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coming to
University Ave.

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Festival 2013
stirs memories

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'City kids' get
green thumbs
at Midway Y

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Midway
Como
North End

Monitor



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Page & Flowers leading urban garden movement in the Twin Cities

Local couple named 2013

Ramsey County Farm Family of the Year

By TESHA M. CHRISTENSEN

The 2013 Ramsey County Farm Family of the Year lives and farms in the Hamline-Midway neighborhood.

Cherry Flowers and Tim Page of Page & Flowers (formerly named Holistic Health Farms) are part of the growing movement of urban farmers. "We were the first people to put up a hoop house in St. Paul," Flowers said. The 6.5-foot high hoop house sits alongside their home. It's one of the many innovative methods the two have employed in their urban garden plots.

"We push the envelope," Flowers said.

They believe that urban farms are important and that they empower the people who contribute. "In neighborhoods that have community gardens, the crime rates go down," said Flowers. "Property values go up. Communities are connected."

The hoop house enables the farmers to extend the Minnesota growing season significantly, which gives them an edge at farmer's markets. In the winter, they use the hoop house for compost. The compost is used to



enrich their soil, which in turn enables them intensively farm the small plots they have. Page and Flowers are actively working with St. Paul and Minneapolis officials to standardize the requirements on hoop houses. In Minneapolis, they are considered a permanent structure, Flowers pointed out. Right now in St. Paul, they are considered a temporary structure, similar to other outbuildings. The size is

limited, and footings are required. Page and Flowers are working with St. Paul right now regarding their own hoop house. They've had to make it smaller to comply with regulations, and are installing 12-foot-deep concrete footings. St. Paul's regulations are limiting for the urban farmer, Flowers noted, many of who are using land that they don't own.

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Page & Flowers is working with the city regarding regulation surrounding the hoop house next to their home in the Hamline-Midway neighborhood.

Episcopal Homes residents collaborate on recently released collection of prose and poetry

By JAN WILLMS

Some have been teachers and professors. Others have spent their lives in business and industry. One has been in politics for many years and another is a member of the clergy.

But with a myriad of backgrounds, these current residents of Episcopal Homes, a retirement community along University Avenue in Saint Paul, now have one thing in common. They are all

published writers.

Working with Roger Barr, who has been a professional writer for the past 30 years, they have put together a book, "Weaving Life: Prose & Poetry," that was published in June.

The book is a result of two writing groups at Episcopal Homes, Storyweavers and Scribblers. The Storyweavers group has been meeting for the past three years, and Scribblers was born a year and a

half ago. The groups are facilitated by Julie Niewald, manager of Cornelia House, and Andrea Erickson, services coordinator at Seabury.

The groups meet once a week to talk about their writing and provide feedback to one another on their work.

"It's cheap group therapy," quipped David Girard, one of the participants. But it is much more than that. It draws on experiences from individuals who have led

lives that have taken them across the world, as well as dwelling in Minnesota.

"What is fascinating is that we all come from different backgrounds," said Ruby Hunt, a member of Storyweavers.

And the book focuses on those backgrounds, from stories and poems of the Depression to a tribute to an unborn child to youthful adventures to a prosaic description of willows. There is much more, sto-

ries that trace the fabric of lives that have been lived fully, and provide the reader with a look into history, both local and global.

"I have a lot of great grandchildren," explained Marjorie Fletcher, "and the reason I'm writing has to do with the way my generation lived. It's important for future generations to know the past—it's why we have history."

CONTINUED ON PAGE 10



A new collection of prose and poetry is a result of two writing groups at Episcopal Homes, Storyweavers and Scribblers. The Storyweavers group has been meeting for the past three years, and Scribblers was born a year and a half ago. Writers at Episcopal Homes meet with a Monitor reporter to talk about their recent publication. (Photo by Paul Hagen)

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Project for Pride in Living tackles two buildings at University and Hamline

Both retail and housing scheduled to be part of the mix on former Chevrolet site

By JANE MCCLURE

University Avenue's transformation continues, spurred on by the upcoming Central Corridor or Green Line light rail service and the potential for new development. Construction is underway in the area between Prior and Fairview avenues, as the new Twin Cities Habitat for Humanity building and Episcopal Homes expansion are well underway. Many projects will be completed or taking shape by the time light rail begins running in 2014.

Now Project for Pride in Living (PPL) will take its turn. The nonprofit housing and jobs provider is planning its newest St. Paul project on the north side of University between Hamline and Syndicate on the former Midway Chevrolet site.

PPL Executive Director Steve Cramer said the nonprofit is pleased to be part of the changes along University. Area residents will see the dirt fly next year.

PPL will build two buildings on the block. The two buildings will each be four stories tall and have a total of 108 dwelling units. Hamline Station West will have 14,249 square feet of main floor retail space and 57 housing units above. Hamline Station East will have 57 dwelling units and no retail. PPL recently won city assistance in the form of tax increment financing (TIF) and has been assembling financing from a number of sources.

"There's still miles to go, but getting the TIF districts approved is a very important first step," said Cramer. He said that work to finalize building plans and financing will continue in 2013, with construction starting in 2014.



Project for Pride in Living (PPL) is planning its newest St. Paul project on the north side of University between Hamline and Syndicate on the former Midway Chevrolet site.

The projects will provide affordable housing and new retail right on the light rail line and a short distance from Hamline Station. Ward Four Council Member Russ Stark praised the project, saying it gives people a transit-friendly housing option. "This has been in the works for a long time."

More changes are coming. The long-awaited redevelopment of the former Metro Transit bus barn site and the Midway Marketplace land to the east got underway in late June as Metropolitan Council sought assistance with redevelopment. That area has been eyed for projects including a theater, mixed-use development, a Best Buy and Home

Depot. Area residents have long hoped for new retail there.

The most recent request for proposals is meant to bring in a party with redevelopment proposals that are transit-oriented. That will be followed by actually seeking a new developer or developers.

