



An historic church looking forward

Page 2



Special feature: summer camp options

Page 8-9



Urban Boat Builders inspires youth

Page 10

Midway Como

Monitor



Your community newspaper since 1975

March 2015 • Vol. 40 No. 11

www.MonitorSaintPaul.com

21,000 Circulation

Another attempt to develop Dickerman

The challenge is to make a not-too-expensive park that doesn't seem to be businesses' front yards

By JANE MCCLURE

If it is rebuilt in 2016-2017, Dickerman Park would include public plazas, a water feature, art and places for visitors to sit or walk. A request for \$3 million in city Long-Range Capital Improvement Budget (CIB) dollars goes to the CIB Committee's Community Facilities Task Force this month. If that funding is approved city officials would combine it with \$2 million in 8-80 Vitality Fund money approved

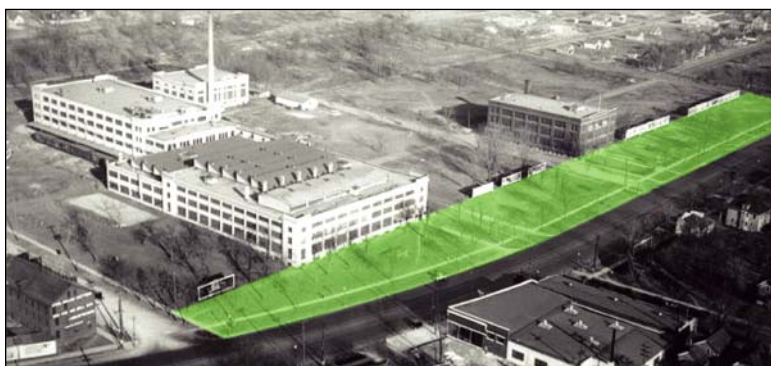
last year by the city.

More than two dozen people attended a February community meeting at Newell Park to review ideas for Dickerman. Proposals for the park were developed by a city-community advisory committee and consultants. The committee began meeting last fall and chose ideas from four park layouts.

One challenge park planners had to meet is making the land appear to be a park, rather than



The current plan for Dickerman Park hopes to develop two public plazas that are placed to distinguish them from the local businesses on the north. Walkways through the park would pass by public art and historical elements to celebrate its railroad and industrial history.



For decades, anyone passing by would have assumed that Dickerman Park was the front yard of numerous businesses, such as the Griggs Midway Building, the Midway YMCA, and Marsden Maintenance.

the front yards of businesses, charter schools and the Midway YMCA at 1761 University Ave.

The park would incorporate information about the Midway's history, including its railroad and industrial history, in design of park elements and displays. It would have public art and some features that could be used for children's play. But it won't have a playground.

Those at the open house had some of the same reactions as the Dickerman Park Community Design Advisory Committee. While there is much support for the park proposals, and ideas such as native plantings, community gardens and the inclusion of art and information about neighbor-

hood history, there are concerns about some park features. Some neighbors like the idea of a fountain or water feature while others question its practicality. There are also issues with how seating is provided, with some preference for fixed seating that cannot be moved rather than a mix of fixed and moveable seating.

Dickerman Park is one of the city's most unusual and, until recently, neglected parks. The 2.4 acre property extends along University Ave., from Fairview Ave. to Aldine St. The land was given to the city by the Dickerman family in 1909-1910, with the goal of developing a linear park or green boulevard along University Avenue. But over the years parking

lots, driveways, sidewalks and play equipment were placed on the park property.

The park is located along the Green Line light rail and near the Fairview rail station, so that was a focus, said Ellen Stewart, a landscape architect with the St. Paul Department of Parks and Recreation.

This is Dickerman Park's fifth try for city funding. Park planning has gone on for almost two decades, much to the unhappiness of area residents and business owners who want to see something done with the space. A \$12 million plan developed in 2005 was shelved due to high costs.

CONTINUED ON PAGE 13

LEAP High aims students to leap high in their goals

Sixty percent of their students have never attended school before

By JAN WILLMS

You're a teenager in a new country where you don't know the culture, the customs or the language. You may have left a place that was ravaged by war, and you have not had the chance to go to school before. Everything is new and different, and a bit scary.

The Limited English Achievement Program (LEAP) High School provides that safe place where you can learn and grow and become accustomed to your new home while earning your diploma.

The school, currently housed in the Wilson Building at 631 Albert St. N., has been at this location since 2003. It began in 1994 on the 4th floor of the 494 Sibley Ave. building. It initially shared its present location with the Wilson Middle School, but during the summer of 2004, LEAP took over

the entire building.

