



New leader  
at Hamline

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## City orders Iris to remove her boulevard garden

*Sherburne Ave. resident  
added to her garden over 30  
years, and helped 16  
neighbors with theirs*

By JANE MCCLURE

One of Hamline-Midway neighborhood's most colorful and distinctive sites is changing, and many neighbors don't think the change is for the better. Sherburne Avenue resident Iris Logan labored in the cold in late November to dismantle and remove her beloved boulevard garden.

"I removed everything I could but the weather caught me with the rocks," Logan said.

Logan is 70 and has lived in her tidy yellow house for more than 30 years. She raised two daughters there as a single parent. She's gotten to know her neighbors and enjoys greeting everyone who stopped to admire her handiwork while she gar-

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## Emotions Anonymous offers tools for living

*Support groups provide  
belonging, community and  
healing through 12 steps*

By TESHA M. CHRISTENSEN

"If your life has become like a shoe that pinches, try EA."

That advertisement brought Marilyn\* to Emotions Anonymous 40 years ago.

The St. Paul resident had a reasonably happy upbringing. Her parents had some mental health issues, and she began experiencing anxiety and depression in high school. "Once I started EA, I was so happy to find that other people had similar problems, or felt the hard feelings that I felt," said Marilyn. "I felt less alone."

Marie\* credits Emotions Anonymous with keeping her alive. "When I started adult life, I was so depressed that I didn't know what to do," she said. She had a

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This Hamline graduate has used music to explore what is happening in life around him. Next up is a new stage name for Terrell Woods.

## Carnage the Executioner transitioning to Terrell X

*St. Paul rapper  
reflects on his career  
and what's next*

By JAN WILLMS

Terrell Woods, who goes by the stage name of Carnage the Executioner, took some time recently to reflect on his career as a beat box artist and rapper.

The Saint Paul musician has built a reputation for himself as a tireless performer who creates his performances around what is happening in the life around him.

"I started touring a lot from 2016 to 2019," he said. "I was pushing to get out of Minnesota with a project I called 'Minnesota Mean.' In a nutshell, I was frustrat-

ed with the way I felt I was being received in Minnesota. I felt like I wasn't getting my just due. I had done a lot of building of quality music and collaborating with people, and I thought I wasn't getting the opportunities I should have gotten," he said.

"When I look back at that time some years later, I think I was being a whiny little punk." He said there are some barriers for an artist like him in Minnesota, and quite a few have to do with race. "But I think complaining about it doesn't make the problem go away. I was always willing to do the work anyway, so why not do the work instead of complaining about obstacles?"

However, in 2016, he felt it was time to go and explore other places and see what people would say in other areas. He had toured before on the West Coast, the Midwest and even in France. This time he

started with Wisconsin and the Dakotas. He did movements 1-5 of the "Minnesota Mean" show.

"'Minnesota Mean' was about addressing issues we had as Minnesotans expressing ourselves to one another," Woods explained. "There are things being said that can hold artists like me back, and we weren't talking about what is happening. I thought we should put things on the table and talk about what is happening. That was kind of the beginning of it."

Woods said that before he went into the whole concept, he did some research. "I asked transplants and people who lived here for years about their thoughts. I checked the whole spectrum of Black and White and the concept of Minnesota Nice. A lot of people said it was on the surface and passive-aggressive."

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LIVING 50+  
'Inside Senior Living' docu-  
series explores aging

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Rising costs affect  
Sherburne Collective  
housing project

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Como has top  
MCJROTC  
program in region

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# City considers changes to allow boulevard gardens

By JANE MCCLURE

Boulevard planter beds could become legal in St. Paul, under ordinance changes introduced Nov. 15, 2023 by Ward Three Council Member Chris Tolbert.

The proposal was expected before the council for a public hearing at 3:30 p.m. Wednesday, Dec. 6 at City Hall. It could be voted on as soon as Dec. 13, and would become legal in early 2024.

The amendment comes after a series of issues with residents wanting to keep planting boxes, artwork and Little Free Libraries in the boulevards. Tolbert said his intent is to legalize planter beds or boxes that can be easily moved if access to underground utilities is needed, or street construction takes place. He contends that the current regulations aren't clear enough as to what is and isn't allowed.

Yet another goal is to clarify what the process is for seeking an encroachment permit to allow a planter to stay in place.

"These (planters) are all over the city," Tolbert said. He added that people don't know the planters aren't allowed until they hear from the city ordering removal.

For many years, St. Paul didn't allow anything other than grass on boulevards, until the city council made boulevard gardens legal in October 1996. The changes were brought forward by then-Ward Three Council Member Mike Harris, at the urging of the Macalester-Groveland Community Council. The change allowed flowers, vegetables and other plants, so long as plant height didn't exceed two feet and greenery didn't extend into the curb area, street and sidewalk.

The 1996 changes don't allow anything permanent on a boulevard. People who place benches, planter boxes and other items there have to move them if a city inspector makes a report or if street and utility construction forces a move.

Disputes over planter beds and other items placed on boulevards sometimes

end up before the city's legislative hearing officer. In 2022, a Hamline-Midway family had to remove a boulevard planter box and a Little Free Library from their boulevard, losing an appeal to the city council. The library was one of six that had been placed as part of a 2021 public art project, Love Letters to the Midway.

Earlier this year, a Lexington-Hamline family had to remove a curbside Little Free Library box that was in the boulevard.

The proposed changes would define a raised planter bed as any container or structure designed for the cultivation of plants, flowers or other vegetation. Raised planter beds shall be constructed of wood, brick, masonry, landscape timbers, metal, ceramic or synthetic lumber. Prohibited materials would include wire, chicken wire, rope, cable, railroad ties, utility poles, tires, plumbing fixtures, concrete or any other similar materials.

A process to allow city approval of planter beds is also spelled out by Tolbert.

Anyone wanting a raised planter bed in a boulevard would need an encroachment permit from the city.

The bed would have to be kept in good condition and free of rot. The bed couldn't be more than 12 inches high. The beds would have to be at least two feet behind the back edge of a curb and at least one foot away from a sidewalk. Placement of the beds could not encompass or interfere with boulevard trees.

When a permit holder moves, the bed would have to be removed.

Other council members said that while they appreciate Tolbert's intent, they see potential issues. Ward Seven Council Member Jane Prince questioned whether beds made of brick or masonry would be seen as "temporary."

Council President Amy Brendmoen said the city needs to look at the issue carefully and not open what she called a "Pandora's box."

The city attorney's office looked at other cities' planter bed regulations when the changes were crafted, said Tolbert.

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dened or picked up trash.

But after more than three decades of creation, the items Logan carefully placed on her boulevard had to go. Sixteen neighbors on her block, many of whom Logan created boulevard plantings for, also got notices from the city that their gardens must go.

Logan was expected before the St. Paul City Council Dec. 6 for a legislative hearing (past the Monitor press deadline). A hearing officer in November recommended that the council give Logan until Dec. 22 to move everything out of the boulevard area. But with rocks frozen into the ground, she will seek an extension from the council.

The council could approve the hearing officer recommendation, deny it or amend it.

Logan's yard is a must-see in the neighborhood, with its beautiful mosaics, flowers and rocks. She often enjoys her boulevard bench, which also had to move.

She had already dealt with challenges including a neighbor who stole from her, and a recent domestic dispute that spilled over and damaged some of her property.