Work also continues on redevelopment of the former Old Home Dairy site into retail and housing, with apartments and new townhouses. A collaborative group is working to redevelop that site.

Also, Beacon InterFaith Housing is continuing its work on Prior Crossing at 1949 University, for a five-story, 44-unit supportive housing development for homeless youth ages 18-25. Construction is anticipated to begin in 2014.



PPL will build two buildings on University between Hamline and Syndicate. The two buildings will each be four stories tall and have a total of 108 dwelling units.

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This Is Where I Take My Car

Monitor In A Minute

Snelling Avenue bus rapid transit discussed at future open houses

Waiting for a faster Snelling Avenue bus? You're in luck. The planned Snelling Avenue bus rapid transit (BRT) service is the topic of three upcoming open houses. The public can view preliminary ideas and learn about the project design work. The line is slated to open in late 2015.

Limited stop buses would travel in mixed traffic from Rosedale Center to the 46th Street METRO Blue Line (formerly Hiawatha) light rail station, along Snelling and Ford Parkway in St. Paul and 46th Street in Minneapolis. Rapid bus service will be faster and more like light rail train service, with low-floor boarding, ticket purchase kiosks at stations and other amenities. It would have 20 stations with features including real-time information boards indicating when buses would arrive. It would connect Central Corridor or Green Line light rail to the Blue Line and to other bus service.

Metro Transit is hosting the open houses. One open house is 5-7 p.m. Monday, July 15 at the Hillcrest Recreation Center Gymnasium, 1978 Ford Parkway. Another open house is 12:30-2:30 p.m. Wednesday, July 17, at Macalester College's Weyerhaeuser Hall, in the Weyerhaeuser Board Room, at 62 Macalester St., St. Paul.

Bonnie of 'Bonnie's Café' honored by City Council resolution

A longtime University Avenue restaurant owner, who passed away in May, was honored June 5 by the St. Paul City Council.

The council, by resolution, designated June 5, 2013 as Bonnie Roell Day in the City of St. Paul. The resolution cited Roell's

"entrepreneurship and character" and her creation of a lasting neighborhood diner, Bonnie's Café.

Roell died May 15 of pancreatic cancer. A gathering was held in her honor in May.

Roell opened Bonnie's Café on University Avenue nearly 35 years ago in June 1978. The café near University and Cretin/Vandalia, won many awards for its breakfasts. Roell's motto was that "no one leaves hungry."

But she was also well-known for hiring staff from all walks of life, and for making an effort to give jobs to those in need of a second chance. The council resolution also cited Roell for providing a neighborhood gathering place and for serving generations of customers.

Hamline-Midway property owner barred from using fourplex

A Hamline-Midway property owner can no longer use his building as a fourplex, barring an appeal to the St. Paul City Council. That means longtime residents of two of the dwelling units at 870 Albert St. will have to move.

The St. Paul Planning Commission decided June 28 that Daniel Stoltz could no longer operate the building as a fourplex and denied his bid for non-conforming use status. The building was built in 1981 and is in a mixed residential area.

Stoltz argued that the building has been used as a fourplex since the 1980s and that converting it to duplex use would result in financial hardship and the displacement of tenants who have lived there for several years.

But the Planning Commission and city staff said that while they understand the hardship, the property isn't zoned for fourplex use. Nor is it large enough

to have four dwelling units, in terms of building and lot size.

City records indicate that in the past some work was done on the building without proper permits. But in the property owner's favor, some land records haven't been clear on the property's property zoning.

Residents opt out of area projects

Area residents wanting to opt out of future street construction projects are losing that option, which their North End neighbors took advantage of this spring. On a 6-1 vote June 12 the St. Paul City Council rescinded a 17-year-old policy which allowed property owners to petition to have their blocks left out of future Residential Street Vitality Program (RSVP) projects. This year large groups of North End residents opted of projects. Now it looks like they were among the last to be able to do so.

The changes were brought forward by council members Amy Brendmoen, Chris Tolbert and Dan Bostrom. They are concerned about the growing numbers of property owners opting out of projects and the potentially high costs for the city in the future as small sections of neighborhood streets are left out the first time around.

Block-by-block opt outs will no longer be allowed. Instead, an entire street paving project area can ask to opt out. Opting out on a project-wide basis must be approved by the city engineer. Nor will the City Council or district councils be involved.

An opt out doesn't mean a street will never be paved. It simply moves the project to the end of the project list. Residents who opt out typically do so because of high assessments. But council members note that opting out can only mean higher costs in the future.

- Compiled by Jane McClure

'The Art' martial arts studio offers training for children and adults

Award-winning martial arts teacher, Jake Erling, has just opened The Art, LLC Martial Arts Studio in Falcon Heights. The Art offers martial arts training for children and adults. Their rigorous programs include training from white to black belt, plus basic self-defense tactics that can prepare adolescents on how to handle situations with bullies in the schoolyard.

Erling began his martial arts training at the age of six and became a 1st degree black belt at age fifteen. With 21 years of experience, he now holds a 3rd degree black belt.

"As a little kid, I was mesmerized with Bruce Lee and wanted to be just like him," Erling recalls. "He is the reason I started taking karate classes. What I didn't know

at the time is how much of a positive impact the martial arts world would be on my life, my health, my attitude, my everything! Martial arts is more than a sport, it's really an art form and a lifestyle - that's why I named my new studio, The Art."

Erling has trained hundreds of award winning students who have become instructors themselves. He is still an avid Bruce Lee fan and teaches his students about the martial arts icon every chance he gets. He even proudly sports a Bruce Lee tattoo on his forearm as a reminder of the great man who set his life on the right path.

He goes on to explain, "The Art's martial art style is a mix of traditional Tae Kwon Do, American Karate, American Kickboxing, an embraces many Gracie JiuJitsu

practice. It's a real combination of the best of the best!"

To register for classes, call 612-598-3065, email theartllc@hotmail.com, or stop by The Art Martial Arts Studio, 1535 W. Larpenteur Avenue, Falcon Heights, Falcon Crossing Mall, Lower Level.

