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## Midway Como

# Monitor



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## Hamline University's Arts in Health class uses art as therapy

By JAN WILLMS

A hospital can be a scary place for children, as they wonder what might happen to them or whether a treatment will hurt. But by introducing art into the picture, some of those anxieties can evaporate as the children concentrate on creating a picture or a shape from clay or a painting.

Hamline University's Arts in Health class and internship is providing an opportunity this spring for Hamline students to interact with children who are facing chronic or serious illness, as well as their parents, siblings, and medical professionals. Students are doing internships at Children's Hospital and Clinics and at Shriners Hospitals for Children.

"The class is being offered by the Department of Studio Arts and Art History in collaboration with the Public Health Sciences program at Hamline," said Professor Nicola Demonte, who is

teaching the class. "This program would not have happened without the support of Dr. Lisa Stegall, Dr. Aida Audeh and Dr. Sharon Preves, who have all been instrumental in making sure the Arts and Health class was offered," added Demonte.

Demonte, who has spent 17 years as an art therapist at hospitals, mental health clinics and educational institutions, said that students from various majors are participating in the class. "We have students from art history, public health sciences, biology and premed," he said.

There has been a strong interest in the class, with 16 students enrolled.

Lacy Koss, a junior in public health science, said she is looking into going into occupational therapy. "I have done research at Children's Hospital, in music and art therapy. This seemed like a perfect opportunity for an intern-

ship there," she said.

Koss said she goes to Children's Hospital two times a week, spending one day with siblings of the patient in a big area where there are games and art projects they can work on. The other day she works directly with patients on a specific art project. "It's usually just me and the patient," she said.

Koss said the Minneapolis Institute of Arts, in partnership with Hennepin County Library, has donated "Art Out of the Box" to Children's Hospital. The box contains images of artwork, supplies and mediums that the child can keep.

"This gives us some sort of image to talk about," Koss said. "We start talking about the images, and it helps the kids to relax." She said the art serves as a conduit to start a conversation.

"It's really fun to work with Art Out of the Box," Koss added. "It gives us a chance to work with clay, and we can paint on that clay." Some of the art the children produce is put up in a gallery in the hospital, or in a window sill in their room, or even hung on their IV.

"As long as you go in being excited, the kids want to participate," Koss said. She said she also enjoyed very much working with the patient's siblings.

"It's great that we get to give them an experience in the hospital as well, when the parents are mostly focused on the child who is sick," Koss said.

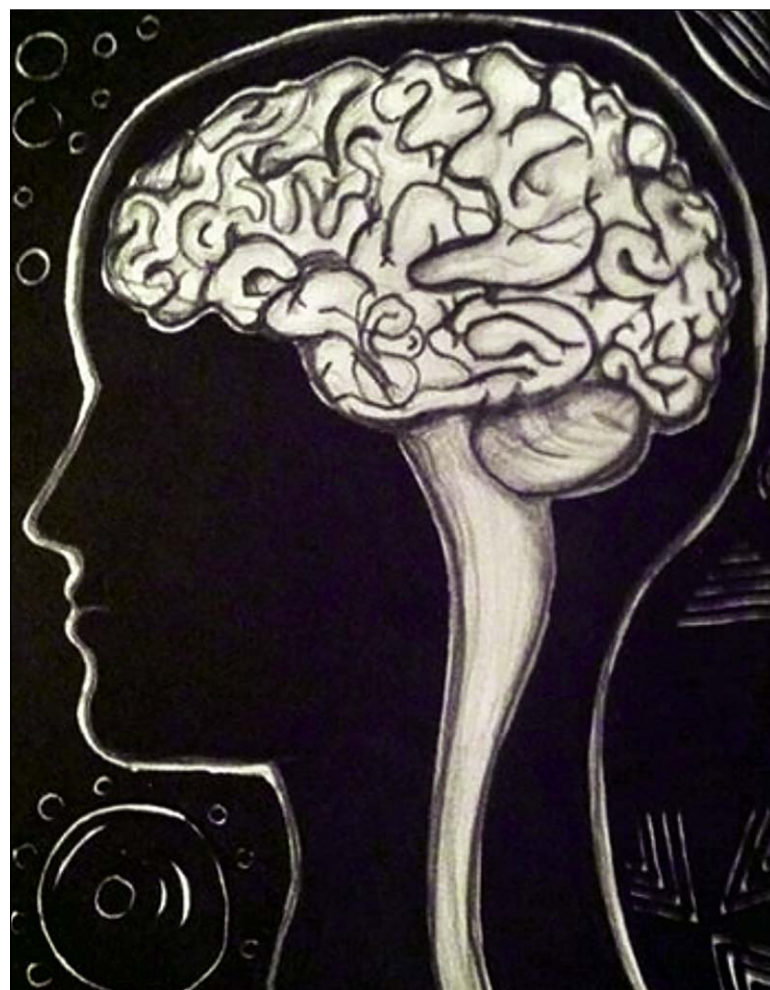
Koss said she and her fellow students have become big believers in realizing how art and meditation really complement one another during the course of the class. The lecture and classroom work started in January as a prerequisite to the internship.

"We had guest speakers, art projects and videos," Koss said. The class ran Monday through Thursday, three hours a day.

One of the guest lecturers was Dr. Robert Fisch, a professor emeritus from the University of Minnesota and a mentor of Demonte.

"Dr. Fisch is a holocaust survivor," Demonte said. "He is a doctor and an artist and has unique experiences to share. The kids loved him."

"One of the reasons why I am inspired by Dr. Fisch is that



A hospital can be a scary place for children, as they wonder what might happen to them or whether a treatment will hurt. But by introducing art into the picture, some of those anxieties can evaporate as the children concentrate on creating a picture or a shape from clay or a painting. The above artwork was created by Hamline student Kate Monson.

**"Arts intervention can lower the heart rate, reduce blood pressure, reduce pain and psychologically lower someone's stress."**

- Professor Nicola Demonte, Hamline University

### Local student performs in *Oliver*



L-R: Central High School student William Pratt plays Fagin, with Mari Holst as Nancy, and Luke O'Leary as Oliver in Young Artist's Initiative's production of the musical *Oliver!*, March 14-16 and 21-23 at the Wellstone Center, 179 Robie St. E. Pratt, as Fagin, is the leader of a gang of young pickpockets in Lionel Bart's musical adaptation of the Charles Dickens novel. Tickets are \$10 for adults, \$8 for seniors 55 and older, and \$6 for students under 18. Tickets can be reserved online ([www.youngartistsmn.org](http://www.youngartistsmn.org)) or at the door. Seating is general admission. YAI is also partnering with the Neighborhood House Food Shelf to collect food donations at all of the performances. (Photo by Benjamin Lacina.)

he has been working in oncology for many years, and he has so much faith in art as an integral part of medicine," Demonte continued.

He explained that studies have shown the positive effects of the use of art in stressful situations.

"Arts intervention can lower the heart rate, reduce blood pressure, reduce pain and psychologically lower someone's stress," Demonte said.

The art activities the interns share provide comfort to children and teens as they adjust to their

medical experiences, according to Demonte.

"The experience gained by the internship will help facilitate a deep understanding of the relationship of creativity to health using the elements and principles of art," Demonte said.

Demonte, who has used art therapy to work with clients with mental illness, developmental disabilities, cancer, dementia and Alzheimer's, said the Arts and Health class is a natural extension of what he has been practicing.

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Calendar of Events

February | March | 2014 | April

SUN	MON	TUE	WED	THU	FRI	SAT
						Hounds of Finn live at the Dubliner Pub Intrigue Theater

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# Green Line safety gets ready for show time

By JANE MCCLURE

The recent start of Green Line (Central Corridor) light rail train operator training, means the start of changes for those who cross the tracks on foot, on bicycles or in motor vehicles. More than 100 operators-in-training will be on the tracks, going up to the start of light rail service June 14.

The Central Corridor Light Rail Project office is telling everyone to always stay off the tracks, stay off station platforms until service begins June 14, look both ways for ongoing trains and cross only at intersections and legal mid-block crosswalks.

Safety posters, utility box wraps, brochures and community presentations on safety have been available for some time. Motorists should know that traffic should not be affected because trains will operate with traffic, following traffic signals. If signals are unavailable or not functioning, trains will operate under guidance from Metro Transit controllers.

Trains normally will not exceed 35 mph although speeds will be lower in downtown St. Paul and through the University of Minnesota.

Trains have been pulled along the track at times over the past several months for testing purposes, but trains are now on their own power. The transition has had its wrinkles. Not only does everyone have to start learning to watch for trains, overnight noise from track cleaning in late February woke up some Hamline-Midway residents.



The start of Green Line (Central Corridor) light rail train operator training Feb. 24 means the start of changes for those who cross the tracks on foot, on bicycles or in motor vehicles. The Central Corridor Light Rail Project office is telling everyone to always stay off the tracks, stay off station platforms until service begins June 14, look both ways for ongoing trains and cross only at intersections and legal mid-block crosswalks. This photo was taken last month at the Snelling Avenue Station showing a train wrapped in a safety message. (Photo courtesy of Metropolitan Council.)

**“It’s exciting to know light rail is starting soon. But we want everyone to look out for trains.”**

- Ward Four Council Member Russ Stark

“It’s exciting to know light rail is starting soon, said Ward Four Council Member Russ Stark. “But we want everyone to look out for trains.”

The training runs are for 61 newly hired and certified Green Line operators and 58 Blue Line operators and their instructors. While operators know how to run the trains, they will use training to become familiar with the Green Line route, stations, standard operating procedures and other features.

There will also be ongoing rail system testing. In April, Metro Transit switches to operating trains on the regular-service schedule from about 5am to 1am seven days a week, to prepare for the June 14 opening.

Area residents and business owners could be seeing weekday trips every seven to 10 minutes at times, between Lowertown and the Minneapolis connection with Blue Line (Hiawatha) rail service.

St. Paul Transportation Planner Al Lovejoy met with the St. Paul Planning Commission Transportation Committee in late February to review what’s being done leading up to the opening of light rail. The training isn’t just for drivers. Additional training is being provided for those who work near the train and its overhead catenary lines, including police, firefighters,

emergency medical service providers and public works crews, for work on and near the tracks and wires.

