

You eat vegetables right? So, you're already eating vegan.

So points out Colin Anderson, owner of the only vegan grocery store and bodega in the Twin Cities

By TESHA M. CHRISTENSEN

There are neighbors to Eureka Compass Vegan Food (629 Aldine St.) who walk their dogs past every day, but have never stepped foot inside the vegan bodega.

Owner Colin Anderson thinks they should and knows they'll find something they like.

"You eat vegetables, right?" he asks the people who don't think eating at a vegan place is for them.

It's a neighborhood bodega

Since opening his corner store, Anderson has been a one-man shop, manning the grill, creating vegan and gluten-free recipes, doing the books, stocking the shelves, and bantering with customers. Over two and a half years since opening, Anderson estimates that he has made 2,500 items – never repeating a recipe.

Anderson is modeling his corner store off the beloved bodegas of New York City, first made popular by Puerto Rican immigrants in the 1940s and 50s.



Eureka Compass owner Colin Anderson doesn't think the term "vegan" should scare people away from his bodega, and he thinks everyone will find something they'd like. (Photo by Tesha M. Christensen)

These small convenience stores sell staples, accept packages and hold onto keys for visitors in lieu of doorman. But more than that, they're neighborhood landmarks whose charismatic staff can point you to the best handyman and best tacos in the area.

"I love this neighborhood," observed the 12-year resident

who more often than not has a punk rock album playing in the bodega. "I love being a spot where neighbors come and just talk, where they strike up a conversation with someone they've never met before. We're both at Eureka. That's really all you need to start a conversation."



He launched a Patreon page

Anderson has recently launched a Patreon page to expand the reach and impact of his mission by sharing the stories and lessons of his journey to make veganism more accessible and achievable for all who wish to progress towards more compassionate and conscious habits of consumption.

With this crowdfunding membership platform, people can pledge as little as \$2 a month for access to recipes, interviews, and behind-the-scenes insights. Those at \$5 a month or more get access to instructional cooking

videos too, and the benefits increase with each level of support.

Part of this is in response to Anderson's customers telling him they wished they had just recorded their conversation to show a friend or parent. Plus, the Patreon site allows him to show deeper and more emotional content than what he posts on Facebook or Instagram.

Right now there are about 30 subscribers. "It's been a very helpful outlet for me to express myself more honestly," said Anderson.

It was what he wanted to see, so he started it

Three years ago, Anderson and his wife, Erin Parrish, took a 10-year anniversary trip. While driving the coast from Los Angeles to Portland, they ate at a bunch of different vegan places. Anderson was thrilled to find vegan options outside Indian restaurants.

VEGETABLES >> 6

HAMLIN ELEMENTARY AND HAMLIN UNIVERSITY CONNECTION

Two schools strengthen their longstanding partnership

By MARGIE O'LOUGHLIN

There's only one thing that separates Hamline Elementary and Hamline University, and that's Snelling Avenue.

Last year, the two neighboring schools agreed to expand an educational partnership they began in 1991 (the partnership actually began over 100 years ago but became official in 1991).

Dozens of Hamline University students are in Hamline Elementary classrooms every week working as tutors, mentors, and student teachers. Hamline Elementary students regularly engage in enrichment activities offered at Hamline University, such as all 4th and 5th graders learning to swim in the campus pool.

The result is an innovative model that brings best practices in educational theory, research, and direct experience to students in both institutions.

Hamline Elementary is called a Collaborative Learning University School. Principal Kristin Reilly said, "There isn't another school like ours in the state. We are building the program in

the two schools simultaneously. We share a tremendous learning synergy."

How did this all come about?

Reilly said, "When Hamline Elementary changed from a language academy to a community school a few years ago, our enrollment decreased. We were in that place of needing to find a new identity. Our staff, our parent group, and community members had many conversations about how to increase enrollment. We decided to deepen what already existed: our longstanding partnership with Hamline University."

She continued, "The new Hamline Elementary program builds on an Inquiry-Based Learning Model rooted in curiosity, asking questions, and following an active path toward learning. School staff and all of the education partners at Hamline University use this model to help students meet their individual learning styles and needs.

TWO SCHOOLS >> 5



Felipe Vasquez (left) is a freshman at Hamline University majoring in education/psychology. He is one of more than 90 HUI students who tutor at Hamline Elementary, tailoring instruction to small groups and lowering adult to student ratios. Fifth grader Isabella Martinez Rodriguez (right) practiced her reading. (Photo by Margie O'Loughlin)



Get to know some foodies who are mixing things up

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Overcoming challenges, trying new things, and building community

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Lawns to Legumes – saving the Rusty Patch Bumblebee and others

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PRACTICING WHAT THEY PREACH

CRWD building showcases native plantings, pocket park, rain gardens, tree trenches, permeable pavement, and more

By MARGIE O'LOUGHLIN

Capitol Region Watershed District (CRWD) held its Grand Opening Celebration on Friday, Oct. 11. The new headquarters are located at 595 Aldine St. Following a ribbon-cutting ceremony, guests enjoyed local food from Los Ocampo, live music by the Americano Trio, art-making, kids' activities, and building tours. CRWD broke ground on its new building in May 2018.



Emily Baskerville (right) and Suzy Lindberg (left) explored the outdoor, interactive water feature. Both are connected to CRWD through their work at Houston Engineering, and were pleased to see how the new headquarters reflects CRWD's commitment to the arts and community. Lindberg said, "CRWD makes me proud of our St. Paul water." (Photo by Margie O'Loughlin)

The transformed site includes a pocket park with a water feature, native plantings, and an interactive educational exhibit on the corner of Thomas Avenue and Aldine Street. Also visible are rain gardens, tree trenches, and permeable pavement. These features do the good work of collecting and cleaning rainwater by allowing it to soak into the ground, rather than creating storm water runoff.

Administrator Mark Doneux, said, "Our mission is to protect, manage and improve the water resources of Capitol Region Watershed District. The work of CRWD has grown immensely over the past 20 years. We are excited to be able to demonstrate best practices for managing storm water runoff here at our new office."

Building tours showcased a rainwater capture system including a 3,000-gallon cistern, local art, reclaimed wood from nearby Willow Reserve, solar panels and many other sustainability features. The Backyard Phenology Project's Climate Chaser was on site with their mobile lab to record and share stories of people's observations about the changing climate.

DID YOU KNOW...

CRWD, established in 1998, covers 40 square miles and includes portions of Falcon Heights, Lauderdale, Maplewood, Roseville and Saint Paul. CRWD is governed by a five-member Board of Managers that works to protect, manage and improve the water resources of the watershed district.



Janice Erickson (holding daughter Azalia) attended the grand opening with her family on Oct. 11. Her sons Rocky and Alexander are photographers participating in the "Our Sacred Water" exhibit, which received a Partner Grant from CRWD and was shown, in part, at the grand opening event. (Photo by Margie O'Loughlin)



Midway resident Anna McLafferty said, "We can't survive without healthy water. CRWD is helping to reduce the negative impact of people on the environment. We live in the neighborhood and our kids love the pocket park, especially the pond." (Photo by Margie O'Loughlin)



Phyllis Panzer (left) attended the event with her son-in-law, Jordan, and grandson, Cooper. She said, "I'm here to celebrate that business and industry care enough to partner in the management of local water resources." (Photo by Margie O'Loughlin)

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Committee to review stadium parking, traffic

By JANE MCCLURE

As the first season of Major League Soccer ends in St. Paul, Allianz Field neighbors are reviewing traffic and parking issues as well as potential changes. Ideas are raised with an eye toward improvements before game start in 2020.

Hamline Midway Coalition is looking at issues, with a discussion planned at its November Transportation Committee meeting.

Union Park District Council (UPDC) Transportation Committee members weighed in in September, with a discussion at its October board meeting about the University of St. Thomas-St. John's University game Oct. 19. It was the first football game played at the new stadium.

Soccer, for its part, ended the regular season Sept. 29.

Area district councils have heard complaints about spill-over parking and traffic. Hamline Midway Coalition Executive Director Kate Mudge said complaints have also been received about police not responding to calls about illegally parked vehicles. That's an issue the district council will take up in November. Requests for residential permit parking are also expected to move ahead.

What happened this season

Pre and post-game periods resulted in heavy motor vehicle traffic on arterial and neighborhood streets, with traffic tie-ups north and south of University Ave. For the most part, a post-game rush meant that most fans were out of the area about an hour after games ended. Trains and buses have been full all season, and sidewalks filled with people walking to and from games.

Changes were made as the season went on to deter cut-through traffic in some locations, open business access to Midway Center and Midway Marketplace, and improve pedestrian safety along Snelling and University

avenues. Changes were made to better direct pedestrians at Snelling and Spruce Tree Drive. Some temporary barriers around the stadium will be replaced next year with permanent structures and landscaping. Traffic on neighborhood streets won't be affected.