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Rockin and Rollin down Rice Street



RICE STREET FESTIVAL

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Como Fest 2013

This month, the District 10 Como Community Council and our community partners will be hosting the fourth annual Como Fest, from July 18-20. We have a variety of fun activities and events planned, including live music, an arts fair, an outdoor movie, a patio party, and even an overnight camp out under the stars. All of the Como Fest events are family-friendly and offer something for everyone, including vendors and concessions.

This year's events will take place at three venues – Lyngblomsten (1415 Almond Avenue) on Thursday, July 18, Northwest Como Rec Center (1550 Hamline Avenue) on Friday, July 19, and the Church of the Holy Childhood (1435 Midway Parkway) on Saturday, July 20.

Como Fest also includes the annual Como Park Garden Tour, this year featuring 15 neighborhood gardens across the neighborhood. This free event showcases a variety of gardening styles



Como Community Council Corner

JON KNOX, BOARD CHAIR OF THE DISTRICT 10 COMO COMMUNITY COUNCIL

District 10 hosts Como Fest July 18-20

and includes several gardens with unique green features.

New this year, on Saturday, July 20, there will be an outdoor patio party from 3 p.m. – 7 p.m. at Como Park Grill (formerly Java Train). Admission is \$10 and includes a souvenir glass and beer and wine samples.

Full details of Como Fest can be found on our website, www.district10comopark.org, or in the District 10 quarterly newsletter which residents of District 10 received with this paper.

Patrick's Bar Site

O'Reilly Auto Parts is in the process of purchasing the former Patrick's Bar site on Larpentaur

Avenue to relocate their Roseville store. As with any commercial development or redevelopment

project, District 10 will work with the City of St Paul and the developer in order to ensure that



All of the Como Fest events are family-friendly and offer something for everyone, including vendors and concessions.

neighborhood residents have the opportunity to have their voice heard in the process. As of this writing, planning is still in its very earliest stages, but we anticipate reaching out to the neighborhood on the topic later this year. You can best stay up to date on the project, and opportunities for public participation, by subscribing to our weekly e-Newsletter on our website.

Board Meetings on the Move

District 10's monthly board meetings, normally held at the Historic Streetcar Station, will be going on the road this fall. By hosting meetings at venues in different parts of the neighborhood, the board hopes to encourage residents of those areas to attend and contribute. Our August 20th meeting will be held at 7 p.m. at North Dale Rec Center and our October 15th meeting will be held at 7 p.m. at the Hubert H. Humphrey Job Corps Center. Additional information is available on our website.

Trout Brook Nature Sanctuary

On behalf of District 6 Planning Council and our neighborhood we want to commend and extend our gratitude to Linda Jungwirth and the neighborhood, specifically Tri Area for their commitment to the Trillium project now the Trout Brook Nature Sanctuary and Regional Trail and the North End community to make this vision a reality. As you know this project has been in the works for decades, outliving staff, City Councilmembers, Commissioners, other elected officials, local and State government and at times our neighbors. We would remiss if we did not recognize posthumously Verna Gilson and recognize her role in our com-

News from District 6

Highlighting neighborhood treasures

munity and this long awaited project.

This project took an inordinate amount of time and dedication we are grateful for their perseverance, attitude and willingness to go the extra mile to get this done. We appreciate and applaud their dedication and it is important for our community to recognize the outstanding service in all aspects of the project pro-

vided by everyone involved, including but not limited to the City of Saint Paul, Ramsey County, Parks and Recreation and of course Kathleen Anglo.

Once again you have our heartfelt thanks and now maybe the neighbors who worked so tirelessly can take a collective breath and shout We Did It! Kudos to you all.

Mrs. Vivian Clausen

In July the Saint Paul City Council recognized Mrs. Vivian Clausen for being an inspiration and treasured asset of the North End Community and her beloved Rice Street. Mrs. Clausen is approaching her 100th birthday and came to Rice Street in 1939 with her husband (unfortunately now deceased) where she

still resides. Mrs. Clausen's numerous acts of kindness and generosity are evident in her lobbying Metro Transit to place a bus shelter at the corner of Rice and Milford in consideration of her friends with disabilities who reside nearby. She diligently kept the shelter clean and watched for unwanted activity and patrols her neighborhood in her unique way. Mrs. Clausen also raised funds needed to pay for veterinary costs for another community member. Mrs. Clausen is a regular attendee at the Central Police Community Meetings and is always ready to report what she has observed on Rice Street and has often been heard to say "I love my Rice Street!"

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GROW YOUR BACKYARD HOMESTEAD

RICE STREET FESTIVAL

Holds fond memories for all



By DEBORAH BROTZ

At 103 years old, the Rice Street Festival holds fond memories for many people. Royalty director Monette Moorman's favorite memory is the Car Show. Sharing activities director with Kevin Barrett, Gidget Bailey's favorite memory is the parade. Barrett's favorite memory is driving his mother in his pickup truck in the parade. With the festival running from Wed., July 24-Sun., July 28, people will be making their own memories this year to treasure for years to come.

Moorman, sums up being royalty director in one word: busy.

"It's so much fun," she said. "The girls and candidates are such great representatives of this community. They're fun to be around."

At the Kickoff Dinner, Delaine Crawford, who lives in the North End, was named Grand Marshal of the Rice Street Parade.

"He was very surprised by it," said Moorman. "He has been doing the football program for the booster club in the North End and coaches football at Como Park Senior High School. This is all volunteer work."

Moorman's favorite memory from years ago is the Car Show.

"Every year the royal ladies pick the top three cars," she said. "I love old cars. I'm an outdoor girl who could walk around old cars all day and be happy."

It's important for Moorman to be involved in the festival



At 103 years old, the Rice Street Festival holds fond memories for many people. At the Kickoff Dinner, Delaine Crawford, who lives in the North End, was named Grand Marshal of the Rice Street Parade.

because of her feelings for the community.

