



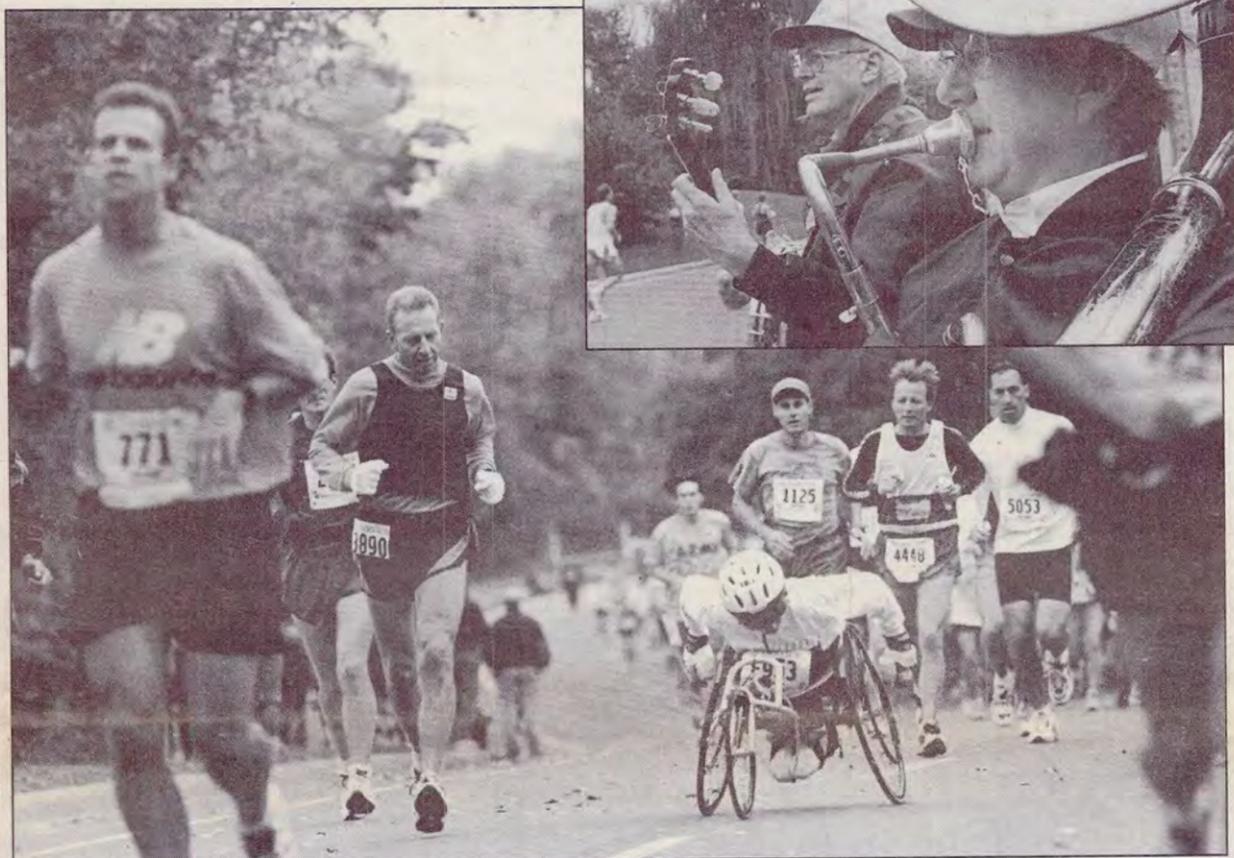
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# VILLAGER

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**If that's Dixieland, this must be mile 20.** Dave McCurdy (top left) and Jim Field of the Mouldy Figs serenaded competitors as they entered St. Paul during Sunday's Twin Cities Marathon. *Photo by Brad Stauffer.*

## Political heat building for Ayd Mill linear park

Roadway foes rush to judgment with ink still wet on pre-draft EIS

by Jane McClure

Though the St. Paul City Council is months away from making a decision on Ayd Mill Road's future, the political rhetoric is already heating up. Not only are elected officials beginning to wrangle over the six possible roadway alternatives, a new citizens group has formed to draw attention to traffic congestion on Lexington Parkway and other local thoroughfares.

Members of the recently formed Citizens for Safe Streets fear that a proposal to remove Ayd Mill Road and replace it with a linear park would only make Lexington and Hamline, Snelling and Randolph avenues more congested. They say they cannot even cope with the

traffic on those streets today. A petition drive is now under way to bring their concerns forward.

"I think you have to ask Neighborhoods First! whose neighborhood comes first," said Joan Nyberg, a Summit-University resident and Ayd Mill Road Task Force member. Neighborhoods First! is a citizens group that is pushing for a linear park in the Ayd Mill corridor.

Nyberg said that proponents of the linear park are unrealistic if they think the 11,000 motorists who travel each day on Ayd Mill Road will easily find other routes to use. She questioned how much more traffic north-south routes such as Lexing-

Ayd Mill/see page 4

## Birth mother sheds light on heart-wrenching tales of adoption

by Catherine Condon

There were no layettes for Linda Back McKay when she gave birth to her first child in July 1966. She was 19 at the time and had conceived following a rape in her first year of college. Her newborn son was given up for adoption after she went through a pregnancy filled with secrets, lies and shame.

"I had him, I held him and I made sure he was perfect," said McKay, a resident of the Nokomis neighborhood of Minneapolis. "I kissed him goodbye and was told, 'That's it forever. You'll never see him again. Go on with your life as if this didn't happen.'"

More than 20 years passed before McKay was reunited with her son. She tells her heart-wrenching story, as well as those of nine other mothers who placed their children up for adoption and were reunited with them years later, in *Shadow Mothers: Stories of Adoption and Reunion*. The book, published last month by North Star Press, has already received a warm reception.

"It seems to be touching people really deeply," said McKay, 51. "Birth mothers are coming out of the woodwork."

*Shadow Mothers* is the first non-fiction book for McKay, a poet and writer whose work has appeared in magazines and literary

publications across the U.S. and Canada. She spent a year researching and writing *Shadow Mothers*, finding her subjects by placing Internet and newspaper notices nationwide.

"I approached tons of publishers in New York," McKay said. "For a first-time author, that's pretty much a dead-end. But I did generate quite a bit of interest. There's been a lot of books on the subject, but usually they're one-woman stories or they're focused on reunions or (designed for) social workers. This is for real people to read."

Only McKay's parents knew of her own pregnancy. "We didn't tell my brothers or any of my friends," she said. "My parents said that

I'd moved to Ohio to live with my cousins."

In reality, McKay had left her home in Mendota Heights to live in a "wage home," a private residence where she worked 10 hours a day for her keep. She moved to a home for unwed mothers as her delivery date neared.

"It was like being in prison," she said, adding that all the residents used assumed names. "There was a lot of pressure to give babies up. Finally, it occurred to me that the important person in this whole picture was him (her unborn child) and not me. It seemed obvious what I needed to do."

Mothers/see page 5

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## Higher market values spur rise in property taxes

by Jane McClure

Rising real estate values are expected to drive up property taxes for a majority of St. Paul property owners next year. Locally, home values have increased over the past year by as much as 7.7 percent and could result in as high as a 7 percent property tax hike.

The Joint Property Tax Advisory Committee, which is composed of officials from the city of St. Paul, Ramsey County and St. Paul Public Schools, set its 1999 maximum joint levy on September 28. The proposed levy is a 2.2 increase over this year's amount, for a total

of \$184.3 million. State legislation requires the combined levy to be set by October 1.

The vote comes on the heels of all three governing bodies having set their maximum levies as required by the state's "truth-in-taxation" law. The city intends to keep its levy the same as this year, while the school district anticipates a 3.6 percent decrease and the county a 3.6 percent increase. The individual levies can be cut but not increased before the end of the year.

Market values are up for 77 percent of St. Paul's single-family homes. Some of those homes will see only a slight

change in value and, as a result, will have small tax increases next year. However, 58 percent of those homes will see a 5 to 10 percent increase in value and are likely to see their property taxes rise by as much as 5 to 12 percent. (Since assessors cannot inspect every residence, they use home sale prices to determine the change in market values for particular neighborhoods as a yardstick for estimating property taxes.)

Despite efforts to hold down tax levies, "Virtually everything that could change did change this year," said Chris

Higher taxes/see page 2

# Proposal for accessory apartments meets with opposition

by Jane McClure

As a draft of St. Paul's new Comprehensive Land-Use Plan makes its way to the Planning Commission and City Council this month, its chapter on housing is causing a stir among neighborhood groups.

The plan proposes providing an additional 6,000 housing units across the city by 2020. In the next 22 years the population of the Twin Cities area is expected to grow by 650,000, and city officials would like to capture some of that growth.

City officials have estimated that there is room for 800 new housing units in the Summit-University, Summit Hill, Macalester-Groveland, Highland Park, Merriam Park, Snelling-Hamline and West 7th Street neighborhoods. The projection includes the close to 500 new housing units in the proposed River Bluff Village off West 7th Street and Otto Avenue and the 23 senior housing units now being built near St. Clair Avenue and the I-35E Parkway. The projection does not include the 300 additional housing units that the city believes can be provided through remodeling existing homes.

With these so-called accessory apartments, families could provide under their same roof a separate home for elderly parents or adult children. The new apartments would be allowed in homes of 2,000 or more square feet.

"We need to provide more housing," said Larry Soderholm of the St. Paul Department of Planning and Economic Development, "and accessory apartments are one way to do it."

The Summit Hill Association (SHA) and Ramsey Hill Association (RHA) have taken a stand against accessory apartments. The St. Paul Heritage Preservation Commission (HPC) and the Macalester-Groveland Community Council have also raised concerns.

Allowing large homes to be divided into apartments "may lead to the kind of mistakes made here after World War II," said SHA executive director Ellen Biales.

The Twin Cities suffered a severe housing shortage in the postwar era, and many mansions and double houses were converted into apartment buildings and rooming houses to meet the demand. The poor quality of some remodeling, coupled with the added stress of more occupants, caused many dwellings to

become rundown, Biales said.

Many Summit Hill and Ramsey Hill homeowners have since invested a considerable amount of time and money to return those structures to their original floor plans, according to HPC chairman and Summit Hill resident Charles Skrief.

Skrief is one of those homeowners. His previous home in Ramsey Hill had been divided into small apartments before he and his family renovated it.

"I think we'd be taking a big step backward if we started carving up these larger homes into apartments again," Skrief said. "It just doesn't make any sense to add housing density when we've been working to reduce density over time."

RHA president Judy McLaughlin agrees. She and her late husband Mike moved into their Summit Avenue home when the neighborhood was considered run-down and unsafe. The McLaughlins worked for years to restore their home. "I think that allowing accessory apartments is contrary to everything people have done to improve the neighborhoods," McLaughlin said.

According to SHA president Molly

Coskran, the Summit Hill and Ramsey Hill neighborhoods, with their mix of single-family and multi-family dwellings, are already densely populated. Adding more housing means more motor vehicles and more parking congestion on area streets, she said.

"We believe that added population density is not desirable in every part of the city," Biales said.

"One of the concerns we hear is that if we create more accessory apartments, we'll wind up with more students living in the neighborhood and with more rental housing," said Kathie Tarnowski, community organizer for the Macalester-Groveland Community Council. "I understand the intent is to have owner-occupancy as a condition, but I'm not sure how you'd monitor that."

In 1999, the Planning Commission will ask district councils and community development corporations to identify opportunities for new housing developments, Soderholm said. With or without accessory apartments, "we're going to need additional housing in the city," he said, "and there's just not enough vacant land to provide that housing through new construction."

## Higher taxes expected for a majority of St. Paul property owners

from page 1

Samuel of Ramsey County Property Records and Revenue. Higher market values of homes, a decrease in the metropolitan area's fiscal disparities funds flowing to St. Paul and changes in the property tax classification system have all affected property taxes, he said.

"It's been a good year for increased market values," Samuel said. "It says a lot about the economy and what's happening in the city."

Samuel added that St. Paul is on a "fiscal disparities roller-coaster." The city has been on the receiving end of the fiscal disparities funding pool for many years. However, increased state aid for schools in 1998 resulted in a lower school tax levy. That in turn brings lower fiscal disparity funding in 1999 and higher property taxes to cover the loss of those dollars. The city, county and school district will lose about \$6.5 million in fiscal disparity dollars in 1999.

The prospect of higher taxes next year has some elected officials worried. "Now I have to go out and explain to my constituents that all the good news is really not as good as we've told them," said City Council member Jay Benanav. "This is going to be somewhat difficult."

Neighborhoods in Benanav's Ward 4 have the highest estimated market value and property tax increases in St. Paul. Topping the list is South St. Anthony Park, with an average 8.6 percent increase in value and estimated tax increase of 7.5 percent. Homeowners along Mississippi River Boulevard and Summit Avenue and in Merriam Park, Macalester-Groveland and Highland Park also are expected to see property tax increases.

The joint levy as proposed would result in a \$47.06 tax reduction next year on a median-priced \$76,100 home in St. Paul that does not go up in value. Taxes on that same home would increase by \$16.39 with a 5.3 percent rise in value. A similar rise in value would increase taxes by \$106 on a \$150,000 home.

Some committee members sparred with committee chair Mayor Norm Coleman over his call for Ramsey County to cut its budget and tax levy. Coleman said the County Board should have followed the city's lead and approved a zero percent levy increase, which commissioners Dino Guerin and Janice Rettman unsuccessfully tried to push through when the county levy was adopted.

"Mr. Mayor, I'm frankly a little bit disturbed

by your comments," said School Board member Becky Montgomery, recalling previous years when Coleman criticized the school district's levy increases. "I'd hate to see us get back into scapegoating other jurisdictions. We all have needs we have to respond to."

Much of the proposed Ramsey County levy increase is due to growing criminal justice system demands.

County Board chair Susan Haigh said it would have been "extremely irresponsible" for commissioners to cut the county levy without reviewing its budget. County budget reviews start this month. "Not a single county commissioner had seen a single line item in that budget when the zero percent levy was proposed," Haigh said.

Ramsey County administrator Terry Schutten argued that the county relies more heavily on its levy than the city does. About 12.5 percent of the city's budget comes from property taxes, as compared to 38 percent of the county's budget.

Coleman denied that he was trying to make any one unit of government a scapegoat. "We all have needs," he said, "and one of our needs is to keep a lid on spending."

Changes in the property tax classification system also have affected commercial-industrial and multi-family residential properties, Samuel said. Like single-family homes, many commercial-industrial and multi-family properties are seeing higher market values in a strong economy.

Overall, commercial-industrial taxes are expected to go up, while multi-family residential property taxes will see smaller increases. (The county does not compile data on commercial-industrial or multi-family residential property trends in specific neighborhoods as it does for single-family homes.)

Changes in the property tax classification system mean that more of the tax burden will be shifted to single-family homes. That is because the 1998 Minnesota Legislature decreased the tax rate for commercial-industrial and multi-family residential properties for the second year in a row.

Truth-in-taxation statements will be mailed out in mid-November. Citizens will get their chance to comment on the city, county and school district's proposed levies and budgets at a joint hearing on December 8 at Arlington High School.

## CHIROPRACTIC HEALTH CARE

### What To Do About Your Jaw Pain

Many people have trouble with popping sounds when they open their jaw. For some, this isn't painful. For others, the problem can be associated with painful chewing and range of motion so severe that it makes talking difficult. Headaches and neck pain can occur at the same time.

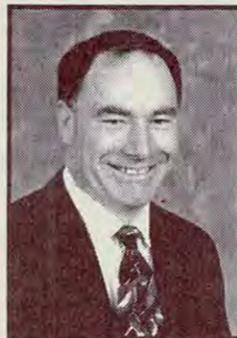
Commonly known as "TMJ", it is shorthand for 'temporomandibular joint syndrome'. This refers to a combination of problems affecting the jaw joint. A simple checklist can help you find out if you have evidence of this problem:

- Does your jaw click or pop when you open or close it?
- If you stand in front of a mirror and slowly open your jaw, does your chin move straight up and down, or does it move from side to side?
- Do you habitually chew on only one side of your mouth?
- Do you have tender spots in your jaw muscles or in the muscles on the side of your head?

- Do you get headaches on the side(s) of your head?
- Do you grind your teeth at night or clench your teeth often from stress?

If you answered "yes" to one or more of these questions, you may be suffering from TMJ. Early stages are deceptive because they are not necessarily painful. The problem can stem from trauma to the jaw, whiplash injuries, teeth alignment problems, untreated tooth pain, postural problems, and other factors. For some, jaw popping stops, but it doesn't mean the problem is gone.

Conservative care is usually indicated. This involves a thorough assessment of your problem and its potential causes. Often, exercises to balance out jaw muscle activity are helpful. Sometimes the jaw joints benefit from mobilization or light manipulation. Where neck problems or headaches occur,



Jeff Ewald, D.C.  
Faculty Clinician



Kevin Kalb, D.C.  
Faculty Clinician

treating them often diminishes jaw pain. Frequently referrals are made to dentists and orthodontists for acrylic splints for use while you are sleeping to give overworked muscles a break.

If you answered "yes" to any of the above questions, or you would like more information about chiropractic treatment for TMJ, you may wish to call a doctor of chiropractic.

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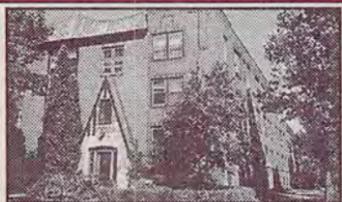
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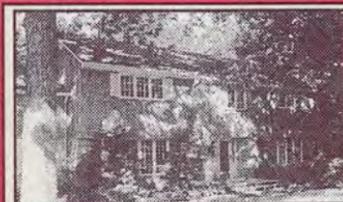
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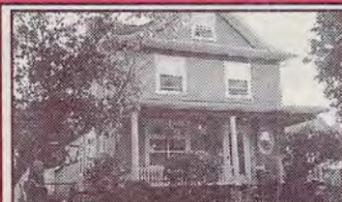
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Classical elegance and timeless appeal! 4+ BR Colonial with main floor family room, cook's kitchen with dining area, master's suite, 2 fireplaces and much more!

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Andrea Burmeister 690-8433 \$335,000



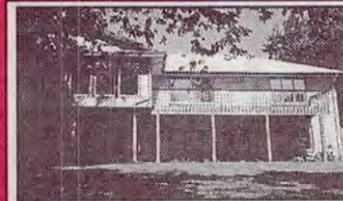
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## Ayd Mill Road debate heats up

from page 1

ton and Snelling can handle. She also would like to see more information in the Ayd Mill Road environmental impact statement (EIS) on the potential for motor vehicle accidents involving pedestrians and bicyclists.

For their part, Neighborhoods First!, the Sierra Club, Transit for Livable Communities and the Alliance for Metropolitan Stability used the linear park proposal as the centerpiece for their third annual Tour de Sprawl last month. A rally preceding the September 27 bike and van tour drew more than 80 people to the small park at Summit Avenue and Ayd Mill Road.

Linear park advocates contend that linking Ayd Mill Road to I-35E and I-94 would only make it easier for suburban commuters to drive through their neighborhood. District 64A state Representative Matt Entenza told Tour de Sprawl participants that he would "chain himself to the Capitol doors" before any state money is approved for the reconstruction of Ayd Mill Road. Entenza also said he would seek state bonding in 1999 to pay for a linear park in the Ayd Mill Road corridor. He estimated the state money needed at \$10 million.

"We will not let a road go through our neighborhoods," Entenza said. "We need more parks, we need more green space and we need it now." He urged those present to start pressuring St. Paul City Council members about the roadway alternative they will choose next spring.

"We need four votes, we need four St. Paul City Council members to say no to a freeway," Entenza said. "Tell them that they are committing political suicide if they vote for anything other than the linear park and that you will help them do it."

None of the four City Council members whose wards include neighborhoods around Ayd Mill Road—Jerry Blakey, Chris Coleman, Mike Harris and Jay Benanav—has voiced a preference among the six alternatives for Ayd Mill Road. Blakey, Coleman and Harris all have said that they would not support a roadway reconstruction alternative that would turn Ayd Mill Road into a freeway.

However, any plans for a freeway were discarded months ago when the Ayd Mill Road Task Force ruled out any direct connection to I-94 on the north due to high costs and concerns about the impact on the Snelling-Hamline neighborhood.

Blakey, Coleman, Harris and Benanav all said it is too early for the City Council to select an alternative, especially since district councils, business associations and other groups have not stated their preferences.

"We haven't even released the draft EIS yet," said Harris, whose Ward 3 abuts Ayd Mill Road and includes the southern leg of Lexington Parkway. "This is a complex issue. We shouldn't be rushing to make a decision. We have to take a balanced approach and hear from everybody before we decide anything."

Benanav, whose Ward 4 includes the north-

## Six options eyed for Ayd Mill Road

by Jane McClure

The pre-draft of the Ayd Mill Road Environmental Impact Statement considers the ramifications of six alternatives for reconstructing the 2-mile roadway. These include the following:

- No-build. Ayd Mill Road would be maintained as it is today, with no connections to the interstates at the north and south ends.

- Transportation system management/travel demand management. This alternative would involve a greater accommodation for buses and such operational improvements as ramp meters, electronic directional signs and traffic signal pre-emption.

- Removal of the roadway and replacement with a linear park.

- A two-lane roadway with a direct connection to I-35E on the south and an indirect connection to I-94 on the north by

extending Ayd Mill Road along an existing railroad spur between Hamline and Pascal avenues.

- A four-lane roadway with a direct connection to I-35E and an indirect connection to I-94 by extending Ayd Mill Road along the same railroad spur. One lane of Ayd Mill Road in each direction could be designated for high-occupancy vehicles.

- A four-lane roadway just as above, but with bridged ramps connecting Ayd Mill Road to I-94. One lane of Ayd Mill Road in each direction could be designated for high-occupancy vehicles.

The Ayd Mill Road Task Force rejected proposals earlier this year for direct connections to I-94 with freeway-style interchanges. Other alternatives were dropped in previous years, including a downtown connection between I-35E and I-94, light-rail transit, a limited-access freeway and replacing Ayd Mill Road with housing.

ern end of Ayd Mill Road, agreed. "We're going to have to look at a lot of issues and what works best for the entire area," he said.

"Anything that increases traffic in the neighborhoods around Ayd Mill Road and on Lexington Parkway is unacceptable to me," said Coleman, whose Ward 2 includes the Summit Hill neighborhood. "We have 40,000 cars per day on Lexington Parkway, and we can't take steps that would

increase that."

"Sure, I'd like to live next to a park—who wouldn't?" said Blakey, whose Ward 1 includes the Summit-University and Lexington-Hamline neighborhoods, which are divided by North Lexington Parkway. "But we have to consider what our decision will do to all the neighborhoods around Ayd Mill Road."

## Snelling-Hamline neighbors vote on Ayd Mill options Oct. 22

by Jane McClure

Snelling-Hamline may be the smallest neighborhood along Ayd Mill Road, but it will likely be affected most by any reconstruction of the roadway.

Six alternatives are on the table for reconstructing Ayd Mill Road. Three of them would include an indirect connection to Interstate 94—a half-mile extension of Ayd Mill Road that would slice right through Snelling-Hamline.

It may be fitting, then, that the Snelling-Hamline Community Council will be the first

neighborhood group to hold a forum on the draft of Ayd Mill Road's environmental impact statement (EIS).

The forum will be held as part of the council's annual meeting at 7:00 p.m. Thursday, October 22, at Bethel Christian Fellowship, 1466 Portland Ave. Following presentations on the reconstruction alternatives (see box above), Snelling-Hamline residents and business people will be asked to indicate their preference.

The forum is open to the public, but only Snelling-Hamline residents and business people will be allowed to vote and IDs or

other credentials will be checked.

"I don't want anybody to say that this group or that group stacked the meeting," said John Van Hecke, president of the community council.

A pre-draft of the EIS will not be released to the public until later this fall, though it has been studied for the past month by the Ayd Mill Road Task Force.

The city is expected to hold a public hearing on the EIS sometime in January. The Planning Commission and City Council will choose an alternative next spring.

It was partly out of concern for Snelling-

Hamline that a decision on Ayd Mill Road has been in limbo for more than 30 years. The roadway was planned as a link between I-94 and I-35E, but construction was blocked by opposition from neighbors at the north end of Ayd Mill Road.

According to Van Hecke, the Snelling-Hamline neighborhood is divided over the future of Ayd Mill Road for several reasons. One is the fate of Snelling Park, the residential area bounded by Pascal Street and Snelling, Marshall and Concordia avenues.

Snell-Ham/see next page

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# Mothers leave the shadows

After giving her son up for adoption, McKay rarely spoke of him, the rape or the pregnancy. Eventually, she married, gave birth to two children and adopted a Korean girl. Having three children fulfilled her, McKay said, but never dulled her pain. In 1987, with encouragement from friends and her second husband, David McKay, whom she married in 1984 seven years after an amicable divorce, she decided to try to locate her son. "It was easy," she said. "I called the agency and put in the formal request. All they had to do was make one call. He lived a block away from where he'd been placed."



Author Linda Back McKay was reunited with her son 11 years ago and now baby-sits for her 2-year-old granddaughter, Allie Rose. Photo by Terry Faust.

McKay and her son, Tom, met at a restaurant. "He was shaking," she said. "We sat across from each other and poured our hearts out."

McKay said she was pleased that her son was happy, was attending college and was in a loving family. Still, she was crushed by the reality of so many lost years. Even now, she said they are defining their relationship.

"It takes time," she said. "I'm not sure if all of his family are completely relaxed, but I know his mom and dad are OK. In fact, she bought a copy of *Shadow Mothers* and refers to him as 'our son.'"

Other women featured in *Shadow Mothers* were not so fortunate. In one instance, a son completely distanced himself from his severely troubled birth mother. In another, the birth mother must await the adoptive mother's death before her daughter will agree to a relationship. In still another, the birth mother discovered that her daughter had been sexually

abused by a stepbrother.

"There are some messes in there," said McKay, pointing to her book. "There are a lot of references to an empty hole inside, a blank spot. It was that burden that we carried."

Dozens of "shadow mothers" have approached McKay after her book readings, including the one on September 24 at Barnes & Noble in Highland Village. "People are looking for support, for somebody to talk to," she said. "There aren't a lot of options. It's an experience that doesn't happen to everyone."

McKay's next appearances will be at the Barnes & Noble in Duluth on October 16; Backroad Coffee & Tea in Hayward, Wisconsin, on October 17; and Border Books in Midway Center on November 12.

During her signings, she offers a free pamphlet, "Top Ten Ways to Help Ensure a Positive Reunion and Relationship." It advocates resourcefulness, respect, sensitivity and patience. "It works for the birth family and the adoptive family," she said. Copies of the pamphlet also can be found at [www.visi.com/~lbackmckay](http://www.visi.com/~lbackmckay).

McKay is now considering writing a book on today's more open adoption process. Unlike the era in which she grew up, birth mothers now often receive family and community support, choose the adoptive parents and participate in their newborn's lives.

"It's much better now, but it doesn't fix it," McKay said. "There's still pain. I don't have a complete answer yet. I don't know if I ever will."

# Snelling-Hamline

"There's been no real thought given to the issues facing Snelling Park," said Mike Casey, who represents Snelling-Hamline on the Ayd Mill Road Task Force. Though the task force has eliminated consideration of any freeway-style interchange with I-94—a plan that would have wiped out many homes and businesses in Snelling Park—attention still needs to be focused on the impact that any indirect connection would have on the neighborhood, Casey said.

Meanwhile, the Snelling-Selby Area Business Association has lobbied to maintain direct access between Ayd Mill Road and Selby Avenue. If the road is removed to create a linear park, some establishments could lose 30 to 40 percent of their business, according to Jim Bergstrom of Liberty State Bank.

"Neighborhoods First! does not take into consideration the survival of the businesses," said Bergstrom, referring to the citizens group that is lobbying for the linear park. "They don't consider the business community one iota."

Other Snelling-Hamline residents feel a proposal to build a decked park over Ayd Mill Road has been overlooked in the EIS. That plan was presented two years ago by the Ayd Mill Road Coalition, a group formed by the Snelling-Hamline Community Council. The coalition raised more than \$20,000 to pay for a consultant and various studies of Ayd Mill

Road alternatives.

The decked park would bridge the ravine between the Snelling-Hamline and Lexington-Hamline neighborhoods, from Summit Avenue to just south of the Hamline Avenue bridge over Ayd Mill Road. The \$20 million to \$25 million proposal would involve lowering the surface of Ayd Mill Road and replacing the Summit Avenue bridge.

