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Midway Como

Monitor



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Port Authority ready if needed for superblock redevelopment

By JANE MCCLURE

If help is needed, the St. Paul Port Authority is poised to step in with redevelopment of Midway Center and a Major League Soccer stadium. On a 6-0 vote Sept. 27, the Port Authority Board designated the area as an industrial development district.

That designation allows the Port to buy or lease land at the Snelling-Midway property if negotiations don't proceed between the Minnesota United FC soccer team and center owner RK Midway. Part of the stadium would be located on land currently owned by RK Midway. The rest would be on the former bus garage site owned by Metro Transit and Metropolitan Council.

The Port's action affects the shopping center property but not the old bus barn site.

Port President Lee Krueger characterized the action as a preemptive move, as did Board President Harry Melander. They said it doesn't mean that the Port will redevelop the site, but will be ready if need be. Krueger said the Port has developed almost 80 similar districts over the years but didn't do site development in many of them. He said other decisions for the RK Midway property would be made in the future if need be.

The Port has established



It has only been a little over six months since the first conceptual illustrations of the "superblock" were unveiled. Of course, this is just a conceptualization...what it will finally look like after many years of development is still speculation. (Photo supplied)

similar districts in the past in the North End, Frogtown, West Side, West End and East Side neighborhoods. Most of have been for light industrial and office uses. None have been for the same type of office-retail-hospitality mixed envisioned at the Midway Center site.

Board and City Council members Dan Bostrom and Dai

Thao expressed the most reservations about the district designation. Bostrom said he doesn't want the Port to move in a direction different than what was agreed to earlier this year. A pact approved then has the Port leading environmental cleanup efforts and the city working with the soccer team and property owners on infrastructure.

Council Member Dan Bostrom, who is on the Port Authority's board, said he did not anticipate that level of involvement from the city or Port Authority, which is a public agency, in the private development. He questioned whether the city was involved in a "bait-and-switch" deal. Thao shared Bostrom's concerns about the level of potential

public financing commitment.

But Krueger and others said the action should only be seen as an initial step. Any further actions to implement a district or spend money would have to come back to the board.

The Port is continuing to work on environmental cleanup of the property, said Monte Hillemann, Port Authority vice president. About \$3 million has been found to clean up the old bus barn site.

As for the redevelopment of the center and soccer stadium construction itself, there are still more questions than answers. Gov. Mark Dayton indicated last month that a special legislative session, which would have included a tax break for construction materials and for the site, won't happen. That pushes any action off to the 2017 session.

Team owner Bill McGuire hasn't been saying much, other than that it is "too involved" and a complex project to move ahead. He told a Midway Chamber audience last month that he doesn't want to conduct business "in the newspaper."

Teams officials had hoped to break ground in May or June. That has been pushed back to an unknown date. The team still hopes to play at a new stadium in 2018.

Local author comes out with his 15th book in O'Connor series

By JAN WILLMS

Readers of award-winning local author William Kent Krueger have had a chance this September to renew their acquaintance with Cork O'Connor, the Irish and Ojibwe lawman who is the main protagonist in a series of 15 novels by Krueger.

His new book, "Manitou Canyon," follows O'Connor into the Boundary Waters Canoe Wilderness as he sets out on a search for a man who has vanished from the area. O'Connor's family becomes entwined in the quest as the level of danger increases for them all.

The O'Connor mysteries have an established sense of place, Aurora, MN. Although there is a town by that name in the state, the fictional Aurora exists in a county called Tamarack. "You will not find a Tamarack County in Minnesota," Krueger noted. "The fictional town just happens to share a name with a real town. But anyone who has read my books and has been to

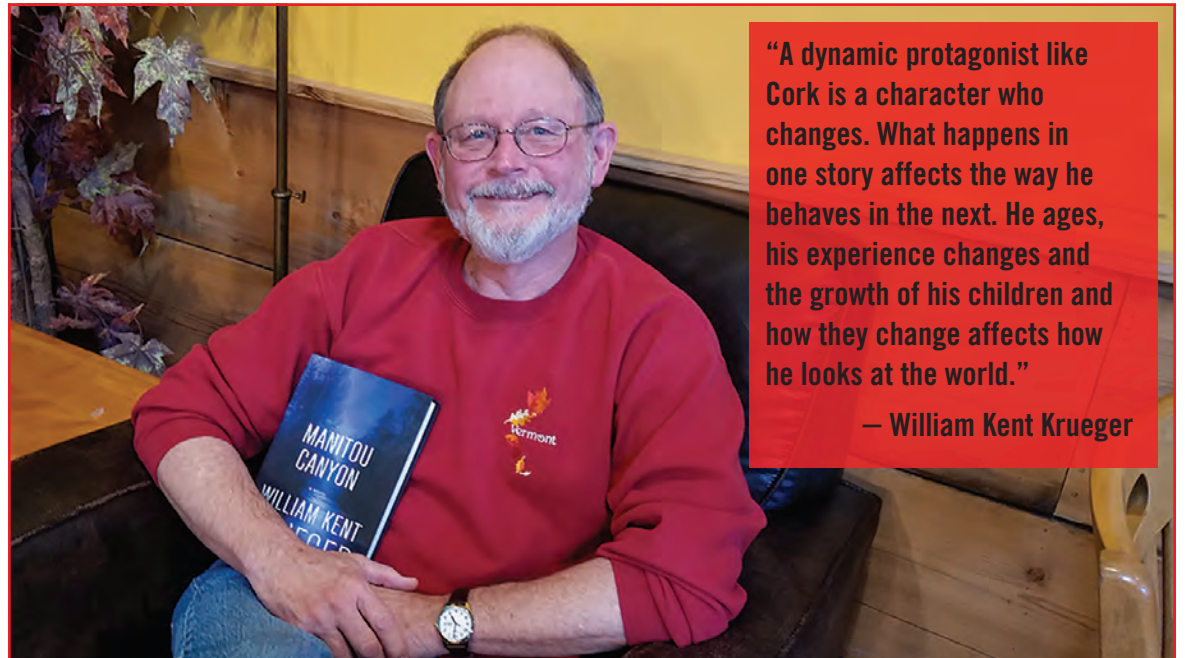
the real Aurora will find they are very different places."

Although Krueger was born in Wyoming, he said he fell in love with Minnesota when he moved here. "I was a gypsy kid before that. I lived everywhere, and I never found a place that felt like home. I have a deep love for this adopted state of mine."

Krueger added that unlike some who have grown up in Minnesota and lived here their whole lives, he sees the state with fresh eyes. "Its beauty is new to me, and it always amazes me."

Krueger said that like many Twin Citians, he and his wife have been drawn to the North Country and it has become their favorite place to vacation. Krueger, who has enriched his O'Connor books with Ojibwe (Anishinabe) culture, said that his awareness, and everything he knows about the tribe, didn't begin until he decided to include them as an element of his work.

"The first thing we did was discover the North Country. We



Author William Kent Krueger. (Photo by Jan Willms)

"A dynamic protagonist like Cork is a character who changes. What happens in one story affects the way he behaves in the next. He ages, his experience changes and the growth of his children and how they change affects how he looks at the world."

— William Kent Krueger

began spending time at a YMCA camp, Camp Du Nord, north of Ely," Krueger explained.

"It was literally across the

road from the Boundary Waters, and I knew that was where I wanted to set my work. And you can't tell true stories of the North

Country without including the Ojibwe because their power up there is ubiquitous; it is every-

Continued on page 4

Accessory dwelling units, touted as a way to add housing density along the light-rail Green Line in St. Paul, would only be allowed in portions of the South St. Anthony Park, Merriam Park, Snelling-Hamline, Lexington-Hamline and Hamline-Midway neighborhoods under an ordinance approved Sept. 14 by the St. Paul City Council.

Whether the change prompts more people to add the accessory dwelling units isn't clear, although support was voiced for the change at Planning Commission and City Council public hearings. Council President Russ Stark said he hears interest mainly from the North St. Anthony Park neighborhood. That area is outside of the boundary. The St. Anthony Park Community Council recently oversaw a study of the dwelling units and supports the zoning change. District 1 Planning Council supported the change and asked that the changes be adopted citywide. Hamline Midway Coalition and Como Community Council weighed in with technical suggestions.

In Merriam Park, a group studying housing issues in the neighborhood has looked at the proposal as a way to promote more owner-occupancy of the neighborhood's many large foursquare homes. Union Park District Council didn't take a position on the zoning study.

The City Council September 14 asked city staff to do a follow-up study of the dwelling units, to see how many have been added over the next year. Minneapolis has added about 50 units since it added an accessory dwelling unit ordinance a few years ago, although it's not clear how many of those were existing units that were brought into compliance with new regulations.

The area where the housing units will be allowed is smaller than originally proposed. The City Council voted 6-1 on September 7 to drop Summit-University and Frogtown from the neighborhoods where accessory dwelling units would be allowed. That move was recommended by Ward 1 City Council member Dai Thao in response to the objections of the Summit-University Planning Council (SUPC). Frogtown residents had supported the change.

The ordinance would allow stand-alone backyard houses, carriage house-style apartments above garages and smaller units built into or attached to a larger home one-half mile north and one mile south of the Green Line from the western city limit at Emerald St. to Lexington Pkwy. The new units would have to be owner-occu-

Development Roundup

By JANE MCCLURE

Accessory units along Green Line get approval

piated, be registered with the city and meet an array of zoning and building code regulations.

The proposal grew out of zoning studies along the Green Line that began even before the trains began running in 2014. It was promoted as a way to increase the number of housing units conveniently located near the transit line and had the support of other local district councils.

Griggs Midway lot plan OK'd

Changes have been made to the financing for the Griggs Midway Building parking lot improvements. The St. Paul City Council, acting as the Housing and Redevelopment Authority (HRA) Board, approved the changes Sept. 28.

The building complex at the northeast corner of Fairview and University avenues had used a part of Dickerman Park for off-street parking for many years. That lot was removed as the Park is being redeveloped.

The HRA action approved a change in term from seven to five years for a previously-authorized forgivable loan through the Neighborhood Commercial Parking Program. The program was created to mitigate parking losses when Green Line light rail was built. Griggs Midway Building got a loan in Aug. 2015.

The Griggs Midway Building Corporation owns five buildings in the block behind the northeast corner of Fairview and University. Two of the buildings front on Dickerman Park. The park project resulted in the loss of 57 parking spaces. A second lot on Fairview has long encroached on Fairview right-of-way, meaning another 27 parking spaces would be lost.

The HRA loaned Griggs Midway Corporation up to \$200,000 to reconfigure the rest of its parking area. The corporation wants to change the loan term to five years to limit the liability on their asset.

Former auto dealership sold

Two more former auto dealerships on University Ave. face transformation. The St. Paul City Council, acting as the Housing and Redevelopment Authority (HRA) Board Sept. 28, gave the nonprofit tentative developer status for two properties long occupied by Saxon Ford.

The developer status doesn't

involve any budget action at this time. It gives the partnership time lines to bring forward plans for the city-owned properties, which are bounded by Sherburne Ave., Galtier St. and University Ave. One property has a seven-month deadline, and the other can be worked on for up to 30 months. If planning is successful, final development agreements come back to the HRA for sale of the properties. The HRA set many conditions to be met as part of the developer agreement.

The city has sought developers for the properties for more than a year. The partnership would build assisted living on one parcel and a health center on the other. The plans have support from Frogtown Neighborhood Association.

borhood Association.

Grant awarded

A West Midway residential development received investigation

grants from the Minnesota Department of Employment and Economic Development and the Metropolitan Council. The St. Paul City Council voted Sept. 7 to accept the funds.

It was among nine grants sought for sites throughout the city. The grant application was submitted in April. \$763,327 was awarded for a preconstruction work for a new apartment building at 2300 Territorial Rd.

A developer sought the grant through the city, which acts as a pass-through funding source.

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Changes in the works to capital budget process

Area residents and district councils that routinely submit projects for the city's Long-Range Capital Improvement Budget (CIB) will see changes in 2017. The St. Paul City Council voted Sept. 28 to launch a study of capital budget changes.

With large projects looming and a slew of capital maintenance needs, the City Council and the Long-Range CIB Committee will be looking at process changes. That, in turn, means there won't be the extensive project submission and review process next year, to determine what is and is not funded in 2018-2019.

That is likely to disappoint district councils, booster clubs and other groups that had already started work on projects to be submitted in January 2017. But City Council President Russ Stark and Deputy Mayor Kristin Beckmann said the proposal is to fund fewer needs in 2018-2019,

giving time for city staff, the CIB Committee, district councils and citizens to look at the CIB process and make changes in time for the 2020-2021 funding round. That process starts in 2019.