“It’s going to be really weird and frustrating for people along the route to see the trains and not be able to get on board,” said Lovejoy. One concern is that people will try to flag down the trains during training and testing.

Metropolitan Council and Metro Transit have started a huge communications drive to promote safety along the light rail line. “Staying off tracks and practicing other safe habits around trains takes on a heightened importance. Safety is a shared responsibility, so please visit <http://www.metrotransit.org/green-line-safety> and review the safety messages,” said Mike Conlon, Metro Transit’s director of rail and bus safety.

## Art therapy

Continued from page 1

He said the curriculum includes information on behavior therapy, psychoanalysis, mindfulness and dialectical behavior therapy (DBT).

“The Arts and Health focus, adding to the human side of medicine, draws insights from across the social sciences and arts,” he explained. He noted that the art experience not only brings relief from pain, fatigue and anxiety, but also a respite from boredom. “It provides a safe outlet for emotions as

well,” he added.

The students who are serving as interns in the Arts and Health class will have an opportunity to display their artwork at an exhibition that will run in the lobby of Hamline University’s Fine Arts Department Apr. 1-18.

“This exhibit will give the

students a chance to emphasize the connection they are making with the community,” Demonte said. “We’re really proud of this program. The interns are providing a safe, relaxing and creative experience for patients who are undergoing a serious and life-threatening illness.”

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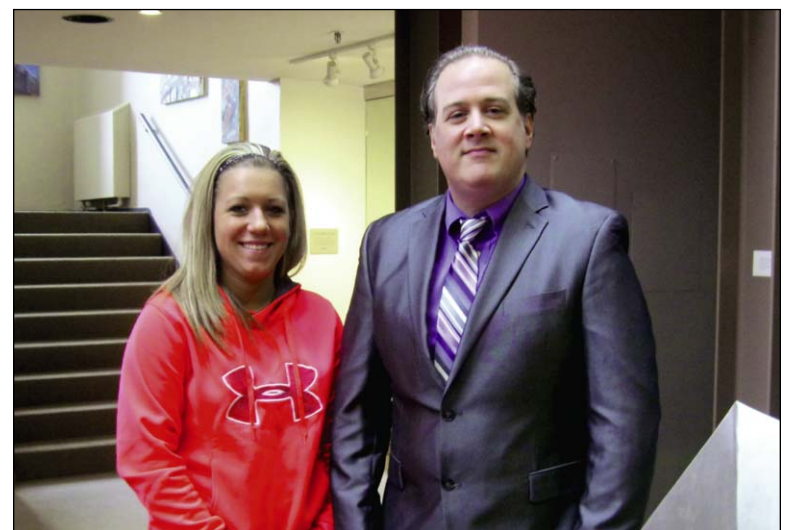
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Hamline University’s Arts in Health class and internship is providing an opportunity this spring for Hamline students to interact with children who are facing chronic or serious illness, as well as their parents, siblings, and medical professionals. Above, student Lacy Koss meets with Prof. Nicola Demonte to discuss her internship at Children’s Hospitals and Clinics. (Photo by Jan Willms)

St. Paul Central's boys basketball team has been emerging all season, and the state pollsters gave them much-deserved recognition.

The Minutemen (17-6) received a No. 7 ranking in the final Class 3A poll of the regular season. Rayeon Williams led the Minutemen with 18.6 points per game in the regular season, and Sam Gubbrud and Kalu Abosi averaged 13.5 and 11.6 points per game respectively.

On the girls' side, a 2006-07 Minutemaids record of 85.4 points per game was smashed this year by the Waconia Wildcats, who averaged 92 points per game. But, unlike the Wildcats who had a 9-15 regular season record this year, the Minutemaids went unbeaten and won the state title.

For this year's Minutemaids, Rayna Sherow, the team's senior star center, hit 1,000 career points in their final regular season game. Sherow helped the Minutemaids to an unbeaten (12-0) St. Paul City Conference title.

She led the team in scoring with 13 points per game in the regular season. Junior guard Chelcie Kizart gave the Minutemaids a regular offensive spark with 12.5 points per game.

Como Park sophomore guard Andrayah Adams became the Cougars' go-to player this season with 20 points per game. Adams helped the Cougars to a second-place finish in the conference.



# In The Zone

By MATTHEW DAVIS

## Highlights galore from the winter sports season

ference.

Darroel Pittman was a key part of the Como Park boys basketball team's 4th-place finish in the city conference. Pittman averaged 21 points per game in the regular season. Mustafa Ali also gave the Cougars a scoring punch with 16 points per game.

The Cougars were the second-highest scoring team in the conference with 73.8 points per game. Demetres Mitchell and Bryon Shaw factored into the mix with 12 and 11 points per game respectively.

As reported on KARE 11, a Marshal Landrum of the Como

Park Nordic ski team helped out his friend, Mattie Watts of Irondale High School by lending his skies last minute during the state meet. Watts had misplaced her skies, but she went on to win the girls individual race with Landrum's skies. (See photo and story on page 10.) Landrum repre-

sented the Cougars with a 55th-place performance at Giants Ridge.

Zach Ferguson represented Central at the State Wrestling Tournament on Feb. 27-28. The Minutemen's 106-pounder made his first trip to the state tourney.

In boys' swimming, the Como Park boys team took fourth in both the conference and their section meet. Will Hanson, a senior, took third in the 100-meter breaststroke and reached the state meet.

Central senior Colin Finnegan reached the state swimming meet in the 500 freestyle.

Como Park's boys hockey team reached the Section 4A semifinals this season. Tor Will had a big senior season for the Cougars with 17 goals and 11 assists for 28 points total. Senior Max Inskeep also put up strong numbers with 25 points. Anders Sateren and Peter Gaertner each had 21 points in their senior season.

A new home will be in store for the Cougars as the State Fair Coliseum ceased having an ice rink at the start of the month. Hill-Murray and Stillwater played the final high school hockey game at the arena on Feb. 28 for the Section 3AA title.

Makayla Rogers put up big numbers for the St. Paul Blades girls hockey co-op. The senior defender had 22 goals and eight assists for 30 points overall.



For this year's Central High School Minutemaids, Rayna Sherow, the basketball team's senior star center, hit 1,000 career points in their final regular season game. Sherow helped the Minutemaids to an unbeaten (12-0) St. Paul City Conference title. She led the team in scoring with 13 points per game in the regular season. (Submitted photo)

This winter has certainly been a rough one, from cold temperatures to snow, snow, more snow, and parking restrictions. I, for one, am looking forward to the spring thaw! At the District 10 Como Community Council, we have some upcoming events that will help the Como neighborhood reconnect with each other and the outdoors.

### Solar and Green Energy

How can we start to leverage the sun and the wind to provide more a more sustainable energy future starting right in our own neighborhood? How can we each take steps to become more energy efficient? If you're interested in learning the answers to these questions and joining in a neighborhood conversation about green energy, please join us on Sun., Mar. 23 at 1pm at the Historic Streetcar Station (1224 Lexington Pky. N.) for "Re-envisioning our Energy Future: Energy Efficiency and Solar in the Como Community," the second in our Sunday Series of speakers. Timothy DenHerder-Thomas from Cooperative Energy Futures



## Como Community Council Corner

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

### District 10 sponsors upcoming events

will lead a panel discussion that will include energy experts and Como neighbors who have started down this path. This event is presented by the District 10 Environment Committee and is free; donations are welcome.

### 2014 Garden Tour

It's time to start thinking about the summer gardening season! What better way to get some inspiration, meet your neighbors, and share your hard work than to volunteer your garden or nominate a neighbor to be featured on the 2014 Como Park Neighborhood Garden Tour, which will be held on Sat., June 21 this year. We're looking for a variety of gardens to showcase the diversity of the neighborhood and the variety of different types of gardens

we enjoy tending. If you'd like to participate, or nominate a neighbor's garden, please email tour coordinator Val Cunningham at writers2@comcast.net by Apr. 11.

### Weekly Como Walkabout

Even through the coldest of winter, a group of brave souls from the District 10 Council have been meeting every Saturday morning for an hour-long walk around Como Lake. As the weather gets nicer, we'd like to invite neighbors to join us for this opportunity to get some fresh air and get to know each other. Meet outside the Como Lakeside Pavilion every Saturday at 9am - for more information, email julie.tholen@district10comopark.org.

### Annual Elections

Finally, we're getting ready for our annual meeting and elections, which will be held on

Tues., Apr. 15. Serving on the District 10 Council is a wonderful way to give back to your neighborhood and work with a group of like-minded volunteers to help maintain the quality of life in Como. Half of our board seats will be up for election in April. If you're interested in running for election, visit our website at [www.district10comopark.org](http://www.district10comopark.org) or contact the District 10 office at 651-644-3889.

## Como Park features Spring!

In the next month, there are several events with spring as the focus at Como Park Zoo and Conservatory. Among them:

--Spring Flower Show, Mar. 22-Apr. 27. This year the Spring Show highlights the Hydrangea Arizona. When grown one way it will turn out red, when grown another way, it will turn out magenta! We will also feature the Hydrangea Oregon Pride, that turns out purple. Tulips, Hyacinth, Asiatic lilies, Calla, Bearded Iris, Allium, Crocus and Grape Hyacinth will be the featured flowers;

--Spring Fling Weekend, Mar. 29-30. To celebrate the 2014 Spring Flower Show featuring thousands of bulbs, a special weekend will feature special activities including games, Gardener Talks, story time and craft activities; and

--Free Wedding & Event Showcase Open House, Apr. 6, 10am-2pm. Come see why Como hosts over 400 weddings a year! Visit with photographers, musicians, officiates, decorators, and other vendors who will make your big day special. Tour our wedding, reception, and meeting spaces.



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# Bus barn site has rich history in the Midway

By JANE MCCLURE

Redevelopment of the former Snelling bus barn site, and possibly Midway Center, would bring change to a large block that is rich with community history. The superblock is bounded by University, Pascal, St. Anthony and Snelling avenues. It has been occupied by dozens of different businesses and enterprises over the decades.

