

Published by the Bryn Mawr Neighborhood Association

February 2013

Bryn Mawr's Saturnalia

S atumalia was blessed with w a m weather this year. It was a jam packed, fun filled late afternoon/early evening event. We enjoyed the drumming of the Women's Drum Corp, a visit from Santa Claus, a horse drawn sleigh ride, roasted marshmallows, hot cocoa and carolers. What more could one ask for? Thank you to all of the neighbors who volunteered their time. This event couldn't hap-





pen without you. An extra special thank you to Bryn Mawr Market for their donation of marshmallows and Cuppa Java for their donation of hot cocoa.

An adults only party at Cuppa Java followed the outdoor festivities. Pianist, Joel Sundseth, entertained us along with singer, Tanyia Abel.

- Patty Wycoff

A Thank You to Bryn Mawr Carolers and Contributors

Thanks to the Bryn Mawr neighbors who caroled on Satumlia in Dec. to raise money for St. Anne's Women's Shelter, in No. Minneapolis. We raised \$100. Our group consisted of: Cynthia Hechter, Marc Kramer



New and Improved BMNA Website! Visit bmna.org

he BMNA website has a new webmaster – Carolyn Bastick of Area 4. Carolyn has lived in Bryn Mawr since 1986 and was the longtime Bugle classified ads manager and instrumental in the rebirth of the Bryn Mawr Garden Tour last year. She has been working on freshening up the look of the website as well as reorganizing important information through clean-up of the home page and creation of some brand new pages for subject matter such as:



the Bryn Mawr Neighborhood Association BRYN MIAWIR HOME UPCOMING EVENTS Welcome to the Bryn Mawr Click here to view neighborhood calendar Neighborhood Associations' Website! Visit our Schools page for school events DON'T MISS YOUR CHANCE TO GET IN THE NEW BRYN MAWR NEIGHBORHOOD DIRECTORY BY COMPLETING THE ONLINE FORM ON THE HOME PAGE BELOW. **DEADLINE - FEBRUARY 10** "a neighborhood within a park"

· Schools & Parks

· Southwest LRT under the 'Planning/LRT' tab

· Legislative

 \cdot Gardens (including the Garden Group)

 \cdot HOT TOPICS – current news items highlighted on the home page

Please do take a moment to visit bmna.org to familiarize yourself with the content and feel free to provide ideas and feedback to Carolyn by emailing her at webmaster@bmna.org. Carolyn is also looking for great photos of the neighborhood to use on the website pages. If you have high quality/resolution photos of Bryn Mawr images, events or wildlife, do please email them to Carolyn. Thanks for visiting us at bmna.org.



BMNA Board Meeting Minutes December 12, 2012

Present: Marlin Possehl, President; Scott McLaughlin, Vice President; Greg Froehle, Area 1; Lynda Shaheen, Area 2; Susan Verntt, Area 2; Jessica Wiley, Area 3; Chris Kirwan, Area 4; Dave Logsdon, Area 5; Barry Shade, Area 6; Jay Peterson, Area 6; Vida Ditter, Area 6; Stephen Harvey, Area 7; JoEllyn Jolstad, Bugle editor, Patty Wycoff, Neighborhood Coordinator, NRP chair **Guests in attendance:** Dylan Thomas, Southwest Journal; Wendy Jerome,

Area 6; Kay Qualby, Area 5

Call to order and introductions

The meeting was called to order at 7:00 at Bryn Mawr Elementary. A quorum was present. Introductions made.

Approval of consent

Approval of consent agenda with a correction to the minutes from November. Jessica Wiley was present.

Neighborhood Coordinator Update-Patty Wycoff -

- Saturnalia- Good crowd. Expenses of \$1233. Drumming and roasting marshmallows were highlights. Special interest story; during the hayride, a pregnant participant's water broke.

- Directory-We use Truestone Printing. It is costly to mail; they are suggesting we put the membership materials with the directory to save up to \$880 dollars. Could push the membership drive to February (went out in March last year). Consensus to do dual mailing.

- Welcome packets are updated with current coupons. Area reps should deliver them. Patty will help if needed. Discussion about how realtors might help identify new neighbors.

Bugle Report- JoEllyn Jolstad.

Were able to have a very colorful December issue; can use color when advertisers buy it. Jenny Pilon, Community Education, did a great job with the December craft fair at Anwatin. She involved many families and students. A thank you to Mary Duffy for her work in contacting people for the craft fair. A neighbor has volunteered to write historical notes for the Bugle. No Bugle in January. Next issue is February. Chris Kirwan has volunteered to write the next BMNA submission. BMNA rep to MPRB Cedar Lake/Dean Parkway Trail CAC -

Contacted by Anita Tabb for a rep. Appointed Greg Froehle to this CAC.

Treasure's report-

Liz Pederson absent. Report will be emailed to Board.

NCEC Report-Scott McLaughlin

Business façade- City expectation is to complete this project in December. As a result of this project, Clear Body Home offered space for BMNA needs. Crossroads sent a note of thanks. BMNA expressed appreciation for the involvement of Crossroads residents in neighborhood activities. Scott will talk with them about winter projects. NRP- phasing out. Neighborhoods are putting together priority plans. Scott proposed a new voluntary position to replace NRP chair.

LRT Project Updates- Barry Shade, Jay Peterson-

Barry reviewed steps taken to date. The DEIS has extended the comment period to December 31. Reps attended the public hearing; testified on behalf of the neighborhood for a Penn Station. Park Rec Board released their comments. Echoed the position of CAC, limited to their jurisdiction. Met with BMNA Land Use Committee to discuss potential development around a station. Met with new representative Ray Dehn .Jay overviewed summary notes emailed December 11 to Board members and other involved neighbors. We have a long history supporting light rail. Strongly oppose 3A-1 alternative of co-location of freight line with light rail and bike path. Thanks to Kay Qualby for her work on the Capstone Project supporting a Penn Station. Final DEIS next summer. They must respond to our comments, don't have to follow them.

Garden projects- Dave Logsdon-

Will begin planning again in February. Moved steel newspaper box holders in front of Cuppa Java to Upton Garden; repurposed as a trellis.

Standing Committee Reports Schools Committee-Lynda Shaheen/ Jessica Wiley

Next meeting is in January. School

dren's Garden. Contact Claudia Englehoff.

Adjourned at 8:30 PM Submitted by Jessica Wiley, interim secretary.

BMNA Board Meeting Minutes January 9, 2013

Call to Order and Introductions

Present: Marlin Possehl, President; Scott McLaughlin-Vice President; Sandie Gay-Secretary; Liz Lindholm-Pederson- Treasurer; Area 2 Reps-Linda Shaheen, George Seebach, Susan Verrett; Area 3 Rep-Jessica Wiley; Area 4 Rep-Christopher Etz; Area 5 Rep-Dave Logsdon; Area 6 Reps-Vita Ditter; Barry Schade; Jay Peterson; Area 7 Rep-Steve Harvey; JoEllyn Jolstad-Bugle Editor. Guests in attendance: Lisa Goodman-City of Minneapolis; Dylan Thomas-SW Journal; Kathryn Kaatz-Accent Sign Memorial Group; Carolyn Bastick- Volunteer Webmaster; Raymond Dehn - MN. House Representative.