The decked park was viewed as a tradeoff, according to Shirley Reider, a member of the coalition and vice president of the Snelling-Hamline Community Council. According to her, it would provide green space even while the neighborhood received the additional traffic of a rebuilt Ayd Mill Road.

The Ayd Mill Road Coalition met on September 22 to discuss which Ayd Mill Road alternative to support. Most of the people at the meeting were allied with the group Neighborhoods First!, Reider said, and the majority voted to support a linear park. However, she added, that vote does not reflect the sentiments brought forward at coalition meetings over the past few years.

"I have a lot of concern for what happened at the September 22 meeting," Reider said. If the coalition simply takes the position for a linear park, she said, "that dismisses the idea that increased traffic on other streets will be a problem. And it doesn't address the problems at the south end of Ayd Mill Road."

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# VIEWPOINT

MISCH-MASCH

MICHAEL MISCHKE

## Build it; they're already here

Some people subscribe to the Field of Dreams Theory of Transportation Management, i.e., "If you build it, they will come." At first blush, the theory seems to have validity, in that whenever we build a new road, people invariably come to use it. Of course, chances are we wouldn't build it if existing traffic and future projections didn't suggest that people would come. People come, in other words, not because we build it, but because people need it.

Other people subscribe to the Waterbed Theory of Transportation Management, i.e., "Push down here and it comes up there." We've all seen it in practice a thousand times: Reduce access on this road and traffic increases in equal measure on another road; increase access on this road and traffic decreases—at least temporarily—in equal measure on another road.

The Waterbed Theory, of course, assumes a constant mattress capacity and constant water level, and we all know that no matter how many roads we build, traffic just keeps increasing. That isn't likely to change until we do something that radically alters human behavior and our long-standing relationship with our motor vehicles.

In the meantime, we have Ayd Mill Road, St. Paul's entry in the contest for the Twin Cities' Longest Running Road War. (The 40-year Assault on Ayd Mill Road is running neck and neck with Minneapolis' Hiawatha Avenue Hostilities, and the winner isn't likely to be determined until well into the next century.)

Conceived in the 1950s to provide access to and a direct connection with the future I-94 and I-35E, Ayd Mill Road was never completed because of roadblocks put up by Summit Hill neighbors concerned about the impact of I-35E, and by Snelling-Hamline and Merriam Park neighbors concerned about the impact of Ayd Mill Road freeway connections. After construction ground to a halt in 1966, Ayd Mill Road earned the dubious distinction as the road to and from nowhere.

When I-35E opened as far north as Randolph Avenue in 1987, St. Paul's first Ayd Mill Road task force was formed to study traffic issues in the neighborhoods surrounding the road. In 1989 the City Council agreed with the task force that an environmental impact statement was warranted.

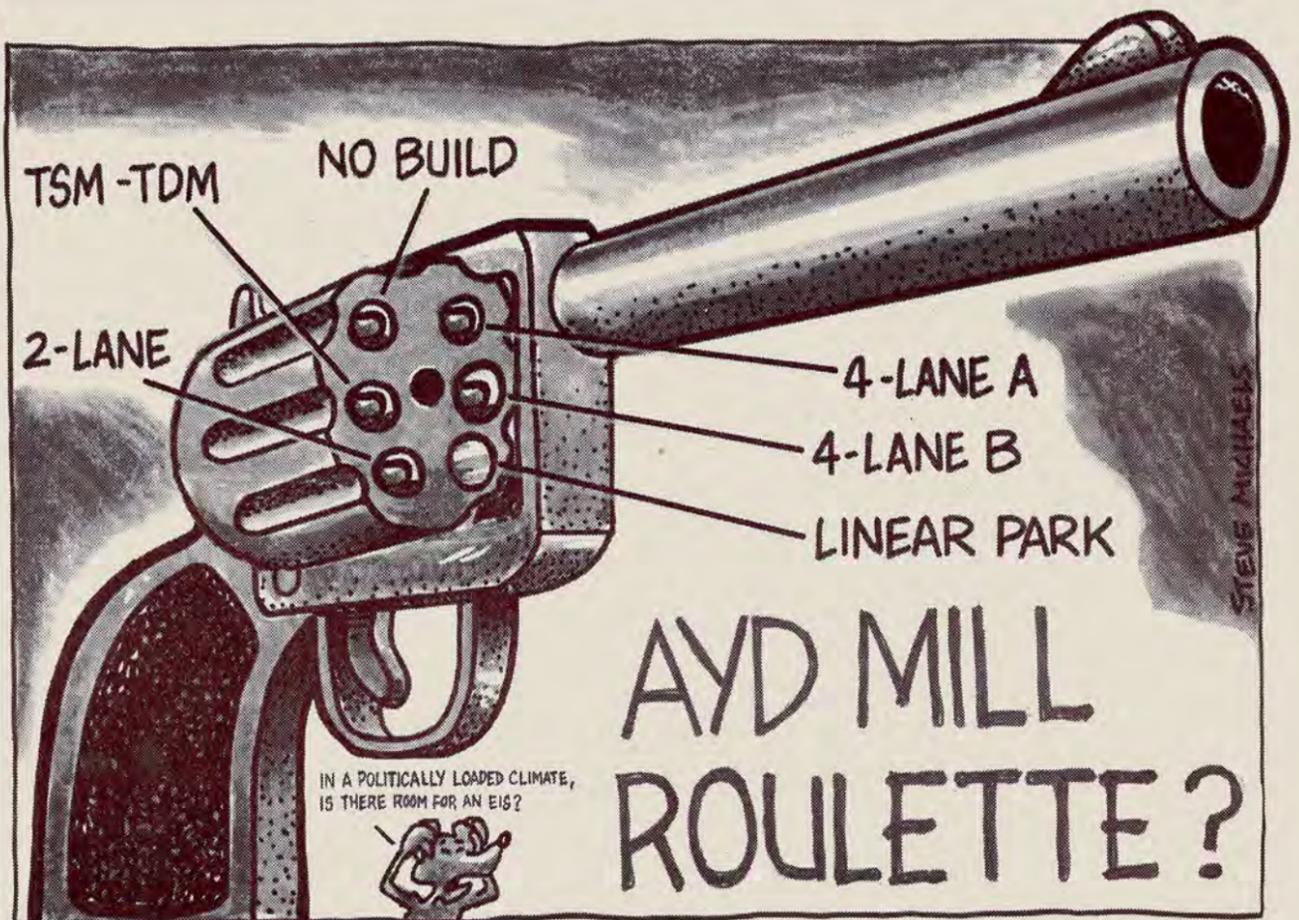
A new task force was subsequently formed to help prepare the EIS. The task force then identified a narrowed list of alternatives for further study. It is those alternatives, analyzed in the recently published EIS "pre-draft," that are the subject of intensifying debate as 1998 comes to an end.

More than 11 years of on-again, off-again study have done nothing to slake the passions of those who stand to lose or gain most from the outcome. If anything, those passions are on the rise as the process turns a critical corner. Two previous citizen groups concerned about Ayd Mill Road were recently joined by two others in an effort to make more voices heard—or the same competing voices heard more loudly.

Those citizen groups include many who hold to the aforementioned Field of Dreams Theory, except they've inverted the formula and are now mounting a campaign to "unbuild" Ayd Mill Road and make the motorists who use it go away. In advocating for the pavement's replacement by a park, they either don't care where the traffic Ayd Mill Road generates today would be diverted to, or they believe that traffic will somehow disappear.

Others who hold to the Waterbed Theory know that the existing situation on north-south neighborhood streets like Lexington Parkway and Snelling Avenue has grown unbearable since I-35E's completion. (Six intersections within the EIS's study area are now ranked among the 25 most dangerous in St. Paul.) Especially insane is the congestion on those segments of Randolph, Jefferson and Lexington that indirectly connect I-35E and Ayd Mill Road, and those segments of Selby and Snelling that indirectly connect I-94 and Ayd Mill Road. Not one of those streets was intended to carry the volume of traffic it's getting today.

It seems clear to me: The first group of transportation theorists is dreaming, and the second group won't get any rest until Ayd Mill Road is completed. Let it be done.



## Cogent arguments against bike lane were ignored

Dear editor,

Over the last year we've learned from the *Villager* that there are two factions on the Mississippi River Boulevard bike lane issue: rational, safety-minded folks who favor it; and irrational Chicken Littles who fear an invasion of outsiders. This oversimplification has never been true. There seem to be three groups who favor the bike path—those who don't want to share the combined path, those who want to paint bike lanes everywhere, and those who want to complete the Grand Rounds. All three will say anything to justify their position.

The *Villager* has ignored others who say that enforcing existing laws would solve the conflicts and that the bike lane would only disfigure the street and annoy motorists. Look at the bike lanes on Summit and Fairview avenues. Both gave bicycles space by removing a traffic lane. On River Boulevard, cars and bikes had 15 feet and they still have 15 feet. Too few bikes use River Boulevard to dedicate one-third of the southbound side to them. The white line doesn't protect cyclists because motorists regularly cross it. More subtly, bike lanes illegitimize bicyclists as road users, confirming to mistaken motorists that bikes don't belong on normal streets. The law says that except for freeways, bicyclists have the same right as motorists to use all roads. So, Chicken Little-ism isn't the only argument against the River Boulevard bike lane.

The River Boulevard task force tells us that safety "depends on the responsible conduct of each and every individual user." Did we need a task force to tell us that? This whole issue was raised by people who thought that wasn't working. Did a task force deciding to do nothing help? Where is the plan for education? Where is the call for law enforcement? Where is their promise to actually use the park and finally learn the truth?

John Kaplan  
Highland Park

## A few buckets of paint: \$45,000

To the editor:

In the September 23 *Villager*, St. Paul Parks and Recreation Commission chair Jill Danner continued her private war against the residents of Mississippi River Boulevard. If memory serves, it was Ms. Danner who said, "Why not try a bike lane on River Boulevard? All it will cost is a few buckets of paint." Today, after two years of wrangling and \$45,000 in public expenditures, Ms. Danner has her bike lane.

Before the bike lane was marked, no data were ever

## VILLAGE POST

presented to support Ms. Danner's claims of congestion or safety problems on the combined bike/pedestrian path. Now that we've had the bike lane for a year, there are no data to indicate any improvement. Yet we're hearing demands for the removal of turn lanes at Marshall Avenue and seeing more buckets of paint being laid down.

We can only brace ourselves for the next assault by a self-selected cadre of meddlers who impose their will on the neighborhoods at taxpayer expense.

Jack P. Maloney  
Merriam Park

## Care to be clean

To the editor:

Last week I walked to Highland Village and noticed litter lying along the curb, scattered throughout parking lots and occupying the sidewalk. There were food wrappers, cigarette butts and scratch-off lottery tickets littering the ground. I thought to myself, doesn't anyone care about our community? Perhaps through community awareness and citizen participation, we can effectively educate all citizens on the benefits of a clean, safe and litter-free environment. Let's walk the additional distance to the nearest trash container or keep the litter with us until we get home.

Jeffrey Scott  
Highland Park

## Another Michael Tierney

To the editor:

Recently an Eagan man identified as Michael Joseph Tierney was charged with multiple felonies in the theft of \$142,000 in retirement funds from Joe Meyer, his former gym teacher at St. Mark's School. As many people in the St. Paul area know, Joe Meyer is a beloved man and great coach and surely does not deserve the treatment he received from Michael J. Tierney. I am doubly saddened about this since Joe Meyer also coached two other Michael Tierneys who attended St. Mark's—me and my cousin Mike—and we had nothing to do with these thefts. I hope our classmates,

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# Village Post

from previous page

neighbors and friends realize that although our names are the same we are very different people from the man accused of stealing from Mr. Meyer. My prayers and those of my family go out to Mr. Meyer during this difficult time, and we hope his retirement years are blessed by his memory of all of the kids who love and respect him.

Michael Edward Tierney  
Burnsville

*Editor's note: The letter writer, a student at St. Mark's from 1960 to 1965, refers to the charges filed on September 18 in Hennepin County District Court against Michael Joseph Tierney, 33, of Eagan. Tierney, who was scheduled to be arraigned on October 2, has been charged with five counts of felony theft by swindle for taking \$142,000 from Meyer while acting as his financial adviser.*

## Where has common sense gone?

To the editor:

I recently read in the *Villager* that the city of St. Paul had clearcut trees along the river bluff between Highland Park and Minneapolis. Not surprisingly, shocked groups of activists were looking for a grant to restore the bluff to its previous state.

I envisioned the entire river bluff clearcut to the shoreline, so I had to see this abuse of city muscle for myself. I proceeded to drive from Davern Street north to Shriners Hospital. To my surprise, I couldn't tell where the dastardly deed was done. Worse yet, I couldn't tell that the Mississippi was on the other side of the forest. There were only a few small gaps in front of park benches.

Has this city gone nuts? Are environmental extremists calling the shots? Where has common sense gone? I can't imagine that the majority of people in St. Paul want the city to accept a grant from the state to plant trees and bushes in front of park benches whose sole purpose is to provide a relaxing view of the river. I also can't imagine that the majority of St. Paul residents want the bluff clearcut.

If you care about common sense, please call the city and compliment them on their cutting in front of these benches, and call your state legislators and tell them we don't need a grant for such a ridiculous scheme. If you don't want to wake up some morning to find buffalo grazing on Summit Avenue or logging trucks in Battle Creek, please don't let extremists, on either side, be the only ones that are heard! Call someone! Write someone! They will!

Michael Barnes  
Como

## Save the oaks, stop Hwy. 55

Dear editor:

Thank you for the article on the effort by Earth First and others to save an oak savanna from the Minnesota Department of Transportation's plan for Highway 55 (*Villager*, September 2). However, the article may have

misrepresented the joint effort to save the land as mostly an Indian rights issue. While it is important to know history and be accountable to it, the issue is to keep an irreplaceable forest ecosystem intact. True, the savanna is not large in comparison to other state parks, but an untouched oak savanna is rare and it is home to many forms of wildlife.

I visited the site with my children in September. It was a sunny day and the trees and flowers were so thick you could not see 20 feet past where you stood. We heard clear streams rushing downhill to the river and did not want to end our walk much less think of it being our last in such a peaceful, beautiful place.

I returned to the park on a weekend when thousands of bicyclists and hikers were everywhere to be found. Why aren't these people joining in the protest? Perhaps because it has been misrepresented as an Indian issue.

It is not an Indian or Earth First protest, but is on behalf of everyone, now and in the future, who knows what a difference even one tree can make. Users of the park and anyone who appreciates the fact that it cannot be replaced ought to voice their support of the protesters and their anger at MnDOT for trying to bulldoze this land.

Mary Verrill  
Highland Park

## Workers of the world, waste not

To the editor,

Regarding Peter Smilde's August 19 letter to the editor:

I agree that federal, state and local governmental employees have a responsibility to conserve resources, but employees in the private sector have the same obligation. I have worked in the public and private sectors. Waste of resources happens in both. Each employee must take it upon himself to make wise use of resources—material, fiscal and time—for the good of company, agency and nation.

While it is seldom mentioned in arguments denigrating public employees, we are taxpayers too. It is logical to expect that we would conserve resources as much as any private-sector employee. Perhaps most of us need to be reminded to use resources wisely wherever we work.

Eugenie de Rosier  
Macalester-Groveland

## Limited vision

Dear *Villager*,

I had my car stereo stolen from in front of my house recently. Probably for that reason I have paid more attention than normal to the governor's race and its emphasis on crime. I have found it discouraging to read, virtually from the beginning, how many media outlets declared Skip Humphrey as having the clearest vision of all DFL candidates. All this adulation reminded me of my personal meeting with the man. It was on the now defunct TV program "Twin Cities Live." The panel was composed of political candidates and the subject was crime.

The crime "solutions" seemed to be droning on when the host opened up the microphone to the audience. Having worked on a number of crime prevention projects, I asked

Humphrey if he felt that crime might partially be a function of a person's dissatisfaction with himself or herself and if satisfaction with ourselves is being manipulated by the nearly 32,000 commercials many of us absorb a year.

Although the answer seemed obvious, he seemed taken aback by the wider scope of the question, then gave a quick non sequitur and retreated to the safety of the panel. It was abundantly clear to me then that this man could not fit the question into any paradigm he had available.

I can imagine how future historians will regard these last-gasp political campaigns of the 20th century. They will note that governments of this period continued to represent and not buffer private interests. They will note that talented traders helped create a greatly increased demand for material possessions, which led to financial windfalls for many, but also to the most ruthlessly shortsighted and effective attack ever orchestrated by man on Earth's ability to sustain life.

How will Skip help deal with this? How will Norm? Will they even understand the question?

Paul Paulos  
Macalester-Groveland

## Vote 'no' on ballot question two

To the editor:

On November 3, Minnesota voters will be asked three ballot questions. Vote "no" on ballot question two: "Shall the Minnesota Constitution be amended to affirm that hunting and fishing and the taking of game and fish are a valued part of our heritage that shall be forever preserved for the people and shall be managed by law and regulation for the public good?" This deceptive measure, disguised as a rather harmless political statement in support of hunting and fishing, will provide concrete constitutional protections for the use of steal-jaw leghold traps. These traps are cruel and inhumane. Many times dogs, cats and other animals are caught in these traps and die a horrible, painful death or frantically gnaw off their leg to free themselves.

Our state constitution does not provide guarantees for citizens to have food, shelter, employment or health care. The constitution is not the place to guarantee a hobby or sport. Hunting and fishing are not threatened activities in Minnesota. This is a foolish and unnecessary measure to include in our state's most significant document.

Nancy Minion  
Woodbury

## Do write, won't you?

The *Villager* always welcomes letters to the editors. To be considered for publication, letters must be signed and include a telephone number for verification. You may send yours to the *Villager* at 757 S. Snelling Ave., St. Paul, MN 55116, or fax it to 651-699-6501. We reserve the right to edit for length, so to spare yourself the unkind cut of the editor's pen, keep your letters brief and to the point.

# VILLAGER

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# A long time brewing

## Summit finally gets to pop the top on its new \$9 million Crosby Park plant

by Dave Page

Summit Brewing founder and president Mark Stutrud was so busy accepting the congratulations of well-wishers at the September 19 grand opening of the company's new Crosby Lake Business Park brewery that he didn't even have time to get a beer.

"I'm going dry," Stutrud lamented, looking at his near-empty cup, "but the lines are just too long."

That's what happens when you give away one of the region's most popular brews.

Annual sales of Summit beer have grown from 6,000 to 32,000 barrels in the brewery's first 12 years. The question is, can that growth be sustained to justify the \$9 million invested in its new facility? The beer industry in America is "in a period of consolidation, if not all-out retreat," according to a recent article in the *St. Paul Pioneer Press*. For proof, one needs to look no farther than St. Paul's East Side where Stroh shut down its brewery last fall.

Stutrud knows he is bucking the trend, but he is also a cautious businessman. This is, after all, the same man who went through 200 focus groups to come up with a name for his brewery. "It's easy to pronounce, no other brewery ever had the name before, and Sum-

mit identifies us with (Summit Avenue) in St. Paul," Stutrud said.

With annual production limited to 34,000 barrels at its former University Avenue plant, Summit's expansion seems both logical and necessary. Furthermore, Stutrud is pleased with the new brewery—as he should be. Designed by St. Paul architect Peter O'Brien, the new plant on the bluffs overlooking the Mississippi River is nothing short of spectacular.

Located off West 7th Street and I-35E, the 58,000-square-foot brewery is more than twice the size of the University Avenue plant. The new facility

was built on 4.25 acres of land that Summit purchased from the St. Paul Port Authority for \$1.00. The parcel is part of a 41-acre industrial park that was developed on the site of a former Texaco fuel tank farm.

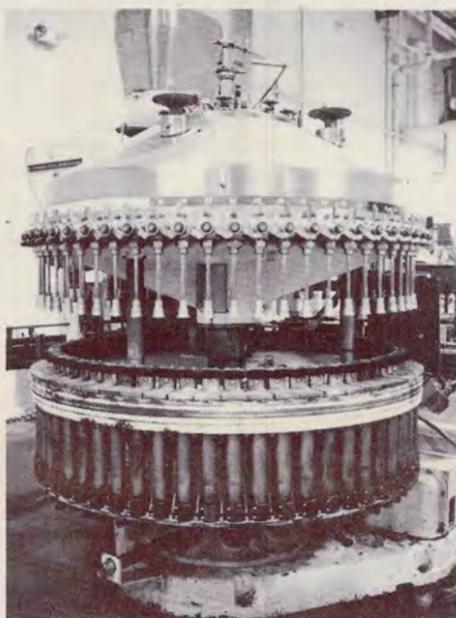
As part of its purchase agreement, Summit agreed to expand its work force to 25 full-time employees and to pay those employees at least \$10.50 an hour. With the addition of three or four employees over the past 18 months, Summit now has 25 full-time workers, according to sales manager Jeff Spaeth.

The new brewery is equipped with two copper brew kettles, each capable of holding 4,500 gallons. They were purchased from the

**The new plant's fermentation cellar is large enough to hold the entire former brewery.**



Summit Brewing president Mark Stutrud and brew master Jon Lindberg have a lot more room to work their magic with the opening of the company's new four-story facility in Crosby Lake Business Park. Photo by Mike Long.



Summit Brewing's new bottling line can top off 450 bottles per minute.

Hünerbrau Brewery in Ansbach, Germany, and shipped intact. The kettles arrived in St. Paul on flat-bed trucks and were installed in the four-story, 14,000-square-foot brew house.

Summit's brewing process is fully automated with a computerized system designed in Germany. The brewery fills its six 428-barrel fermentation tanks with filtered city water.

Together, the tanks can produce 65,000 barrels annually. With a fermentation cellar large enough to hold the entire former brewery, there is room to expand annual production to over 150,000 barrels. Summit's new bottling line can top off 450 bottles per minute, compared to 70 bottles per minute at the old facility.

Stutrud expects the new brewery to meet the company's needs for at least the next 20 years. If necessary, future building expansion would allow Summit to reach a capacity of roughly 300,000 barrels per year. That's far more than a microbrewery produces, but far fewer than the 2 million to 2.5 million barrels produced each year by Minnesota Brewing Company down the street.

Test brewing at the new facility began in late August, Stutrud said. Actual brewing started in mid-September, and if all goes according to plan, the plant was expected to be fully operational as of October 1. That's still about three months behind schedule.

"There were several problems that held us back, but the main delay was a really tight construction market," Stutrud said.

With higher production capabilities, Summit intends to "become even more aggressive with its plans for increased market share," according to a brewery press release. Part of those plans involves bottling Hefe Weizen

Summit/see next page

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# NEWS BRIEFLY

## City Council to rule on repair of Grand, Highland billboards

The appeal of a St. Paul Planning Commission decision to allow the repair or replacement of billboards damaged in last May's storms will be heard by the City Council at 5:30 p.m. Wednesday, October 7.

The appeal was filed by the anti-billboard group Scenic Minnesota, the Highland District Council and Summit Avenue resident Roger Chambers. They contend that city sign ordinances forbid any new billboards there and require the removal of those that sustain damage of more than 50 percent of their value.

The billboards are located atop the building that houses the Subway shop at 1820 Grand Ave. and atop the Highland Shopping Center at Ford Parkway and Cleveland Avenue. These locations lie within the Grand Avenue and Highland Village special sign districts.

Eller Media Co., which owns the billboards, contends that the damage is less than 50 percent. City staff has agreed and has stated that the damage to the billboards is not structural and therefore does not require a building permit.

## Restraining order denied for Lexington Commons

A lawsuit against a proposed Summit Hill townhouse development continues to make its way through Ramsey County District Court, but a bid to block the city of St. Paul from issuing a building permit has been denied and work at the 3.3-acre site is now under way.

The dispute centers on Lexington Commons, a 10-unit townhouse development southwest of the intersection of Lexington Parkway and St. Clair Avenue. The size and design of the project was debated for nearly a year before the St. Paul City Council rejected an appeal by neighbors and approved a special condition use permit for the developer, Mendota Homes.

Husband and wife Patrick Byrne and Rachel Blank of 243 S. Lexington Pkwy. filed the lawsuit in August. They claim the development's planned access off St. Clair Avenue is too narrow and unsafe and that the city erred in approving the permit. In reports to the Planning Commission and City Council, a city traffic engineer has testified that the 20-foot-wide driveway would be unsafe. The couple live adjacent to the driveway, which is now an alley.

Byrne and Blank sought a temporary restraining order against Mendota Homes, but the motion was denied on September 9 by Ramsey County District Court Judge Michael Fetsch. The court still has to rule on the claim by Byrne and Blank that the city's granting Mendota Homes a special condition use permit was arbitrary and capricious and thus unlawful. Also unresolved is the couple's request for relief and court costs.

The city and Mendota Homes deny anything improper in the approval of the special condition use permit. Mendota Homes has since filed a counterclaim against Byrne and Blank and they in turn have filed a motion seeking to dismiss the counterclaim. The next scheduled action on the case is a November 20 hearing.

News briefs compiled by Jane McClure.

## Summit Brewing /from previous page

year-round as Summit currently does with its Extra Pale Ale, Great Northern Porter and India Pale Ale.

Summit distributes its beer in six states in the Upper Midwest and has no plans to expand that area. Currently, about 85 percent of its sales are in the seven-county metropolitan area, according to Spaeth.

Public tours of the new brewery are now being offered on Saturday afternoons, but within the month Summit will begin offering weekday tours. The brewery's church-size rathskeller, which faces the river valley, is open by appointment. For more information, call 651-265-7800.



Copper brewing vessels from Germany each hold 4,500 gallons.



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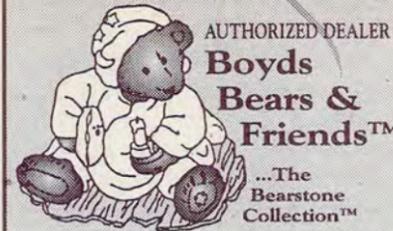
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# Paymar, Cleveland battle again for District 64B House seat

by Chris Smith

If the November 3 general election ballot looks familiar to voters in House District 64B, it should. Ray Cleveland, the Republican-endorsed candidate, has returned to challenge DFLer Michael Paymar, who defeated Cleveland two years ago by a margin of 59-41 percent.

This year, to hear Cleveland and Paymar describe the mood of District 64B voters, you would think they were door-knocking different districts.

Paymar maintains that "people are happy with the direction of the city and state. They are satisfied with the steps that have been taken on taxes, like increasing the amount of state funding for education so that it relies less on property taxes."

"People are really disappointed with how the Legislature has handled the budget surpluses," Cleveland counters. "They amount to overpayments by taxpayers. Other than perhaps putting some of it into the state's rainy

day fund, the money should go back to taxpayers.

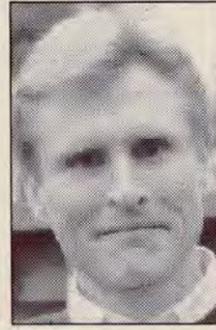
"If you or I went to Target, ran up a \$17 bill and handed over a \$20 bill, we'd be pretty upset if the clerk said the change was going to be kept so that they could improve the store," Cleveland said. "It's healthy to have a skepticism about government, but our tax-and-spend policies are turning it into cynicism and that is corrosive. I want the state to be responsible, to explain why they're taking your money and where it's going."

"We did return about \$1 billion (of the \$8 billion budget surplus) in property tax refunds and relief," Paymar said. "People criticized us for the bonding bill, but there were some major investments that I feel proud about. University of Minnesota infrastructure, environmental protection, these are going to pay off in the future. This is a great state, and the reason is that the people are concerned about the kind of life they'll be leaving their children."

Both candidates stopped short of endors-



Michael Paymar



Ray Cleveland

ing major permanent income tax cuts because of the effect an economic downturn would have on state revenue.

Paymar, 44, a former member of the Duluth City Council, is the coordinator of the National Training Project, an agency that provides domestic violence prevention training across the country. A divorced father of two and a grandfather, he has lived in St. Paul for the past 10 years and makes his home in the

Macalester-Groveland area.

Cleveland, 37, a native of Rochester and an Air Force veteran, has also lived in St. Paul for 10 years. He works as a purchasing agent for the Minnesota Department of Revenue and lives with his wife and two young children in Highland Park.

Both candidates agree on the need to improve public education. Paymar's priorities include reducing class sizes and improving classroom technology. "In the last biennium, we took a lot of positive steps," said Paymar, a former school teacher. As examples, he cited additional funding for disciplinary programs and schools that collaborate with social service agencies in high-need areas.