One of the first to make his mark was Minnesota pioneer, fur trader and entrepreneur Norman Kittson. Kittson, whose mansion stood where the Cathedral of St. Paul is now, played many roles in city and state history. He was the St. Paul mayor, a railroad magnate and great fan of horse racing. A good part of the block was the site of his stables and race track. His horses, which won many national races, were stabled here and near Philadelphia.

But as the St. Paul grew, pressure came for change. The large block became the yard for

what evolved into the Twin Cities Rapid Transit Company or Twin Cities Lines. The University Ave. streetcar was built in 1890. Photos of University Ave. from the early to mid-20th century show the property south of University filled with streetcars. A large maintenance garage was built in 1907. Streetcars were repaired and built here.

But as times changed, and the automobile became dominant, the streetcar system was shut down. The larger property along University became the site of Midway Shopping Center, which opened in 1957 after more than two years' planning. It and the Highland Shopping Center in Highland Village were the city's answers to suburban malls. Newspaper articles describing the opening of Midway Center note that merchants kept bowls of nickels on their counters, so customers could plug the nearby on-street parking meters on their return trips.

Another major development

at that time was the construction of Midway National Bank's building at the southeast corner of University and Snelling. Further development then didn't occur until the 1990s when front lots were sold for development of McDonalds, Perkins and a small strip mall.

The bus barn was replaced in 2001, but not after a spirited fight to save it by some historic preservationists.

Before and since the bus barn's demise dozens of development ideas for Midway Center have been discussed. One idea floated in the 1990s was to build a hotel-entertainment complex south of the shopping center. A transit hub with shops on the bus barn site was eyed at one time, as was a National Guard armory and a headquarters for Metropolitan Council. Plans for Best Buy, Lowe's and Home Depot came and went, as did ideas to relocate Walgreens and Big Top Liquors on the Midway Center property.



Redevelopment of the former Snelling bus barn site, and possibly Midway Center, would bring change to a large block that is rich with community history. The superblock is bounded by University, Pascal, St. Anthony and Snelling avenues.

# Long winter busts the Public Works budget, creates snow piles

By JANE MCCLURE

Tired of climbing over snow piles to get to a neighborhood store or café? Unhappy with the on-sided residential street parking regulations that kicked in Mar. 1? Thawing temperatures may be your best option.

One-sided parking began due to concerns that emergency vehicles could not get through some streets. Generally parking is banned on the south side of east-west residential streets and the east side of north-south residential streets. Places with existing parking bans face different regulations. The city has a map online telling residents where they can and cannot park.

As the St. Paul Department of Public Works grapples with complaints about snow plowing and potholes, a long winter is busting the Public Works budget. The higher-than-usual snowfall and number of snow emergencies is



As the St. Paul Department of Public Works grapples with complaints about snow plowing and potholes, a long winter is busting the Public Works budget. The above photo shows how much room fire crews need to effectively deploy their equipment. The higher-than-usual snowfall means that fire crews don't have much room to operate.

leaving no room for extras, such as commercial corridor street clearing.

It would cost more than \$1 million to clear the piles of curbside snow in St. Paul's neighbor-

hood commercial corridors, said Department of Public Works Director Rich Lallier. And it's not a budget amendment Mayor Chris Coleman and City Council members are willing to make. Instead, council members decided to look to adding money for neighborhood commercial district snow removal to budgets starting in 2015.

Lallier was asked recently to update St. Paul City Council members on snow plowing efforts and to look at the costs of removing snow in neighborhood commercial districts. Public Works crews have scrambled this winter with more than 30 "snow events" that have called for some level of salting, sanding and plowing, including eight snow emergencies. A typical winter has 21 snow events and four snow emergencies. "And we've still got several weeks of winter left," said Lallier. "And we've had very, very, very little melting since December."

The last time the city budgeted for neighborhood commercial district snow removal was to set aside \$250,000 for the winter of 2010-2011, a year when the city had its snowiest December in history.

After a flurry of complaints, Public Works made a number of changes to snow plowing practices in December 2013. Lallier said agreements were made with employee bargaining groups to change schedules and provide more flexibility. "We're responding to snow as it comes," he said. Plows go out on snow emergency routes, which are typically collector and main arterial streets, before a snow emergency starts.

One issue City Council members are hearing about is curbside snow accumulation in some neighborhood commercial corridors. In the downtown district, snow piles are removed and the costs covered through street right-of-way maintenance assessments. In neighborhood commercial

CONTINUED ON PAGE 5



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**BREAKFAST ALL DAY TAKE OUT ORDERS**

By JANE MCCLURE

Big changes could be coming to one of the Midway's superblocs. In April the old Snelling Avenue bus barn site, vacant land to the east and Midway Center are under study for redevelopment. The City of St. Paul, Metro Transit and St. Paul Riverfront Corporation (SPRC) are working with Urban Investment Group, a Denver-based transit-oriented development consulting firm, to develop a unified redevelopment recommendation for the 35 acres of property. The goal is to have recommendations by April and launch a community input process in May.

"Extra work now could lead to extraordinary development later," said Sam Carlson of the Riverfront Corporation. The area is considered prime for redevelopment because of its location near to Green Line, or Central Corridor light rail, which starts service this summer, and Snelling Ave. bus rapid transit, which is to start operations in 2015.

The area eyed is bounded by University, Pascal, St. Anthony and Snelling avenues. RK Midway owns the Midway Shopping Center, which was built in the 1950s. Other owners own the smaller business sites along University. Metro Transit owns the 10-acre bus barn site. The bus barn site was cleared in 2001 and will be sold in the future.

RK Midway also owns the former American (previously Midway) Bank building at Snelling and University, and a 4.7-acre parcel at Pascal and St. Anthony. The St. Paul Housing and Redevelopment Authority has an option on that land that expires in late 2014.

City Planning Director Donna Drummond said the consultants will make their recommendations, the community can weigh in, but it's ultimately the property owners who will decide next steps. The city has leverage because any redevelopment over 15 acres in St. Paul requires a master plan, which is reviewed by the St. Paul Planning Commission and ultimately acted on by the City Council.

### West Midway Plan

The long-awaited plan for the West

# Big changes coming to bus barn, Snelling-Selby sites and more



The Associated Bank building will be coming down to make way for The Vintage on Selby, with 208 apartment and townhouse units and a new Whole Foods store. Ryan Companies is working with Associated to build its new home, which will take several months. Once the building is completed the bank can move from its longtime home at Selby and Snelling to the new bank.

Midway area goes to the St. Paul Planning Commission for a public hearing at 8:30pm Fri., Mar. 21. It eventually goes to the City Council for adoption as part of the comprehensive plan for St. Paul. The West Midway study is focusing on how land use strategies can be used to strengthen the city's industrial sector and employment base, while, at the same time, fit with an existing neighborhood accessible by light rail transit. The plan has been in the works for several years and has involved area district councils, the Midway Chamber and the St. Paul Port Authority. It has included scrutiny of everything from reuse of old industrial sites to transportation.

### Selby-Snelling redevelopment

Changes are underway on Snelling Avenue just north of Selby Avenue

as the longtime Getten Credit building and four houses have made way for a new \$4.3 million, two-story Associated Bank building. The structures were demolished in February.

Ryan Companies is working with the bank to build its new home, which will take several months. Once the building is com-

pleted the bank can move from its longtime home at Selby and Snelling to the new bank. The old bank building will then come down to make way for The Vintage on Selby, with 208 apartment and townhouse units and a new Whole Foods store. The whole project, which won site plan review in 2013 from the St. Paul Planning

Commission, will take a couple of years to complete.

### Goodwill/Easter Seals

Plans to build a new Goodwill/Easter Seals retail store, office and drop point face an appeal before the St. Paul City Council. The St. Paul Planning Commission approved the project's conditional use permit and variances in February. But the Hamline Midway Coalition is concerned that the project design doesn't reflect the transit-oriented development goals for the community.

Neighborhood residents have raised concerns about the project including its drop-off area's proximity to homes on Sherburne Avenue, the large amount of parking frontage and other aspects of building design. The store would be located on the former Whitaker Buick property at University Avenue and Griggs Street.

As of Monitor deadline, no public hearing date for the appeal had been announced.

### Other notes

The Western University redevelopment project at the former Old Home Dairy site was just awarded \$166,700 in funding by Metropolitan Council, through its Livable Communities Tax Base Revitalization grants. The development is to be located at the southeast corner of University and Western avenues. Frogtown residents are discussing the idea of a maker or inventor space and some kind of business to bring in jobs at the former Sax-on Ford site at 255 University Ave.

## Public Works

Continued from page 4

districts snow removal is a property owners' responsibility. "We've had a lot of snow and we really should be doing something about it," said Ward Six Council Member Dan Bostrom. Businesses are losing customers who do not or cannot get over or around the snow piles.

"We have a lot of small

businesses that are really struggling this winter," Bostrom added. Taking a jab at one of Coleman's marketing slogans, he added, "We want to be America's Most Livable City but it's a little rough out there."

"We're at a point where there is so much snow along the streets, it's in the parking lane, and cars are sticking out into the traffic lane," said Ward Two Council Member Dave Thune.

Council members are notic-

ing another effect of a cold and snowy winter. Streets are not only developing potholes, some "tenting" is being seen. City Engineer John Maczko said tenting happens when water seeps into street cracks or joints, and the ground below freezes and thaws. Streets that tent typically settle back down on their own, but the problem is indicative of the need to sealcoat streets more frequently.

Next deadline:  
March 31

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By **TESHA M. CHRISTENSEN**

There's no excuse to be bored this summer. Check out the multitude of classes and camps offered through your local parks board, YMCA/YWCA, school and well-known organizations such as the Minneapolis Arts Institute, MacPhail Center for Music, and Minnesota Children's Museum.