Approval of Consent Agenda

Including: minutes of last month's meeting, today's agenda, acceptance of this month's financial report (available online)

City update: Councilmember Lisa Goodman-

- Lunch with Lisa is on Jan 23rd, postcard will be sent.

- February's Lunch with Lisa-"How Do They Do That?" is an Informational Series and this presentation is entitled "How does water get from Miss to us?"

- Holiday trees and Christmas lights can be recycled.

- The new Police Chief has assigned a new inspector, Mike Joss, to Bryn Mawr.

- A grant for planning of Penn Avenue corridor has resulted in study of art, architecture and planning. A presentation will be held Feb 5th at Intermedia Arts from 4-5:30pm.

- Sidewalks not plowed in some areas. Call 311 to report.

- Accent Sign Memorial will interface with Penn Avenue study.

Need contact phone number for volunteer help with snow removal. Maybe Patty is good liaison between present and set a timeline. Involve park board/And Harrison?

Legislative update

Ray Dehn- new State Senator for District 59B spoke about some issues on the Legislative agenda , i.e. the state budget, sensible gun legislation, restoration of education funds. He is on the Transportation/Finance Committee. District 59B is north of Cedar Lake Rd.

JoEllyn Jolstad, Bugle Report-

Ads are up and there will be monthly articles by Board members.

Treasurer's report- Liz Pederson

\$90,000 is in BMNA account. A review of 2012 budget will be prepared for next month emailed to Board.

NCEC report – Scott McLaughlin

Business façade report-The Market has to send receipts to be reimbursed. The performance of contract has been extended 9 months. Looking for NEC rep. The new rep will coordinate the new neighborhood plan going forward.

LRT Project updates

Station Area Strategic Planning-Will start in Feb. EIS study and public forums-The comments were sent in and preliminary engineering has begun. Freight track change has design issues that are currently being studied.

Garden projects - Dave L

1st meeting of year to set goals will be in February. No tour this year, focusing on maintenance of gardens.

Website – Carolyn Bastick

Home page was cleaned up and consistent formatting was implemented. New tabs were created, i.e. SWLRT tab, legislative tab, Gardens tab, etc. Meetings, advertising rates and deadlines for Bugle will be included. Will include activity dates from Marlin's email, roster of members and page for new neighbors. She will track hours for updating to consider as a paid position. Email webmaster@bmna.org to send info for website. Kudos to Carolyn-good job!!

 Standing Committee Reports Schools Committee – Lynda Shaheen Meeting Jan 24 and new Area School Board Rep invited. Anwatin Open House on Jan 29.

Accent Signage Memorial-

Kathryn Kaatz was unable to attend. A group is meeting to plan for a memorial later in the year. Accent Signage Memorial Fund-

Could be distributed before the end of the year. Around \$19,000 has been collected. Shereen Rahamim will be distributing the donations.

Update on Harrison efforts to bring Surly Brewery to neighborhood -

Harrison continues to lobby for the brewery. They are hopeful, but realistic about the odds. Board members Rebecca Gagnon and Josh Reimnitz will be attending. The Anwatin IB sign is progressing. **Communications- Jay Peterson**

Bulletin board has been moved to the front of the Cuppa Java building. Carolyn Bastick will be assuming webmaster responsibilities.

Reports from BMNA Reps to Affiliated groups-BCV-ROC- Vida Ditter

Business Alliance along Glenwood Ave suggesting that the area be called West Market District. Streetscape planning from Mildas to the bike shop to the church. Working on reducing street side cement.

Discussion Items & Announcements

Volunteers needed to help put up Martin Houses in the JD Rivers Chilvolunteers and neighbors.

Patty Wycoff, NC activity report

The donated money from the Bryn Mawr neighborhood has been transferred to Rueven's widow. New neighbor packets were distributed.

Kathryn Kaatz-Report on Accent Signage Memorial:

Committee met with architect and Accent Sign people to discuss coordination of building remodeling and the Memorial design. The idea is to start the Memorial at Accent Signage site and expand into the adjacent park. The committee recommends the Hope and Healing event to be near the building- some of Accent Sign people will participate in planning. Their goal is to have conceptual drawings of a master plan to

Discussion Items and Updates and Announcements:

Earth Day CleanUp- Steve Harvey-Suggestion to expand it to have a site on the Meadows. Steve made motion: The BMNA Board supports designation of the Bryn Mawr Meadows as an MPRB Earth Day cleanup site. Seconded and passed. Adjournat 8:45 p.m.

NEXT BOARD MEETING:

Wed, February 13, 2013 7:00 p.m., BM Elementary **UPCOMING EVENTS:** Membership Drive



If the great trees of Bryn Mawr could talk, I bet they could easily pronounce "Kal-itow-ski."

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Bryn Mawr Recycling Schedule

	Monday	Tuesday
Area	February 4	
1	February 18	
Areas	February 11	
4W, 5W, 6, 7	February 25	
Areas		February 12
2, 3, 4E, 5E		February 26

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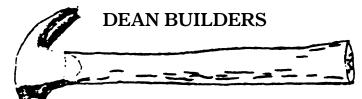
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From the Editor

ears ago, during a time of low enrollment and low participation, high schools in Minneapolis did not have enough players to warrant their own girls hockey teams. So, MPS created the Minneapolis Novas and now girls from six high schools (and four middle schools) play together. It is great!

Mv husband and I are part of a "taxi service" that shuttles three Anwatin 8th grade girls to and from hockey every day. They practice and hold home games at Victory Memorial Ice Arena, near Patrick Henry or, closer to home at Parade Ice Garden.

But, since Southwest cannot play Edison or other teams within the city, away games are often far away. So we head to Washburn to catch a bus to St. Paul, Blaine, Waconia and other foreign destinations. Suffice it to say, we spend a lot of time in the car.

During one of our sojourns, I was talking to the girls about their National History Day projects. Participation in NHD is an expectation for 8th grade students at Anwatin. The theme of this year's competition is "Tu ming points in history."

As we tossed around ideas for possible topics, I mentioned Title IX. Title IX is the 1972 federal law that prohibits discrimination on the basis of sex in schools that receive federal funding - including in their athletics programs. I was not shocked to learn that they had never heard of it.

I explained that it is possible they would not be hockey players if not for Title IX. I talked to them about the concept of revenue sports (men's football, basketball and hockey) which draw most of the non-government resources to schools and how this means women's athletics are sometimes not a priority.

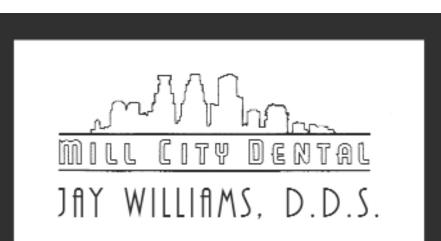
Well, I did not convince any of these girls to do their NHD project on Title IX, but one of them (Kalley Carlson) wrote a wonderful essay about how it struck a blow for civil rights. Her essay took first place in the City of Minneapolis' Reverend Martin Luther King Jr. essay contest. I love how involvement in activities like athletics can crossover into academics and citizenship.

It is unlikely that any of these girls will play collegiate hockey (and there is no WNHL, yet) but that's okay. The real story is, that even if money makes the world go around, it is not everything.