"We draw students from all around the globe," said Rose Santos, who has been the school's principal since 2004. "Our students usually come to us with not very much English," Santos said. "Many come from war-torn places, and 60 per cent of them have not attended school before."

The school's mission is to be a national leader in preparing immigrant students to become global citizens and critical thinkers. Santos said 100 per cent of the students are refugees or immigrants.

LEAP is designed to provide an engaging school experience, bridge cultural and language barriers, meet individual learning needs and build English language fluency, so that all students graduate prepared for a positive role in society.

Over 400 students in grades 9-12 currently attend LEAP.

"Our average class size is 19," Santos said. "The largest class has 27 students."

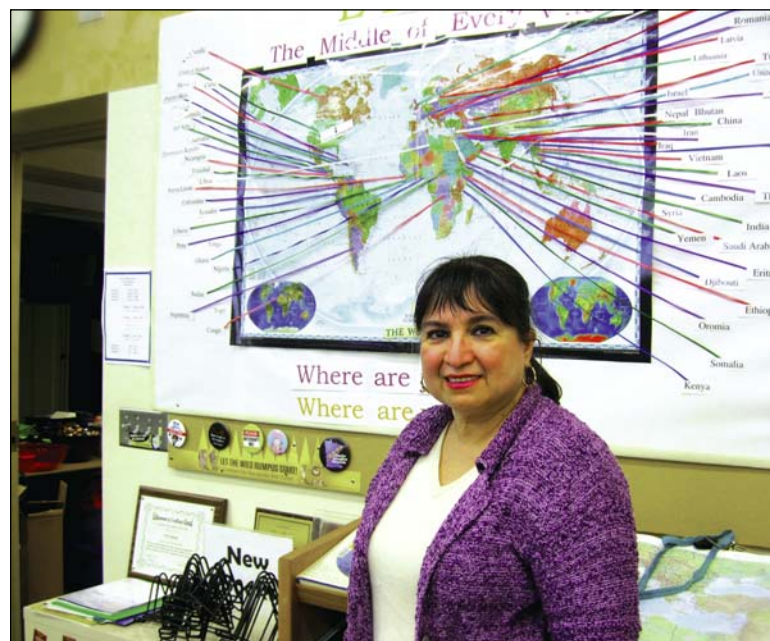
She said that 85 per cent of the students who graduate go on to post-secondary education.

"I think our students are motivated to be the best that they can be," Santos declared. "They know they need to learn English to be successful."

LEAP follows the St. Paul Public Schools regulations for requirements and for issuing credits for graduation.

"We have extremely fabulous teachers who get to know the kids very well," Santos continued. "A lot of my teachers are dual-licensed in ESL and another academic subject."

CONTINUED ON PAGE 11



Rose Santos, principal of the Limited English Achievement Program High School. (Photo by Jan Willms)

Monitor

1885 University Ave.
St. Paul, MN 55104
651-645-7045

Publishers:

Calvin deRuyter, Tim Nelson

Managing Editor:

Calvin deRuyter

Advertising:

Denis Woulfe (651-917-4183)

Production/Illustrations:

Bob Wasiluk

Contributing Writers:

Jane McClure, Jan Willms,
Tasha M. Christensen, Jon Knox,
Kyle Mianulli, Jill Boogren,
Margie O'Loughlin, Matthew Davis

Now, communicate with the Monitor electronically!

Now it's easier than ever to keep in touch with the Monitor. Letters to the editor and news releases for publication can be sent via e-mail at editorial@deruyternelson.com. Be sure to send copy in the body of the e-mail, and please mark whether the copy is a letter, a news release for publication, or perhaps just your thoughts on the last issue. Don't forget to write!

And check us out on the web at:
www.MonitorSaintPaul.com

The Monitor is a monthly community publication in the Midway and Como areas of St. Paul, owned and operated by deRuyter-Nelson Publications, Inc. All correspondence should be sent to the Monitor, 1885 University Ave., #110, St. Paul, MN 55104. Editorial and advertising offices can be reached at 651-917-4183. Our fax number is 651-645-4780.

All rights reserved. The contents of the Monitor cannot be reproduced without express written permission of the publisher. Copyright ©2015.

By MARGIE O'LOUGHLIN

Hamline United Methodist Church (HUMC), 1514 Englewood Ave., is an impressive stone building that has towered above the neighborhood since it was built in 1929. According to Senior Pastor Mariah Furness Tollgaard, "The imposing architecture of the church is both our greatest asset and our greatest challenge."