Cleveland, whose wife is a teacher, said any increases in funding by the current Legislature "are not being felt by the practitioners in the classroom." He favors specific steps to reduce class sizes and a return to neighborhood schools, with the money now spent on busing

64B/see next page

# District 64A House candidates spar over education issues

by Chris Smith

Education is the biggest issue in the minds of District 64A voters, according to the two candidates from there who are running for the Minnesota House of Representatives.

"Far and away, the number-one issue people are talking about is education," said two-term incumbent Matt Entenza. "That's been consistent over the last few years."

Entenza, who is endorsed by the DFL Party, is being challenged in the November 3 election by Pat Muggenburg, the Republican-endorsed candidate. Muggenburg said that taxes are also on the minds of voters, but she agrees that education is the primary concern in 64A. The district covers the neighborhoods of Merriam Park, Summit Hill and the northern half of Macalester-Groveland.

"People want the National Education Association to take a back seat and return more control to states and local districts," Muggenburg said. "They want to let teachers get back

to the basics that students really need.

Muggenburg said she was drafted to run for the House seat by Republican officials in the district. "I suggested just about everybody else as a candidate," she said, "but I figured the people know what I've done and that I'm a hard worker."

Muggenburg, 72, is a lifelong resident of St. Paul except for seven years that she spent in California. A former social worker and coordinator of public relations and volunteers for Goodwill Industries, she has been active in Republican politics for decades. Her essential belief is that in government, "less is more and keep it simple."

Entenza, 36, who is married and the father of three, moved to St. Paul in 1981 to attend Macalester College. He has lived in the area ever since except for the time he spent studying at Oxford University in England. He works as a criminal prosecutor in the Hennepin County Attorney's Office, but has been on leave from that position for most of 1998.



Matt Entenza



Pat Muggenburg

As a member of the House Education Committee, Entenza helped set the Legislature's 1997-98 education budget. He touted several of the education bill's accomplishments, including reducing class sizes and increasing the state's share of public school funding to reduce property taxes.

In the coming session, Entenza would like to step up efforts to expand all-day kinder-

garten and programs for students who speak English as a second language. "I want to lessen education's reliance on property taxes even more," he said. "Relying on property taxes puts St. Paul in a position where our kids are not getting equal treatment with kids in, say, Edina. I want to push the state percentage (from 70 to) closer to 80 percent."

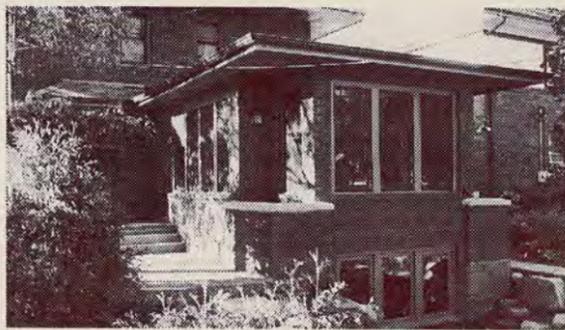
Muggenburg said education can be improved by getting students more excited about basic subjects like history, English and math. "Teachers know these subjects are interesting," she said. "The aberrant courses that come up really aren't going to get students ready for jobs."

Muggenburg advocates enlisting teams of parents and adult volunteers to work with teachers to stimulate the interest of students.

As a legislator, Muggenburg said she would push for a lid on spending and return the state budget surplus to taxpayers. "(The Legisla-

64A/see next page

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# 64B House race

/from previous page

going for more teachers and improved facilities.

Both Cleveland and Paymar have been hearing complaints from district residents about airport noise. Cleveland noted that the Legislature has limited ability to control airport operations. Still, he feels the governor and local legislators did not exercise enough oversight to limit this summer's increase in flights over St. Paul.

"I'm told it will happen again next summer, too," Cleveland said. "The horse has left the barn on that one, but we've got to pay closer attention to how airport plans affect St. Paul. The Metropolitan Airports Commission (MAC) is appointed by the governor, and the Legislature can have an influence."

Paymar said he would like to convene legislators and local officials from affected cities to "come up with a concrete agenda with meaningful suggestions to present to MAC."

Cleveland believes the state has made progress in recent years in combating violent crime, "but Minnesota is still a hospitable place to commit a crime," he said. According to him, repeat offenders get more probation and lesser jail sentences in this state than in

others. "Criminals need to understand that there'll be costs and consequences," he said.

Paymar agrees that violent and "career" criminals must face more jail time, but he argues for spending more on early intervention. "We can actually determine which young people are at a high risk for committing crimes," he said. "We can start targeting those kids and families with intervention programs to prevent them from becoming violent offenders."

"We spend \$35,000 a year housing an adult criminal and up to \$60,000 a year on a juvenile," he said. "I'd much rather invest in intervention and prevention programs."

Paymar said he thinks district voters approve of his record over the last two years and will return him to office.

Cleveland, not surprisingly, disagrees. "It's hard for a Republican to get elected in St. Paul," Cleveland said, "but this district is much less ideological than others in the city. I think voters recognize that Republicans are better able to address the needs of a city and won't just go about doing things the same way they've been done."

# 64A House race

/from previous page

ture's) goals should be monitoring bills and existing programs and culling them out instead of just passing them as eternal solutions so you can have your name on a lot of bills," she said. "That just creates more and more taxes. Government keeps getting bigger and bigger, and people are getting scared of that."

"I'm not hearing as much about taxes," Entenza said. "I'm fortunate to represent the best-educated district in the state, so I don't have to pander to people. They recognize that 75 percent of the state budget surplus was returned to taxpayers in refunds or tax cuts, another 10 percent went into the reserve fund, and (most of the rest) went to crucial investments in education. Sometimes the differences are made to look starker than they really are."

Entenza is particularly proud of his work in increasing the penalties for driving while intoxicated and will continue to push for a re-

duction in the legal blood-alcohol level from .10 to .08. He also touts his work in increasing money for child protection.

"It's much better to make sure families in crisis are getting assistance before they get to the point of either leaving a child in a dangerous home or removing the child from the home," Entenza said. "These kids would be the next generation of juvenile delinquents."

Muggenburg said many problems could be solved with a renewed emphasis on education. "It seems to me that if students had a good idea of why they were in school and were excited to be in school, they'd put their energy into school instead of being interested in guns and drugs," she said.

"People have to be reminded that this is supposed to be a government of the people, by the people and for the people," she said. "We have to get people to see their responsibility and that their input counts."

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With her, center in the picture is Highland resident Jane Cacich, Director of the Visionally Impaired Program for St. Paul Public Schools.

Dr. Jack Bellomo, right, represented the Midway Lions Club.



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# District 38A House hopefuls debate education, tax policy

by Chris Smith

A hotly contested race is being waged this fall to succeed three-term Republican legislator Tim Commers in House District 38A, the only open legislative seat in the Villager area.

DFL candidate Sandra Masin and Republican Tim Wilkin agree that taxes and education are the main concerns of voters in the district, which includes Eagan, most of Mendota Heights, Mendota, Lilydale, Eagan and northern Burnsville. However, they disagree on how those issues should be approached. Wilkin advocates permanent tax cuts and scrapping the Profiles in Learning graduation requirements. Masin believes budget surpluses should be returned to taxpayers, but she wants to give Profiles in Learning a chance to work.

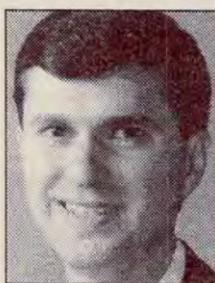
Masin, 55, has served on the Eagan City Council since 1993. She has been involved in numerous civic groups, including the Min-

nesota Valley Transit Authority and the League of Women Voters. She has three grown children and is a real estate agent with Century 21 Holly Homes as well as an independent insurance agent.

She feels strongly that most problems facing the district and the state require a "long-range and holistic approach instead of putting a Band-Aid on them."

Wilkin, 32, has been active in local Republican politics, including as a candidate in a narrow loss to DFLer Deanna Weiner in the District 38 Senate race in 1996. He has served on the Dakota County Planning Commission and on the Burnsville-Eagan Cable Commission. An underwriter for Northland Insurance Company in Mendota Heights, he is married and has one child with another on the way.

He said his philosophy is to "moderate our desire for bigger government. If you do nothing but control the rate of growth of state gov-



Tim Wilkin



Sandra Masin

ernment, you'll in essence create a spending cut and be able to lower income tax rates. The surpluses were created out of excess collection of income taxes and that's where they should have gone back."

Masin said she hears voters loud and clear on the issue of taxes. "The message I keep getting is that all that money should go back," she said. "I'd like to work for a system that automatically triggers returning a surplus once it

reaches a certain percentage."

Masin knows she is taking a risky stand by favoring the Profiles in Learning standards. "A lot of work has gone into them," she said. "We do need to provide all Minnesota students with a good education because they'll all have to compete in a global marketplace. I believe most people recognize that we have to have standards for education. It determines our whole future."

Rather than fight over graduation rules, Masin said she would like to work on further reducing class sizes and increasing state funding for schools to decrease the reliance on property taxes.

Wilkin strongly opposes the Profiles in Learning. "I'm hearing apprehension from parents, teachers and students," he said. "There's no place where (programs like) Profiles in Learning have worked over a long pe-

38A/see next page

# District 62B candidates differ over crime, taxes, education

by Chris Smith

John Halverson will make a second run at unseating longtime state Representative Wes Skoglund in the November 3 general election.

Skoglund defeated Halverson in 1996 with almost 73 percent of the vote in District 62B, which includes that portion of the Villager area south of 42nd Street in South Minneapolis.

Halverson, the owner of a small architectural firm in downtown Minneapolis, said he faces an uphill battle in unseating the 10-term incumbent. Still, he feels the issues he raises are important for Skoglund to address.

Halverson, for example, takes Skoglund to task for what he calls "failures" in his role as chair of the House Judiciary Committee. "He's been state judiciary chair since '93 and in that

time we had the highest murder rate ever in Minneapolis," Halverson said. "Criminals are cowards and they'll move on when pressure is applied to them. They're coming into Minnesota because this is an easy state for criminals. (Skoglund) hasn't supported 'three strikes and you're out.' His fingerprints are on the crime migration to Minnesota."

Skoglund defends his record. He said he authored a bill in the last session that would have required jail time for third offenses, but it failed to pass the Senate. He also has been pushing for mandatory jail time for probation violators.

Skoglund said he succeeded in passing legislation to create separate courts in Hennepin and Ramsey counties for minor property crimes that often go unpunished because of overcrowding in the courts. Property crimes



John Halverson



Wes Skoglund

like vandalism "are the kinds of crimes that affect our quality of life," he said. "In New York City they're punishing people for these crimes and the rate for all kinds of crimes is dropping."

Some of Halverson's crime-fighting ideas

are "dangerous," Skoglund said. "The thing I'm most proud of in the last session is stopping this crazy 'carry a loaded weapon' bill that my opponent is in favor of. More guns on the street won't increase safety."

Halverson said that what he is hearing most from voters is unhappiness with the way the Legislature has handled the state's budget surpluses. "The first thing they ask me at the door is what I'd do with the surplus," Halverson said, "and I have to tell them that the Legislature has already spent it. In fact, a portion of next year's surplus is dedicated to the bonding bill. People are angry about that."

"I believe that what went on in the last Legislature was really irresponsible," Halverson said. "It was spending like drunken sailors. In

62B/see next page

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# Ryan challenges Ortega for Dist. 5 seat on the Ramsey County Board

by Chris Smith

Zack Ryan wants to change the office of county commissioner from "invisible" to "available and accountable." Rafael Ortega says that it already is.

Ortega, the DFL incumbent, and Ryan, the independent challenger, will face off on November 3 for the District 5 seat on the Ramsey County Board of Commissioners. District 5 includes the neighborhoods of Highland Park, the southern half of Macalester-Groveland, West 7th, downtown and the West Side.

Ryan faults Ortega and the current County Board on three main points: too much taxation, a lack of accountability and not working to keep neighborhoods intact.

Ortega argues that the county has been fiscally sound during his four-year term. "Our public safety budget is what's growing," he said. "That's the county jail and corrections, the sheriff's department, the court system. We also consolidated the city and county health departments, which took \$1 million from the



Rafael Ortega



Zack Ryan

city and spread it over the county budget. Still we kept the increase to 1.9 (percent), the lowest it's been in seven years."

Ryan disagrees. "All levels of government, from federal and state governments to the city and School Boards, have kept their levies at zero or less," he said. "The county is the only one whose tax levy continues to go up year after year. They've voted themselves a raise each of the last three years and that's just irresponsible for people who essentially work on Tuesdays."

District 5/see next page

## 38A House race

riod of time." Instead, he feels the state should have a core academic program of reading, writing, science and math that each district is allowed to implement in the way it feels makes the most sense.

He also favors an expansion of education tax credits. "That helps parents in both public and private schools," he said. "No one knows the particular educational needs of children better than their parents."

The candidates agree on the need to keep up the pressure on another issue facing the district: airport noise. Though Congress has taken away legislative authority over airports, Masin said there are ways that citizens make a difference. "MAC (the Metropolitan Airports Commission) controls the airport and the governor appoints the people to MAC," she said. "Ask your gubernatorial candidates about their feelings on the airport."

Masin said there also are new technologies being developed that could help reduce aircraft noise. "Ask your congressional candidates if they support ongoing research into

quieter engines," she said. Wilkin said the Legislature can pressure MAC to reduce airport noise. "I tell people while I'm out door-knocking that the squeaky wheel gets the grease," he said. "We have to keep pushing for equitable distribution of noise and for noise abatement money in areas that are facing increasing flyovers."

If elected, Wilkin said he will do things in a similar manner to the district's current representative. "Tim Commers is my campaign chair," he said. "We agree on quite a bit. He has a very strong record of voting to reduce our tax burden and I certainly want to continue that."

Masin said she will do things differently than Commers. "He is a very nice young man and was cooperative with the city when we asked him to work on issues," she said. "But I believe any elected official needs to do a lot of networking with other elected bodies and community organizations. We have sophisticated people in this district and they expect to be involved in the issues. If they're involved, they can be a phenomenal resource."

## 62B House race

a good economy, you shouldn't have to spend as much on government programs."

Skoglund disagrees. "Most people like what we've done," he said. "In general, people are a bit wary of the future. They agree we should keep something in the rainy-day fund, send some money back, and invest in things that'll pay off in the future. People are smart enough to understand the good that was done."

Both candidates agree that public education must be improved. Skoglund, who has two daughters at South High School, would concentrate resources on reducing class sizes and truancy, especially in the younger grades. "We have an absolute moral obligation to those little kids," he said. "If their families aren't making them go to school in 2nd grade, by the time they get to junior high it's too late."

Skoglund said he likes the trend toward neighborhood schools, but he advocates keeping magnet schools available. He said parents should ultimately decide the number of neighborhood schools.

Halverson, the father of a 3-year-old girl, would like to see an expansion of magnet and charter schools, greater autonomy for individual schools and more parental involvement. "Parents just don't believe they have a voice in the schools," he said. "That's why they hold protests in North Minneapolis—be-

cause no one is listening."

Halverson said the Minneapolis school district is too large and should be divided into smaller districts that can respond to the specific concerns of their areas. "You look at the population and you see lots of families with children between 1 and 5 years old," he said. "But the number of kids over age 6 really falls off. That tells me the (parents of school-age children) are leaving the city. That's what turns this neighborhood into a starter-home neighborhood."

Halverson and Skoglund agree that the Legislature could do more to combat airport noise by working with the Metropolitan Airports Commission to enforce laws on quieter planes and beef up agreements on night-time flights.

Skoglund, a former executive at Control Data who now works full-time as a legislator, believes that district residents are happy with his work at the Legislature and his positions on the issues as evidenced by his margin of victory in 1996.

Halverson thinks Skoglund is "out of date. Maybe his ideas were fine in the 1970s, but we've got a different dynamic now."

"He's a tax-and-spend liberal," Halverson said, "and I think individual responsibility and smaller government are what people want now."

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# STAR shines on six area projects

## Only Snelling-Selby lantern lighting proposal left in the dark

by Jane McClure

Six projects in the Villager area are among 27 that have been recommended for funding by the city of St. Paul's Neighborhood Sales Tax Revitalization (STAR) board.

Among the projects that would benefit from a total of \$2.3 million in grants and \$3.35 million in loans are a new ballroom in Merriam Park; home improvement programs in the Merriam Park, Snelling-Hamline and Macalester-Groveland neighborhoods; and landscaping and a new fence on the Ford Parkway side of Ford Motor Company's Twin Cities Assembly Plant.

The board ranked the 27 projects and sent its recommendations to Mayor Norm Coleman and the City Council. Coleman will make his recommendations before the City Council votes on the STAR awards sometime in October.

The Macalester-Groveland Community Council saw both of its requests for STAR funds recommended: a \$75,000 grant and a \$125,000 loan for its 3-year-old Middle Income Fix-Up Program, which provides home improvement loans to residents. The project was ranked 16th out of 27.

Ranked 22nd by the STAR board was a \$100,000 grant to the Macalester-Groveland council to defray costs incurred by homeowners replacing the

lead water service connectors between their home and the city's water system. Replacement costs range from \$1,500 to \$2,000. With the help of the grant, homeowners would receive a \$200 reimbursement.

St. Paul still has about 23,000 homes equipped with lead water service connectors, which were commonly used before the 1950s. More than 2,000 of these homes are located in Macalester-Groveland.

Lead from the service connector pipes can leach into drinking water. Ingesting lead can cause health problems, especially in infants, young children and pregnant women.

Also recommended for funding were:

- A \$25,000 grant and a \$250,000 loan to Dancers Studio, 91 N. Snelling Ave, to purchase and renovate a warehouse just north of the studio for use as a ballroom dance center. The STAR Board ranked that request third overall.

- A \$50,000 grant and a \$150,000 loan to the West End Business Revitalization Corporation for ongoing improvements to the West 7th commercial district.

According to its director, Kimberly Nuckles, the Revitalization Corporation has completed eight projects thus far with the \$200,000 in loans and grants it was awarded in 1996. Nuckles

said that between 17 and 20 businesses will see improvements as a result of the 1996 funds. The 1998 funds would help pay for the improvement of 17 to 20 more. The West End project was ranked fifth.

- A \$198,500 grant for landscaping and a new fence around the new training facility that is being built at the Ford Motor Company's Twin Cities Assembly Plant. The training facility is a cooperative venture by Ford, the United Auto Workers and the Minnesota State Colleges and University System. The project ranked 14th.

- A \$150,000 grant for Pride in Neighborhood Housing, an ongoing effort of the Merriam Park and Snelling-Hamline community councils to encourage exterior home improvements. The request ranked 23rd.

Seven projects were not recommended for funding, including the Snelling-Selby Area Business Association's request for a \$75,000 grant to replace the existing globe lighting with lantern-style street lights.

The new lighting would have complemented a project of the city's Public Works Department to install lantern-style lighting on Selby between Snelling and Fairview avenues. That project, which was approved by the City Council last summer, is being paid for by assessments to abutting property owners.



Jesse Ventura Skip Humphrey Norm Coleman

## Gubernatorial hopefuls debate education policy

The three major-party candidates for governor of Minnesota will discuss educational issues in a public forum on Sunday, October 11, at the University of St. Thomas. Free and open to all, the forum is sponsored by the St. Paul branches of the American Association of University Women. It will run from 7:00 to 8:30 p.m. in the O'Shaughnessy Educational Center auditorium.

Republican Norm Coleman, DFLer Hubert "Skip" Humphrey III and Reform Party candidate Jesse Ventura will each be given 15 minutes to outline their positions on such issues as school choice, ensuring teacher competency, finance reform and public and private partnerships. The candidates will then take questions from the audience.

"We want the candidates to engage in thoughtful discussion with the audience about how to resolve the many challenges facing education," said Ellen Miclette of the AAUW branch at 3M Center. "We don't see this as a debate, but as an opportunity for the candidates to lay out their vision for K-12 and higher education."

O'Shaughnessy Educational Center is located near Cleveland and Portland avenues. Parking will be available in the lot at Summit and Cretin avenues.

## District 5 County Board race pits Rafael Ortega vs. Zack Ryan

Ryan said that since most County Board functions are mandated by the state, commissioners should look closely at administrative costs to find savings. "All they do is figure out how to pay for programs," he said. "You need to find small ways to cut."

Ryan said the County Board should have used general fund reserves to keep levies from increasing. Ortega disagreed, saying that putting money into the reserve for bad economic times is good policy.

Ortega also defended the board's pay increases. "Our pay increase last year I think was 1 percent," he said. "We set it so that we get half of what county employees get. It used to be that people were afraid of this issue, so they wouldn't vote for it in election years, then in

January they'd pass it. I'm not a hypocrite; I won't do that."

Area residents don't seem concerned about the pay-raise issue anyway, Ortega said. "I had one person ask me about it, and when I told him we got 1 percent, he said, 'Oh, I guess that's OK.'"

Ryan, 22, was born and raised in the West 7th neighborhood and now lives in Highland Park. He works as an accountant in downtown St. Paul and is single.

Ortega, 46, has lived on the West Side for the past 20 years. He served as executive director of Chicanos Latinos Unidos en Servicio (CLUES) for several years before being elected to the County Board. He is married and has two children and currently teaches

part-time at Metro State University.

According to Ryan, county commissioners need to be more visible. "They need to go to every community festival," he said. "They need to be out there so people can vent at them. Ninety-nine percent of the people don't know who (Ortega) is."

Ortega said he attends every local community council's annual meeting, works on numerous volunteer boards in the county, and goes to public meetings on issues that will come before the County Board. "I feel very comfortable that I've kept in touch with folks and heard their concerns," he said.

Ryan said that as county commissioner, he would ensure that the desires of his constituents take precedence over political solu-

tions regarding such proposals as expanding the I-35E bridge over the Mississippi River or creating a light-rail transit corridor.

"It's hard to make a correct decision over a political decision," Ryan said. "The representative for this district has to recognize that our neighborhoods need protection."

One goal in the coming years for Ortega is to consolidate the various levels of job training services to streamline the delivery of those services. "We're ahead of the curve in reacting to welfare reform," Ortega said. "This is an opportune time to coordinate job training because we have a labor shortage and growing industries. This whole welfare reform is a massive job and we aren't over it yet."

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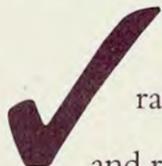
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# St. Paul reinforces underage drinking battle

by Jane McClure

Underage patrons who try to purchase alcoholic beverages at St. Paul bars and liquor stores had best think before they drink. They have been targeted in a stepped-up initiative that includes sanctions against underage drinkers as well as those who knowingly or unknowingly sell alcohol to them.

The St. Paul City Council ended weeks of debate over illegal consumption of alcohol and how it should be addressed when it accepted a \$3,000 grant on September 23 from Minnesota Join Together, a coalition of groups that are concerned about underage drinking. The grant will be used by city staff to hire underage decoys for compliance checks of businesses that hold city liquor licenses.

City liquor license holders, the Minnesota Licensed Beverage Association and the St. Paul Hospitality Association had all protested the grant. They argued that a dangerous precedent would be set if St. Paul started accepting private funds for the enforcement of city ordinances. They also argued that if legal

businesses are to be the subject of sanctions, the same should be true of youths who attempt to purchase alcoholic beverages.

The two sides sparred verbally for weeks before a compromise was hammered out with help from the city's licensing staff. "We've reached an agreement," licensing director Robert Kessler told the City Council. "We have a lot of work to do in the months ahead."

The compromise includes implementing a one-year pilot program intended to combat underage drinking. The program will be overseen by an ad hoc committee appointed by the mayor and composed of representatives from the city's licensing office, the St. Paul Police Department, the city-county Public Health Department, the University of Minnesota, Minnesota Join Together and the Minnesota Licensed Beverage Association.

The university is providing \$16,000 on top of the \$3,000 from Minnesota Join Together so that university researchers can collect data on underage drinking. The information will be used to try to determine whether training

store clerks and bar employees makes a difference in the level of compliance with the law and whether compliance checks have any impact.

The program calls for compliance checks at each of the 450 establishments in St. Paul that have been issued a liquor license. Those businesses that fail the first check will be rechecked. Businesses would not be penalized for failing the first check, but they would have to have their employees go through alcohol awareness training.

Businesses that fail a second check will face fines of \$500 to \$2,000, depending on the size of the business. The city will also try to encourage more liquor license holders to voluntarily enroll their employees in alcohol awareness training.

Changes in city ordinances will have to be made before changes are made in the penalties against those who serve or buy alcohol for minors and minors who try to illegally obtain alcohol. The first reading of an ordinance to change the penalties will be held on Wednesday, October 7. A public hearing on the issue is set for 5:30 p.m. Wednesday, October 28, at City Hall.

## SCHOOL NOTES

**Highland Park Senior High** will induct two alumni into its Hall of Fame at 9:00 a.m. Monday, October 12. This year's inductees include Steven Fink (class of 1970) and Janie Mayeron ('69). Fink is an author and professor of English at Ohio State University. He holds a doctoral degree and lives in Columbus, Ohio. Mayeron, a Minneapolis resident, is a partner in the law firm of Leonard, Street and Deinard. She distinguished herself as president of the University of Minnesota Alumni Association in 1993-94 by starting U-Partners, a mentoring program that connects students and alumni.

**School District 197 Early Childhood Family Education** is offering a class for dads and their children to do simple science projects. The class will be held at 10:00 a.m. on Saturday, October 10, at the Learning Center, 1300 Mendota Heights Road, Mendota Heights. The cost is \$7.50 per family. To register, call 651-405-2480.

**Homeward Bound Theatre Company** will offer "Dabbling in Songwriting" for adults at 6:30 p.m. Thursday, October 8, at Ramsey Junior High School, 1700 Summit Ave. The cost is \$30. For information, call 651-293-5318.

**The Cretin and Derham Hall** alumni associations recently announced their 1998 award recipients. Cretin chose Brother Patrick Conway (class of 1971), a teacher at St. Mary's University and five-time teacher of the year winner, for its St. DeLaSalle Award; and Robert Bussen ('48), coordinator of the

school's annual alumni banquet for the past 10 years, for its Bishop Cretin Award. Derham Hall chose Cherie Doyle Riesenbergs ('68), an art teacher at Macalester College, for its Carondelet Award; Nora McGuire ('73), head golf professional at Phalen Golf Course, for its Hugh Derham Award; and Kristine Reiter ('88), coordinator of the Sheriff's Youth Literacy program, for its Hour Glass Award.

**The Minnesota Council for the Gifted and Talented** will hold its annual conference from 8:30 a.m. to 5:00 p.m. Saturday, October 10, in the Brady Educational Center at the University of St. Thomas. The cost is \$35 for members and \$55 for others, and \$20 for children in grades K-8. For information, call 612-927-9546.

**A junior high/middle school fair** will be held from 6:30 to 8:00 p.m. Monday, October 19, at the Jewish Community Center, 1375 St. Paul Ave. Public and private school representatives will be on hand to answer questions. For information, call 651-698-0751.

**Central Evening High School** offers free classes for students ages 16-21 seeking to earn a high school diploma. The school is in session from 3:00 to 9:00 p.m. on Mondays through Thursdays. English as a second language classes also are offered. For registration information, call 651-293-5355.

**Highland Park High School alumni** are invited to take a school tour with teachers Betty Richardson and Chuck Skinner prior to the homecoming football game against Central on Saturday, October 10. The tour will begin in the school library at 11:30 a.m. The homecoming game will kick off at 1:00 p.m. For details, call Tom Conlon at 651-699-7399.



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# More St. Paul public schools are jumping on uniform bandwagon

by Jill Anderson Roth

It's no longer safe to assume that the children in uniform you see waiting at the bus stop are headed to one of the area's private schools.

At least nine St. Paul public schools have added uniforms this year, and the early response from teachers, parents, administrators and students alike has been positive. The schools include Longfellow, Benjamin Mays, Homecroft, Cherokee Heights, Four Seasons, Galtier, Riverview and Roosevelt elementaries, and Hazel Park Junior High.

The common thread behind the schools' new uniform policies is an attempt to break down the socioeconomic divisions within the schools. The hope is that by wearing uniforms, students from less affluent families will be less self-conscious about their clothing, and there will be less concern over who is wearing what. Families who have difficulty paying for uniforms are being encouraged to contact their school to inquire about uniform exchanges and assistance programs.