But the biggest challenge was the order to remove items. A complaint triggered a city inspection earlier this fall. While city regulations allow boulevard gardens, anything permanent is not allowed. That includes everything from benches to rocks to railroad ties.

The city ordinance that requires keeping boulevards clear of obstructions



*Iris Logan initiated the boulevard garden out of necessity while working full-time and part-time jobs. It was a project that not only reduced the need for lawn mowing, but also brought her joy and instilled neighborhood pride.*

is meant to allow access for utilities and during street construction. It is also meant to protect the roots of boulevard trees. Boulevards are also places to store snow when it is plowed from the street or shoveled from sidewalks.

A proposed city ordinance amendment, which could be adopted as soon as Dec. 13, would allow raised planting beds. But it wouldn't allow an art installation and rock garden for the kind Logan had.

(See related story above.)

The Hamline Midway Coalition and many neighbors rallied to Logan's side and started a change.org petition. The petition quickly gained more than 600 signatures. Justin Lewandowski, HMC community organizer, has worked with city staff and Logan on next steps and has shared updates online.

The petition states: "Given the boulevard art has been in place for close to 30

years without prior issues, we ask for consideration of a grandfathering provision that would exempt Iris's boulevard from certain regulations. The quick support from our neighbors has been a clear signal of how much this art means to our community. It's not just about aesthetics; it's about our identity and how we, as residents, engage with each other and with city policy."

HMC suggested ideas including seeing if Logan could get an exemption from the ordinance, or if there was a way to maintain the "artistic and aesthetic spirit of the installation" while being in compliance. Another idea is to see if some of what was on the boulevard could go to a neighborhood park, such as Midway Peace Park.

Logan started her gardening when city work on the boulevard made it difficult for grass to grow there. She began making mosaics and putting out rocks, sculptures and plantings. She also began creating rock gardens and plantings for neighbors.

After all of these years, Logan was shocked to learn her boulevard was in violation of the city ordinance. While she is resigned to losing what took years to create, she questions why other permanent structures have been allowed to stay elsewhere in the city, including many on boulevards.

"How can they make it good for the goose and not for the gander?" she said.

While she's taken many pictures of similar violations, Logan isn't going to report anyone else. Instead she wants to see the city make changes that will help others. As for her boulevard, once the frozen rocks are removed, she's done.

## Dirt moving around Allianz

By JANE MCCLURE

Dirt is flying at the southeast corner of University and Snelling avenues. Environmental remediation is underway as part of the long-awaited redevelopment of the Midway superblock around Allianz Field.

More steps toward redevelopment are expected at City Hall in the days and weeks ahead, as the St. Paul City Council prepares to act on requests from site development partners, Snelling Midway Redevelopment LLC.

Union Park District Council and Hamline Midway Coalition representatives reviewed the project Nov. 20, 2023 with project consultant Mike Hahm. They discussed next steps for the area bounded by Pascal Street and St. Anthony, Snelling and University avenues.

One request is for another temporary parking use just east of a planned restaurant plaza. Another is for \$22 million in financing to assist with infrastructure costs. The developers are hoping that the request gets to the city council before

year's end. As of Monitor deadline, no date had been announced.

In September, the city council voted 5-0 to approve the project's preliminary plat, extend interim use for two existing parking lots for five more years, and create a third interim parking lot. The parking lots are west and northwest of the soccer stadium. A fourth action changed technical language on surface parking in the 2016 council resolution creating the Snelling-Midway Master Plan. The master plan outlines how the 34.5-acre site is to be developed.

Plat approval allowed parkland dedication to move ahead, for a sculpture plaza at University and Snelling, and an all-abilities park on Pascal Street, and for work on the parks to get underway.

Environmental remediation is currently taking place where parks and vertical construction are planned, said Mike Hahm, project development consultant. "It's nice to see progress out there and the late fall is helping things along."

Temporary construction fencing at University and Snelling should come down soon, and stay down for the winter. The future playground site is to be fenced in. Concrete work there could take place this fall.

The interim parking request is to renew and extend interim parking use near Simpson Street. The parking area is east of a planned restaurant pavilion. The first phase of the United Village development will have an office building, hotel and restaurants in a pavilion and in other buildings.

Those type of interim parking permit requests go directly to the city council for action, with review and recommendation from city planning staff. The long-term plan for the superblock is to have parking structures built within the various buildings, and not have so much surface parking. Hahm said the interim use allows parking for the restaurants and for Allianz Field.

There continue to be community concerns about interim parking and how long it stays in place. "Of course temporary has a terrible way of becoming permanent," said Jim Marti, a member of the UPDC land use committee.

But Hahm said the lots are temporary only until the site is developed to its full potential.

Discussion Nov. 20 indicated how eager community members are to see the long-awaited redevelopment take place. One hope Hahm voiced is that as the site

is developed, it will spur more development along university Avenue.

District council committee members and staff asked about development partners and when the financing request will go forward. The development site is in a tax increment financing district that was set up several years ago by the city council. No date has been set for city council action.

Partners have been identified for the first phase of development, said Hahm. The development group is also working with city staff on the financing and infrastructure requests. That could come forward in early 2024 or later this year.

One question raised is that of housing development. UPDC member Scott Berger said his family often uses the new Assembly Union Park in the Highland Bridge development. "That park is surrounding by housing," he said. "It's incredible how many people use that park."

That raised questions about when housing will be built at United Village. Hahm noted that with rent control in St. Paul, construction of new rental housing has greatly slowed down. That's true at Highland Bridge, at the Heights on the east Side and at other development sites.

# EMOTIONS ANONYMOUS >> from 1

feeling that group support might help, and she started calling around to charitable organizations.

"The receptionist of the next place could hear that I really needed help. She directed me to 'First Call for Help,'" recalled Marie. "In addition to suicide prevention, they had referral information."

"First Call for Help gave me two numbers. One was for a free program, so I started with it. In those days, EA groups had a saying: 'Come six times and if you still don't like it, try six more.' So, I sat through a couple of meetings."

"Then at the next meeting, a woman shared her feelings of desperation from that week. This was the first time I heard my feelings voiced by another person. That person never showed again but she transformed my life. I wasn't alone. I knew there must've been something here and I could share my burdens that I'd been keeping locked up inside."

### 'EA GAVE ME A PLACE TO BE MYSELF'

Marie recalls having a fine childhood, but points to a move during junior high and that sent her into a downward spin. "I never recovered and eventually let self-doubt control my life," said Marie. "This left me in a depressed state. EA kept me functioning and finally I allowed it to lead me to a happier life. Without EA, I'm not too sure I would have been able to continue living. EA gave me some place to be myself and to find other people with similar issues to me, including people who would become my friends."

She appreciates hearing personal stories from others, along with the strength and hope that others share. "Pearls of wisdom will often drop during a meeting," remarked Marie. "The acceptance of all, as well as the space to share uninterrupted, is very powerful."

### LIVING AT PEACE WITH UNSOLVED PROBLEMS

After about five years, Marilyn stopped going to EA meetings. She got married, raised a family, and led a career. When she retired in 2018, she found that the loss of external demands on her time meant that she had more time to think. By autumn 2019, she was playing computer games for hours, long into the night, to avoid her feelings. It was damaging her marriage, her mental health and her physical health.

"My loving husband reminded me that I'd gotten some help in the past from EA's 12-step program, and wondered if that would help me again. I went to a meeting, and decided to go to several to try to break my compulsive, self-destructive habits," said Marilyn. "It's recommended to alcoholics that they attend 90 meetings in 90 days. I did more like 30 meetings in 90 days, which helped a lot."