The two big projects looming are Fire Station 20 replacement in West Midway and Schefter Recreation Center in Frog-town. The city also has millions of dollars in unmet repair needs at area parks, recreation centers, libraries and other facilities.

Planning and design funds for Fire Station 20, 2167 University Ave, were recommended for \$1 million. The two-story, double-bay station was built in 1921. Station access was affected when Green Line light rail was built. Vehicles have to cross the light tracks to get out to calls, and rigs have to back in when they return. Fire Chief Tim Butler said cost estimates to build a new fire station are at \$7 million. But the city is looking at a number of options to replace Station 20. One idea is to build on land owned

by the WestRock (formerly Rock-Tenn) paper recycling company nearby. Another idea is to discuss a joint facility with the Minneapolis Fire Department.

Saint Paws wins approval

Saint Paws' quest to continue operating a dog daycare and overnight boarding facility won unanimous St. Paul Planning Commission approval Sept. 30. The commission placed eight operating conditions on the business, including the use of an indoor dog relief area.

Saint Paws is at 1921 University Ave. The Planning Commission was asked to grant the business a determination of similar use status. The Commission had to determine whether indoor dog daycare and overnight boarding is similar to other uses allowed in a traditional neighborhood zoning district.

At issue with Saint Paws was where the dogs relieve themselves. Saint Paws has been walking its dogs in the surrounding neighborhood and using nearby Iris Park as a relief spot. A city Department of Planning and Economic Development (PED) staff report pointed out that such use "has the potential for significant negative impacts on the maintenance and appearance of the park above and beyond the impacts typically found with other (traditional neighborhoods-zoned) uses." Other than the Iris Park issue, the business would meet all other conditions for a determination of similar use.

City planning staff recommended denial of the request in August, but after commissioners had said a more thorough look at history is needed, the issue was laid over.

Property owner Thomas Dunn and his daughter Susan Dunn, who operates the business, asked the Zoning Committee to recommend approval. They agreed to the conditions proposed. The Duns renovated the building and opened the business not knowing they needed a license to open a dog daycare. The business came to city officials' attention in May after a complaint. It had opened in February.

Saint Paws has support from a number of area businesses and Iris Park residents. But the St. Paul Department of Parks and Recreation raised objections to using Iris Park as a dog relief area. Dogs still can be walked in the park and surrounding neighborhood. Some neighbors have said the presence of dogs makes them feel safer.

The only person objecting Sept. 22 was the owner of the city's three Dog Days businesses. She asked that all similar businesses be treated consistently and fairly.

Health care homes studied

The notion of health care dwellings will be explored by St. Paul City officials in the weeks ahead. The City Council on Sept. 28

approved measures related to a 2016 state law. No one appeared at a Sept. 21 public hearing to speak on the issue.

The Minnesota Legislature in May approved regulations allowing cities to permit temporary dwellings for the purpose of providing health care to a family member. Under the regulations, a family could house a relative in a recreational vehicle, small trailer home or similar facility on their home property. Possible structures could be as basic as a trailer home designed for disability access or as elaborate as a small house that could be placed in a driveway or backyard.

The intent is for the dwellings to meet a short-term need, to help families provide care for their loved ones. The state law has provisions to ensure that the temporary dwellings don't become permanent and that they aren't used to simply create extra housing. For example, the housing would be for family members. The family member would need assistance with two or more daily activities due to their mental or physical health.

A conditional use permit would be required for the dwellings. State law allows cities or counties to opt out of allowing the dwellings. The St. Paul City Council imposed a moratorium on such temporary dwellings until the St. Paul Planning Commission completes a study of the pros and cons of such dwellings.



Homes such as this one made by NextDoor Housing, located in New Brighton MN, is an example of a small independent living unit that is under consideration for non-permanent housing in St. Paul. The intent of the St. Paul ordinance under consideration, is for the dwellings to meet a short-term need, to help families provide care for their loved ones. (Photo courtesy of NextDoor Housing's website at www.nextdoorhousing.com)

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• Senior Noah Hamilton has been designated a National Merit Scholarship Semi-Finalist. This achievement recognizes students that are in the top 1% of students nationwide. Noah will be pursuing the distinction of becoming a National Merit Finalist through the submission and evaluation of all his academic achievements. Finalists will be announced in February 2017.

• Senior Sumaya Mohamed was selected to be the media representative for the state-wide Youth in Government program this year. Sumaya is an accomplished video producer and editor who has gained much experience through her own documentaries and her time at the St. Paul Neighborhood Network (SPNN).

• Freshman Amelia Schucker will be participating in a String Day Festival on Mon., Oct. 31 at the University of St. Thomas. Selected students from across Minnesota will be on campus intensely practicing and rehearsing with conductor Dr. Matthew George. Amelia plays violin and viola in the Como Orchestra led by Dr. Philip Fried.

• Parent Academy Seminars are coming soon with events scheduled for Mon., Oct. 24 and Mon., Nov. 7 at Como from 5:30-6:45 each night. The seminar in October will focus on Exploring College Options. The November seminar will cover College Entrance Exams including the SAT, ACT, and Accuplacer. A light supper will be provided, and child-



News from Como Park High School

Compiled by ERIC ERICKSON, Social Studies Teacher

New school year presents new challenges, new honors

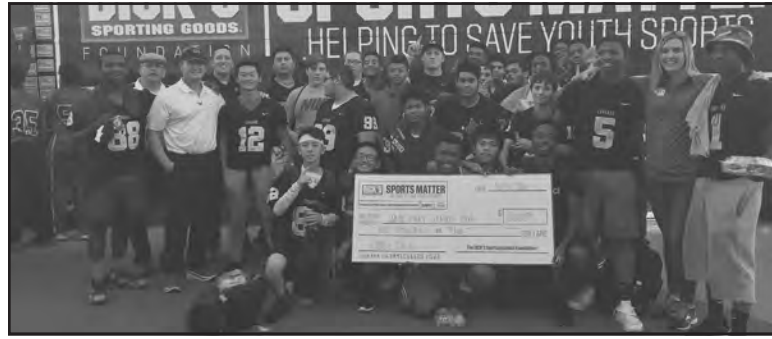


Como Park senior Innocent Murwanashyaka was the champion of the Roy Griak Invitational at the University of Minnesota on Sept. 24, finishing first in a race of 490 runners. (Photo submitted)

care is also available. All Como parents are welcome and encouraged to attend.

There will also be a FAFSA Night at Como on Tues., Oct. 18 from 5-7pm. Como counselors will be available to help students and families with the process of applying for financial aid and navigating the forms online to successfully complete the application.

• Como's Theatre and Music Department will present the annual



Como Park Football players were invited to the Vikings' training facility on October 1 for a skills clinic sponsored by Dick's Sporting Goods and meetings with Vikings players. The team is pictured with Super Bowl winning coach John Gruden. (Photo submitted)

fall musical in the Como Auditorium on Thur. and Fri., Nov. 10 and 11 at 7pm both nights. The show is entitled "Yearbook Reflections," an upbeat musical about the willpower, compassion, and humor found in every high school. Tickets are \$2 for adults, \$1 for students and can be purchased at the door.

• The Como Robotics Team is already back in action after their groundbreaking work last season that culminated with a state tournament appearance in April. The Como "BEASTBOT" will participate in the Minnesota Robotics Invitational on Oct. 15 at Rose-

ville Area High School. The team is ranked in the state's Top 20 and are excited about kicking off the year in this select tournament of high caliber teams.

• Senior cross country star Innocent Murwanashyaka won the prestigious Roy Griak Invitational on Sept. 24 at the University of Minnesota. With 490 high school runners in the Maroon Division race, Innocent took the lead early on and never let it go, cruising to his second consecutive Griak title. He also qualified for the State Meet as a junior last season, finishing in 8th place, and has set a goal of getting back to state and

competing for the title.

Murwanashyaka is also an exceptional student in Como's Academy of Finance and was highly regarded for his work this past summer with a BrandLab marketing internship. He is being recruited by several Division I schools including the University of South Dakota and the U of M.

• Members of the Como Cougars Varsity Football Team spent the afternoon of Oct. 1 at the Minnesota Vikings training facility participating in a skills clinic and meeting NFL players and coaches with inspiring messages. The Cougars worked with E.J. Henderson, Chuck Foreman and Super Bowl winning coach John Gruden who was in town with the Monday Night Football broadcasting crew covering the Vikings.

Dick's Sporting Goods also teamed up with the Vikings to host the event. They presented the Cougars with a \$2,000 check to purchase much-needed equipment including tackling dummies, hand shields, and practice balls.

• Homecoming week events at Como were festive and fun with dress up days in school, a pep fest, coronation, and "Battle of the Classes." Homecoming culminated with a parade, picnic, football game, and dance at the school. Special recognition and thanks go out to the Como Park Booster Club for their support, and all of their behind the scenes work.

Local author William Kent Krueger

Continued from page 1

where."

He said his decision to focus much of his work on the Ojibwe culture was influenced by his admiration for the work of Tony Hillerman, an iconic writer in the mystery genre who has his work set in the Four Corners area of the Southwest and dealt significantly with the Navajo.

"At that time there were not many besides Hillerman doing native mysteries; there are a lot more now. I knew nothing about the Ojibwe, but I was a cultural anthropology major in college and so the idea of learning about the culture was interesting," Krueger continued. "I began by doing what every good academic does, and read everything I could get my hands on about the Ojibwe. In the course of that research, I met members of the native community and formed relationships that have been significant to me across the whole body of my work." In 1998 he wrote "Iron Lake," the first Cork O'Connor novel.

"As a writer, I try to give my readers interesting plots," Krueger said. "But that's not why they come back. They come back to visit the people that they have fallen in love with over the course of the series."

He described two kinds of characters. "When you decide you are going to write a mystery series with a central protagonist at the heart of it, you really only have two choices. You can have a static protagonist, somebody who never changes and never ages. Sherlock Holmes is a classic

example of that," Krueger said.

"A dynamic protagonist like Cork is a character who changes. What happens in one story affects the way he behaves in the next. He ages, his experience changes and the growth of his children and how they change affects how he looks at the world."

Krueger said that for him, writing the developing character, rather than being difficult, keeps it interesting. "When I sit down to write a new book in the Cork O'Connor series, I'm not writing about the same people. What happened in the past story has changed them deeply. So it's always to me an interesting journey to find out where the O'Connor clan is."

In one of his books, someone close to Cork is killed off, and Krueger said some of the readers were upset by that and continue to be.

"When I finished the first draft, that person was still alive because that is what I wanted," Krueger stated. "I read it to make sure the arc of the story worked. It was the ending I wanted, but it was not the ending the story wanted. If I have learned one thing in my career as a storyteller, it is that at some point the story takes on a life of its own. You have to step away from it and let that story go where it wants to go. So I rewrote it with the ending it has now, knowing it would upset a lot of people. But it was the right ending for the story."

Stepping away from one of his books when needed is something Krueger can do when he feels it is best. He has written 15 Cork O'Connor novels, a thriller called "The Devil's Bed" and the book he considers his best, "Ordinary Grace," a cross between

a mystery and a coming of age novel. This garnered him the Edgar, Barry, Anthony and Macavity awards in 2014. He had already earned awards for his O'Connor series.

He started work on "This Tender Land," a companion novel to "Ordinary Grace." He completed the manuscript and set up a meeting in Chicago with his agent to go over any changes he might want to make. "Two days before we met I contacted her and told her I did not want to meet to discuss revisions, but I wanted to talk about how we could keep this from being published because I was not happy with it. I knew if I was disappointed, my readers certainly would be."

Krueger said that at this point he did not want to work on revisions, and he said he is fortunate to have a wonderful agent and an understanding publisher. "We renegotiated things, and when I let go of the horrible burdens and expectations of that story, I felt freed. It was like the sky above me cleared, and I saw the story I should have been writing."

He began working on the novel, still titled "This Tender Land," about six to eight months ago. The book is due out in 2018.

In the meantime, he completed "Manitou Canyon" and has started work on "Sulfur Springs," an O'Connor novel that will take place in Arizona. "It may be my favorite in the series. I am having such fun with this book," he said. That book is due out next fall.

Krueger said he does see parts of himself in O'Connor. "Because I know him so well, it's probably all subconscious now. I am well aware that so much of

Cork comes out of who I am, but it also works the other way. I have learned a great deal about myself in writing Cork."

