

Saint Paul Bicycle Coalition Co-Chair Andy Singer, who led the five-mile bike tour, shows riders the rail line (behind him) where the Greenway would be. "The Greenway is really important for providing this East-West connectivity," he said. (Photo by Jill Boogren)

Crowd rallies to support extending Midtown Greenway into St. Paul

By JILL BOOGREN

More than 250 riders and supporters gathered at Lake Monster Brewing in St. Paul on Sept. 15 for the Sierra Club's 24th annual bike tour and a community rally to extend the Midtown Greenway into St. Paul.

"We're trying to keep the momentum going in our effort to extend the Greenway over the river and through St. Paul," said Soren Jensen, executive director of the Midtown Greenway Coalition.

A feasibility study released in June found that the Short Line Bridge over the Mississippi River, where the Midtown Greenway currently ends in Minneapolis, could be rehabbed into something structurally sound that could accommodate bicyclists and pedestrians – even if the once-daily train left running to the ADM mill on Hiawatha Ave. continues. Its potential has galvanized people and organizations on both sides of the river who are eager to make this connection.

"On board are organizations representing tens of thousands of people," said Jensen.

"People are excited."

In addition to creating a link from the heavily used Greenway in Minneapolis to St. Paul, its continuation would improve bike access to Allianz Field, the Minnesota United FC soccer stadium. Further, with St. Paul Mayor Melvin Carter's proposal in August to convert two (of four) lanes of motorized traffic on Ayd Mill Rd. to bike and pedestrian paths during its upcoming mill-and-overlay resurfacing project, it opens the possibility of creating a seamless bike route from the Midtown Greenway all the way to downtown St. Paul.

Alex Burns, chair of the Sierra Club's Land Use and Transportation committee, spoke to the crowd assembled on the Lake Monster patio before the tour.

"How we develop, build and connect people and places has huge environmental consequences," he said, naming transportation as the number one source of carbon emissions in the country, including in Minnesota. "This is a real plan. Transportation solutions have to be central to any plan to address

the climate crisis."

St. Paul City Council Member Mitra Jalali Nelson, who represents this area, said she was seeing just what it takes to get a bike lane in the city.

"Inertia has not been kind to what we care about changing," she said. "I see piece by piece how you're shaping our infrastructure." More people riding means fewer people in single occupancy vehicles, she added.

East-west connectivity

Saint Paul Bicycle Coalition Co-Chair Andy Singer, who led the bike tour, spoke of the neighborhood's transition from heavy industry to housing and light industry. The brewery itself, at 550 Vandalia St., is located in a building reflecting this mix.

"The Greenway is really important for providing this East-West connectivity," he said.

The five-mile tour approximated the route of an extended Greenway, traveling from Lake Monster east to Allianz Field, then west toward the river and back. Several St. Paul officials

CROWD RALLIES >> 11

VOICES
against
VIOLENCE

In recognition of Domestic Violence Awareness month, the Monitor is launching a new series that seeks to put a face on domestic abuse and intimate partner violence.

Jennifer's ex tried to convince her, others she was crazy

She finally left, but the abuse continues through court system

By TESHA M. CHRISTENSEN

Jennifer* grew up in a loving, two-parent household in the suburbs. She didn't think she was in an abusive marriage but she knew that after five years and two kids, she had to get out. On the day he started screaming at her in front of her mom, she decided she'd had enough. She kicked him out.

It was only later that someone gave her a label for what she had experienced: domestic violence or intimate partner terrorism.

"I was so naïve," admitted Jennifer, age 41. "I am an example of someone who is educated and grew up in a loving home, but had no idea that emotional, financial, or psychological abuse existed – or what it was."

A business and French major, Jennifer had gone back to earn her master's from Carlson in business management. She dated Dave* for two years and they got

married in 2011. Their son was born in 2013, and their daughter was an infant in 2016 when they split up.

No, she didn't see any signs

"The number one question I get is 'Did I see any signs?'" Jennifer pointed out.

"No I didn't. That question isn't helpful. People think I went to Vegas and married a douchebag. When we first started dating, he came across as very alluring." He was well-groomed, took care of himself and was attractive. "He didn't fit the mold of what I thought an abuser would be," she said.

Now, Jennifer knows she's the typical victim. "We're all helpers," she observed. "We're all pleasers."

When they were dating, Dave might mention that his back hurt. She was quick to call the chiropractor for him to schedule an appointment. She'd feel good that he felt better. "Five years later, you're exhausted from doing everything for him and not helping yourself," Jennifer said.

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Jennifer's ex tried to convince her, others she was crazy

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He always came across as a victim, even from the start – something she knows now should have been a red flag. His family life was horrible. He believed everyone was mean to him at his job. When he took a class, he leaned on Jennifer to do the work. All of his past relationships failed because of the women he was with. Things were never his fault.

Jennifer used to think that being abused in a marriage meant black eyes and physical beatings. But Dave never hit her.

He engaged in gaslighting behavior, telling her she was misremembering what he'd said and pretending that other things never happened. When they moved into their newly-built dream house in the suburbs, a fixture in their master bathroom didn't work, so Jennifer had to use a bathroom down the hall to blow dry her hair. It was a bit of a hassle. One morning, tired from a night awake with her baby, Jennifer absent-mindedly plugged the blow dryer into the outlet – and it worked. She excitedly told her husband about it, and asked when he had fixed it. "It always worked," he responded. "What are you talking about?"

Jennifer remarked, "He tried to make me feel crazy."

During an argument, he would go on and on, and keep her up late. Other nights, he'd wake her up every two hours. She was exhausted. When she'd fi-

nally leave the room for a break, and then come back ready to talk anew about the 3.5-hour-long conversation they'd just had, he'd look at her and deny it occurred. At other times, he'd refuse to talk about something unless she could remember word for word exactly what he'd said previously – down to the right pronoun.

Everything was always Jennifer's fault.

He'd hide her computer mouse or her keys. After she looked through the entire house, she'd find the item in the room where she had started, the room where he was.

He spent all their money and racked up credit card bills, buying things for himself but not Jennifer or the kids. "It was always about him," said Jennifer. He was arrogant and entitled. At one time when they were strapped for cash, Jennifer agreed to give up a hobby for the month and let him take the \$200 to attend a family event without her. He blew that and more at a casino – and never said thanks. He earned thousands in cash at side jobs, telling her he made less than he actually did. He quit a well-paying job and relied on her to cover their living expenses.

Every house they ever lived in had holes in the walls. He'd punch the walls or throw items at the walls. "He would hit other things that hit me," said Jennifer, even when she was pregnant. In fact, she's learned that abusers often intensify when a woman is pregnant or they have a child

because the attention isn't focused on them anymore. When she was pregnant with their son, she shut a door and he kicked it open, hitting her so hard she fell down. When she'd tried to leave a room, he'd stand in the doorway and block her exit.

Sometimes she'd call Dave's mom to come help. She found out later that his mom had helped remove the guns in every house he had ever lived in. That's the kind of information she wishes someone would have told her before they got serious.

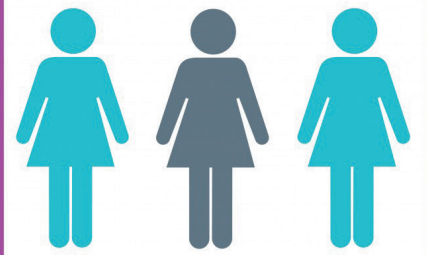
Dave said a lot of put-downs, Jennifer recalled. When she called him out on the mean things he had said, he'd retort, "Kidding, just kidding! You need to learn how to take a joke." He tried to isolate her from family members and friends. He bullied and manipulated and lied, while showing her just enough affection here and there to give her hope.

These incidences didn't happen every day. "This type of abuser will play the victim and then seem 'normal' for awhile before another incident," observed Jennifer. "Each time I would make excuses for his behavior and there would be many days in between the next incident. The longer I was with him, the shorter the time in between incidents became. In the beginning it was maybe only monthly, if that. By the time I left, it was probably every other day."