Her initial reaction at her first meeting was that "this is a bunch of losers," she admits. How would it help her to sit around listening to other people talk about their



"Every day I read the 'Just for Todays.' These give me a way to approach life and other people with optimism, gratitude, cooperation, responsibility for my own actions, positive intentions, and the possibility of happiness," said Marilyn. (Photo submitted)

problems? But EA is not a sounding board for continually reviewing miseries. It is a way to learn to live at peace with unsolved problems.

"And I realized these people here at the meeting were the winners - they were trying to do something to make their lives and the lives of those around them better," said Marilyn.

"By the time the pandemic started, I had EA meetings, loving family and friends, a weekly exercise program, healthy eating habits, a good therapist, and a meditation group. I felt lucky to have such good support systems in place.

"My time in EA has had ups and downs. Sometimes I get lots out of the meetings; sometimes I don't. There's a saying, 'Take what you like, and leave the rest.' These groups are made of people - regular, imperfect people."

One of the first things Marilyn learned in EA is that emotions are neither good nor bad. As she realized that others have emotional problems, she became more accepting, giving people slack to not be perfect and treating them with compassion and understanding. "I've started to change my thinking to the idea that 'people are available, not to threaten us, but to support us,'" Marilyn observed. She is less reactive in relationships and has fewer angry outbursts. She reminds herself that she has a choice. In her volunteer life, she feels less need to control others even when in a position of responsibility.

"Every day I read the 'Just for Todays,'" said Marilyn. "These give me a way to approach life and other people with optimism, gratitude, cooperation, responsibility for my own actions, positive intentions, and the possibility of happiness."

She added, "I have stayed partly out of fondness for my EA friends, loyalty, and wanting to give back to others, but mainly because I get reminders during the meetings that help me keep my life in balance."

### 'PEOPLE NEED BELONGING, COMMUNITY AND HEALING'

The first group of what is now Emotions Anonymous met on April 13, 1966, at the Merriam Park Community Center. The group began as Neurotics Anonymous (NA) and then transitioned into its own entity, growing from there into the international 501c3 it is today. The EA international office is based in St. Paul.

As an anonymous program, confidentiality is respected at all times. Members are not required to share any personal details. As a spiritual program, there is an emphasis on a Higher Power but experience has shown that the EA program works equally well for any religious affiliations and those without religious beliefs.

Meeting leaders rotate and are non-professional volunteers with no mental health training. The leader's function is to conduct the meeting, ensuring the layout is followed and there are minimal disruptions. No one person has more power

### ABOUT EMOTIONS ANONYMOUS

Anyone is welcome to attend Emotions Anonymous. One opportunity is the phone/in person meeting at 7 p.m. CST on Fridays, in the parlor space at Twin Cities Friends Meetinghouse, 1725 Grand Ave., St. Paul, MN or by calling 206-451-6094, then as prompted, 240-591-0215#, and lastly, 722360#.

EA is self-supporting by our own contributions. EA encourages attendance whether or not one can contribute.

Emotions Anonymous offers a 12-step program to help people deal with stress in daily living and to live a healthier emotional life. EA is not affiliated with any other organization. The program is open to anyone who has a desire to become emotionally well.

Members attend for various reasons, among them depression, anxiety, relationship problems and other emotional difficulties. EA aims for an atmosphere of love and acceptance. No questions are asked.

Meetings are volunteer led and, like AA, founded on the principle of anonymity. For more information, contact Paul at 651-402-6774 or visit [www.emotionsanonymous.org](http://www.emotionsanonymous.org).

than another.

A helpful concept that guides the group is this: "We do not judge; we do not criticize; we do not argue. We do not give advice regarding personal or family affairs."

People may attend in-person, virtual and via phone. In some cases, a meeting can be oriented toward a specific group of individuals, such as men, women, specific ethnic backgrounds etc. and/or groups with unique shared experiences. In Minnesota, there are two groups in St. Paul. Groups also meeting in Bloomington, St. Cloud and Brainerd. There are groups across the United States and also internationally. There are no fees.

"EA is unique as it is the 12-step group for emotional turbulence," stated Marie. "Some use EA solely; some also have psychological or psychiatric help which may consist of therapy or medicine."

The concept of emotional sobriety goes back to the beginning of the 12-step movement, pointed out Marie. "There were early groups that broke out to focus on emotional issues as the addiction qualifier isn't always present for those with mental health challenges," she said.

"People need belonging, community, and healing. Being able to gather in an accepting atmosphere (as 12-step groups foster) provides that," said Marie. "This is one of the most basic building blocks of creating a civilized society."

\*Editor's note: In keeping with the tradition of Emotions Anonymous, we are referring to people by their first names in this article.

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**PEACE BUBBLES**

BY MELVIN GILES  
[peacebubbles@q.com](mailto:peacebubbles@q.com)



"I believe that one of the most important things to learn in life is that you can make a difference in your community no matter who you are or where you live." Rosalynn Carter

"We all have ability. The difference is how we use it." Stevie Wonder

"And it will be our love, not our hate, that heals the world." Lauren Fortenberry

Hello Monitor readers,

I greet you in the spirit of the Season of Light, Joy, and Love, although, I admit that it might be feeling and looking like we are marinating in the energy of the Season of Darkness, Sadness, and Hate. We are ending 2023, the Year of the Rabbit, and we must find ways and learn lessons to shake off the terrible gloom and senseless acts of violence and wars, in order to leap into our 2024 Leap Year with the energy of Light, Joy, and Love. We must and we can rise with hope to the challenges of the new year. Maya Angelou's lesson and model for us is "But still, like air, I'll [We] rise."

**FROM PRINCESS TITUS**

This month I ask a Legacy 7 teammate to offer a message of knowledge, empowerment, and insights. She gratefully surprised me with a timely expression of what was drumming from her heart and passion to share what we all need to know.

Dear Human Family,

**DOING THE BEST WE CAN THIS SEASON**

Our young people have a serious problem. In my community I like to talk to younger people and ask the questions like, "how do you know you are loved" or "do you like your teacher"? Whatever the introducing question, most young people end up letting me peek into their challenges. I hear scary stories centering around drugs, peer pressure, curiosity, self-medication and emotional distress.

At the intersection of substance use disorder young people are experiencing epidemics that we blame them for: gun violence, sex trafficking, suicide, incarceration and homelessness. With synthetic opioids impacting brain development, we can't seem to educate or hand out Naloxone fast enough in this major public health crisis.

According to the National Institute on Drug Abuse (NIDA), opioids are substances that act on the nervous system to relieve pain, but they also produce a sense of euphoria. Language can be a barrier to information, young people call these opioids by other names like blues, percs, 10's n 30's, and these illicit or street drugs are commonly known to be laced with lethal doses of fentanyl or carfentanyl.

The use of opioids during critical stages of brain development can have long-lasting effects on cognitive functions, impairing memory, decision-making abilities, and overall academic performance.

My way of facing this epidemic is to involve and support young people where they are and use harm reduction. First and foremost, creating a space where they can operate their power and have their voices heard. Secondly, letting them understand addiction operates in

the physiology of the body not necessarily the personality. Thirdly, raising awareness about the risks and consequences of opioid misuse and teaching coping mechanisms for managing stress and emotional health is essential. I've been delivering this information at park boards, after-school programs, community centers and with community partners who serve young people - With four young people guiding my steps and leading the charge.