School is about giving students a chance to learn and grow, and athletics can be an effective way to keep kids active and help them become the wonderful people they are destined to be. Youth sports is a good investment in our future. And Title IX created opportunities for more people to have fun, take risks, be unique, special and involved.

- JoEllyn Jolstad, bugle@bmna.org





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"The world is a hellish place and bad writing is destroying the quality of our suffering" -Tom Waits-

Thank you to all my loyal readers for suffering the quality of my writing these past sixteen years. All your kind words have just encouraged me to soldier on! All these excessive rants from the Counter Talk hype machine can be "counter" productive at times. I'll try to keep it fresh.

Keeping in the know...

Often I will be talking to folks about a local event and the person I was talking with will say, "we never heard about this event, would have loved attending,etc.". Outside of standing naked in the middle of downtown Bryn Mawr to advertise your event, we certainly have a lot ways of getting the word out.

How do I communicate, let me count the ways. The New York Times of Western Minneapolis, the Bryn Mawr Bugle is a stellar way to find out about people, places, and things in the neighborhood. The newly revived bulletin board outside of Cuppa Java is yet another. The revitalized BMNA website (thank you Carolyn Bastick) is fast becoming a great source for folks to keep abreast of Bryn Mawr news even if you are traveling! The Bryn Mawr "Next Door" social media site has a growing list of subscribers that many folks are finding useful in

by Dave Logsdon davesmagnets@gmail.com

trading information. If all these options fail to satisfy your quest for information, just hang out at the Market or Cuppa Java and ask someone.

Of course if you don't really give a bleep, there's nothing we can do about that!

All things must pass...

Alas, the problem with living a long life is you attend too many funerals. Life goes on and I'm just along for the ride. So it goes with the community as well, with time comes inevitable change. The Bryn Mawr Garden Group was initiated by a conversation I had with Scott McLaughlin, our go to former NRP co-ordinator and current Vice-President. Originally meant as an organizing tool to promote Metro Blooms amazing rain garden program, we decided to include maintenance of the neighborhood public garden spaces in the mix. Greg Lecker the peripatetic gardener extraordinaire had moved on and we needed a strategy!

As our little group grew, rain gardens became a part of, not the central focus of the over arching vision of the group. I stood by in amazement as talented person after talented person emerged from the com-

WEEKLY MEETINGS OF ALCOHOLICS ANONYMOUS are held at Bryn Mawr Presbyterian Church, Cedar Lake Road and Laurel Avenue,on <u>Tuesdays at 7:30 p.m.</u> All interested people are invited to attend. munity to grow this vision. By default, I remain the high potentate of the group.

2013 is a new year with new challenges for the group. Ted Kiesselbach, the unofficial leader of the group, wants to step back from his strong unofficial leadership role, so I guess the official leader (Me) will actually (gulp) have to lead!

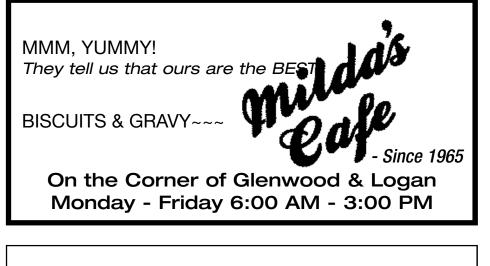
Look for announcements in one or all of our aforementioned communication outlets on upcoming meetings. Meanwhile, life truly does go on and I am, truly, along for the ride.

Other important stuff...

An early January thaw revealed the dark underbelly of Bryn Mawr. That's right, I'm talking dog poop here! Just who do you think is going to pick up precious pooch's poop? If it's in one of the boulevard gardens by the Market that someone could be me. I don't enjoy picking up poop, please pick up your own poop! All this the picking up is pooping me out, but I have just enough in me to finish this column.

This community has produced so many talented youngsters, a true cavalcade of stars. Kalley Carlson is one special gal. As an eighth grader, she made her debut on the Minnesota Nova's varsity team at the goalie position. She was also on a champion soccer team, but most of all, scholastically she is first rate. Recently, her essay on Martin Luther King won a citywide competition! But most all, she's a cool kid who takes in our mail when we're on vacation and is genuinely respectful and responsible. And Kalley is just one of the many impressive kids in this community!

In my seventeenth year of writing for the Bugle, I hope to continue this pithy exploration of all things Bryn Mawr. Keep the rubber side down and I'll see you next month!





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SW LRT Moves Through Environmental Review and Into Design

The Southwest LRT project passed a significant milestone on December 31 when the comment period closed for the Draft Environmental Impact Statement (DEIS). The Bryn Mawr Neighborhood Association (BMNA) was one of over 750 organizations and individuals who commented on the DEIS. BMNA comments are on the Bryn Mawr website.

In summary, the BMNA restated its long-standing support for the SW LRT, including the route that will follow the Kenilworth corridor. The BMNA supported the two stations in Bryn Mawr, Penn Avenue Station and Van White Station, and identified how each station offers distinctly different benefits for the neighborhood.

The BMNA also stated its continuing opposition to the co-location of rail freight along with the LRT line in the Kenilworth corridor. The BMNA further expressed concern that without the development of the Penn Station to provide neighborhood access to light rail and the park systems, Bryn Mawr will be negatively impacted by the project without realizing any of the attending benefits.

The comments made by the BMNA came out of a review of the DEIS conducted by the committee established by the Board. Many neighbors provided input and review of the comments, including individuals who participated in the public meeting held in November.

The BMNA has also been an active participant in the Minneapolis

COORDINATOR CORNER My name is Patty Wycoff and I am the Bryn Mawr Neighbor-

hood Association Coordinator. Feel free to contact me at organizer@bmna.org or 612-377-4565.

Please add your email to the BMNA email list to receive our 'Neighbor Notices' by going to the home page of the neighborhood website at bmna.org. You can sign up and see a sample of the email under STAYING CONNECTED in the left-hand sidebar. You will receive information about upcoming events, snow emergencies, crime reports, etc.

Park and Recreation Board Citizen Advisory Committee and supported the comments submitted by the MPRB. The BMNA further supported the concerns of bordering neighborhoods such as Harrison, reflecting its long-standing participation in the Bassett Creek Valley Redevelopment Oversight Committee and its membership in the Minneapolis Corridor Coalition.

The Metropolitan Council will now begin to develop the Final EIS, a process that will be concluded in 2014. In the meantime, Preliminary Engineering work has begun and 30% of project design will be completed by early 2014.

This current phase includes the important work of making decisions about individual stations. This planning process (Transitional Station Area Action Planning) will extend out into the surrounding community and recommend infrastructure improvements, such as housing and business, which maximize LRT system development. This will set the stage for long-term development around each station, and the BMNA intends to be a full participant in the planning process for the Penn Avenue and Van White stations.

As it has to date, the BMNA will continue to be actively involved in the SW LRT project and promote the interests of the neighborhood. Your questions and participation are always welcome.

- Barry Schade, Area 6

Accent Signage Funds Distributed

n January 11th, I delivered six cashier's checks to Shereen Rahamim at Accent Signage. Shereen is the wife of former Accent Signage owner Reuven Rahamim. Reuven was one of six victims in the shooting that took place in October. The Bryn Mawr Neighborhood Association opened an account at Wells Fargo for the victims and their families on Oct. 12th. Lurie Besikof Lapidus & Company had a fundraiser for the victims in November. Many neighbors attended and the money raised at this event we deposited into this account. Many other people sent money directly to Wells Fargo. A total of \$19,311 was donated.