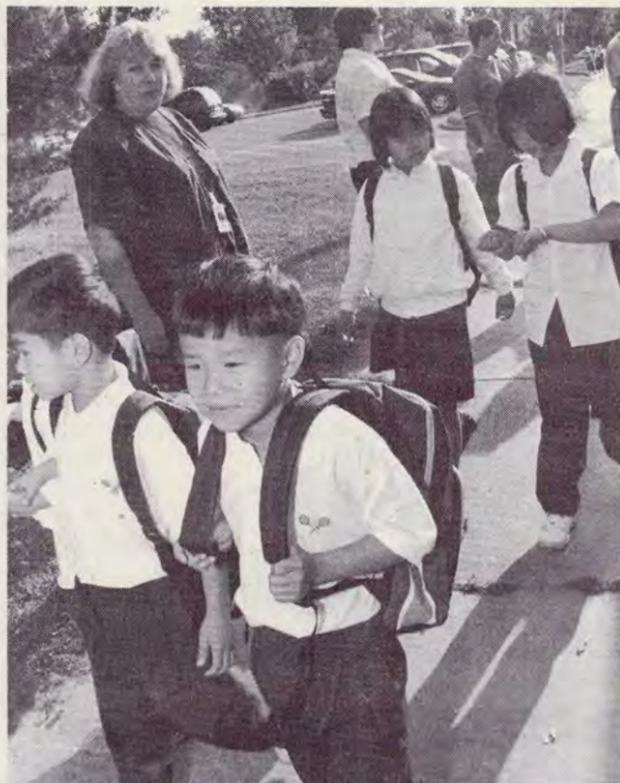
The schools' principals agree that uniforms must be affordable, easily available, attractive and comfortable in order to be accepted by the students and parents. Most schools have chosen a basic uniform widely available at stores such as Target, Jack and Jill and the Gap. They generally consist of navy or khaki pants, shorts, skirts or jumpers; white or navy shirts, blouses or sweaters; and white or navy socks. Some have shoe and belt guidelines as well. Policies were being finalized to enforce the dress code as needed.

Graneze Fretwell, principal of Benjamin E. Mays Magnet, said she was looking forward to that school's second year of uniforms. After 87 percent of parents voted to adopt voluntary participation for the last school year, uniforms are now mandatory for all Mays students in grades K-8.

Fretwell said teachers and faculty have observed a change among students in uniform. The children "burst with pride and an improved self-concept while in uniform," she said. "There's an indescribable sense of unity among children when they're dressed alike."

Along with the standard uniform, the school offers a selection of plaid pieces and school T-shirts and sweatshirts available from Donald's Department Store.

Homecroft Elementary went to mandatory uniforms this fall after testing them



Homecroft Elementary School students start the year off right with their new uniforms. Photo by Kristine Heykants.

with the student body last year. "The students look like they're here for the business of learning," said principal Kate Wilcox-Harris. She said recent studies have found that uniforms encourage attendance, higher academic achievement, equity among students and, in some cases, better teacher-student relations.

According to Wilcox-Harris, uniform wearing waned over the winter months last year at Homecroft, especially among the older students. Still, she is not concerned about compliance this fall. The school has prepared a staff-monitored changing room stocked with new and slightly used uniforms that will be worn by students who arrive without them. The clothing was donated by Eagan-based EDS and St. Paul Academy.

Wilcox-Harris said a note will be sent home to ensure the student returns in uniform the next day and brings back the borrowed pieces. Separate arrangements are still being worked out for cleaning the borrowed uniforms.

"We're a small school, yet incredibly diverse," Wilcox-Harris said. "With 16 languages represented, we'll need to provide special assistance to some families" to ensure they get the message. Some staff members intend to show their support by also wearing the school's colors.

The recommendation to go to optional student uniforms at Longfellow Humanities Magnet this fall was made by a site council composed of parents and faculty. Betsy Jeffery, a member of the council and a Longfellow mother of three, said she looks forward to the uniforms, though she expects "mixed reactions" from stu-

dents.

Teacher concerns over the "inappropriate clothing choices" being made by some students was one of the motivating factors for the recommendation, Jeffery said. The current trend of wearing oversized pants and baggy shirts not only looked messy, but some students actually had difficulty keeping the clothes on, she said. Highly prized clothing items were also being stolen at school.

Longfellow's new principal, Howard Wilson, who arrived in early August after the uniform decision was already in place, said he supports the site council's decision. He noted that 84 percent of the school's parents were in favor of having voluntary uniforms this year.

The introduction of uniforms in the public schools has been noted at Highland Catholic, a parochial school that has a long tradition of student uniforms. Principal Peter Noll said uniforms "get students interacting with each other as people, not as models for the latest fashion." Furthermore, Noll said, uniforms "help build school spirit through subtle bonding, much like with members of athletic teams."

School secretary and parent Kathy Eldredge is another proponent of school uniforms. She noted that there is nationwide interest in public schools to at least look into them.

"Uniforms give children responsibility for dressing themselves at a younger age," Eldredge said. "There are fewer disputes and power struggles in the morning over what to wear. Plus, uniforms are more economical in the long run and are generally easier to hand down."

## Meet Karl Chun, M.D., pediatrician



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# The Highland District COUNCIL CAPSULE

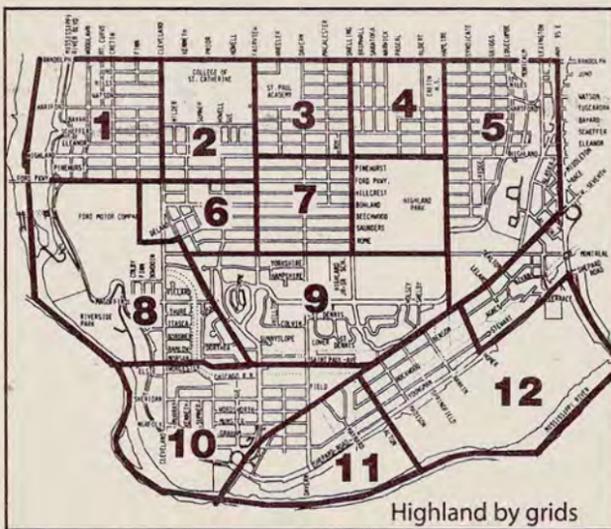
## BOARD NOTES

After this summer's storms the Highland District Council received many donations to help with the replanting of trees. At its October 1 meeting, the board decided that the best way to ensure that homeowners get new trees planted is to establish a grant program. Highland residents will be able to receive grants for up to 50 percent of the cost of a replacement tree, with each grant not to exceed \$40.

After purchasing a tree, the homeowner must submit a copy of the invoice to the Highland District Council. A check will then be issued in the appropriate amount. Only one grant will be awarded per address. The grants are available for trees purchased on or after October 2. For information, call the council office at 651-298-5138.

## NEIGHBORHOOD CLEANUP

The joint neighborhood cleanup sponsored by the Highland and Macalester-Groveland community councils on Sep-



Highland by grids

tember 26 was a huge success thanks to all of the volunteers who turned out to work that day. For those who missed it, another cleanup will be held in May.

## COMPOST SITE HOURS

Autumn hours at Ramsey County's compost sites are now in force: noon to 6:00 p.m. Mondays, Wednesdays and Fri-

days; 9:00 a.m. to 5:00 p.m. Saturdays; and 11:00 a.m. to 5:00 p.m. Sundays.

The compost sites will close for the season on November 30. Only grass, leaves and other soft-bodied plant material may be dropped off at the sites. For brush disposal options, call 651-633-3279.

## BOULEVARD STUMPS

The district council's stump removal program is now winding down. Those who sent a check in and have not seen any work done should see their stumps removed within the next two weeks. Residents are reminded to give their boulevard trees a generous drink of water before the onset of winter. That goes for both old and new trees.

## DATES TO REMEMBER

October 8: Community Services Committee meeting, 6:30 p.m., Hillcrest Recreation Center, 1978 Ford Pkwy.

October 12: Recycling pickup, 7:00 a.m.

October 15: Community Development Committee meeting, 7:00 p.m., Hillcrest.

October 20: Shepard-Davern Task Force meeting, 7:00 p.m., Jewish Community Center, 1375 St. Paul Ave.

For more information, call the Highland District Council office at 651-298-5138.

# Snelling-Hamline COUNCIL CAPSULE

## ANNUAL MEETING

The Snelling-Hamline Community Council will hold its annual meeting at 7:00 p.m. Thursday, October 22, at Bethel Christian Fellowship, 1466 Portland Ave. All residents age 18 and older may vote at the meeting to determine the community council's board for the coming year. Each business in the area also has one vote.

During the meeting, a presentation on redevelopment options for Ayd Mill Road will be made by Mike Casey, Snelling-Hamline's representative on the Ayd Mill Road Task Force. Following a discussion, community members in attendance will be asked to determine the board's official position on Ayd

Mill by voting on a preferred redevelopment alternative.

There are several open seats on the board. Those who want to run for election may call the community council office at 651-644-1085 for more information.

## 'TURN OFF THE VIOLENCE'

Snelling-Hamline residents are being encouraged to participate in the "Turn Off the Violence" campaign in October as part of crime prevention month. Neighborhood residents also can participate in the "You're the One Who Can Make the Peace" campaign, which is designed to show people how simple acts can increase peace. For information, call the council office at 651-644-1085.

## SPEEDING ON SNELLING

The Snelling-Hamline Community Council is seeking comments from neighborhood residents who are concerned about speeding traffic on Snelling Avenue. Those with com-

ments or concerns are asked to call community organizer Sherilyn Young at 651-644-1085.

## VOLUNTEERS NEEDED

Volunteers are needed for light office work at the Snelling-Hamline and Merriam Park community council offices, which are located at Liberty State Bank. Assistance is needed with inputting data, filing and updating a manual. Those who have a couple of hours to give are asked to call Sherilyn Young at 651-644-1085.

## FREE COMPOSTING WORKSHOP

A free backyard composting workshop will be held at 6:00 p.m. Wednesday, October 14, at Como Park. The workshop is being sponsored by the St. Paul Neighborhood Energy Consortium and will be taught by master gardeners from the University of Minnesota Extension Service. To register, call 651-644-7678.

**Free Roth IRA information**

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# RELIGIOUS NOTES

The Macalester-Groveland Living at Home/Block Nurse Program has received a grant of \$25,000 from the Robert Wood Johnson Foundation to launch a collaborative effort with Macalester-Groveland churches, synagogues and other organizations called Faith in Action. "The grant will increase our ability to serve by helping us coordinate and share resources with the churches, synagogues and agencies in our neighborhood," said program director Kathleen Arnesen. The initial group of congregations and organizations involved with Faith in Action includes Cleveland Avenue United Methodist Church, Fairmount Avenue United Methodist Church, Immaculate Heart of Mary Catholic Church, Immanuel Lutheran Church, Macalester Plymouth United Church, the St. Paul Area Council of Churches, Macalester College and the Macalester-Groveland Community Council. For more information about Faith in Action call 651-690-5291.

The Guild of Catholic Women will hold its fall gathering on Monday, October 12. Mass will be celebrated at 9:00 a.m. at St. Peter's Church in Mendota, followed by a business meeting and brunch at the Mendakota Country Club in Mendota Heights. Past presidents will be honored and new members will be welcomed. For reservations, call 651-450-2217.

Temple of Aaron Synagogue, 616 S. Mississippi River Blvd., will host the following events in the next two weeks: a 22-week "Introduction to Judaism" course at 7:30 p.m. on Wednesdays beginning October 7; Hebrew reading on Wednesday evenings beginning October 7 (\$10 for members, \$25 for others); a monthly Friday evening Sabbath service called "Nishama" beginning at 8:00 p.m. October 9; and the Women's Rosh Chodesh group meeting at 7:15 p.m. Tuesday, October 20, at the JCC. The activities are free unless otherwise noted. For information, call 651-698-8874.

The Reverend William O'Neill will conduct two lecture series on Carmelite spirituality this fall in the Brady Educational Center at the University of St. Thomas. The first will be on the "Interior Castle by St. Theresa of Avila" on six Thursdays beginning October 15. The second will address the question "Who is the best spiritual director for me?" on six Tuesdays beginning October 20. For information, call 612-827-2336.

The University of St. Thomas' Luann Dummer Center for Women will initiate a four-part lecture series with a presentation on "Women in the Biblical World" at 7:30 p.m. Tuesday, October 13, in the O'Shaughnessy Educational Center. Admission is free. For information, call 651-962-6119.

"Limb-Walking: Finding Our Balance" will be offered by Wisdom Ways: A Resource Cen-

ter for Spirituality from 9:30 to 11:30 a.m. on four Fridays, October 9-30, in Jeanne d'Arc Auditorium at the College of St. Catherine. Participants will look at changes in communication, science, psychology and medicine as the new millennium approaches. The cost is \$28 for the series, or \$8.00 per session in advance, \$9.00 at the door. For information, call 651-690-8830.

House of Hope Presbyterian Church, 797 Summit Ave., will offer a six-week study of God in the history of the world at 6:30 p.m. on Wednesdays, October 7-21 and November 4-11. To register, call the church office at 651-227-6311.

The Twin Cities Religion and Labor Network will meet at 1:00 p.m. Wednesday, October 14, at Minnehaha United Church of Christ, 4001 S. 38th Ave., Minneapolis. For information, call the church at 612-729-7596.

The Sisters of St. Joseph of Carondelet will open an eight-part Perspectives series on Tuesday, October 20, with an overview of the Earth Partners restoration project currently under way on the grounds of Bethany Convent. The session will take place at 6:00 p.m. in the Carondelet Center, 1890 Randolph Ave. Sessions on holy days, Catholic social teachings and other topics will continue on the third Tuesday of each month through May. Admission is free. For information, call 651-690-7066.

The Reverend William Baer, associate pastor of Nativity Church, will speak on "Hope: The Missing Ingredient of the Spiritual Life" at 7:30 p.m. Friday, October 9, at the Church of St. Helena, 3204 E. 43rd St., Minneapolis. Admission is \$3.00. For complimentary tickets, call 612-729-7321.

The Franciscan Sisters of St. Paul will hold an open house from 2:00 to 4:00 p.m. Sunday, October 18, at 1388 Prior Ave. The sisters are celebrating 75 years of ministry in the Twin Cities. They were original owners of St. Mary's Home in Highland and St. Francis Hospital in Shakopee.

The St. Paul Area Council of Churches, 1671 Summit Ave., will preview the video *Broken Vows* at noon Tuesday, October 20. The video presents religious perspectives on domestic violence, including the stories of six battered women from Jewish, Catholic and Protestant congregations. Admission is free. Bring a bag lunch. Coffee and cookies will be provided. To register, call 651-646-8805, extension 22.

"Storytelling and Soulmaking: A Men's Spirituality Series" will continue from 5:30 to 7:30 p.m. Wednesday, October 14, at the Carondelet Center, 1890 Randolph Ave. The topic of discussion will be "Celtic Myths and Male Bonds." The cost is \$25, or \$20 for seniors and includes dinner. To register, call Wisdom Ways at 651-690-8830.

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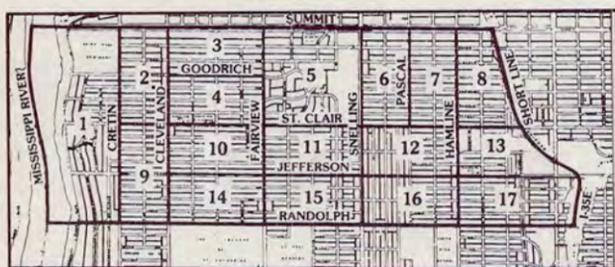
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# Macalester-Groveland COUNCIL CAPSULE

## COMMUNITY COUNCIL CONVENES

The Macalester-Groveland Community Council will meet at 7:00 p.m. Thursday, October 15, at the Edgcombe Recreation Center, 320 S. Griggs St. The agenda will include a presentation on the city's proposed housing plan, a review of goals for the coming year and consideration of a recommendation by the council's Airport Noise Committee that the council oppose the extension of the crosswind runway at Minneapolis-St. Paul International Airport now that Northwest Airlines has cancelled its flights to Hong Kong.

The council recently filled an unexpired term on the board of directors with the election of Philip Tesch, 132 S. Wheeler St. Another open seat on the board will be filled at the October 15 meeting. Residents of Grid 3, the area bordered by Summit, Cleveland, Goodrich and Fairview, will caucus at that meeting to select one of their own. For information, call Kathie Tarnowski at the council office at 651-698-7973.



Macalester-Groveland neighborhood by grids

## COUNCIL COMMITTEES MEET

The council's Housing and Land Use Committee will meet on Wednesday, October 7, to discuss recurring noise problems associated with the ventilators on top of the new science building at the University of St. Thomas. The council's Transportation Committee will discuss additional traffic calming measures on Fairview Avenue as well as pedestrian safety and traffic design issues associated with city street paving projects on Monday, October 19. The Airport Noise Committee will meet on October 27.

All three meetings will begin at 7:00 p.m. at the Edgcombe Recreation Center, 320 S. Griggs St. Anyone interested in these topics is welcome to attend.

## CANDIDATES FORUM CANCELLED

The community council's gubernatorial candidates forum that had been scheduled for October 13 has been cancelled due to a lack of response from the candidates. Members of the Airport Noise Committee, who had been working to arrange the forum, remain concerned about the Metropolitan Airports Commission's lack of responsiveness to noise issues. The committee plans to meet with the new governor following the election.

## JOB CONNECTION IS HIRING STUDENTS

Junior high, high school and college students who are looking for a flexible job near their home may want to check out the Macalester-Groveland Community Council's Job Connection. The connection matches students with Highland and Macalester-Groveland seniors who are looking for someone to mow, rake, garden, clean house or perform other odd jobs around the home.

The average wage is \$6.00 an hour with the pay determined by the age of the worker and the difficulty of the job. For more information, call Jessica Bakkene at the community council office at 651-698-7973.

## TEEN WRITERS INVITED TO COLLABORATE

High school students are invited to take part this fall in a free writing class offered through the Macalester-Groveland Teen Poetry Project. Led by local poet Jennifer Kohnhorst, the class is geared toward students who would like to refine their writing skills. Students will participate in poetry readings at a local bookstore and will produce a "zine." For information, call the community council office at 651-698-7973.

## CRIME FIGHTING BEGINS HERE

"Want a Safer Neighborhood? Join the Club!" is a citywide campaign designed to encourage residents to start or join a neighborhood block club. Block clubs not only help prevent crime, but build a stronger sense of community and provide a forum for neighbors to address common concerns. Though a majority of Macalester-Groveland blocks are already organized, 25 percent are not.

For more information about joining or starting a club, call Lee Wallace at the community council office at 651-698-7973.

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Kate Shelley 523-0489  
or Jim Cadwell 645-2349

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**Andy Siegel 651-690-8597**



**Triplex near Hamline.**

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**Amy Sperling 651-282-9615 \$155,000**



**Rich woodwork! Hardwood floors!**

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**Angela Mitchell 651-690-8598 \$125,000**



**A perfect gem! \$119,900!**

This 2-story home in Roseville School District. 3 huge BRs, 3 baths, beautiful kitchen with dining and T.V. room, all new paint, carpet, refinished hardwood floors, new kitchen tile. Fabulous lot. Over 2,000 square feet.

**Sue Drude Noyes 690-8558**



**Gorgeous Mendota Heights.**

New listing! Stately brick and stucco Tudor with turret on large lot, 4 BRs, 3 baths, master BR with private bath and balcony, large formal living room and dining room, open main floor family room with fireplace, sunroom and office. MINT!!

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**Mary Orr 651-282-9661**



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**Macalester/Groveland charmer!**

Large lot, 3 BRs with gleaming hardwood floors on main floor. Great front porch. Built-in buffet, new linoleum in kitchen. Finished room in lower level for playtime.

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**Eagle view of river!**

Majestic 4-BR, 2-bath home in north Eagan, close to Highland area! An estate home — seller wants offer! Full windows on north and west sides, over 4-1/2 acre lot — 2,800 square feet. Call...

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690-8560

\$159,900



**Sun-filled contemporary!**

Loft interior home with vaulted ceilings. 2-BRs, 2 baths, and sun-filled interior. Wonderful master bedroom sky-lighted with built-in entertainment center and cozy second-story deck.

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**Beautiful log cabin**

on gorgeous Silver Lake in North St. Paul. Wonderful 3+ BR home with 3 fireplaces, 4 baths. Dazzling view of lake. Double garage. One-of-a-kind home.

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**2109 Upper St. Dennis.**

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Lolly  
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**New listing 731 Fairmount.**

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and  
Jane Austin McGrath

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**709 Linwood Avenue.**

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**New list — Mendota Heights!**

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# SPOTLIGHT on Seniors

Your guide to local programs and services especially for mature adults.

## Modem operandi

Seniors don't have to be detectives to unlock the mystery of computers

by Catherine Condon

Karen Hollaus bought a computer for her Macalester-Groveland home last January. The retired human resources consultant admitted that it took some time to get it up and running, and by summer, posting e-mail, surfing the Internet and other computer capabilities still baffled her.

"I realized I wasn't going to get anywhere without help," said Hollaus, 59, who is now a volunteer mediator with the Dispute Resolution Center in St. Paul. "I needed to be able to transfer files with e-mail and look up information on the Web. It's almost mandatory for my volunteer work."

Hollaus turned to "Seniors Going Online," a five-part computer series offered by the University of St. Thomas' Center for Senior Citizens' Education. Held on the university's Minneapolis campus, the twice a week afternoon courses offer older adults information

on basic computing, word processing, spreadsheet design, the Internet and e-mail. Instructors and classroom mentors are all volunteer seniors themselves.

"We started three years ago," said Sister Marie Herbert Seiter, the center's associate director. "The first semester we had a huge waiting list. We kept thinking we were going to catch up. We still have a big waiting list. It's overwhelming."

"Seniors want to know what everybody else is talking about," Seiter said. "They want to be in the loop. They read all these things, that everybody has a Web address, and they don't understand what that means."

The Center for Senior Citizens' Education is just one of several area organizations offering computer classes geared to or convenient for seniors this fall.

Sanford Community Education is offering a two-hour class on "Surfing the Internet for Seniors" in October at Sanford Middle School



Marilyn Hall tackles spreadsheets on a PowerMac in the computer lab at Sanford Middle School in Minneapolis. Photo by Terry Faust.

in Minneapolis. "Trace your family tree, plan a vacation, start a business, find financial information or conduct research," the class brochure reads.

Sanford also plans to offer "Computers for Older Adults," a basic overview of the Macin-

tosh computer. The class will be offered in two six-hour sessions in mid-October.

"We found that one session would fill up," said community education specialist Rita

Computers/see next page

## These computer courses can help get older adults online in no time

The following computer classes are being offered locally this fall:

### Sanford Community Education

"Computers for Older Adults" from 9:30 a.m. to 3:30 p.m. on Wednesday and Thursday, October 14-15, at Sanford Middle School, 3524 S. 42nd Ave., Minneapolis. The cost is \$12.50.

"Surfing the Internet for Seniors" (Macintosh only) from 9:30 to 11:30 a.m. Friday, October 16, at Sanford. The cost is \$6.50. For

information on either class, call 612-627-7192.

### University of St. Thomas Center for Senior Citizens' Education

"Seniors Going Online," a five-course series, from 1:00 to 4:00 p.m. on weekdays on the university's Minneapolis campus, 1000 LaSalle Ave. Seniors can sign up for one, some or all of the course segments, which include computer basics, word processing, spreadsheets, the Internet and e-mail.

The first term runs through January and the second begins in February. The cost is \$15 per course. For information, call 651-962-5188.

### District 197 Community Education

"Microsoft Word 97 Beginning Word Processing" from 2:30 to 5:30 p.m. and 6:30 to 9:30 p.m. on October 27 and 29 at Moreland Elementary School, 217 W. Moreland Ave., West St. Paul. The cost is \$66.

"Windows 95 Advanced Topics" from 6:30

to 9:30 p.m. on November 16 and 18 at Moreland. The cost is \$75. To register for either course, call 651-681-2389.

### Macalester-Groveland Community Education

"Computers for the Intimidated" from 6:00 to 7:25 p.m. and 7:35 to 9:00 p.m. on Tuesdays, October 13, 20 and 27, at Ramsey Junior High School, 1700 Summit Ave. The cost is \$25. For information, call 651-293-8948.

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## Computers for seniors /from previous page

Keltgen. "We'd have to turn people away." Sanford's computer lab has 30 Macintoshes that also are available for use by the public on most Tuesday nights.

Macalester-Groveland Community Education is offering "Computers for the Intimidated," an introduction to the terminology, software and operation of personal computers, at Ramsey Junior High School, 1700 Summit Ave. Although it is not designed specifically for older adults, the class attracts a lot of them.

"Last spring we probably had more seniors taking the class than we had middle-aged people," said coordinator Bill Hanson. "A lot of them are interested in getting their first computer or sending e-mail to relatives. Some of them want to do their checking by computer. Or they may want to keep track of the inventory in their homes. You name it. They're not any different from the rest of the population as far as their needs go."

Hanson said the class is tailored for inexperienced users. "It's a basic class," he said. "If you know nothing about computers or you're anxious about them, this is a good class to take. For some, that means learning how to turn a computer on and off. The nice thing about these classes is they cater to an older population. You don't have a child in there who learns so much faster and is doing circles around you."

School District 197 Community Educa-

tion's computer classes also attract many older adults. The district, which serves Mendota Heights, held a basic computer class in September that drew many seniors, according to Mitzi Moh, the district's adult programs coordinator. In the next several weeks, the district will be offering "Beginning Word Processing" and an advanced Windows 95 course featuring file searching and printer installation.

"Seniors have really expressed an interest in computer classes," said Moh, who is planning afternoon sessions to encourage the participation of older adults. The classes are being offered at Moreland Elementary School, which recently opened a computer lab with the assistance of a \$240,000 federal grant.

Bettie Wild of Mendota Heights said the district's basic course taught her that computers are fun. "They started us out on solitaire," said Wild, who declined to give her age, but said she was definitely a senior. "The hand-eye coordination felt a bit clumsy." However, soon she was maneuvering the mouse and mastering the fundamentals. Wild said she plans to take more computer classes.

"Obviously, there's been a revolution," said Keltgen. "It doesn't seem that terribly long ago when there were no computers. Older adults may not need them for work, but a lot of them are interested in other things. They want to learn how they can use this new technology."

## Strength training turns back aging clock, helps reduce the effects of osteoporosis

Research has shown that maintaining physical fitness may be the best way for millions of people—especially women—to prevent age-related osteoporosis.

According to the National Exercise for Life Institute (NEFLI) in Chaska, osteoporosis affects 25 million older Americans, 80 percent of them women. The symptoms include a gradual loss of height, curvature of the upper spine, abdominal bulge and increased susceptibility to wrist and hip fractures.

However, a recent Tufts University study showed that two 45-minute weight training sessions a week can improve bone density, muscle mass, strength, and balance and physical activity in older women, thus slowing down the effects of the debilitating disease.

The study involved 39 post-menopausal, sedentary women ages 50-70. Twenty of the women participated in a supervised weight training program. The remainder served as a

control group. The results showed 36 to 76 percent increases in muscle strength among the weight-lifters and a 1 percent gain in bone density. In contrast, the sedentary group saw no increase in muscle strength and a 2.5 percent loss in bone density.

According to the NEFLI, osteoporosis begins between the ages of 30 and 35, which is when the body's bone density begins to decrease. As people lose bone mass, they become more susceptible to fractures. Women over age 50 are twice as likely as men to suffer a bone fracture from osteoporosis. By age 90, an average of one out of every three women and one out of every six men will break a hip.

"Even if the effects of osteoporosis cannot be reversed, they can be slowed down or stopped with a proper program of exercise and nutrition," said Jeff Zweifel of the NEFLI.

For more information, call the NEFLI toll-free at 1-800-358-3636.

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Henry Kristal, right, and son David dig into their favorite Embers foods—an Emberger Royal, a Double Emberger and a Big Dog. Photo by Kristine Heykants.

## Embers founder now offers fellow independents chance to fan flames

by E.C. Hartley

At age 66, one might expect Henry Kristal to be thinking about cooling his heels instead of jumping feet first into a new business venture. But one should not discount his willingness to take a risk.

Many years ago, Kristal was the first one to think of putting bacon on top of a cheeseburger. The result was the Emberger Royal. It helped Embers become a household word in the Twin Cities.

Kristal is now putting that same vigor into a revolutionary new franchising plan. Under the new corporate identity Embers America, the 44-year-old company has launched a nationwide program designed to attract other successful independent owners to be part of a network of family-owned restaurants.

