 years, part-time and full-time options, near Energy Park/Midway. NAEYC accredited. Enroll now for summer or fall 2004, 651-644-5378.

COMMUNITY CHILD CARE Center Serving children 16 months to 5 years. Part-time and full-time enrollment options. Accreditation ratios used. Learning through play, educate, anti-bias, and anti-violence philosophies used in center environment and curriculum. Located on Saint Paul Campus of U of M. Call Jill 651-645-3958.

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

Professional Services

GRAPHIC DESIGN—Want fast, quality graphic design services for a fraction of the cost? Big or small, let's talk about your next project! Raymond Yates, 612-339-4679.

MENDING - Be eco-friendly! SAP, by hour or piece. 651-641-1624.

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.

Home Services

BLACKTOPPING, driveways, parking lots. Call Merl 651-631-2065.

ROTTEN EXT. WINDOW SILLS and trim replaced. Since 1960. Tom Oberg 651-698-3156.

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

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

WOODWORKING - Custom built-ins, custom cabinets and furniture, free estimates. Gary Carlson 651-429-0894.

CARLSON PAINTING - interior/exterior painting, free estimates 651-429-0894.

HILLIARD E. SMITH, const., Block, stone, cement work, carpentry, remodeling. 651-644-0715.

APPLIANCE REPAIR - Reasonable rates, friendly service. Neighbor-

hood references. Ron Wagner 612-840-3598.

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

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.

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

Housing

FOR RENT - 3 BR 1 BA. 2378 Como. Recently updated and freshly painted. \$1325 + utilities. Gary Sparr 651-639-5304.

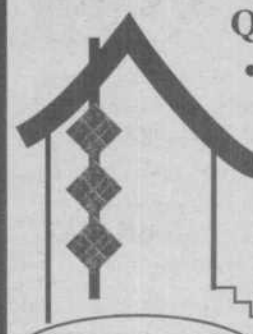
FALCON HEIGHTS HOME for rent. September. 2 BR, garage. \$795 + utilities. Steve 651-644-3557.

FOR RENT: 2 bdrm duplex, hardwood floors, fireplace, garage in North SAP. Avail. Oct. 1, \$1100 + utilities. 651-642-9592.

FOR RENT: Eff., 1BR, 2BR, and duplex. Serving St. Anthony Park and Dinkytown. Call Roger at 651-644-5907 or Dave at 651-645-4300.

Freebies

PIANO, upright, FREE (you pay moving costs). Nancy 651-647-1631.



Quality Remodeling !

- Kitchens
- Bathrooms
- Basements
- Specializing in Tiling

Call 612-963-5316
for a FREE Estimate
on your next home project

Safi Home Construction

A local business with a growing reputation

Insured

ALL STAR

PLUMBING • REPAIR • REMODELING

Need A Plumber?

Sewer Cleaning / FREE Estimates / Satisfaction Guaranteed

Jack Stodola

Office: 763-792-9062 Cell: 612-865-2369

Just 10 minutes away at 2190 Como Avenue



Home Traditions
Treating your house like a home

Painting & Wallpapering

Interior & Exterior Painting
Wallpapering
Wood Stripping &
Refinishing
Texturing
Plaster Repair

FREE Estimates
Call Jerry

651-690-5661

- Experienced craftsmen
- Working steady from start to finish
- Clean and courteous workers
- References
- Liability Insurance and Workman's Comp
- Guarantee

hometraditionspainting.com



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



One block west of Rosedale Mall
1935 W. Co. Rd. B-2, Ste. 350
Roseville, MN 55113

Check out our website:

www.fourseasonstitle.com

Or call us at:

651 287-6888

BUYING A HOUSE... First house? Dream house? Investment property? Cabin? Land?

REFINANCING... to make home improvements? Consolidate debt? Adding a Line of Credit? Lowering your payment or interest rate?

"We specialize in smooth closings!"

- Licensed in Minnesota and Wisconsin
- We close in offices, homes, businesses
- Locally owned, Locally operated

The Park has lots of great realtors and they're looking out for your best interests, and so will we, and, we'll save you some money too!

If you're interested in saving at least \$200 the next time you close on a house, tell your lender or realtor you saw this ad and you want to use us!

After all, it's your choice, and your money.

"I live in this area, I work in this area, and I want to work with those that live in the area too!"
-John MacLean, Owner, Four Seasons Title

Corncrib art from page 1

other colors as well. "I use color," he explains, "to help the form. It's difficult to make a mistake with color."

He first conceived of a corncrib installation a couple of years ago, but the project didn't get started until he approached the Ramsey County Historical Society with his plan for the Gibbs Museum site.

When he received a grant from a St. Paul-based arts organization, Forecast Public Artworks, Walker at last had the necessary support for the task of gathering his nylon-cord harvest.

Priscilla Farnham, director of the Ramsey County Historical Society, is enthusiastic.

"It's a wonderful project," she says. "The concept of bringing a once-familiar farm building onto the site for interpretation as an art object is an exceptional one. It reminds us as a community of our agrarian heritage. The Twin Cities has become so urbanized that we're losing sight of our agricultural background."