Transit usage worked out as predicted, especially on Green Line light rail. Hallstrom said that use of the state fairgrounds for parking hasn't panned out as predicted so use of that area for parking may be discontinued.

The city's plans for parking and traffic control on game days worked well for the most part, said St. Paul Police Department Commander Kurt Hallstrom. Hallstrom, who was recently moved to the police department's East District as a senior commander, agreed to continue working with West District police during the soccer season. Someone else will lead police-stadium efforts in 2020.

Committee being formed

Observations from 2019 will inform a planned advisory committee. Mayor Melvin Carter's office recently asked the two district councils and other groups to appoint representatives to the Allianz Field Traffic Management Advisory Committee. The final stadium traffic mitigation plan, which was called for in a 2016 alternative urban areawide review or AUAR, included the establishment of the committee of public and private stadium stakeholders. The advisory committee is to make recommendations concerning potential modifications to the traffic management plans over time.

According to information from Carter's office, the committee will work with Metro Transit to evaluate the feasibility of continued operation of Green Line LRT and A Line operations at peak frequencies or 10-minute headways through end-of-event departure periods, availability of three-car trains through end-of-event departures, and availabil-



Monitor archives

ity of supplemental and regular-route transit during stadium events. The group will look at how riders get on and off transit vehicles, and how travel patterns will change as the Midway Center site is redeveloped.

Ongoing traffic monitoring to watch traffic growth and operational issues, and suggestions for change could also come out of the advisory committee. The group will be charged with filing an annual report and recommendation for changes with city officials by Nov. 30 every year.

The group will be in place through the end of 2021. It will meet at least twice annually.

The 15-member group, which is to be appointed by Carter and approved by the City Council, will include representatives of police, public works and planning and economic development; Ramsey County Public Works, Metro Transit, Minnesota Department of Transportation, federal highway Administration, Minnesota United FC, Midway center owners RK Midway, Midway Chamber of Commerce, Hamline Midway Coalition, UPDC, a Ward One resident, a Ward Four resident and at-large citizen appointment of the mayor to serve as group chairperson. The soccer team and Midway Center would each have two representatives; other entities would have one representative apiece on the group. The group would meet at least twice annually.

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Development Roundup

By JANE MCCLURE

O'Gara's won't reopen

As redevelopment continues along Snelling Avenue, one family business will be missing. The owners of O'Gara's Bar and Grill announced Nov. 3 that the bar/restaurant will not return to its longtime home on Snelling and Selby. It's one of two Snelling projects making changes.

O'Gara's had operated at its Snelling-Hamline location for 77 years but closed in September 2018 to make way for a mixed-use commercial-residential project led by Ryan Companies. The O'Gara family sold their business and two homes they owned, to make way for the project. The intent was to open a new and smaller O'Gara's in part of the building's main floor.

Signs had promised a reopening in time for St. Patrick's Day 2020. But co-owner Dan O'Gara announced that the family wouldn't reopen at Selby and Snelling and would instead focus on its Minnesota State Fair restaurant and catering. He went

on to say that changes in regulations and the growing competition from taprooms made re-opening "financially untenable."

"It is with sadness that we share the news that we have decided not to re-open the original location," he said. Dan O'Gara was part of the third generation of the family to operate O'Gara's.

The other Snelling project facing changes is the Wellington mixed-used development at Snelling and Shields avenues, which received a conditional use permit for its project earlier this year. A reworked plan due to cost considerations will be brought back to Union Park District Council's land use committee Nov. 18.

A third project at Snelling and Shields, led by Indian-based Scannell, is moving ahead. The former Furniture Barn and World of Wireless buildings recently came down to make way for a mixed-use building.

More opposition for Alatus

Developer Alatus' controversial plan to construct a six-story apartment building on a vacant lot near Lexington Parkway and University Ave. is being challenged by another district council. Summit-University Planning Council (SUPC) in October asked the St. Paul Department of Planning and Economic Development (PED) to withdraw Alatus' application for \$1.125 million in funding through the Metropolitan Council's Livable Communities Program.

A PED spokesperson said that city officials have asked Metropolitan Council to table the request until community concerns about the project's lack of affordable housing can be addressed.

Alatus officials will present new development plans on Nov. 18 to the Union Park District Council's land use committee. Union Park and Frogtown Neighborhood Association have asked that the project add affordable units.



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The Motley Conversation

Monitor

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

I have been a writer for the *Monitor* and *Messenger* since around 2003. From the time I edited my high school newspaper, I have loved to write. My undergraduate degree is in journalism, and I worked as a staffer for the Fargo Forum, where I met my husband.

We later started and operated a weekly in Montana. The newspaper was our life. When our first son was born, after my water broke, I went in and did a few things on the paper and then drove myself to the hospital. It was print day, and we had to get the paper out, so my husband met the deadline and then came in to meet our son. A few days later, we put Liberty in a blanket in a drawer at our office, and he observed firsthand how newspaper production works. When our second son was born six years later, he too nestled in a drawer in the office with a colorful mo-



Meet Our Staff

By JAN WILLMS

Asking questions, talking about interests and events

bile above his head.

Running a weekly, we did it all – wrote the features, news articles and commentary; sold the ads; did the layout; wrote the headlines; took the photos; covered sports and entertainment. We were never caught up on sleep, and our social life consisted of covering stories, but it was the happiest time in our lives. After my husband died prematurely, and I entered the human services profession I have still always tried to keep a link to news-

paper writing.

Community newspapers like the *Messenger* and *Monitor* are perfect, because I can still work full-time and continue to do interviews after work or on weekends. Although I have written about everything from elections to neighborhood meetings to conversations with authors and filmmakers, I love doing feature articles. Exploring what spurs a person's creativity, what challenges him or her, or what stirs up the passion within is what I like

most to do.

What sets off the creative spark in an author's quest to complete a novel? What drives someone to start a nonprofit and help others less fortunate? Who are the mentors a musician looks up to? These are all questions that I like to find the answers to and share them with our readership.

I also like to write about the events that have shaped a person's life. A young man once wanted to talk to us about his

brother's murder, and how it affected the family. We agreed to meet on three different occasions, but he never showed up. But the fourth time he did, and we talked for hours, and his story about his brother got told.

Perhaps most of all, writing for these papers has given me the opportunity to meet so many different people from all walks of life.

It is said that writing can be a lonely profession, but not when you are sharing a part of someone else's world.

Meeting different people, talking with them about what interests them, and putting it down on paper is a challenging but fulfilling task. I find that just the physical act of writing is therapeutic, and if you can make a story interesting enough to catch a reader's eye, it makes journalism a very rewarding profession.

Recently, the Midway Chamber's Economic Development meeting took a bus tour of University Ave. to see all the progress being made with new buildings and redevelopments. If you have not looked at all the projects happening, our neighborhood has already changed and continues to do so with more investment. Here's a sampling of what we saw on our tour.

We started our tour at Hmongtown Marketplace, 217 Como. Owner Toua Xiong has an amazing back story, from refugee to keeping his business afloat. Located at the old Shaw lumber site, Hmongtown Marketplace has well over 100 vendors who can sell you anything from authentic Hmong cuisine to clothes, insurance and many more items.

Once on University Ave., we headed west and saw the former Old Home site, now the mixed-use housing and retail Western-U Plaza. At 769 University, a new bright, colorful building is about to open – the Mini Oski Ain Dah Yung Center. The site will be home to 42 units of affordable hous-



Building a Stronger Midway

By CHAD KULAS, Midway Chamber of Commerce Executive Director

Touring University Avenue

ing development serving American Indian youth experiencing homelessness. Our first stop was at 1000 University, a building that re-opened in 2015 and is managed by Suntide Commercial Realty. Suntide has been a strong supporter of the Midway, also managing locations farther west like the Case Building and the Court Building.

Another example of mixed-use is at the northeast corner of Hamline and University – Hamline Station. The development has over 100 units of workforce housing and 13,000 square feet of retail space on the first floor. The Magic Noodle, one of the most hyped new restaurants in our neighborhood, opened earlier this year to rave reviews.

Our second stop was next to Allianz Field. We did our tour days after the first playoff game and the Tommie-Johnnie game both played there. Now that the team (and stadium) have wrapped up its first season, we'll see what other events will be hosted there. The space is available for corporate events and nonprofits, as well. The site next to the field is in the process of being redeveloped; much like Allianz Field itself, Mortenson is working on the site. With Allianz Field has come new bars. The Black Hart of Saint Paul and the Midway Saloon have both opened in the past year across University from Allianz. Mixed-use will also go west of Allianz, as Bremer Bank's old location will be rede-

veloped with housing above it and the old Furniture Barn site will also be mixed-use.

Our final stop was a tour within a tour – this time of the new murals from the Chroma Zone festival. Twelve murals are in the Creative Enterprise Zone, created by artists from all over the world. Many of the murals can be seen on a walking tour, and they brighten up the neighborhood. For more information on the murals, go to <https://creativeenterprisezone.org/chroma-zone>.