"The concept is more of a partnership than the usual franchise arrangement," said Henry's son David Kristal, a Summit Avenue resident and the corporation's chief executive officer. "We don't expect our partners to change their restaurants' names. If they've been known in their town as Harry and Sally's for years, now they'll become Harry and Sally's Embers America."

"Most independent restaurateurs don't have the time or resources to continue to compete effectively against the big national franchises," continued David, an earnest 33-year-old with a Stanford University law degree and considerable experience as a national retail consultant. "What we're offering them is an opportunity to achieve economies in purchasing and marketing and still maintain control of their own operation."

Henry Kristal and a partner opened their first Embers restaurant in 1956 at the corner of Lake Street and Hiawatha Avenue in Minneapolis. Now chairman of the board of Embers America, Henry knows well how competitive the restaurant business is.

"I know restaurant owners all over the country," said Henry, a Mendota Heights resident who has headed up the Minnesota Restaurant Association and the Upper Midwest Hospitality Association. "The people we're getting to join with us are a lot like me. They've worked long, hard hours most of

their lives to become successful. They've struggled to maintain their independence. And every day they find themselves in an almost overwhelmingly competitive position. What we're offering them is a chance to become more successful, a chance to fight back. You could say that Embers America is a collection of independent spirits."

All Embers Americas will offer 22 core items from the Embers menu, including such standbys as cinnamon French toast and the Emberger Royal. "But they'll keep their own tried-and-true specials," Henry said. "If they've been selling grits for breakfast or a great apple pie for the past 30 years, they'll continue to do it—along with the Embers items."

A computer "intranet" will keep the franchises hooked into the restaurant's St. Paul headquarters on University Avenue. The system will allow the restaurants to place food orders and "chat" with each other about recipes, promotional ideas, holiday specials or whatever else they want to discuss.

Consistency among the restaurants is the key, David said. "Imagine seeing that blue freeway sign announcing the places to eat at the next exit," he said. "It may say something like Burger King, Pizza Hut and Joe's Restaurant. A traveler knows exactly what he'll get at the first two. But Joe's? Now it can say Joe's Restaurant—Embers America and the traveler knows it's a clean place with good service that offers familiar items along with specialties of the restaurant or the region."

The franchising program, which began in June, is expected to attract as many as 50 partners in less than a year, all located in the Upper Midwest. The Kristals then plan to push across the country, market-by-market, over the next 10 years. To do that, they have hired a management team that includes Robert Lennie, who was instrumental in developing franchises for Play It Again Sports and Once Upon A Child, and Duane Monette, a longtime Embers employee who handles purchasing and distribution.

Asked whether the change of direction was hard, especially at his age, Henry said, "Not at all. We need new ideas because the competition is enormous for the independent operator. But we can fight back and win."

*"The people we're getting to join with us... have worked long, hard hours most of their lives to become successful. You could say that Embers America is a collection of independent spirits."*

# SENIOR NEWS

The Merriam Park Senior Center, 2000 St. Anthony Ave., is offering the following activities in the next few weeks: an exercise class at 10:00 a.m. on Mondays, Wednesdays and Fridays; line dancing at 1:00 p.m. Mondays; a trip to Apple Jack's Orchard on Wednesday, October 7 (\$25); a mini-conference on "Sunshine, Storms and Silver Linings," featuring speakers Bud Kraehling and Anna Maravelas, from 9:45 a.m. to 2:30 p.m. Monday, October 12; flu shots from 1:00 to 2:30 p.m. Thursday, October 15 (\$10); and a screening of the movie *Rainmaker* on Wednesday, October 21. For information, call the center at 651-645-7424.

A 55 Alive senior driver refresher class will be offered from 10:00 a.m. to 3:00 p.m. Tuesday, October 20, at the Jewish Community Center, 1375 St. Paul Ave. The cost is \$8.00. To register, call 651-698-0751.

A driver improvement course for those 55 and older will be offered from 5:00 to 9:00 p.m. Monday and Tuesday, October 12-13, at Nativity Catholic Church, 324 S. Prior Ave. Those completing the course will qualify for a 10 percent reduction in their auto insurance premiums for three years. The cost is \$16.50. To register, call toll free 1-888-234-1294.

Home Share, a housing program facilitated by DARTS, is being offered for older adults who are interested in reducing their monthly housing costs by taking in a renter. In exchange for reduced rent, the renter agrees to assist with light housekeeping, yard work, meal preparation or errands, depending on the needs of the homeowner. Arrangements for the renters vary from sharing common living areas to occupying a complete lower level of a person's home. DARTS staff conduct interviews, screen and match participants, and monitor the match. For information, call 651-455-1560.

Home Instead Senior Care has opened a franchise at 1349 S. Robert St. in West St. Paul. Founded in 1994 in Omaha, Nebraska, Home Instead offers relief for family caregivers by providing non-medical assistance to the elderly in their homes. Staff members can provide meal preparation, help with housework, run errands and offer companionship to the elderly. Short- and long-term care is available seven days a week. For information, call 651-455-9491.

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## Studies show getting fit improves health of those getting on in years

by Lindsay Hall

Physical exercise is often considered to be the province of the young, while older adults are expected to slow down. Nothing could be further from the truth. Research shows that staying physically active is essential to good health in one's later years and that it is never too late to start.

Recent studies have shown that exercise reduces hardening of the arteries, a major cause of high blood pressure. Lowering blood pressure, in turn, lessens the risk of heart disease and stroke, which together account for more than 40 percent of all deaths among those ages 65-74 and nearly 60 percent among those over 85.

Exercise also increases the body's control of blood-glucose levels, lowering the likelihood of adult-onset diabetes. Strength training helps tone muscles, improve balance, make bones stronger and ease arthritic pain.

No less important, physical activity is good for the mind. It eases tension and increases vigor, giving seniors energy to do the things they enjoy. Exercise can even help one sleep at night.

It is commonly believed that the loss of physical function is inevitable, due to the aging process. Though aging does cause some weakening and fatigue, another cause is simply inactivity. Only one in four older adults exercises regularly.

Exercising even half an hour a day, three times a week, can bring tremendous benefits. Even ordinary activities such as walking, climbing stairs, gardening and housecleaning can make a big difference.

For many, the hardest part of starting a fitness program is getting motivated. There are three things seniors can do. First, they should choose activities that they like, which will make it easier for them to stick with the program. Second, they should vary their routine to keep from becoming bored and to work different muscle groups. Third, they should find a partner. Walks and other activities are more fun with someone to talk to and partners can motivate each other by striving toward the same health goals.

Doctors recommend three kinds of exercise for older adults: stretching, aerobic activity and strength training. Together, all three improve physical and emotional well-being.

Stretching is recommended before and after exercise to warm up and cool down. Cooling down is important because stopping

abruptly can lead to dizziness and fainting. Just 10 minutes of stretching before and after physical activity should do the trick.

Aerobic activity need not be fast or strenuous. Many seniors enjoy taking a brisk walk or just climbing stairs. Those with arthritis or other joint pain may want to try low-impact exercises such as swimming or water aerobics. Just 30 minutes a day can bring noticeable benefits.

Strength training rebuilds muscle and bone mass, both of which decline as a person gets older. Strong muscles and bones help ward off health problems such as osteoporosis and weight gain.

These three types of activities, if done routinely, will help older adults combat many of the health problems that typically come with inactivity, including pain and depression. But seniors should not go it alone. They should always talk to their doctor before starting any exercise program, especially if they smoke or have heart or lung disease, high blood pressure, diabetes, arthritis or asthma. The doctor will make sure that they do not overdo it and that their exercises produce maximum benefit without strain or injury.

### Some exercise tips

- Create a regular exercise schedule. Many people find it helpful to keep a written chart so they can set goals and track their progress.
- Always drink water before, during and after exercise. One of the quickest ways to get tired and quit exercising is to get dehydrated. Water gives a body the fluids it needs to keep going.
- Wear comfortable clothing and shoes. Loose clothes and shoes that provide proper support make exercising more pleasant and help prevent injuries.
- Prepare for the weather. In Minnesota, it is important to avoid too much exposure to the sun, wind, heat and cold. Avoid outdoor activities during weather extremes. There is always indoor activity to do.
- Eat right. Exercise is just one part of staying healthy. A balanced, wholesome diet also reduces the risk of health problems.
- Be realistic. Seniors should not push themselves beyond their limits. If they feel tired or ill, they should rest a while and resume exercising only when they feel up to it again.

Reprinted from "Fairview HealthWise," a publication of Fairview Health Services.

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by John D. Rice, M.D., Eye Physician and Surgeon

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A: The cornea is the front surface of the eye and it bends light rays so they will be in focus on the retina. If the cornea is not perfectly round like a basketball, but is elongated like a football, it will not focus all light rays at the same time — this is astigmatism. Glasses or hard contact lenses generally will correct for this.



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# THE KIOSK

## Wednesday/October 7

A FREE SUPPORT GROUP for people dealing with depression will be offered from 7:00 to 8:30 this evening and on the first and third Wednesday of each month at the Jewish Community Center, 1375 St. Paul Ave. Call 651-698-0751.

## Thursday/October 8

THE PUZZLE OF MENTAL ILLNESS 6, an educational series aimed at broadening understanding of mental illness, will continue at 7:30 this evening at Concordia University. *New York Times* columnist Jane Brody will speak on "Unmasking Depression: Revealing the Face of Hope." Admission is free. Call 651-450-2217.

A HARVEST DINNER will be offered from 5:00 to 7:00 this evening at Epworth United Methodist Church, 3207 37th Ave. South, Minneapolis. The cost is \$6.00 for adults and \$2.75 for children. Call 612-722-0232.

A LECTURE on "How to be an Effective Peacemaker" will be given by *Washington Post* columnist Colman McCarthy at noon today in Our Lady of Victory Chapel at the College of St. Catherine. Admission is free. Call 651-690-8845.

AN INTERNATIONAL ROUNDTABLE on "Globalization and Economic Space" will begin today and continue tomorrow and Saturday in the Weyerhaeuser Chapel at Macalester College. Keith Griffin, an economics professor at the University of California at Riverside, will open the free roundtable with a keynote address at 4:00 this afternoon. Other leading authorities will share their insight on globalization and economic space from 9:30 a.m. to 4:00 p.m. tomorrow and Saturday. Call 651-696-6332.

A DREAM WORKSHOP led by holistic psychotherapist Richard Bonk will be offered at 7:00 this evening at Barnes & Noble Highland, 2080 Ford Pkwy. Admission is free. Call 651-690-9443.

A WORLD WAR II ROUNDTABLE discussion will take place at 7:00 this evening at Historic Fort Snelling. Retired General James Sieben and other veterans, together with two military historians, will discuss the Battle of Aachen. Call 612-726-1171.

## Friday/October 9

THE TWIN CITIES WOODWORKING Show will take place from noon to 7:00 p.m. today, from 10:00 a.m. to 6:00 p.m. tomorrow and from 10:00 a.m. to 5:00 p.m. on Sunday at the state fairgrounds. There will be a variety of exhibitors displaying and demonstrating a wide range of woodworking, turning, carving and finishing materials and supplies, plus seminars and free workshops. Admission is \$7.00 for adults and free for children.

## Saturday/October 10

AN OPEN HOUSE for viewing the fall colors will be held from 9:00 a.m. to 5:00 p.m. today and tomorrow at the Highland Water Tower. Water utility staff will be available to answer questions.



**They've got him eating out of their hands.** Eddie, a retriever-Irish setter mix, gets a dog biscuit from Roma Eisenberg at Rosewood Estates in Highland Village, while Oscar Boling and Martha Gerritz look on. Eddie was adopted from Last Hope Inc. by the assisted-living facility and now provides constant companionship for the senior residents. Photo by Mike Long.

"PUTTING BY FOR WINTER," a program to show how fort residents prepared for winter, will be held from 10:00 a.m. to 5:00 p.m. today and from noon to 5:00 p.m. tomorrow at Fort Snelling. Admission is \$5.00 for adults, \$4.00 for seniors and \$3.00 for children. Call 612-726-1171.

## Sunday/October 11

A WEDDING FAIR will take place from 10:00 a.m. to 5:00 p.m. today at RiverCentre. Exhibitors will include caterers, photographers, florists, dress and formal wear shops, jewelers, invitation printers, musicians and many more. The cost is \$10 at the door, or \$8.00 in advance by calling 612-546-8499.

THE ST. PAUL HIKING CLUB will meet for a walk at 2:30 this afternoon at 1625 Pinehurst Ave. Call Chuck at 651-644-7502.

A SUKKAH FAIR to celebrate Sukkot, the harvest festival, will take place from noon to 3:00 p.m. today at the Jewish Community Center, 1375 St. Paul Ave. There will be a farmer's market, pony rides, farm animals, petting zoo, music, art projects and prizes. Call 651-698-0751.

A FALL FESTIVAL will be held from 11:00 a.m. to 3:00 p.m. today in the lower level of the Cathedral of St. Paul. There will be a ham dinner, raffles, games, a silent auction, craft boutique, bakery and a country store. The cost is \$6.00 for adults and \$3.00 for children.

TOURS of five historic places of worship will be offered from 1:00 to 5:00 this afternoon. Participants may start the tour at any one of the churches and free parking will be available at all sites. Shuttle service will also be available. The five churches on the tour include Assumption Catholic Church, 51 W. 7th St.; Central Presbyterian Church, 500 Cedar St.; Church of St. Louis, King of

France, 506 Cedar St.; First Baptist Church, 499 Wacouta St.; and Mount Zion Temple, 1300 Summit Ave.

## Monday/October 12

THE CENTER FOR GRIEF, Loss and Transition will begin a series of support groups for ages 3 to adult at 6:30 this evening at Gloria Dei Lutheran Church, 700 S. Snelling Ave. Fees are based on income. For information, call 651-641-0177.

## Tuesday/October 13

THE ST. PAUL HIKING CLUB will meet at 7:30 this evening in the parking lot of the St. Paul Cathedral, at Summit and Selby avenues, for a walk around the neighborhood. Call Chuck at 651-644-7502.

## Wednesday/October 14

A PUBLIC FORUM on "What Is News? Have the News Media Gone too Far? Or Not Far Enough?" will be held from 7:00 to 8:30 this evening in the Weyerhaeuser Chapel at Macalester College. Admission is free. Call 651-696-6203.

THE LONGFELLOW GARDEN CLUB will meet at 7:00 this evening at the Longfellow Community Center, at 36th Ave. and 35th St., Minneapolis. Tonight's meeting will include a potluck dinner. Gardeners may also bring a favorite gardening book and photos of their gardens to share.

A RECEPTION AND SOCIAL to get younger voters interested in the political process will be held from 5:30 to 7:30 this evening at O'Gara's, 164 N. Snelling Ave. Participants will have the opportunity to meet the candidates and ask questions. There will be games, door prizes, food and drink tickets.

## Thursday/October 15

THE MIDWAY-HIGHLAND CHAPTER of the American Association of Retired Persons will meet at 1:00 this afternoon at the Lyngblomsten Senior Center, 1298 Pascal Ave.

LA LECHE LEAGUE (St. Paul Metro chapter) will meet at 7:00 this evening. The discussion will focus on nutrition and weaning. For meeting location, call 651-227-3887.

THE MOMS CLUB will meet from 10:15 to 11:30 this morning. A St. Paul police officer will explain the sex offender notification law and how parents can keep their children safe from abuse. For meeting location, call Jenny at 651-699-2933.

## Saturday/October 17

THE NATIONAL WRITERS UNION'S local Journalism Division will present a contract negotiating workshop from 10:00 a.m. to 1:00 p.m. today in the Macalester College Student Union. The workshop is co-sponsored by the Hungry Mind. The cost is \$35 for union members and \$60 for others. Call Jack El-Hai at 612-870-3488.

A CAR WASH to benefit the Highland Senior High Debate and Speech Team will be held from 9:00 a.m. to 4:00 p.m. today and tomorrow at the Total Station, 1351 Randolph Ave.

A RUMMAGE SALE will be held from 9:00 a.m. to 3:00 p.m. today at Macalester Plymouth Church, 1658 Lincoln Ave.

## Sunday/October 18

A VICTORIAN FASHION SHOW will be held at 1:00 this afternoon at the Alexander Ramsey House, 265 S. Exchange St. The cost is \$5.00. For reservations, call 651-296-8760.

A DEDICATION CEREMONY in honor of the Howard Goldberger Gymnasium will take place at 10:00 this morning at the Jewish Community Center, 1375 St. Paul Ave. For reservations, call 651-698-0751.

## Monday/October 19

AN ENGLISH TEA TIME CLASS will be offered from 7:00 to 9:00 this evening at Highland Senior High School. Students will learn how to brew and serve a proper pot of tea and sample scones, lemon curd, Devonshire cream, almond cookies and Victorian tea cake. The cost is \$16. To register, call 651-293-8874.

## Tuesday/October 20

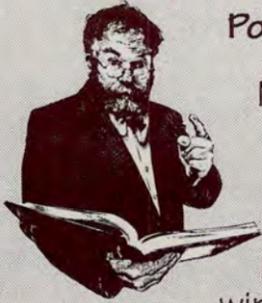
A FAMILY ISSUES GROUP will meet from 7:00 to 8:30 this evening at the Jewish Community Center, 1375 St. Paul Ave., to discuss sibling rivalry. Call 651-698-0751.

A NEW PARENTS AND BABIES GROUP will meet from 9:30 to 10:30 this morning at the Jewish Community Center, 1375 St. Paul Ave. The topic of this month's meeting will be infant-child CPR. To register, call 651-698-0751.



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**BUSINESS BRIEFS**

**Highgrove Community Federal Credit Union**, 680 S. Cleveland Ave., will celebrate the 150th anniversary of credit unions Monday through Friday, October 12-16. The week's events include an open house with free cookies and coffee on October 12; a Children's Miracle Network fund-raiser on October 13; a fund-raiser for new playground equipment at Highland Park Elementary School on October 14; Member Appreciation Day on October 15 featuring free root beer floats for all members and a prize for the 50th member who walks through the door that day; and a preview of the credit union of the future on October 16. Kirby the Kangaroo will be available each day between 4:00 and 5:00 p.m. to teach children about money. Call 651-698-8801.

**Tiffany Collection**, an importer of home furnishings, has opened in Parkway Plaza at 4751 S. Hiawatha Ave., Minneapolis. This is the fourth location for the 15-year-old company, according to manager Michelle Murray. The other shops are located at the Mall of America, Rosedale Center and the Suburban Square Shopping Center in Hopkins. Tiffany

Collection offers below-wholesale prices on Tiffany lamps as well as furniture, vases and other items imported from Indonesia.

**Crocus Hill Health Center**, 653 Grand Ave., has been sold. Ann Barkley, who founded the clinic 10 years ago, has transferred ownership to Sarah Chambers while she embarks on a new career in farming and llama raising. Chambers plans few changes. She will provide chiropractic care along with acupuncture and craniosacral therapy. DeAnn Adams has joined the practice as a chiropractor with an emphasis on applied kinesiology and acupuncture. Jan Johnson will continue her chiropractic practice and yoga classes. Jean Fraser, who provides massage therapy, has begun teaching a course in infant massage. Barkley will continue to offer chiropractic care one day a week.

**East-West Karate** has opened at 540 N. Fairview Ave. The first Yamashita Shorin-Ryu karate studio in Minnesota, it is operated by husband and wife John and Lori Dombeck of Macalester-Groveland. John, a second-degree black belt, has studied Shorin-Ryu for eight

years. That form of karate, which was developed in Okinawa, is said to be more fluid than other forms of karate, emphasizing agility and speed over brute force. East-West Karate offers separate classes for adults and children along with women's self-defense. For information, call 647-1034.

**David Egan** of New Art Salon, 614 S. Snelling Ave., was chosen to represent St. Paul as one of the featured speakers during the National Cosmetology Association of Minnesota's annual expo on October 3-4 at the Radisson South Hotel. Egan has been in the cosmetology business for 12 years.

**The Boat-house** recently opened at 937 W. 7th St. Owner Dale Hedtke of Highland Park is a professional engineer and avid sailor and kayaker who has built dozens of boats over the years, including runabouts, dinghies, canoes and kayaks. The Boat-house carries kayaks and birch-bark canoes, and sells plans and equipment for building rowing shells, wherries, dinghies and other small boats. Hedtke also plans to offer classes in boat building and repair.



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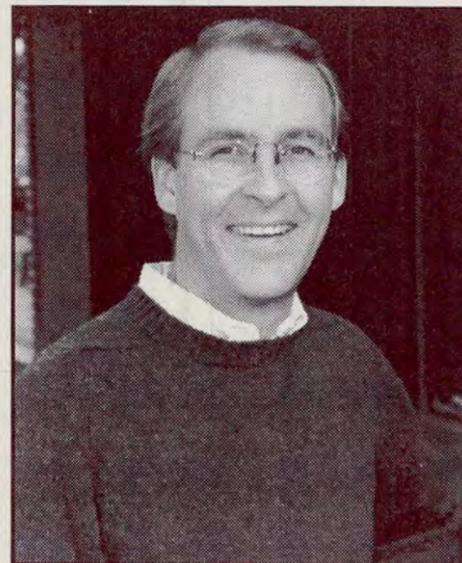
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Dear Neighbor,  
 Since you elected me in 1996, I am proud to have passed over 2.7 billion dollars in tax cuts. Most importantly, 2.2 billion dollars went to lower our property taxes. I will continue to work to cut your taxes.  
 As the co-author of the Education Finance bill, I helped pass new initiatives to lower class size and create all-day kindergarten programs in St. Paul. For my legislation to protect children, I am proud to have been given the distinguished service award by the National Coalition to End Child Hunger.

With your help, I'm working for our schools, our neighborhoods, and much-needed tax reform. Thank you for your continued support. *Matt*

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 for Saint Paul!**

# ON THE TOWN

## The spirits are willing

Jim Cunningham revives *Hauntings* to give audiences an old-fashioned scare

by Dave Page

When theater and television actor Jim Cunningham says *Spirits of the Cave*, his 1998 Halloween production of the play *Hauntings*, is not for the faint of heart, he is not trying to scare up business. He means it.

A decade ago, a spectator fainted during the production after the lights went out. "I couldn't figure out what was blocking my way through the audience," Cunningham recalled, "until I reached down and felt a body."

He remained with the woman until the lights came back up and then helped her to her seat.

"No matter how many times we warn people that the show is not appropriate for children under 13 or for people afraid of the dark or for the squeamish, some people think we're joking," Cunningham said. "We're not."

Cunningham, a Merriam Park resident, first became interested in the subject for the show—Victorian spiritualism—when he provided backstage help for his older brother Richard, a magician.

"I've always been fascinated with ghosts and witches," said Cunningham, "and Richard got me into show business. I wanted to combine the two, but I didn't really have a vehicle."

Cunningham, perhaps best known for his portrayal of Tony in *Tony 'n' Tina's Wedding*, has appeared in numerous television and radio commercials and serves as the public address announcer for the Minnesota Twins. He still remembers the day that Larry Kahlow, owner of the Eagle Magic & Joke Store in Minneapolis, called him in 1986 about Eugene Burger's *Spirit Theater*. "It was the book I'd been waiting for my whole life," Cunningham said, "because it merges ghosts and acting."

Cunningham didn't have the \$45 necessary to buy the book, but by a fortuitous circumstance he won enough money playing poker that night to go back and get it the next day.

"I called Eugene the following year to find out how I could get the rights to produce a show based on his book," Cunningham said.

The idea for *Spirit Theater* had arisen while Burger and a couple of friends were in the attic of an old mansion that they were refurbishing in Evanston.

Burger, a top-notch magician, agreed to allow Cunningham to produce a show called *Hauntings* based on the book as long as Burger could work with the actors.

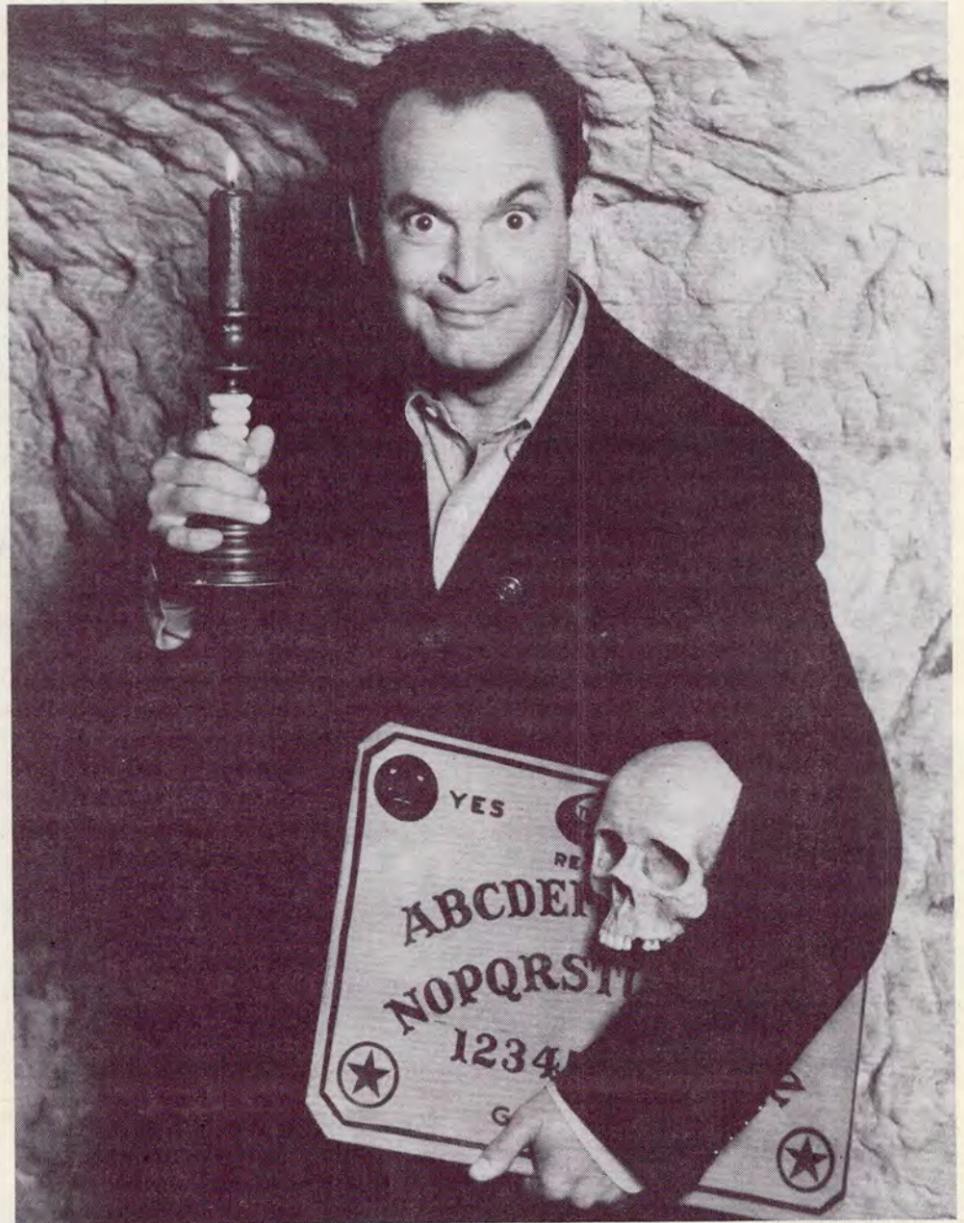
Burger helped with Cunningham's 1987 and 1988 versions of *Hauntings*, which were performed to sold-out audiences at St. Anthony Main in Minneapolis. Cunningham did not reprise *Hauntings* until 1994, when Hey City Theater produced the show in the Wabasha Street Caves in St. Paul. The following fall, the play moved to Seven Corners in Minneapolis. Now, after a three-year hiatus, *Hauntings* has crawled back into the caves, which are located two blocks south of the Mississippi River on Wabasha Street.

The location is an apt one. Just a little farther up the riverbluff, magicians used to thrill prohibition-era audiences in the Mystic Caverns nightclub. They used glow-in-the-dark skeletons and an Egyptian mummy that would metamorphose into an attractive woman through the mirror-and-light illusion known to magicians as "Pepper's Ghost," according to Paul Maccabee's *John Dillinger Slept Here*.

Although Maccabee is uncertain whether Dillinger frequented Mystic Caverns or the Castle Royal nightclub—now the Wabasha Street Caves—marketing director Deb Frethem thinks she knows better.

"One of the people on our St. Paul Gangster Tours told us that she met a handsome man here (at the caves) who simply introduced himself as John and who was a good dancer," Frethem said. "When someone told her it was Dillinger, she almost fainted."