Each family was given a check for \$3,218.63. Shereen gave me tour of the building and introduced me to several employees. Shereen and all of the employees are grateful for the support of the neighborhood. They look forward to the memorial garden/park that is being planned.

One of the Accent Signage employees is working on an additional fundraiser for the victim's families. She is looking for musicians/ bands to play the event. A date has not been set, but if you know of a musician or band that would be willing to support the event, please contact me at pwycoff@comcast.net or call 612-239-1710. They are hoping to have it sometime this spring.

- Patty Wycoff, BMNA Coordinator

Bryn Mawr Neighborhood Association Calendar - February 2013

All meetings are open - everyone is welcome. Neighbors are urged to attend and participate in meetings and activities of special interest to them. Bryn Mawr Neighborhood Association and its committees meet at Bryn Mawr Elementary School during the school year, (begins August 27, 2012) unless otherwise noted.

Sunday	2013 BMN/	Tuesday Coming soor A Membership v Bryn Mawi	p Information	Thursday	Friday 1	Saturtlay Feb. 2-3 City of 2 Lakes Nordic Ski Foundation Loppet
3	4	5	6	7	8	9

Deadline to get into 10 Bryn Mawr Neighborhood Directory Complete the online form at bmna.org or call 612-377-4565	11	ROC Committee, 12 Harrison Community Center, 6:00pm	BMNA Monthly 13 Meeting, 7pm, Bryn Mawr Elementary Cafeteria	14	15	16
17	Presidents Day 18 Holiday	Minneapolis Public 19 Schools K-12 enroll- ment request cards due.	Lunch with Lisa, 20 12pm, St. Thomas, \$10	21	22	23
24	25	26	27	28		

From the Board

Submissions from BMNA Board Members

Historical "House of the Future"

L might come as a surprise to many Bryn Mawr residents to learn there's a house in our neighborhood that's never been painted, never been refinished and never needed a new roof since it was built in the summer of 1949. It might come as an even greater surprise to learn this house still looks much the same today as it did when it was constructed near what is now the south end of the 2400 block of Mt. View Avenue.

Once billed as "the home of the future," this neighborhood curiosity is one of only about 2,680 US homes constructed entirely of porcelain-enameled steel by the Lustron Corporation in the early post-WWII era. The houses were designed to appeal to American families seeking a durable, low-maintenance alternative to traditional housing. Despite government backing and a dire public need for new housing, the Lustron Corporation filed for bankruptcy in 1950 due in part to production and distribution problems. Today less than 2,000 of these prefabricated domiciles still survive.

Owner Boozie Fudenberg has lived in the Bryn Mawr Lustron since 1989, and has taken great care to preserve the home over the years, even going so far as to buff the exterior with car wax from time to time. True to form, he has also worked hard to preserve the post-war style within the home's interior, working with an area designer to include period furniture and motifs throughout the living areas. The house was even featured in the September 2009 issue of Midwest Home.

Despite the house's durability and cham it has its challenges too. Home Depot doesn't stock any steel roof panels in "surf-blue" in the event of a massive hail storm after all. Still, it seems to suit Fudenberg just fine. He gets a kick out of living in such a unique place and he'll tell you just about anything you would like to know about it and the recent history of the surrounding area. I think I'll offer to give him a hand with buffing the house this spring and see what more I can learn. Maybe I'll be able to report back later in the year.

> - Chris Kirwan Area 4 Co-Representative

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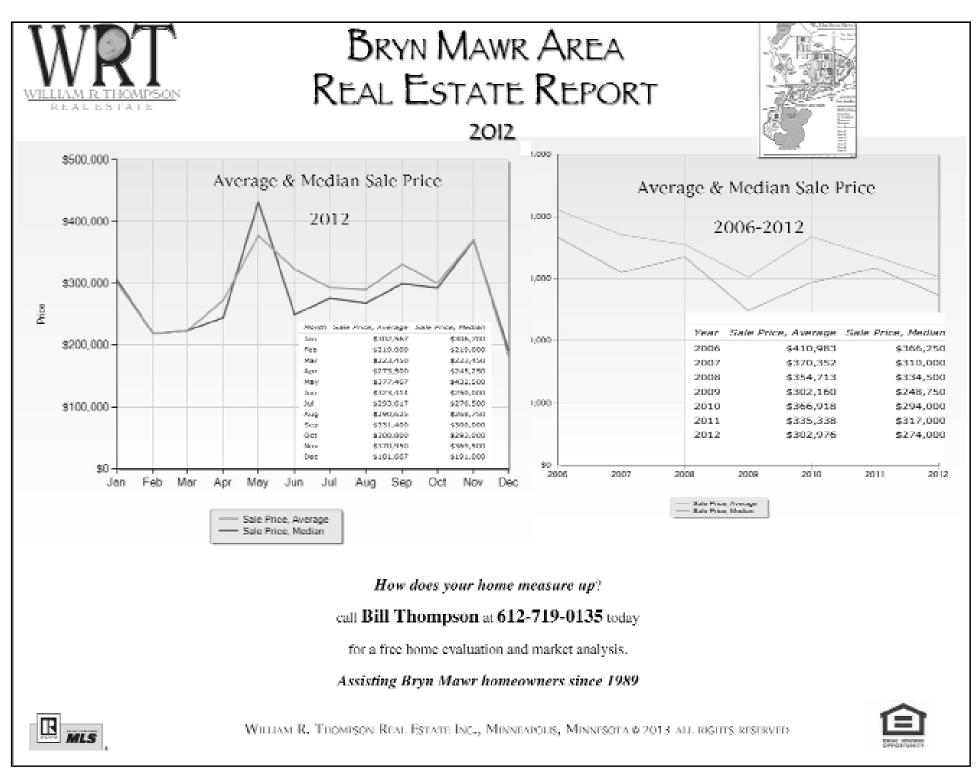
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Drawing on Nature

formerly known as View From The Bridge

Amaryllis and Paperwhite Narcissus February 2013, Second in a Series

he calendar is on the brightening side of the Winter Solstice; daylight is lengthening! Since December 21, daylight has increased by more than one hour! Still, spring is months away; and it's timely to consider bulbs intended for indoor, not outdoor, blooming. Amaryllis originates in the Americas from Mexico to northern Argentina. Paperwhite Narcissus is a native of Mediterranean countries. One may purchase either one as potted plants or bulbs. Select firm, healthy large bulbs without soft spots, decay, mold, cuts, or bruises. Store bulbs in a cool, dark place until planting. Neither bulb requires cold treatment before blooming. For timing purposes, plants bloom approximately four to six weeks after planting. Proper cultural practices – ensuring bright light during leaf growth and avoiding overwatering - will prevent insect and disease problems.

Amaryllis and Paperwhite Narcissus have unique attributes. Amaryllis is big and bold and bright. Paperwhite amasses flowers that make up in number and smell what they may lack in size.