Krueger has done most of his writing in coffee shops in his neighborhood. He started out writing his manuscripts in longhand at the St. Clair Broiler. He eventually switched to a laptop and moved to the Como Park Grill. He now writes at the Caribou on Lexington and Larpen- teur if he starts before 6:30am. If he starts after 6:30, he writes at the Underground Music Café on Hamline.

"I am a morning person," he admitted. "I got that from Hemingway. He believed the first light was the most creative part of the day, and I figured what was good enough for Papa was good enough for me."

He is currently making book tours with "Manitou Canyon." "There are two things I love about what I do," Krueger

claimed. "One is writing, and the other is connecting with the audience. I love the touring. It gets tiring and is always rigorous, but I do it because I love connecting with my readers."

Krueger said he has been asked if he is going to stop writing the Cork O'Connor novels. "If I were tired of them, I would. And as soon as I get tired of writing Cork, I will stop. But I so love the series; I want to continue that journey, and I have no plans at this point to stop."

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The neighborhood is a little more beautiful, and Como Lake will be a little cleaner, thanks to more than 50 neighborhood volunteers who took the concept of a community garden to a new level on Oct. 1.

The volunteers, including more than 15 students from Murray Middle School, planted nearly 1,400 shrubs, flowers and grasses in two triangle gardens at the intersections of Horton, Churchill and Van Slyke avenues.

The triangles--the result of recent street reconstruction--were built as filtration gardens that will capture and clean stormwater runoff before it reaches the lake. The gardens carry on, and expand, the tradition of the old "Churchill Garden," which Warrendale neighbors built and maintained for more than 15 years.

The final product is the result of collaboration among neighbors, St. Paul's Public Works and Forestry departments, the Ramsey Conservation District, the Capitol Region Watershed District, and the District 10 Como Community Council.



Volunteers plant part of the east triangle garden. (Photo submitted)

Here's your chance to do more than talk about it

District 10 is seeking candidates to fill board vacancies from Sub-District 2 and Sub-District 4. If you live in the north part of the district, or the south part

Como Community Council Corner

By MICHAEL KUCHTA

A great idea blossoms into 50 volunteers, 1400 plants, and two gardens

of the district, think about it!

For Sub-District 2, you must live in the area between Hamline on the west, Larpen-teur on the north, Victoria on the east, and the BNSF tracks on the south.

For Sub-District 4, you must live between Dale on the east, Snelling on the west, and between the BNSF right-of-way north of Front and Energy Park Drive, and the BNSF right-of-way north of Pierce Butler Route.

Representatives from businesses or institutions in those areas also are eligible. Candidates must be at least 18 years old.

The elected candidates will:

- Serve the remainder of the vacant terms, which expire in April 2018

- Get to be directly involved in issues affecting our neighborhood's quality of life
- Even get a table card with their name on it

A special election to fill the vacancy is Tues, Oct. 18 at 7pm, before the monthly board meeting. To submit your name or to find out more, contact the District 10 office at 651-644-3889, or by email at district10@district10comopark.org.

Another gathering of the seeds

It's harvest time in our gardens, which makes it a perfect time to reconvene the Como Community Seed Library. The volunteer group is holding a free harvest open house on Sun., Oct. 16, 1-3pm at the Como Park Streetcar Station. At this "skill share and harvest exchange," you can:

- Join an exchange of seeds, recipes, and canned and fresh harvest
- Swap stories
- Learn the perfect crops and tools to extend your growing season
- Get answers from a Master Gardener
- Find out how and why to add biodiversity to your garden
- Create seed-inspired art
- Make connections with

neighborhood gardeners and gardening groups

Special guests include Judi Petkau of Wild Ones and Koby Jeschkeit-Hagen of Seed Sages. For more information, follow Como Community Seed Library on Facebook.

Pancake breakfast Oct. 29

District 10's annual Community Pancake Breakfast is Sat., Oct. 29, in the cafeteria of the Humphrey Job Corps Center. The breakfast--which features pancakes, eggs, bacon, and juices--runs from 8:30-11:30am. In honor of Halloween, the morning also features a children's costume parade.

Tickets are \$7 for teens and adults, \$4 for children ages 3-12.

Backyard fire ban a hot topic in survey

Respondents to a District 10 survey overwhelmingly oppose banning recreational fires in St. Paul. But many survey participants say there should be more courtesy and education about the use and impact of "backyard fires."

District 10's Land Use Committee conducted the survey after a neighborhood resident contacted the committee about the impact that recreational fires have on her health. More than 500 people filled out the online survey. Here are some results of the survey:

- 16 percent of survey participants say they support a ban on recreational fires; 81 percent oppose a ban.
- 20 percent of survey participants say they support limiting the number of recreational fires individuals can have in one year; 70 percent oppose such limits.
- Nearly two-thirds of survey participants say they have recreational fires in their yard; slightly more than one-third do not. Among those who have fires, more than 99 percent oppose a ban. Among partici-

pants who do not have fires, 41 percent support a ban.

- Nearly one-quarter of survey participants say smoke from recreational fires bothers them, and nearly as many say smoke affects their health.

Recreational fires are legal in the City of St. Paul, if they meet certain conditions. The challenge is that smoke from the fires does travel into surrounding homes and can affect neighbors in the general area. Many survey participants pointed out that, to be good neighbors, residents should burn only clean, dry wood, or install a fire ring that uses natural gas. Other comments highlight other themes and contradictions surrounding backyard fires:

- The same fire that allows some neighbors to enjoy themselves prevents other neighbors from enjoying their property, or from enjoying nice weather. Instead, smoky fires force them indoors behind closed windows.
- Fires can enhance community and friendship for some people, but cause health problems for others.
- Current laws already outlaw burning trash, construction materials, or yard waste. But these laws are poorly enforced. Many survey participants (including many who support fires) urged neighbors to be more respectful of how fires impact others. They suggested that conflicts could and should be worked out courteously, face to face. Among their ideas:
- Notify neighbors before you start a fire
- Have fires only during colder times of the year
- Do not have fires late at night
- Pay attention to weather conditions, including wind, air inversions, air quality alerts, and dry conditions, before deciding to have a fire
- If fires bother you, let neighbors who have fires know that fact

Organics recycling made easier

You asked for it; you got it. We've now made replacement bags for organics recycling available free of charge at our 24/7 drop-off site in Como Park. The bags are in a mailbox attached inside the gate. Please, limit yourself to two bags each visit.

Also, a reminder: Because of construction in the McMurray Field area, the only way to access the drop-off site is from the west. From the T-intersection at Hamline and Jessamine, head east on Jessamine, then turn left at Beulah. The drop-off site is on your left, just north of the Humane Society.

Finally, if you are new to organics recycling, stop at our office and pick up your free starter kit, which includes a bag, refrigerator magnets, and other information and supplies to help you succeed in reducing your waste footprint.

You're Invited to Sit In

The District 10 board and standing committees meet monthly. Community members are always welcome to attend, participate, and speak or raise concerns. The schedule:

- Land Use: Typically meets on the Monday before the first Wednesday, 7pm (however, because of the holiday, the committee will meet on Tue., Nov. 1.)
- Neighborhood Relations and Safety: First Tuesday, 7pm
- Board: Third Tuesday, 7pm
- Environment: Last Wednesday, 7pm

All meetings are at the Como Park Streetcar Station, at the northeast corner of Lexington and Horton.

Get recycling gear here

The Como Park Streetcar Station is open from noon-4pm on the first Sunday of every month through the fall and winter. We'll have a District 10 board member on hand to distribute blue recycling bins, organics composting bags, or just take your comments and suggestions. The Streetcar Station is at the northeast corner of Lexington and Horton.

Put It on Your Calendar

- Thur., Nov. 10: Community Forum--Dealing with Problem Properties. Details to follow on District 10's website.

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HMC Executive Director battling anxiety and depression

As Michael Jon Olson works his way back to full-time hours, he opens up about his struggles

By TESHAM. CHRISTENSEN

It wasn't easy to admit to himself, but Michael Jon Olson is anxious and depressed.

The Hamline Midway Coalition Director was out of the office for much of the summer due to his health condition but is working his way back to full-time.

He expects his recovery to be two steps forward, one step back with some days feeling like he's gone only one step forward and fallen two steps back.

It all started when he bought a house

Olson has been active in community organizing since he bought a house in the challenging Phillips neighborhood of Minneapolis in 1995. While there, he served on the Ventura Village Board of Directors. Next, he was employed as program coordinator by the Seward Neighborhood Group, and, in 2005, he was recruited to apply for the executive director position at the Hamline Midway Coalition.

"I enjoy the diversity of the work," explained Olson. "I get to work on a lot of different kinds of issues."

Plus, he finds it appealing to have a hand in the development and evolution of a city.

An indefinite medical leave

But in July of this year, Olson's health had deteriorated such that he could no longer do the work he loved, and Hamline Midway Coalition went to a low-power state. He realized it was the pressure of the work that was causing his poor health.

"He was trying to fight through it, but a few months ago he came to the board and told us what was going on," recalled HMC Board President Steve Samuelson, who called Olson "a tremendous asset for the neighborhood."

Samuelson added, "It's one of those things that people don't like to talk about. But I think bringing it out into the open is good for everyone."

Out in the open

In December 2015, Olson caught a serious viral infection that hung on for weeks and disrupted his sleep patterns.

While vacationing in Mexico in February, Olson began experiencing sensations in his ears. Initially, he thought it was simply water stuck there from swimming. A few days after he returned home, he caught the flu. The sensation in his ears continued, and, in April, he was diagnosed with tinnitus, or ringing in the ears.

"What we're learning about mental health illnesses is the loss of mind-body connection. We spend so much time in front of screens we lose our connection to our body and other people."

— Michael Jon Olson



Hamline Midway Coalition is no longer on a low power state. Melissa Cortes (left) has filled the community organizer role vacated by Kyle Mianulli in July. Christine Shyne (right) has been contracted to lend a hand in the office as needed. Executive Director Michael Jon Olson (center) is working his way back to full-time. (Photo by Tessa M. Christensen)

Over the next several months, the diagnoses continued to add up: hearing loss in his left ear, Eustachian Tube Dysfunction (a misdiagnosis), Tensor Tympani Syndrome, and Misophonia.

Finally, a specialist suggested his physical symptoms were due to anxiety.

"They're all indicators of an anxiety disorder," explained Olson. He pieced things together slowly over time "to understand that the physical symptoms were manifestations of anxiety and depression."

He doesn't know what came first, the physical symptoms of his ears or the depression, anxiety, and insomnia. "It's impossible to untangle," Olson said, but that's what he began trying to do.

Anxiety and depression are hard to treat

He didn't want to accept his diagnosis. So he had a CAT scan and an MRI, and he was evaluated for brain cancer. "I was looking at everything for some explanation besides anxiety and depression," Olson said. "There was a part of me that didn't want this to be anxiety and depression."

"If you have a physical malady, that's easy to see and treat. Anxiety and depression are so much harder to diagnose and treat."

Olson started trying different medications and scheduled an appointment with a psychiatrist.



Hamline Midway Coalition Director, Michael Jon Olson. (Photo by Tessa M. Christensen)

atrist—for three months in the future, the soonest opening available. He went to see chiropractors, a homeopath, a psychologist and various other specialists. He stopped drinking alcohol and caffeine and cut down on refined sugars.

At one point, he had lost 40 pounds and was on the verge of developing an eating disorder.

Then he hit rock bottom. On Aug. 30, his dark suicidal thoughts drove Olson into a psychiatric emergency room.

There he was finally able to meet with a psychiatrist.

"One of the things I've learned from this is how poorly our medical system is set up for dealing with all of this," observed Olson.

His general practitioner prescribed the first depression and anxiety medications, but no one had sat him down and said: "You know what you need? A psychiatrist."

The emergency room psychiatrist began tweaking his medication, prescribing one for the long-term and another for short-term symptoms.

His current psychiatrist has adjusted his medication again. "Part of the process is figuring out what medications will work," remarked Olson.

It's not an easy task considering that his body does not metabolize antidepressants well, a result confirmed by the P-450 genetic test. The test explained some of his earlier reactions to the medication.

Anxiety and depression are widespread

All along, Olson's struggle has included feelings of self-loathing "because I wasn't able to work or be fully present in my home life," he said. "When you're in that kind of state, suffering from anxiety and depression disorder, you can't help but think those things. It's where your mind goes."

He has often felt like he destroyed the wonderful organization he built, something his board of directors assures him isn't true. They remind him: "You didn't choose this. You are dealing with a medical condition. Nobody chooses to struggle with these kinds of issues." Intellectually, he knows this is true, but he can't always help himself from feeling otherwise.