The Wabasha Street Caves were one of the hangouts for Twin Cities gangsters during the '20s and '30s. Frethem said the Dorsey Brothers were playing the club one night in 1934 when they were told to clear out immediately following their show. After the band left, a lone female manager reportedly



Jim Cunningham transports audiences back to Victorian times as he takes a chilling look at the world of spiritualism and magic in *Spirits of the Cave*—The 1998 Production of "Hauntings" opening October 10 at the Wabasha Street Caves. Photo by Greg Helgeson.

heard loud voices and shooting. She walked into the caves and found four men lying in their own blood. Terrified, she raced back to her office and called the police. When the cops arrived, no trace of the shooting remained, except for some slugs in the stone fireplace behind where the victims had been lying. The slugs are still there and Frethem speculates that the ghost she once encountered in the caves was one of the unfortunate quartet.

With that kind of history, the Wabasha Street Caves provide a perfect backdrop for *Spirits of the Cave*, which was rewritten and redesigned for 1998 by Cunningham and magician David Parr. For the first two-thirds of the 90-minute show, Cunningham tries to recapture the time when spiritualism was part religious movement and part titillation. He transports audiences back to a time when

the Fox Sisters used knocking to communicate with the dead, and Dr. Henry Slade convinced audiences that spirits could write.

He also discusses Houdini, the former magician who realized he could revitalize a flagging career by debunking the very people he hoped could put him in touch with his dead mother.

During the last third of the show, actress Kathryn O'Malley answers the question, "Why did otherwise sane people fall for the scam?" by leading the audience in a seance. "At that point it gets pretty intense," Cunningham warned.

*Spirits of the Cave* will open on Saturday, October 10, and continue on October 14-18, 20-25 and 27-31. For tickets, priced at \$26, call 651-989-5151.

## Things that go bump await those wanting a jump on this Halloween

Halloween has become one of the most celebrated holidays of the year. What used to be a single evening of donning costumes and trudging door-to-door to pick up treats has mutated into a month-long festival of haunted houses, spooky stories, pumpkin parties and more. Much more.

Here's a look at some of the local events being offered for those wanting to get a jump on all the excitement:

**The Merriam Park Booster Club** will hold its annual pumpkin sale and bonfire

from 6:00 to 8:30 p.m. Thursday, October 15, at the Merriam Park Community Center, 2000 St. Anthony Ave. There will be treats, entertainment and a moonwalk. For information, call Kate Shelley at 651-523-0489.

**Macabaret '98**, a hilarious Halloween hit, will return to haunt the Twin Cities at Upstairs at McColl's, 366 Jackson St., on Fridays and Saturdays, October 10-31. The musical revue features a wickedly witty collection of songs dealing with the macabre. For tickets, priced at \$13, call 651-224-5313.

**Child's Play Theatre Company** will hold its annual costume rental from noon to 4:00 p.m. Sunday, October 11, at the Hopkins Center for the Arts. Whether looking for a princess or a frog, costumes will be available for ages 10 to adult. Rental prices start at \$5.00. For details, call 612-979-1115.

**Spooky World** "America's Horror Theme Park" has opened its fourth season at Murphy's Landing in Shakopee. On Wednesday through Sunday evenings now through Halloween, visitors can try out the Creepy Hol-

low Hayride, four new haunted houses, a Booville children's area, monster mini-golf, Doom Drop giant slide, slime booth and more. For tickets, priced at \$14 (free for children 5 and younger), call 612-445-8555.

**Haunted Acres** will return to the Minnesota Zoo on October 9-10, 15-18, 22-25 and 29-31. New this year is four more rooms in the phantom haunted mansion, a terror maze, a children's haunted house and a snake pit. Admission is \$11 for adults and \$7.00 for children. For information, call 612-432-9000.

**Music**



"Swing Night in the Caves," will take place from 7:00 to 10:00 p.m. every Thursday at the Wabasha Street Caves, 215 S. Wabasha St. The line-up will include the following: The Moonlight Serenaders on October 8; and the Minnesota Jazz Orchestra on October 15. Free dance lessons will be given at 6:15 p.m. Admission is \$6.00. Call 651-224-1191.

The Landmark Center New Music Series will present the following concerts at 7:30 p.m. at Landmark Center: Tim Donahue and the Stellar Music Ensemble on Thursday, October 8 (\$5.00); and jazz composer and saxist Doug Little on Wednesday, October 14 (\$5.00). For information, call 651-228-1407.

The Vintage, 579 Selby Ave., will offer the following musical line-up: Justin Roth at 8:00 p.m. Sunday, October 11 (no cover); Tim Snow at 9:00 p.m. Monday, October 12 (\$3.00); Michael Monroe at 9:00 p.m. Tuesday, October 13 (\$5.00); Timm E. Trio at 8:00 p.m. Sunday, October 18 (no cover); Dan Schwartz at 9:00 p.m. Monday, October 19 (\$3.00); and Chris Bucheit at 9:00 p.m. Tuesday, October 20 (\$3.00). For information, call 651-222-7000.

"20th Century Masterpieces" will be performed by organist James Biery at 3:00 p.m. Sunday, October 11, at the Cathedral of St. Paul. For details, call 651-228-1766.

"Sowing Seeds of Hope," a concert to celebrate and raise money for the School Sisters of Notre Dame, will be held at 8:00 p.m. Monday, October 12, at the Fitzgerald Theatre, 10 E. Exchange St. The concert will be

hosted by WCCO's Charlie Boone and will feature Jearlyn Steele Battle, Butch Henry, the Ray Kominsche Orchestra and WCCO's Patty Peterson. For tickets, starting at \$25, call 651-699-2878.

Angelique Kidjo will perform music blending the rhythms and spirits of Africa with the sounds of the New World's African Diaspora at 7:00 p.m. Wednesday, October 14, at the Ordway Music Theatre. For tickets, priced from \$14 to \$19, call 651-224-4222.

The American Horn Quartet will perform the music of Haydn, Handel and Telemann at 8:00 p.m. Wednesday, October 14, in the Ted Mann Concert Hall at the University of Minnesota; at 8:00 p.m. Thursday, October 15, and 10:30 a.m. Friday, October 16, at the Ordway Music Theatre; and at 8:00 p.m. Saturday, October 17, at St. Paul's United Church of Christ, 900 Summit Ave. For tickets, priced from \$15 to \$41, call 651-291-1144.

"Evening and Morning," a hymn festival featuring the choirs of Concordia University with guest organist Emily Maxson Porter, will take place at 8:00 p.m. Friday, October 16, in the Buetow Music Center at Concordia University.

Hal Ketchum will perform at 7:30 p.m. Monday, October 19, at the Guthrie Theater. For tickets, priced at \$23 and \$25, call 612-377-2224.

**Books**



Marilyn Bach will discuss and sign copies of her book *Shape-Walking: Six Easy Steps to a Healthier Life* at 7:00 p.m. Wednesday, October 7, at

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briefly



Mike Dinneen of Macalester-Groveland will perform during a CD release party at 8:00 p.m. Saturday, October 17, at O'Gara's Bar and Grill, 164 N. Snelling Ave. Dinneen's "Second Star to the Right" is featured on "Future Hits Number 3," the Minnesota Association of Songwriters latest CD. Other songwriters featured on the CD also will perform. For information, call 612-649-4636.

Barnes & Noble Highland, 2080 Ford Pkwy. Admission is free. For information, call 651-690-9443.

Alice Walker will read selections from her book *By the Light of My Father's Smile* at 7:00 p.m. Thursday, October 8, at Central Presbyterian Church, 500 Cedar St. Admission is free. Call 651-699-0587.

The Hungry Mind bookstore, 1648 Grand Ave., will host the following readings at 8:00 p.m.

(unless otherwise noted): Greg Sarris will read selections from his book *Watermelon Nights* at 7:00 p.m. Saturday, October 10; Michael Tisserand will discuss his new book *The Kingdom of Zydeco* at 7:00 p.m. Saturday, October 17; Marilyn Krysl will read from her new book of stories *How to Accommodate Men* on Monday, October 19; Andrea Barrett will read from her new novel *The Voyage of the Narwhal* on Tuesday, October 20. Call 651-699-0587.

Barnes & Noble Highland, 2080 Ford Pkwy., will hold the following events at 7:00 p.m. (unless otherwise noted): A memoir writing workshop will be presented by Cindra Halm on Tuesday, October 13; and Aimee Paulsen, one of the contributors to *Girls Know Best II* will discuss and sign copies of the book on Saturday, October 17. Admission is free. For information, call 651-690-9443.

The Guthrie Book Club will meet at 7:00 p.m. Wednesday, October 14, at Barnes & Noble Highland, 2080 Ford Pkwy. October's featured play is *Four Comedies*. Call 651-690-9443.

The Poetry Circle will meet at 3:00 p.m. Sunday, October 18, at Barnes & Noble Highland, 2080 Ford Pkwy. Each month, different poems and authors will be discussed in an informal setting. Call 651-690-9443.

**Family**



Preschool storytimes for children ages 3-5 will be held at 10:30 a.m. on Fridays through October 23 at the Merriam Park Library, 1831 Marshall Ave. To register, call 651-642-0385.

Mr. Popper's Penguins has opened at the Children's Theatre Company, 2400 Third Ave. S., Minneapolis. Running in repertory with *Mr. Popper's Penguins* will be *Afternoon of the Elves*. Performances of *Afternoon of the Elves* will continue through October 31 and *Mr. Popper's Penguins* will run through November 8. For tickets, priced from \$10 to \$25, call 612-874-0400.

Preschool films will be shown at 10:30 and 11:15 a.m. Wednesday, October 7, at the Nokomis Community Library,

5100 S. 34th Ave., Minneapolis. Toddler Time will be held at 10:30 a.m. Tuesdays through October 20. Preschool story hours will take place at 10:30 and 11:15 a.m. on Wednesdays throughout October. For information, call 612-630-6700.

"Excentricus," a theatrical performance of the cirque tradition, the European-style animal-free circus featuring acrobatics, juggling, aerial art, cycling, balancing and music, will be performed by Quebec-based Cirque Éloize at 7:00 p.m. Thursday, October 8, at the Ordway Music Theatre. For tickets, priced at \$22, \$27, \$32 and half-price for children ages 4-17, call 651-224-4222.

The Red Balloon Bookshop, 891 Grand Ave., will offer the following storytime activities at 10:30 a.m. on Wednesdays and Saturdays: Dori Hillestad Butler and illustrator Janice Lee Porter will introduce their book *M Is For Minnesota* on October 10; and a surprise story hour on October 17. Call 651-224-8320.

History Hijinx programs for children ages 3-11 will be offered from 1:00 to 4:00 p.m. on Sundays at the Minnesota History Center, 345 W. Kellogg Blvd. The line-up includes the following: children can learn how to winnow rice and make a winning basket on October 11; and families can sew and paint a parfleche, an American Indian envelope made of hide and decorated, on October 18. Call 651-296-6126.

The Red Balloon Bookshop, 891 Grand Ave., will offer the following readings and book signings: A. LaFaye will introduce two new chapter books dealing with young girls coming to grips with life's realities at 7:00 p.m. Monday, October 12; Jon Scieszka and Lane Smith

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will present and sign their new book *Squids Will Be Squids* from 10:00 a.m. to noon Tuesday, October 13; For information, call 651-224-9508.

"Fathers: A Celebration of Excellence in Story and Song" will be offered from 7:00 to 9:00 p.m. Saturday, October 17, at the Longfellow Community Center, E. 35th St. and S. 36th Ave., Minneapolis. Besides stories and songs, a family counseling consultation will be held by Fred Stechman. For tickets, priced at \$3.00, call 612-871-6303.

SteppingStone Theatre for Youth Development will open *The Mighty Mississippi: The Great River Race* on Sunday, October 18, at Landmark Center. When two girls inadvertently get caught in the most famous riverboat race in the history of the Mississippi, they find a friend in a boy named Sam (Samuel Clemens). Performances will continue through October 29. For tickets, priced at \$6.00, call 651-225-9265.

## Dance



The Nimely Pan African Dance Company will perform at 7:00 p.m. Thursday, October 8, at the Minnesota History Center, 345 W. Kellogg Blvd. Admission is free. Call 651-296-6126.

James Sewell Ballet will perform at 8:00 p.m. Friday and Saturday, October 16-17 and 23-24, and at 2:00 p.m. Sunday, October 25, in the O'Shaughnessy at the College of St. Catherine. The program will include "Passions," a collaborative effort between composer Augusta Read Thomas and choreographer James Sewell. For



"Katie's Cabaret," an interactive improvisational theatre performance for the young and young at heart hosted by Ramsey Hill resident Amy Elizabeth Fisher, will begin its sixth season at noon on Saturday, October 10, and every second Saturday of the month through May at the Bryant-Lake Bowl Theater, 810 W. Lake St., Minneapolis. For tickets, priced at \$5.00, call 612-825-8949.

tickets, priced from \$16.50 to \$21, call 651-690-6700.

The TGIS Singles Social Club will hold a smoke-free singles dance at 8:30 p.m. Saturday, October 17, at the Thunderbird Hotel, 2201 E. 78th St., Bloomington. Express will provide the music. Admission is \$8.00 before 9:00 p.m. and \$10 thereafter. Call 651-644-3443.

the following: Mike Hazard's *Weird Wood*, Klark Eversman's *Deep Freeze* and Lu Lippold's *Painting the Journey: John Acosta's West Side Mural* on October 13; and John Whitehead's *Mississippi, MN* and Mike Rivard's *Toxic Avenger* on October 20. Call 651-296-6126.

## Exhibits



The Colleagues of Calligraphy will open their annual exhibit with a reception from 7:00 to 9:00 p.m. Friday, October 9, in the O'Shaughnessy-Frey Library Center at the University of St. Thomas. The reception will include demonstrations, music and a talk by founder

## Film



A Lindbergh Environmental Film Festival will take place at 7:00 p.m. on Tuesdays from October 6-20 at the Minnesota History Center, 345 W. Kellogg Blvd. The line-up will include

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Jo White. The exhibit will run until November 19, For information, call 651-962-5560.

"Ongoing Constructions," a group sculpture project being worked on by students in Concordia's sculpture class, will open Monday, October 12, in Luther Hall at Concordia University. The exhibit will remain on view until October 30.

"Patterns of Life," an exhibit of Turkish kilims and jewelry from the Anatolian regions of Turkey, will open Thursday, October 15, at the Nomad Gallery, 244 S. Albert St. An opening reception will be held from 5:00 to 8:00 p.m. Friday, October 16. The show will remain on view until January 15. For information, call 651-699-6556.



The Cedar Exchange Performance Series will continue with the award-winning Trio Voronezh at 8:00 p.m. Saturday, October 17, at Central Presbyterian Church, 500 Cedar St. For tickets, priced at \$14, or \$10 for seniors and children under 10, call 612-870-1099.

## Theater

*The Venetian Twins*, a 1748 Italian comedy adapted to present-day Minnesota, will open Wednesday, October 7, at the Guthrie Theater. Performances will continue through November 8. For tickets, priced from \$15.50 to \$37.50, call 612-377-2224.

Theatre Live! will open *Ragtime* Friday, October 9, at the Historic Orpheum Theatre. Performances will continue at 8:00 p.m. Tuesdays through Saturdays, at 7:30 p.m. on Sundays and at 2:00 p.m. Saturdays and Sundays until November 15. For tickets, priced from \$38 to \$67.50, call 612-673-0404.

*Slaughter City* will be performed at 8:00 p.m. Fridays and Saturdays, October 9-10 and 16-17, and at 2:00 p.m. Sundays, October 11 and 18, in the Janet Wallace Fine Arts Center at

Macalester College. The play revolves around workers at a Midwestern meat packing plant, who, motivated by a tragedy on the job, organize for better work conditions and higher pay. For tickets, priced at \$7.00, or \$5.00 for seniors, call 651-696-6359.

The Corcoran Park Players will open *Picnic* at 8:00 p.m. Friday, October 9, at the Corcoran Park Community Center, 3332 20th Ave. South, Minneapolis. Performances will continue on Fridays and Saturdays through October 24. Admission is \$7.00 for adults and \$5.00 for students and seniors. Call 612-724-4539.

*Hauntings*, an interactive theater experience of Halloween horror, will open at 7:30 p.m. Saturday, October 10, at the Wabasha Street Caves, 215 S. Wabasha St. Host Jim Cunning-

ham will transport audiences back to Victorian times, when spiritualism captured the world's imagination. Performances will run through October 31. For tickets, priced at \$26, call 651-989-5151.

*Old Wicked Songs*, the story of Stephen Hoffman, a 25-year-old American piano prodigy, who has lost his musical soul and travels to Vienna in search of a way to save his career, will open at 8:00 p.m. Saturday, October 10, at the Hillcrest Recreation Center, 1978 Ford Pkwy. Performances will continue at 8:00 p.m. on Wednesdays, Thursdays and Saturdays and at 2:00 p.m. Sundays through October 25 (there also will be a 7:00 p.m. performance on Sunday, October 11). For tickets, priced at \$12 and \$15, call 651-690-5879.

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# SPORTS

CODY'S CORNER

TOM CODY

## Dream of 'Fields' revived by partners

by Tom Cody

The timing couldn't have been better for Tom Goldstein. His Sports Collection retail store had just gone out of business, and Steve Lehman's baseball journal was badly in need of a publisher. Last fall Lehman and Goldstein joined forces to bring back the *Elysian Fields Quarterly*. It was a match made in baseball heaven.

The literary magazine has undergone three or four major face-lifts in its shaky 17-year history. Throughout, it has maintained a reputation for outstanding literature and a passionate approach to the game.

Each issue of *EFQ* is hammered out on the front porch of Lehman's Macalester-Groveland home. A typical issue will include short stories, poems, essays, reviews, interviews and a historical piece or two, all on some aspect of the national pastime.

"It's amazing how many manuscripts we get, considering that we don't pay anything," Lehman said.

The summer 1998 issue, 100 pages thick, featured an eight-page cover story by baseball historian Andrew O'Toole on Hall of Famer Roberto Clemente's first spring with the Pittsburgh Pirates.

Lehman edits the publication and Goldstein handles the business end, though he shares some of the editorial duties as well. For the summer issue, Goldstein conducted an interview with Jeff Arundel, author of the song "Harmon Killebrew," and reviewed Eliot Asinof's first novel *Man on Spikes*.

"This is the first thing that I've done in my adult life that



*Elysian Field's* Steve Lehman, Tom Goldstein and Andy Nelson. Photo by Mike Long.

feels meaningful," Goldstein said. "It's far more satisfying than running a sports store."

Goldstein, who lives just a few blocks west of Lehman, operated the Sports Collection out of a Grand Avenue storefront for 12 years. Initially, it was just a way to pay for his law school tuition, he said, but selling sports memorabilia, clothing and accessories proved to be too lucrative to give up. Three years ago, he moved the shop to larger quarters at Marshall and Cleveland avenues. He figured his customers would follow. They didn't.

"I learned a hard lesson about the retail business," Goldstein said. "Convenience and location matter more than what you're selling. The Mall of America hurt my business. Then there was the baseball strike. It was time for me to get out."

Goldstein, who continues to market his Sports Collection products by mail order, had sold copies of *EFQ* in his

store. "I loved the journal format," he said, "but it didn't always come out on time. The thing obviously wasn't being run correctly. When I ran into Steve, I asked him if I could get involved."

At the time, Lehman was publishing the journal sporadically. "I ran out of money in 1995," he said. "We didn't die, but we definitely went into a 2 1/2-year coma."

Lehman cofounded the journal with Macalester College classmate Ken LaZebnik. "He and I took a baseball literature class together," Lehman said. "For that first 1981 issue, Ken put together 28 typed pages and asked me to help him collate them. We called it the *Minneapolis Review of Baseball*."

"We were both terrible businessmen," Lehman said. "We kept gaining pages, gaining readership and losing money. But we actually benefited from the 1981 Major League Baseball strike. We got some national press.

The sportswriters had nothing to write about, so a couple of them picked up on our story. It gave us some notoriety right out of the chute."

LaZebnik moved to New York in 1984 and worked his way into writing for Garrison Keillor. Lehman continued to publish the *Minneapolis Review* with Andy Nelson, a local graphic artist who still does illustrations for the journal. In 1990, they sold the publication to a division of WC Brown Publishing in Madison, Wisconsin, which renamed it the *Elysian Fields Quarterly*.

"The *Elysian Fields* were where the first baseball games were played, near Hoboken, New Jersey," Lehman said. "The name comes from the paradise in Greek mythology."

The new name didn't change how the journal performed, however. WC Brown "basically gave the magazine

*Elysian*/see page 37



### Tired of the Norm? Skip the top 3 and Ventura vote for me

Heading into the final month of the gubernatorial campaign, it appears from the polls that Skip Humphrey has opened a substantial lead over Norm Coleman and Jesse Ventura. It's time to offer another alternative: yours truly as a write-in candidate. My credentials are probably not as impressive as the major-party candidates. I have neither picked the pockets of the tobacco industry, switched political parties nor appeared in a movie with Arnold Schwarzenegger. Still, I have some distinct positions on which I'm willing to stand for election. Vote for me in November and I absolutely guarantee the following:

- Sunday newspapers will no longer be available on Saturday.
- Baseball's most illogical rule will be rescinded; I'll see to it that RBIs are awarded on a ground-ball double play.
- It'll be wood bats, baby.
- Gas stations will be staffed by people who can actually help fix a car.
- All new cars will be equipped with brake lights in the front as well as the rear. (Isn't it even more important to know whether a car is stopping when it's coming at you?)
- No practice swings will be allowed on the golf course. If your swing needs work, go to the driving range.
- Drive-through windows will be installed at all Target stores.
- No more Jim Carey movies.
- The NFL will immediately adopt the college overtime rule: one possession apiece from the 25-yard line.
- There'll be a new sequence for 10:00 p.m. newscasts—sports, weather, then the news.
- No goalies will be allowed in soccer.
- Icing and offsides will be made legal in hockey.
- White Castle hamburgers will be included in school lunch programs at least once a month.

#### A FEW OF MY FAVORITE THINGS

Some people get worked up in the fall about the leaves changing color. (Don't ask me why. The leaves are dying, aren't they?) Sports fans have other diversions.

For one, there's the American and National League Championship Series. Game 1 of the World Series—scheduled for Saturday, October 17—is bigger than Christmas at our house.

Then there's football. The NFL season is just beginning to

Cody's Corner/see next page

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# Use of muscle-enhancer creatine is growing among teens

by Ben Jardine

Those who want to know more about the growth-enhancing supplement that slugger Mark McGwire has been taking might ask a teen-ager.

"I gained 10 pounds in a month," said Cretin-Derham Hall football player Ryan Block.

According to Roger Erickson, athletic trainer and owner of Positive Health Company on St. Clair Avenue, many high school athletes are turning to creatine monohydrate to give them an extra edge.

"About 40 percent of the high school kids I train are taking creatine," Erickson said. "I started seeing it about nine years ago."

Creatine is not a steroid or a stimulant. It is a compound produced naturally in the body. The compound increases muscle mass and the number of energy-releasing molecules. In theory, more creatine yields more energy. Users begin taking 5,000 mg—in pill or powder form—four times a day. After a five-day "loading period," the dosage is decreased to 5,000 mg daily. Creatine can be purchased in most health food and nutrition stores. The powder form is often mixed with water or juice.

Growth-enhancing supplements began

popping up in gyms around the country shortly after the dangers of anabolic steroids became publicized. Sports nutrition is now a \$1.4 billion market, according to *Fortune* magazine. Creatine sales are estimated to reach \$200 million alone this year.

Creatine's popularity among teens corresponds to the ever-increasing competitive nature of high school sports. "Most of the kids we see buying it are junior and senior boys who are being encouraged by their coaches to start lifting (weights)," said an employee at the General Nutrition Center in Highland Village.

Creatine use among girls is much less common. St. Paul Academy and Summit School varsity soccer player Katherine Grand said she does not know of any girls who have taken it. "They just don't seem as into that stuff," she said. "We don't want to get that big."

Manufacturers claim that creatine provides support for immediate energy production in skeletal muscles during high intensity workouts.

"After a set of bench presses, you're ready to go again," Erickson said.

However, some doctors are skeptical. Medical researcher Dr. Don Quick dismissed manufacturers' claims. "Creatine has very lit-

tle risk," he said, "but also very little benefit, except perhaps psychological."

"My daughter tells me that a lot of boys at school are taking creatine," said pediatrician Dr. Paula Kelly. "But I haven't seen many patients asking me about it. That's what worries me."

Medical research has not caught up with the use of creatine. "We know nothing about the long-term risks involved," sports medicine professional Dr. Larik Woronzoff said. "No long-term studies have been done."

Insufficient testing has left many people concerned about creatine's side effects when taken over an extended period. It was first publicized last May when three collegiate wrestlers who were using the supplement died during a training session. Creatine was not found as the cause of death, but the tragedy did prompt Minnesota State High School League officials to investigate creatine's use among athletes.

"We're still looking into creatine," said Skip Peltier, a spokesman for the league. "Our long-standing policy is that any over-the-counter supplement, taken in the amount prescribed by the directions, is OK."

Both Erickson and General Nutritional Center staff warned that stomachaches are a common side effect even when creatine is

taken in the recommended dosage.

"It's been proven through studies that during the loading period, creatine only needs to be taken twice daily," Erickson said. "Too much right away can irritate your stomach."

Many high school athletes are willing to take the risk. They are also willing to pay a hefty price. A 1,000-gram supply of creatine powder sells for \$49.99 at General Nutrition Center.

However, not everyone is buying into the trend. Cretin-Derham Hall assistant football coach Charlie Reed reminded his team that creatine is no substitute for practice and hard work. "We don't need creatine," he said. "We play with our hearts."

*Editor's note: The writer is a senior at Cretin-Derham Hall, where he plays football and hockey. He also is a member of the Humphrey Forum Youth News Service, a program of the Humphrey Institute at the University of Minnesota that helps students gain experience as journalists. Since Jardine wrote this piece, the Minnesota State High School League's Medical Advisory Committee has issued a warning that students should not use creatine, androstenedione or other performance-enhancing nutritional supplements except under the direction of a licensed physician.*

## Cody's Corner / from previous page

heat up. Viewers can see four or five pro games every weekend. And on Saturdays, there are roughly 1,000 college football games available on various cable television stations. High school football is still the best deal in town. Get out some Friday night before the weather turns cold. The prep game loses some of its charm when it's freezing and you're sitting on metal bleachers.

These wonderfully crisp days of fall are a great time to golf, but bring an extra sleeve of balls. The fallen leaves steal more shots than the water or deep rough ever did. And you can't beat October for biking or hiking.

A sunny autumn weekend offers many confounding options.

### 24-CARAT DIAMOND ACTION

The Major League Baseball playoffs had a tough act to follow this year. The regular-season exploits of McGwire, Sosa, Ripken and the entire Yankees team left fans enthralled down the stretch. I was in the parking lot of the Pirate's Cove miniature golf course in the Wisconsin Dells, listening on my car radio, when Sammy Sosa hit his 66th homer in Houston. However, no matter what postseason awards Sosa garners, the Cubs' slugger will always play second banana to Mark McGwire. History remembers the guy who did it first.

Any criticism of the eight-team postseason format appears to have gone out the window during this magical season. The more baseball that's played, the better it has gotten. The Divisional Series produced a slew of memorable moments: Mo Vaughn's seven RBIs in Game One; the playoffs' return to Wrigley Field; the Yanks' Shane Spencer's unbelievable rookie campaign; and shortstop Derek Jeter going to the hole time after time. My favorite moment was Gary Gaetti's home run that propelled the Cubs past the Giants in the Wild Card playoff game. It had been 11 years since the G-Man did the same for the Twins in the 1987 postseason.

I just can't see the Yankees losing this month. Not only do they have the strongest lineup, they have the game's best manager in Joe Torre. It takes quite a personality to hold together a team of millionaire superstars. Torre did a masterful job creating a team atmosphere with these mercenaries.

### ON WISCONSIN

Time sure flies when you're having fun. My 17-year-old son Dillon has begun shopping for a college. Last month he and I cruised down to Madison for a football game and a tour of the University of Wisconsin campus. We discovered all the things that Gopher football is so sadly lacking: a wonderful Saturday afternoon setting, fanatical student support and a rock-solid program.