"I think it's because of how much I love the community," she said. "I want to make sure we have this festival to bring the community together here in the North End."

Bailey, who owns Tin Cup's, wanted to be involved in planning the festival because of her business.

"I wanted the community to know us as a small business that is really involved in the community," she said. "The Rice Street Parade is the second oldest parade in St. Paul. I wanted to make sure it still continues on."

Bailey feels festival highlights will include Rockin' and Rollin' Down Rice Street, on Fri., July 26, starting at 7 p.m.,

and the Car Show and High Heel Race, on Sat., July 27.

For Rockin' and Rollin' Down Rice Street, seven bars: Born's Bar, Ron's Bar, Tin Cup's, Foundry Pub, Wilebski Blues Saloon, Freddy's Tiki Hut, and McCarron's Pub, will join together as a community.

"Each bar will have a different venue," said Bailey. "Tin Cup's is doing Back to the '80s. All employees will be dressing in '80s clothing. The DJ will only play music from the '80s."

Like many other North End residents, Bailey's favorite memory is the Rice Street Parade.

"I was born and raised in the Rice Street area," she said. "The parade was always the highlight because we could be with all our friends. We knew at the end of July, we would see all our friends we went to school with. It's still a thrill to see people I haven't seen in awhile."

Bailey says everybody knows the last Thursday in July is the Rice Street Parade.

"It's nice to see the community come together," she said. "For one night, everybody is the same. It's nice to see people have so much pride and dignity in the area that everybody just wants to celebrate."

The Old Timers Fast Pitch Softball game on Wed., July 24, is another highlight for Bailey.

"These people range in age from 45 to 90 years old," she said. "Some of them don't even live in the area, but they faithfully come back."

In her second year of sharing activities director with Bar-

rett, Bailey's reason for getting involved in planning the festival is simple.

"I just want to make sure in the years to come that we still have a festival," she said. "I don't want to see it go away. If anything, I want to see it become bigger and better every year."

Barrett, who owns Dar's Double Scoop Ice Cream & Piza Shop, says he has been involved in the Rice Street Festival since his shop opened up two days before the 2005 Rice Street Festival.

"It's been going on for 103 years," he said. "The reason is to keep the tradition alive. I would hate to see it die when all these people before us kept it alive."

For Barrett, the festival's highlight is the parade.

"I sponsor a Royalty Candidate," said Barrett. "She's an employee of mine. She's been with me for three years and quit when she went to college. The

amount of time," he said. "I want to see it grow and be strong and hand it off to someone else. What I love is it shows off our street."

Don Apitz, parade director, is working on what he considers will be a parade highlight.

"If I pull it off, it will be something this town has never seen before," he said. "There will be lots of lights and sirens in one whole city block. It's a very impressive thing."

Apitz has thoroughly enjoyed being parade director.

"It's been awesome," he said. "People who are on this committee are all working together. When I was out of town, the committee stepped up and helped out. It's a very good group of individuals."

Moving to the Rice Street area from Isanti in 2013, Apitz couldn't resist being involved in the festival.

"I was involved in Isanti for 15 years," he said. "I moved down here so I jumped in with



On Wed., July 24, 6 p.m., there will be an Old Timers Softball Game, Kamps vs. Stasny's, Rice and Lawson fields.

winner who is Queen can run for Queen of Snows. The last two Queen of Snows came from our Royalty Program. We're a feeder for Winter Carnival Royalty."

Barrett's favorite festival memory has to do with his mother, Darlene, who he named his shop after.

"The first year I had her in the back of a pickup truck, I still remember her face waving to all the kids," he said.

As a business owner, Barrett wants to see the festival keep growing.

"103 years is an incredible

both feet."

Bailey hopes the Rice Street Festival is a huge success.

"I hope everybody enjoys every minute of it," she said. "I also hope everybody appreciates the hard work that goes into it to keep it going. There are so many volunteer hours that go into this. Planning started in January. I hope everybody really appreciates it, has a fantastic time, and makes many new memories that their children are able to carry on."

For information, visit: ricestreetfestival.com



Like many other North End residents, Gidget Bailey's favorite memory is the Rice Street Parade. Bailey says everybody knows that the last Thursday in July is the Rice Street Parade.

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2013 Rice St Schedule

Pre-Festival Event

Monday, July 15

Fashion Show, 6 p.m.-9 p.m., 6 p.m.
social hour, 7 p.m., show starts.
Klub Haus, 1079 Rice St.

Festival Events

Wednesday, July 24

6 p.m., Old Timers Softball Game,
Kamps vs. Stasny's, Rice and Lawson fields

Thursday, July 25

Rice Street Parade, 7 p.m., Parade line-
up at Rice and Sycamore at 6 p.m., Pa-
rade route runs along Rice Street to
Rice and Arlington fields

Friday July 26

Free Friday Family Fun Night and
Comcast Movie in the Park, at
Rice Recreation Center, 1021 Marion
St., 6 p.m.-8 p.m., Rock Climbing Wall,
Pony Rides, Dunk Tank, Jump Castles,
Carnival Games, Face Painting, Tempo-
rary Tattoos, Spin Art and Button-Mak-
ing. Concessions will be sold to support
North Area Football Program at Rice
Recreation Center.

8 p.m.-10 p.m., Outdoor Movie, "Wreck
It Ralph," Rice Recreation Center, 1021
Marion St.

13

RICE STREET FESTIVAL

4-28

• www.ricestreetfestival.com

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Rockin' and Rollin' Down Rice Street, 7 p.m.- midnight, Born's Bar, 899 Rice St.; Ron's Bar, 879 Rice St.; Tin Cup's, 1220 Rice St.; Foundry Pub, 1201 Jackson St.; Wilebski Blues Saloon, 1638 Rice St.; Freddy's Tiki Hut, 1820 Rice St.; and McCarron's Pub, 1986 Rice St.; adults only, Rice Street Button required for admission

Saturday, July 27

Kickball Tournament, 8 a.m., Rice and Lawson fields. Register with District 6 Planning Council dist6ed@dist6pc.org.