Browse below for highlights of the many camps offered in the Twin Cities:

## In The Neighborhood

### BLACKHAWKS OF ST. PAUL

Blackhawks offer several exciting half- and full-day camps for players ages 5-18 that encompass a wide variety of activities and skills. Specialty camps focus on specific skills such as ball control, shooting, and goalkeeping. Cost: \$75-175. 651-894-3527. <http://blackhawksoccer.org/>

### CAMP COMO

Spend some time Monkeying Around with your primate pals; discover your creative side with Adventures in Art; take an African Adventure right at Como; or try on the hat of a zookeeper or gardener in Behind-the-Scenes! Como's camps include "behind-the-scenes" experiences and meeting Como's plant and animal ambassadors up-close! Five-day, half-day sessions. Extended care available. In partnership with the Autism Society of Minnesota (AuSM), Como also offers summer camp opportunities for youth, ages 8-18, with autism. Cost: \$130-150. 651-487-8272. <http://www.tinyurl.com/p3u4lqv>.

### CREATE SOMETHING GREAT AT FRIENDS SCHOOL

From junior sleuths to budding lawyers to young artists, there are five weeks of adventures and summer fun planned for grades 2-12 at the Friends School of Minnesota. Weekdays, half- and full-day. Cost: \$100 to \$280. 651-621-8941.

### HAMLIN YOUNG WRITERS

High school students ages 15-18 can explore the craft, prepare for college, and connect with other



**From a Hogwarts writing workshop to becoming Huck Finn, there's a summer camp for everyone**

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St. Paul Academy, Friends School of Minnesota,  
Leonardo's Basement, Como Park



young writers in the Twin Cities, while working closely with Hamline Creative Writing faculty and published authors. Register by April 15. Cost: \$400. 651-523-2476. <http://www.hamline.edu/gls/youngwriters/>

### LEONARDO'S BASEMENT

Girls and boys ages 6 to 17 can design and build their creative ideas, mixing art, science and technology during partial-day, weekday camps. Cost: \$25-185. 612-824-4394. <http://leonardosbasement.org>

### MINNEHAHA ACADEMY

A variety of athletic, academic

and enrichment programs are offered, including woodworking, Lego robotics, rocket science, geocaching, fencing, sailing, painting, microelectronics, guitar, and more. Half- and full-day, one- to three-week weekday sessions. Camp Minnehaha, a full day camp for pre-k to grade 8, includes daily devotions, games, indoor and outdoor activities, daily swimming lessons and a weekly off-campus activity. Cost: \$175-750. 612-728-7745, ext. 1. <http://www.minnehahaacademy.net>

### ST. PAUL ACADEMY

Take a writing workshop entitled: "A Week at Hogwarts."

Learn about journalism and movie-making. Play chess, take competitive math, debate, or work on your college admission essay. Ten options at SPA cover a wide range of academic, arts, and enrichment activities for grades 2-12. ¡Verano Divertido! offers an engaging opportunity for children ages 5-10 to learn Spanish during the summer. The Minnesota Institute for Talented Youth offers the ExplorSchool for students in grades 4-6.

Cost: \$159-379. 651-698-2451. [http://www.spa.edu/about\\_spa/summer\\_programs\\_2014](http://www.spa.edu/about_spa/summer_programs_2014)

## In The Twin Cities

### ADVENTURES IN CARDBOARD

Construct giant castles, get lost in colossal mazes, build suits of armor and more during these five-day, full-day sessions for ages 8-14 offered July 7-11 and July 14-18 at Fort Snelling in Minneapolis. Other locations in Arden Hills and Eden Prairie with bus service offered from Powderhorn Park. Cost: \$299. 612-532-6764. <http://julianmc-faul.com>

### ALLIANCE FRANCAISE MPLS/ST. PAUL

Half-day, three- and five-day French language day camps for beginners and experienced students from age three through high school offering hands-on and artistic expression in an immersion setting. Cost: \$95 to \$175. 612-332-0436. <http://www.afm-sp.org>

### ANIMAL HUMANE SOCIETY

Unleashed campers entering grades 3-10 spend a full week immersed in animal learning and fun. Camp sessions are held in St. Paul and Golden Valley (as well as three other location). Cost: \$295. 763-489-2220. <http://www.animalhumanesociety.org/camps>

### ARTICULTURE

A variety of art disciplines and mediums with themes like Claymation, theater or food as art offered for ages 4-18. Five-day, half- and full-day sessions available. Cost: \$115-260. 612-729-5151. <http://www.articulture.org>

### ALEXANDER RAMSEY HOUSE

Solve mysteries of the past in this three-day History Detective Camp for ages 11-13. Or, young ladies ages 9-12 can step back in time in a unique Finishing School for Young Ladies day camp. Cost: \$190-\$220. 612-341-7555. <http://www.mnhs.org/summercamps>

CONTINUED ON PAGE 7



Blackhawks offer several exciting half- and full-day camps for players ages 5-18 that encompass a wide variety of activities and skills. (Photo by Kirk Gaburo)



Young artists show the face masks they made for their flower dance in "Imagine That" at the Friends School Summer Camp.

## Summer camps

Continued from page 6

### CAMP SUNRISE

Camp and canoe while learning leadership and teamwork skills in a seven-day resident camp for youths age 13-18 who live within the city limits of Minneapolis or St. Paul. Held on the St. Croix River in Rush City and organized by YouthCARE. Cost: free. 612-338-1233. <http://www.youthcaremn.org>

### CIRCUS JUVENTAS

Explore international circus arts during the 20th anniversary year of Circus Juventas. Five-day, full-day sessions offered for ages 6-18. Cost: \$395. 651-699-8229. <http://www.circusjuventas.org>

### CONCORDIA LANGUAGE VILLAGES

Experience cultural and language immersion with 15 languages to choose from. Resident camp for ages 7-18 and half-day programs offered. Cost: \$870-\$4,570. 1-800-222-4750. <http://www.concordialanguagevillages.org>

### COOKS OF CROCUS HILLS

Learn kitchen skills and safety along with basic techniques to get cooking, with an international flavor. Three-day, half-day sessions

for ages 8-13 in Edina, Stillwater and St. Paul. Cost: \$195. 651-228-1333. <http://www.cooksofcrocushill.com>

### DODGE NATURE CENTER

Explore prairies, wetlands and woodland trails during full- and half-day, four-day camps offered for students entering 1-8 grades. Shorter sessions available for ages 3-6. Cost: \$80-225. 651-455-4531. <http://www.dodgecenter.org>

### FORT SNELLING

Be a soldier for a day. Explore like Huck Finn. Experience the life of Laura Ingalls Wilder. Be an adventurer like Davy Crockett. Or, try out what life as an archeologist is like. Camps range from one day to one week. \$50-\$225. 612-341-7555. <http://www.mnhs.org/summercamps>

### GIBBS MUSEUM OF PIONEER AND DAKOTA LIFE CAMPS

Travel back in time and learn about life in the 1800s. Three- and five-day, half-day camps with shorter sessions available for ages 6-11. Cost \$100-240. 651-646-8629. <http://www.rchs.com>

### KNIGHT FOR A DAY

Learn about history while creating models of period armor, examining real medieval artifacts

and more. Five-day, full- and half-day sessions for ages 7-14. Cost: \$170-325. 612-719-1954. <http://www.oakeshott.org>

### MINNESOTA BOOK ARTS

Bring your imagination to life by creating characters and inventing new worlds. Five-day, full-day camp for ages 6-11. Cost: \$250-275. 612-215-2520. <http://www.mnbookarts.org>

### MILL CITY MUSEUM

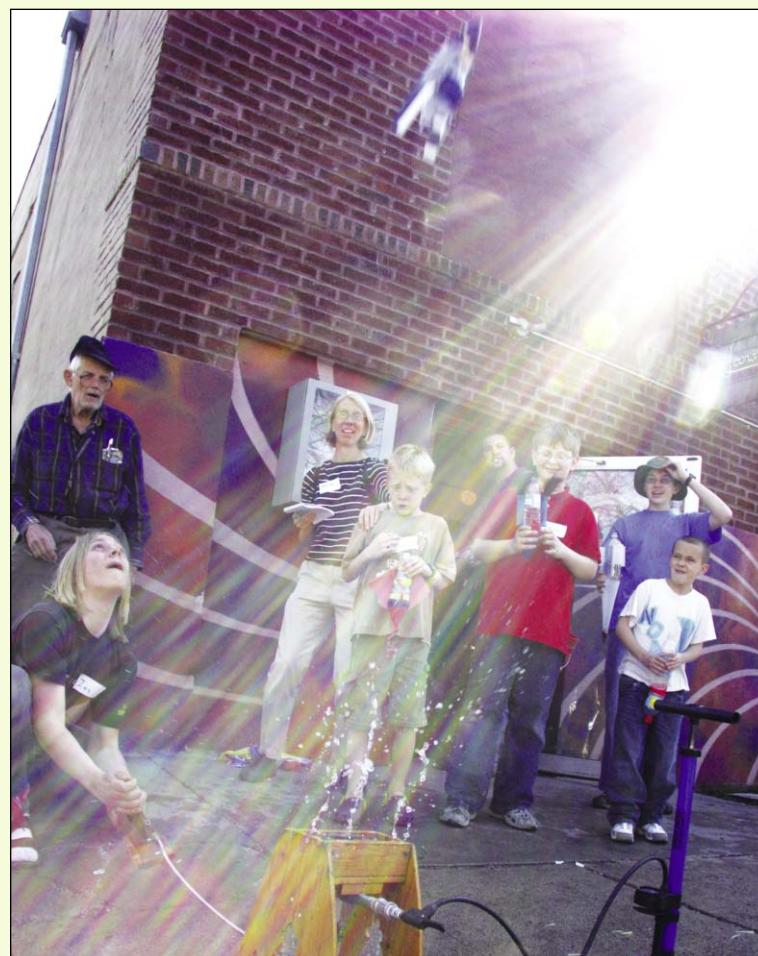
Campers aged 9-11 will spend each morning at Mill City Museum exploring a different museum theme through a variety of activities. Create a photographic history of the area. Bake bread. Tour St. Anthony Falls lock and dam. And more. \$225-\$250. 612-341-7555. <http://www.mnhs.org/summercamps>

### NORTHERN CLAY CENTER

Half-day or full-day weeklong camps are offered in a variety of themes (from teapots and dog bowls to spaceships and garden gnomes) for ages 6 and up. Cost: \$170-\$305. 612-339-8007. <http://www.northernclaycenter.org/education/summer-clay-camps>

### SCRUBS CAMP

Explore careers in health with hands-on sessions for grades 9-12. Full-day five-day session in Minneapolis or four-day session in St. Paul. Cost: \$355-475.