Amaryllis (Hippeastrum species) Amaryllis Family, 12" to 24" tall

In the midst of a colorless, dark winter, amaryllis flower colors include the common red and scarlet, but also pink, white, salmon, apricot, rose, and variegated. The Lily-like flower form can be single or double. Six to ten-inch wide trumpet-shaped flowers feature six or twelve petals with prominent pistil and stamens (female ovary and male pollen-producing structures).

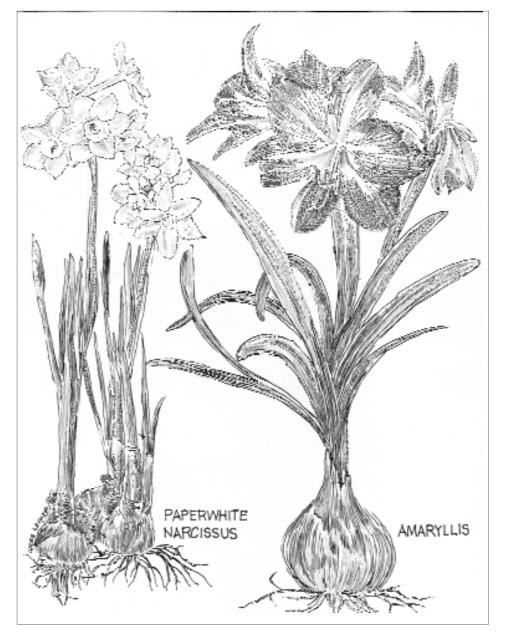
After an Amaryllis bulb sports a green sprout, growth is fairly rapid. Strap-shaped leaves lengthen and a stem with flower bud elongates. Within one large bud, multiple blooms nestle — often three or four blooms, in fact! Individual blooms rise and unfurl petals.

Amaryllis prefers to be held tightly within a container of light, rich soil. Select a deep pot that is one to two inches larger than the bulb itself. Plant bulb with the upper one-third to one-half of the bulb exposed above the surface of the soil. Water so as to soak the soil completely; then allow soil to dry out before watering thoroughly again. After the flower stalk has emerged, water more often but allow the soil to dry somewhat between watering to prevent the bulb from rotting. Begin fertilizing at this time. Place the container in warm sunlight until the flower bud shows color through its green covering. Then, move plant out of direct sunlight to extend bloom time.

ering is completed. Maintain active plant growth to ensure that sufficient nutrients are stored within the bulb. Return potted plant to bright sunlight indoors. Continue watering when the first several inches of soil are dry. Drain any excess water to prevent bulb or root rot. Remove spent flower heads so that energy is not misdirected into seed production. However, only after the flower stalk yellows, and thus is no longer contributing to photosynthesis, should the flower stalk be removed. After threat of frost outdoors has past, move the potted plant to a shady spot in your yard or garden. Gradually transition the plant to a location where at least six hours of sun are available daily. "Transplant" the potted Amaryllis including the pot – in the soil. Feed your plant monthly with a balanced fertilizer. Bring Amaryllis indoors in the fall before freezing temperatures arrive.

Amaryllis will bloom without a resting period and without foliage death and regrowth. However, one can control bloom time by forcing a resting period. To do so, move the potted plant to a dark place - cool, but above freezing. Do not water during this resting period. Leave foliage in place until it has shriveled and dried. If no new growth appears after resting for eight to twelve weeks of darkness, blooming can be forced by moving the pot into a warm bright location and watering the soil thoroughly - the same procedures followed at initial planting.

Repotting is needed only every three to four years since plants bloom best when "potbound". Repotting is best and most easily done when bringing the domant bulb, without foliage, from its dark resting place into a sunny, warm location to induce growth. Bulblets or plantlets that form next to a well developed Amaryllis bulb can be either gently separated for propagation of a new plant in a separate pot, or left attached to produce a larger floral display with multiple flower stalks and several Amaryllis flower buds.



watering. Place bulbs near, but not touching, each other. A six-inch pot can accommodate about five bulbs. Add more pebbles, decorative stones or marbles around bulbs to secure them. Then, carefully water container until water reaches the base of the bulbs. To avoid bulb rot, do not allow bulbs to sit in water. Every two to three days, monitor container, and add water if necessary. Do not fertilize. Place container in cool dark place until green shoots emerge from the bulbs. Then, move container into a bright place, most likely a south facing window that receives full sun. To extend bloom time after flowers appear, reduce light levels and maintain room temperatures of 60 to 65 degrees Fahrenheit.

Paperwhite Narcissus has a tendency to grow "long-legged" with very tall flower stalks that can fall over without support. Cornell University has conducted research to demonstrate that watering bulbs with a dilute alcohol solution can reduce plant height by one-third to one-half, without affecting size of flowers. After green shoots are one to two inches tall, replace water in the container with a mixture of about four to six percent alcohol. Use gin, vodka, whisky, rum, or tequila - top shelf liquor is not required. However, wine and beer cannot be used since their sugars will adversely affect plants. One example of a five percent solution is one part 40% distilled spirit to seven parts water. Alternatively, dilute rubbing alcohol (isopropyl alcohol, usually 70% alcohol) with ten to eleven parts water. Continue to water with this alcohol solution. The greater the alcohol strength, the more dramatic the reduction of

stature. But, exercise moderation! An alcohol solution of greater than ten percent will cause growth problems and a twenty-five percent solution is toxic. Cornell University researchers hypothesize that alcohol affects plant growth because it impedes the ability for a plant to absorb water. The water stress induced is sufficient to reduce stem and leaf growth, but not enough to a flect flower size or longevity. Discard Paperwhite bulbs after blooming. They cannot be transplanted outdoors or grown indoors for rebloom.

Sources:

"Forcing Bulbs for Indoor Beauty in Winter", Deborah L. Brown and Harold F. Wilkins, 2013 Regents of the University of Minnesota "Growing and Caring for Amaryllis", www.extension.umn.edu, Carl Hoffman and Mary Meyer, University of Minnesota Extension "Paperwhites for Winter Bloom", Dr. Leonard Perry, Extension Professor, University of Vermont Extension, http://www.uvm.edu/pss/ppp/articles/paperwht.htm 1/4/2013 "Pickling your Paperwhites; Ginning Up Paperwhites That Don't Flop Over; Using Alcohol to Reduce Growth of Paperwhite Narcissus"; William B. Miller, Cornell University

Ensuring repeated bloom requires proper care of Amaryllis after flow-

Paperwhite Narcissus (Narcissus papyraceus) Amaryllis family, 12 to 18" tall

Whether one finds Paperwhite Narcissus pleasantly fragrant or sickeningly sweet is "in the nose of the beholder". Small, star-shaped flowers resemble a miniature Daffodil. Flowers may be pure white, or flowers may bear white outer petals and pale yellow "cups" at the center.

Within an attractive container, atop a gravel bed two inches deep, plant bulbs with pointed end upwards. Clear containers show off pebbles and growing roots and enable easier judgment during Get to the root of the matter of bulbs ... it will be worth your effort!

Greg Lecker, U of M Extension Service Master Gardener, Minnesota Master Naturalist Volunteer

Approaches to Healing Tai Chi & Energy Healing

It is inevitable that at some time through our lives we will favor a particular pattern of approach to healing that we trust to correct or resolve a disharmony in our system. System here refers to the complex & multitude of energies that manifest as both the Mind & Body.