Car Show, noon-4 p.m., Rice Street between Lawson and Jessamine.

High Heel Race, 1 p.m., on Rice Street between Lawson and Cook. Register at Dar's Double Scoop Ice Cream, 1048 Rice St., Check-in time is noon-12:30 p.m.

Sunday, July 28

Queen Coronation, 4 p.m., Washington Technology Magnet Middle School, 1495 Rice St., Rice Street Button required for admission.

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Page & Flowers

Continued from page 1

TECHNIQUES TO MAXIMIZE LAND USE

"We try to use a lot of techniques to maximize the use of the land," said Flowers. She added that if they owned 140 acres, they wouldn't need to be as conscious of space as they are. But because they have small plots in the city, they try to cram as many plants together as they can.

With companion planting, Flowers and Page put plants together that benefit each other, such as mint and cabbage and asparagus and strawberries.

Within their rows, there is a mixture of vegetables. Between the tomatoes is basil and at the ends of the lettuce rows are onions.

They don't walk on the rows where they plant to avoid compacting the soil.

They use SPIN techniques, planting a lot of items in two-foot-wide rows that are easier to weed. The staggered rows resemble the pattern of a dice. Instead of placing carrots three inches apart in rows that are 15 inches apart, their carrots are merely three inches apart.

Rows that are skinnier cuts down on labor costs because they are easier to weed. They also lay burlap coffee bags between

plants to keep the weeds down, a product they've found works much better than other options. "It allows us to focus more on growing and less on weeding," said Flowers.

GARDENING THROUGH EXPERIENCE

Flowers learned about gardening at a boarding school in Iowa where she lived during her four high school years. The students did everything there, including butchering pigs and making yogurt. Her passion has most recently led her to attend the classes to be a Ramsey County Master Gardener; she has 50 volunteer hours left before earning her certification.

Page picked up his knowledge of gardening through the youth work he's done.

The duo met working in an urban garden in North Minneapolis where teens from low-income families were learning about how to grow their own food.

In addition to the plot next to their house, Page and Flowers operate a one-acre market garden at Maryland and Arundel St. in St. Paul's North End neighborhood. The land is owned by Sparc, a community development corporation, and was initially slated to be a housing development. When the market changed, Sparc decided to focus on market gardens. Page and



Cherry Flowers and Tim Page are honored as the 2013 Ramsey County Farm Family of the Year during a Ramsey County Board meeting in June.

Flowers only use about half the site there, and host a community garden on the other half.

The duo also farm on certified organic land in North Branch that is owned by the Women's Environmental Institute. They are involved with gardens in North Minneapolis, and last year provided a site for a Picnic Operetta by Mixed Precipitation Theater. Over 150 attended the event in their garden, which included not just the musical performance but a 5-course sampling menu.

TRANSFORMING LIVES

Page and Flowers are known for their youth mentoring work through Boys Totem Town in St. Paul and Emerge Community Development in North Minneapolis. The look for opportunities to put youth and seniors to-

gether. Their work tends to involve gardening. They believe it is important to teach young people about where their food comes from. "I can't tell you how many kids have no idea that carrots come from the ground," said Flowers. "It's exciting to see the transformation."

TOUGH TO MAKE A LIVING AS FARMERS

Despite all the effort they put into growing vegetables, the duo recognizes that they can't make a living off of just farming. Even rural farmers often have second jobs, Flowers pointed out.

In addition to working elsewhere, Flowers and Page have begun focusing on "value-added products" that they sell while at farmer's markets. These items include the burlap coffee bags that

block weeds, and several food items: salsa verde, Page's Cha Cha relish/chutney, zucchini bread and flavored vinegars. Flowers & Page can be found each Saturday at the Mill City Farmer's Market and on Sundays at the Linden Hills Farmer's Market.

Page teaches classes on how small entrepreneurs can survive in part by focusing on value-added products. He also manages Market on the Bluff at 798 E. 7th St., an event on Thursdays from 4:30 to 7:30 p.m.

Why do farmers need an extra job to survive? Why is food in the United States so cheap? Why can't a lot of people afford to buy food? Those questions point to problems with the United States food supply.

"We think that local, sustainable food is part of the solution," said Flowers.

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In Our Community

Monitor

Send us your news! When you submit your press release it will be considered for both the newspaper as well as the Monitor Facebook page (facebook.com/monitorsaintpaul). You can also go to our website, MonitorSaintPaul.com and enter the information in the online Event Calendar.

Knox Church holds ice cream social July 27

Knox Presbyterian Church, 1536 W. Minnehaha, will have a free ice cream social on Saturday, July 27, from 4 to 6 p.m. on the west side of the church. All neighbors and church members are invited to share ice cream, music and socializing. For more information call 651-645-6488.

Rein in Sarcoma at Como Park July 22

July 22 is the 13th annual Rein in Sarcoma "Party in the Park" at Como Park's Visitors Center. Come enjoy a fun family night from 6-9 p.m. with a silent auction, lots of entertainment, activities for kids, and a chance to win \$1,000 or an Apple iPad in the raffle drawing. This event helps to raise money for sarcoma cancer research at the University of Minnesota. Sarcoma is a rare aggressive cancer often striking children and young adults. Celebrate life, honor those who have not lived, and support cancer research. Volunteers are needed! There are many fun jobs for both adults and youth. For more information or to volunteer please check our website at www.reininsarcoma.org or contact Nancy Hendrickson at 651-214-5821.

National Night Out event set at Jehovah Lutheran on August 6

Jehovah Lutheran Church will host a National Night Out event from 6-8 p.m. Tuesday, Aug. 6, with music, games, prizes and free food. Donations of \$1 for a hot dog or \$2 for a hot dog, chips, cookie and lemonade are welcome. The church also plans an old-fashioned cake walk. More information is available by calling the church at 651-644-1421.