Girls and boys ages 6 to 17 can design and build their creative ideas, mixing art, science and technology during partial-day, weekday camps at Leonardo's Basement, in St. Paul (1188 Hubbard Ave.) and also in Minneapolis.

(Editor's Note: This is not a comprehensive list of every camp in the Twin Cities. If you would like to be included in next year's guide, please send us detailed information on the camp by Jan. 15, 2015 and we'll try to include as many as we can.)

# SUMMER FUN!

## St. Paul Blackhawks Soccer Club

Our mission is to develop highly skilled, respectful, competitive soccer players who will be contributing members to any community. We embrace our diversity and welcome the different cultures that bring richness to our club and our players' experience.

### 2014 Summer Camps

#### 5-7 Year Olds

**Little Hawks Soccer Camp I - June 9-13**  
9:30am - 11am \$75  
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**Little Hawks Soccer Camp II - July 14-18**  
9:30am - 11am \$75  
Orchard Rec Center

#### 8-11 Year Olds

**Developmental Camp - June 9-13**  
9am - 12 noon (half-day) \$95  
9am - 3pm (full-day) \$175  
Orchard Rec Center

#### 8-14 Year Olds

**Summer Skills Challenge - July 14-18**  
9am - 12 noon (half-day) \$95  
9am - 3pm (full-day) \$175  
Orchard Rec Center

#### 9-18 Year Olds

**Striker / Keeper Camp - June 16-20**  
9am - noon \$150  
McMurray Fields

#### 9-14 Year Olds

**Soccer World Cup Camp - June 23-27**  
9am - 12 noon (half-day) \$95  
9am - 3pm (full-day) \$175  
Orchard Rec Center

#### 12-18 Year Olds

**Competitive Player Camp - July 21-25**  
9am-11am \$150  
McMurray Fields



Details and registration at [www.blackhawksoccer.org](http://www.blackhawksoccer.org)

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Children and teens are invited to join us for creative half-day project building classes at workshops located in Saint Paul (1188 Hubbard Ave) and Minneapolis.

Scholarships available. Class schedule and registration at [www.leonardosbasement.org](http://www.leonardosbasement.org). Or call 612-824-4394.

Join us for Castle Fest on Saturday, August 9!

# Midway local foods movement readying for abundant 2014

By VALERIE STEFFL

Even though a few feet of snow still cover any sign of tillable land, Hamline Midway local food activists are planning new ways for more neighbors to grow their own food.

Hamline Midway and surrounding area is home to a vibrant local foods scene made up of the Gardening Matters' Midway Local Foods Resource Hub, Hamline Midway Local Foods Project Group, Midway Green Spirit and Hamline-Thomas community gardens.

The soon-to-be Frogtown Farm is another major resource that is looking to sprout this year. Community members have worked tirelessly in conjunction with the City of Saint Paul, the Trust for Public Land and the Wilder Foundation to acquire a 12.7-acre plot of land for a public park. Five and half of those acres will be a dedicated urban farm.

Frogtown Farm is currently seeking monetary support from local residents in order to become an inclusive place for learning and a local healthy food system. The first phase of the farm is set to begin this summer with a working

farm ready in Summer 2015. Check the Frogtown Farm website for ways to get involved and for information on their summer/fall ribbon cutting celebration this year.

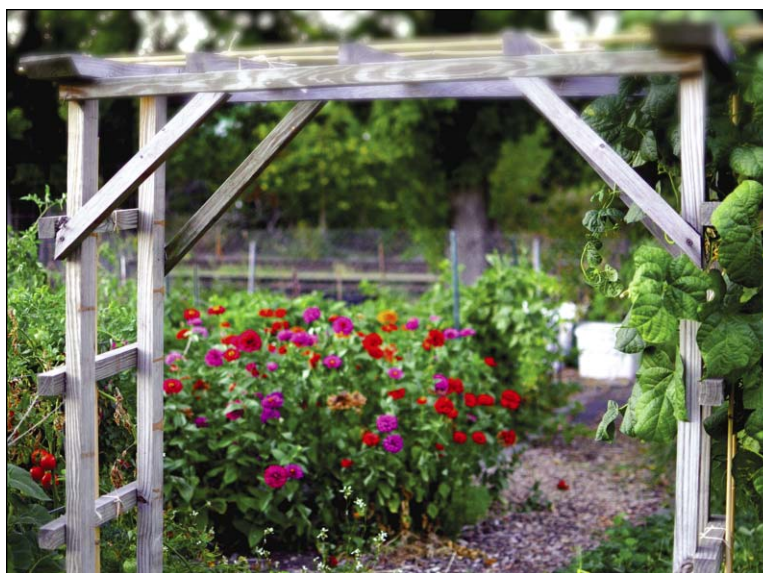
Erin Pavlica, founding member and treasurer of Midway Green Spirit Community Garden has been involved in the neighborhood's sustainable food efforts for over 12 years and has seen recent growing involvement.

"I think people are realizing it's healthier and cheaper to have access to food in your backyard," Pavlica said. "A lot of lower income families need the food in order to supply their families."

Gardening Matters, a Metro-wide organization, supports the Midway Local Foods Resource Hub, which provides affordable seeds and plants that people need to start growing their own food.

Mallory Morken, of Gardening Matters, sees the hub as more than a place to get supplies, but also as a space for community support and collaboration.

"[Gardening Matters] is also organizing monthly gatherings called Community Food Forums to do just that—highlight the



Even though a few feet of snow still cover any sign of tillable land, Hamline Midway local food activists are planning new ways for more neighbors to grow their own food. Residents grow their own produce and enjoy the many community gardens in the Midway area. (Photo by Kyle Mianulli)

good work already happening, and bring people together to network, collaborate, dream, and scheme," Morken said. "We're also trying to make it easy for people to collaborate at the events on bulk orders like fruit shrubs, mulch, or any other garden resource."

Registration for the resource hub is available now directly through Gardening Matters' website, [www.gardeningmatters.org](http://www.gardeningmatters.org).

Saint Anthony Park Community Council and Hamline Midway Coalition's Transportation and Sustainability Coordinator

Lauren Fulner is at the center of the neighborhood's local food scene. She is working to bring new life to the Hamline Midway Local Foods Project Group.

"Hamline Midway is a great place for sustainable food because the people involved have above average neighborhood pride and have passion and energy to get things done," Fulner said.

With the new formalized HMC staff capacity and money dedicated to the project group, Fulner hopes to work with the Midway Local Food Resource Hub and committed community members on specific and distinct projects such as a local foods wiki map and fruit tree seedling distribution.

Pavlica and Fulner both highlighted the collective community interest in a shared commercial kitchen space for classes, canning, fermenting or upcoming chefs or bakers. Work is underway to make that a reality, as well.

If you have a specific foods project in mind or are interested in working with the Hamline Midway Local Foods Project Group, email Lauren Fulner at [lauren@hamlinemidway.org](mailto:lauren@hamlinemidway.org).

## Traffic study: Can University Ave. be redesigned for one lane of traffic in each direction?

By JANE MCCLURE

Construction of light rail along University Avenue took away about 85 percent of the on-street parking. Getting some of that parking back will be explored in an upcoming traffic study.

At issue is whether University Avenue can be redesigned from two lanes of through traffic in each direction to one lane. Business leaders and some St. Paul City Council members are interested in seeing the concept studied, not

just as a way of bringing back some lost parking but also making the street safer for pedestrians and bicyclists who must cross the street.

Ward Four Council Member Russ Stark said the two-lane versus four-lane arguments have been made for several years. "We need to be able to look at this comprehensively," he said.

The city's Long-Range Capital Improvement Budget (CIB) Committee was asked in Febru-

ary to transfer \$40,000 from the 2010-2011 Central Corridor light rail off-street parking project to the study, which would also receive \$60,000 from the Central Corridor Business Resources Collaborative and \$40,000 from Blue Cross and Blue Shield of Minnesota. While the committee postponed a vote to await more information, the City Council approved the funding Feb. 19.

Paul Kurtz of St. Paul Public Works said there would be a technical advisory committee of city,

Ramsey County and Metro transit staff to oversee the project and work with consultants and business groups. "Businesses along University would like to see if there is some way to bring some of parking back." Anecdotal, there have been traffic decreases on University since light rail infrastructure was built. Part of a study could measure the actual traffic impacts.

University Ave. in St. Paul is under Ramsey County's jurisdic-

tion. Ramsey County Public Works Director Jim Tolaas has cautioned that traffic volumes would have to be looked at carefully before changes could be made. One concern county officials have raised is where traffic has gone, if it isn't on University Ave. anymore. Part of the study would see where the traffic has gone.

The study will be overseen by the Business Resources Collaborative. It is part of the larger Central Corridor Funders Collaborative, which has brought in grant dollars for projects along the light rail line. The line is to open for service June 14. The collaborative is chaired by Chris Ferguson, who owns the Dairy Queen in Stadium Village. Collaborative members have long pushed for the idea to be studied.

Ferguson has emphasized that University Ave. in Minneapolis and St. Paul would be studied in sections, with traffic volumes and parking needs considered for each area. He has emphasized that reducing through traffic lanes may work in some areas but not others. The change would affect business differently, depending upon the type of business.

"I think this is something businesses have wanted to look at for a very long time," Ferguson said.

But some CIB Committee members are skeptical, especially, given the timing. "We spend almost \$1 billion building light rail and then we're going to figure this out?" said CIB Committee Member and Frogtown resident Michael Steward. "I wouldn't give a nickel to this study."