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Jennifer was surprised to find she was among this statistic:

1 in 3 women experience domestic violence by their partners



Thanks to a support group, Jennifer now recognizes how the desire for power and control led to abuse by her ex.



Fall at the Bell



Wicked Plants through January 5

Inspired by author Amy Stewart's best-selling book *Wicked Plants: The Weed that Killed Lincoln's Mother and other Botanical Atrocities*, this fun-filled exhibit gives visitors a safe, hands-on experience with some of the world's most diabolical botanicals.



Fall Festival: Botanical Bonanza Saturday & Sunday, October 5-6

Activities Free with Gallery Admission
Join the Bell for a two-day science festival immersing yourself in the fascinating world of botany, plant pathology, invasive plants, foraging, and more.



The Ghostly Garden Friday, October 25

\$20 adults, \$15 youth ages 3-18
Please join us in the darkened galleries with special surprises lurking around every corner. Explore the Dome of Doom in the Whitney and Elizabeth MacMillan Planetarium, search the diorama halls in our spooky scavenger hunt, and visit with carnivorous plants!

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DEFINING ABUSE

Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator – of domestic violence. It can happen to people who are married, living together or who are dating. It affects people of all socioeconomic backgrounds and education levels.

Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.

It's not always easy to tell at the beginning of a relationship if it will become abusive.

In fact, many abusive partners may seem absolutely perfect in the early stages of a relationship. Possessive and controlling behaviors don't always appear overnight, but rather emerge and intensify as the relationship grows.

Domestic violence doesn't look the same in every relationship because every relationship is different. But one thing most abusive relationships have in common is that the abusive partner does many different kinds of things to have more power and control over their partner.

~ From www.thehotline.org

Gaslighting: A form of psychological manipulation in which a person seeks to sow seeds of doubt in a targeted individual making them question their own memory, perception, and sanity. Named after a movie called "Gaslight."

Coercive Control: An act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten victims.

SUPPORT GROUPS

Cornerstone Services -
Ongoing groups meet regularly for women, children and men
24-hour helpline: 952-884-0330
cornerstonemn.org

Domestic Abuse Project -
Sessions offered regularly for women, men and children
612.874.7063 ext.232
www.domesticabuseproject.com

CALL FOR HELP

Day One MN Emergency Crisis
HotLine: call or text 1.866.223.1111
LGBTQ Domestic Violence Hotline
612.824.8434

Teen Dating Violence Hotline
866-331-9474, LovesRespect.org
Native Domestic Violence Helpline
844-762-8483

PAINT THE TOWN PURPLE

Wear purple clothing and change outdoor lighting and décor at homes to purple during Domestic Violence Awareness Month in October.

Jennifer's ex tried to convince her, others she was crazy >> from 2

Significant incident

On the day Jennifer had finally had enough, it wasn't that it was worse than it had ever been, but that the thousands of straws piled together finally broke the camel's back. They had an infant, and he wouldn't sleep. So her mom came over so that she could get more than 45 minutes every three hours. Jennifer laid down and Dave came in to change the garbage can in their room, upset that she wasn't cleaning their house. Then Dave insisted they run errands. Jennifer gave in, got up, and left with Dave. When they finally got back home, she was beyond exhausted. He started yelling at her in front of her mom.

"Because my ex showed his behavior to my close family member, it become real and I something I had to get out of," said Jennifer.

Abuse affects kids, too

To help resolve disputes after their divorce, they were assigned to a parenting consultant (PC) with the understanding that they would split the fees equally. They did an intake together, and then meet separately with the PC, who immediately referred Jennifer to the Domestic Abuse Project (DAP) in Minneapolis after seeing the interactions between the two of them. "When he said that to me, I was so confused. Because he's so mean to me verbally in the things he says?" Jennifer recalls asking. "I didn't quite get it."

But she did start a 16-week support group at DAP in late 2016, and it was life-changing. When she heard the stories that the other women in her support group told, she couldn't help but cry. "They all said something that was just like my life," said Jennifer. "It was freaky." One in three women have been in an abusive relationship, which means that Jennifer is far from being alone in her experiences.

She admits, "I feel ashamed and stupid that I should have known better, but also so glad and strong for getting out. It also was important to hear that these men, more than likely, will not change. I stuck around for a long time hoping he would change... that never will happen."

In her support group, Jennifer learned that abuse isn't just physical and verbal. It's also psychological, sexual, financial, and emotional. And it doesn't just affect the mom when a dad engages in intimate partner terrorism. It negatively affects the kids, too, and those issues continue after the divorce.

"When I left my abuser my kids were tiny (newborn and 3-years-old). My son had already started having issues with anxiety," said Jennifer. "During our separation and long process to divorce, my son developed emotional trauma/PTSD. He has issues learning and issues with memory. He has regressed and speaks in 'baby talk,' and gets frustrated easily. Overall, both kids are extremely attached to me – and have to sleep with me at night."

Both have a lot of emotional issues compared to their peers



In recognition of Domestic Violence Awareness month, the Monitor is launching a new series that seeks to put a face on domestic abuse and intimate partner violence.

and have trouble focusing.

One of the things that Jennifer learned during her support group really sticks with her: "If you help a mom, you help the kids."

No justice in family court

Jennifer has not found justice in the court system. Instead, Dave has continued to abuse her, changing some of his tactics but not the controlling behavior and disrespect that drive his actions. "He can be as abusive to me as he wants and there are no repercussions," Jennifer said.

When it came time to sell their dream house after the divorce, he moved back in and refused to cooperate with a real estate agent in order to put the house on the market. He wouldn't respond to emails about the sale. Jennifer didn't have enough money to pay the bills due to the financial abuse and had to move back in with her parents. The high cost of continuing legal bills means that she's still living with her parents.

Mediation didn't work. "It didn't matter what I said, he said no. He was that entitled," said Jennifer.

When it was time to exchange the kids, he would give her an address in Blaine. Then he would tell her they were actually in Chanhassen and then he'd say they were in Woodbury. If she responded that he could drop them off at her house, he'd refuse and insist that she come to him. A PC advised her to do that anyway, and then go home and wait. But she struggled with her kids' needs, to eat and go to bed and not be pawns in a game of power and control, and how to balance those things. Today, she's protected somewhat by an order to exchange the kids at a local police station, thanks to a PC ruling.

There isn't much she has to say that's positive about the court system she's now been involved in for three and a half years.

Jennifer has been shocked that the court system recognizes that Dave is abusive and has mental health issues, but has still granted him overnights with the children. "When people hear just a portion of my story they assume I have full custody," she observed. "People outside of divorce have no idea that custody equals three things: physical, legal, and parenting time."

Jennifer and Dave have shared joint physical and legal custody since their divorce, which means they have to reach decisions together on things like education and health. "He always wants more parenting time because if he gets it, he pays me less child support," said Jenni-

Jennifer never reported her ex-husband to the police. She hoped he would change. She wanted to give her kids a happy family. She didn't understand why he acted how he did.

DOMESTIC VIOLENCE IS ONE OF THE MOST CHRONICALLY UNDERREPORTED CRIMES

25% of all physical assaults <small>committed against females by their partners are reported to the police</small>	20% of all rapes <small>committed against females by their partners are reported to the police</small>	50% of all stalking <small>committed against females by their partners are reported to the police</small>
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And for the number of cases that do get reported... a woman will be assaulted by her partner/ex-partner

on average
35 TIMES BEFORE REPORTING IT TO THE POLICE

According to the National Coalition Against Domestic Violence

fer. Dave currently has their 6 and 4-year-old for two overnights once a week, 24 hours at a time. Jennifer is concerned about her kids during that time as their dad doesn't always feed them, refuses to take them to a doctor when they have a fever, "forgets" about occupational therapy appointments, leaves them sitting in poopy pants, and ignores safety issues.

"I picked up my son one day and he had a Cascade dishwasher pod in his mouth," recalled Jennifer. When she said something about the dangerous poison to Dave, he yelled at her. "Don't tell me what to do on my parenting time!"

When she asked the PC about it, she was told, "Something needs to happen for something to happen." In other words, the child needs to be hospitalized, require surgery, or die for the court system to restrict his parenting time. "The slogan should be 'Reactive not proactive,'" said Jennifer, who wishes that the courts would put the well-being of children first and enforce the statutes that limit parenting time and custody in cases of domestic violence.