Through his struggle, Olson

has learned just how common anxiety and depression are. When he talks with friends and others he knows, he's often told they've also suffered from anxiety and depression, or someone they love has.

"I think it is a bigger issue than we acknowledge in this culture," remarked Olson. "I want people to know how widespread it is."

According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older, or 18% of the population.

Major Depressive Disorder is the leading cause of disability in the U.S. for ages 15 to 44, and it affects more than 15 million American adults in a given year.

"The number of people struggling with depression has increased by 10 percent every decade since 1910," pointed out Olson.

While the medical system is better than it used to be, it still isn't well equipped for dealing with anxiety and depression, said Olson. "We don't understand how the mind-body connection works."

He thinks there is much to be learned from some of the alternative practices, such as yoga and mindfulness techniques.

One of the big issues right now is that the system is fragmented. "It's not like you can walk into a center for anxiety and depression, and see specialists who will work together as a team. It's up to you to put things together when you're in a really bad state of mind."

Mind-body connection lost

Olson hopes people start recognizing that the roots of the anxiety and depression affecting so many is due to our cultural practices. "We are a very individualist society and people don't have strong bonds of community. We, as a species, came of age in very tight-knit tribal or clan communities. There have been studies done that show where this still exists you don't have the level of mental illness, of anxiety and

"It's one of those things that people don't like to talk about. But I think bringing it out into the open is good for everyone."

— Board President Steve Samuelson

depression, that you have in our society."

Today, technology disguises itself as a community, but Facebook, Twitter and such are very different than face-to-face encounters, Olson observed.

"What we're learning about mental health illnesses is the loss of mind-body connection," he pointed out. "We spend so much time in front of screens we lose our connection to our body and other people."

Regaining that connection is an important part of his healing process.

HMC in reflective period

As he returns to work, HMC is embarking on an effort to redefine itself.

On Sept. 1, Melissa Cortes moved from volunteer to full-time employee, filling the community organizer role vacated by Kyle Mianulli in July. Christine Shyne has been contracted to lend a hand in the office as needed.

"Regardless of my situation, the organization is in need of a good reflective period," observed Olson. "We've really come through a very active, very involved period with a lot of balls in the air. Part of that is what contributed to my getting overwhelmed."

Several projects, that the HMC served as fiscal agent for, need to be wrapped up and closed out, including the Friendly Streets, Better Bridges Initiative; St. Paul Healthy Transportation for All; and the Midway Mural Project.

HMC also recognizes that funding challenges lie ahead, and wants to prepare for them.

Adults need vaccines, too!



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www.health.state.mn.us/divs/idepc/immunize/adult/adultsneed.html

MDH Minnesota Department of Health

Hamline Ave. bike lanes project, part two, will peddle into 2017

By JANE MCCLURE

Bike lanes will be striped on Hamline Ave. between Minnehaha Ave. and Pierce Butler Rte., but not until 2017. That would complete a project started last month. A St. Paul Department of Public Works mill and overlay project included bike lanes on both sides of the street and the removal of parking on the street's west side.

The City Council in August laid over a decision on the northern part of the project, pending discussions with neighbors and city staff. The big sticking point was parking. Neighbors already affected by Hamline Hi-Rise spillover parking and parking from area schools said they would have even more difficulty parking their vehicles.

The southern stretch of Hamline is wide enough to allow parking on one side of the street. But north of Minnehaha, the street is only 36 feet wide, and there are already parking bans in place. A few houses lack driveways or alley access to their homes. Businesses at the northeast corner of Minnehaha and Hamline are also affected by parking changes. But Hamline Midway Coalition, cycling advocates, and some neighbors, supported the bike lanes and asked for the extension.

Council President Russ Stark said before the North Hamline vote Sept. 14 that city staff had talked to neighbors and looked at options over the last months. Some neighbors asked that bikes be diverted to Griggs or Albert streets. Griggs already is a marked bike route. Share the road arrows or sharrows could have been considered.

Stark said he believes the best option is to extend the bike lanes north to Pierce Butler, while taking measures to provide some parking. Part of the proposal calls for a two-foot widening along parts of the east side of Hamline Ave. between Englewood and Hubbard avenues. Between Hubbard and Seminary avenues, this would add about six-and-a-half spaces. Between Seminary and Englewood it would add four spaces.

Another proposal is to relocate the existing westbound bus stop to the northwest corner of Hamline and Minnehaha to create more parking capacity, of three to four spaces along Minnehaha for businesses.

Stark said his office would continue to work with neighbors on parking issues, as will the district council transportation committee. One of the biggest issues to be addressed is how to accommodate staff parking for the high-rise, which has many elderly and disabled residents. Many are served by personal care attendants who arrive at different times during the day.

A handful of residential neighbors and business owners attended the Sept. 14 discussion, which wasn't a public hearing. Some said afterward that they would have liked a chance to speak before the council vote.

Hamline Ave. has been eyed as a bike route for several years. A previous plan was rejected because of parking and traffic concerns. The citywide bicycle plan calls for Hamline Ave. to be a bicycle lane from the north city limits at Larpenteur Ave. to Montreal Ave. and Edgumbe Rd. Having the Hamline-Midway section

striped could be the first step toward a larger project, according to bike advocates.

The City Council adopted the bike plan in 2015.

The Hamline-Midway section of the Hamline Ave. route was the subject of community meetings, a spring open house, surveys and other outreach. Public Works traffic counts indicated that there is ample parking for residents and business, but that didn't alleviate all of the concerns about lost parking.

The plan recently implemented created two five-foot bike lanes, an eight-foot parking lane on one side of the street, an 11-foot travel lane in each direction

and parking bans at all four corners of Charles Ave. To accommodate the installation of bike lanes, parking was removed on the east side of Hamline between Sherburne and Minnehaha avenues, except for the northern half of the block between Van Buren and Minnehaha avenues.

Parking removal is also proposed for the west side of Hamline Ave. between Van Buren and Minnehaha avenues. New time-limited parking capacity, with a one-hour limit, is proposed on the south side of Thomas Ave. east of Hamline. That was done to accommodate businesses.



Bike lanes have been approved for Hamline Ave., between Minnehaha and Pierce Butler, but won't be installed until 2017. (Stock image)

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Republican, DFL candidates vie off in State Representative races

By TESHAM. CHRISTENSEN

When you head out to the polls on Tue., Nov. 4, you'll get the opportunity to select your top picks for national and state offices.

Local state representative races include Districts 64A, 65A, and 66B.

STATE REPRESENTATIVE DISTRICT 64A



Erin Murphy

Erin Murphy (I) - DFL
www.neighborsformurphy.com

Murphy graduated from high school in Janesville, Wis., and later attended the University of Wisconsin-Oshkosh, receiving her B.S. in nursing in 1984. She earned her M.A. in organizational leadership in health care at St. Catherine University in 2005, and also attended the Humphrey Institute at the University of Minnesota from 2005 to 2006.

Murphy has set four priorities:

- 1) Universal Access to Pre-school and Early Learning Opportunities;
- 2) An Economy that Benefits All;
- 3) Student Loan Debt; and
- 4) Economic Security for Women.

She believes the issue of high-quality, cost-free universal access to preschool and early learning opportunities is crucial for Minnesota's future for many different reasons, including the need to equitably educate our children and close the achievement gap. She also sees

it as an economic issue about providing flexibility and opportunities for families of all incomes.

For Murphy, ensuring access to paid family leave and earned sick leave will mean working Minnesotans can meet family obligations without the fear of jeopardizing their livelihood.

She supports policies to relieve the burden of student loan debt, including legislation that would dramatically reduce the cost of college for current and future students, while significantly reducing the existing debt that many Minnesotans are saddled with.

Murphy supports keeping contraception accessible and affordable, promotes health and economic security for women and their families, and that's why she will seek to pass the CHEER Act.

Murphy also supports legislation requiring all of Minnesota's two- and four-year colleges to develop, in concert with their students, student policies requiring affirmative consent before engaging in sexual activity.



Riley Horan

Riley Horan - R
www.rileyhoran.org

Horan, a 20-year old college student at the University of St. Thomas, is presently a business law major. During his freshman year, he joined the College Republican's Club. Horan is presently employed as an intern at a dynamic law firm in downtown St. Paul and plans to attend law school after

completing his undergraduate degree.

Horan was born and raised in Northern California and is the eldest of five children. He is a practicing Catholic and was educated in the parochial school system.

Horan bills himself as a young conservative with bold ideas.

He will support any legislation that cuts income taxes for individuals and families, and would like to see the corporate income tax rate cut to loosen the grip that regulations place on small businesses in Minnesota. Horan supports support Right to Work laws.

Rather than offering universal, free, Pre-K to all, Horan proposes that scholarships be offered to qualifying low-income households. He supports school choice, and legislation allowing school districts to hire and fire based on performance, rather than tenure.

Horan believes that colleges must cut needless spending, forgo the daycare-like atmosphere, and operate more like true businesses to reduce student debt.

On the social side, Horan is for completely defunding Planned Parenthood of all taxpayer money, and believes Republicans should end the fight against limiting the freedoms of men and women in the LGBT community.

He would increase funding for the police, eliminate the MNsure program, and use the budget surplus to address evolving road and bridge infrastructure needs. Horan is pro-gun and pro-second amendment. Rather than limit the rights of law-abiding gun owners, he supports additional funding to combat mental health.

STATE REPRESENTATIVE DISTRICT 65A

Monique Giordana, R
www.moniquegiordana.org

Giordana's mother taught her you can learn something from every single person you



Monique Giordana

meet. Giordana's Portuguese father immigrated to the United States to live the American dream where he ran a small business garden center. These lessons drive Monique's passion to see every person achieve their dreams and live their lives to the fullest.

Raised in Minnesota, Giordana now works at Regions Hospital as a cancer center clinical pharmacist.

She graduated from the University of Minnesota with a Doctor of Pharmacy and went on to complete additional education and training by completing a general pharmacy residency at the VA North Texas Healthcare Center, a Hematology/Oncology specialty pharmacy residency at Mayo Clinic, in Rochester, and board certification in oncology pharmacy.

Giordana believes every family deserves affordable healthcare and the freedom to choose their healthcare team.

She would end big bonuses for executives at MNsure and save individuals and families money on health insurance over the next three years. She supports reforms that lower health insurance costs and provide more health care options.

Giordana advocates for greater local control of how education money is spent and believes teachers should be fairly compensated and rewarded based on effectiveness not just years of service.

She supports tax relief and would get rid of unnecessary

business laws, taxes and regulations.

She decries the gridlock and partisan politics that are hurting St. Paul and all the residents of 65A.

Giordana promises to lead the difficult and complicated conversations necessary to bring all police officers, early education, public schools, families, and neighbors together to find solutions. It's not about us versus them.



Rena Moran

Rena Moran (I) - DFL
www.renaforrep.org

Moran is the mother of seven children. Twelve years ago, she moved to the Twin Cities in search of a better life for her kids. Homeless, she and her children stayed in a Minneapolis shelter for several months. It wasn't long before she and her family went from homeless to homeowners. She found her first job in Minnesota earning minimum wage at Camp Snoopy, then at the YMCA on University Ave. before moving on to work at a commodities trading firm in downtown Minneapolis for five years. During this time, she began to get involved in social change work. After five years, she left the comforts of her corporate job to become a Wellstone Organizing Fellow and embark on her new vocation of community organizing. Moran was sworn into office on Jan. 4, 2011 as the First

Continued on page 9

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House District 66A

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Sunday 9:00am - 1:00pm

State Rep races

Continued from page 8

African American to represent St. Paul at the Capitol.

She is a member of the following committees: Education Innovation Policy, Greater Minnesota Economic and Workforce Development Policy and Health and Human Services Reform. Also, Governor Mark Dayton appointed Moran to serve on the Minnesota Task Force on Prematurity, the Council of Black Minnesotans and with the Visible Child Work Group.

Moran has been endorsed by the AFL-CIO, AFSCME Minnesota Council 5, North Central States Regional Council of Carpenters, MAPE, Service Employees International Union, Minnesota Women's Campaign Fund, International Union of Operating Engineers, and the Minnesota Nurses Association.

Moran earned her bachelor's degree in Early Childhood Education from Southern Illinois University.

She also works in the

non-profit sector as the Director of Parent Leadership with Minnesota Communities Caring for Children.