For five home games every fall, Madison becomes a sea of UW red. You have to look hard to find a middle-aged potbelly that isn't festooned in a Bucky Badger sweatshirt. In the hours before a game, the UW marching band, with its spirited tuba section in the lead, makes its rounds through campus hangouts. Meanwhile, the student body fastidiously prepares for kickoff. Dillon was especially impressed by two shirtless young gentlemen who were doing beer bongs at 10:00 a.m. In this pre-game ritual, a pitcher of beer is poured from a second-floor balcony directly into the gullets of students on the ground below via a 20-foot funnel tube.

That afternoon at jam-packed Camp Randall Stadium, the Badgers trounced Northwestern behind the rushing of Heisman Trophy candidate Ron Dayne. The student section couldn't have cared less. They were busy batting around an inflatable cow and trading two-word epithets (hint: not "thank you" and "you're welcome") with the overmatched Wildcats. Two students—environmental studies majors, no doubt—paraded about dressed solely in red plastic trash cans.

Dillon wanted to fill out his college application then and there. I wondered out loud if the university offered any 2-for-1 father-son tuition specials.

### AUTUMN PREP UPDATE

• Minnehaha Academy forward Taylor Hilker tops the area girls soccer scoring list as the season heads into its final month. Hilker has scored 11 goals and has 11 assists. Others on the leader board include Laura Ashley (Sibley, 5 goals, 11 assists); Andi Johnson (Sibley, 12 and 3); Devon Radesovich (Highland Park, 10 and 5); Naomi Struve (Minnehaha, 8 and 6); Laura Haugen (HP, 6 and 7); Morgan Anderson (Minnehaha, 9 and 3). The top area goalie among the girls is Gretchen Bratnober of Minnehaha, who has given up an average of 0.17 goals per game.

Joe Schmidt of Cretin-Derham Hall tops the area boys soccer list with 14 goals and 7 assists. Close behind are Joe Roedler (CDH, 9 and 7); Dan Schmidt (CDH, 9 and 6); Meng Vang (St. Paul Academy, 6 and 7); Todd Clouser (CDH, 3 and 8). The top area goalie among the boys is Chad Clausen of CDH, who has given up an average of 0.80 goals per game.

• Roosevelt's Garry Ashby leads all area ball carriers in football with 503 yards and 6 TDs in his first four games. Other top rushers include Rasheem Sharpe (Central, 471 yards, 5 TDs); Joe Vannelli (CDH, 469 yards, 9 TDs); Andy Gross (Sibley, 400 yards, 7 TDs); and Heighlos Riser (HP, 379 yards, 4 TDs).

Top receivers include Cellan Burch (Central, 187 yards); Nate Howard (St. Thomas Academy, 183); Akpan Akpan (Roosevelt, 170); Conor Murphy (STA, 168); Nick Thompson (CDH, 144); and Jay Eyunni (SPA, 138).

Top passers include T.J. Prunty (SPA, 583 yards); David Raih (STA, 571 yards); Ryan Gilson (Central, 401 yards); Marcus Lavesseur (Roosevelt, 400 yards); and Dan Salmen (CDH, 379).

• Top area girls swimmers include Kate Pavlovich (Central, 200M and 500M freestyle); Kate Strachota (Visitation, breaststroke); Bev Mielke (Vis, breaststroke); Tracy Monahan (CDH, butterfly and backstroke); Katie Kirchgessner (CDH, freestyle); Lisa Lendway (CDH, breaststroke); Amy Brennan (CDH, 200M freestyle); and Eena Conway (CDH, butterfly).

## SPORTS SHORTS

Anna Clauson of Highland Park took first place in the all-around with 31.15 in the Level 6 competition for 12-year-olds during the Turners Prep Meet on September 20 in Mendota Heights. Clauson is a member of the Thompson Academy of Gymnastics South team.

The University of St. Thomas recently inducted women's basketball coach Ted Rivero into its Athletic Hall of Fame. Rivero has compiled a 315-76 career record in 14 seasons as head coach of the Tomcats and was named the national coach of the year in 1991 when his team won the Division III national title. Thirteen students also were inducted into the hall. They include Patrick Ahern (1990-93), track and field; Patrice

Detlie (1985-89), softball and soccer; Steve Dolan (1988-92), track and field; Jane Sandvik Hurinenko (1985-89), soccer; Jason O'Brien (1987-91), wrestling; Jenny Phillips (1985-89), track and field and basketball; Bo Snuggerud (1983-85), hockey; Maureen Olson Staloch (1990-93), swimming; Penny Thompson Starkey (1989-92), volleyball; Scott Thompson (1987-91), basketball; Trisha Tinucci Rinzel (1987-91), track and field and soccer; Gary Trettel (1987-90), football and track and field; and Laurie Trow (1989-93), basketball.

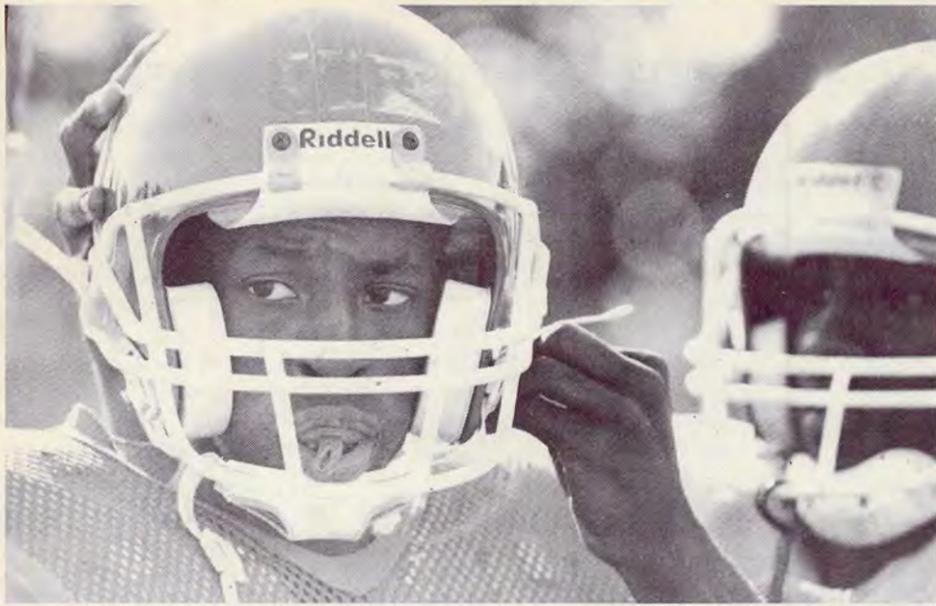
The Central High School "C" Club will hold its 80th annual banquet at 6:00 p.m. Tuesday, October 27, at Mancini's Char House, 531 W. 7th St. Guest speakers will include NFL official Tom Barnes and former Minnesota Viking Oscar Reed. Admission is \$22. For reservations, call Mike Tenney at 612-474-4706 or Jake Erlich at 651-699-1488.

The Midway YMCA, 1761 University Ave., will be offering basketball and volleyball leagues in divisions for men, men

over 30, women, teen-agers and men and women together this fall. The Y will also hold a Halloween Hoops Basketball Tournament with teen-age boys, girls and coed divisions on Friday and Saturday, October 23-24. For details, call 651-646-4557.

Concordia University, 275 N. Syndicate St., has received provisional approval to join the Northern Sun Intercollegiate Conference and become a Division II member of the NCAA effective at the start of the 1999-2000 academic year. The move will make Concordia the only church-affiliated college in Minnesota to offer Division II athletic scholarships. All 12 of the school's athletic teams will make the leap to the NSIC.

David Marth has been inducted into the Athletic Hall of Fame at Concordia University. Marth, a 1967 grad, was an all-conference basketball player and the stolen base leader on Concordia's conference championship baseball team. He is now a pastor at Trinity Lutheran Church in St. Louis.



Heighlos Riser (left) snaps on his helmet with help from a teammate. Photo by Mike Long.

# Riser and rest of junior backfield raise Scots' hopes to new heights

by Bill Wagner

Highland Park running back Heighlos Riser seems to do everything well on the football field. He is fast, has decent size and moves quickly behind his blocks.

His only problem is that he plays in the same conference as Johnson High School's Thomas Tapeh. Many of those who are watching the St. Paul City Conference this fall think that if Tapeh wasn't around, Riser might be the best back in the league.

Highland coach John Heller knows just how important his 5-foot-10, 170-pound junior tailback is to the Scots' offense. Through the season's first four games, Riser averaged 9 yards per carry, rushing for 373 yards and four touchdowns to lead the Scots to a 3-1 record.

"Heighlos has good speed (4.7 seconds in the 40), even though it isn't blazing speed," Heller said. "But he also has good eyes and feet and can catch the ball. Last year as a sophomore he had 500 yards rushing and receiving."

There's something else about Riser—he doesn't fumble. "You have to hold onto the ball if you want to win," Riser said. "You're letting your teammates down if you're giving the other team the ball."

Heller also uses Riser at cornerback on defense. As good as he is at running the ball, Heller thinks Riser has an even brighter future in the defensive backfield.

"Heighlos is a great kid," Heller said. "You wish that all kids were just like this one—you'd have no problems at all. He has a great work ethic and strives for excellence in everything he does."

Riser also plays centerfield on Highland's baseball team, is an honor student and serves on Highland's student council.

In Highland's 31-14 season-opening win

against Harding, Riser intercepted a pass and later capped off a 50-yard drive with a 10-yard scoring run. He rushed for 90 yards on 11 carries and had a 53-yard punt return to set up Highland's second touchdown.

"The other team can't concentrate on me too much because we have other threats like (fullback) Dawan Propps and (quarterback) Kevin Mason," Riser said. Both Mason and Propps are juniors who transferred to Highland this year from Central.

Riser is hoping that Highland, which has typically played third banana in the league to habitual conference champ Cretin-Derham Hall and Johnson, can take it to the next level this year.

"I'm tired of finishing third," Riser said. "In terms of talent, we've had better teams than this year's, but I don't think we've had one with this kind of chemistry."

The Scots beat Como Park 33-7 and Arlington 29-0 in weeks two and three before running into Johnson on September 25. Highland played the Governors tough for most of the game, but ended up losing 21-6. Riser snagged a 33-yard touchdown pass for Highland's only score and ran for 60 more yards. However, Tapeh rambled for two second-half touchdowns for the Governors to put the contest away.

"We contained Tapeh fairly well in the first half," Riser said, "but they wore our defensive front down as the game went on."

There was more bad news out of the Johnson loss. Propps, the Scots' 6-foot-1, 225-pound fullback, went down with a sprained ankle. The injury could sideline him for three games, including the conference showdown with undefeated Cretin-Derham Hall on October 2, a game the Scots lost 44-13.

"Dawan's not being in there will make it tough for us to run inside," Riser said. "We'll just have to play through this."

## Elysian Fields Quarterly /from page 35

back to me in 1993," said Lehman, who now makes his living as an acquisitions editor for Hazelden Publishing in Center City.

Goldstein purchased the magazine in the fall of 1997 by covering its debts, and put out his first issue last January. As publisher, "I'm returning calls, sending out renewal notices, doing all the little stuff that businessmen do," he said. "I'm in the process of establishing a national distributor for EFQ. We're hoping that we'll end up in every independent bookstore in the nation."

The journal now has a national circulation of about 750. Subscriptions cost \$20 a year.

"It's great to have a voice, especially in these troubled times," Goldstein said. "Major League Baseball doesn't have a clue. The (St. Paul) Saints and their fans are a much purer form of the game."

"You won't see a lot of statistics or game stories from us," Lehman said. "We try to convey a passion for baseball without becoming sentimental. There are some serious fault lines in the game. There are cities being blackmailed by their teams. There are some big loyalty issues out there."

Lehman doesn't subscribe to the notion of baseball's rebirth in the long-ball summer of '98. "The home run chase was fun," he said, "but what did it do to solve the long-term economic problems?"

Goldstein agrees. "The game isn't back, not yet," he said. "Attendance is up 2 percent, but that's because they added two teams. There's still a lot of work to do, and we'll be writing about it."

For information on subscribing to EFQ, call 651-644-8558.

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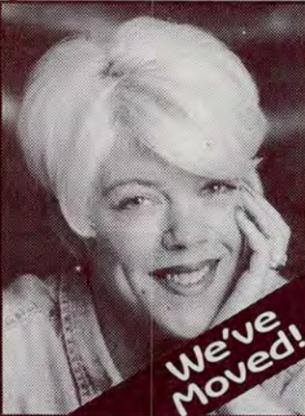
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**A Joyful Note**  
 by Rev. Linda Roddis

**GOD LOVES YOU!**

God's love is unconditional. This great love was graciously illustrated to me through the life of a child from India. Two friends were in India for a conference. On their way to the place of their meetings, they passed by a little girl who was laying on the street sick and hungry. Finally they could take it no longer and they picked up the child, worked with the authorities, discovered she was an orphan and they adopted her. After months of medical care they brought her home. Once home they tried to express love for this child, but every attempt to hug was met with a hit or bite. So they stopped trying and she began to get very sick. Back to the doctor they went, and he said, "every day hug her for a few minutes, speak softly and eventually she will accept your love." Today she plays, hugs, gives and receives love. Friends, God will not let go of you even when you push him away.

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Dan Roth receives a \$1,000 check for his hole-in-one on September 5 along with an invitation to try for \$1 million next week on a golf course outside Las Vegas.

**Golfer's stroke of good luck leads to Vegas and a shot at \$1 million**

by Dale Mischke

Golfers can play the game their whole life without recording a hole-in-one. Ashland Avenue resident Dan Roth, 28, recorded his first hole-in-one in July, made a second hole-in-one on September 5 and if he makes a third one on October 13 at a course outside of Las Vegas, he will win \$1 million.

"They say the odds of getting a single hole-in-one are 15,000 to one," Roth said, "but to get a third one in the same year—I can't imagine."

For the record, the odds are 1 in 3.375 trillion.

Roth plans to give it his best shot. He has nothing to lose—beyond what he may drop at the casinos in Las Vegas where he will be staying for three nights, compliments of Million Dollar Hole-in-One, a national organization that operates hole-in-one contests for local charities.

Roth qualified for the contest by sinking his tee shot on September 5 on a 143-yard hole at Progress Downs in Beaverton, Oregon. He was attending the wedding of a friend in nearby Portland, and 50 of the guests arrived early for a prearranged golf tournament.

As part of a fund-raiser for a local diabetes association, Roth paid \$5.00 for his chance at glory. Hitting a tee shot onto the green was worth a sleeve of balls. Canning it earned him \$1,000 in addition to the all-expenses-paid trip to Las Vegas.

"It made for a fun weekend at the wedding," Roth said, "though it cost me about \$200 in free drinks for the rest of the wedding party."

Roth's first hole-in-one came on July 11 on the 185-yard second hole at the Highland Park 18-hole course. He hit that one into the sun with a 4-iron and didn't even know it had gone in until he reached the hole.

"It was funny," Roth said. "I'd never done anything at that hole before. I'm rarely even on the green."

Though he does not keep track of all his scores, Roth figures he carries about a 17 handicap. He golfs one or two times a week, he said, and he does not intend to increase his playing time before October 13.

Roth is not sure how long a hole he and the contest's 150 other participants will be faced with on that day, but he does not plan to practice beforehand anyway. "I know I'll be able to get it to the hole," he said. "Whether it goes in is just luck anyway."

**Professional Directory**  
 A guide to the services of area health, legal & financial professionals

**INSURANCE**

2780 Snelling Ave. No. • 635-0500  
**LUTHERAN BROTHERHOOD**  
 Leif M. Hagen, LUTCF, providing Lutherans with life, disability, long-term care, annuities, business, charitable planning and estate analysis. Call today for information.

**OPTOMETRISTS**

**Dr. Thomas R. Barber** 769 Grand Ave. • 227-8198  
 Practicing optometry since 1960. Providing eye care for area residents in association with Grand Spectacle for the past fifteen years. Complete eyecare services available with daytime and evening appointments to conveniently fit your schedule.

**Dr. Marvin Odegaard** 2034 Ford Parkway • 698-2744  
 Located in Pearle Vision-Highland. Visual exam, ocular health exam, glaucoma test, contact lens fitting, family vision care. Over 20 years experience. Day, evening and weekend exams available.

**VETERINARY CLINICS**

**Cats Limited Clinic** 2042 St. Clair Ave. • 699-1413  
 Dedicated to quality health care for cats—medicine, surgery, dentistry, preventive care; in a cats-only environment. Science Diet available. Dr. Sharon Kleckner. Member American Association of Feline Practitioners.

**Call Dennis, Tim or Susan at 699-1462 to advertise in the Professional Directory**

**PARKWAY FAMILY PHYSICIANS**  
 A Full-Service Family Health Care Clinic  
 Also offering the Parkway Plan  
 Bradley A. Langley, M.D. • David A. Ness, M.D.  
 William J. Hamilton, M.D.  
 Jan Easterday, R.N. C.N.P.  
 Clinic Hours: Mon. - Thurs. 8:00-6:00, Fri. 8:00-5:00  
 721 Snelling Avenue South • Phone 690-1311

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*New & Improved*

**"Students Only"**  
 — Purchase 100 minutes and receive 20 minutes of tanning free!  
 Offer Expires 10/31/98. Must present Valid ID.  
 Not valid with other offers! "Ask about our Student Referral Program"

**October 1998 Specials:**

**COUPON**

**Save 15% when you purchase 300 minutes of tanning! Reg. \$46.70**  
 Offer Expires 10/31/98. Not valid with other offers.

**Discount any package by the amount of lotion purchased!**  
 (I.E. \$15.00 = 15% OFF, \$27.00 = 27% OFF, ETC.)  
 Excludes Samples. Offer Expires 10/31/98. Not valid with other offers.

SUMMER HOURS: M - TH 11 AM - 8 PM  
 F 11 AM - 7 PM, SAT 10 AM - 4 PM  
 SUN 10 AM - 3 PM

706 So. Cleveland at Highland Pkwy. • 690-0721

# CLASSIFIEDS

**For Sale**

SHAKLEE. Nationally respected products. Order today. Free delivery and catalogs available; call Carole, 225-8525. **gv**

STUDENT FURNITURE sale. Bed sets: king \$99; full \$59 & \$69; exc. cond.; frames \$25/up; beds/precs \$15; chairs \$10/up; carpet 12 x 17 \$49 & up/roll, drapes \$5 ea.; lamps \$15/up; artwork for \$15; wood desks \$69; round tables \$39; nightstands \$49; framed mirrors \$29; hide-a-beds \$149. New sofas, living room and bedroom sets. New mattresses: king & queen, \$149. Hundreds of other items, new & used. Hotel Furniture Liquidators. Hours: Mon.-Fri., 10-7, Sat., 10-6; St. Paul: 1800 University Ave. 645-9929; 927 Payne Ave., 771-9981. Mpls.: 2726 E. Lake St., 721-1899. Deliveries available. **gv**

TEN PIANOS; excellent condition; 4-year warranty; 484-0712. **v**

BEAUTIFUL HOME FURNISHING CONSIGNMENTS arriving daily and deliciously displayed. Quality consignments welcome. A Carousel Consignment Parlor. NEW LOCATION: 735 NO. SNELLING AVE. 651-646-8237. **v**

\*\*\*QUALITY FIREWOOD\*\*\* Seasoned, delivered firewood; 721-4153. **v**

STUDENT DESK \$15; 2 upholstered matching chairs, lamp, intensity reading, TV stand, typewriter; 651-699-8386. **v**

KITCHEN DINING SET, white with butcher block top, 2 leaves, 6 chairs, good condition; \$750/bo; 699-6930. **v**

RAISING CANE GIFT CATALOG: over 100 stunning canes and walking sticks, guidelines on length, grip selection, cane care. Cost: \$3.50. Full rebate with cane purchase. Mail check or money order to: P.O. 16311, St. Paul, MN 55116. Credit card orders or cane questions, call 854-3452. **v**

GAS RANGE, chairs, 2 dressers with mirrors, bar cart, English bikes; 698-7620. **v**

ANTIQUE WICKER couch, 2 chairs, 2 rockers; 5-piece Royal Holland pewter service; custom-built twin bookcase bed with 8 large built-in drawers; all in excellent condition; 690-3313, eves. **v**

8-PIECE PATIO furniture set, \$280; call 698-8169 after 6. **v**

SHARP MODEL VL-E33U camcorder; comes with two batteries, battery charger, audio/video cable, DC output cable, infrared remote control, camera bag and tripod; \$450; call 698-3260. **v**

MAGNAVOX CONSOLE stereo with radio and assortment of L.P. records. Also mantel clock, \$50; 690-1619. **v**

CASUAL DINNERWARE. French, Longchamp, Nemours pattern (fall flowers & leaves), 12 6-pce. place settings & vegetable bowl, \$500; 690-1450. **v**

**For Sale**

STEREO EQUIPMENT, old, (1970's); Toshiba stereo receiver, SA735; Toshiba stereo cassette deck, PCX10; Sanyo turntable; \$30 or offer; 690-3956. **v**

**Garage/Moving/Misc.**

CHILDREN'S HOSPITAL Association, St. Paul, 29th Annual Bazaar, Sat., Oct. 10, 10-3, Har Mar Mall. Handcrafted items, children's activities, teddy bear clinic with real doctors and nurses. Proceeds benefit programs Children's Hospital, clinics. **gv**

MOVING SALE. 850 Cheri Lane, Mendota Heights, Oct. 8-9, 9-4. Furniture, tools, camping equipment, garden, households. Cash only. **v**

FREE EXPLORE GOD Sundays 10:30 a.m. Christian Education. All ages. Edgumbe Presbyterian, 698-8220. **v**

GARAGE SALE. 1328 Hartford, Oct. 8-10, 9-4:30. No sooner. **v**

TWO-FAMILY Garage Sale. Linens, wicker, household. Oct. 9, 9-2; Oct. 10, 9-12; 575-581 Brimhall. **v**

1026 COLBY STREET (near Magoffin and Cleveland). Misc. collectibles; Oct. 9-3. No early sales. Cancelled if raining. **v**

YARD SALE. Sat., Oct. 10, 9-4; winter clothes, household and much more; 555 Saratoga St. South. **v**

SAT.-SUN., October 10-11, 9-5. Household, clothing, toys, games; 1940 Eleanor. **v**

MULTI-FAMILY SALE. Household, children's items, & W.E. samples; 2152 Carroll Ave. between Cratin and Finn. Sat.-Sun., Oct. 10-11; 8-4. **v**

**Autos/Boats/Mtrcycles**

1988 BONNEVILLE, 109M, mint interior, 1 owner. Must see. \$3,500/BO; 698-5289. **v**

1986 BUICK CENTURY Limited Custom Edition, 2-door, 78M, 1 owner, well maintained; \$2,500; 646-8376. **v**

1990 MERCURY SABLE wagon, only 82M miles, maroon, very good body, tires; excellent winter starter. V-6; \$3,900 or best offer; 452-5324 or 699-1462, Dennis. **v**

**Real Estate**

All real estate or rental advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Equal housing opportunity. **gv**

2035 ELEANOR AVENUE. 4-bedroom, 1 1/2 bath home with dining room, recreation room, central heat and air, double garage, on a corner lot, \$214,500. **v**

**Next Issue: October 21  
Deadline: October 14  
Classified Ad Rates  
75 cents per word  
(\$7.50 minimum per ad)**

5% discount for prepayment of 3 months  
10% discount for prepayment of 6 months

A discount is also available on the identical ad run in the *Grand Gazette* (our sister paper) when the ad is placed within 10 days of its *Villager* insertion, before or after.

All classified ads are payable in advance by cash, check or credit card and cannot be taken over the phone. Please mail or deliver your ad with payment to the *Villager*, 757 Snelling Ave. S., St. Paul, MN 55116-2296 or fax it with your credit card information to 651-699-1462.

For more information, call 651-699-1462.

Classified ads appearing in the *Villager* are coded with a "v" in the ad. Those in the *Grand Gazette* and *Villager* are coded with a "gv."

**Real Estate**

COMFORTABLE FAMILY home, 3+ BR, 2 BA, Merriam Park, \$179,000; Connie Gremore, 690-8591, Coldwell Banker Burnet. **v**

**Wanted to Buy**

DIAMONDS, FINE ESTATE & ANTIQUE JEWELRY. We know and appreciate the value of your jewelry. R.F. Moeller Jeweler, 2073 Ford Parkway, 698-6321; Certified Gemologist. **gv**

YES, WE'RE BUYING!!! Older Rugs, Lamps, Pictures; FURNITURE (All Types); Toys, Glassware, Tools, Crocks; "ANYTHING OLD!" Call 227-2469 anytime. TOP CASH PAID. **v**

AMERICAN FLYER, Lionel, European trains & old toys wanted; 738-9734. **v**

I BUY VIOLINS, Violas and Cellos; call 698-4692 afternoons. **v**

CASH FOR OLD GLASSWARE, china, furniture, linens; Esther, 690-1140. WE MAKE HOUSE CALLS. **v**

\*\*\*CASH FOR CARS\*\*\* CALL 645-0177. **v**

WANTED ANYTHING OLD. Crocks, knick-knacks, dishes, hunting, fishing, furniture. Paying you the most. Estates, pieces, collections. Dave, 724-8087; 308-8751. **v**

PAYING THE HIGHEST cash for your furniture, glassware, dishes, costume jewelry, antiques, knickknacks, etc. I make house calls; Mary, 729-3110. **v**

**Wanted to Buy**

BREYER HORSES for teen collectors, all models, good condition; 646-2915. **v**

FUTON BUNK BED, twin on top, futon on bottom; 222-4567. **v**

**Home Improvements**

REMODELING, ALL TYPES: carpentry and home repairs; Kitchen Specialist, references; licensed, bonded, insured; Mark, 488-6625. **gv**

\*\*\*THOMAS LANG/DENNIS WAGNER\*\*\* Home improvements, building, remodeling, reconstruction. Kitchens, bathrooms, basements, interior, exterior finish work; free estimates; Tom, Dennis, 645-1762. **gv**

INT./EXT. PAINTING, PLASTER REPAIR, SKIM-COAT, WALL TEXTURES, CEILING TEXTURE, EXPERT WORK, 37 YEARS; BONDED/ INSURED. KEN, 434-3645. **gv**

\*\*\*LARRY'S PAINTING\*\*\* Exterior-Interior, spray painting, ceilings textured, paper hanging, dry wall; free estimates; licensed, bonded, insured; 222-4227. **gv**

\*\*\*SPRAY TEXTURED CEILINGS\*\*\* Patching, taping, water damage; interior/exterior painting; hydro-spray painting; all work guaranteed, free estimates; Scott, 724-4119. **gv**

LES OLESEN PAINTING, since 1960, (interiors plus), patching, taping, drywall, repairs, exterior trim; 698-0531. **gv**

**Home Improvements**

ELECTRICAL. Quality work, reasonable rates, free estimates, complete rewires or small jobs; telephone jacks, smoke detectors, ceiling fans, service calls. Residential Electric, Inc. 645-6462, 427-4951. **gv**

WALLPAPER HANGING; painting & preparation. D. J. Bellandi, 483-0419. **gv**

COMPLETE CERAMIC TILE service, 17 years' experience; call Mark, 439-0946. **gv**

ROGER'S PAINTING Service. licensed, bonded, insured; interior, exterior; free estimates; 699-4119. **gv**

ROOFING, NEW/OLD; tuckpointing, chimneys & foundations, etc.; free estimates; licensed, bonded; 642-5484; 462-4462. **gv**

HOME REPAIR. Expert carpentry, serving Highland since 1960; licensed, bonded, insured; 698-3156, Tom Oberg. **gv**

SASHCORDS BROKEN? Tom & Mary Jo Oberg. 698-3156. **gv**

ROTTEN WINDOW SILLS and trim replaced; Tom Oberg. 698-3156. **gv**

ALL TYPES of concrete work; free estimates; licensed, bonded; 642-5484; 462-4462. **gv**

EXTERIOR PAINTING. Summer specials; free estimates; licensed, bonded; 642-5484; 462-4462. **gv**

HOME REPAIR. Affordable & reliable. Roofs, vinyl siding, windows, aluminum trim, carpentry, plumbing, plaster/water damage, power washing, deck refurb/sealing; custom glass block windows; 20 years' experience; licensed, bonded, insured; free estimates; Jeff, 391-2134. **gv**

HOUSEPAINTING, interior/exterior; free estimates, reasonable rates, 20 years' experience; Al, 776-1460; Bob, 771-8783. **gv**

\*\*\*NO SALESMEN\*\*\* WE DO OUR OWN WORK. General Remodeling. Roofing. Decks & Porches. Portfolio and References. Mn. Lic. #20068296; Erik, 598-1411; 722-8394. **gv**