"It's sad because the system is so reactionary. Instead, when abuse is proven, all custody should be given to the non-abusive parent, and the abusive parent should need to earn their way back," said Jennifer. "Sadly, I do not see the system changing."

It doesn't take long for Dave to get mad and fire a PC, leaving Jennifer to pay the bills. It takes about three months or longer to get another one, and things are pretty difficult during that time as he refuses to follow any previous agreements.

'You need to get along for your kids'

Jennifer has been frustrated when they get a new professional involved in their family as each time they tell her they will be drawing a line in the sand and moving forward, and that the past is in the past. She believes that what has happened before is important to know to under-

stand what they've already done and what their situation is, but is told to essentially forget about the past. Move on.

And so it keeps repeating itself.

It's a situation that's common enough to have its own term: domestic abuse by proxy or post-separation abuse, as in domestic abuse through the kids after the couple has split up.

The police in her city know them by name because of how often Dave has called complaining that she is withholding the kids from him when they're sick or when it's not actually his parenting time. He threatens and yells at Jennifer and her parents regularly at their home. But it is never enough for the police or courts to take action. Recently, their new judge told them he wasn't going to restrict Dave's involvement despite his threats and parental negligence because "he loves his kids."

Jennifer often hears the refrain, "You need to get along for the sake of your kids. You guys need to figure this out for your kids."

She asks, "How do I?"
Editor's note: *Names changed for protection.

Contact editor at Tesha@MonitorSaintPaul.com

>> Editorial on page 4: Let's start believing women and children

YOU'RE NOT ALONE.



domestic abuse project

D A P

First Call for help

612.874.7063

The Motley Conversation

Monitor

Join the conversation, and let us know your diverse and varied thoughts on the issues that affect your neighborhood. Send letters and guest commentaries to news@MonitorSaintPaul.com or call 612-345-9998.

It's time to believe women and children.

This month, we launch a new series aimed at putting a face on domestic violence and intimate partner terrorism that we're calling "Voices of Violence."

The majority of people in this series will be anonymous for their safety, and to avoid causing trouble with their custody cases. Unfortunately, we can't get the full story unless they can be assured that it won't blow-back negatively on their drive to protect their kids – the foremost concern of the women I've interviewed.

However, I have carefully vetted their stories, and know that each woman is speaking for many who can tell the same sorts of stories with the same cycles of abuse. They all fell in love with a man who was good to them, and who later switched to angry, manipulative and controlling actions that left them baffled and confused. Things started out with behaviors that didn't seem so bad, and then got worse with a fair amount of gaslighting thrown in so they would question what was really happening.

And then they got the questions from friends and family: Why did you stay? The answer is complicated, as you'll see from these stories. And women are often pressured to stay and patch things up for the "sake of the kids" while they're also told by others that if it were them, they would have left a long time ago. They would never have stood for this. In many ways, these women can't win. And, sometimes, a vic-



Too Much Coffee

By TESHA M. CHRISTENSEN, Tesha@MonitorSaintPaul.com

Let's start believing women and children

timized person may not be able to get away from their abuser because the abuser will not let them do so.

Take a look around you. One in every three women you see and 1 in 4 men have experienced some form of physical violence by an intimate partner. This includes a range of behaviors (including slapping, shoving, pushing), and in some cases might not be considered "domestic violence." That's a pretty high number. This kind of thing is happening all around us and we probably don't know it.

The sad thing is, being smart and educated, kind and empathetic, a good mom and a good wife – none of that prevents you from being abused. Anyone can be a victim of domestic violence and there is no safeguard from it, even though we wish there was.

But what is even sadder is the stories women tell about how they and their children haven't been believed. How someone has questioned if what they said really happened. How a family member sided with the abuser. How Child Protection Services came out and said that the bruises and pain he left weren't bad enough to launch an investiga-

tion that might impinge upon his career. How family courts ignored the signs and put children into unsafe situations because they think that any dad is better than no dad.

It's true that fathers are important, but what's even more true is that kids need to be protected. It's up to us adults to keep them safe.

The children affected by this is staggering, and can be considered the greatest health crisis of our time. More and more research is backing up that Adverse Childhood Experiences (ACES) – such as witnessing abuse, being abused and experiencing your parents divorce – can be traced to a myriad of health and mental health issues that cost the world millions of dollars to treat.

Our series will look more closely at the women affected by intimate partner violence because they comprise the majority of those being abused and they are hurt more severely more often, but we recognize that men also find themselves in abusive relationships, as do those in same-sex relationships.

As I've chatted with people involved in domestic violence advocacy and the family court

system here in Minnesota and around the country, one thing that is clear is our family court system hasn't made enough progress in the area of intimate partner violence. It recognizes bruises and may hand out orders for protections for women, but it hasn't stopped to consider the effect of that continued and ongoing abuse on children. It's also stuck thinking that "It takes two to tango" when it can just take one disordered and mean individual determined to keep fighting and using the family court system to engage in domestic abuse via proxy. It is sad and hard to believe that some people will use their kids to keep hurting their exes for years – with no regard to the damage inflicted on their children.

Mothers know – and they're pushing for change even while they are painted as vindictive, crazy and hysterical liars.

It's past time that we listen when children tell us through their actions that they are in unsafe home environments. Next time you get frustrated by a kid with rebellious or aggressive behavior, consider the message they may be trying to tell you behind that "bad behavior."

External signs of child abuse include:

- learning difficulties
- problems with relationships and socializing
- rebellious behavior
- aggressive and violent behavior
- anti-social behavior and criminality
- self-isolating behavior (making people dislike you)
- negative impulsive behavior (not caring what happens to yourself).

Signs of a child being emotional abused or in an emotional abusive home include:

- Appear continually withdrawn, anxious or depressed
- Display excessive fear of parents or caretakers
- Avoid doing things with other children
- Behave much younger than his or her age
- Behave older than their age e.g. 'a little mother'
- Lag in physical, emotional or cognitive development
- Wet the bed
- Blame themselves for problems or believe they are 'bad'
- Overreact when they make mistakes
- Have inappropriate reaction to pain, e.g. 'I deserve this'
- Demonstrate neurotic behaviours such as hair twisting or rocking
- Self-harm or attempt suicide

If you are a victim experiencing abuse, contact Day One at 866-223-1111 to connect with services.

Oct. 1-7 was Minnesota Manufacturing week, and events were planned and celebrations occurred throughout the state in an effort to honor and raise awareness of the many products created in Minnesota. Historically, the Midway community has been one of the top homes for manufacturing in Saint Paul as well as the state. With a perfect space in the middle of the Twin Cities, the Midway was a natural spot for manufacturing. Having easy access to several rail lines helped get things started over 100 years ago, and many of the old buildings remain today (though many have been repurposed).

Today, the Griggs-Midway Building at the corner of Fairview and University is home to several organizations, nonprofit and for-profit alike. But when I worked there almost 20 years ago I was fascinated to realize it had



Building a Stronger Midway

By CHAD KULAS, Midway Chamber of Commerce Executive Director

Manufacturing in the Midway

once been a candy and cracker factory.

Last year, the Midway Chamber held an event at the newly renamed Prior Works Building. Originally built in the 1880s, the building has created agricultural equipment and was home for many years to Silgan Container and the American Can Company. Today it's home to Flannel Jax's, an axe-throwing event company; Blackstack Brewing and TrueStone Coffee; the part mini-golf course/part art exhibit Can Can Wonderland; and many more

tenants who want to have their office in a creative space.

The Minnesota Chemical Building will be repurposed after spending over a century manufacturing soap products.

Vandalia Tower opened in the old King Koil Mattress site in 2015, with more space for creative offices, an event space, and yes, another taproom (Lake Monster Brewing).