One approach to healing & the one most commonly used is based on the belief that at any time in our lives we can go somewhere & get the disharmonies fixed. To a great extent this is true. We can visit the pharmacy & buy or collect any number chemicals that will alleviate our symptoms. In addition we can call on a variety of experts, Physicians, Physical Therapists, Psychologists, Surgeons etc, that we trust will be able to fix us. This approach places the responsibility of our Well Being firmly in the hands of others & relies on their professional expertise to make things right for us. Aside from the chance of this method becoming addictive in that it feeds our need for a fix, this approach is often necessary & frequently proves to be successful.

Another approach would be to adopt a lifestyle that empowered us with the tools to increase our chances of sustaining a harmonious & healthy system. Thus decreasing our dependency on others. This way would fall into the category of preventative medicine. To some extent we start out doing this. We advise young people not to smoke, to clean their teeth regularly, to wash & exercise as measures of self-care. Hopefully we are informed enough to know that unless we are heavily invested in our malaise taking measures at any time in life to prevent future health issues is obviously better than having to seek a cure.

That said, however well we take care of ourselves, living life includes the unexpected & unwelcome, particularly when it comes to our health. We are all susceptible to the ebb & flow of harmony in our system. So knowing we can call upon the expert services of others, but placing a greater importance on adopting preventative practices to minimize the need to, would result in a more pro-active, wisdom based approach. Fortunately for us advances in both these approaches to healing continue to evolve. Scientific research continues to help Western Medicine come up with solutions to many contemporary health issues. Modalities that are more preventative in character continue to be revealed & grow in popularity. Perhaps more importantly there is a growing acceptance of practices that not so many years ago would have been quickly dismissed on the basis that they were unscientific or didn't fit in with the perception of normality. Two significant Methods of Healing that excel are Tai Chi & Energy Healing. Though they both move

conveniently from the 'preventative' category to the 'fix it' category & back again, for the sake of writing more about them, Tai Chi is 'preventative medicine' at its very best & Energy Healing is a potent 'fix it modality'.

Medicine here is defined as the Healing Art of preserving or restoring health.

Both Tai Chi & Energy Healing have been around & utilized in many cultures, by many generations for hundreds of years and their continued use today is testament both to their appeal & effectiveness.

When we integrate the preventative practice of Tai Chi into our lives we have made a very distinct choice. It says, "I am going to take responsibility for my own personal welfare".

Tai Chi is a tool, a method that arises from the essential understanding that everything, including ourselves, is composed of many elements but that the intrinsic essence of any manifestation is energy. From the microcosm to the macrocosm this same substance is common & inherent. If it can be called a substance at all is debatable, but that it is the fundamental constituent in every manifestation at our level of perception is indisputable.

Even that which we perceive as no thing or empty space, will still inevitably have energy in it & passing through it.

Some like to call this substance Universal or Divine Energy. The energy that moves in our energy system is generally referred to as Qi (Chi) in the context of Tai Chi but the principle of Oneness suggests that it is equally reasonable to name it Divine or Universal energy.

The concept is simple enough. Take care of the intrinsic energy in your body & the body will continue to function harmoniously. Energy likes to move & flow, that's it nature, every thing moves, vibrates, resonates, changes, appears and disappears, a constant movement. The playing of Tai Chi maintains this flow & will even increase it because it opens the system & releases areas where Qi is blocked or constricted. Smooth, unhindered flow of energy in the body & mind maximizes our chances of staying well & growing old gracefully.

this & indeed Jesus Christ was attributed with the ability to cure using energetic divine intention.

Energy healing is quickly becoming more commonplace and accepted as a means to heal the body & mind. Though mention this healing modality in some circles and one still bumps up against some pretty rigid resistance. There are many ways to heal with just energy as our tool.

If you consider our instinctive reaction to a child who has fallen, bleeding knees & hands, in pain and suffering. What do we do?

Instinctively we rush to them, pick them up, take note of the damage and embrace them! As we wrap our arms around them there is an exchange from us to them at a very basic level of healing. We pass on our love & energy flows from us to them. In most cases this energetic exchange calms their system enough for us to continue with helping them in any way we are able.

Energy is literally pouring through us night and day. Would it be such a big leap in our understanding to accept that we can learn to channel this energy & use our positive intention to put it to good use?

Shiatsu, Reiki, Acupuncture are some of the more commonly used and accepted methods of energy healing we engage with when we tum to outside help for resolving issues of imbalance. They can be very good at treating the root cause of our symptoms & not just the symptom itself.

Personally having studied & practiced the healing aspects of Shiatsu, Qigong & Tai Chi, I have more recently been instructed in the VortexHealing® system. This holistic system of energetic healing enables me to channel both divine energy & consciousness to heal the body, transform emotional patterns & release historical conditioning. A quite astonishing and effective modality.

Clearly when it comes to our Well Being in its fullest sense it is important to have many options available to us. Basic common wisdom would suggest that something that is both preventative and regards the care of our intrinsic energy as its primary goal would be a very good investment in our future. Tai Chi is an excellent choice & once learnt will definitely serve you for the rest of your life.

Then should we need outside help then consider some of the modalities that are focused on a holistic & energetic approach to healing.

Colin Snow is Founder of Natural Step Tai Chi, Vitality at Work & a registered Vortex Energy Healer. He has played Tai Chi for 30 years & taught Tai Chi & Qigong for 20 of those. He has studied & practiced Shiatsu, Qigong Energy Healing & is now giving treatments using Divine Vortex Energy.

Should you like to find out more about Tai Chi or VortexHealing® treatments you can call him on

612 377 6469. He is always happy to talk with you or come to your community to speak about his work.

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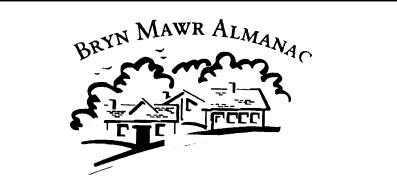
Minneapolis Audubon Society Monthly Events Friday, February 8, 2013 1 p.m.

Dr. Scott Sharkey will share outstanding photography from his Minnesota River world in "Scenes from a Bloomington Marsh."

Friday, March 8, 2013 1 p.m.

Karl Tinsley, a graduate student in Conservation Biology will speak on "Urban Turkeys".

The Bryant Square Neighborhood Center, just one block south of Lake Street, is easily accessible via the #4 bus, which runs every 15 minutes. Please join us for the program and refreshments! For more information call 952-926-4205.



Even our thoughts, ideas, opinions, judgments, feelings, emotions, & beliefs are just the result of energy moving in our system. More often than not they consume or misappropriate a lot of our vital energy or constrict its flow. After all it saps a lot of energy to stay angry or hold onto grudges for instance.

The slow, rhythmic, effortless meditation upon movement that is Tai Chi permeates & opens the entire system. Harmonizing & balancing our energy system enhances everyday living, brings more vitality into conscious living and restores our natural alignment.

Energy Healing was possibly one of the first methods of healing that ancient cultures utilized. Many myths & legends appear to indicate

- February 2, 1996 Low -32°, high -17° at Twin Cities airport.
- February 4, 2012 Five or six wild turkeys in the ditch along Hwy 55 near Bassett's Creek.