STATE REPRESENTATIVE DISTRICT 66B

John Lesch (I) - DFL
www.johnlesch.com

John Lesch was first elected in November of 2002. His focus in the legislature is on consumer protection, corporate accountability, liveable neighborhoods, economic opportunity, and data privacy.

Legislative committees on which he has served include: Taxes, Local and Property Tax Division; Regulated Industries, Gaming Division; Civil Law and Elections; Judiciary Policy and Finance; Governmental Operations and Veterans Affairs Policy; and Local Government and Metropolitan Affairs. Lesch currently serves as ranking Democrat on the House Committee on Civil Law.

Lesch has rallied to increase access to justice through the courts, for corporate account-



John Lesch

ability and other efforts that augment the people's right to seek justice. He sat for two terms on the Minnesota Financial Crimes Task Force, charged with developing statewide procedures to investigate identity theft and other financial crimes.

For 15 years, in addition to his role as a legislator, Lesch prosecuted domestic assault crimes as an Assistant City Attorney for St. Paul. Lesch currently works at Lesch & Duren, a St. Paul firm specializing in criminal defense. In 2009, Lesch enlisted in the Minnesota National Guard where he currently serves as a staff officer in the 2-135 Light Infantry Battalion.

Lesch has been a Sunday School teacher and a member of his church finance council. Lesch was a founding member of South Como Block clubs and an active participant with the District 6 Community Council, North End Area Revitalization, and the Great Northern Corridor redevelopment.

Lesch earned his B.A. from Saint Louis University in 1995 with a double major in Philosophy and Psychology, and a J.D. from Hamline University School of Law in 1998 with a concentration in Government and Regulatory Affairs. He lives with his wife, Melissa, and daughter in St.

Paul's Como Park neighborhood.

William Brownell - R
Email: Brownell4house@gmail.com

No campaign website

William Brownell is a 2016 Republican candidate for District 66B of the Minnesota House of Representatives.

Brownell was a 2014 Democratic candidate who sought election to the U.S. House to represent the 5th Congressional District of Minnesota. Brownell failed to file with the Secretary of State to run in the primary election.

STATE REPRESENTATIVE DISTRICT 66A

Jon Heyer - R

www.heyer4house.com

Jon Heyer is a Minnesota native who grew up in the Rosville area. He and his wife Teri have lived in St. Paul for 30 years and together have two daughters, two son-in-laws, and two grandchildren. Heyer's son-in-laws are both in the service--one in the United States Air Force and the other with the Minnesota Army National Guard.

A semi-retired church educator with over 35 years experience, Heyer has a B.A. in Psychology from the University of Minnesota and an M.A. in Theology from Saint Catherine University. Heyer currently serves as a board member of St.



Jon Heyer

Paul District 10 Council.

He believes "we need to create more living wage jobs, improve our schools, and make public safety a top priority."

On education, Heyer would restore local control to communities and parents. He believes that competition will improve school performance, pointing to examples of dozens of private and charter schools with much better test scores than the public system at significantly less cost per student.

Heyer points to the state's recent budget surpluses as evidence of over-taxation and would hold the line and not raise taxes any further. He believes in spending money only on things we need, not loading up bonding bills with non-essential things.

Heyer supports reforming the Affordable Care Act and MN-Sure as he doesn't think they are helping those they are meant to. Too many people are getting "insurance" that is far too expensive for them to use due to high deductibles and co-pays, and he would be creative in finding better ways.

A life member of Trout Unlimited, Heyer supports following existing regulatory guidance and stop obstructing well-regulated mining and logging, as well as reducing the amount of trash that ends up in landfills by promoting recycling, compostable, and organic waste collection, and programs to reuse items.

He points out that roads, bridges, and public buildings are crumbling due to neglect and urges the state to take care of what is there instead of embarking on expensive new projects.

Heyer believes that the best way to solve the challenges of the economy is to support small and mid-size business creation.

Alice Hausman, (I) - DFL
www.alicehausman.org

Hausman has been in office since a special election in 1989 and has served 14 terms.

She earned a B.S. in educa-

Continued on page 10

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St. Paul Police Department plans to open substation at Midway Center

By JANE MCCLURE

Midway Center will become the home of a new St. Paul Police Department (SPPD) substation. The St. Paul City Council Sept. 21 unanimously approved an agreement with center owner RK Midway to occupy a vacant storefront there. The lease starts October 1 and extends through Sept. 2017.

The substation opens when there have been growing concerns about crime in the Hamline Midway neighborhood north of the shopping center and in the neighborhoods to the west.

Police Chief Todd Axtell and City Council President Russ Stark, said that the substation is opening in response to crime issues. Stark said the area had seen an increase in drug dealing, more calls about shots fired and more reports of assaults.

"People have been asking for more police presence in the area," said Stark. The Midway Center area has a beat cop and has had increased patrols recent-

ly. "There are concerns about the uptick in some types of crime, and we hope having the substation there is a deterrent."

Axtell said the storefront gives police more visibility in the area. "We've been pretty active in the area, and we're glad to have the opportunity to have space there at little cost to the department." The city won't pay any rent for the space but will cover

other costs such as furnishings.

Midway Center and its adjacent neighborhoods are in the Western Police District. SPPD statistics indicate that overall, crime in the district has decreased just under 1 percent in the first eight months of 2016 when compared to 2015. However, some types of crime are on the upswing. Crimes against persons, which covers assaults, are up 9 percent

from the same period last year. There have been frequent complaints in the area about large groups of young people who are disruptive.

Stark and Axtell said the intent is for the substation to be short-term. Midway Center is slated for a dramatic redevelopment. The Rainbow grocery store, adjacent stores, and Big Top Liquor, are to make way for

a Major League Soccer stadium in the future. Shopping center owner RK Midway plans to work with the soccer team owners and other partners to redevelop the 1950s shopping center into a high-density, mixed-use development with retail, green space, offices, hotels and apartments. That development is expected to roll out over a longer period, in part as existing center leases expire.

Hamline Midway Elders plan a roster of monthly activities

Baby Boomers & Better Book Club. Hamline Midway Elders (HME) and Hamline Midway Library are continuing a monthly book club around books related to baby boomers. Participants of all ages are invited to attend a discussion at the library on Sat., Oct. 15 at 1pm on "Lake Wobegon Days" by Garrison Keillor. This was his initial book, published back in 1985, that de-

scribed the town and characters that we've heard about for many years on the "Prairie Home Companion" radio program.

Defensive Driving Refresher Class. This free 4-hour refresher course will be held on Mon., Oct. 17, 1- 5pm at Hamline Church United Methodist (1514 Englewood Ave.). Tim Walstrom, an agent from State Farm Insurance, will lead the class. Attendees

would need to have completed a previous initial 8-hour class. There will be plenty of space for anyone interested, but we do want/need folks to sign up with Hamline Midway Elders in advance so we can have the right amount of materials for the class.

Jody's Documentary Film Series. Please join HME on Wed., Oct. 26, 1pm at Hamline Midway Library for a POV film titled "What Tomorrow Brings." The film is directed by Beth Murphy and features the very first all-girls school in a remote Afghan village. No registration is necessary, just enjoy the documentary, snacks, and a lively discussion led by Jody Huber after the film.

Poetry Writing Classes. The free ARTful Expression classes with the library proved to be so popular that we looked for a way to continue the series. Naomi Cohn (writer, therapist and teaching artist) has volunteered to lead two additional sessions. The class on Nov. 2 starting at 1pm will be "Writing Home: Building Blocks of Poetry" and on Nov. 9 "Haiku and other short poetry." Each class is limited to 15 individuals, and for more information and to register contact Jean Curtis-Neitz at Hamline Midway Library at jean.curtis-neitz@ci.st-paul.mn.us or 651-642-0293.

Chair Yoga. Nancy Giguere returns to lead another series of

Chair Yoga at Hamline Midway Library. Classes will be held on six consecutive Thursday mornings from 10:30 to 11:30 beginning Nov. 3 (skipping Thanksgiving). Chair Yoga focuses on a range of movement, alignment, stretching, strengthening, awareness, breathing, and relaxation. All movement is done while seated or standing using a chair for balance.

Monthly Luncheon. HME has been sponsoring "second Tuesday" monthly luncheons for the past 15 years. The meal begins at 11:30am at Hamline Church United Methodist (1514 Englewood Ave.) followed by the presentation at 12:15pm. New attendees are always welcome. Join us on Tue., Nov. 8 for a presentation on "Aging & Spirituality" by Senior Pastor Mariah Furness Tollgaard.

Volunteers Wanted. HME operates with only two part-time staff. The majority of services to neighborhood elders is provided by wonderful volunteers, and they could use more. We have a variety of volunteer needs ranging from driving folks, to friendly visiting, to helping out at program events. Please consider helping our program help neighborhood elders.

For more information on any of the above items, please contact Tom Fitzpatrick at Hamline Midway Elders at 651-209-6542 or tom@hmelers.org.

State Rep races

Continued from page 9

tion and an M.A. in education from Concordia University and is a retired educator. She is married and has two children.

After a 10-year effort to construct a new facility to house the state's natural history museum, Rep. Hausman was successful in getting legislation enacted that authorizes funding for a new Bell Museum and Planetarium.

She was named the 2016 Legislator of the Year Award from the National Alliance on Mental Illness (NAMI) Minnesota.

She earned the National Association of Housing and Redevelopment Officials (NAHRO) 2014 Legislator of the Year award as chief author of the Bonds for Affordable Housing bill authorizing \$20 million in state general obligation bonds for rehabilitation and preservation of public housing. The bill also provides \$80 million in Housing Infrastructure Bonds to finance the preservation of affordable hous-



Alice Hausman

ing and to address foreclosure.

The Sierra Club North Star Chapter presented Hausman with its 2012 Legislative Leadership Award because she is a staunch opponent of sulfide mining. She also has been a longtime champion of efforts to restore wetlands, improve transit options, invest in parks and trails, and protect clean water.

Recognizing a perfect record on key conservation, energy, and clean water votes, Conservation

Minnesota has presented Hausman with its 100% Minnesotan award.

The League of Minnesota Cities named Hausman a 2008 Legislator of Distinction.

For her work on housing issues, Lutheran Social Services presented Hausman with its Vision Award.

Hausman has received the Legislative Champion Award from the University of Minnesota Alumni Association.

She has been endorsed by AFSCME Council 5, Conservation Minnesota Voter Center, Education Minnesota, Minnesota AFL-CIO Committee on Political Education (COPE), NARAL Pro-Choice Minnesota, Planned Parenthood Action Fund, Sierra Club, TakeAction Minnesota and the United Transportation Union.

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Monitor

Send us your news! When you submit your press release it will be considered for the next print edition of the Monitor. You can also go to our website, MonitorSaintPaul.com and enter your information in the online Event Calendar.

Fair Trade Market slated Nov. 5-6

New Life Presbyterian Church will hold their Holiday Fair Trade Market on Sat., Nov. 5, 9am-4pm, and Sun., Nov. 6, 11am-2pm. Choose from fair trade handicrafts and food items from around the world. Finish your holiday shopping early and know you have helped marginalized artisans and food producers with your purchases. Enjoy soup and snacks in the cafe when you shop. The church is located at 965 Larpenteur Ave. W.

Hamline Midway Angels seek angels

The Hamline Midway Angels formed about a year ago and do small things to help families in need in the community. The Angels will be at the Hamline Church Holiday Marketplace, 9am-3pm, Sat., Nov. 5 at Hamline Church United Methodist, 1514 Englewood Ave. The angels will be selling small items to raise funds and will also be seeking volunteers. Volunteers can help on an ongoing basis or adopt a family for Christmas. Visit their table in the church parlor and learn more about the group. Check out HM Angels on Facebook for more information.

Community "dig" scheduled Oct. 15

Take advantage of a unique opportunity to participate in an archaeological excavation! Join the Hamline University Anthropology Department as they uncover the remnants of an early neighborhood house built in the 1880s.

Learn, observe the dig, or get your hands dirty and help uncover our community's past! There are opportunities for participants of all ages; children are encouraged to participate (although we do ask they be accompanied by an adult). Anyone is welcome, and no experience is necessary. Come and join in on Sat., Oct. 15, 10am-2pm. Once also home to Hamline's presidential "White House," the dig site is located near the intersection of Pascal St. and Hewitt Ave. (Also located next to Hamline's Parking lot C). They are looking forward to seeing everyone there!