Steward said that since University Ave. was rebuilt for light rail, the addition of tracks and barricades has caused turning movements at some corners. That's especially true in places for trucks and buses. Concerns have also been raised about whether motor vehicles will make turns properly as they cross the tracks, when trains are running.

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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.

### Classes/sports program set at Northwest Como

Northwest Como summer sport registration is open Mar. 1-31 for pre-tball (ages 3-4), t-ball (ages 5-6), nearball (ages 7-8), machine pitch baseball (ages 7-8), baseball ages 9-18, and softball ages 9-14. Late registration will be taken only if space is available.

Classes/activities that begin in March or April include:

- Big and Messy Art for ages 18mo-4yrs;
- Tae Kwon Do for ages 6-7;
- Line Dancing for seniors;
- Dance USA for ages 11-14.

Summer camps and class registration begins Mar. 24. New summer camps and classes at Northwest Como this year include:

- Computer camp: mincrafting, grades 2-6;
- Star Wars Battle-Droids Camp, grades 4-8;
- Rugby American Flag Camp, ages 10-14;
- Got Goo Art Class, ages 4-9;
- Hip Hop for Boys, ages 8-12;
- Tween Jazz/Ballet/Hip Hop, ages 11-14; and
- Badminton Camp, ages 8-14

To register go to [www.stpaul.gov/parks](http://www.stpaul.gov/parks). For questions or to register by phone with a credit card call 651-298-5813.

### Standards set for youth tooth care

To create consistent recommendations regarding fluoride toothpaste use in children younger than 6 years, the ADA Council on Scientific Affairs conducted a systematic review of the evidence. The results of the study demonstrate that for children younger than 6 years, fluoride toothpaste use is effective in cavity control. Based on the evidence, the Council recommends the following:--for children younger than 3 years, caregivers should begin brushing children's teeth as soon as they begin to come into the mouth by using fluoride toothpaste in an amount no more than a smear or the size of a grain of rice; and--for children 3 to 6 years of age, caregivers should dispense no more than a pea-sized amount of fluoride toothpaste.

The Council stated, "This regimen is intended to maximize the caries-preventive benefits of fluoride while further reducing the risk of developing fluorosis when compared to the previous recommendations." The complete systematic review is published in the February 2014 issue of the Journal of the American Dental Association.

### Sunday Series focus on "power" Mar. 23

Power from the sun? From the wind? What are the options for

### B1 Bantam Devils are Champions!



Front Row left to right: Aaron Lee, Dylan McClellan, Carl Fish, Anthony Betti, Leo Wieffering, Alex Campbell, Jackson Crawford. Back row left to right: Coach Bill Burkhart, Charlie Kray, Keaton Vik, JC Campbell, Max Weyandt, Drew Johnson, Zach Schinzing, Danny Banegas, Johnny McGuire, AJ Austin, Coach Jason Fischbach, Coach Steve Pignato (not pictured: Coach Tanner Hendrickson).

The Johnson Como Bantam Devils pitched a fork in the Sibley Area Warriors beating them 3-2 in an exciting overtime victory in the recent District 8 playoff championship game. They also came in on top in regular season play with the best record of 12 wins, 3 losses and 1 tie.

The Johnson Como Hockey Association (JCHA) is dedicated to the principles of fair play and good sportsmanship, and to the development of competitive hockey players of all ages. It is the goal of this organization to form a competitive hockey association that will host traveling hockey teams and instill in its players the skills and virtues necessary to achieve success.

JCHA is a member of District 8 of MN Hockey and USA Hockey.

an urban neighborhood like Como? What's happening right now, and what can happen in the future? The second in the District 10 Sunday Series will take place Sun., Mar. 23, 1-2:30pm at the Historic Streetcar Station, 1224 Lexington Pkwy. N. District 10's Environment Committee will host speakers for an informative panel discussion moderated by Timothy DenHerder-Thomas from Cooperative Energy Futures, and will feature the experiences of Como neighbors who have started down the green energy path. The program is free; although donations are welcome.

### Hamline Midway Library plans series of events

The Hamline Midway Library (1558 W Minnehaha Ave.) is hosting a wide range of events for all ages in March and early April, from the latest on how to use technological tools for adults to making wacky book art for preschoolers.

The Wednesdays @ 1:00 series concludes for this year with two more presentations in March. On Wed., Mar. 19 at 1pm, Dr. Stephanie Digby unfolds an intimate view of plants and fungi from the point of view of a botanist, including tips for gardening. On Wed., Mar. 26, at 1pm, Carrie Pomeroy presents "Happy Birthday, Little Tramp!: Celebrating the 100th Anniversary of Charlie Chaplin's Film Debut."

The library hosts a Toddler

and Preschooler Storytime on Fri., Mar. 14, 21, 28, and Apr. 4, from 10:30-11am.

On Sat., Mar. 15, Paw Pals gives children ages 6-12 a chance to read with Toby and Marsha, a dog and human team trained to encourage young readers. Advance registration is required; please call 651-642-0293 or stop by the library to sign up for a 15 minute block of reading time.

On Sat., Mar. 22, 1-2:30pm, the library encourages kids ages 6-12 to get active and take time to relax by making a yoga mat in the Make-a-Mat yoga workshop. Children will decorate a yoga mat (provided by the instructor) and then have an hour of fun-filled yoga. The program is made possible by the Minnesota Arts and Cultural Heritage Amendment. Space is limited; please call 651-642-0293 or stop by the library to register.

On Mon., Mar. 24, 6-8pm, library patrons can learn about the latest products and services (often free) that Google has developed to aid collaboration, accessibility, and business marketing. Learn about how to use and access Gmail, Gchat, Google Drive, Google+, Google Calendar, Google Maps, and more. Bring your tablet or laptop if you have one. Presented by Twin Cities Media Alliance and MELSA. Please call 651-642-0293 to register.

The Saints and Sinners Mystery Book Club gathers to enjoy discussing good mysteries on Sat., Apr. 5 from 1-3pm. Contact Geraldine Balter at [gerrib13\(at\)q.com](mailto:gerrib13(at)q.com) or 651-224-5570 to find out the latest titles being discussed.

Mon., Apr. 7, from 7-8:30pm,

the Women's Human Rights Film Series presents "Rafea: Solar Mama." Rafea is a strong-minded Bedouin woman who lives with her four daughters in one of Jordan's poorest desert villages on the Iraqi border. Rafea travels to join thirty illiterate women from different parts of the world to train to become Jordan's first female solar engineer. A discussion follows the film. Presented by the Friends and the Advocates for Human Rights.

On Tues., Apr. 8, 10:30-11:30am, the Minnesota Center for Books Arts presents Wacky Food Books, for children ages 3-5. See real examples of wacky book arts and then make your own wacky breakfast, lunch, and dinner books with materials from the kitchen such as cereal boxes, paper plates, and pipe cleaner "spaghetti"! Kids will leave with fun creations to take home. Space is limited, so please call 651-642-0293 to reserve a spot. Presented with the support of the Minnesota Arts and Cultural Heritage Fund.

### Program on homeless at Wilder Center Mar. 19

"Beyond the Fairytale: The Real Story of Homelessness" will be held Wed., Mar. 19, 6-7:30pm at the Wilder Center, 451 Lexington Pkwy. N. The League of Women Voters of St. Paul is sponsoring speaker Margaret Lovejoy, Founder and Exec. Dir.; The Family Place, who will discuss the fact that shelters are open 7pm-7am, so where are these families during the day? The meeting is free and open to the public. Free parking is found in the ramp adjacent to the Wilder Center.

### District 10 Annual Meeting and Elections

The District 10 Como Community Council's annual meeting and board elections will be held on Tues., Apr. 15 at 7pm at the Historic Streetcar Station, 1224 Lexington Pkwy. Half of the board seats will be up for election at this meeting. Interested in serving on the council? View a board member job description and nomination form online at [www.district10comopark.org](http://www.district10comopark.org). Nominations are due to the District 10 office by 5pm on Tues., Apr. 1.

### Holy Childhood holds four course feast

Church of the Holy Childhood presents the "Feast of the Golden Fork" on Sat., Apr. 5 at 7pm. It is a four course Polish Dinner with all the trimmings in Buchanan Hall, 1435 Midway Pkwy. Tickets are \$60 for one ticket or \$100 for two. Call Holy Childhood Parish Office 651-644-7495 for tickets and information. Proceeds will assist in off-setting the cost of the Orchestra Masses.

### Exercise program starts Mar. 18

A new series of Joint-Friendly exercise classes for seniors led by Joni O'Connell will begin Mar. 18 and will be held every Tuesday and Thursday, 2-3pm for eight weeks. Sessions are offered at no cost and will be held at 1514 Englewood Ave. (Hamline Methodist Church). Hamline University will also be conducting a research project related to this class. Seniors who have not participated in previous exercise classes are encouraged to try this free class. Contact Hamline Midway Elders at [info@hmelders.org](mailto:info@hmelders.org) or call 651-209-6542 to register or for more information.

### Men's Golf Club offer memberships

Membership in the Como Men's Golf Club in 2014 will be \$95 for the season, one of the lowest membership fees in the entire metropolitan area. This fee is available to new members, as well as existing members. The board of the club is committed to expanding its membership in 2014, with all the great values that have existed for years in one of the oldest clubs in Minnesota.

Membership includes events or tournaments every weekend from mid-Apr. to Oct. 15. These events and tournaments are available to all members for small or no fees, including team and individual events. Members may select which contests to play in and also qualify for preferred tee-times. The \$95 fee includes handicaps through GHIN (The Golf Handicap Information Network), as well as computer access in posting scores and retrieving handicap cards every two weeks. It's a great service for all handicaps.

For more information contact board member, Larry Jagoe at (651) 271-1131 or access our website at [www.mensclubcomo.org](http://www.mensclubcomo.org) for a listing of all events or even print out an application.

### Caregivers support group meets monthly

The Caregivers Support Group meets the second Thursday of each month from 6:30-8pm at Hamline Methodist Church, 1514 Englewood Ave. This group is designed for caregivers to find support, and to exchange information, and will be facilitated by Hamline Midway Elders staff and trained volunteers. There is no cost to participate, and the group is open to anyone caring for older adults or persons of any age with special needs. Refreshments are provided. Contact Monica at [monica@hmelders.org](mailto:monica@hmelders.org) or call 651-209-6542 for more information.