Our tour ended back where we began, at Hmongtown Marketplace where we ate at the food court. If you have not had a meal at the food court, you're missing out on a great place to enjoy

Hmong food. Most vendors leave around 6 p.m. and the food court offers several options. Hmongtown Marketplace may be expanding in the future, making it an even larger cultural destination.

University Avenue is continually changing, with billions of dollars spent on investment along the corridor since Green Line construction began. That investment has included several housing projects, a new Senate building, new restaurants, homes for nonprofits and businesses alike and the home of the Minnesota United FC.

If you take the same route as we did, you will also see a new mural at the northwest intersection of Dale and University, which reads "Development without Displacement." As someone who lived in Frogtown for close to 10 years, this message resonates with me and I do hope developers will think about the community beyond their project. At the Midway Chamber, we strive to "build a stronger Midway." My hope is developers will embrace both messages.

Got an opinion?



Write to us about it!
We want your letters to the editor and guest columns.
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Corrections

In the article titled, "Long buried toxic dump at Hidden Falls Park getting attention" that ran on page 12 in the October 2019 edition of the *Monitor*, there was an error. We wrote that the toxic waste leaking from Area C into the river and groundwater is at levels considered unsafe for humans. We would like to clarify that it is unknown whether concentration levels are safe for

human health or the environment.

Councilmember Thao's name was misspelled in the Bike Tour Greenway printed in the October 2019 *Monitor*.

In the article titled, "Green cemetery opens in Twin Cities," that printed in the October 2019 *Messenger* on page 8, Joan Gecik's name was incorrectly spelled.

We apologize for the errors.

Monitor

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Story ideas always welcome.

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

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The *Monitor* is for profit and for a purpose – and we don't sacrifice one for the other. We consider ourselves a zebra company, one that

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

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Planet Princess fills gaps for good grain-free bread

By TESHA M. CHRISTENSEN

When St. Paul resident Alisa Dale couldn't find a great gluten-free bread, she decided to make it herself.

She began baking grain-free buns and bagels at GIA Kitchen (955 Mackubin St.) with other small start-ups to mid-size businesses who lease space in the licensed commercial kitchen in 2017. Everyone on the Planet Princess team lives in St. Paul.

What drove you to start your own business making gluten-free items?

About four years ago, I learned that my body reacts to gluten, and I needed to stop eating it. That was hard to hear because I really love bread! I honestly tried practically every gluten free alternative out there. But I found them quite unsatisfactory in one way or another: in taste, in texture, and especially in ingredient quality and nutrition.

Being a happy foodie, I resolved to create gluten free, grain free bread reminiscent of the hearty, traditional bread I missed. I had a lot of boxes to tick! It had to toast like bread, have a crumb like bread, stay soft and moist yet not break apart or get soggy. And it definitely had to taste great. And I was determined to do all of this using quality gluten and grain free ingredients, clean enough to be non-GMO with no binders, additives or preservatives.

At the time, I didn't realize this quest would be a two-year journey. It was challenging and fun, and once I perfected the recipe, it was really gratifying.

What sets your products apart?

There is a huge gap in the market for really good gluten free and especially grain-free bread. In fact, one of the major food trends identified in 2019, projected to grow in 2020 is grain free eating. Consumers are turning away from grains for a number of reasons.

We fill this gap! Planet Princess breads are so much more than "just" gluten free. Our products are "set apart" in several categories: they are protein rich, low carb, gluten and grain free, and they contain seven vitamins and five minerals. Not to mention that they are delicious and function just like traditional bread.

When you eat a Planet Princess bun, you get so much more! 10 grams or more of protein, as low as 7 net carbs, 4 grams of fiber, 7 essential vitamins and 5 minerals from non-GMO ingredients. This bread nourishes your body! One of our continuing efforts is to build that understanding with consumers.

Our buns are also Keto and Paleo friendly. People struggling with insulin resistance or diabetes have become some of our biggest fans as well! Our majority ingredients register low on the



Planet Princess Founder Alisa Dale (center) runs things with her son, Samuel William, who is Director of Marketing and his wife, Kristen William, who is Director of Operations. (Photo by Terry Faust)

glycemic index.

Our customers keep us going! We really enjoy demos when we get to talk with them face to face, and we are so grateful for their support.

How is the Twin Cities food scene evolving and where do you fit into that?

The Twin Cities food scene is vibrant and growing quickly! New makers are entering the scene, creating amazing, local food products that are truly unique. The Minnesota Department of Agriculture has a wide range of resources and offers so much support to local makers.

Minnesota is unique in its support of food entrepreneurs, financial and otherwise. We are so lucky that way.

And I have to give credit to the many incredible co-ops in the Twin Cities! They are so supportive of locally made products. Honestly, if you want to find locally made, unique food products before they go "mainstream," check out your local co-op. They have been invaluable in our business building. If it weren't for them, we would not have been able to do this.

We fit into the food scene as makers who are providing something new and unique. Since we



bake in a community commercial kitchen, we get a great opportunity to share ideas and resources with one another. And makers understand the hard work of starting a food company like nobody else. There's a natural camaraderie there. Food entrepreneurs are really great people. They are talented, enthusiastic, and committed as well as generous and approachable.

What challenges and benefits do you face being a woman entrepreneur?

The benefits of being a woman entrepreneur are exciting. There are so many local agencies and organizations that expressly support women entrepreneurs, providing networking, education, and other opportunities. Plus, in my experience, businesswomen themselves are generous about supporting other women business owners, especially those just starting out. They gladly share connections and helpful information. They are natural mentors. That has been a Godsend to

PLANET PRINCESS >> 7

Two schools strengthen their longstanding partnership

Continued from front page

"Everything happening in this building has to do with strengthening relationships and maximizing community connectedness."

The partnership model

Last year a fifth grade teacher gave his class an assignment: to design a functional tennis shoe. Working in pairs, students learned basic design elements, how to make form match function, and how to create an advertising and marketing campaign. College students from the digital media arts department at HU taught the elementary school students how to develop and print a 3-D model of their designs.

Reilly said, "This project illustrates how we're two campuses, but we're connected. Because of our connection, elementary school students know how to navigate a college campus (with their teachers.) It's normal for our students to be there, and many of them are from families where college was not part of their experience. Another advantage for our students is that many of the education partners at



Hamline University Literacy Professor Maggie Struck (center) in a de-briefing session with graduate students in the Master of Arts in Teaching (MAT) program. The partnership with Hamline Elementary gives HU students experience in an inquiry-based learning environment. (Photo by Margie O'Loughlin)



Hamline Elementary Principal Kristin Reilly in front of one of the "Wonder Walls" seen throughout the school. In the inquiry-based model, students begin with the phrase, "I wonder," and follow a process of discovery toward learning. (Photo by Margie O'Loughlin)

Hamline University are people of color, which allows our students to see themselves as college students. The majority of our staff at Hamline Elementary is white."

Inquiry-based teachers

All student teachers at Hamline Elementary now come from the education department

at Hamline University. The student teachers have studied and experienced the model of Inquiry-Based Learning firsthand. They have likely spent significant amounts of time tutoring or mentoring at Hamline Elementary before becoming student teachers.

Education grads right out of college sometimes struggle to get

their first fulltime job. Reilly said, "We had three student teachers last year, and they were all hired for permanent positions in the district. The feedback I got from the hiring principals was that these new teachers were very well-prepared - that they were, and I quote, 'completely different educators.' That's because we

trained them from the beginning. They left our school understanding what inquiry-based teaching was, and how they could use it to help all children succeed."

Hamline Elementary is part of the St. Paul Public School system, and is located at 1599 Englewood Ave. For more information or to schedule a visit, call the front office at 651.293.8715.

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Foxtrot Burger Spot replaces Delicata Pizza

By TESHAM. CHRISTENSEN

Delicata Pizza (1341 Pascal St.) has reinvented itself as a neighborhood beer and burger spot.

When it closed during the State Fair, the Como restaurant owner Matty O'Reilly and staff made the switch from pizzas to burgers, sandwiches, salads, and appetizers, with Minnesota Craft beer on tap and lots of craft and macro can options. They're still kid friendly, and offer vegetarian options and gluten-free options. Plus, they've adopted a profit sharing collective model for employees.

The Monitor asked Como resident and co-director of operations Jahn Brink a few questions about Foxtrot.

What's new?

The biggest moves were changing from a gourmet pizza concept to a burger and beer forward neighborhood hangout. The meeting space downstairs has been converted into a game

room with a TV, juke box, dart boards, and vintage arcade gaming.

What drove the changes?

We are very proud of the work and output that we achieved at Delicata. In this industry you don't always get to choose when you close your doors. We had an exciting opportunity to breathe new life into this space and find a model better suited for a neighborhood go to.

How is the Twin Cities food scene evolving and where do you fit into that?