February 5, 2006 Anwatin students handing out water, orange slices, and cookies behind their school to skiers in the City of Lakes Loppet.

February 11, 2012 A group of about 10 robins is over-wintering at a spring in Bassett's Creek Park just off Upton. I've seen them every year since 2006, and again in January of this year. For years I have recorded the sightings of the "first robin" in Bryn Mawr, but these guys have foxed me. Another sign of global warming, in my book.

February 22, 1979 Snow--sleet--rain--thunder--snow.



Bryn Mawr School sent several teams to the citywide GISE (Guys in Science and Engineering) and GEMS (Girls in Science, Math and Engineering) tournament Saturday, January 19. Students in grades 2-5 competed in Lego Robotics events and presented the results of their research topic on bealth issues that affect senior citizens. Anwatin Middle School also competed in the tournament.



Jamie Schultz, pastor at Bryn Mawr Presbyterian Church, presents donated clothing items to Jacob Randall, Health Assistant. The Church takes an annual Thanksgiving collection to benefit the neighborhood schools.



Area 2 resident, Will Marshall advanced to the citywide spelling bee on January 24 representing Bryn Mawr Elementary School. Will finished 5th out of 42 fifth through eight graders.

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reminder that in addition to being delivered to your doorstep, the Bryn Mawr Bugle is available online at bmna.org.

Click on the Bugle logo on the home page to read the current edition or go under the 'Bugle' tab to see past editions and to learn more about advertising rates and submission deadlines.



Questions about placing an ad or submitting a story? Email bugle@bmna.org.



Youth & Schools

Anwatin 8th Graders Take Top Prizes in MLK Essay Contest:

he City of Minneapolis held its annual Reverend Martin Luther King, Jr. essay contest and three Anwatin Middle School 8th graders won 1st, 2nd and 3rd place! Kalley Carlson won 1st place, Odessia Schmidt was 2nd and Ubah Abdulkadir, 3rd.

On February 8, 2013, the Minneapolis Commission on Civil Rights, in partnership with the League of Minnesota Human Rights Commissions (LMHRC), the Minneapolis Department of Civil Rights, Minneapolis City Council, and the Minneapolis Mayor conducted an award ceremony at the full City Council meeting and hosted a reception to honor the winners.

Teachers, parents, educators and others were also invited to attend. Students had the opportunity to meet and take pictures with the Minneapolis Commission on Civil Rights members, Minneapolis City Council members and Mayor Rybak. The first place winners in each age category read a portions of their essays will have their essays submitted to the LMHRC annual essay contest in May of 2013.

STEP-UP Summer Jobs for Youth

STEP-UP is the City of Minneapolis Summer Jobs Program. We train thousands of students on the skills you need to be successful and then place students in paid, professional summer jobs. This year the application is 100% online and the application will go live beginning December 17th. To apply, please go to the following link: http://stepup.iapplicants.com/

Benefits of STEP-UP:

• Explore a career that interests you while gaining valuable work experience

• Earn up to \$2,000 over the summer

Family Open Gym at Bryn Mawr Community School

Tuesday nights from 6-8 p.m. November through March

Starting November 9, the gym at Bryn Mawr Elementary School will be open for families with kids of all ages to get out some energy while playing with neighbors. The Family Open Gym hours are Tuesdays from 6-8 pm. Some equipment is available, but please feel free to bring your own jump ropes, balls, hula hoops, and unicycles! All Bryn Mawr families are welcome!

Contact Information For Community Schools

Bryn Mawr Elementary (PreK-5) 252 Upton Avenue South 612-668-2500 brynmawr.Minneapolis.k12.mn.us Minneapolis Kids School-age Childcare (at Bryn Mawr School) 612-668-3890 mplskids.Minneapolis.k12.mn.us/ Anwatin Middle School (6-8) International Baccalaureate and Spanish Dual Immersion 256 Upton Avenue South 612-668-2450 anwatin.Minneapolis.k12.mn.us **Anwatin Community Education** 612-668-2470

- Build professional skills that look great on your resume
- Meet people who can help you with your college and career goals

STEP-UP is open to Minneapolis residents ages 14-21 that meet income guidelines (listed below) and are not yet enrolled in college. Family Size /Total Household Income Guidelines

- 1 Person/ \$45,500.00
- 2 Persons/ \$52,000.00
- 3 Persons/ \$58,500.00
- 4 Persons/ \$65,000.00
- 5 Persons/ \$70,200.00
- 6 Persons/ \$75,400.00
- 7 Persons/ \$80,600.00
- 8 Persons/ \$85,800.00

STEP-UP applications must be submitted online by March 4th, 2013.





Who Let The Moms Out?

Eight Bryn Mawr Moms on the Search for Good Books and Food

Sacré Bleu: A Comedy d'Art by Christopher Moore

Dooking for a crazy read? This book will fit the bill. Christopher Moore doesn't accept the historical view that Vincent van Gogh's untimely death was a suicide. He has another explanation for the genius, madness, and deaths of several famous painters.

Set primarily in Paris during the late 1800s, the novel tells the story of a man who sells paint pigments and his female companion who is a painters' muse. The central story is that of a fictitious baker and aspiring artist, Lucien Lessard and his friend, Henri de Toulouse-Lautrec as they try to solve the mystery of van Gogh's death.

If you love art and artists, this book will capture your attention. The author sprinkles in lots of historical references and uses full-color reproductions of famous works of art mixed in with the text.

This book should come with a parental caution as it effectively weaves sex, murder, and adult humor into this mystery tale.

For those who read vampire and zombie tales, this was a satisfying read. If you love great writing with a mystical spin, you will also enjoy this. *Sacré Bleu* probably won't make our 10 best list, but we will be talking about it for a long time.

Nightingale

Friday night in January found the Bryn Mawr Moms check-Ling out the new (opened in October 2012) and highly touted Nightingale restaurant at 26th and Lyndale. It is located in what used to be a convenience grocery/deli, and specializes in drinks and "small plates" (a fancy term for bar food) designed for sharing. There are two happy hours, 4-6pm and 11pm-1am in keeping with the "place for great food late at night" concept. We ordered five of the small plates between the four of us and had plenty to eat. The Scallops

(four to the plate) were tender and delicious with a tasty almond gazpacho sauce. The Smoked Pork Shoulder and Grit Cakes were a bit short on pork but what was there was quite flavorful. The grit cakes could have been crispier in one opinion. The Chicken Wings were tangy from the soy and ginger glaze and not too spicy, but seemed a bit underdone, especially if you like them very tender. The wings arrived naked on the plate without a dipping sauce, which would have completed the dish for us. We also ordered the Brussels Sprouts and Grilled Romaine. The sprouts were well cooked with lots of bacon - which makes anything yummy - but they will be even better next fall when that vegetable is available locally. The grilled romaine was disappointing. It was cold and soggy, perhaps doused too liberally with the vinaigrette, avocado and "boquerones" sauce. Boquerones is French for anchovies according to Google Translate. There was also an abundance of those croutons your mom used to put on your salad when you were a kid. Not so special.

Dessert was a smooth and intensely rich chocolate Pot de Crème, making for an excellent finish to the meal.