CONTINUED ON PAGE 10

# In Our Community

Continued from page 9

## La Leche group meets Apr. 2

"Nutrition and Weaning" is the topic of the meeting of the Como-Midway La Leche Group on Tues., Apr. 8. All expectant and nursing mothers are invited to attend with their babies and toddlers. Call Heidi at 651-659-9527 for more information.

## Midway Chamber announces awards

The Midway Chamber of Commerce has named the 2014 recipients of its annual leadership awards. The awards were given out at its annual celebration event and recognize different businesses, non-profits, and individuals, who go above and beyond in their support of the chamber and the Midway community through the volunteering of their time, staff, and other resources. The winners this year are:

—Terri Banaszewski received the volunteer of the year award, sponsored by Davis Communications and Zipko Strategy. Banaszewski, Sunrise Bank, is an event pro and has been active on the Midway Chamber Events committee. Her insight and dedication are the reason the annual Chamber celebration has grown over the past few years. She also participates in the Economic De-

velopment committee and attends almost all of the Chamber's programming and events.

—St. Paul Saints Baseball Club received the award for large business of the year, sponsored by the Midway Lions Club. The Saints have played their home games at Midway Stadium since 1993 and have been members of the Midway Chamber since then. They have continuously shown their support of the Midway Chamber through Board representation, committee involvement, overall participation, sponsorship, donations and a host to many Chamber outings and events.

—O'Gara's Restaurant received the award for the small business of the year, sponsored by the Roseville Visitors Association. This third generation, family owned business has been a Midway Chamber member for over a decade, and has been actively involved by hosting many meetings and events. In addition, they are always willing and ready to show their support through in-kind donations.

—The Saint Paul Police Department (SPPD) received the award for organization of the year, sponsored by Mahoney Ulbrich Christiansen & Russ P.A. The SPPD has been an active member of the Midway Chamber for the past seven years. Along with serving on the Board of Directors and participating in programming and events, they serve the community through events like Shop with Cops and by keeping our community and members informed and safe. St. Paul is a great city to do business because of their fine work.

## MNsure explained at meeting on Mar. 20

Do you have questions about MNsure, Minnesota's new health-care marketplace? On Thur., Mar. 20, at 6:30pm, Hamline Church United Methodist will be hosting a presentation from MNsure about options for healthcare and details about signing up. The deadline for signing up for open enrollment for individuals and families for 2014 is coming up fast on Mar. 31, so this is an opportunity for those who still need to sign up to receive information and assistance. Hamline Church is at 1514 Englewood Ave. Enter through the south alley door. The event is in the Fireside Room in the basement.

Following the presentation, the church will be hosting a rhythm jamboree drum circle, open to all. Feel free to stick around and connect with other people through music! Percussion will be provided, but feel free to bring instruments! Limited childcare for this event is available. If interested in childcare or other information, please contact Ross at humc@hamlinechurch.org.

## Events scheduled for seniors

Keystone Community Services is sponsoring a myriad of programs over the next month at Merriam Park Community Center, 2000 St. Anthony Ave. Among the programs are:

—AARP Free Tax Assistance will be available on Mondays and Wednesdays by appointment

## Best State finish for Como Park Skis

Marshal Landrum had the best boys' Como Park finish ever at the 2014 Minnesota High School State Nordic Skiing Championship. Landrum placed 56th in a competitive field, besting a 78th place finish by Andrew Brown in 2007. Even with his impressive race, Landrum's skis (and generosity), were destined for a bigger finish.



After his race, as Landrum was heading out to watch the girl's classic pursuit, a friend asked what kind of bindings his classic skis have. Mattie Watts, of Irondale High School,

Marshal Landrum (left) is pictured with Mattie Watts at the Minnesota High School State Nordic Skiing Championship. Landrum loaned his skis to Watts just minutes before her race, where she went on to win. (Photo courtesy of skinnyiskis.com)

the current leader was waiting minutes from her start...without her skis. Landrum quickly grabbed his skis and gave them to the distraught Watts two minutes before her start! With at least a pair of skis, she headed to the start line with skis made and waxed for a guy about 4 inches taller and 20 lbs heavier.

As the race began, it soon became clear that Watts had kick, but it was not ideal. Vivian Hett, the number one ranked skier in the State started 23 seconds later and started to erode gap between them. Within 3k, Watts' lead was gone and Hett was on the tails of her skis. Watts retained her lead and pulled away on the downhills, powering her way to a six-second victory much to the relief of friends and family. Landrum was so impressed, he asked for an autograph... on his skis. Landrum's generosity showed the true spirit of a state champion. As for his skis...none have ever placed better than his, or ever will. That's a first for Como.

through Mon., Apr. 14. Call 651-645-7424 to schedule your 1/2 hour appointment;

—Blood Pressure Checks and Ask a Nurse will be held the 2nd Monday of the month (next one Apr. 14) from 11am -12:15pm on a

drop-in basis;

—On Fri, Mar. 21 at 11am speaker Kathy Oakley will discuss "Laura Ingalls Wilder and Frontier Values". Kathy Oakley is administrator of Merriam Park's Olivet Congregational Church and an author of a published research article about Wilder. Before the program, everyone will have coffee and gingerbread made from one of Laura's own recipes;

—The AARP Smart Driver Program (refresher course) will be held on Tues., Mar. 18 from noon-4pm and on Apr. 29 from 5-9pm (\$18). Minnesota law mandates a 10% reduction in car insurance premiums for persons 55 years and older who complete a defensive driving class; and

—Gym Walking is available Monday through Friday from 11am-noon... a safe way to avoid the ice and snow! Free. Please call Keystone Community Services Senior Program at 651-645-7424 for a free copy of Keystone Senior Hi-Lites, or to register for programs or for Meals on Wheels.

## Home Health Care topic of luncheon

"Home Health Care" will be the topic for the Tues., Apr. 8 luncheon sponsored by Hamline Midway Elders. Barb Heinz from Recover Health will explain home health care for seniors, including types of services provided along with payment/funding options. The luncheon is held at 1514 Englewood Ave. (Hamline Methodist Church) and begins at 11:30am. Free blood pressure checks are provided, and free transportation can be provided to seniors in the Hamline Midway neighborhood. For more information, please contact Hamline Midway Elders at info@hmed.org or call 651-209-6542.

CONTINUED ON PAGE 11



## Midway Animal Hospital

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# In Our Community

Continued from page 10

## Garden chemicals are bad for bees

Evidence is mounting that insecticides widely used in backyards and gardens are harming bees, butterflies and birds. To spread the word about the need to protect the natural world from nicotine-like chemicals, the St. Paul Audubon Society is sponsoring a workshop on Apr. 5, 9am-noon at Macalester College's Campus Center, Snelling and Grand Aves. The event, billed as "Bad for Bees: A new threat in your backyard," is free and open to the public.

Chemical compounds containing a synthetic form of nicotine are called neonicotinoids, or "neonics," and are the mostly widely used insecticides in the world. What's wrong with neonics? They do the job of foiling insects in gardens and trees, but they're almost too effective. They

work by spreading through the entire plant, from seed to leaf to pollen and nectar, and may continue to be toxic for months, even years. They can harm bees that eat the pollen and butterflies that sip the nectar.

Once applied to food plants they don't wash off, unlike other kinds of insecticides, and may pose a threat to humans. Garden stores are filled with products and plants containing neonics and home gardeners are applying these chemicals at alarmingly high rates.

The European Union has approved a two-year ban on neonics while it studies their effects on bees.

## Central Lutheran begins campaign

Central Lutheran School (CLS), a pre-K through eighth grade school in the Midway neighborhood of St. Paul, has announced the launch of a national fundraising campaign with a goal of raising \$450,000. They kicked off the campaign with the premier of a new fundraising video ([www.clssp.org/give](http://www.clssp.org/give)).

For more than 130 years, Central Lutheran School has been a cornerstone of faith and Christian education in St. Paul. During that time, the school has seen many changes, but none so dramatic as over the past decade. With a declining economy and changing demographics the school is significantly different than it once was. At one time, CLS relied on tuition to meet its needs. Today, roughly 80% of CLS students receive some form of financial aid and more than half receive free or reduced price lunches.

As a result, CLS has transformed into a mission-based school, with a diverse population that includes students from Eritrea, Myanmar, Ethiopia and Laos. Through scholarships and other financial aid, students who come to CLS are rarely turned away because of financial need.

Funds raised by the national campaign will make it possible for CLS to continue its mission by helping retire debt and build a strong foundation for the future. The school is also transitioning to a new sustainable financial model in which monthly dona-

tions will form a base of support. The goal is to raise \$20,000 per month in recurring gifts.

## "Grease" to be annual drama fundraiser

Students at Roseville Area High School (RAHS) will stage the popular musical "Grease" at the high school Apr. 3-6. This will be the RAHS Drama program's annual fundraiser show, and students are serving as directors, choreographers, musical directors, and of course, in the entire cast.

This is the family-friendly school version of "Grease", suitable for audiences of all ages. RAHS students will become the colorful characters of Rydell High who sing and dance their way toward graduation while facing challenges such as teen angst, oppressive teachers, obsessive crushes, and emotional insecurity.

Performances on Thur., Fri. and Sat., Apr. 3, 4, and 5, start at 7:30pm, and the Sun., Apr. 6, matinee starts at 2pm. Reserved seats are \$10 for adults and \$8 for students and children. Gener-

al admission is \$6. A special Senior Matinee, which is free for area seniors, will be presented on Wed., Apr. 2, at 1pm.

Because of the popularity of student-directed RAHS spring musicals, advance ticket sales at [www.RAHSdrama.net](http://www.RAHSdrama.net) are recommended or call 651-604-1481.