EXTERIOR/INTERIOR painting and repair; powerwash, stucco; reasonable rates; 698-9492. **gv**

C & W BUILDING Maintenance. Chimney experts, repairs/rebuilds; tuckpointing/liners; painting, roofing. 612-310-9836. Insured. **gv**

IN-HOME WOOD restoration, kitchen cabinet/furniture refinishing; floor sanding; references; free estimates; John, Old World Restoration; 227-4235. **gv**

DOOR AND WINDOW replacement. Home inspection. Remodeling. Call M. M. Construction, 728-3864. **gv**

PLASTER REPAIR/CERAMIC tile, custom plaster and texturing, ceramic tile bath, kitchen and entry; total kitchen, bathroom, basement and attic remodel; B. Witte, 644-9177. **v**

**Home Improvements**

SCHUFMAN BROS. QUALITY painting, interior/exterior, textured ceilings and water damage repairs, professional service at affordable rates, local references, free estimates, insured; Jonathan, 645-5119; 481-0402. **v**

HOME REPAIRS, painting, plumbing, carpentry, misc. repairs, reasonable; free estimates; Dave, 722-7965. **v**

PROFESSIONAL EXTERIOR/INTERIOR PAINTING, CEILING TEXTURING, WALLPAPER HANGING, MODERATE PRICES; FREE ESTIMATES; LICENSED, BONDED, INSURED; MERRIAM PARK PAINTING. ED, 224-3660; "A NEIGHBOR YOU CAN TRUST." **v**

\*\*\*POWELL PAINTING\*\*\* Interior/Exterior; 18 years' experience; Jim, 653-9155. **v**

CARPENTRY, general repairs, decks, porches, fences, new and rebuilt; painting, interior and exterior; Ron, 753-6974. **v**

SHEETROCK, TAPE, texture, plaster, water repair, paint, free estimate; Dick, 888-0600; 721-4645. **v**

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\*\*\*QUALITY PAINTING\*\*\* Expert work, fine enameling, custom finishes; bonded/insured; personal service since 1984; Mark Moreau, painter; 698-3391; 987-3608. **v**

COMPLETE DRYWALL, textured ceilings, free estimates; call Gary, 789-2888. **v**

MASTER PLUMBER, \$44/hr.; small/large project; 690-2782, Joe. Lic. 2398. **v**

AFFORDABLE PLUMBING; bathroom/kitchen remodeling, pressure loss, water heaters, boilers, fixture repair, sewer/drain cleaning, basement bathroom specialist; John, 772-1546; free estimates. **v**

\*\*\*LOMMEN PAINTING\*\*\* Interior/exterior; plastering, wallpaper removal; water damage repair, basements; timely quality work; Conrad, 827-6941. **v**

REMODELING, ADDITIONS, bathrooms, drywall, windows, doors, cement, blue print drawing, free estimates; Mike Foster, Foster and Associates; 665-9368. **v**

PRO-PAINTER. Interior painting; exterior (one story); wall washing. Honest, neat, free estimates; experienced; Ron Theriault, 699-7202. **v**

BASEMENT EGRESS window specialist, free estimates, landscaping, paver patios; 777-5044. **v**

HANDYMAN HANK. Home repairs, plumbing, electrical, carpentry; insured; references available; reasonable rates; 722-4087, Henry. **v**

WE SPECIALIZE in trim painting. Bob Finn & Son, 488-2761. **v**

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*Estate Sales*  
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10% Senior Discount.  
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• Sanding • Refinishing • Patching  
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• Lowest Price • Quality work  
Call Steve 315-5455 Pager 980-2961

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This is how I'd like my classified ad to be worded (one word per blank):

	7.50 minimum	8.25	9.00
9.75	10.50	11.25	12.00
12.75	13.50	14.25	15.00
15.75	16.50	17.25	18.00

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|---|--|---|---|
| <input type="checkbox"/> For Sale           | <input type="checkbox"/> Computer/Internet | <input type="checkbox"/> Music Inst./Repair   | <input type="checkbox"/> Wanted to Rent |
| <input type="checkbox"/> Garage/Misc. Sales | <input type="checkbox"/> Insurance         | <input type="checkbox"/> Instruction          | <input type="checkbox"/> Roommates      |
| <input type="checkbox"/> Autos, Boats, Etc. | <input type="checkbox"/> Professional      | <input type="checkbox"/> Help Wanted          | <input type="checkbox"/> Vacation       |
| <input type="checkbox"/> Real Estate        | <input type="checkbox"/> Office            | <input type="checkbox"/> Business Opportunity | <input type="checkbox"/> Personals      |
| <input type="checkbox"/> Wanted to Buy      | <input type="checkbox"/> Special           | <input type="checkbox"/> Child Care Wanted    | <input type="checkbox"/> Lost & Found   |
| <input type="checkbox"/> Home Improvements  | <input type="checkbox"/> Personal          | <input type="checkbox"/> Child Care           |   |
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| <input type="checkbox"/> Housecleaning      | <input type="checkbox"/> Health & Beauty   | <input type="checkbox"/> For Rent Residential |   |
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**Please Note:** Classified ads are 75 cents a word, \$7.50 minimum. All classified ads are payable in advance: cash, check, credit card. Mail, fax or deliver your ad to: *Villager*, 757 Snelling Ave. S., St. Paul, MN 55116. Fax: 651-699-1462.

To charge your ad, please complete:  Discover  Visa  MasterCard  
Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_  
Signature \_\_\_\_\_ Phone \_\_\_\_\_

# EMPLOYMENT

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Do you have strong interpersonal skills, entrepreneurial spirit, and seek a career with challenge and income based on your effort? Tremendous growth potential. We will train the right person. Now hiring. For a confidential interview, call Kathie Phillips at 690-8595  
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National growing specialty retailer is looking for part time employees. If you are enthusiastic, outgoing, dependable, & have some sales experience, please call us. \$8/hr + comm. Contact John at 542-1853.

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**WHAT ARE YOU LOOKING FOR IN A CAREER?**  
JEANE THORNE INC. currently has openings in the following careers:

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We have opportunities with a variety of companies, excellent benefits, top pay and temp to hire opportunities!

We would like to help you. Call us today!

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**MRS. GALLO**  
**1-800-255-4859**

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### Homemakers

We have openings in the St. Paul/Mpls. area to clean homes and do light cooking. We offer benefits at just 20hrs/wk! Call **Erin** at **926-9808**. EOE/AA

## Minnehaha Academy,

an accredited Christian School, is hiring creative, fun, and caring teachers for their after school program at the South Minneapolis Campus.

For more information please call Charice or Linda



at **721-9006**

## WORK/FROM HOME

**\$500 to \$6000 per month PT-FT**  
Access to a computer/put it to work for you!  
**Free information -**  
Call Jody 1-206-729-4886  
or www.hbn.com user access code 5294.

## FOOD SERVICE WANTED

**Taking Bids:** Food prepared In-House Service for day care at 900 Summit Ave., St. Paul, MN 55105. Serve breakfast and lunch to 167 (M-F). All meals must meet or Exceed USDA requirements. Contact Patti Terchak at **224-4749**. Deadline for taking bids will Oct. 31, 1998.

## CASHIER

Part-Time Flexible Hours  
Great Student or Retiree Job  
**AMOCO**  
Call Steve at Marshall Cretin Amoco  
**644-3436**

## REM HEALTH, INC.

### HHA's, RN's

Provide home health care to children and adults.  
HHA's • CNA's • RN's  
LPN's • Homemakers • Live-Ins  
Excellent wage, benefits, casual dress work environment. Call **Erin/Leslie** at **926-9808** or fax resume to **926-4002**. EOE/AA

## RETAIL CHILDREN'S

Join sales team of upscale, innovative children's store in Mall of America. Variety, fun atmosphere. Good opportunity for returning-to-work, students, parents, etc. Generous hourly salary. 10-20 hours per week. Eves/weekends.  
Immediate openings.  
**612-854-9322**

## Knock and the door shall be opened

**JOYFUL JOB SEEKERS.** Group meets 1st and 3rd Mondays, 11 am - noon at Hillcrest, 1978 Ford Pkwy. 698-0668.

## GENERAL SERVICE TECHNICIAN

Full-Time Days  
Good Pay/Commission Plan  
Busy Shop  
**AMOCO**  
Call Steve at Marshall Cretin Amoco  
**644-3436**

## RETAIL MANAGER

National growing specialty retailer is looking for Store Managers in the Bloomington & Mpls. areas. If you are enthusiastic, outgoing, dependable, & have some sales management experience, please call us. We offer a base salary of \$24K. Commission. Benefits. Contact John at **542-1853**, or fax resume **546-9272**.

## Home Improvements

**RENT A HUSBAND.** I make house calls. Carpentry, painting, tile, drywall, etc. 35 years' experience; John, 699-7077. v  
**CARPENTRY, WINDOW,** door replacement; remodeling, garages built; Dakota Construction, 683-9477. v  
**ELECTRICAL QUALITY** work, reasonable rates, free estimates, A/C outlets, smoke detectors, ceiling fans. RPM Electric, Inc. 531-2412. v  
**CABINETS, CARPENTRY.** In home or my shop. Furniture repairs, refinishing. Small jobs welcome. John 659-8926. v  
**HOUSE & YARD DOCTOR.** No job too small. We do them all. Carpentry, masonry, and more; senior citizen discount. Call Lou, 651-487-9113. v  
**CARPENTRY REPAIRS.** Interior trim work, framing and demolition. Call Dave, 724-2645. Nice Finish Const. Insured. Free Estimates. v  
**AFFORDABLE HOME REPAIRS** and small remodeling projects: interior/ exterior, carpentry, drywall, paint & wall-covering, ceramic tile, acoustical ceilings; 20 year's experience; free estimates; Paul, 699-4727. v  
**SCHALLER PAINTING.** Call the best, don't deal with the rest; 15% off with this ad; free estimates; Luke, 487-6023. v

## Home Services

**KEN BRISSON SEWING** Machine Repair; home services, free estimates, work guaranteed; 464-3702. gv  
**BURTON'S RAIN GUTTER** Service. Install, clean, repair; rainleader disconnects; chimney caps; since 1973, licensed, insured; #20126373; Burton Johnson, 699-8900. gv  
**WILLIE'S RUBBISH HAULING** and small demolition and garage and basement cleaning; 825-6511; 650-7695, pager; licensed. gv  
**A & B APPLIANCE** Repair and maintenance; 10% senior discount; Visa, MasterCard accepted; 698-6017. gv  
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 ♦ Sanding ♦ Refinishing  
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 ♦ Free Estimates ♦ Insured  
 ♦ Quality Work at Reasonable Rates  
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**Music Instruction**

PIANO, SAX, all instruments. Your home. All styles. Kids-adults. 869-0808; www.easypiano.com. v  
 PIANO LESSONS, experienced teacher, all ages and levels. Carondelet Center, Georgine Nugent, C.S.J.; 224-8179. v  
 PIANO FOR PLEASURE. Adult Beginner Lessons. Kathleen Bartholomay, M.M., 698-2431. v  
 PIANO LESSONS. All ages and levels; music degree; Beatrice, 224-8712. v

**Piano Tuning/Repair**

GAVIN PIANO. Tuning & Repair; School of Piano Technology; 644-3111. gv  
 PIANO TUNING & REPAIR. Robert Clough, Associate Member Piano Technicians Guild. Robtclough@aol.com; 722-7586. gv  
 CONCERT QUALITY Piano Tuning and Repair since 1972; Mark, 724-7334. v

**Help Wanted**

WORK FROM HOME!! \$25-\$75/hour; PT-FT needed; customer service; great attitude a must; call for interview; 659-6318. gv  
 HAIRSTYLIST, contemporary salon on Grand; reasonable chair rental; 228-1348. gv  
 WINDOW CLEANERS wanted with 5 year's experience or more; \$16/hour; Mike, 884-5063. gv  
 PAINTERS. Fall positions, Victorian home specialists; \$8-\$12/hour. Call 651-222-5211. gv  
 HOUSECLEANER. 3 hours one day/week, live near Crocus Hill; pay \$10/hour; 224-7599. gv  
 HAIRSTYLIST, innovative salon, great atmosphere, immediate chair rental. Solutions for Hair; 690-4002. gv  
 SITTER SERVICE needs adults, days, evenings & vacations; \$350/week and up. Car necessary. 429-2963. v  
 WORK FROM HOME. Direct mail marketing. Excellent pay. Call 985-3291. v  
 INSURANCE AGENT. PT/FT Customer Service Rep needed for insurance agent. Hourly plus commission. Phone, computer, writing skills necessary. Insurance license preferred, but not necessary. 651-690-5334. v  
 BRIGHT START Children's Centers. Small infant/toddler center seeking FT and PT teachers. Call Kathy, 698-8810 or Katie, 690-2255. v  
 TROTTER'S CAFE/BAKERY. Baker, full time, mornings. Breakfast/prep cook, full time. Dishwasher, part time, afternoons. Fun work place, great pay & benefits. Come in or call 645-8950. 232 N. Cleveland (near St. Thomas).v  
 SECRETARY 3/4 time. Small law office Highland area. Call 222-6200 or 222-6163. v  
 DENTAL ASSISTANT, hours negotiable. Prefer 40 hours, but will accept less. Prefer registered assistant but we are willing to train. A cheerful and energetic person. Call 698-0848. v

**Help Wanted**

EDUCATIONAL OPPORTUNITY. Work full time while attending night school to become a Registered Dental Assistant. Tuition & salary will be paid plus benefits. 698-0848. v  
 MARKET RESEARCH. Conduct telephone surveys from our office. No selling. Hours 5-9 weekday evenings and occasional Saturdays, 10-4. 3+ evenings per week. Phone 729-2306 between 10:30 & 5:00. Apply: 5005 1/2 34th Ave. So. (Office located near Ford Bridge.) v  
 CUSTOMER SERVICE, full time. Busy, friendly neighborhood, Grand Ave. and Highland locations; organized, mature person, excellent compensation pay package. Call Holly, 699-2703, White Way Cleaners. v  
 \*\*\*EARN \$3-\$10K/MONTH\*\*\*  
 No. 1 internet business. Call 612-837-6114, 24-hour rec'd. message. v  
 HOME HEALTH AIDES experienced in home care to work with seniors; part-time, flexible hours; immediate openings; paid orientation; need HHA certificate; nursing students qualify; Macalester-Groveland area; 690-5291.v  
 ASSISTANT TEACHERS AND CHILD CARE AIDE. Quality child care center in Mac-Groveland area. Full & part-time positions available. A Child's View, 690-0590. v  
 CHURCH SECRETARY, 10 hours/week, \$9/hour. Calvary Lutheran, 341 So. Hamline. Computer skills required. Call 698-6138 mornings. v  
 BUILDING SUPERVISOR for the Butler Sports and Fitness Center. Strong interpersonal skills and supervisory experience necessary. Part-time job, 10-15 hours/week, evening and weekend shifts. Send resume to Sheila Brown, Athletic Director, F-18, College of St. Catherine, 2004 Randolph Ave., St. Paul, MN 55105; v  
 ASSISTANT MEMBERSHIP DIRECTOR at St. Paul JCC, 20 hours a week, daytime hours. Strong customer service skills required. Recruit and retain members. Process fee adjustments. Contact Kevin Olson, 698-0751. v  
 CENTRAL PRESCHOOL child care center in St. Paul has positions available for teachers and aides, working in a Christian environment. If interested, call Carol at Central Baptist Church, 646-2846. v  
 PART-TIME HELP wanted, good pay, hours will vary, energetic, professional person, cleaning service; Annette, 291-5279. v  
 DRY CLEANING-counter, PT, eves. & Sat., will train; Snelling & Bayard; Graham, 699-4420. v  
 EMBROIDERY MACHINE operator; experience preferred; however, willing to train; full/part-time days; flexible hours; health/dental/401K, So. Minneapolis location; competitive wage; 724-9392. v  
 HAIR STYLIST: Chair rental opportunity in a newly remodeled salon near Grand and Dale. Ask for Alex, 291-7737. v

**1998 PUBLICATION DATES**

S	M	T	W	T	F	S
<b>OCTOBER</b>						
			7	1	2	3
4	5	6	8	9	10	
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
<b>NOVEMBER</b>						
			4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
<b>DECEMBER</b>						
			2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Villager Date  Gazette Date

**VILLAGER DEADLINES**  
 News items — Tuesday (8 days prior)  
 Classified ads — Wednesday (7 days prior)  
 Employment and Service Directory — Thursday at noon  
 Display ads — Thursday at 5:00 p.m.  
 Display ads (camera-ready) — Friday at noon

**GAZETTE DEADLINES**  
 News items — Wednesday (10 days prior)  
 Classified ads — Monday (5 days prior)  
 Display ads — Tuesday at 5:00 p.m.  
 Display ads (camera-ready) — Wednesday at noon

**757 Snelling Avenue South**  
**Saint Paul, MN 55116-2296 • (651) 699-1462**  
**Fax (651) 699-6501**

# SERVICE DIRECTORY

## Help Wanted

STOP. CALL IMMEDIATELY. Part/Full time, permanent/temporary; no experience necessary; flexible schedule. Great for students, housewives or second income. Pay increased to \$12.25 to start with. Quick advancement. 651-268-0562. **v**

AFTER-SCHOOL HOURS, counter help, 3-7 p.m. every other day, Mon. thru Fri., and alternating Sat., 8 a.m.-3 p.m. Approximately 12-16 hours per week. \$7/hour. Hiawatha Cleaners, 724-3603, 50th and Hiawatha, Minneapolis. **v**

**For additional job openings, turn to the Employment Opportunities ad section. For advertising information, call 699-1462.**

## Business Opportunity

A FREE SPECIAL report reveals how to create an extra stream of hassle-free income fast. 24-hour message, 888-571-3454. **v**

## Volunteers

CAT LOVERS: VOLUNTEERS needed at Feline Rescue, Inc. A No-Kill cat shelter; assist with socializing, cleaning, other activities; 659-0902. **v**

## Child Care Wanted

GREAT PART-TIME POSITION in our home. Child care needed for newborn and 10-month-old; 3 days/week. Generous pay. Katie, 698-9570; Laura, 699-3283. **v**

## Child Care

Parents are urged to exercise caution in arranging child care. Be sure to investigate references. To obtain a list of licensed day care providers in the area, call 641-0332. **gv**

DAY CARE in my Highland home, 6:00 a.m.-6:00 p.m.; experienced; references; FT-PT, openings; Sue, 699-7845. **gv**

SITTER SERVICE has nannies for all occasions; days, evenings, vacations; FT/PT; 429-2963. **v**

EXPERIENCED, LICENSED day care, 11 years; openings for any age; 651-698-3385. **v**

DAY CARE, FT, PT, 10 year's experience; 699-0688. **v**

DAY CARE: toddler opening, food program, licensed 18 years, TLC; Kathy, 224-6437. **v**

PRECIOUS GEM family child care; before/after school; unusual shifts/24 hours; little people always welcome; includes meals, lessons, entertainment. Lots of hugs. Tender, loving care for your most precious possession. Grandma Lee, 651-917-7207. **v**

LICENSED DAY CARE. Any age, full/part time, 35E & W. 7th area; nonsmoker; 224-2072. **v**

## Home Health Care Svc.

AIDE/COMPANION will help seniors in their homes; experience; car; 588-4647. **gv**

## For Rent Residential

All real estate or rental advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Equal housing opportunity. **gv**

MINNEHAHA MANOR. 1-2 BR available now; between VA Hospital and Minnehaha Falls. Quiet building, access controlled, laundry room, off-street parking, newer appliances and carpet; heat included; \$535-\$635; Helen, 722-4825. **v**

ONE-BEDROOM APARTMENT, furnished or unfurnished, \$3XX, nonsmoker, no drugs/alcohol, pets negotiable, on busline 14, Randolph/Lexington, utilities paid; avail. Nov.; 690-3002, 8-10 a.m. or p.m. **v**

SOUTH HIGHLAND. Studio, one and two BR apartments in controlled access entry building; on busline and convenient to shopping; no pets; 690-0744. **v**

TWO-BEDROOM apartment in exclusive scenic area. Quiet, controlled access entry building on river; \$750; no pets; 690-2639. **v**

UPPER DUPLEX, 35E/W 7th area; spacious 1+ bedroom available, 1st or 15th November; hardwood floors, great porch/deck, laundry, large yard, heat included; \$575; Jack, 374-7077. **v**

1157 HAGUE, unfurnished apartment, blinds, dishwasher, all utilities except electric and cooking gas, 1 BR; \$525; 739-0784. **v**

## Roommates Wanted

CHRISTIAN FEMALE to share 2-bedroom apartment, Grand/Dale, \$250; 222-1291. **v**

## Wanted to Rent

CARPENTER, REMODELER looking for house to share; will negotiate; 26 years' experience; Curt, 651-917-0561. **v**

## Garage/Storage

GARAGE FOR car storage, Highland, So. Cleveland, \$45/month; 699-3189. **v**

## Garage/Storage Wtd.

WANTED TO RENT: garage in Macalester-Groveland area; call 695-9278. **v**

## Free! Free! Free!

SIB. HUSKY. Beautiful, healthy, blue eyed, gentle, 7-year-old female, spayed; free to good home; 690-2134. **v**

**Boeck Tree Service**

- Removal
- Trimming
- Stump Grinding
- Insured

**772-2168**

Brush Hauling  
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No Job Too Small!

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10% or \$10<sup>00</sup> OFF - whichever is greater - with this ad (must present ad at time of estimate)

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A moist "Deep Cleaning" stain-removing compound

**Tom E. Jandric 690-1832**

"It's dry when I leave."

"I'm the boss!"

**Satisfaction Guaranteed!**

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Refinishing & Installation

Pete & Bob Your Neighborhood Floor Guys

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**Next Issue: October 21**

**Deadline: October 14**

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**EAGAN WOODLAND 1-LEVEL TOWNHOME**

Spacious builder's model! Walkout on pond, porch, patio, eat-in kitchen, main floor owners suite, laundry, bay windows, big garage, much more. \$274,900. Just 5 remaining from \$189,900. Dir. 1-494 to 35E S, E on Yankee Doodle, S on Elrene, W on Trails End Rd to 854 Ivy Lane. CountryHome Builders. Lic. #8508 452-0336 Don.HC plans avail.

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Est. 1982 ~ OWNERS RETIRING

St. Paul and Suburbs

Coordinate and transport pets from pet owners to host families.

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1128 West 7th Street



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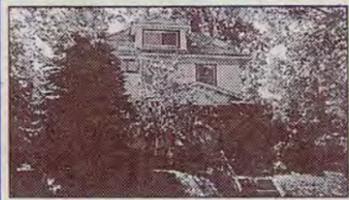


**Rolls Royce Condo of Summit**  
Spectacular Summit mansion of incomparable quality. European influence in design and details. This home makes a statement of exceptional grace, exquisite charm and prestige.



696-0850 \$649,000

Mary Rogers



**Merriam Park**  
Just listed! 4+ BR 2-story in desirable Lexington-Hamline neighborhood. Gleaming wood floors, some natural woodwork, 3 porches, great yard, 3-car garage, deck and more!!



696-0855 \$147,500

Bob Reidell



**Mint Condition!**  
1476 St. Albans. Charming Como Park cottage features 2 BRs, fireplace, new mechanicals (roof, electric, furnace, plumbing) plus gleaming wood floors. Excellent decor.



696-0855 \$107,500

Bob Reidell



**Mounds Park Duplex**  
118 Maria. True duplex — 2 BRs, living, dining and kitchen in each unit. Separate utilities, great condition! Good rental history — great location!



696-0855 \$112,500

Bob Reidell



**Premiere Offering**  
Stately Tudor mansion on St. Paul's historic Summit Avenue. Over 8,000 square feet and situated on 6 city lots. This property exudes charm and warmth of a bygone era.



696-0855 \$895,000

Bob Reidell



**1853 Highland Parkway**  
Ivy covered brick Colonial. 2-story, 4 BRs with delightful kitchen, family room plus a main floor bath. Enjoy traditional ambiance and detailing.



699-4269 \$249,900

Gloria Smith



**Mac/Groveland Charmer**  
This 2+ BR has a pretty new kitchen and bath, hardwood floors and the expansion is great for a playroom, family room or third bedroom.



699-4269 \$114,900

Gloria Smith



**Opportunity Knocks!**  
Fantastic St. Anthony Park rambler. Listed below county market value! Home needs some TLC. Features include hardwood floors and two fireplaces. Call today.



696-0879 \$129,000

Scott Brownlee



**Lake Emily \$249,900**  
4+ BR walk-out rambler on private lake in Shoreview. Dining room looks over the lake, 3-season porch, great room w/fireplace, 3-car garage, great home for entertaining.



696-0856

Beth Johnson



**Custom Brick Home**  
4-BR, 2-full bath, 1-1/2 story on large lot with mature trees. Formal dining room with built-in buffet, kitchen, screened breezeway from 2-car garage to home. New roof 1997.

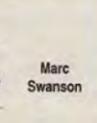


696-0856 \$139,900

Beth Johnson



**Fabulous 4-BR, 3-Bath**  
Stucco Tudor in wonderful Nokomis area! Charming and well-cared-for. Beautiful fireplace in living room. Drive by 5533 13th Ave. today. Call for private showing.



696-0866 \$159,900

Marc Swanson



**Fabulous East Isles!**  
Short walk to lake or Uptown shops. This new listing is completely renovated in and out, while preserving the vintage charm! 3+ BR, 2-bath, 2-car, 2+ story. Call now!



696-0895 \$274,900

Orrin Jenstad



**Wildier Park Condo**  
Wonderful 1-BR unit. Southwest views overlooking park, underground garage parking. In-unit laundry, 55+ building, worry-free living!



696-0849 \$47,900

John Schneeman



**\* Townhome \$63,500 \***  
Very nice and clean 2-BR townhome updated with newer carpet and neutral decor. End unit. Living and dining area with patio doors. New roof on building, 1-car garage.



696-0867 \$63,500

Jon Stromme



**Freshly Painted!**  
Gleaming wood floors, great size kitchen, 2 baths, deck overlooks private treed yard — why rent? A few blocks to Lake Como. 1037 Stinson Street. www.st-paul-girl.com



696-0846 \$62,000

Lynn Ritter



**Great Buy at \$109,900**  
This 3-BR 2-story has beautiful woodwork, built-in buffet in dining room, hardwood floors, and brick fireplace with built-in bookcase. Hurry to see 1084 Dayton Ave.!



696-0876

Cathy Smithnecht



**Price Reduced!**  
Beautifully redone with 5 BRs, hardwood floors and stained glass windows! Newly updated kitchen with eat-in and separate dining room!



696-0876 \$159,900

Cathy Smithnecht



**1204 Jefferson**  
Great starter home. 3 BRs, near park and elementary school. For 24-hour recorded information, please call



1-800-882-1723 ext. 4043

David and Monica Fry



**Grand Victorian Home**  
Enjoy a haven from life in this 4-BR, 2-bath, all redone. New: kitchen, bath, sauna, garage, yard, boiler, roof, carpet, fence, and mature trees. 2029 Grand Ave.



696-0845 \$225,000

Mike Brennan



**Great Duplex!**  
This duplex is in fantastic condition! 2 BRs in each unit, hardwood floors, and numerous updates! Maintenance-free exterior!



696-0865

Bob Boland



**Move in and Enjoy!!**  
Spacious 3-BR rambler, separate dining room, huge master BR, fireplace, gleaming hardwood floors, covered ceilings, BR on lower level with 3/4 bath, beautiful wooded lot!



696-0865 \$129,900

Bob Boland



**So. Mpls. Condo \$72,900**  
Very spiffy condo, close to Mississippi River and VA Hospital. 2 BRs, 2 baths, 1-car attached garage, newer appliances, washer and dryer.



696-0842 \$72,900

Chris Heine



**Fabulous Opportunity**  
One-owner Mendota Heights rambler. 3 BRs, 2 baths, great landscaping, well-maintained. 197 Schools: Mendota Elementary, Friendly Hills Middle School, Sibley High School.



696-0851 \$159,900

Bob Doffing



**Fantastic Highland Park**  
4-BR, 2-bath in heart of Highland Park. Fenced yard including patio. Wood and brick exterior.



696-0851 \$139,900

Bob Doffing



**Little Canada Lake**  
home with 5 BRs & 4 baths — large decks, great room with fireplace, 200' of lakeshore on Round Lake — 63 Jessica. Nice condition — please call Mike for a private showing.



696-0845 \$249,900

Mike Brennan