The Twin Cities food scene is exciting. There are so many talented players and operators in our cities. I think the fact that our food scene is growing helps the greater brand of the Twin Cities. It raises the standard for all of us. While we might be a humble neighborhood burger joint, we have a scratch kitchen and we use some really fun cooking techniques.

What does it mean to switch to a profit sharing model



Foxtrot Burger Spot Co-Director of Operations Jahn Brink is a Como resident with the goal of making this restaurant his neighborhood beer and burger spot. (Photo by Terry Faust)

with your staff?

The profit sharing model was just a eureka moment. What better way to keep staff motivated and interested than the knowledge that they are directly impact-

ed by the success of the business?

What's your favorite thing on the menu?

It's funny, all of our burgers are so great, but the Cry Fowl chicken sandwich is tough to



beat.

What specials do you offer that are not-to-be-missed by local residents?

Monday - Trivia with Trivia Mafia; Wednesday - Pitcher Night \$10 pitchers of any tap beer; Thursday - Date Night (1 pitcher of beer or 1 bottle of wine, 1 starter and any 2 burgers for \$40); Sunday - Kids Eat Free (1 free kid's meal with the purchase of any burger or sandwich)

What does it mean to you to be a neighborhood restaurant in the Como-Midway area?

Personally, I live in this neighborhood. I love being a part of the success of the restaurant and creating a space for our friends and family to go to.

You eat vegetables right? So, you're already eating vegan.

Continued from front page

At the time, he was working as the assistant manager at the Chuck and Don's Pet Food and Supplies store in Roseville, and he'd worked at a variety of restaurants over the years. He'd been sober for awhile, deciding he wanted to be present for this life. He'd gone vegan for some of the same reasons, as well as the desire to take action and live out his environmental justice values.

"This is what I want to see in the neighborhood. Nobody else is going to do it, so I guess I will," said Anderson.

So he found a building that used to be a pizza joint near his house of 12 years, launched a Kickstarter in June 2017, and opened up with three tables. There was no set menu, which was confusing for some.

Anderson encouraged customers to experience what was on the menu that day, as it was the first and only time he had made that particular item.

It's a life lesson served up with a croissant. "Don't worry about what you missed yesterday. Enjoy what's here," said Anderson. "This isn't the sort of place you show up to once and have it figured out."

For awhile, he supplied a skyway restaurant with Jackfruit BBQ, and was only open in the Midway on the weekends, but by last fall he had dropped the other gig and was back to being open six days a week. Earlier this fall he experimented with offering a larger grocery section, but didn't

see the customer support for it so he's zig-zagging again and is back to cooking more.

Anderson believes that organic, vegan food should be accessible to everyone. So he started hosting pay-what-you-can dinners. The nacho nights were especially popular.

Coming up is the "Pay What You Want/Can Gluten-Free and Vegan Thanksgiving Dinner" on Wednesday, Nov. 26 from 11 a.m. until 9 p.m. "I did 350 plates last year and hope to do 500 this year," remarked Anderson.

Dreaming of a vegan marketplace

"I love this business," he observed. He doesn't view himself as being in competition with the other vegan restaurants and businesses out there, but instead seeks to collaborate and support them, sharing information with his customers in person and via his social media channels.

"We're creating a business ecosystem," observed Anderson.

His big dream is to launch a vegan marketplace somewhere in the Midway area and offer a place where a bunch of vegan businesses can gather under one roof. He'd love to see coffee shops, bakeries, groceries, lunch counters, and clothing around a performance space.

This would help each business thrive as they wouldn't have to purchase all the needed equipment themselves, but could share items like walk-in freezers and dish rooms.

"It'd be a destination spot," he said.

Starting with small steps to make change happen

Anderson pointed out that three of the four leading causes of death are lifestyle-related, and can be fixed by changing one's diet. "Let's stop making ourselves sick," said Anderson. He supports eating raw and vegan, and saving the money each month that goes towards prescription drugs you don't need if you change what you eat.

At Eureka Compass

- True Stone Coffee, Bruce and Charlene Olson, roasting in the Midway
- Spruce Soda, made in the Midway
- Baker's Field Flours, milled in Northeast Minneapolis
- Fierce Ferments, Minneapolis made within two miles of shop
- Coop Partners Warehouse: Local and Organic distribution located in the Midway Neighborhood
- Tivoli Distributors: Small producers, organic, located in the Midway
- Kakookies: Sue Kakuk, Minnesota made
- Rawr Organics: Jake and Rachel Beaudry, Minnesota made
- Sarah Pritzker Atlas Provisions, Minnesota made
- Heartland Burritos: Kyle Seek, Iowa made
- Comfort Candy: Nicky Stewart, Minnesota made
- Coconut Whisk: Bella Lam Myles Olson, Minnesota made.

"It's not progressive," he pointed out. "It's regressive. It's going back to how we used to eat."

He is glad to see that young farmers are deciding there is a better way to do things, and returning to older practices. It may not be as cheap at the start, but he thinks it is in the long run when people aren't facing high medical bills and poor health, as well as the impacts of agricultural pollution.

"I'm going to do my part so that your grandchildren can see a monarch butterfly," Anderson tells people, while letting them know that the biggest polluter is the agriculture industry. By switching to a vegan diet, people make a positive impact on the environment.

"If we don't start with small steps, we will never move forward," he remarked. He believes that when you magnify those small steps by more people that is when change happens.



Colin Anderson has no set menu. He encourages customers to enjoy what's there today, rather than what they missed yesterday. It's a life lesson served up with a vegan croissant. (Photo by Tesha M. Christensen)

One of his favorite quotes is: "If you really wanted to change something, you'd vote with your dollar."

Another is: "We're all afraid of the solutions that will rob us of our excuses."

Shopping locally himself

Anderson makes a point of stocking as many local items as possible, establishing an environmental justice standard for himself that favors less packaging and less transportation. The shelves are stocked with many products made within 10 miles of the bodega, and more made within 200 miles of this location.

"I don't want to tell you to 'shop local'" said Anderson. "I want to set an example."

He gets items when others nearby order them too to cut down on transportation impacts to the environment. When he does get plastic wrap or boxes, Anderson offers them to other entrepreneurs and customers who need the packaging to ship things so that they are reused and don't end up in a landfill.

The vendors he works with focus on small batches of high-quality items, and use sus-

tainable practices, such as recyclable packaging and sourcing from those who pay fair wages to employees.

Anderson is working to address the way many people operate today without giving a thought to how their food gets to them. Anderson says that many operate like this: "Your food just comes out of a facility, shows up at grocery store and you buy it." He talks to his customers about the 14-20-hour days some people are working in order to get this product out to them. He has one vendor who quit a good job at General Mills, moved in with parents and teaches yoga classes on the side to pay the bills in order to launch their new hustle.

Creating place he wants to be

"I understand it's my responsibility to help create the place I want to be in," said Anderson.

"I care about what I do, and try to do my best. I have a pretty clear vision of what I want the transcript of my life to say when it's done."

Contact editor Tesha@MonitorSaintPaul.com.

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Eggroll Queen Music Cafe owner overcomes obstacles

After she lost her hearing, Mai Vang turned to making eggrolls

By TESHA M. CHRISTENSEN

Eggroll Queen's story began in a living room, grew in a food truck, and has now settled in the former Underground Music Cafe space (1579 Hamline Ave. N.).

Along the way, local resident Mai Vang, who grew up in the Como area and now lives 10 minutes from the restaurant, has overcome her own hearing loss to become a minority, woman business owner. She runs Eggroll Queen Music Cafe with partners David and Helene Schultz.

What is it like being a person of color and woman entrepreneur?

The Eggroll Queen was starting out as a community volunteer event and evolved into a business. It was fine when I was still making egg rolls from my living room to sell them to few friends in the community. When the egg rolls start picking up, I realized I didn't have the funding to properly operate the business. As a woman in the Hmong community, we don't normally go out and approach potential investors for money. Besides, almost every family in the Hmong community knows how to make egg rolls.

Finding the proper financial to start a business was the biggest hurdle because I didn't have anything to begin with and with my disability, my family income was also cut in half. I slowly build the business up from my living room to a food trailer built by my brother Cherxa, funded by families, friends, and the community. When my food trailer was caught on fire, I couldn't afford another one. I was so fortunate that the community was pouring in with donations enough to get a food truck and get me back on the street again.

On the positive side, being a woman of color, it gives me the opportunity to introduce my food to other larger community because most of them have never had a good egg roll or don't know how egg rolls should really taste like. They only get the down-graded version from other restaurants.

What challenges have you overcome?

Back in late 2013, I went deaf and everything I knew how quickly came to an end. I struggled to find a solution to get my hearing back. When I finally came to accept that my hearing could be permanent, I lost a lot of hopes and the will power to do the many things I used to do.

To keep myself from focusing on the problem I faced, I started going out to the community again and do what I can to help others that may have bigger problems. I was fortunate enough to find a group of very kind-hearted St. Paul Eastsiders that would go out of their way to help others. We did few fundraisers to help few of our community members that needed help using the egg roll recipe that my family has been doing for years.