Zion holds Vacation Bible School July 15-19

Zion Lutheran Church holds Vacation Bible School on July 15th to 19th from 9 a.m. until noon. All kids are welcome to attend. Admission is free. There will be lots of fun and food. If you want more information, please call the church at 651-645-0851. Zion is located at 1697 Lafond Ave.

Fifth Annual Fun Fest

Saint Columba Church, 1327 Lafond Avenue, will hold their fifth annual Fun-Fest July 12, 13, & 14, 2013, Friday 6-10 p.m., Saturday 3-10 p.m. and Sunday 11 a.m.-5 p.m. There will be a

wonderful blend of authentic Vietnamese food such as egg rolls, pho, and pork skewers and American classics such as BBQ ribs, Burgers, hotdogs and cotton candy. A variety of beverages will be served including ice-cold beer, soft drinks, shaved ice and bottled water. There will be an all-cash raffle, games of chance, children's games, bingo and musical entertainment. This event will be held rain or shine and admission is free of charge.

Nutrition and Weaning topic of La Leche meeting Aug. 13

Nutrition and Weaning is the topic of the meeting of the Como-Midway La Leche Group on Tuesday, August 13 at 7 p.m. All expectant and nursing mothers are invited to attend with their babies and toddlers. Call Heidi at 651-659-9527 for more information.

Lake Country Chorus earns Small Chorus award 2nd place

Como and Midway residents Erin Sloan and Helen Vulu were on stage with Lake Country Chorus in April as the chorus earned the Second Place Small Chorus award for Region 6 of Sweet Adelines International. Lake Country, directed by Sandy Bergersen, has earned numerous awards over the years. The chorus draws singers from throughout the north and east metro area, united in their love of harmony.

Lake Country Chorus can be heard on Sunday, July 21st, at 7 p.m. at the Como Park Lakeside Pavilion in a free performance of barbershop favorites.

Summer Camps at Northwest Como Rec

Summer Camps at Northwest Como Recreation Center with space available are: Clay Making, Cheerleading, Flag Football, Volleyball, Yoga, Jump Start Into Kindergarten, Mini Hawk and Snag Golf.

Fall Soccer Registration for ages 3-14 begins July 8th until space is available. Registration if first come first serve. Coaches are needed at all levels.

Register at www.stpaul.gov/park (call 651-298-5813 with a credit card) or come into Northwest Como Recreation Center Mon-Thur 1-8:30 p.m. and Fri 1-5:30 p.m.

Ice Cream Social planned July 17

All Hamline Midway residents are

invited to an annual free Ice Cream Social sponsored by Hamline Midway Elders. The Ice Cream Social will be held on Wednesday, July 17 on the lawn outside Hamline Church (or inside the building if bad weather) at 1514 Englewood Ave. from 6:30 to 8 p.m. There will be musical entertainment, children's activities, door prizes - and of course plenty of ice cream and toppings - including sugar-free options and an ice cream making demonstration and sampling featuring an old-fashioned cranking ice cream maker. For more information, please contact Tom Fitzpatrick at tom@hmelers.org or 651-209-6542.

Frogtown Fall Festival planned August 17

Support youth programming by coming to the annual Frogtown Fall Festival on Aug. 17th from 10 a.m.-5 p.m. at Minnehaha Rec Center located at 685 W. Minnehaha Ave. The goal of the Festival is about "Connecting Community to Community Resources." There will be fun for all ages, including youth football scrimmages, community resources, K9 unit, fire and police vehicles, jump castle, climbing wall, senior bingo, basketball tournament, entertainment, concessions, and much more. Come out, sponsor a table, and/or donate. For more information, please call 612-462-1720. For more information check out www.frogtownconnections.com.

Gentle Yoga returns on Thursdays

A four week session of chair based Gentle Yoga returns on Thursdays from July 18 through August 8 from 10:15 - 11:15 a.m. at 1514 Englewood Ave. (Hamline Church, lower level). Chair yoga focuses on range of movement, alignment, stretching, strengthening, awareness, breathing and relaxation. All movement is done while seated or standing using the chair for balance. Please call Hamline Midway Elders to register for this free class at 651-209-6542.

'Sleep Issues' discussed Aug. 13

"Sleep Issues as We Age" will be the topic for the Tuesday, August 13 luncheon sponsored by Hamline Midway Elders. Staff from the Sleep Institute of United Hospital will discuss the importance of sleep and the problems that seniors sometimes face regarding sleep. The luncheon begins at 11:30 a.m., and free blood pressure checks are also

provided. Free transportation can be provided to seniors in the Hamline Midway neighborhood. For more information, please call 651-209-6542.

Brazilian Drum Song Workshop July 27

Announcing a Brazilian Drum Song Workshop on Saturday, July 27, 1 p.m. to 3 p.m. Basic hand drum, stick and percussion playing techniques will be explored, and then applied to a variety of rhythms from Brazil. All levels of experience are welcomed and encouraged. Women's Drum Center, 2242 University Ave. W. \$25. Drums provided. Info and registration at www.womensdrumcenter.org.

Rice Street Library to undergo facility upgrades

Starting August 12, Rice Street Library will close to begin facility upgrades that will include creating more community space by redesigning the customer service desk area and installing an automated materials handling system. The Library is hoping to reopen in early October.

During the renovation, library customers can visit surrounding Saint Paul Public Library locations including the Arlington Hills Library, 1105 Greenbrier St. or the Rondo Library, 461 North Dale St.

The Rice Street Library is located at 1011 Rice Street between Lawson and Hatch. Hours (through August 12) are: Monday and Wednesday, 12 p.m.-8 p.m.; Tuesday, Thursday, and Friday, 10 a.m.-5:30 p.m.; Saturday 11:30-5 p.m., and Sunday 1 p.m. to 5 p.m.

For more information about the Rice Street Library, please call 651-558-2223. For information about additional Saint Paul Public Library locations, please call 651-266-7000 or visit <http://www.sppl.org/locations>.