Hockey registration open at Langford

Online registration is now open for Langford Park (30 Langford Park) youth hockey. The program is for all ages, Mini-Mites through PeeWees are welcome. The schedule is friendly and affordable, and Mini-Mites skate free. You

can register at langfordparkhockey.com. Contact Scott Hamilton at scotth@langfordparkhockey.com or 651-329-8609 with any questions.

Salvage Saturday planned Oct. 22

De-clutter, help the environment, and create jobs by taking part in Salvage Sat., Oct. 22, 9am-1pm at Tech Dump, 698 Prior Ave. N. Get rid of your pile of denial and bring old electronics. Tech Dump will safely and securely recycle or refurbish items and turn them into jobs. Computers, cell phones, cables, digital projectors, stereo equipment, amps, game systems and blue-ray players are FREE to recycle. Fees apply for other items. For more information, go to www.techdump.org/recycling-events.

Musical Offering opens new season

The Musical Offering, the Twin Cities' longest continually performing chamber ensemble, kicks off its 46th season with a concert Sun., Oct. 23 at Sundin Music Hall, 1531 Hewitt Ave. The musical program explores connections between the Parisian salon and the Russian court and the virtuosic pieces that traveled between them, well-matched to the intimate performance venues.

Sunday's concert (\$25, \$10 student, \$15 group) starts at 3pm and includes works by Saint-Saens, Prokofiev and Debussy and an intermission interview previewing our season and theme "Emigres and Mentors."

"Emigres and Mentors" grew out of last season's focus on Paris and the subsequent heightening of global cultural tensions in the wake of terror at home and abroad. Co-Artistic Directors Susan Billmeyer and Norbert Nielubowski are shining the light this year on the incredible music of women and men who traveled to Paris as migrants. Some of the most recognizable composers may not be as readily identified as immigrants, yet their music bears the fruit of wonderful cultural intersections.

Center Open House scheduled Oct. 20

Hamline Child Development Center will host a Fall Festival and Open House on Thur., Oct. 20 from 5 to 7pm. There will be pumpkins, cookie decorating games, and other fun family activities. Tour our classrooms and meet our teachers and families. Hamline Child Development Center is located in the Hamline Methodist Church, 1514 Englewood Ave., and provides care and education for chil-

dren 16 months to kindergarten entry. For more information about the Fall Festival and Open House or their program, contact Angela Kapp at 651-645-1225.

Winter clothing donations sought

Jehovah Lutheran Church is gathering donations to help Congolese refugees and ex-convicts.

Needed are children's sweaters pants, jackets, hats, mittens, snowsuits, children's boots and similar items are welcome for Congolese. Mark donations for CEEDS, the Center for Employment and Education Development Services that helps refugees escaping years of civil war in that nation. The group has an office in the church.

Winter coats are needed, especially 2X and 3X sizes, backpacks and duffel bags for Crossing Home, a service that helps ex-convicts transition to new lives. Also needed are a dresser and a 10x15-foot carpet. Mark the donation for Crossing Home, which also has an office in the church.

Donations can be left in the church's donations corner to the left of the Thomas St. entry on Sunday mornings, or arrange another drop-off time by calling the church at 651-644-1421. Jehovah Lutheran is at 1566 Thomas. Receipts for tax purposes are available.

NAMI workshop scheduled Oct. 25

NAMI Minnesota (National Alliance on Mental Illness) will hold a free crisis planning workshop for parents of children with challenging behaviors or mental illness on Tues., Oct. 25, 6:30-8:30pm, at Northwest Como Recreation Center, 1550 Hamline Ave. N. Learn the role of county crisis teams, de-escalation techniques and how to create effective crisis plans. This workshop also provides information about resources in the community. For information or to register call 651-645-2948 or go to nami-helps.org.

Lending library surpasses goal

The St. Paul Tool Lending Library, scheduled to happen in the Midway neighborhood (755 N. Prior Ave.), had a successful crowd funding campaign. They surpassed their fundraising goal of \$12,910, bringing in a total of \$13,673. The Saint Paul Tool Library will be a membership-based nonprofit providing low-cost access to over a thousand home improvement tools. They will carry basic hand tools, power tools, ladders, and some

gardening tools. They also plan to offer access to a workshop space.

Monthly family support group

NAMI Minnesota (National Alliance on Mental Illness) sponsors free support groups for families who have a relative with a mental illness.

Led by trained facilitators who also have a family member with mental illness, the support groups help families develop better coping skills and find strength through sharing their experiences. A family support group meets at the Wilder Foundation, 451 Lexington Pkwy. N. on fourth Monday of the month (Oct. 24), from 6:30-8pm. There is free parking in the ramp. For more information, call Jennifer at 507-254-5524 or 651-645-2948.

Bazaar and dinner scheduled Oct. 15

Como Park Lutheran Church Fall Bazaar will be held Sat., Oct. 15, 9am-4pm at Como Park Lutheran Church, 1376 Hoyt Ave. W. The bazaar features craft tables, baked goods, lefse, pickles, kitchen items, knit and crochet items, and a coffee shop full of goodies!

Then, at the Church, Oct. 15 from 4:30-6:30pm, the Block Nurse Program Meatloaf Dinner Fundraiser will feature meatloaf, mashed potatoes, vegetable, salad, roll, and dessert, along with silent auction items to raise funds to support the block nurse program.

Hamlet to take stage in Nov. at Hamline

Hamline University Department of Theatre & Dance will begin its 86th season with "Hamlet" by William Shakespeare and directed by Hamline Professor Jeff Turner. Hamlet opens on Fri., Nov. 11 and runs Nov. 12, 17, 18, and 19. All performances are at 7:30pm in Hamline University's Anne Simley Theatre.

Considered one of the greatest plays of the modern epoch, Hamlet tells the story of a youthful prince confounded by the death of his father, the King of Denmark, and angered by his mother's sudden marriage to his uncle, the newly elected king. When the ghost of his father returns to urge Hamlet to avenge his foul and most unnatural murder, the play springs to life as the prince, consumed by grief, struggles to enact revenge with devastating consequences. Though written 400 years ago, it is a play that truly speaks to the anxieties and obsessions of our contemporary age. It holds a mirror up to nature reflecting the best and worst of human ex-

istence. Hamlet is centered on a deeply flawed young man who is worked into a frenzy of mania and madness as he attempts to do the right thing in an absurd and unjust world.

Tickets are \$2 for Hamline students, \$3 for ACTC students and staff, \$8 for adults and \$5 for outside students and seniors. Reservations are recommended and can be made through the Hamline University Theatre Box Office at 651-523-2905 or via e-mail at tickets@hamline.edu.

Local company received certification

Visual Communications, a business specializing in sign design, way-finding and experiential design, received national certification as a Women's Business Enterprise by the WBDC, a regional certifying partner of the Women's Business Enterprise National Council (WBENC).

WBENC's national standard of certification implemented by the WBDC is a meticulous process including an in-depth review of the business and site inspection. The certification process is designed to confirm the business is at least 51% owned, operated and controlled by a woman or women.

By including women-owned businesses among their vendors, corporations, and government agencies demonstrate their commitment to fostering diversity and the continued development of their supplier/vendor diversity programs.

To learn more about Visual Communications, please visit www.visualcomm.com or contact us at 651-644-4494.

Mayor-to-Mayor Conversation Nov. 2

Hamline University will host a mayor-to-mayor conversation with former St. Paul mayor, now professor of practice at the Hamline School of Business, Jim Scheibel, and R.T. Rybak who served as the mayor of Minneapolis from 2002-2014. They will be discussing the true meaning of living and serving in a community.

Rybak is a Minneapolis native, working for nearly 30 years in the real estate business, journalism, and publishing. He now serves as the president and CEO of The Minneapolis Foundation. Scheibel has served on many boards in an effort for community initiatives, including the Congressional Hunger Center, The Association of Metropolitan Municipalities, and was nominated by former President Bill Clinton to be the director of ACTION. Scheibel now serves as a professor of practice at the Hamline

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In Our Community

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School of Business, focusing on nonprofit management and public administration.

Mayor-to-Mayor will be held Wed., Nov. 2, 7-8:30pm at Hamline University, Klas Center, Kay Fredericks Room, 1536 Hewitt Ave. The program is free and open to the public. For more information go to www.hamline.edu/business/events/mayor-to-mayor.

Mark your calendar for Marketplace

Hamline Church Holiday Marketplace will be held 9am-3pm, Sat., Nov. 5 at the church, 1514 Englewood Ave. The event still needs small businesses, crafters, and direct sales folks to rent tables. Vendors keep all of their proceeds. St. Columba Women will be selling soup and desserts, and there will be a bake sale. Admission is free, but a non-perishable food item for the Keystone Food Shelf is appreciated. Santa may visit in the afternoon if everyone is good. Check the church website for up-to-date vendor lists. Email hamline-women@gmail.com or call 651-646-3473 with questions.

Jehovah starts fellowship dinners

Jehovah Lutheran Church is hosting fellowship dinners from 5:30-6:30pm on Wednesdays through Nov. 16. The suppers are free, but a donation of \$3 for adults and \$2 for children is welcomed. Leftovers will be donated to Rezek House and Safe House in St. Paul, Lutheran Social Services facilities that shelter homeless youth. The church is at 1566 Thomas Ave. The Wednesday suppers are in the downstairs fellowship hall.

La Leche Group scheduled Nov. 8

The next meeting of the Como-Midway La Leche Group will be on Tues., Nov. 8. All expectant and nursing mothers are invited to attend with their babies and toddlers to discuss breastfeeding and mothering issues. Call Heidi at 651-659-9527 for more information.

Co-ed Drum Circle planned Oct. 28

The Women's Drum Center, 2242 University Ave. W., will present a Co-ed Drum Circle on Fri., Oct. 28, 6:30pm. Percussion, rhythm, and freedom of expression will be explored. The cost is \$10 at

the door, and all experience levels are welcome. Drums are provided. Info and registration can be found at www.womensdrumcenter.org.

Spaghetti Dinner scheduled Oct. 22

The Rice Street Athletic Club will hold its annual Spaghetti Dinner on Sat., Oct. 22, 4-7pm, at St. Bernard's Parish Center (Rice and Geranium). Tickets cost \$8. All proceeds benefit youth athletics in the North End area.

Plan now for annual sauerkraut supper

Mark your calendars now for the Annual Sauerkraut Supper put on by the Men's Club at St. Stephanus Lutheran Church. The supper, a tradition for over 50 years, will be held on Sat., Oct. 29, 5-7 pm at the church, located at 739 Lafond. Cost is \$10 for adults, \$5 for children 5-12, and free for children under 5. Supper includes pork loin, mashed potatoes, green beans, bakery bread, and dessert served family style.

For further information, call the church at 651-228-1486.

Baby zebra gets named Krump

As a tribute to long-time Como Park Zoo & Conservatory volunteer and Korean War Veteran Frank Krmpotich, Como Zoo's baby zebra now has a name--"Krump."

Krmpotich (pronounced krump-a-vich), of Roseville, passed away unexpectedly at the age of 84 on September 14. Krmpotich volunteered as a Visitor Greeter at Como for 21 years. He always came to his volunteer shift early with a bag of Pearson Mints, walking from desk-to-desk, person-to-person, handing out the treats with a friendly wave, large smile, and a quick joke.

"Everyone loved Frank," said Michelle Furrer, Como Park Zoo & Conservatory Director. "Whether he was handing out Pearson's Mints to the staff, or pennies to the kids, he always looked like he was having the greatest time. He will be missed terribly by everyone at Como."

Baby zebra Krump was born Sept. 3. He was the second baby zebra born in a two-month time span. Along with Krump and Krump's mother Thelma, Como Zoo is home to 3-month-old Savanna, Savanna's mother Minnie, and Ulysses, the father to both

young offspring.

The zebra herd can be seen by the public in the Zebra and Kudu exhibit 365 days a year.

Corrections course starts Oct. 31

A six-week Course in Correctional Services will be held on Monday nights, 7-9pm, beginning Oct. 31 at Concordia University, 275 N. Syndicate St. This course is free for those who do not wish college credit. No prerequisites are involved. Lay people, pastors, and priests of all denominations are welcome.

Jim Seemann, Ph.D. will provide a general overview of strategies to help those who are incarcerated and redemption within the context of the Christian Gospel and to mentor and provide support for those who come to faith. A diverse group of preachers, missionaries, and former prisoners will serve as guest speakers on some topics which are sure to challenge and to provide fresh perspectives to this age old problem.

The text will be supplied for free. Online learning is also available. To reserve a seat contact seemann@csp.edu.