As friends and community members start pouring in to get the egg rolls, I focused less and less on my personal problem and more on how I can contribute to the community the way I used to through my egg rolls.

It's still very hard for me to have a normal conversation with everyone especially my husband and kids, but using technology, we are doing our best to move forward as a family. I still have to take few naps throughout the day on a daily basis to clear pressures from my head and ears so I won't be so off balance when I walk.

What's new at the restaurant?

At the Eggroll Queen Music Café, we now have a full kitchen to prep and serve our delicious jumbo egg rolls. We are also offering our special rice bowl dish. Our goal is to make sure when families stop by for either lunch or dinner, they can get a full meal while enjoying live music from local artists. In addition, we upgraded all of our music equipment so local musicians have a good place and proper equipment to show off their talents to the community.

For years this coffee shop was a neighborhood gathering,



First-time customer, Mrs. Reyn Martin, shares a laugh with Eggroll Queen Music Cafe Co-Owner Mai Vang. "The food is wonderful," she said. (Photo by Terry Faust)

we still want to be that. But additionally, we want to make the café at place for new, emerging, and established artists and the community. By that, we have a larger wall for artists to display their art and are rotating it. We also have a lot of musicians who play here. We also realized that there is no place in the Twin Cities for writers and poets to read or perform their works. We want to be the place for them. We also hope to be a community meeting place, both for neighbors, and for special events.

What drove the changes and grand re-opening?

The former Underground Music Café had woodfire oven pizza and few other food selections when Eggroll Queen took over the business. I was so excited and was hoping to open our line of egg rolls within a month or two, but we learned very quickly that a lot of things in the café need to be brought up to code in order for us to sell our egg rolls and other food there. It took us most of 2019 to get everything to work and now we are ready to serve the community.

How is the Twin Cities food scene evolving and where do you fit into that?

Personally, I feel that our Twin Cities food scene has changed a lot due to our very diverse communities. A few decades ago, when you are thinking about going to a restaurant, chain restaurants often come to mind and everyone settled for pretty much the same choice of food. Today, our community is filled with so many different communities, foods, cultures, etc. Eggroll Queen is among one of them; however, our goals has always been focusing on the quality and how we can offer egg rolls to our community with the very same recipe that we would do at home. We want to make sure every bite is good to the last one.

Our restaurant is a very nice, cute place where family can come out for a good lunch or dinner and yet still feel at home. Parents can read few books to the kids or playing small board games with their kids to strengthen their bonds. People can stop by for locally brewed coffee, beer or a nice glass of wine and enjoy live music from our local artists.

In the morning, you will see

friends stop by for a quick meet up, engineer and police officers starting of their day with a cup of latte, coffee and laughs with friends. Ladies would round up their friends and come to share ideas, doing needle work, chatting and laughing together early in the morning.

Our employees know their customers and know what they want as customers enter the door. With all of those fun and quality time together, kids and adults alike can have one or few scoops of ice cream before heading out.

What specials do you offer that are not-to-be-missed by local residents?

Our lunch special, the Queen Meal, is definitely something local residents should get. The meal includes chicken or vegetable fried rice, one jumbo egg roll and a drink - soda, juice, or coffee.

I like to invite everyone to come and try our delicious food. Your support of getting three egg rolls and a rice bowl will help provide jobs for few employees, keep the café open for the community, musicians, and artists. See you soon.

Planet Princess fills gaps

Continued from page 5

me so many times. I want to offer whatever I can and pay it forward to other women entrepreneurs, too.

We are just now poised to start the process of raising capital to expand our production capacity and grow our distribution. And statistics on venture capital to fund women owned businesses are a bit daunting as I begin the process. For example, 40% of small businesses in America are owned by women, generating \$1.8 trillion a year. Yet women still receive just 7 percent of venture funds, particularly angel funds.

This may be another challenge for me to overcome! In truth, though, I have no direct experience with it so far. And in spite of this financial landscape, I feel confident (especially in Minnesota!) that we will find the investors who deeply understand what we have, how on trend and timely it is, and how many peo-

ple are looking for it. And they will support us financially into the next phase.

What's your favorite Planet Princess Foods product?

I would say that I use the Plain bun most often for burgers. But my favorite is the Cinnamon Raisin 'Bagels'. They are so yummy and smell so good when you toast them. Besides, I can feel like I just "treated" myself, yet still get all the good nutrition they contain. The Garlic, Rosemary, Sundried Tomato Buns are

awesome, too.

Find Planet Princess items at both of the Seward Co-ops, all three Mississippi Markets, Eastside Co-op, the Wedge Co-op, and the Fresh and Natural Foods in Shoreview and Hudson Wis. Plain buns are also featured at Alma Restaurant in Minneapolis. For those who live outside

the Cities, buns are available for delivery online at azeurstandard.com, a national healthy foods distributor. We hope to be available on Amazon soon.

If you want to stay informed about new locations and new flavor launches, join us on our website!

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The Academy of Finance (AOF) senior cohort spent the day of Oct. 24 downtown at The Travelers Companies. As part of a continuing collaboration, the students presented case studies on worker retention in the insurance industry.

AOF 11th graders visited Land O'Lakes Headquarters on Nov. 6. The juniors spent the day in the marketing department learning about careers in marketing and advertising.

All 290 Academy of Finance students in the program, grades 9-12, will be hosting approximately 40 Wells Fargo corporate employees at Como on Nov. 19. The Wells Fargo Day is an annual highlight as students partner with mentors, develop and refine resumes, conduct mock interviews, and for the seniors, present their assigned case studies.

The International Visitor Leadership Program hosted by the U.S. State Department, partnered with Global Minnesota to bring "Women Leaders: Promoting Peace and Security" to Como Park High School.

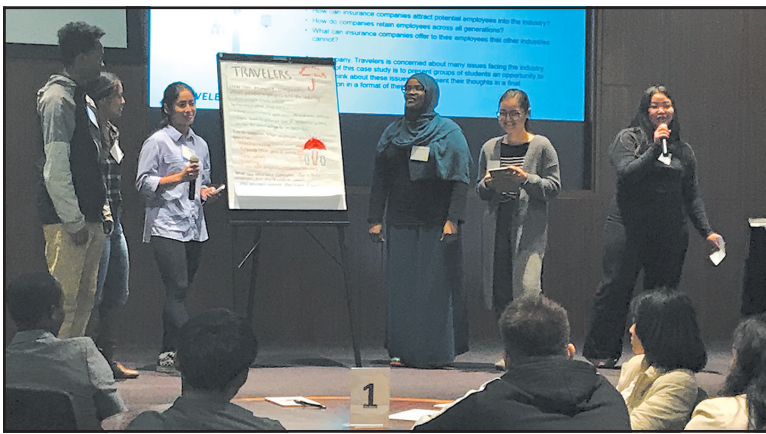
Eight leaders representing their nations had multiple pro-



News from Como Park High School

Compiled by ERIC ERICKSON, Social Studies Teacher

Academy of Finance, international visit, fall musical



Como seniors from the Academy of Finance presented their case studies about worker retention in the insurance industry at The Travelers in downtown St. Paul. (photo by Kris Somerville)

fessional objectives including demonstrating how women leaders mentor the next generation for areas of expertise. To help facilitate this, Global Minneso-

ta scheduled a visit to Como for discussions with Mr. Erickson's students. The guests had small group conversations with a U.S. History class, and a round table

discussion with senior AP Government students.

The distinguished guests included a news reporter from Croatia, an agency head from the U.K.'s Ministry of Defense, an educational development director from Ukraine, a NGO consultant from France, a director general of EU Affairs from Malta, a school administrator from South Sudan, and diplomats from Moldova and Ireland.

Como's Theatre and Music Department Choir presented the annual fall musical in the Cougar Forum this year. With building construction making the auditorium unavailable, directors Carole Whitney and Allison Hartzell decided to utilize the small but new forum space.

"This is a wonderfully talented, creative, and flexible cast that

has worked to make the show a delight, even outside of our usual theater home," Whitney said.

The Frog Princess entertained audiences for two nights after two months of preparation. Cast members were John Dugan, Aspen Schucker, Ava Vitali, Wim Lemkeit, Wyatt Hanson, Lila Seeba, Emilie Pagel, Lee Tuggle, Maisee Her, Boon Yang, Toby Sax, and Jordan Allison. Chorus members included Mariatu Kanu, Gemma Pham, Dulce Ruiz, Htakee Saw, Leeda Thao, and Tee Tee Wah.

Como Park High School's Accelerated Programs Night is Thursday, Nov. 21 from 6:30-7:45 p.m. The event is an opportunity for prospective students and families to learn about the many options for accelerated coursework at Como including Advanced Placement (AP) and College in the Schools (CIS) courses, plus Post-Secondary Enrollment Options. The event will take place in the school library and refreshments will be provided. Questions can be directed to Como's AP Coordinator Teng Lo (teng.lo@spps.org) or Como Principal Stacy Theien-Collins (stacy.theien-collins@spps.org).