Access to effective treatment is crucial for those already battling with opioid addiction. Increasing the availability of medical and behavioral therapies, such as acupuncture, medication-assisted treatment (MAT), counseling, and support groups, can make a significant impact. Healthcare professionals and counselors should actively engage with young patients, providing them with tailored treatment plans that address their unique needs and circumstances.

Moreover, destigmatizing addiction can encourage more young people to seek help without fear of judgment or punishment. Adults, can we be responsibility partners with youth in order to raise awareness, improving access to treatment, and fostering a supportive community in order to combat this crisis?

For young people to have any chance for a brighter future, they need our compassion and understanding along with education and resources. Let's be their village.

If you are interested in having an overdose prevention training, contact Princess Titus at 612-707-1123.

Thank you, Princess for being present with our young people in a caring and loving way.



Princess Titus

**LETTERS**

**LOCK UP GUNS**

Recently, two metro area incidents changed our children's lives, one tragically, and one near tragedy. On Oct. 4, a 14-year-old girl, Monica Joy Holley, was killed as a bystander in a shooting in St. Paul. In that same week, information was reported on an incident that happened on Aug. 16 in Inver Grove Heights, where a seven-year-old boy was injured by his three-year-old brother who got his hands on an unlocked and loaded gun while in their parent's car. We shake our heads and point fingers at perpetrators and policies. We think, "If only..."

I know we can do more than point fingers and shrug our shoulders to reduce this epidemic of our children dying from gun violence. We have done it before.

In the 1980s, organizations like MAAD (Mothers Against Drunk Driving) brought outrage to the epidemic of chil-

dren dying in car accidents. Laws were passed. Penalties increased. Ways of thinking changed. NIH statistics reported that alcohol-impaired driving fatalities involving youths declined by 84% from 1982-2018, an amazing testament to change.

I believe we can change our feelings of hopelessness toward gun violence. Last May, St. Paul brought attention to gun safety and passed a secure storage ordinance that requires gun owners to use locking devices or lock boxes to store guns, in homes and vehicles. City leaders pointed to FBI statistics reporting a disturbing number of gun thefts from cars, totaling more than 50% of all stolen guns. Locking up guns discourages theft and their possible use in crimes and shootings. Locking up guns keeps them from the hands of children playing. The ordinance may not have prevented Monica's death or the seven-year-old's injury, but it can educate us and rouse us to act, knowing that the lives of our children are in our hands.

Julie Retka  
Midway



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**Design & Layout:** Tesha M. Christensen

**Printing by:** ECM/Adams Publishing Group

This issue is printed on recycled paper using soy-based ink. Approximately 95-97% of material that enters the print facility is recycled.



**Delivery:**

612-235-7197, [delivery@tmcpub.com](mailto:delivery@tmcpub.com)  
Mail subscriptions are available at \$40 a year.

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Members of Midway Chamber Area of Commerce, Minnesota Newspaper Association, and Midwest Free Community Papers. Sister publications: Longfellow Nokomis Messenger and Southwest Connector.

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Jacob Deisch of Gideon's Barber Shop (left) and Artika Tyner share a love of books. (Photo submitted)



Dr. Artika R. Tyner (center), founder of Planting People Growing Justice Leadership Institute (PPGJLI), was recognized as the 2023 Toyota Family Teacher of the Year. A lawyer, author, and activist, Dr. Tyner's institute in St. Paul, strives to dismantle the school-to-prison pipeline by addressing the reading crisis, promoting diverse books, and preserving cultures. Her passion stems from her civil rights legal work, noticing many clients learned to read while incarcerated. This accolade fuels her mission to expand PPGJLI's impact locally and nationally. (Photo submitted)

## LIL RED CORVETTE: LITTLE FREE LIBRARY ON WHEELS

### PLANTING SEEDS

BY DR. ARTIKA TYNER,  
dr.artikatyner@gmail.com



I'm sharing news about Jacob Deisch of Gideon's Barber Shop (1832 E 35th S, Minneapolis) this month.

#### WHAT IS YOUR VISION?

Deisch: Gideon's aims to deliver a

barbershop experience characterized by art, service, and education. We are committed to craft and courtesy. And we believe that every customer deserves custom.

Another way to explain it, is that Gideon's Barber Shop is this marriage between something old and something new, something tried and something true.

#### WHAT ARE THE MILESTONES OVER THE PAST THREE YEARS?

Deisch: First things first: We've consistent flow and book exchanges happening at our Lil Red Corvette (our little free library, on wheels). Thanks to Benny Roberts and Urban Ventures, we have been a LFL: Read in Color steward since the sum-

mer of 2021. In that same year, GBS was an honoree for the Twins Game changer award, during the award's inaugural year. An honor which included an interview with Bally Sports North. The shop was also celebrated by Kare 11 during their segment "Communities that Kare," highlighting the work the barbershop does beyond its ability to produce style and fashion for its patrons.

What I am most proud of is watching children grow more and more curious about our book, vinyl, and cassette libraries, which shows me their eagerness to learn from the world of their elders. A lot of the milestones I've reached have been social, internal, and intangible.

One of which is consistently maintaining a therapeutic space, which enables people to self-actualize and find the good purpose God has for their lives.

#### HOW CAN THE COMMUNITY SUPPORT YOUR EFFORTS?

I want the community to continue to deepen in its ability to provide holistic services, even within simple business models such as barbershops, salons, restaurants, etc. To be truly impactful is to learn how to better serve people and practice hospitality.

We are in this to grow together. One seed at a time.

Through her organization, Planting People Growing Justice Leadership Institute, Dr. Artika Tyner seeks to plant seeds of social change through education, training, and community outreach.

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Jan. 7: The Epiphany of the Lord – 9:15 a.m. Mass

Messe sur des airs de Noël – Henri Nibelle  
Choir, Strings, Oboe, Harp & Organ

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# 'Inside Senior Living' docu-series explores aging

*Linden Hills creator hopes this series will spark important conversations*

In an exciting development for the local television landscape, "Inside Senior Living," a groundbreaking docu-series, has announced its partnership with PBS North. The series, set to premiere in 2024, delves into the lives of seniors and their families as they navigate the complexities of aging and make crucial decisions about their living arrangements.

Behind the lens of this innovative project is Melissa Fritz, a former senior living consultant, and daughter of a father diagnosed with early-onset Alzheimer's dementia. After over a year of persistent pitching, Fritz successfully secured a deal with PBS North, bringing her vision to life. The series aims to demystify the senior living process, providing viewers with genuine insights into the lives of older adults and their caregivers.

"I am thrilled that my vision has now materialized, and I am eagerly awaiting the start of production for this series with our co-production partner and Upper Midwest Emmy-Award winner, PBS North," expressed Fritz. "My hope is that 'Inside Senior Living' will spark important conversations that resonate widely, especially among adult children."

**UNIQUE PERSPECTIVE**

"Inside Senior Living" is not just a television show; it's a heartfelt exploration of the challenges and triumphs experienced by seniors and their families. The series goes beyond the conventional narratives surrounding senior living communities, immersing itself in the diverse experiences of families. Through thought-provoking interviews, expert insights, and real-life examples, the show aims to create a platform for dialogue around the opportunities and challenges faced by older adults today.

Patty Mester, General Manager of PBS North, stated, "We believe 'Inside Senior Living' is the perfect addition to our station and audience. It aligns seamlessly with our mission to inspire and enrich lives for a more vibrant and connected community, and we are confident that this series will uphold our core values of integrity, excellence, and education."