Top authors coming to Hamline

Over the next week, Hamline University invites the public to several book readings by nationally known authors of literature for young people as part of its Master of Fine Arts in Writing for Children and Young Adults (MFAC) residency. Distinguished guest authors include Newbery Medal winning author Kate DiCamillo (Because of Winn Dixie, The Tale of Despereaux), Emily Jenkins, Franny Billingsley, William Alexander, and John Coy. Faculty readings will be presented by Ron Koertge, Marsha Qualey, Phyllis Root, Gary

Schmidt, Laura Ruby, Marsha Chall, Swati Avasthi, Claire Rudolf Murphy, Gene Yang, Eleanor Tate, and Anne Ursu. All readings are free and open to the public. Readings by graduating students will also be open to the public on July 16, 17, 18, & 20, all starting at 6:45 p.m. in Drew Science Center Room 118, which is located behind Old Main at 1536 Hewitt Avenue.

Friday, July 12, 6:45 - 8 p.m., Drew Science Center, Room 118, 1536 Hewitt Avenue. Authors: Ron Koertge, Marsha Qualey, Phyllis Root

Sunday, July 14, 6:45 - 8 p.m., Drew Science Center, Room 118, 1536 Hewitt Avenue. Authors: Gary Schmidt, Laura Ruby, Marsha Chall, Swati Avasthi

Monday, July 15, 6:45 - 8 p.m., Drew Science Center, Room 118, 1536 Hewitt Avenue. Authors: Claire Rudolf Murphy, Gene Yang, Eleanor Tate, Anne Ursu

Tuesday, July 16, 3:30 - 4 p.m., School of Law Building, Room 103, 1518 Hewitt Avenue. Author: Emily Jenkins

Wednesday, July 17, 1:50 - 2:15 p.m., School of Law Building, Room 103, 1518 Hewitt Avenue. Author: Franny Billingsley

Thursday, July 18, 3 - 3:20 p.m., Giddens Learning Center, Room 100E, 1556 Hewitt Avenue. Author: John Coy

Saturday, July 20, 11 - 11:20 a.m., Giddens Learning Center, Room 100E, 1556 Hewitt Avenue. Author: William Alexander

Sunday, July 21, 3:30 - 4:30 p.m., Drew Fine Arts Center, Anne Simley Theatre, 1530 Taylor Avenue. Keynote Address: Kate DiCamillo

Chemists loose at the Rice St. Library

The Rice Street Library at 1011 Rice St., will host Chemists-in-the-Library on Saturday, July 27 from 2-4 p.m. This group, sponsored by the MN Section of the American Chemical Society, presents hands-on science activities appropriate for all ages. Activities include Making Goofy Putty, Finding Vitamin C in Beverages, Magic Messages, Making a UV-Light Detecting Bracelet and Candy Chemicals. Join us for some science fun! Everyone is welcome! For more information, please call the Rice Street Library at 651-558-2223 or visit www.sppl.org.

The Rice Street Library is located at 1011 Rice Street between Lawson and Hatch. Hours are Monday and Wednesday, 12 p.m.-8 p.m.; Tuesday, Thursday, and Friday, 10 a.m.-5:30 p.m.; Saturday 11:30-5 p.m., and Sunday 1 p.m. to 5 p.m.

CONTINUED ON PAGE 10

NW Como Overnight Camp Out/Movie Night Friday, July 19

Reserve your camping spot for the 1st annual NW Como Camp Out. This is for families so parents must be on site at all times with their kids. Families must provide their own tents and camping gear. Deadline to register is July 12, fee is \$30/family. Bonfire after movie with storyteller. 8 a.m. Saturday light breakfast/tents come down.

Concessions will be sold 6-10 p.m. Free and open to everyone, starting with: 6 p.m. - Ball games, Jump Castle, Climbing Tower; 7-8:30 p.m. - Bingo,



Demonstrations in Tae Kwon Do & Yoga, Craft project, Music by Aaron Kerr, Button Making and Hot Shot Basketball; 7-9 p.m. - Tent set up; 8:30 p.m. -

Yo Yo Demonstration; 9 p.m. - Outdoor Movie 'Dr. Seuss, The Lorax.' For more information or to register with a credit card call 651-298-5813.

In Our Community

Continued from page 9

Bible study at Jehovah Lutheran

Islam will be the subject of a 12-session Bible study at Jehovah Lutheran Church, 1566 Thomas at Snelling. The sessions, in the air-conditioned church lounge at 10:45 a.m. Sundays, continue from July 14 and feature DVD lectures by John Esposito of Georgetown University, covering Islam from its origins to

the present. Discussion will be led by Jehovah Lutheran Pastor Bob Benke and others. It's free and snacks are available.

Kids, adult activities at Jehovah Lutheran

Jehovah Lutheran Church will host free summer suppers at 5:30 p.m. on Wednesdays, July 10, 17, 24 and 31, followed at 6:30 p.m. by children's activities and faith-instruction class for adults. The church is at 1566 Thomas in St. Paul, on Snelling. A donation of \$2 for adults and \$1 for children is welcome. More information is available from Pastor Bob Benke at 651-644-1421

Prose & poetry

Continued from page 1

LaVon Woodcock said she started writing memoirs when she first began telling some stories to her son. "He asked me to write things that he and his siblings wanted to know, and they would suggest topics for me," Woodcock said she first began writing for her school newspaper when she was in junior high. When she married, letters home became very long because of where she and her husband lived.

Jim Daly began writing memoirs for his high school graduation class for their reunions, putting a lot of humor into his anecdotes. He said that if he can write pieces that he finds funny, his hope is that readers will also find his writing humorous.

Bob Willis, who started writing poetry when he was teaching at Hamline University, said he has found the writing groups to be a wonderful opportunity. "There is good feedback and good personal support," he said.

Irma Wyman has another purpose for her writing. She has endowed some scholarships, and she makes it a point to have lunch with the recipients and visit with them.