Steer someone into spotlight

Know someone who makes the Como Park area a better place to live, work or play? Nominate them for the Neighborhood Honor Roll, which is an annual recognition given by each of the city's 17 district councils. The Honor Roll pays tribute to everyday people who make a sustained and lasting impact in our neighborhood or the city.

Submit your nominations by email no later than Thursday Dec. 12 to district10@district10comopark.org. Tell us who you are nominating and why. The Como Community Council board then selects three of your nominees on Dec. 17 to recognize for 2019.

It's another yoga get-together

District 10's next Community Yoga session is Sunday Dec. 1.

Como Community Council Corner

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

The session will be suitable for all levels of skill and experience. Bring a yoga mat or blanket and wear comfortable clothes. Yoga runs from 9:30-10:30 a.m. at the Como Park Streetcar Station, which is at the northeast corner of Lexington and Horton. The class is limited to 25 participants. Registration is \$5, which benefits the Como Community Council. Register in advance at: www.district10comopark.org/communityyoga.html

D10 crime

Crimes against people are at a 5-year low in District 10, but crime overall is at a 5-year high, according to preliminary police

statistics for the first nine months of 2019.

Crime reported in Como was up 6.2 percent from January-September, compared with the same period in 2018. The totals were driven by large increases in theft and vandalism. Although crime levels remain consistent in much of the neighborhood, a few areas saw significant decreases, while a few areas saw significant increases. See District 10's website - www.district10comopark.org - for charts and more details on specific types of crimes and 5-year trends in the neighborhood.

Miranda elected to board

Congratulations to Juan Miranda, who was elected to the Como Community Council board, representing South Como and Energy Park. He fills a vacancy created when Cody Zwiefelhofer was elected vice chair.

Upcoming District 10 Meetings

- Community Council Board Meeting: Tuesday Nov. 19
 - Neighborhood Relations Committee: Tuesday Dec. 3
 - Land Use Committee: Wednesday Dec. 4
 - Environment Committee: Wednesday Dec. 11
- All meetings typically begin at 7 p.m. at the Como Park Street-

car Station. Whenever possible, agendas are posted in advance in the "Board News" section of District 10's website.

Streetcar Station shifts hours

With the change of seasons, the exhibit area of the Como Park Streetcar Station is now open only on the first Sunday of the month until spring. The next opportunity: Sunday, Dec. 1 from noon-4 p.m. It is still a great chance to introduce yourself to the long-gone trolley system in the Twin Cities, to get a sense of the history and visionaries behind Como Park (and the Twin Cities' overall park system), to pick up organics recycling bags or kitchen starter kits, or just to chat with a District 10 board member who is staffing the day. The Historic Streetcar Station is at the northeast corner of Lexington and Horton.

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Theatre 55 provides stage for elder actors

Company enriches lives of people as actors, audience members, and lifelong learners

By MARGIE O'LOUGHLIN

Richard Hitchler spent 20 years managing Stepping Stone Theatre for Youth in St. Paul. When he left that position in 2015, he knew he wanted to start his own theatre company, but the Twin Cities already had so many. What he saw missing, locally and beyond, was an opportunity for people 55+ to take to the stage. Hitchler is now artistic director of the company he founded last year, called Theater 55.

Hitchler said, "I know the ins and outs of running a theatre, and the creation of this one was certainly helped by an 'aha!' moment. I was listening to MPR in my car one day, and heard that it was the 50th anniversary of the Broadway production of 'HAIR.' I was aware that the History Center was also having their 1968 exhibition at that time, and that it was attracting a lot of interest.

"I knew then and there that I going to make Theatre 55 happen, and that it was apropos to launch ourselves with a revival of the musical 'HAIR,'" he said.

Their inaugural production was proudly advertised as "HAIR, by those who lived it," and there's a lot to be said for artists who bring life experience to their performance. Who could interpret the turbulent 1960s better than those came of age then?

"HAIR" sold out performance after performance last winter, and its success encouraged Hitchler to mount a second show.

"Pippin: a Mid-Life Crisis" just finished a run at the Mixed Blood Theatre in Minneapolis. Told by an ensemble of actors, "Pippin" is the story of a prince searching for his purpose in life. The protagonist dabbles in warfare, romance, and politics, only to discover that true happiness is more complicated than it appears.

All levels of experience

Theatre 55 is what Hitchler calls a semi-professional ensemble. The actors bring a mix of experience levels from first-time to seasoned. Staging, choreography,

artistic direction, and instrumental musician roles are all filled by professionals.

Hitchler created Theatre 55 to enrich the lives of elders as artists, as audience members, and as lifelong learners.

He said, "There's a natural mentorship that happens between the more experienced actors and those that are cast in their first play. Our auditions are friendly and easy to do. We publicize them through MN Play List, and also at senior centers and care facilities. Every show we do stands alone, and is cast separately. It's important to me that our actors, no matter what their experience level, are paid a stipend made possible through ticket sales."

There is a third production planned for 2020, with auditions scheduled for the first week of December. The name of the show will be released at that time.

Being onstage is empowering

Hitchler is frequently asked what it's like to work with senior citizens after two decades of working with teenagers. He said, "In some ways, it's not that different. Everyone is vulnerable



Lola Watson (left) and Brent Berheim (right) anchored the cast of "Pippin," Theatre 55's second production which just closed at Mixed Blood Theatre on the West Bank. (Photo by Margie O'Loughlin)

and has a fear of being judged at first, but older actors bring so much life experience and wisdom with them. And every person finds a new, stronger voice when they're on-stage.

"The process of being on-stage is very empowering."

There are many ways to be involved in the work of Theatre 55 in addition to acting. Hitch-

ler said, "We welcome volunteers in every capacity from helping in the box office, ushering, managing the front of house, assisting with costuming, lighting, and set construction. Whatever your contribution to the production, it's a community building thing."

Learn more at www.theatre55.org.

Aging Well

Living longer, living better



Baby Boomers are on the move. They're living longer and more active lives than their parents' generation.

But as they age, they are also on the cusp of making critical decisions about housing, planning for their financial future, and making provisions for adequate medical care as they get older.

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Monitor Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to Monitor Classifieds, 5139 34th Ave. S. #17097, Minneapolis, MN 55417. Ad copy can be e-mailed to denis@monitorsaintpaul.com, or call 651-917-4183.

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In Our Community

Monitor

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

Midway Holiday Pop-up shop Nov. 30

Shop local vendors and artists while enjoying live music on Saturday, Nov. 30, 2-8 p.m. at The Celtic Junction Arts Center (836 Prior Ave. N., St. Paul). Midway Holiday Pop-up Shop is a Small Business Saturday Event to support up to 50 small businesses who operate without a store-front. Crafters and artists from around the Twin Cities will offer items for the holiday shopping season. Refreshments for purchase. The event is hosted by Celtic Junction Arts Center, The Center For Irish Music, Greg's PC Repair, and Hamline Midway Coalition. More at www.hamline-emidway.org/popupshop.

Shop by candlelight

On Thursday, Nov. 14, from 5 to 8 pm, Shop by Candlelight is a fun and free pre-holiday experience exploring dozens of shops, coffee bars, and restaurants in the Selby at Snelling neighborhood. Start at the corner and work your way east and west, north and south. Friendly owner-operated businesses will offer complimentary refreshments, coupons, discounts, raffles, and easy browsing through their unique shops. An added bonus: the first model apartment at The Harper (new residences on Snelling between Selby and Hague) will be open for tour from 5:30 to 7 p.m. Sidewalks will be illuminated.

Holiday market Nov. 23

The Hamline Church Holiday Market is 9:30 a.m.-3:30 p.m. Saturday, Nov. 23 at Hamline Church United Methodist, 1514 Englewood Ave. Santa will stop by in the morning and a soup luncheon will be available for purchase starting at 11:30 a.m. until gone. The Hamline Church Women are also offering an array from craft items for sale, from beads to craft kits. Or, buy books and help the church women raise money for children who wish to attend Vacation Bible School and camp. A few table spaces are still available. Call 651-646-3473 or email hamlinewomen@gmail.com.

Craftacular! at St. Paul - Reformation

St. Paul-Reformation Lutheran Church will host its annual Craftacular! on Saturday, Nov. 23 from 10 a.m.-4 p.m., and Sunday, Nov. 24 from 9:00 a.m.-1 p.m. Local artisans, gift-makers, and crafters join together for this holiday market that presents jewelry, pottery, woodworks, and a host of other items made entirely by hand. St. Paul-Reformation is located at 100 Oxford Street North, Saint Paul. More information can be found at www.stpaulref.org, or by calling 651-224-3371.