PBS North has been the region's storyteller since 1964, harnessing the power of well-told stories to provide educational and entertaining shows to the region and share the stories of the people living



Collaborating together on the "Inside Senior Living" docu-series are (left to right): Steve Ash, Upper-Midwest Emmy Award winning videographer and editor; Melissa Fritz, creator and host; Nina Fredrickson, PBS North production manager; and Bill Cooper, executive producer and director. (Photo submitted)

throughout Northern Minnesota and Wisconsin. PBS North believes in the power of storytelling, offering multimedia platforms and creating programming with communities, providing opportunities to learn, connect, and engage. More at <https://pbsnorth.org>

**CALL FOR FAMILIES: BE A PART OF THE JOURNEY**

As part of the production process, the team behind "Inside Senior Living" is inviting Minnesota-based families to share their stories and be featured on the show. The series is on the lookout for engaging and diverse families willing to open their lives to the cameras and provide an authentic glimpse into the challenges and joys of aging.

To get a taste of what's in store, viewers can watch the sizzle reel and join the conversation at <https://insideseniorliving.tv/>.

The reel offers a sneak peek into the

compelling narratives that will unfold in the series, showcasing the emotional depth and authenticity viewers can expect.

**A LOOK AHEAD: PREMIERE AND BEYOND**

Production for the eight-episode first season of "Inside Senior Living" is scheduled to commence early 2024, with filming taking place exclusively in Minnesota. The series is slated to premiere on PBS North in November 2024, promising viewers a unique perspective on the journey of seniors and their families as they navigate the path of aging and senior living.

"Inside Senior Living" aims to be more than just a television show. It's a movement to change the way Americans approach aging and powerful testament to the resilience, love, and unity that bind families together, even in the face of challenges posed by aging.

**MEET MELISSA & DR. STUART FRITZ**

Melissa Fritz, the mastermind behind the groundbreaking series "Inside Senior Living," hails from the picturesque neighborhood of Linden Hills in Minneapolis. With a heartfelt dedication to illuminating the lives of seniors and their families, Melissa, a former senior living consultant, drew inspiration from her personal experiences, particularly her father's battle with early-onset Alzheimer's dementia. She spent seven-years outside of Minnesota, having led a chamber of commerce and economic development agency in Montana, launched a community-wide wellness program for cancer prevention in Georgia, and came back to her home state where she returned to her work in marketing and senior living consulting.

Dr. Stuart Fritz, Melissa's husband, and an executive producer of the project, is a retired emergency physician turned potter whose artistry comes to life in his pottery studio, Lake Country Potteries, nestled in the historic Foundry Building in the Como area of Minneapolis. He is deeply rooted in causes close to the community such as education and community service, having lived in the heart of Linden Hills for over 35 years. Both Melissa and Stuart are proud alumni of Hamline University.

The Fritz Family Scholarship at Hamline University is a testament to their commitment to education. This scholarship, established in honor of Stuart's parents, who were esteemed school teachers and Hamline graduates, supports minority students majoring in education. The Fritz family's legacy of promoting education and inclusivity continues through this scholarship, empowering future educators and making a lasting impact on the community.



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According to Woods, "Minnesota Mean" is being honest and sincere, a project in which he did specific music that addressed what he saw as disparities. "I challenged what the hierarchy was," he stated. "It did not seem like there were opportunities for artists of color or acceptance for what we brought."

Woods described his "Minnesota Mean" show as more of a rant, an examination of things, and of asking his audience: "What do you all think? If I'm wrong, prove me wrong. Nobody could."

Woods said all but one person had encouraged him to do this tour, and he was glad he did. "It allowed me to have a concept, and all my tours after that were conceptual. I brought something to the table that was original, a live show with a theme. It worked well."

He did other theme performances, like "Show Stealer." "I established myself as a force to be reckoned with, and I would steal the show."

Then he chose to go vegan: "That decision made me realize what a destructive relationship I had with food. It led me to think about over-consumption in general." His next show was "Ravenous."

"It was me looking at myself and at what I don't want to be," Woods said.

The demand for him to tour grew, and he booked 61 dates. Woods said that earlier in his career, he had been booked as an opening act. "That's what people did for me, and I thought I needed to give back. So, I usually took another performer with me." He chose performers who were not heavy drinkers or in day jobs they couldn't leave and had strong enough relationships they could go on the road. "By the end of the touring, I was doing it by myself," he said.

In 2018, Woods toured Vietnam. He said he had seen videos of the war and the jungles, but when he was there it was one of the most beautiful places he had ever seen. "Water as far as you could see, buildings and green trees. I was very impressed."

"I felt like I cracked the touring code on my own terms," Woods continued. "When 2020 hit, I was poised to keep the movement going by doing some East Coast stuff. I was in New England when COVID hit. We had started planning to come back out there and do another two weeks. I remember being on the road when flights were being canceled. As soon as I got home, I had to start canceling because of COVID. I had to restructure how I did things to make money."

"I started teaching beats more, doing online teaching. I began teaching all the time and doing live streams. I would do a show in a room. I stayed really busy during COVID."

### MINNESOTA MEAN RACISM

Woods was in Minnesota when George Floyd was killed. "That really hit me hard," he recalled. "I was not really surprised. I was starting to be aware of how nasty our police department was. Everybody's so nice in Minnesota, it's so clean and everybody gets along. But it kind of went along with what I did with Minnesota Mean: the underground racism, stuff you don't see outright all the time."

Woods said he did a lot of streaming and live panel discussions on police brutality after the George Floyd tragedy. "There's this veil we have over our eyes about the police department being there to help us. They are here to protect White property and capitalism."

### WHAT'S AHEAD FOR WOODS

Whatever is happening in Woods' life,



Terrell Woods said that he hopes his work will be an inspiration to others. He was a social worker when he graduated from Hamline University. "I am still a social worker, just in a different form," he noted. "I still work with people, and try to deliver a positive message that allows people to see their strengths. I just do it on my own terms now." (Photo submitted)

he said he can figure out how to conceptualize it and do a project around it. "It has to be more than just me being a bad-ass rapper."

Woods said with the help of Johnny Pain and DJ Maddox, two friends from Nebraska, he put out his first album in 2021, right after the Jan. 6 insurrection. It featured "Minnesota Mean" and "Attack of the Show Stealer Live." He recently received a grant from Springboard for the Arts to build a mobile stage. "It is a trailer that can be towed to whatever location I am at. It folds open, and I can perform on it as a stage," Woods said. Readygoart.com built the stage.

"I also received a \$10,000 grant from the Minnesota Arts Board to present a show at the Grey Theater in St. Cloud," Woods added. "Carnage the Executioner Presents Transformation to Terrell X" is the show.

"My name is Maynard Terrell Woods," he said. "My first name is from my dad and my last name from my mother. Terrell is the only name I have that is my own. I am getting rid of baggage and all the things I have gone through as a young boy that were not my fault, and that I hold my parents responsible for. It is important for me to restructure myself. The X is for X'Avion, which means intelligent, spiritual, warrior and survivor. This project will have me exploring the aspects around Terrell X that were always there. I am taking my identity back."

Besides his other projects, Woods does a monthly series at the White Squirrel Bar in Saint Paul. He will celebrate the 20th anniversary of Hechatomb, his record label, in February.

Woods said that he hopes his work will be an inspiration to others. He was a social worker when he graduated from Hamline University. "I am still a social worker, just in a different form," he noted. "I still work with people, and try to deliver a positive message that allows people to see their strengths. I just do it on my own terms now."