But don't think manufacturing is only a thing of the past in the Midway. In fact, parts of the Midway still contribute more

to the city's commercial and industrial tax base than anywhere. Salsa Lisa, a company started when its founder started selling her salsa at farmer's markets, is now a national brand and located on Pelham. Deneen Pottery has been creating hand-thrown clay products since the 1970s and today employs over 80 workers on Endicott (in the same building as yet another taproom, Urban Growler). Two recent moves from other cities to the Midway's Energy Park Drive are going to help increase our

commercial/industrial numbers. MISCO, a company offering audio solutions, recently moved from Minneapolis; Alula, a company offering smart security solutions, moved from Hudson, Wis.

These companies are just a few examples of the innovative products still being manufactured in the Midway today. Manufacturing not only helps create jobs in our community, it also helps the city's bottom line. A study conducted by the Saint Paul Port Authority states that industrial activity consumes only \$0.60 to \$0.70 in city services for every \$1 in revenue it generates.

As you drive around our neighborhood, take note of the companies here creating jobs and products, and consider supporting local businesses. They do a lot for our economy and help make our neighborhood flourish.

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News for you!

The Midway Como Monitor is a monthly community publication in the Midway, Como and Hamline neighborhoods of St. Paul, owned and operated by TMC Publications, CO. Visit our website for our calendar and publication dates.

Story ideas always welcome.

Keep in touch with the Monitor. Letters to the editor under 200 words and news releases for publication can be sent via e-mail to news@monitorsaintpaul.com. Unsigned letters will not run.

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is both black and white, both/and. As a media company, we work to highlight issues, solve real, meaningful problems, and repair existing social systems. We are working with our readers and advertisers to create a more just and responsible society that hears, helps and heals the customers and communities we serve.

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Letters to the Editor

Personal response to fall of St. Andrew's Church

*yet in my mind
she will stand at the end of my street
in my heart*

Dear Editor:

I have been grateful for your coverage of the controversy about the historic Saint Andrew's church building and the neighborhood's reaction about the decision to demolish it.

Here is a poem I wrote about my response to the fall of the structure. I know it reflects the feelings of others, perhaps even on both sides of the issue.

at the end of my street the tower still stands

*piece by piece the body of the building falls
crumbling, like a body in hospice fails*

*after all prayers for survival, that all will be well
after all valiant efforts have failed
begins violent destruction*

the tower still stands

*removal of the cross
excruciating,
not without cries*

the tower still stands

*disfigurement and scarring
monotonous sounds of collapse
grinding away dusty debris
of brick and tile, glass and plaster,
pipes and organ gone*

under moonlit sky the tower still stands

*pain grows each day, day by day
neighbors and friends
bid farewell
during this long vigil
not faring well*

the tower still stands

*soon with a final swing of the crane
and a crashing rattle she will be gone
negative space where once beauty stood
the soul of a neighborhood diminished*

Marsha Foss

Vote Jessica Kopp onto Saint Paul School Board

Dear Editor:

Jessica Kopp, a longtime Hamline-Midway resident and current School Board candidate, deserves your vote in November for 1 of 4 open seats in the race.

I have worked closely with Jessica the past several years on a range of projects, and at every step along the way, her passion, smarts, and commitment to this city, our neighborhood, and especially our kids shines through.

Our neighborhood is home to many great local schools, and among them is Hamline Elementary, where Jessica led the PTO for many years and helped take the school to new heights. In her role as a leader and parent there, Jessica worked tirelessly on collaborations with the district, neighbors, and Hamline University to make the school more accessible, more innovative, and more responsive to students' and their families' needs.

Along the way, she has earned the respect of current School Board members and several important endorsements – among them Mitra Jalali Nelson and Jon Schumacher, Women Winning, Out Front, and the teacher's union – because she's proven her leadership, thoughtfulness, and drive over and over again. She has shown that her campaign priorities are not mere slogans, but are priorities she has been a successful advocate for in recent years at the grassroots and district levels.

I encourage my neighbors to join me in supporting Jessica Kopp for School Board on Nov. 5.

Jonathan Oppenheimer
Hamline-Midway Resident



MIDWAY PEACE PARK COMING SOON - After 10 years, Midway Peace Park is now under construction. Construction activities began late August and will continue until hard winter conditions, then resume next spring, with park opening approximately next summer. To celebrate this, a Park is Coming Party was held on Sept. 17, 2019, at Gordon Parks High School, with about 120 people in attendance. In lieu of a formal "groundbreaking," this event allowed community members to celebrate with music, food, activities. The program highlighted many different voices expressing why they are excited about the new park. (Photo submitted)

How will vote on trash affect city levy?

By JANE MCCLURE

Rejecting St. Paul's system of organized trash collection could mean a big property tax increase to keep the current contract with haulers in place, according to elected officials. The St. Paul City Council in September adopted a 22.2 percent maximum property tax levy increase, to cover the costs of organized trash collection contingent on the Nov. 5 vote.

An August Minnesota Supreme Court ruling that organized collection be placed on the ballot has launched a flurry of activities, on the political campaign trail and at City Hall. The group St. Paul Trash has launched its own campaign, with letters to the editor, an upcoming lawn sign campaign and even members using colorful duct tape to tape "Vote no" onto their trash cans. Every City Council ward race has at least one candidate opposing organized collection. The faith-based advocacy group ISIAH is working in support of organization collection in the November election.

State law dictates that cities cannot increase property tax levy amounts after Sept. 30. At a time when council members are reviewing city department budgets and deciding what if any expenditures to add, the fate of organized collection could further strain the city budget. The council has already debated issues ranging from police hiring to recreation program costs.

The city is posting information on the Supreme Court decision and next steps for residents, at <https://www.stpaul.gov/departments/public-works/garbage>

Organized collection continues to draw a wide range of responses, pro and con, around the city. Hamline-Midway resident Donald Dahlquist said he has seen cost savings since the program was adopted last year. "I think that the upcoming vote will be overwhelming in support of keeping the current system. For me, it changed my mind.

The new/current system is just as good as before, I can now pay online, and it is about 35-40% less expensive than my previous trash hauler."

Others have faced higher costs and fail to see other benefits. "I don't like that you can't share a cart and that you get punished for reducing your waste," said North End resident Dave Gurney. "And the fact that dumping still occurs just baffles me." The longtime renter used to arrange and pay for his own trash service, but now that falls to his landlord to handle the arrangements.

Others who generate little waste second those concerns, contending that the current program doesn't encourage recycling and zero waste practices.

Some supporters agree that the current program could be changed, with calls to bring back cart sharing if possible. Hamline-Midway resident Dan Buck suggested that properties with three or four units could use dumpsters, instead of one cart per dwelling unit. He'd also like to see people who have been proven to practice zero waste be allowed to opt out. Buck also suggested that there be increased penalties to haulers who don't respond to complaints.

The Supreme Court ruling released in August simply indicated that the organized collection question had to go on the ballot, upholding a spring ruling from Ramsey County District Court Judge Leonardo Castro. The court made an initial ruling because August 24 was the deadline to get a question onto the November ballot. A longer ruling, which both sides are waiting for, hadn't been released as of *Monitor* deadline.

At the heart of the legal challenge is the city charter and petitions to put organized collection on the ballot. The groups St. Paul Trash and St. Paul CARTless worked to get more than 6,000 petition signatures. But the City Council in October 2019 stated

that the contract with the haulers trumped the petition. Advocates took the city to court.

What is known is that St. Paul residents will vote on Ordinance 18-39. A no vote will be a vote against the ordinance. But it isn't entirely clear what happens if a no vote prevails. Organized collection supporters and foes continue to debate what the vote and its impact on the contract means. Organized collection foes contend there is a clause that would let the council out of the contract. City officials and program supporters disagree and contend that the city would have to pick up the remaining four years' contract cost.

The organized collection talks began when 15 haulers served the city's residents. Eleven firms were involved when the contract was executed. Today that number has dropped to six – Highland Sanitation, Advanced Disposal, Aspen, Gene's, Waste Management and Republic.

In other city business:

Peddler license dispute resolved

A Minnesota State Fair peddler license dispute dating from 2018 has been resolved. The St. Paul City Council Sept. 25 took final action on an issue involving a vendor violating city regulations on where to sell products.