Chelsea Heights Arts and Crafts Fest

Chelsea Heights Elementary Arts and Crafts Festival is set for Sunday, Nov. 24, 1-4 p.m. Chelsea Heights Gym, 1550 Hamline Ave. N, St Paul. Handmade items, bake sale, concessions, cotton candy, activities for kids. Proceeds support Chelsea Heights.

Businesses along Snelling host free holiday events Dec. 7

On Saturday, Dec. 7, businesses on North Snelling, between Thomas and Englewood will host free events. These include: Annual Holiday Maker Fair at GINKGO coffeehouse, from 9 a.m.-4:30 p.m. Artists sell their hand made items. For more information, call 651-645-2647. Free cups of Hank's Root Beer at Hamline Hardware from 11 a.m.-2 p.m. Free Mosaic-on-a-Stick at Mosaic on a Stick, from 1-4:30 p.m. Create your own art. All ages. Free Paper Snowflake Crafting at Lloyds Pharmacy from 1-2 p.m. Flying Pig Thrift is sponsoring an Elves' Workshop with artist Paul Johnson of Hand Mod. Participants will take home their own hand-made gift. Suitable for ages 12 and up. Reservations are required; \$3 supplies fee. For this event, call 651-646-9697. Enjoy the afternoon on the avenue.

Night Trains back

This special holiday tradition returns to the Twin City Model Railroad Museum Saturday from Nov. 2 through Feb. 29, from 6-9 p.m. Night Trains season brings a winter wonderland to the miniature train layouts in a magical way: the lights are turned down, the buildings and street lights glow warmly setting the scene for specially lighted models of vintage passenger trains. The make believe towns are buried in blizzards, and throughout the Museum the layouts are adorned with miniature Christmas lights and decorations. Santa will make two appearances on Saturday, Dec. 14 and 21. Night Trains takes place at the Museum's location at 668 Transfer Road, Suite 8 in St. Paul. Directions and to the Twin City Model Railroad Museum can be found on the Museum's web site, www.tcmrm.org. Admission is \$15 per person and free for children age four and under. The non-profit Twin City Model Railroad Museum first started in 1934.

Textile holiday events

At a time when protecting the earth's natural resources, eco systems, climate, and atmosphere for the next generation is top of mind, Textile Center's 2019 Holiday Gallery Shop will feature a plethora of earth-friendly fiber gifts. Each Saturday until Dec. 24 from 11 a.m. to 4 p.m., the Holiday Gallery Shop hosts artists in person with trunk shows, demonstrations of their technique, hands-on "try it" opportunities, prize drawings, and more. For more information, visit: <http://textilecentermn.org>

'Iphigenia and Other Daughters'

Hamline University's Department of Theatre & Dance kicks off its 89th season with "Iphigenia and Other Daughters." In this ensemble-driven drama, the cast builds stark and startling images of women immobile, entrapped by fate and desperately trying to find their way out. The play opens on Friday, Nov. 15 at 7:30 p.m. and runs November 16, 21, 22 and 23 at 7:30 p.m. at Hamline University's Anne Simley Theatre. Tickets are \$2

for Hamline students, \$3 for ACTC students and staff, \$8 for adults and \$5 for outside students and seniors. Advance 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.

Speaker on national healthcare program

On Friday, Nov. 22, 2019, at 7 p.m., Physicians for a National Healthcare Program Minnesota will host an interactive event featuring a presentation led by Dr. Adam Gaffney who will give a free public keynote address, "Improving U.S. Healthcare: Everybody In, Nobody Out!" at the St. Paul Athletic Club Ballroom (3rd floor), 340 Cedar Street. See www.pnhpminnesota.org and pnhp.org for more information.

Fair housing discussion Nov. 19

The League of Women Voters of the Roseville Area and the League of Women Voters St. Paul (LWVSP) are sponsoring "A Place for Everyone: a discussion of fair housing for all community members" featuring a panel of housing experts, who will discuss the current situation in fair housing in the region. The event will be on Tuesday, Nov. 19, 6-8:30 p.m. at Centennial Methodist Church - Roseville Campus (1524 County Rd. C2 W., Roseville, MN 55113, at the corner of C2 and Snelling). It is free and open to the public.

Suicide Survivors' workshop Nov. 23

The Suicide Survivors' Club founders developed a workshop inspired by their Suicide Survivors' Club book series. The workshop will help attendees: 1) Get validation for the ups and downs of how life changes after the suicide of a family member. 2) Understand how visual storytelling can help families after their loss. 3) Use images provided by the facilitator to tell your loss story and aid in your healing process. This workshop, for ages 18 and older, will be held on Saturday, Nov. 23, from 10 a.m.-

noon, at PrairieCare Institute, 1934 Hennepin Ave. in Minneapolis, 1129 Grand Ave, in St. Paul. For information, contact Cat or Hayley at NAMI Minnesota, 651-645-2948 or see "classes" at namimn.org.

Farmers Market open through Nov. 24

The Saint Paul Farmers' Market (SPFM) in Lowertown will continue its outdoor Market through Nov. 24 with 25-30 vendors each weekend. There will also be weekly activities including a fire pit with grilled brats and hot cider, the free FriendChip Farm kids' program with a Farmers' Market Cake Walk and craft demos, and the annual Thanksgiving Wednesday event when shoppers can pick up their holiday turkey, pies and seasonal produce. November hours at the Market are Saturday and Sunday, 8 a.m.-1 p.m. The market will move indoors to the Market House Collaborative for the winter market in December.

Beginning drums

Women's Drum Center, 2242 University Ave., will offer a class in hand drums for beginners on Nov. 26, 5:30 to 6:30 p.m. The cost is \$10. Drums are provided. Visit womensdrumcenter.org.

LWV hosts luncheon Dec. 7 in St. Paul

The 2019 LWVSP December Luncheon will be Dec. 7, 11 a.m. to 1 p.m. at Moscow on the Hill (371 Selby Ave.). New members are especially encouraged to come and get acquainted with others in our League. The featured guest is Dr. Kim Heikkila, who is currently working on an oral history project for the Minnesota Historical Society: "Women and Voting Rights in Minnesota Oral History Project." More information about Dr. Heikkila is available on her website, www.spotlightoralhistory.com. Cost is \$25/person; make reservations by Nov. 30.

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Briefs

HUNAC is seeking members

HUNAC is actively seeking members from the Hamline Midway neighborhood. The committee is part of the Hamline Midway Coalition (HMC) and meets four times a year in September, November, February and June. Please contact Kate Mudge, Director of HMC, for more information. She can be reached via email at kate@hamlinemidway.org.

The Hamline University Neighborhood Advisory Committee has been established to improve and enhance communication and relationships between Hamline University and the Hamline Midway community; to establish an ongoing process for the Hamline Midway community and Hamline University to work together on matters of mutual interest and to strengthen community partnerships; to provide Hamline University with an opportunity to engage with the community on University matters that directly impact the local neighborhood and community; and to advise the city of St. Paul on University projects

and plans that require the involvement of the city and that directly impact the local community.

Como Park High School grad is new fire chief

Butch Inks has been appointed as Fire Chief for the city of Saint Paul.

"It is an honor to be appointed Fire Chief of the City of Saint Paul," said Chief Inks. "I look forward to continuing our important work of ensuring the safety and well-being of our community alongside the incredible members of our Fire Department."

Chief Inks grew up in the Rice Street and Como area. He attended Como Elementary, Washington Junior High School, and graduated from Como Park High School. He has served as an employee of the city of St. Paul since 1985, starting his career in the Parks and Recreation Department. He began his career with the Fire Department in 1994 as a Firefighter.

Since then, he has held a variety of positions within the department.

Hamline Midway Library

By CARRIE POMEROY, Hamline Midway Library Association

Programs for families and kids

Preschool Storytimes in English happen Fridays from 10:30-11 a.m., with upcoming storytimes on Nov. 15 and Dec. 6 and 13. Storytimes feature stories, songs, puppets, and more. They're a great way for caregivers to bond with children and build social skills, listening comprehension, and letter and number recognition while creating a solid foundation for lifelong learning. Children of all activity levels are welcome!

On Saturday, Nov. 30, from 12-4:30 p.m., spend the day after Black Friday making creative gifts with your neighbors at the library. At this program aimed at school-age children and their families, you can make up to two gift options, including a decorated mug, beeswax candles, rock sculptures, coasters, and duct tape toys.

On Wednesday, Dec. 4, from 3-5 p.m., the library hosts Mini Masterpieces with Art Start. In this

hands-on workshop for preschoolers and their caregivers, participants can make original art from recycled materials.

The Mini Masterpieces program continues on Wednesday, Dec. 11, also 3-5 p.m., when SteppingStone Theatre will present an interactive picture-book and art-making session for toddlers and preschoolers and their caregivers.

Climate change workshop for educators

On Wednesday, Nov. 20, 5:30-8 p.m., the library will host "24 Hours of Reality, a Read Brave Educator Workshop" focusing on climate change. Gain confidence in teaching this topic with the support of the Science Museum, Climate Generation, and Read Brave St. Paul.