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**GREENING FROGTOWN**



BY CYRUS RUCH

# PLANTING TREES, GROWING COMMUNITY

This past semester, I worked as an intern with Frogtown Green, a neighborhood organization I'd never heard of before September. I'm a Bethel University senior, majoring in English and business. Frogtown Green is an environmental organization in a Saint Paul neighborhood I was not familiar with (I grew up in Hopkins). But I wanted to experience what it's like to work with a small climate-focused organization in an urban neighborhood. Frogtown Green fit the bill.

During my internship, Frogtown Green was focused on reaching a long term goal of planting a thousand trees in the neighborhood. This operation has taken hours of planning, help from volunteers, generous donations, and of course, a whole lot of muscle time digging holes. I feel quite privileged that I got to plant many of those trees, and can take credit for helping Frogtowners and friends meet their long-term goal. As I drove with other volunteers from house to house planting, watering, and mulching fruit and shade trees, I felt something which I don't often feel after writing the hundredth college essay or completing another boring quiz – that the work I do matters. It's a truly amazing feeling.

But did it really matter? Sometimes, during my internship, I felt overwhelmed by the cynical idea that on a grand scale, all of this work is futile. Trees help fight



Longtime Frogtown residents Chris Stevens (left) and Patrica Ohmans co-organize Frogtown Green, a group working to make Frogtown the greenest and most sustainable neighborhood in St Paul. They grow crops, plant trees, promote parks, share information, and celebrate Frogtown. Ohmans has lived in Frogtown for 42 years and Stevens for 21 years.

climate change because they absorb Co2, our most prominent greenhouse gas, but when you start looking at the numbers, it can be a little disheartening. The U.S. Department of Agriculture estimates that a single tree can absorb 48 pounds of carbon dioxide per year, which is miniscule

in comparison to the billions of tons of carbon emissions produced at the same rate.

The hardest thing about fighting climate change is that it takes so long, and we have so little time. The small trees we planted aren't going to grow to their full

size any time soon. The residents who ordered them won't get to enjoy their full beauty right away. The air quality is definitely not going to magically get better in the neighborhood, and climate change isn't going to end overnight.

So, why do we even bother to plant one tree at a time in a neighborhood like Frogtown?

But planting trees is so much more than just lowering CO2 levels. During my internship, I saw people connect, learn, and form community. I met a dad who had recently moved to the neighborhood who was eager to literally put down roots; a lady with the most gorgeous garden decorations you've seen; and a man who dreamed of covering his lawn with beautiful purple creeping thyme. All of them very different, but all sharing the same idea that their property should contain the beauty of nature within it.

Now, looking back at the end of my semester here, I can confidently say that what I was feeling wasn't just me tricking myself. I was making a difference. While our overall impact on the world's climate may be small, our impact on Frogtown is not. I'm proud of the time I spent working with Frogtown Green, and hope that others may feel inspired to help out as well, whether it's a college internship, volunteering, donating, or even just spreading the word to friends.

Frogtown Green is a resident-led and volunteer-powered environmental initiative in St Paul's most diverse neighborhood. Frogtown Green intern Cyrus Ruch is a senior at Bethel University.

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# Rising costs affect Sherburne Collective affordable housing project

By JANE MCCLURE

A long-awaited Frogtown redevelopment project is awaiting final action from the St. Paul City Council. The council, by administrative order, is to designate up to \$949,500 in federal Community Development Block Grant (CDBG) funds and \$386,279 in unobligated tax increment financing (TIF) dollars to the 625 Sherburne Ave. project. No date for action has been set.

The council, acting as the Housing and Redevelopment Authority (HRA) Board in October gave approval to convey 652 Sherburne Ave. and enter into a development agreement with Thomas-Dale/District 7 Planning Council, Inc. d/b/a Frogtown Neighborhood Association, Model Cities of St. Paul Inc., Rondo Community Land Trust and Hope Community Inc. The parties are referred to as the Sherburne Collective.

Some council members have expressed reluctance to support the project. Ward Five Council Member Amy Brendmoen said she is supporting the project solely because Rondo Community Land Trust is now involved.

Ward One Council Member Russel Balenger cited the benefits of the project. While acknowledging the rising costs, he cited the community benefits the project will bring for the families and children who will live there.

The HRA acquired the property in March 2018 for \$634,000. It includes a vacant eight-unit apartment building of approximately 16,000 square feet and adjacent vacant land of approximately 8,000 square feet. The tenants were relocated at



The eight-unit apartment building at 625 Sherburne Ave. will be converted into six dwelling units with added parking, green space and garden space for residents. Units will be earmarked for households at 30 percent median income, and transition to home ownership.

that time. The city's first request for proposals went out in September 2020. Five offers came in with Sherburne Collective getting the nod.

Tentative developer status was granted in May 2021. That status had a deadline date of March 31, 2022, with specific tasks attached. Extensions have been granted, through March 31, 2023. The project kept moving forward, according to a city staff report.

Plans call for converting the building into six dwelling units with a mix of sizes, and adding parking, green space and gardens space for residents. Units would be earmarked for households at 30 percent area median income, a change from what

was previously proposed.

Units are to be leased to qualified occupant households for five years. In year six, the developer would transition ownership of the property to some form of community/occupant ownership model, such as a land trust or residential cooperative, which will own and manage the property long-term.

The affordability level and transition to ownership meant changes in project financing. The current sources include a Ramsey County low-income housing fund, Twin Cities Local Initiatives Support Corporation and Metropolitan Council.

The project has faced challenges including rising construction costs, and de-

teriorated condition of the property. The total project costs have risen to more than \$3.233 million.

The original proposal came in at more than \$1.929 million, changing to \$2.92 million in October 2022.

Tara Beard, who leads housing development for the HRA, noted the project has made considerable progress. This past fall a required environmental review was finished, as was a review by the State Historic Preservation Office.

She also cited the addition of Rondo Community Land Trust, a veteran non-profit on housing and land trust issues, as a collective partner.

The development agreement has several conditions. The HRA will convey the property in its entirety to Rondo Community Land Trust ("RCLT"). RCLT will simultaneously convey the building-only (improvements) to Model Cities, retaining title to the land only and entering into a ground lease with Model Cities. Model Cities will close on the Ramsey County and City of St. Paul/HRA funding for the renovation of the building.

Model Cities will manage the rehab of the building, lease up the completed rental units to income-qualifying tenants, and manage the property. Model Cities will help the tenants prepare to become unit buyers after five years, with additional conditions to be met. If Model Cities doesn't sell a minimum of four of the units/shares to qualified home buyers during this 12 month period, they will convey their remaining units/shares, or the entire building if no ownership was achieved, back to the land trust. The trust will maintain the affordability of the property subject to its bylaws and resale formula.

Purchase prices will be affordable at 30 percent AMI and must include homeowner association fees.

## TIDBITS

### NEW DIRECTOR AT BELL MUSEUM

The College of Food, Agricultural and Natural Resource Sciences (CFANS) at the University of Minnesota is pleased to announce Holly Menninger as the new executive director of the Bell Museum, effective Jan. 3, 2024. Menninger had been serving as the Bell Museum's interim executive director since April 2023. Established by the Minnesota legislature in 1872 and held in trust by the University of Minnesota, the Bell Museum is the state's official natural history museum and planetarium. As the new executive director of the Bell, Menninger will continue to oversee the curation of a scientific research collection containing more than 1.2 million specimens, and the expansion of institutional efforts to engage diverse communities statewide. Previously, Menninger was the Bell's director of public engagement and science learning for five years.