Vendor Todd L. Grosklags was seen in August 2018 selling fair tickets at the corner of Snelling Avenue and Midway Parkway. That violated a regulation that sales not take place within 25 feet of a corner. Two instances of improper sales were observed within a six-day period. Grosklags got a warning for the first sale and was cited for the second sale. The case went to the City Council but was then sent to an administrative law judge at the state level. A hearing was set for July but Grosklags never showed up. That brought a default ruling in favor of the city.

City officials in recent years have cracked down on illegal instance of peddling around the Minnesota State Fair, in response to neighborhood complaints.



People of all ages attending the Twin Cities Youth Climate Strike on Friday, Sept. 20, 2019 had the same question, "Why aren't we doing more to stop the climate crisis before it's too late?" Some younger students left neighborhood schools with their parents, and many high school students took public transportation to downtown St. Paul. Protests were held in more than 150 countries around the world to demand transformative action to address the climate crisis. (Photo by Margie O'Loughlin)

Aging Well

Monitor

Living longer, living better. Join the conversation on Aging Well and how to live life to the fullest after age 50. Support this section by sending in story ideas and designating advertising dollars.

'Green' cemetery opens in Twin Cities

Catholic Cemeteries begins offering natural burials in three-acre restored prairie

By MARGIE O'LOUGHLIN

In the Catholic tradition, the body upon death is re-committed to the earth, "for we are dust, and to dust we shall return."

Some people are taking this belief to heart again, with a desire to have a more organic, less industrial approach to death and burial.

The Catholic Cemeteries consists of five locations that have served the Twin Cities Catholic community since 1856. Their Resurrection Cemetery in Mendota Heights has recently become what is known as a hybrid cemetery. It contains a traditional cemetery, and a newly created natural burial allotment on a nearly three-acre restored prairie.

As gravesites in the allotment become occupied, native perennial flowers and grasses will cover them. Eventually, the natural burial area will become a peaceful, uninterrupted prairie maintained in perpetuity along with rest of the grounds.

What is a natural burial?

Catholic Cemeteries Executive Director Joan Gezik said, "We've been studying the natural burial concept for the last eight years. Our allotment was just blessed and dedicated by St. Paul Arch Bishop Hebda on Memorial Day 2019. Our mission is to bury the dead – not just Catholics. The first of several sections that we've opened can hold 40 graves, and

we have sold over half of them."

A natural burial cemetery can use machinery to dig graves, but no chemicals are used to prepare the bodies of the deceased or to maintain the cemetery grounds. In the natural burial process, the bodies of the deceased, and the earth to which they return, are treated with reverence.

In a natural burial, the deceased is placed directly into the ground where it decomposes naturally -- without embalming fluid, and without a burial vault. The remains of the deceased are placed directly in the earth, allowing the body to decompose naturally.

If the body is clothed, the clothing must be made of natural fibers such as cotton, linen, wool, or silk that will decompose over time. The garments must be free of all plastic and metal such as buttons, zippers, and hooks. Jewelry, belt buckles, and other materials that are not biodegradable cannot be buried along with the deceased.

The body of the deceased may be washed, wrapped in a cloth shroud made of natural fiber, and placed in a grave – which at Resurrection Cemetery is dug to four feet deep. The wrapped body can also be placed in an open or closed container made of biodegradable material like pine, wicker, or bamboo.

Rather than placing individual headstones or markers on



Executive director Joan Gizik stood on top of the plot she has already purchased in the natural burial section of Resurrection Cemetery. She said, "I love the idea of coming into the world, and leaving the world, simply. I look forward to going back to the earth, to being part of creation. More than 100,000 tons of steel and 1,600,000 tons of concrete are used in the U.S. for traditional burials each year. Natural burial is the original recycling." (Photo by Margie O'Loughlin)

grave sites, the names of the deceased, along with their birth and death years, are listed on a permanent community monument in the natural burial area. The cemetery office will also maintain burial records, and a grid map with the approximate location of each burial site.

Costs associated with a natural burial are less than those of a conventional burial. The purchase of a gravesite includes a

contribution to the permanent burial site care fund, and the cost of memorializing a name on the common memorial. The internment (grave opening and closing) fee is paid at the time of burial; with natural burial, no outer burial container is required by law.

The natural burial area at Resurrection Cemetery is located at the southwest corner of the Chapel Mausoleum. Access it from the front of the mausoleum

From then to now

When the body of Jesus was removed from the cross, it was washed, wrapped in a cloth shroud, and placed in a tomb. For many years, most burials took place in a similar manner. These practices changed in the U.S. around the time of the Civil War, when bodies were transported long distances for burial. By treating the body with embalming fluids to prevent decomposition, the body became suitable for transportation and for viewing.

Renewed interest in natural burial is influenced, in part, by people's desire to honor their loved ones in a manner that is sensitive to the environment. The first "green" cemetery in North America was opened in South Carolina in 1998.

Inspired by Pope Francis

Pope Francis – whose reverence for nature led him to choose his papal name inspired by St. Francis of Assisi, the patron saint of ecology, is committed to the sanctity of nature and the need to protect it. The Pope asks Catholics to be mindful of the natural world, and to dedicate themselves to having a gentler impact on the planet.

by following the sidewalk along the west side of the building. Resurrection Cemetery is located at 2105 Lexington Ave. S. in Mendota Heights.

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55+ help shape, define features of ThePOINTE's active living community

By TESHA M. CHRISTENSEN

Consider moving to an active adult community, one that nurtures the mind, body, and soul of residents.

When ThePOINTE Roseville opens in August 2020, it will be among the 55+ apartment buildings offering a new kind of senior living experience.

"Many of our signed residents are looking to simplify their lives with one-level apartment homes that offer maintenance-free living along with social events available to them when they choose to participate," remarked ThePOINTE Roseville's Terri Ford.

"ThePOINTE Roseville was designed for active adults in mind looking to spend more time socializing with family and friends. Many are looking to travel, make new friendships and experience new things. We take the worry out of maintaining their home; we are a phone call away."

"We have designed a building that works for people at whatever stage of life they are in, their interests, and their desired level of activity," observed Great Lakes Management President Mike Pagh, who works on behalf of property owner and developer United Properties.

The facility is set up with many different community spaces. Some are large while other more intimate.

"We're creating a sense of community," said Pagh.

Designers envision that long-time local residents can move into ThePOINTE Roseville to stay with their community. "Residents can maintain longtime friendships and relationships while meeting new people," said Pagh.

While residents are away, a concierge will tend to their home needs. ThePOINTE will also employ an enrichment coordinator to plan social and physical activities, as well as social outings, pointed out Ford.

ThePOINTE offers:

- Beautiful outdoor landscaped plaza with outdoor kitchen, gas fire pit, bocce ball court and raised gardens
- Fitness center along with a dedicated yoga studio
- Art studio, workshop, club room, lounges, coffee/juice bar
- Community rooms for entertaining and large social events
- Business center with separate conference room
- Pet friendly with wash station and walking areas
- Golf simulator with lounge

and winter leagues

ThePOINTE was designed based on comments from residents at other United Properties locations who told designers what they want to see in 55+ community, pointed out Pagh. The facility will be similar to the Applewood Pointe Communities with the main difference being that residents rent rather than own at ThePOINTE.

Each of the 95 units at ThePOINTE includes modern amenities that renters expect, according to Pagh, such as center islands, ceramic backsplashes, high-end lighting packages, and large windows that let in lots of natural light.

The spacious apartments have quartz counters and in-unit GE washer and dryers. Each home has its own individual climate control with dedicated internet, phone and satellite TV. All utilities are included in the rent with the exception of electric. The unit interior finishes were selected by a professional designer. One storage unit and garage space is included.

Units have generous decks and balconies. Studio apartments of 416-617 square feet will cost between \$835-\$1,390, while one bedroom apartments of 718-897



ThePOINTE will look have a similar look to other Pointe sites. (Photo submitted)

square feet will range from \$1,685-\$2,035. Options go up to three bedrooms with two baths, as well as an add-on den. There are seven different styles and 22 different floorplans.

ThePOINTE is a smoke-free community.

One of the main features is that it is a turn-key community, Pagh observed. "You can turn the key and walk away for a day, a month or the whole winter, and it's maintenance-free," said Pagh.