LaVon Woodcock (insert) tells how she began writing. Jim Daly makes a point in discussing his story, as Bob Willis looks on. Each of the writing groups meets once a week. (Photo by Paul Hagen)

"Thirty years from now, I won't be going to lunch with them. So I have written some things that I want the endowing institution to supply them with," she said.

For Father Jogues Epplé, the writing provides stimulation as well as friendship.

"I had just started with Storyweavers when my 80th birthday came up," he said. "Jim Palmer wrote a poem, Ode to 80. And I thought it was just for me."

"I am here for the mental health," Epplé continued. "You have a choice in old age to keep your brain active or not." He quoted his friend Palmer about the writing. "Jim said history is made up of imagination and facts."

Palmer had been an active writer, and his piece on the Depression can be found in the book. However, he died before the book was published. His picture is there when the writing

groups meet, and his presence is still felt.

"Our time together is so highly valued and so precious," claimed Niewald. She said that Creative Ventures was a program established before the writers' groups began meeting. "The foundation has supported our efforts and paid for publishing the book," she added.

Erickson said that the Scribblers and Storyweavers have brought together individuals from

all parts of Episcopal Homes: the independent living, assisted living and nursing home residents.

"It's nice to get to know the people from all the buildings," she said. "This has built a lot of community and friendship."

For Barr, it seemed like an event waiting to happen. He said he has had a history with Episcopal Homes that has unfolded over the years. He had given some readings to the residents and was asked by them to assist them with some writing instructions, to help them review their skills and hone their writing abilities.

He did so, and when the groups agreed they wanted to become published writers, he served as the editor of "Weaving Life: Prose and Poetry."

"These are very educated people with very strong writing skills," he said. "I told them to work on that piece you have always wanted to write." He said editing the book was both fun and challenging, bringing together stories from such diverse backgrounds.

Barr said the writers look upon him as a mentor. "And I look at them as the kind of person I want to be."

Anyone who is interested in a copy of the book can contact Niewald at JNiewald@ehome-smn.org

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'City kids' develop green thumbs at Midway Y community garden

By JAN WILLMS

City kids don't always have an opportunity to plant a garden. But with the help of organizations, volunteers and donations, about 130 children will have the chance to watch plants and seeds grow into healthy vegetables they can share with their families.

St. Paul Midway YMCA Teaching Growing Gardens started with a conversation back in January between Cathy Quinlivan, the Y's director of healthy living, and Susan Schuster, senior consultant of community affairs for Blue Cross Blue Shield (BCBS).

"Susan had started connecting for-profit organizations to nonprofits in 2009 to give food to the community," Quinlivan said. "She said she had been looking for a year for children's centers with youngsters at the poverty line to engage BCBS employees to form a partnership. She did a site visit and thought the YMCA would be perfect." Approximately 90 per cent of the children are under the poverty line.

As discussions for a community garden at the Y's location at 1761 University Ave. continued, the plan was turning into reality by May of this year. Quinlivan started talking to Mary Maguire Lerman, a Y board member and master gardener. Ideas were exchanged on how to create the community garden.

In the third week of May, Vicky Vogels from the Minnesota State Horticultural Society (MSHS) entered the picture. MSHS had a Garden-in-a-Box program, with kits including a 3' x 4' fabric raised-bed garden box, soil and vegetable plants. MSHS donated 40 of those boxes to the St. Paul Midway YMCA.

The goal of the Garden-in-a-Box program is to teach people to grow their own fresh produce and experience the benefits of gardening: affordable, healthy food; exercise; outdoor activity and community growth.

"We got some staff and volunteers and a flatbed trailer and moved 440 pounds of soil," Quinlivan explained. "We made three trips bringing it here." The plants were stored in Lerman's yard for a period of time, and on June 14 volunteers from BCBS, the U of M extension staff, the Y, Open Hands Midway Food Shelf and the St. Paul Sunrise Rotary, as well as individuals who heard about the project, assisted children from the day camps and childcare at the Y in planting.

David Motzenbecker, a landscape architect with the Cuningham Group, designed the garden structure. The focal point of the site is an oak tree with rays coming out from the tree. With funding from BCBS, the Y has purchased stock tanks that will be placed on the site in July.

"The gardens look permanent, but are temporary," Quinlivan remarked. "We have our Christmas tree sales there, so we will have to put the boxes away and put them up again next year."

But for now, the kids are growing food for themselves and their families, as well as the food shelf.

Although the Y has a hose, Quinlivan said she has gotten little watering cans for the children. "I like to have as many hands helping as possible," she noted.

She said the youth groups are really caring for their gardens, watering and weeding and cleaning debris from the grounds. They will soon be staking tomatoes. Annual and perennial flowers have also been added.

To receive the Garden-in-a-Box kits, the project must be sustainable and continue for two years.

Quinlivan said garden curriculum teachers are helping the

kids look at various problems they may encounter, such as what to do if there is too much rain or how to handle critters in the garden.

Okra and bean seeds are starting to come up, Quinlivan noted. Cherry and regular tomatoes, kale, beets and bush beans are among the crops being raised.

"In the future, we want to

make scarecrows and look at composting and rain barrels," she added. "But right now we are trying to be good stewards of what the earth can provide us."

She said the doors of the Y are open to serve the community in whatever way it can to make people healthier.

"This will be a good model for all YMCAs," Quinlivan said.

The Garden-in-a-Box project

is a positive factor in so many ways, according to Quinlivan. The vegetables can provide healthier eating and serve in preventing diabetes and obesity. The Y is available for exercise for people of all ages. The project can also be used to teach cooking methods and food safety.

"The Teaching Giving Garden just fits right along with healthy living," she added.



(Left to right) - Staff: Ayah Ahmed, Children: Leroy Morris-Bryant, Alexander Winnett, Andrew Harms Jenny Hawley, Blue Cross volunteer.



(Left to right) - Nora Wolfe, Abdi Aman, Sahiti Pogula, Pastor Joy Johnson from Open Hands Midway/Bethlehem Lutheran Church In-the-Midway.

This ad was withdrawn from publication shortly before the Monitor went to press.