Holly Menninger

### NEW PRESIDENT AT HAMLINE UNIVERSITY

After a four-month nationwide search, the Hamline University Board of Trustees has selected Dr. Kathleen M. Murray to be the 21st president of Hamline University. Dr. Murray will assume her role of Acting/Interim President on Jan. 1, 2024. Dr. Murray will succeed Dr. Fayneese Miller who is retiring after leading the University for the past eight years.

Dr. Murray brings 40 years of academic and higher education leadership experience to her role at Hamline - as the first female president at Whitman College, provost and dean of the faculty at Macalester College, as provost at Birmingham-Southern College, and abprofessor of piano, dean of the conservatory, and dean of the faculty at Lawrence University. Dr. Murray will be the third consecutive female president of Hamline. Dr. Murray retired in 2022 after seven years as president of Whitman College. Prior to Whitman, Dr. Murray served as provost, dean of the faculty, and professor of music at Macalester



Dr. Kathleen Murray

College for seven years.

Miller will begin a sabbatical on Jan. 1, 2024, before retiring on June 30, 2024.

### AFFINITY PARTNERS WITH BIZTOWN

St. Paul-based Affinity Plus Federal Credit Union announces a three-year sponsorship of the Philanthropy Center in Junior Achievement North's JA BizTown center (BizTown), an experiential learning lab that hosts around 20,000 Minnesota students each year and is designed to teach children ages 7- 14 about financial literacy and career exploration in a fun and engaging way. This center is a new part of Affinity Plus's ongoing partnership with Junior Achievement North (1745 University Ave. W).

### SPRINGBOARD LAUNCHES COALITION

The Creative Change Coalition, which launched in October, will serve as a national hub for connection, collaboration, and resources for place-based, people-powered organizations. Springboard for the Arts encourages organizations that hold these values to join the Coalition, which features ongoing webinars, events, and opportunities for connection at [springboardforthearts.org/cc-join-us/](http://springboardforthearts.org/cc-join-us/).

## EVENTS

### HEAR RAY BARNARD DEC. 7

The Keystone Musical Heritage Series continues with a performance by Ray Barnard and his fine band Thursday, Dec. 7 from 6:30-7:45 p.m. at the West 7th Community Center, 265 Oneida Street. A resident of St. Paul's Frogtown neighborhood, Ray is an old-school soul singer whose combination of great vocals, songwriting and keyboard skills set him apart.

### FREE WINTER CHORAL CONCERT DEC. 12

Jehovah Lutheran Church continues observance of its centennial year with a winter choral concert at 7:30 p.m. Tuesday, Dec. 12, at the church, 1566 Thomas Ave. in St. Paul. Conductor Ben Wegner, a member of the congregation, will lead the University Singers, a chorus of 44 undergraduate and graduate students at the University of Minnesota. Wegner was music director at Jehovah Lutheran from 2014-16 and led its annual summer Baroque worship service from 2013-2021. He serves as music director at St. Barnabas Lutheran Church in Plymouth. The concert is free and open to all. Donations are welcome.

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- Living by Faith (14yrs. to 100+): 11:00am

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- ▶ Christmas Eve: 9:30am and 4:30pm Candlelight
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BY ERIC ERICKSON  
Social studies teacher

# TOP MCJROTC PROGRAM IN WESTERN REGION



Como's Marine Corps JROTC gathered in downtown St. Paul for the annual Marines Birthday Ball and picked up a prestigious award. (Photo submitted)

Como Park High School, in conjunction with the St. Paul Public Schools and funding from the federal government, initiated the Marine Corps JROTC program 28 years ago. Since 1995, thousands of Como students have chosen to participate as committed cadets who work for the betterment of themselves and their community.

Como's current crop of JROTC cadets is building on the foundation established through decades and reaching new heights. For 2023, Como achieved the distinction of being the top-ranked program in Region 4 of the Marine Corps Reserve Association (MCRA).

The MCRA "Eagle Globe and Anchor Award" for Outstanding Unit was announced and celebrated by past and current cadets on Nov. 10 at the Marine's Birthday Ball at Herbie's on the Park in downtown St. Paul.

To provide perspective, Region 4 of the MCRA spans 20 states and includes over 60 other Marine Corps JROTC programs. To be recognized as the Outstanding Unit? "It is very difficult to achieve," said Sgt. Major James C. Kirkland.

Como has been close before with consistently high rankings. But the continued commitment to expand their community service, achieve academic success, and

excel in local and national competitions brought the group to the top spot for the first time in school history.

**ENGLISH STUDENTS SEE U.S. POET LAUREATE**

Suzanne Myhre's College in the Schools (CIS) Introduction to Literature classes visited the University of Minnesota on Nov. 8 for a presentation by the current U.S. Poet Laureate, Ada Limón.

Students have been reading and discussing Limón's poetry in class. The opportunity to hear her in person and gain insight about her writings was unique and influential.

**ROBOTICS FUNDRAISER AT URBAN GROWLER**

Supporters of Como are encouraged to mark their calendars for Saturday, Jan. 13 when there will be a fun event at the Urban Growler Brewing Company. From 2-6 p.m. there will be raffle items, a silent auction, two live bands and a great time.

Tickets are \$20 with proceeds going to support the Cougar Robotics program. Participation in robotics at Como is high with 40 students involved this year.

**LUECK RETURNS TO STATE SWIM MEET**

Cougar sophomore Aleia Lueck qualified for her second consecutive Minnesota state swim meet. This time, she made it in two events – the 50-yard freestyle and the

100-yard backstroke.

At the Section 4A Meet on Nov. 10, Lueck took third place in the 100 back (top three finishers advance to state) and she became the section champion in the 50 free. Through vigorous training, she lowered her time in both events at state on Nov. 17, setting personal records in each race while earning two fourth place medals.

Overall, the girls' swim team had an extraordinary season evidenced by breaking all but three of the school's individual and relay records. The second-place team finish in the St. Paul City Conference was the highest since 1990, bolstered by 29 girls in the program.

## Happy New Year from D10 council

**DISTRICT 10 COMO  
COMMUNITY COUNCIL**

BY SHEVEK MCKEE  
Executive director  
district10@  
district10comopark.org



Thanks to everyone who participated in our work in the Como Neighborhood in 2023. By the numbers, D10 published 52 Friday Newsletters in 2023, held 57 hybrid monthly board and committee meetings with nearly 600 attendees. We coordinated 20 community events where we counted over 4,000 attendees!

We're pumped to invite everyone back next year to these mostly annual events around the neighborhood. We've been planning ahead at D10 and it's bearing fruit not only in increased engagement, but in building deeper connections and additional opportunities for partnerships and funding. We welcome you to get in-

involved with us in 2024!

**2024 COMMUNITY CALENDAR DATES SOLIDIFY**

While most of the details are still barely a glimmer in our eyes, the D10 Committees have set preliminary dates for most of our 2024 outreach and cleanup events to help us plan and increase the opportunities for collaboration with the city and our other community partners.

We're kicking the year off with a Feb. 3 Winter event at North Dale Rec. Stay tuned for more details, or connect with us at our community meetings on First Wednesdays at 7 p.m. to help us with planning!