One of the most common questions Pagh hears is what happens if a resident gets ill and is no longer able to live as independently.

He pointed out that those

with health concerns have a 60-day clause they can activate to move out and into a space with more higher-level care options, such as Cherrywood Pointe next door.

Leases for ThePOINTE are already being signed, and the facility is about 50% full.

"The market has been highly receptive to this offering, and we're thrilled with the response to what we've designed," said Pagh.

United Properties intends to use the Roseville location as a model for future developments.

Pagh said, "We look forward to developing at other great locations within the Twin Cities."



Aging Well

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The national Advanced Placement (AP) Exam results administered by the College Board in 2019 were released to school coordinators in September. The information revealed that Como students earned hundreds of college credits. AP scores are categorized on a five-point scale for each test taken in a specific subject, with colleges and universities generally awarding credit for scores of 3, 4 or 5.

The College Board also released its individual student awards which are based on multiple exams across a variety of disciplines being passed at high levels. "AP Scholar" status is granted to students who receive scores of 3 or higher on three or more AP exams. Como AP Scholars include: Najma Ali, Kajsa Andersson, Ruby Beckman, Edward Bie, Amira Boler, Ian Brudnak-Voss, Roan Buck, Bridger Carlson, Chiamaka Chijioke, Bruce Deal, Adina DeGaetano, Raef Eddins, Thomas Freberg, Alexandra Harris, Hannah Hausman, Olivia Helmin, Willow Hollister-LaPointe, Kiersten Howatt, Nicholas Jacobsen, Harrison Kerr, Reagan Kerr, Zach

News from Como Park High School

Compiled by ERIC ERICKSON, Social Studies Teacher

Advanced Placement awards, girls' soccer wins city title



The Como Park Cougars girls' soccer team captured the St. Paul City Conference Championship with an undefeated 6-0 conference record. They clinched the title with a victory on Senior Night, held at Como on Sept. 25. (Photo by Eric Erickson)

Konkol, Aditi Kulkarni, Stella LaCroix-Dalluhn, Abigail Levin, Theo Lucy, Khyri Lueben, Carter Moorman, Claire Olson, Emilie Pagel, Janey Post, Serena Rath,

Jack Schumacher, Isak Stillwell-Jardine, Sawyer Wall, Audrey Westerberg, and Justine Wulff.

The AP Scholar with Honor award is granted to students who

earn an average score of at least 3.25 on all AP exams taken, and scores of 3 or higher on four or more of these exams. Como AP Scholars with Honor include:

Sunniva Berg, Carter Brown, William Farley, Elijah Frese, Naddi Jillo, Joseph Newman, Lila Seeba, Mira Seeba, and Emma Wolters.

The AP Scholar with Distinction is granted to students who receive an average score of at least 3.5 on all AP exams taken, and scores of 3 or higher on five or more of these exams. Como AP Scholars with Distinction include: Aiyanna Aeikens, Henrie Friesen, William Gray, Chloe Hollister-Lapointe, Jackson Lee, Celia Olson, Eloise Rein, Mason Salverda, Peter Schik, Antero Sivula, and Marco Tabacman.

National AP Scholar is a classification granted to students in the U.S. who earn an average score of at least 4 on all AP exams taken, and scores of 4 or higher on eight or more of these exams. Como's National AP Scholars are Isaac Harker and Alistair Pattison.

Como's long-established AP program continues to challenge and support students opting to study rigorous courses of their choosing at the college level in over 20 subjects taught by College Board certified Como teachers.

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Como Community Council Corner

By MICHAEL KUCHTA, Executive Director, district10@district10comopark.org

Special Election for board

The Como Community Council Board will hold a special election Oct. 15 to fill the six months remaining in the term of a representative from Sub-District 4, which encompasses South Como and Energy Park. The vacancy is the result of the election of board member Cody Zwiefelhofer to vice-chair.

Want to vote? The special election will be on Tuesday Oct. 15 at 7 p.m. at the Como Park Streetcar Station, which is at the northeast corner of Lexington and Horton. All renters, homeowners, and other residents age

16 or older who live in Sub-District 4 are eligible to vote. So are authorized representatives from a business or nonprofit organization located in Sub-District 4. Community members must vote in person; there is no absentee or proxy voting.

Want to run? The deadline to get on the ballot is past, but applicants can still run as write-in candidates on the night of the election. You can get more details about the position on the District 10 website.

A Vision for Como Park paths
The Como Community Council on Sept. 17 approved a

series of recommendations from its Pathways work group to make bicycle and pedestrian paths in Como Regional Park "more useful to more people more often."

The recommendations include giving Saint Paul Parks and Recreation specific suggestions to improve the condition and function of paths; upgrade signs along paths; create maps, kiosks, interpretative displays and other "wayfinding" tools; and upgrade amenities along paths. You can read a short version of the report and recommendations on District 10's website: www.district-10comopark.org.

HAMLINE HEADLINES

sharing campus events with the neighboring community

Storytelling Through the Arts: Poverty, Trauma, and Incarceration

Hamline's Center for Justice and Law provides a unique look at a significant issue facing America today. Join us for an eye-opening and thought-provoking event.

When: 5:30-8 p.m. Friday, November 8, 2019
Where: Sundin Music Hall, 1531 Hewitt Ave., Saint Paul

For ticket information, email cjl@hamline.edu.

A Random Walk through Physics to the Nobel Prize: The 2019 Kay Malmstrom Lecture in Physics

Join guest lecturer J. Michael Kosterlitz, the Harrison E. Farnsworth Professor of Physics at Brown University and the 2016 Nobel Prize Laureate in Physics. Hear his remarkable journey to the prize, which includes physics, mountaineering, and an immense amount of research and hard work.

When: Monday, November 11, 2019, 7:15 p.m.
Where: Sundin Music Hall, 1531 Hewitt Avenue, Saint Paul

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HAMLINE UNIVERSITY

ON THE BALLOT

By TESHAM. CHRISTENSEN

Local residents will vote on who they want representing them on the St. Paul City Council and School Board on Tuesday, Nov. 5, 2019. Plus, they have an opportunity to share their input on the trash collection by voting yes to keep the new system or no to get rid of it.

TRASH QUESTION

Courtesy of a court decision, Saint Paul residents will vote on whether to keep Ordinance 18-39 requiring trash collection in effect on the upcoming general election ballot.

The question on the ballot will be: Should Ordinance 18-39, entitled "Residential Coordinated Collection," remain in effect for residential trash collection in St. Paul? Ordinance 18-39 creates new rules for the collection and disposal of trash and payment for trash service; and requires that certain residential dwellings have trash collected by a designated trash hauler. A "Yes" vote is a vote in favor of keeping Ordinance 18-39. A "No" vote is a vote to get rid of Ordinance 18-39.

With a yes vote, there will be no changes to the organized garbage collection program for more than 73,000 residential 1-4 units in Saint Paul that launched on Oct. 1, 2018.

There is some disagreement over what will happen with a no vote. The city states the designated haulers would continue to collect garbage under the terms of the existing contract, but the

financial obligation may be shifted from individual rate-payers to all property owners in Saint Paul. The 2020 bill for this is estimated at \$27.1 million, which would mean an additional 17.4% increase in the property tax levy of residents.

However, the Supreme Court has not yet ruled on whether the existing contract would continue or be void if voters say no.

WARD 4

Candidates on the ballot in Ward 4 are Chris Holbrook, Mitra Jalali Nelson (incumbent), and Tarrance Robertson-Bayless.

WARD 5

Candidates on the ballot are Bob Blake, Amy Brendmoen (incumbent), Jamie Hendricks, and Suyapa Miranda.

The League of Women Voters



is hosting a candidate forum on Thursday, Oct. 10, 7-8:30 p.m., Washington Magnet, 1495 Rice St.

The League of Women Voters of St. Paul (www.lwvsp.org), celebrating its 100th year in 2019, is dedicated to informed and active participation of citizens in government. It is a nonprofit, non-partisan organization and neither supports nor opposes political parties or candidates. Future LWVSP talks will include topics such as election security; affordable housing; the National Popular Vote, and presidential primaries vs. caucuses in Minnesota. See the LWVSP event calendar for more election information, program details, and upcoming events: <http://www.lwvsp.org/events>.