Keystone offers monthly events

The Keystone Senior Center, located in the Merriam Park Community Center, 2000 St. Anthony Ave., offers a variety of programs for seniors in the community. Here are a few ongoing events along with others scheduled for the coming weeks. (Unless noted otherwise, these programs meet at the Merriam Park Community Center. Call 651-645-7424 for more information.)

Beginners Bridge Lessons. For the complete beginner! Five Thursdays, beginning Oct. 13, from 10:30am to noon. The cost for the series is \$5. Call 651-645-7424 to register.

Stick Walking. Bring your walking sticks and join the group! Thursdays from 10-11am through the end of October (weather permitting). The group generally starts from the Merriam Park Community Center. Call first and let us know you'll be joining us, 651-645-7424. Free.

Health Insurance/Medicare Counseling. Free health insurance counseling from certified counselors available by appointment at the Merriam Park Community Center, 2000 St. Anthony Ave. One-hour appointments from 10am-1pm, Thursdays, Oct.

20, Nov. 17, and Dec. 15. Call 651-645-7424 for an appointment.

Foot Care Available on the First Monday of Every Month. Half-hour appointments are available on the first Monday of every month by appointment (call 651-645-7424). Cost is \$20 per session.

Blood Pressure Checks. Merriam Park Community Center has a blood pressure check station available every work day during office hours. Staff members will assist you if necessary. Call 651-645-7424 if you have questions.

Arthritis Exercise. Licensed Arthritis Foundation instructors provide low-impact, joint-safe classes which help reduce pain, relieve stiffness, and increase flexibility. Join the group on Tuesdays and Thursdays through November 15 from 11am to noon. Cost is \$1 per class. Call 651-645-7424 to register or drop in.

Fit and Fabulous Exercise. For everyone over age 50 of all abilities. Classes include stretching, warm up, endurance work, cool down, guided relaxation, and fun. Mondays, Wednesdays, and Fridays, 10:30-11:15am. Cost is \$10 per month or \$25 per year for Silver & Fit members. Call 651-645-7424 for more information or simply drop by.

Meals on Wheels/ Receive nutritious, delicious meals at your home. Fresh, hot, cold, or frozen meals are available every week day to all who need nutritious food in their lives. Cost is based on a sliding fee. Call Keystone Community Services at 651-645-7424 for more information or to sign up for meals.

Clovia Marketplace planned Oct. 14-15

The Beta of Clovia Marketplace will be held Oct. 14, 9am-7pm and Oct. 15, 10am-noon, at the Continuing Education Conference Center, 1890 Buford Ave.

All items are handcrafted or repurposed by Clovia members and alumni. Check out the quilt raffle and shopping items like specialty foods, woven rugs, holiday items, nature crafts, home decor, tot shop, accessories, antiques, and collectibles.

The Beta of Clovia Market-

place, formerly known as the Clovia Bazaar, is held every other year to raise money to support cooperative living by the members of the Beta of Clovia Sorority on the St. Paul Campus of the University of Minnesota.

Local student receives recognition

Maasia Apet, a student at Murray Middle School, was selected as a top 300 semifinalist in the Broadcom MASTERS national middle school science and engineering competition.

Apet was selected for this honor from a pool of 2,343 entrants and more than 6,000 nominees from affiliated science fairs across the country. Broadcom MASTERS® is considered one of the nation's most prestigious Science, Technology, Engineering and Math (STEM) competition for middle school students

Book Festival runs Oct. 14-15

The Twin Cities Book Festival will take place Fri., Oct. 14 and Sat. Oct. 15 in two buildings at the Minnesota State Fairgrounds.

The Friday night Opening Night Party is a ticketed event, followed by a talk that is free and open to the public.

Saturday's all-day book fair from 10am to 5pm is free and open to the public and features over 100 publishers, magazines, literary organizations, authors, and others.

The Twin Cities Book Festival is the largest literary gathering in the Upper Midwest. For more information and updates, visit www.raintaxi.com/twin-cities-book-festival.

Sen. Marty publishes book on healthcare

"Healing Health Care," a new book Minnesota state senator John Marty (Dist. 66), sets forth details, with a concrete legislative proposal, of how a truly universal health care system would be designed, governed, and implemented. Marty maintains this is

Continued on page 13

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RAMSEY COUNTY
Elections Office

In Our Community

Continued from page 12

the first book that spells out what a well-designed, comprehensive health system would look like, why we need it, and why current "reforms" are making things more bureaucratic and expensive.

While Marty uses a state-specific "Minnesota Health Plan" as a model, he believes this book provides a blueprint for people across the country who are eager to create a health care system that works. The author has presented the legislation in several legislative committee hearings in the past and intends to pursue it further using the "state innovation waivers" available beginning in January 2017 under the Affordable Care Act.

Marty maintains that this book offers a realistic plan to create health care for all, not health insurance for some. He said it provides the most complete, well-researched, thoroughly documented proposal for a system that saves money and covers everyone.

"People who read this short book cover-to-cover will come away with a fundamentally different understanding of our health care crisis, and a belief that we really can fix our health care system," Marty said.

"Healing Health Care" will be available in PDF, Kindle, or ePub formats, and you can read excerpts at mnhealthplan.org/press.

Marty is a thirty-year member of the Minnesota Senate who is a strong advocate for government ethics, universal health care, and environmental protection.

Little Mekong Plaza opens outdoor space

Mayor Chris Coleman and other city leaders recently celebrated the grand opening of Little Mekong Plaza, a vibrant outdoor gathering space along the Green Line in one of Saint Paul's most culturally diverse neighborhoods. The new green space – which includes public art, decorative water features and a bridged walkway – will host some community events each year. It replaces a building that had been vacant since 2006 and is one of the first privately owned public spaces on University Ave.

Located near the intersection of University and Western avenues, Little Mekong Plaza reflects the Hmong, Vietnamese, and other ethnic and immigrant communities that live and operate businesses in the area.

"Hosting everything from dances to performances and even some delicious traditional food, Little Mekong Plaza will be a valuable asset for our community," said Va-Megn Thoj, executive director of the Asian Economic Development Association. "We have an incredible opportunity to create an inviting, inclusive place that celebrates cultural diversity."

Vote early; just make sure to vote!

Ramsey County voters have several options for voting in the presidential election before Election Day (Nov. 8), either by mail or in person.

Voters who prefer to vote by

mail can apply for a mail ballot at mnvotes.org, or can contact Ramsey County Elections (www.ramseycounty.us) to request an application. Mail voters should allow at least four days to receive and return their mail ballots. The voted ballots must be received by Ramsey County Elections no later than Nov. 8.

Voters who prefer to vote in person can cast an absentee ballot during normal business hours at Ramsey County Elections (90 Plato Blvd. W. Saint Paul 55107) through Oct. 31. Residents of Maplewood, Shoreview, Little Canada, New Brighton, and Lauderdale may cast absentee ballots in person at their city hall during the same period.

Voters who prefer to place their ballot directly into the ballot box may vote early from Nov. 1 through Nov. 7 at Ramsey County Elections. Voters should check rcelections.org for details.

Complete information for voters who would like to vote by mail, vote in person by absentee ballot or vote early is available at rcelections.org, or by contacting Ramsey County Elections at elections@co.ramsey.mn.us or 651-266-2171.

Sign up for Police notification

The St. Paul Police Department has a new tool to notify the public of emergency situations. In cooperation with Ramsey County, the department now can quickly send emergency alerts to residents, businesses and people who frequently visit St. Paul.

The Emergency Notification System is a free service to which people can subscribe. The system will call, send text messages or email subscribers, alerting them of developing situations that immediately affect the areas in which they live, work or visit.

The alert system will only be used for incidents where there is an imminent threat to health and safety, such as active shooter events, in-progress searches for violent suspects or anything that immediately impacts public safety and awareness is urgently needed to aid law enforcement. The alert is geographically specific and will only notify people in the area who could be affected by the event. Anyone interested in receiving alerts must sign up by going to stpaul.gov/publicsafety/alert.

Messages will be sent to the subscribers through their preferred communications channel—cell phone, SMS (text), home phone, email, to ensure real-time access to potentially lifesaving information. Land line phones in the area of an emergency will all receive the emergency notifications whether they are signed up or not.

Theater classes set at North Dale Rec

Homeward Bound Theatre Company will offer theater classes at the North Dale Recreation Center, 1414 St Albans St. N.:

"Mother Goose Tales," Sat., Nov. 5, 9:30-10:15am, three through five-year-olds will act out their favorite tales from a time long ago in this fun, whimsical class. We will take turns acting out these treasured tales of a time gone by like "Three

Little Pigs" or "Simple Simon."

Also on Nov. 5, 10:30am-noon, "Where the Wild Things Are" will have six through eight-year-olds learning creative dramatics and movement with fun and focus. Students will develop individual imagination and group cooperation acting out of children's literature

"Adventures with Raggedy Ann and Andy," Sat., Nov. 12, 9:30-10:15am, finds three through five-year-olds acting out the mischievous antics and adventures of Raggedy Ann and Andy, the dolls and their delightful band of stuffed animal friends that come to life when no humans are present.

"Dr. Seuss and Me," Sat., Nov. 19, from 9:30-10:15am, where three through five-year-olds will act out their favorite Dr. Seuss stories like "The Cat in the Hat" or "Green Eggs and Ham," recreated for family and friends! Participants experience will include warm-up games, theater exercises, and movement.

Homeward Bound Theatre also offers several 3-week theater classes on Thursdays, Oct. 27, Nov. 3 and Nov. 10. They are:

"Storytelling & Acting," 3-4:30pm, where 15 through 18-year-olds will learn how to mesmerize their family and friends with a way of telling stories that will bring the characters and happenings to life. Imagination games and acting exercises will help everyone discover parts of their personality they rarely explore. No previous acting experience is required.

"You're On Stage," 5:30-7pm, will find 13 through 16-year-olds focusing using their body movements, facial expressions and voice to build character development and portrayal. Budding actors will play with and explore their imaginations to learn how to reach their hidden talents with these scene staging and acting techniques.

"Acting is Fun," 1:15-2:45pm, will have adults through seniors re-experiencing the exhilarating freedom they may not have felt since they were children! Imagination games and exercises will help students discover parts of their personality rarely explored. No acting experience necessary!

For more information and cost of registration call St. Paul Parks and Recreation at 651-558-2329 or register online at www.stpaul.gov/activityregistration.

Adults need to check their vaccines too!

Vaccines are an important part of keeping kids healthy but did you know that adults need vaccines, too? Even if you were fully vaccinated as a child, your protection from certain diseases wears off.

All adults need a yearly influenza vaccine. Get one dose of tetanus-diphtheria-pertussis (Tdap) vaccine if you did not get it as an adolescent. Then, get tetanus-diphtheria (Td) vaccine every 10 years after that.

Adults also need vaccines at certain ages, like human papilloma virus (HPV), measles mumps rubella (MMR), zoster (shingles), and pneumococcal vaccines. You may also need varicella (chickenpox) vaccine if you never had chickenpox and haven't been vaccinated against it.



Recreation Center Activities

Registration for Fall Classes/Activities for Langford, Northwest Como, and North Dale Recreation Centers is now open. Here is what's beginning soon. Check your local recreation center for the whole fall offerings. To Register for activities you can: call the center, go to the center; or online at stpaul.gov/activityregistration.