There was a large and lively bar, a long beer list and lots of wines and cocktails to choose from, and a sophisticated but warm decor. It was quite noisy, but it was also 7 p.m. on a Friday night. Nightingale might warrant another visit to check out their bruschetta's, oysters, cala-



Area 5

ichael Benjamin Strobel of Minneapolis, 31, born in Owensboro, KY on March 27, 1981 lost his battle with alcoholism and made a decision to leave this world early Saturday, January 12, 2013. Survived by girlfriend Betsy DeVries, daughter Harper DeVries, son Henry Mullen and friend Mary Mullen; parents Mike & Erin Strobel and brother Will Strobel; grandparents Mary & Urban Strobel and Mary Hayden; many aunts, uncles, cousins and friends. Preceded in death by Grandfather, Patrick C Hayden, Uncle Allen Kempf and good friend Ray Ray. Ben worked as a mechanic at The Salvation Army and was studying to become a truck technician at St. Paul College. Ben was a loving and dedicated father, partner, friend and dearly loved son. He was an engag-



ing storyteller, enlightened deepthinker, ardent reader and humble free spirit. Ben is cherished and deeply missed by those who knew him. Many thoughts and prayers go out to heal the experience of the person/s that found him.



Bryn Mawr's little red car.

Conveniently parked in the school lot at the end of Laurel Ave. past Upton. Join and Reserve at WWW.hOUrCar.org

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mari and charcuterie plates, but overall the menu seems a bit highpriced for what are essentially appetizers. Folks with bigger appetites might not feel that they were getting a lot of meal for the money.

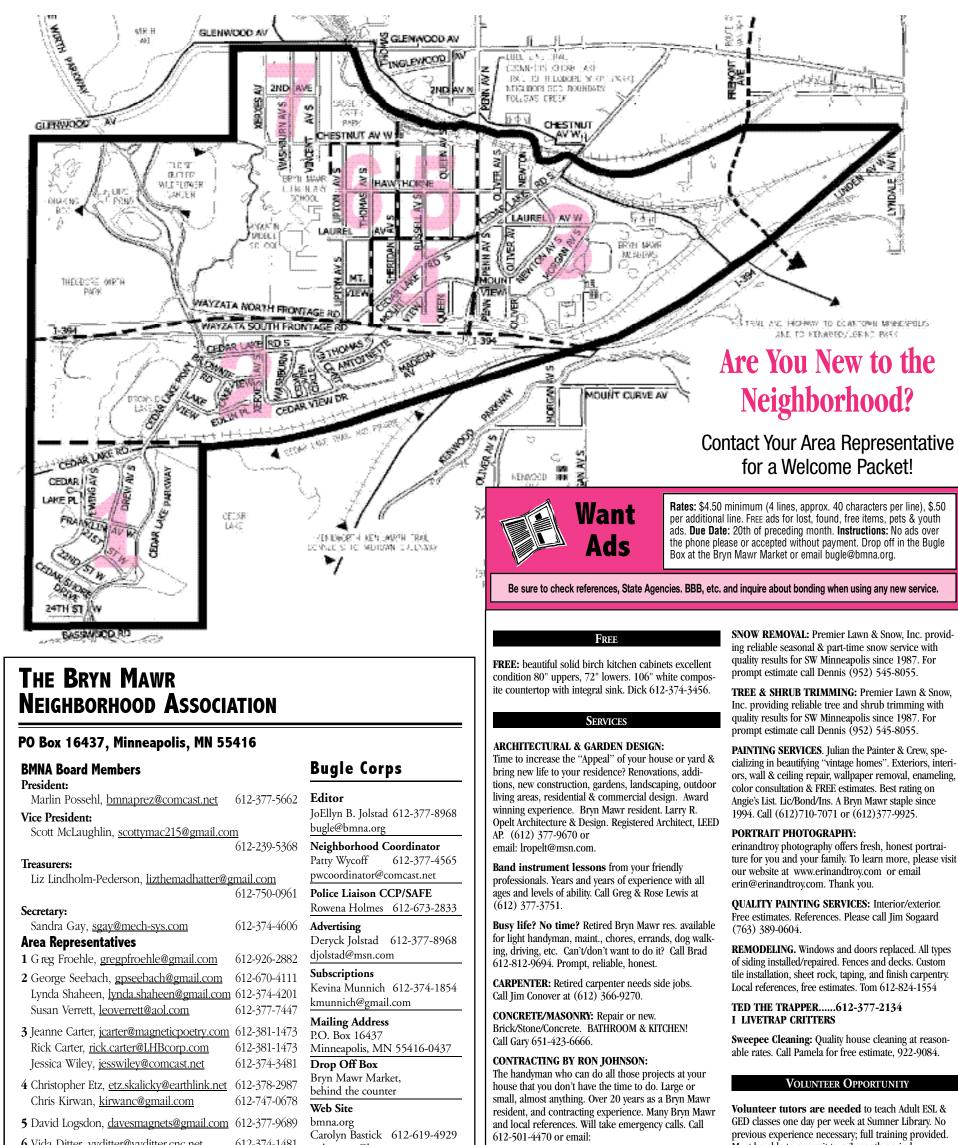
As usual, we had a great time catching up and covering the events of the day, despite missing four of our regular colleagues, and agree that we appreciate our own neighborhood eateries more than ever.

City of Minneapolis Curfews					
<u>Age</u>	<u>Sun-Thurs</u>	<u>Fri-Sat</u>			
Under 12	9:00 pm	10:00 pm			
12-14	10:00 pm	11:00 pm			
15-17	11:00 pm	12:00 pm			

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Copy deadline for the March issue is February 20!

Display & Classified Ads are due February 20th. Ads must be pre-paid & camera ready.

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Ed Erickson Construction: Decks, porches, room additions and interior remodeling. Carpenter and licensed general contractor. Nineteen years Bryn Mawr resident. Local references. 374-1618.

Gutter cleaning service GutterMaids.com 612-598-1318

Hardwood Floors - Buff and coats, sanding, staining, repairs and new install. Fully insured. References available. Call Bryn Mawr resident Jeremy for free estimate. 612-269-3649.

House Cleaning - Experienced, professional house cleaning. Thorough and detail oriented. One time, bi-monthly and monthly rates. Call (612) 876-7330 for a free estimate. Free your time for the more important things in life.

Must be able to commit to a 3 month period. For more information, please call 612-377-5399 or aconley@mnliteracy.org.

WANTED

Wanted: I would like to rent a garage in Bryn Mawr for my classic car. The car would be occasionally used in warm months. Close to the Meadows would be a plus. George 612-377-1115 / 612-483-7606.

YOUTH SERVICES

BABYSITTER: Experienced, kid-loving & Red-Cross certified 15-year old is up to babysitting children 1.5 to 9 years old, preferably in Bryn Mawr. References available. Call Hal at 612-374-9014.

BABYSITTER Experienced, responsible: 14 years old, loves kids. Call Merideth (612) 377-8968.

Babysitting, dog walking, petsitting, and plant watering: Bryn Mawr resident, 14 years old. Jasmine Bloomdahl, jasmi202@gmail.com or (612)-250-6099.

DOG WALKING & PET SITTING: great with dogs and pets, reliable 14-year old available for walking your dog and pet sitting, life-long Bryn Mawr resident, call Harry at (612) 245-2785.