HOW TO SPOT FAKE NEWS

<p>CONSIDER THE SOURCE Click away from the story to investigate the site, its mission and its contact info.</p>	<p>READ BEYOND Headlines can be outrageous in an effort to get clicks. What's the whole story?</p>
<p>CHECK THE AUTHOR Do a quick search on the author. Are they credible? Are they real?</p>	<p>SUPPORTING SOURCES? Click on those links. Determine if the info given actually supports the story.</p>
<p>CHECK THE DATE Reposting old news stories doesn't mean they're relevant to current events.</p>	<p>IS IT A JOKE? If it is too outlandish, it might be satire. Research the site and author to be sure.</p>
<p>CHECK YOUR BIASES Consider if your own beliefs could affect your judgement.</p>	<p>ASK THE EXPERTS Ask a librarian, or consult a fact-checking site.</p>

IFLA International Federation of Library Associations and Institutions

SCHOOL BOARD MEMBER AT LARGE

Those running for the four School Board Member-at-Large seats include: Chauntyll Allen, Charlie Castro, Zuki Ellis (incumbent who is current chair of the school board), Tiffany Fearing, Jessica Kopp, Steve Marchese (incumbent), Jennifer McPherson, Elijah Norris-Holliday, Omar Syed, and Ryan Williams.

The St. Paul School Board is composed of seven citizens who are elected at-large in the district.

Contact editor Tasha@MonitorSaintPaul.com.

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In Our Community

Monitor

Send us your news! When you submit your press release, news@monitorsaintpaul.com, it will be considered for the next print edition of the Monitor.

Concerts at Sundin

On Tuesday, Oct. 22 at 7:30 p.m., Keyboard Conversations with Jeffrey Siegel returns. This world-renowned piano virtuoso takes you behind the music with insightful commentary and masterful performances. This time it's Music from the Far, Cold North - piano music from Scandinavia and Russia. Tickets are available online at hamline.edu/Keyboard1920. Adults are \$28, Students are \$13. Mention the *Monitor* at the door and receive a 25% discount.

The Musical Offering is a chamber group of musicians from the Minnesota, St. Paul Chamber and Minnesota Opera orchestras. Their first concert of the season is on Sunday Nov. 24 at 3 p.m. They will celebrate one of the 19th century's greatest women musicians, Clara Schumann, along with music by Brahms and Kapustin. Tickets are available online at musicaloffering.org. Adults are \$30, students \$10. Mention the *Monitor* at the door and receive a 20% discount.

On Sunday, Nov. 17 at 3 p.m., gather at Sundin Music Hall for the Artaria String Quartet's performances of three pieces: a quartet by Mozart, a quartet by Brahms and music by Twin Cities composer David Evan Thomas for soprano and string quartet, featuring the incomparable Maria Jette. Tickets are available online at hamline.edu/Artaria1920. \$20 for adults and free to youth and students. An added bonus - buy your ticket at the door, mention *Monitor* and receive a \$5 discount.

Sundin Music Hall at Hamline University is at 1531 Hewitt Ave. Box office number is 651-523-2459. Email sundinmusichall@hamline.edu.

Free training for SLQ

SQL Saturday returns to Saint Paul for the 2019 edition of the free

training event on Saturday, Oct. 12 at Saint Paul College. SQL Saturday offers expert presentations on diverse topics like data management, business intelligence, cloud, analytics, architecture and much more. Sessions will run from 8 a.m. to 6 p.m. There are six tracks featuring talks from 50 experts ranging from beginner to expert level. The event is free, but a hosted lunch can be purchased for \$10. More at <http://conference.technology/portfolio/sql-saturday-saint-paul/>.

Help families in need

To help ensure more families in the community thrive during this time of year, Volunteer Services' Family Sponsorship Program matches community sponsors with Ramsey County families in need. Families, individuals, groups and workplaces are invited to sponsor a family this holiday season. Sponsors get the opportunity to personally shop and wrap gifts for their matched family. Anyone interested in sponsoring a family should email humanservicesvolunteer@ramseycounty.us or call 651-266-4090 no later than Friday, Nov. 1.

'Mary Magdalene'

The Theosophical Society offers a free screening of the new movie "Mary Magdalene" 7 p.m. Monday, Oct. 28, in Room 330 of the Griggs-Midway Bldg., 1821 University Ave. W., St. Paul. This two-hour movie depicts the background of Mary and is based on the Gospel of Mary, considered one of the Gnostic Gospels. The sole woman among Jesus' band of disciples, Mary defies prejudices of a patriarchal society as she undergoes a profound spiritual awakening and finds herself at the center of an earth-shaking historical moment. Refreshments. Requested donation. 651-235-6645.

ICT benefit set

Organized by Inner City Tennis's Associate Board, Aces & Ales will support the no-charge outreach programming and provide scholarships for the fee-based programs. Each year, ICT reaches more than 6,000 youth in the Twin Cities metro area, providing tennis and life skills coaching and mentoring. The annual event with on-court games and activities will be Saturday, Nov. 9, 5-8 p.m. at Reed Sweatt Family Tennis Center, 4005 Nicollet Ave., Minneapolis.

Sauerkraut Supper

The annual Sauerkraut Supper hosted by the Men's Club at St. Stephanus Lutheran Church, 739 Lafond Ave., will be held Saturday, Oct. 26, 5 to 7 p.m. at the church. Supper will include pork, potatoes, sauerkraut, green beans, bread and a homemade dessert, all served family style. This traditional dinner has been served at the church for more than 50 years. Cost is \$10 for adults and \$5 for children 12 and under. Tickets may be purchased on that day. Carry out is also available. For more information, call the church at 651-228-1436.

Community luncheon

The St. Timothy Lutheran Church invite all women to their Women's Fall Event featuring the Rev. Angela Khabeb, associate pastor at Holy Trinity Lutheran Church in Minneapolis. Her topic will be "Beloved Community: What does it mean for us?" She is a pastor, writer, former missionary, wife and mother. The luncheon and speaker will be from noon to 2 p.m. on Nov. 9. Cost is \$10 with reservations due Nov. 3. Contact St. Timothy Lutheran Church at 651-489-0336 or email ststims@usfamily.net, 1465 Victoria St. N. in St. Paul.



HMC Executive Director Kate Mudge and Community Organizer Melissa Michener staff the office at the Hamline Midway Library.

HMC hosts annual meeting Nov. 6

The Hamline Midway Coalition District Council — more commonly known as HMC — serves the community bounded by University Avenue, the BSNF rail line, Lexington Avenue, and Transfer Road.

HMC Executive Director Kate Mudge and Community Organizer Melissa Michener staff the office on the ground floor of the Hamline Midway Library. However, they spend more time out of the office, advocating for the neighborhood with officials, listening to residents' concerns and talking with business owners. At least one night a week, one or both of them can be found in a meeting with community members who serve on the HMC Board of Directors or the Development, Transportation and Environment committees.

"The committees make decisions and then it's up to Melissa and me to implement them with help from the community," said Mudge in de-

scribing HMC's operations.

On Tuesday, Nov. 6, Kate and Melissa will be hosting HMC's Annual Meeting from 6 to 8 p.m. in the Kay Fredricks Room in the Klas Center at Hamline University. Last year over 90 people attended and learned about the work of HMC, met board members and heard from Ward 4 Councilmember Mitra Nelson.

This year, attendees will find out ways to get involved in their District Council and learn about a critical project for the coming year: creating the 10-year Neighborhood Plan for Hamline Midway.

"I look forward to letting residents know our accomplishments and celebrating our powerful, engaged, and diverse community," said Mudge.