## Peer support group offered

A NAMI Connection peer support group for adults recovering from mental illness meets in St. Paul. The free group is sponsored by the National Alliance on Mental Illness (NAMI) of Minnesota. Trained facilitators who are also in recovery lead NAMI Connection groups. The group meets on the 2nd and 4th Tuesdays of every month at 6:30pm, at Goodwill Easter Seals, 553 Fairview Ave. N., room 119. For more information, contact Noah at 612-388-9631 or call NAMI at 651-645-2948.

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# Classifieds

## Monitor

Want ads must be in the Monitor before Mar. 31 for the Apr. 10 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Monitor's website at [www.MonitorSaintPaul.com](http://www.MonitorSaintPaul.com)

Monitor Want Ads are now \$1 per word with a \$10 minimum. Send your remittance along with your ad to Monitor Classifieds, Iris Park Place, 1885 University Avenue, Ste. #110, St. Paul, MN 55104. Classifieds must be prepaid via cash, check, or credit card. Classified ads can be e-mailed to [denis@deruytemelson.com](mailto:denis@deruytemelson.com). Want ads must be in the Monitor before Mar. 31 for the April 10 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Monitor's website at [www.MonitorSaintPaul.com](http://www.MonitorSaintPaul.com) 9-12

### AIR CONDITIONERS

Recycling discarded air conditioners. Free pick-up. No charge! Roger 612-210-3529. 8-14

### ANTIQUES

For Sale: Vintage 1900-1949 lights, house hardware, doors, tubs, radiators, etc. Also furniture hardware. 651-644-9270. 20% off with ad. B-14

### ATTORNEY

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### BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds. etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 5-14

### HOME IMPROVEMENT

Home Improvement Funds - Affordable, flexible financing for home repairs, with construction management included. Owner-occupied homes, income limits apply. Call 651-292-8710 or visit [communitynhs.org](http://communitynhs.org). Community Neighborhood Housing Services, 35 Water Street, Saint Paul MN 55107. 8-14

### HOMES

Investor buys homes. Any condition, Cash paid. 612-423-3447. 3-14

### PAINTING

All Seasons painting, glazing/repair, woodframe/stucco; power washing. Insured. Free estimates. Kevin. 651-699-2832. B-14

Painter Jim. 25 years experience. Small jobs wanted. 651-698-0840. 3-14

### SERVICES

Kustom Remodeling - Roofing, siding, exterior/interior painting. Sheetrock, taping and texturing. Marty 612-724-8819. B-14

### SNOW REMOVAL

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### WANTED TO BUY

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### WINDOWS/SCREENS

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Next deadline:  
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## In Our Community

Continued from page 11

### Co-ed Drum Circle scheduled Mar. 28

A Co-ed Drum Circle will be held on Fri., Mar. 28, 6:30pm. Percussion, rhythm and freedom of expression will be explored. All levels of experience are welcomed and encouraged. Women's Drum Center, 2242 University Ave. W. Cost is \$10 at the door. Drums provided. Info and registration can be found at their website at [www.comensdrumcenter.org](http://www.comensdrumcenter.org).

### Lilies topic of garden club meeting

Parkway Garden Club will present "Lilies: Jewels in the Garden," at Dale Recreation Center on Wed., Apr. 2, from 6:30-6pm. The program will explain how to grow lilies, types of lilies including natives, new developments in lily breeding, and how to use lilies in your landscape. The speaker will be Forrest Peiper, president of the North Star Lily Society. Dale Recreation Center is located at 1414 St. Albans St. N.

### Fitness Happy Hour planned for Mar. 22

The F.I.T. Lab, 1565 Como, Suite 102, hosts a free community Fitness Happy Hour monthly. The next event will be Mar. 22 from 9-11am. F.I.T. Lab believes bringing together the community for Fitness Happy Hour is a way to encourage a new approach to happy hour – free workouts to replace martinis, and healthy snacks replace fried appetizers for great post-workout nutrition. They believe there is no time like the present to make healthier choices and take your fitness to the next level so join them for their next happy hour.

### Class starts on public speaking

Viking Toastmasters is presenting a five week course on public speaking at Rice Street Library, 1011 Rice St., 6:30pm on Wednesday evenings starting Apr. 2. Participants will use a manual covering organization, gestures, voice control, word usage and impromptu speaking. Each speech will be evaluated to let you know how you are doing. The course will be taught by experienced Toastmasters. The cost is \$35 (includes manual). For more information call Nancy at 651-735-3953. To register email: [speechcraft13@gmail.com](mailto:speechcraft13@gmail.com). You may pay at the first meeting. For more information see their web site, <http://591.toastmastersclubs.org>.

### Symphony performs at Roseville Lutheran

Saint Paul Civic Symphony will hold a performance Sun., Mar. 30, at 3pm at Roseville Lutheran church, 1215 Roselawn Ave. W. Music director Dr. Jeffrey Stirling, will conduct, "Close Encounters,"

including R. Strauss - Oboe Concerto (Joseph Peters soloist) and Saint-Saens - "Organ Symphony", No. 3 (organ soloist, Martha Mutch). Admission is free and all ages are welcome. You can get more information at [www.saintpaulcivicsymphony.org](http://www.saintpaulcivicsymphony.org).

### Home improvement program available

Community Neighborhood Housing Services (CNHS) has an affordable home improvement financing program to help Saint Paul residents repair and improve their homes. CNHS rates are below market rate and in some cases no payments are required. As a nonprofit, they are able to be a little more flexible with lending requirements and can work with homeowners whose credit is less than perfect, or whose home values have fallen. CNHS funds are limited to owner-occupied residences, whose household incomes fall below 120% of the Area Media Income (for a family of four, \$99,480). If you're interested in learning more, you can contact Sondra at 651-348-5080.

### Lions host Spring Fever Reliever Mar. 15

The St. Paul North Ramsey 500 Lions Club is hosting their second annual 'Spring Fever Reliever' on Sat., Mar. 15, 10am - 4pm in the Oval next to Roseville City Hall. This free event showcases area crafters and direct sales vendors, offering a wide selection of products and services. There will be free refreshments, a raffle, silent auction and a variety of entertainment. All proceeds are returned to the public through the Lions Club charitable programs.

### Annual conference planned at Hamline

The Women's Environmental Network (WEN MN) presents its annual "Networking in the Environmental Field" event on Wed., Apr. 2, 6-8pm, at Hamline University in the Klas Commons (rooms 111 and 112) located inside Anderson Hall. This event provides the unique opportunity to meet one-on-one with sponsor organizations to see how their positions relate to the environment in the fields of: education, engineering, health and safety, consulting, natural resources, law, and more! Learn about environmentally-related jobs in a variety of business and non-profit sectors. Exchange business practices and share your organizational or professional environmental effort and vision. Talk to people who have recently found jobs in the environmental field. Increase your network of environmental professionals. Bring your resume for a review by a career counseling professional! A light buffet dinner will be served (please register early at <http://wenmn.org>).

### Party with the Pipe Organ

A 40th Anniversary gala recital celebrating the three-manual, 64-rank Casavant pipe organ at Hamline Church United Methodist will take place Fri.,

Mar. 21, at 7:30pm. The program features Dr. K.R. Kasling, Principal Organist at Hamline Church, Christopher Stroh, Principal Organist at the Basilica of St. Mary, and Anne Phillips, Organist and Music Coordinator at Epiphany Church, Coon Rapids.

The program is designed to show the colors and versatility of this magnificent instrument. Works performed will be by Buxtehude, Bach, Schubert, Franck, Widor, John Knowles Paine and Charles Ives.

The organ recently received a thorough mechanical rejuvenation plus two new stops (including the huge pedal pipes you see here), bolstering its ability to play a wider range of literature, choral and congregational accompaniments. The console will be moved into concert position in the middle of the chancel so all can watch fleet foot movements and what it takes to manage the organ in concert.

There will be a post-concert reception where you can meet the performers, peek into the organ chambers and inspect the organ. Admission is free and a free-will offering will be taken. There is ample parking behind the church, which is located at 1514 Englewood Ave.

### Baby FUNdamentals Class at Rondo

A Baby FUNdamentals class will be held at Rondo ECFE, 560 Concordia Ave. on Apr. 14, 9:30am. This free class for baby and parent features baby massage, baby toys and other things of importance to raising a baby. It is a good opportunity to meet and visit with other neighborhood parents and newborns.



### "Inspire MN" festival to host local celebrities

2013 Bezos Scholars, Como Park Senior Marshal Landrum and Educator Kathryn Kahn, announce "Inspire MN," a local ideas festival launching on Thur., Mar. 20, 1-6pm (registration starts at 12:30pm). The festival will take place at Como Park Senior High School Auditorium at 740 Rose Ave. W. Please RSVP by Mar. 18 by emailing [bigideasfestival@gmail.com](mailto:bigideasfestival@gmail.com) to reserve your spot.

Taking part in the year-long Bezos Scholars program, Landrum and Kahn had the opportunity to attend the Aspen Ideas Festival last summer. They were inspired by notables including Shuttle pilot Jeff Ashby, oceanographer David Gallo, astrophysicist Brian Greene, Afghan women's rights activist Shabana Basij-Rasikh, and world-renowned cellist Yo-Yo Ma.

Landrum and Kahn decided to bring an experience similar to the Aspen Ideas Festival to Como Park. "Inspire MN's" mission is to provide a gathering that inspires, ignites passions, and spurs students and community members into action. It will urge attendees to think deeply about what they want to do and who they want to be. It will also show examples of how following our own passions can both connect us to and enrich the community in which we live.

Landrum and Kahn have invited several successful Minnesotans, all with different fields of interest, to share their stories with the participants. The speakers will include such elements as their initial inspirations, first attempts, obstacles along the way, the will to never-give-up, the people who supported them, and their ultimate success.

Speakers include Arctic explorer Paul Schurke, \$1 Million Forever St. Paul Challenge winner Tracy Sides, children's book author Kurtis Scaletta, and visual artist Seitu Jones. Festival participants will hear their stories, ask questions, and are welcome to share their own ideas.

Landrum, Kahn, and the Inspire MN festival team warmly invite community members to attend. Suggested donation: \$5 per person. And, a reminder that parking lot space is limited at Como Park High School—consider taking the MTC bus #3 or parking on the street.



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