If you have any questions or would like to know more about our upcoming events you can view the latest info on our website at [District10ComoPark.org/Events](http://District10ComoPark.org/Events) or reach out to [organizer@district10comopark.org](mailto:organizer@district10comopark.org).

**NEIGHBORHOOD HONOR ROLL NOMINATIONS**

Know someone who makes the Como Park area a better place to live, work or

play? Nominate them for the District 10 Neighborhood Honor Roll. The Honor Roll pays tribute to everyday people who make a sustained and lasting impact in our neighborhood or Saint Paul as a whole. You can see past Como honorees and submit your 2023 nominations at [District10ComoPark.org/HonorRoll](http://District10ComoPark.org/HonorRoll). Make sure we receive them no later than Sunday, Jan. 7. The Como Community Council board then selects three of your nominees to recognize for 2023.

**D10 COMMUNITY MEETINGS SCHEDULE**

- Dec. 19, 7 p.m. - D10 Como Community Meeting - 3rd Tuesdays
- Jan. 3, 7 p.m. - D10 Como Community Meeting - 1st Wednesdays
- Jan. 16, 7 p.m. - D10 Como Community Meeting - 3rd Tuesdays

D10 meetings are hybrid on Zoom and at the Como Streetcar Station (1224 Lexington Pkwy), you can find meeting details on our website: [District10ComoPark.org](http://District10ComoPark.org). All D10 community meetings are open to the public and have space for community members to bring topics for discussion.

**NEW OWNER OF RINCE NA CHROI IRISH DANCERS**

Siobhan George is the new owner and director of the Saint Paul-based Rince na Chroi Irish Dancers (312 Hamline Ave. N). George had served as the school's interim director since February after founder Katie Stephens-Spangler passed away following a hard-fought battle with cancer.



Siobhan George

Originally from Milwaukee, WI, Siobhan attended Como Park Senior High School in St. Paul before pursuing a career in dance. She is also a licensed real estate agent for Edina Realty. Siobhan and her husband, Derwin, live in Minneapolis with their son, DJ. Derwin will share ownership duties and assist with the organization's finances and administration.

Rince na Chroi (pronounced rink-a na cree and Gaelic for dance of the heart) was founded by Stephens-Spangler in February 2003. Rince na Chroi boasts over 150 dancers – one of the largest Irish dance schools in the upper Midwest – who average 100 performances a year.

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*Springboard for the Arts' mission is to support artists with the tools to make a living and a life, and to build just and equitable communities full of meaning, joy, and connection.*

We offer FREE workshops, toolkits, and career resources year-round; as well as the following winter offerings!

- The 2024 Edition of **Community Supported Art (CSA)** is now on sale! Purchase a share to have one-of-a-kind artwork from local makers delivered to your door in February, March and April of 2024.
- Join us for **Last Minute Gifts Holiday Market on December 16 from 12-5pm** in Saint Paul to shop a host of ready-made, artist-crafted gifts of all kinds. This event is FREE and open to the public, you don't want to miss it!
- Save the date for **Springboard on Ice!** We're building a mini-ice rink at our building in Saint Paul, and will be hosting a variety of free, family-friendly activities with Brownbody, Art Shanty Projects, and more. Stay tuned...

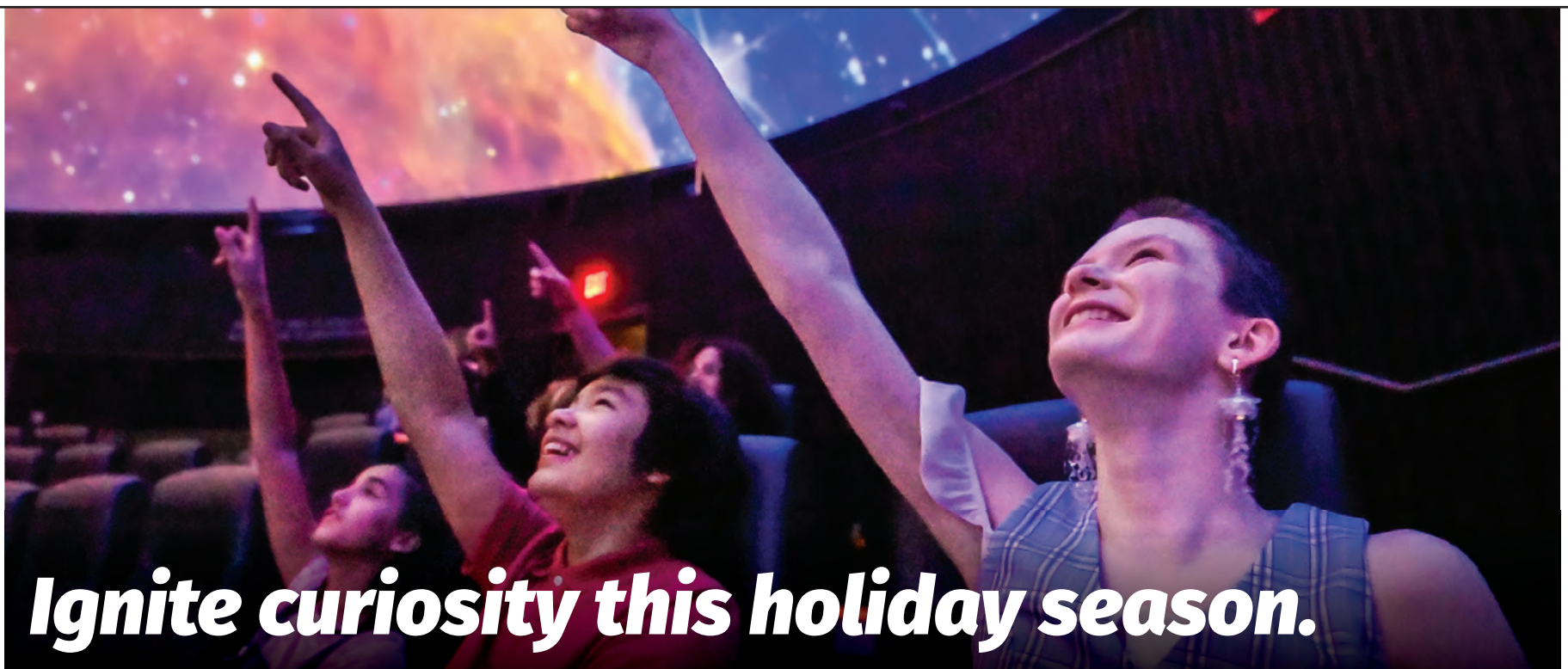


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## Ignite curiosity this holiday season.



### Spotlight Science: Cancer and Community

**December 9, 10 am – 2 pm**

The University of Minnesota's Masonic Cancer Center is bringing scientists, patients, and communities together to reduce the burden of cancer in Minnesota. Join in for games and hands-on activities that will help you learn more about the roles you can have in cancer research, treatment, and prevention!



### Sensory Friendly Saturday

**December 16, 8 – 10 am**

Visit the Bell Museum to experience our Minnesota Journey gallery, temporary exhibits, the Touch & See Lab, and a brief planetarium show—all with lowered lighting, quieter sounds, and fewer visitors.



### Bell Museum Holiday Hours

**Plan your visit**

Stay up to date on Bell holiday hours. Visit us December 26–31 and explore extreme environments on Earth in the exhibition *Life on the Edge*, experience the intimate connections between sound and nature in planetarium show, *Secrets from a Forest* and more!

[bellmuseum.umn.edu](http://bellmuseum.umn.edu)