The HMC Annual Meeting is potluck and childcare will be provided. All are welcome to attend. More information can be found here: <http://bit.ly/HMCMeeting>

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Chamber's 100th birthday party

The Midway Chamber of Commerce is celebrating its 100th birthday with a party at Urban Growler Brewing. The event will occur Wednesday, Nov. 6 in the Barrel Room, 4-7 p.m. Attendees will get food and one beer for \$15 in advance and \$20 at the door. Urban Growler is creating unique menu options for both food and beer for the event, which is sponsored by 21st Century Bank. The Midway Chamber was founded in the fall of 1919 and currently has 360 members. Its mission is to build a stronger Midway.

'Tim Miller' shows

See Tim Miller residency shows at Hamline University's Anne Simley Theater on Oct. 10 at 7:30 p.m. (solo performance of "Body in the O") and Oct. 12, 7:30 p.m., (the devised piece, "Body Maps"). Tickets are free; however, seating is limited so contact the Box Office at 651-523-2905 or tickets@hamline.edu.

Crowd rallies to support extending Midtown Greenway into St. Paul

>> from 1

rode along, including Chief Resilience Officer from the Mayor's Office Russ Stark, Ramsey County Commissioner Trista MatasCastillo and Council Member Jalali Nelson. Riders experienced first-hand protected bikeways, a road marked with sharrows (streets painted with bike symbols indicating a bike route), and some quiet streets. But there were also some treacherous crossings, underscoring the need for infrastructure that allows people to safely ride.

At Allianz Field, participants heard from David Zeller, spokesperson for Minnesota United FC Soccer Supporters Dark Clouds. A bike commuter himself from the Hamline-Midway neighborhood, Zeller said Dark Clouds advocated for as much bike infrastructure as possible around the stadium, right down to permitting people to bring their helmets inside the stadium.

"We have the ear of the team," he said.

Back at Lake Monster Brewing, Co-Founder Matt Zanetti said the greenway would roll right past his brewery, and its location – at the crossroads of two cities – could make this the most bike-friendly epicenter in the country.

A matter of equity

Commissioner MatasCastil-

lo stressed the importance of improved infrastructure as a matter of equity and accommodating all abilities. She called for investing and prioritizing not just in striped lanes, but in protected bikeways.

"We know more women use the paths when they're protected," she said.

St. Paul City Council Member Dai Thau told the crowd he grew up in North Minneapolis and would bike to Minnehaha Falls, sometimes 2-3 people to a bike.

"There's a joy about being on a bicycle, the wind is coming at you, you're riding with your friends," he said. As an Eagle Scout, he said improved bicycling was also a matter of environmental justice and that it is important to protect the environment and to have equitable transportation.

Council Member Thau also brought up Ayd Mill Rd., a portion of which is in the ward he represents. After hearing the mayor's proposal, he had publicly expressed concern about reducing traffic lanes on the resurfaced road, calling for further study. He told rally goers he was surprised by the announcement and called for transparency in decision making.

"If we're gonna make Ayd Mill Rd. work for everybody, let's all be at the table," he said.

Speaking next, Minneapolis City Council Member Cam Gor-

don said he was also surprised by the mayor's announcement, but "My surprise became Woo HOO! Yeah! It's about time!" This he yelled with a fist pump, to huge applause.

"It's time we started thinking of it as the Twin Cities Green-

way," Council Member Gordon said. "Let's connect it up."

Chief Resilience Officer Stark reminded people that this proposal is "literally 20 years in the making," the original idea for which was to make it a long linear park.

"Ayd Mill Rd. is the most studied road in St. Paul. We know exactly what will happen with Ayd Mill [with the proposed changes]," he said. "The road will still be able to carry lots of cars. It'll also carry lots of bikes and pedestrians."



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Electric vehicles were on display at the Bike Tour and Rally to Extend the Greenway, showing more clean transportation options as part of National Drive Electric Week. People got a close look at more than a dozen zero emission electric vehicles on the market, and had the opportunity to talk with their owners. Minnesota may soon see more options for purchasing electric cars. On Sept. 25, Governor Tim Walz announced that he has directed the Minnesota Pollution Control Agency to implement clean car standards which would require manufacturers to deliver passenger cars, trucks and SUVs that produce lower – as well as zero – emissions. (Photo by Jill Boogren)



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Long buried toxic dump at Hidden Falls Park getting attention

When the river rises, it rinses through the industrial waste which leaches into surrounding river and ground water

By MARGIE O'LOUGHLIN

Hidden Falls Regional Park is located along the Mississippi River bluffs just below Lock and Dam #1. Trails run through shady, wooded bottomlands; long stretches of sandy shoreline offer a reprieve from busy city life.

But a short hike north from the picnic shelters brings visitors to a tumble down cyclone fence that defines the northern park border. Called Area C, this is where the Ford Motor Company dumped unknown quantities

of industrial waste onto the Mississippi River flood plain from 1945 to 1966 near its now closed St. Paul plant.

The location of Area C has been public information for years. The dumpsite looks benign, more neglected than threatening. It is covered with concrete, soil, and scrub vegetation. However, its contents are lesser known and almost impossible to quantify.

Friends of the Mississippi River (FMR) executive director Whitney Clark said, "Areas A and

B were known dumps on Ford Redevelopment Site on top of the bluff (the former Ford Motor Company.) Their contents were moved to Area C in the 1960s, back when environmental standards were non-existent. The components of Area C fit into two categories. The largest category, which forms the top layer, is non-toxic construction debris. Underneath all of that lies an unknown quantity of toxic industrial waste contained in metal drums.

"We believe that the quantity

of toxic waste (including industrial solvents and paint sludge) is enormous."

Because public pressure is so important, FMR staff and volunteers informed Hidden Falls Park visitors about the potential threat of Area C on Sept. 28, Oct. 5, and Oct. 12. Staff and volunteers gathered on site at the park in morning and afternoon sessions, and engaged visitors interested in learning more. Visitors were able to sign up for FMR updates and future meeting notifications. People using the park are likely to be among its strongest advocates and, once the snow flies, are much harder to reach.

At the request of FMR and the Capitol Region Watershed District, the Minnesota Pollution Control Agency (MPCA) will hold a public information meeting in February 2020 to explain current site monitoring, requests for additional study, and long-term clean-up options. Contact site leader Colleen O'Connor Toberman at ctoberman@fmr.org to be notified of public meeting details, and to receive FMR updates on Area C developments.

Toxic waste is leaking from Area C into the river and groundwater at levels considered unsafe for humans. FMR and their partners are pushing for additional testing through the MPCA to ensure proper risk evaluation.

Clark said, "Modern dumps are lined with clay soils and other geo-technical materials that prevent leakage. Area C is nothing like that. It's just a whole bunch of metal barrels sitting on the Mississippi flood plain, covered by a huge volume of construction debris. When the river rises, it inundates Area C - literally rinsing through the industrial waste, and leaching into surrounding river water and ground water. Metal barrels corrode, and some of them have been there since 1945."

FMR has partnered with the Capitol Region Watershed District and MPCA to put added pressure on the Ford Corporation.

Clark said, "They have agreed to do a full spectrum fea-



The Mississippi River looks tranquil as it flows through Hidden Falls Regional Park, where people come to fish, hike, and relax. Just a few yards north of where this was taken, a cyclone fence separates parkland from Area C - a dump containing unknown quantities of toxic chemicals that are leaking into the river and ground water. (Photo by Margie O'Loughlin)

sibility study; this means that they could decide to do absolutely nothing when it's over, or they could decide to haul all the debris away. We don't believe that the investigation done to date has been adequate to inform their feasibility study. They need more extensive data."

He continued, "That's what we're telling our constituents. We are pushing for the best-informed feasibility study, so that this situation can be dealt with ethically - not just legally. The Ford Corporation is in the process of selling the redevelopment site to Ryan Companies, but the river parcel (which contains Area C) will continue to be the Ford Corporation's responsibility."

Toberman concluded, "There's a big gap between public information, and what people actually know about. All of the data that's out there has been published by Ford the Corporation and its consultants, in partnership with the MPCA. This is an area that park visitors and neighbors are very interested in, and we look forward to having a great turnout for the public information meeting early next year."



River corridor director and site leader Colleen O'Connor Toberman (right) talked with visitors about Area C, a toxic dump site owned by the Ford Corporation just upriver from Hidden Falls Regional Park. (Photo by Margie O'Loughlin)

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