If Walker now finds himself credited as a preserver of rural values, it's not exactly a role he aspired to. He grew up in suburban Washington State, nowhere near corn-growing country.

While earning an architecture degree from the University of Oregon, he continued to explore the possibilities of fiber art. Four years ago, when his wife entered a graduate program at the University of Minnesota, the couple decided to relocate.

"The art scene is more lively here than in Tacoma," says Walker. From his studio in Minneapolis, he now juggles his art while running a home-design business ("I can't refer to myself

an architect," he explains, "until I pass the licensing exam.") and caring for his 11-month-old son.

Woven Corncrib 2004, as it's officially known, is Walker's first large-scale outdoor project, but he's no novice on the local art scene.

He's part of a show entitled "A Fine Line," which will run through August 27 at the Bloomington Art Center. One of his pieces will soon travel to the Museum of Contemporary Art & Design in New York, as part of a traveling exhibition organized by Fiberart International.

As for the corncrib, it will slowly take form over the course of the summer. Passers-by on Cleveland Avenue can see Walker at work on it several times a week.

"People look out their car windows," he says, "and sometimes they stop to see what I'm doing."

To satisfy the curious, Walker hung an "Art in Progress" sign on the structure, where it's easily visible from the road.

The Woven Corncrib will remain in place by the main gate at the Gibbs Museum at least through the end of the museum's

season in October. After that, its destination is not clear.

"I'd like to see it in the Walker Sculpture Garden," Walker says, "but I don't think it's going to happen. It could be great in the right interior space, but maybe it will end up in my backyard."

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

*Smell the flowers.
Drink the bouquet.*

ENJOY A
GLASS OF WINE ON
THE PATIO

LUNCH DINNER

Muffuletta

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



LIFE IN THE CHURCH: COME AND SHARE

❖ BETHANY BAPTIST CHURCH

Skillman at Cleveland S., Roseville. 651-631-0211
9:30 a.m. Bethany Worship, Pastor Bruce Petersen
11:00 a.m. Korean Worship, Pastor Jiyong Park
10:15 a.m. Filipino-American Worship, Dr. Sanny Olojan

❖ 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 Summer Worship Schedule:
• 8:30 & 10:00 a.m. Worship (nursery provided for the 10:00 a.m. service)
• Holy Communion on 1st & 3rd Sundays
• Rides available for 10:00 a.m. worship;
Call the church office before noon on Friday for ride.

Please join us Sunday, August 22, at our Outdoor Worship Service and Congregational Picnic at 10:00 a.m. at the Como Park East Picnic Shelter (Horton Ave. and Midway Pkwy.). We will feature the "Barbary Coast Dixieland Jazz Band." Picnic will follow the service.

Pastors: Martin Ericson and Kristie Hennig
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

❖ PEACE LUTHERAN CHURCH - ELCA

1744 Walnut (at Ione) Lauderdale. 651-644-5440
www.peacelauderdale.com
Sunday Worship: 9:30 a.m.
Pastor: David Greenlund
All are welcome - Come as you are

❖ ST. CECILIA'S CATHOLIC CHURCH

2357 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)

❖ 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
Sunday Worship & VBS: 9:30 a.m., Fellowship: 10:30 a.m.
Nursery care provided
Sunday, August 1, 9:30 a.m. - Communion

❖ ST. ANTHONY PARK UNITED METHODIST CHURCH

All are welcome!
2200 Hillside Ave (at Como) 651-646-4859
Pastor Donna Martinson
Sundays:
10:00 am Worship Celebration
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.saplc.org
2323 Como Ave. W. Handicap-accessible. 651-645-0371
Pastors Glenn Berg-Moberg and Amy Thoren, Email: info@saplc.org
Summer Worship Schedule: 10:00 a.m.
Mark your Calendars! Rally Sunday and the Dedication of Stained Glass Windows; September 12, 2004, 8:30 & 11:00 a.m.
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

❖ ST. MICHAEL'S LUTHERAN CHURCH - ELCA

1660 West County Road B, Roseville. 651-631-1510
one block west of Snelling
Worship: Sunday at 10:00 am
Nursery provided. Handicap accessible.
Worship: Monday at 7:00 pm
Pastors: Roland Hayes and Sarah Breckenridge Schwietz
For more information, check www.stmichaelselca.com

WE SEE YOUR NEED
FOR INSURANCE
GROWING EVERY DAY.
WE LIVE WHERE YOU LIVE.



As your family grows, so does
your need for protection.
And nobody can help you provide
that protection like me, your
State Farm agent. See me today.

Jim Roehrenbach, Agent, LUTCF
2190 Como Avenue
St Paul, MN 55108
Bus: 651-644-3740
jim.roehrenbach.b5d@statefarm.com



LIKE A GOOD NEIGHBOR,
STATE FARM IS THERE.®

statefarm.com®
State Farm Life Insurance Company
(Not licensed in NY or WI)
State Farm Life and Accident Insurance Company
(Licensed in NY and WI)
©2003 Home Offices: Bloomington, Illinois 61822