Northwest Como Rec Center, 1550 Hamline Ave. N., 651-298-5813

- Senior Gamers, for adults, on Tues., 1-3pm
- Art: Wine & Cheese & Art, on Mon., Dec 5, 7-9pm
- Mental Health Crisis Planning for Families, on Tue., Oct 25, 6:30-8:30pm
- Girls Are Powerful, ages 7-14, on Fri., Oct 21, 1:30-3:30pm
- Let's Sing Together, ages 10-13, on Tue., Nov 1-Dec 13, 3:30-4:30pm
- Slime Time, ages 5-12, on Fri., Nov 11, 3:30-4:30pm
- Crazy Action Contraptions, ages 6-12, on Mon., Nov 7-21, 3:30-5pm
- Dance Classes, ages 3-17, on Wed., Nov 2-Dec 14

North Dale Rec Center, 1414 St. Albans St. N., 651-558-2329

- Signing With Your Baby, on Wed., Nov 9-Dec 7, 6:30-7:15pm
- Relaxation and Floral Arranging, on Sat., Oct 15, 9:30-11:30am
- Acting is Fun for Adults, on Thur., Oct 27-Nov 10, 1:15-2:45pm
- Pilates/Mind/Body/Strength, on Mon/Wed, 7:15-8:15am
- Babysitting Training, ages 11-17, on Fri., Nov 18, 9am-4pm
- Where The Wild Things Are, ages 6-8, on Sat., Nov 5-Nov 19, 10:30am-Noon
- Storytelling & Acting, ages 15-18, on Thur., Oct 27-Nov 10, 3-4:30pm
- You're On Stage, ages 13-16, on Thur., Oct 27-Nov 10, 5:30-7pm
- Electronic Game Design, ages 7-12, on Sat., Nov 5-19, 10am-Noon
- Adventures With Raggedy Ann and Andy, ages 3-5, on Sat., Nov 12, 9:30-10:15am
- Dr. Seuss and Me, ages 3-5, on Sat., Nov 19, 9:30-10:15am
- Mother Goose Tales, ages 3-5, on Sat., Nov 5, 9:30-10:15am
- Parent and Tot Play Time, on Mon/Wed/Thur, 9am-Noon
- Halloween Fest, ages 12 & under, on Fri., Oct 28, 5-7pm. Come in costume.
- Halloween Hang Out, ages 13-17, on Mon., Oct 31, 6-8pm

Langford Rec Center, 30 Langford Pk., 651-298-5765

- Zumba for adults, on Thur., Oct 27-Dec 8, 8-9pm
- Fun With Music, ages 3-5, on Thur., Oct 27-Nov 10, 10:30am
- Tot Time, ages 1-5, on Thur., 9-10:30am
- Soo Bahk Do, ages 5-Adult, on Thur., 5:30-6:30pm
- Art: A Day With Monet, ages 5-12, on Fri., Oct 28, 10am-3pm
- Robotics 101, ages 7-12, on Mon., Nov 7-21, 6-7:30pm
- Rock Band Jam, ages 12-15, on Fri., 6-7:30pm
- Adult/Senior Walking, on Fri., 1-2pm
- Gym Bowling for seniors, on Fri., 9:30-11am

To Register or inquiries on fees, you can call the recreation center, go to the center or online at stpaul.gov/activityregistration.

Pregnant women should get an influenza and whooping cough (Tdap) vaccine. Pregnant women can get very ill from influenza, which can lead to hospitalizations and death. Whooping cough is a very contagious disease that can be deadly for babies. Influenza vaccine can be received anytime during pregnancy, and the whooping cough vaccine should be received near the end of pregnancy (third trimester). Getting these vaccines during pregnancy will better protect the baby against these diseases in the first months of their life.

You may need additional vaccines if you have long-term health conditions, are traveling outside of the United States, or because of other factors that put you at risk

of disease. Talk to your health care provider about vaccines you may need.

Don't let cost stop you from getting vaccinated. Most health insurance plans now pay for the cost of recommended vaccines. Call the number on the back of your insurance card if you are not sure about your plan. If you don't have health insurance or if your insurance doesn't pay for certain vaccines, you can receive free or low-cost shots at certain clinics located throughout Minnesota. Find a participating clinic at www.health.state.mn.us/divs/idepc/immunize/adultvax/clinicsearch.html.

For more information on what vaccines you may need, visit www.health.state.mn.us/divs/idepc/immunize/adult/adultsneed.html.

The Hamline Midway Library, 1558 W. Minnehaha Ave., is brimming over with an unusually rich array of arts programming, storytimes, and book club meetings this October and November. As the weather cools and the fall leaves blow, be sure to stop at the library for a soul-warming dose of inspiration, learning, and community.

Preschool Storytimes galore

Evening/Pajama Storytimes in English will be happening every Tuesday evening from 6:30-7pm in October and the first two Tuesday evenings in November. PJs, blankets, and favorite stuffed animals are all welcome at these family events. Upcoming dates are Oct. 18, 25 and Nov. 1 and 8. The library also offers a weekly daytime Preschool Storytime in English on Fridays from 10:30-11am. Upcoming daytime storytimes happen on Oct. 14, 21, 28 and Nov. 4 and 18.

Book clubs foster love of reading

The **Baby Boomers and Better Book Club** will meet Sat., Oct. 15, 1-2pm, to discuss Garrison Keillor's "Lake Wobegon Days." The club is presented in partnership with Hamline Midway Elders.

The **Teen Book Club** also meets on Oct. 15, 3-4pm and Nov. 12, 3-4 PM, to discuss graphic novels, "Battle of the Books," "Read Brave," and more. The group is intended for readers in grades 9 and up.

The **Show and Tell Book Club** meets Sat., Nov. 5, 1:30-2:15pm. It's a great opportunity for readers in grades 2-4 to share their favorite books, enjoy

News from Hamline Midway Library

By CARRIE POMEROY

Fostering a love of reading in all their activities

snacks, and celebrate reading through conversation and activities. New members are always welcome!

The **Saints and Sinners Mystery Book Club** will meet Sat., Nov. 5, 1-2pm to discuss a good mystery. Contact G. Balter for book list or more information at gerribalter@gmail.com or 651-224-5570.

Arts and science programming

During MEA week, the library will host a few different programs to keep kids busy when they're out of school. On Thur., Oct. 20, the library presents "Stay Play MEA: Blues for Kids" with presenter Jim Stairs, a workshop that teaches kids of all ages the joy of Blues music. The workshop is custom-designed to suit the audience and can include guitar, harmonica, piano, vocals, or Blues history. To register, stop in at the library, email Aura at aura.scherbel@ci.stpaul.mn.us, or call 651-642-0293.

"Peaceful Explorations: Exploring the World Through Music, Movement, and Storytelling" comes to the library on Thur., Oct. 27, 6:30-7:30pm. In this special program, families can enjoy learning about the seasons and living peacefully through storytelling, movement, and music. It might be just the thing



families need in this hectic election cycle, so come check it out!

On Mon., Nov. 7, 6-7pm, Russell Harris presents "Mini Masterpieces: Bubblemancy," an art workshop for preschoolers and their families. Participants can learn the science of bubbles and have a chance to experiment with what becomes possible with bubbles once they understand how bubbles work. Attendees

will even make bubble art to take home!

The preschool arts series continues on Mon., Nov. 14, 6-7pm, with "Mini Masterpieces: ArtStart," in which participants make art with discards, scraps, and other recycled material, and on Mon., Nov. 21, 6-7pm, with "Fingerprint Art."

Science Saturday takes over the auditorium on Sat., Nov. 12, 1:30-3:30pm, with "Pop Ups!" School age kids and their families can play with tension and springs to make their own pop-up assemblages at this fun hands-on event.

Film fun

On Fri., Oct. 21, 3-5pm, the library will show a special movie for teens, director Barry Sonnenfeld's sci-fi comedy "Men in Black."

Jody's Documentary Film Series continues on Wed., Oct. 26, 1-3pm, with a showing of the PBS POV documentary "What Tomorrow Brings," directed by Beth Murphy. The film invites viewers to visit the first all-girls' school in a remote Afghan village and offers an astonishing look at the courage it takes to challenge tradition and custom. This event is a collaboration of the award-winning documentary series POV, the Hamline Midway Elders, and

the library. Come for the movie and the snacks, stay for the lively discussion afterward!

On Sat., Oct. 29, 2:30-4:30pm, the library will host a matinee showing of the original 1984 "Ghostbusters," directed by Ivan Reitman.

Poetry and exercise for adults

On Wednesday afternoons in November, writer, therapist, and teaching artist Naomi Cohn will present *Known By Heart*, a two-part series of poetry workshops for adults. On Nov. 2, 1-3pm, Cohn presents "Writing Home: Building Blocks of Poetry," guiding participants in exploring the theme of home through poetry. Whether you're new to poetry or have been writing all your life, you are welcome! The series continues on Wed., Nov. 9, 1-3pm, with "Writing Haiku." The Knight Foundation, the Friends of the St. Paul Public Library, the Saint Anthony Park Community Foundation, and the Hamline Midway Elders, have all contributed to make this poetry series possible. Registration begins Oct. 17.

On Thursday mornings in November, the library will offer Chair Yoga, a class in which all movement is done while seated or standing while using a chair for balance. This class is taught by Nancy Giguere and co-sponsored by Hamline Midway Elders. Upcoming classes are on Thur., Nov. 3, 10, and 17, 10:30-11:30am.

Library closures

The library will be closed all day on Nov. 11 for Veterans Day and on Nov. 24 for Thanksgiving, so be sure to plan your book runs accordingly!

Classifieds

Monitor

Want ads must be received by the Monitor by Oct. 31 for the Nov. 10 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Monitor's website at www.MonitorSaintPaul.com

Monitor Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to Monitor Classifieds, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the Monitor by Oct. 31 for the Nov. 10 issue. Ad copy can be e-mailed to denis@deruyternelson.com. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Monitor's website at www.MonitorSaintPaul.com

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- **Teaching Assistants**

Interested candidates can view these and other position descriptions and requirements at <http://hr.spps.org/Applicants.html>

Saint Paul Public Schools is an Equal Opportunity Employer and supports workplace diversity.



South Washington County Schools, serving the communities of Cottage Grove, Newport, St. Paul Park, Woodbury, Afton, Denmark and Grey Cloud Townships is now accepting applications for the following positions:

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PARAPROFESSIONAL SUBSTITUTE – Work directly with regular or special education, can choose your schedule; starting base wage \$12.65 per hour

BUS DRIVERS – Safely transports students to and from school; starting base wage \$15.84 - \$19.75 per hour

NUTRITION SERVICES – Prepare and serve breakfast and lunches for students; starting base wage \$13.44 per hour

See our web site for specific job information and to apply:

www.sowashco.org

EOE

Hamline Elementary School

By JESSICA KOPP

3rd Annual Hamline Elementary Fall Festival a success

Big thanks from the whole Hamline Elementary community to their friends and neighbors for sharing a beautiful Saturday afternoon at the 3rd Annual Hamline Elementary Fall Festival. It took an awesome show of com-

munity support from beginning to end to make this happen, and they are so grateful to the local organizations, businesses, and neighbors who helped out in ways both big and small. Hamline Elementary loves the neigh-

borhood and reports that they had the best time celebrating with everyone. They are already looking forward to next year!

(Photos of the Festival below by Hamline Elementary parents)



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AA/EOE

Neighborhood celebrates Prior Bridge re-opening

Story and photos by MARGIE O'LOUGHLIN

In an ambitious summer of road repair, nine St. Paul bridges across I-94 experienced partial or full closure this summer. The budget for the project was \$4.3 million and included bridge repair at Pelham, Cretin, Cleveland, Prior, Pascal, Hamline, Lex-

ington, Victoria and Dale streets and avenues.

The longest closure was expected to be Prior Ave., and it was. For four months beginning Apr. 27, the Prior Ave. Bridge was closed for an overhaul that included a full deck replacement, new railings, and improved lighting.

The neighborhood celebrat-

ed the bridge's re-opening at Merriam Terrace Park at with activities for all ages just before the bridge opened to traffic at 8pm Aug. 30.

Kevin Walker, MnDOT communication and engagement director, said, "This was a chance for us to say 'thank you' to the neighborhood residents and

business owners, the Union Park District Council and the Merriam Park Recreation Center. Everyone has been supportive and very patient."

"In advance of the project," Walker explained, "we talked with every nearby business owner about the possible impact this closure might have. The original

Prior Ave. Bridge was built in 1966. We expect this one to last another fifty years."

Walker said that the "Prior Ave. Bridge reconstruction is part of the City of St. Paul's Bike Plan. With its spacious bike lanes and buffers, it will provide a safe north-south route for bikers for years to come."



Crews worked up until the last minute marking and taping lane dividers. The new bridge has 10' wide sidewalks, 6' wide bike lanes and 6' wide buffers in both directions and 12' wide lanes for automobiles.



Above: Terry Barnes (left) and Lili Zoltai (right) explore the new bridge. The Prior Ave. Bridge was one of nine bridges undergoing repair across I-94 between Pelham Blvd. and Dale St. this summer.



At the Prior Ave. Bridge Community Social, bikers of all ages decorated their bikes. Free bike tune-ups were offered by the Express Bike Shop. A social enterprise of Keystone Community, they reinvest 100% of their proceeds into their urban apprenticeship program - developing the work, leadership, and entrepreneurship skills of neighborhood youth.



Left: One of two bands performing was Eli's Sons, local "public figures" as they like to call themselves, and solid musicians playing around town.

Bridges in St. Paul

- 331 bridges in the City, on or over a roadway system
- Nine river crossings over the Mississippi River
- Highest bridge: Smith Ave. Bridge (160' above the Mississippi River)
- Longest Bridge: Lafayette Freeway (3,709' long)



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