Pre-registration is required; please see the library website at www.sppl.org or talk to a librarian

for details on how to register for this paid training opportunity for educators.

More lifelong learning for adults

Chair Yoga with Nancy Giguere is happening on Thursdays, 10:30-11:30 a.m., with upcoming events on Nov. 14 and 21 and Dec. 5 and 12. All movement is done while seated or standing using a chair for balance at this program sponsored by the Hamline Midway Elders.

Book Club enjoys good mysteries

The Saints and Sinners Mystery Book Club meets on Saturday, Dec. 7, 1-2 p.m. This month's book is Cleo Coyle's *Holiday Grind*. Contact volunteer G. Balter for more information at geribalter@gmail.com or 651-224-5570.

Upcoming library closures

All St. Paul libraries will be closed on Thursday, Nov. 28 in honor of Thanksgiving.

Send your press releases to news@MonitorSaintPaul.com

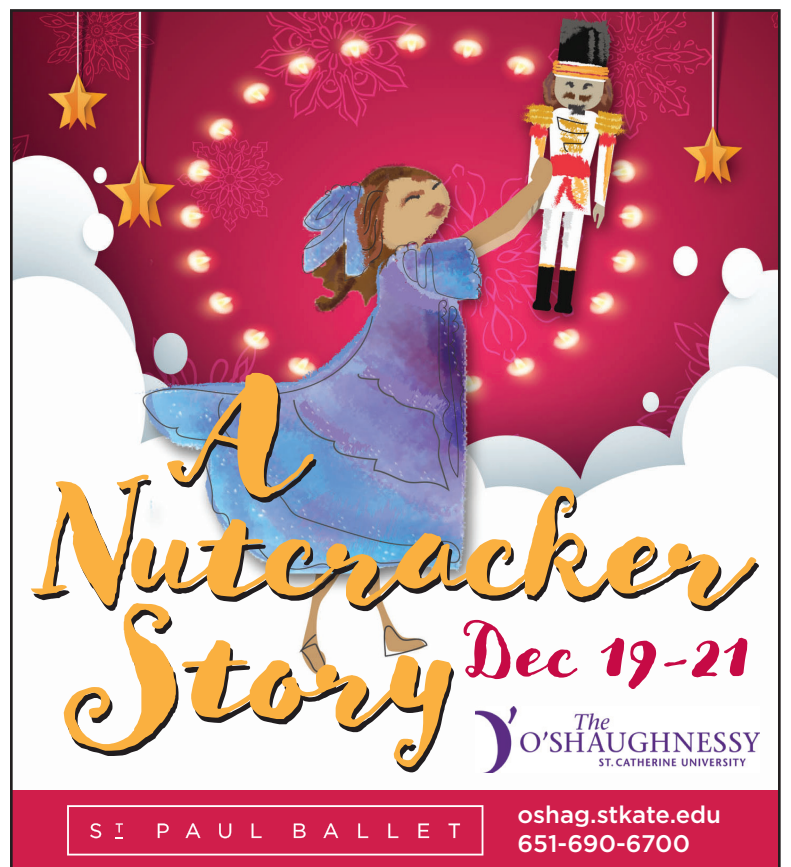


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When: Sunday, December 8, 4 p.m.
Where: Hamline Church United Methodist, 1514 Englewood Avenue, Saint Paul

The Nutcracker—and More

The Hamline Wind Ensemble, directed by Dr. Janet Greene, will perform selections from *The Nutcracker* and music by Shelley Hanson, George Bizet, John Philip Sousa, and others.

When: Saturday, December 7, 2 p.m.
Where: Sundin Music Hall, 1531 Hewitt Avenue, Saint Paul

Modern Dance for the Holidays

Artistic Director Kaori Kenmotsu and students will present a showcase of dance works-in-progress.

When: Friday and Saturday, December 6 and 7, 7:30 p.m.
Where: Anne Simley Theatre, 1531 Hewitt Avenue, Saint Paul

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Lawns to Legumes program will create new pollinator corridors

Homeowners may be eligible for funding to help boost Rusty Patched Bumblebee population

By MARGIE O'LOUGHLIN

When the legislative session ended last year, Minnesota was granted something it has never had before: its own state bee.

The Rusty Patched Bumblebee was once among the most widespread of all wild bees seen in the Midwest, but its population nosedived in the early 2000s – it is now listed as an endangered species.

Minnesota is home to a significant number of the remaining Rusty Patched Bumblebees, and many are found in and around the Twin Cities. Bee experts believe homeowners can help this population of wild bees rebuild its numbers, one garden at a time.

At the close of last year's legislative session, the Minnesota Board of Water and Soil Resources (BWSR) received \$900,000 in state funding to develop a three-year pilot program focused on planting residential lawns with pollinator friendly plants. Other states are taking notice of the way Minnesota is funding this community-led program to protect and rebuild its diversity of pollinators.

The funding appropriation is through the Environment and Natural Resources Trust Fund. BWSR worked with local conservation partners throughout the summer to develop program criteria. Funding has been distributed to those partners (primary partners include Metro Blooms and Blue Thumb). Community workshops have begun state-wide, with garden projects slated to be planted in the spring and summer of 2020.

Funding will be targeted in areas benefiting the Rusty Patched Bumblebee and other at-risk species; Minneapolis and St. Paul are in the highest priority area, as are sections of Southeast Minnesota.

Traditional lawns don't help pollinators much

Dan Shaw is a Senior Ecologist/Vegetation Specialist with the Minnesota Board of Water and Soil Resources. He said, "Bee and other pollinator populations are declining due to habitat loss, pesticide use, introduced parasites, and climate change. With Lawns to Legumes, we're encouraging residents to transform their yards and gardens into places that support a diversity of wildlife."

He continued, "Traditional lawns and non-native foundation plantings provide little benefit for pollinators. The idea is to restore natural habitat for wild bees, butterflies, hummingbirds, and a wide range of insect species – all of whom play a critical role in pollinating our food crops and native plants."

Minnesota residents who have an area that can be used for outdoor planting can apply for a combination of technical assistance (workshops and coaching) and cost-share funding. Shaw anticipates that Lawns to Legumes will provide assistance to about 1,500 people in total.

Renters are also encouraged to participate in increasing pollinator habitat: either by getting permission from property owners to garden, or by planting pollinator friendly plants in pots.

The state's efforts to provide critical habitat for the Rusty Patched Bumblebee will also support Minnesota's other pollinators and wildlife. Participating residents will be asked to provide before and after photos of their yards, and receipts for related expenses if they qualify for cost-share funding.

Apply in December

In December 2019, Blue Thumb will begin accepting applications from residents for the first round of individual support as part of the Lawns to Legumes



Staff from the partner organization Blue Thumb led a Lawns to Legumes workshop at North Regional Library earlier this month. The new state-funded Lawns to Legumes program will help residents convert at least part of their lawn to flowering plants that provide pollinator habitat. Minnesota is home to about 450 native species of bees, many of whose populations are declining. (Photo by Margie O'Loughlin)

"Populations of many species are nearing a tipping point, but individuals can play an important part in restoring habitat." - Dan Shaw

program. Check the Blue Thumb or BWSR websites for updates and applications. Applicants can receive up to \$350 of funding through a reimbursement process. Funding decisions will be made and all notifications emailed in February 2020 for spring garden installations.

- 2nd application round will open in March 2020, for summer and fall installations.

- 3rd application round for 2021 plantings may open depending on available funding.

Shaw explained, "In this partnership, BWSR is collaborating with a large group of conservation organizations around the state, as well as municipalities. As a small agency, we don't have a lot of staff so we'll be relying on our partners. We've been busy training our trainers. They include skilled volunteers in the conservation field like Master Naturalists, Master Water Stewards, Master Gardeners and others who are already well-ground-

ed in environmental education. They'll be participating in as many as 40 workshops for landowners across the state over the next three years."

Another important contributor to the Lawns to Legumes program is the Minneapolis College of Art and Design. Students there are developing graphics and messaging for a social media campaign to raise awareness about residential pollinator plantings.

Be part of a movement

Shaw said, "Sometimes I see this more as a movement than a program. Every garden project we fund will have signage, so people can see that homeowners are making a difference."

"There hasn't been much funding for homeowners to create pollinator habitat before. This is a fantastic opportunity for our conservation partners to collaborate, and to educate the public at the same time."

Plant these TOP 10

The goal of the Lawns to Legumes program is to create areas of habitat in both urban and rural residential yards that



will provide food and shelter for bees and other pollinators. Even small plantings can make a big difference, especially if there are enough of them to provide a matrix or corridor. These are the top 10 plants recommended by Lawns to Legumes to sustain pollinators in Minnesota:

- Virginia Bluebell (shown above)
- Blazingstar
- Golden Rod
- Beebalm
- Beardtongue
- Milkweed
- Aster
- Wild White Indigo
- Red Columbine
- Blue Giant Hyssop

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