HUMC is a congregation with historic roots (the building is listed on the National Registry of Historic Places), but they are committed to moving forward as a community in new, meaningful ways.

HUMC was recently in the news as a stake holder in the decision-making over Hamline University's proposed campus expansion. In question, among other things, is the destruction of several homes in the neighborhood - some of which are owned by the University.

In September, HUMC offered up their space as a "neutral meeting ground" in which stakeholders could work toward resolution. "Our interest is in preserving integrity in our community, and demonstrating commitment to everyone working together in a civil process," Tollgaard said.

This type of open-mindedness is apparent in the way the church is ministering lately.

"Our passion," said Tollgaard, "is in claiming the sacred in everyday life, and with that in mind, the possibilities for ministry are endless." The congregation gathers at 10am on Sundays for what Tollgaard called a "blended service." Traditional meets contemporary here, and one is as likely to hear Brahms as they are to hear U2 or the Wailin' Jennys.

Throughout the church cal-

Hamline United Methodist Church

An historic church looking toward the future



Hamline Church at 1514 Englewood Ave. (Photo by Margie O'Loughlin)

endar are opportunities to engage in study, service and fellowship. To name a few, there are vegetables to tend in the summer garden, providing food for the Hamline Midway Elders. Volun-



Senior Pastor Mariah Furness Tollgaard. (Photo by Margie O'Loughlin)

teers contribute time to the Block Nurse Program, which keeps seniors living independently in their homes. Thirsty Scholars is a monthly fellowship group for men with children under 18, which meets in local brew pubs. There are prayer groups, Bible studies and book groups as well as a women's outdoor recreation club and a crafter's night for all ages.

In April, the church will break ground for a community oven, and by May or June HUMC hopes to be inviting neighbors to join in the fun of baking breads and pizzas outdoors.

The current membership at HUMC is around 400, down from twice that in the 1950's. "Our goal," said Tollgaard, "is not to be a huge church, but rather a community of people woven together."

Four years ago, HUMC merged with Church of the Good Shepherd in a move that attracted many young families.

HUMC is a reconciling church, welcoming all persons as full members into church life regardless of sexual orientation. Tollgaard feels strongly about revitalizing the church, helping people meet their spiritual needs and welcoming them into a community of faith.

Tollgaard is the youngest senior pastor ever called to HUMC; she will also be the first to take maternity leave when she and her husband have their second child in March.

After undergraduate work at the U of M, Tollgaard received her MDiv from Harvard's Divinity School and served at a Methodist church in northern California. She considers herself something of an anomaly, coming from a family where almost everybody studied law. Both her parents, her husband and one brother are attorneys. She said, "I guess I just found another way to do the work of justice."

Growing up in Owatonna, Tolgaard was the only member of her family to attend church--though her parent's names appeared on the membership roles of the local Methodist church. She received what she clearly remembered as a call to ministry when she was only 13. "I became aware that God was calling my name while on a mission trip to the Pine Ridge Indian Reservation in South Dakota," she said. "There was a conversation with elders late one night about God and spirit and the land, and from then on, I knew what I wanted do with my life. I didn't come out as a wanna-be minister for years, it was so not cool as a teenager. But there was no question in my mind, and I kept the secret to myself."

According to Tollgaard, "This is a changing time for churches around the world. People everywhere are searching for more meaning and purpose, but not necessarily within the old ways of doing things."

At HUMC, there is a sense of the old meeting the new with grace. Tollgaard said, "People ought to come and check us out. We're probably not the church you think we are..."

Service, Price... Professional Advice

from St. Paul's Largest Flooring Retailer

Quality Design
Over 60 Years
Hamernick's

1381 Rice Street, St. Paul, MN 55117
651-487-3211
www.hamernicksdecorating.com
Hours: Monday - Thursday 8am - 8pm
Friday 8am-5:30pm • Saturday 8am-4pm

Salt: What's the big deal?

Salt makes roads and sidewalks safe. But excess salt pollutes lakes and the Mississippi River and there's no good way to remove it. Be safe AND protect lakes and rivers:

Remove as much snow and ice as you can BEFORE applying salt.

Check the temp - Salt doesn't work below 15°F. Use sand for traction at low temps.

Use deicer sparingly - A 12 oz. coffee cup of salt per two parking spaces.

Sweep and keep - Sweep up and reuse extra salt to keep it out of storm drains which flow to our local waters.

Learn more at capitolregionwd.org



Come to a pharmacy that cares.

Independently Owned and Operated

Fast, Friendly Service

Professional Prescription Compounding

Delivery in the Midway Area

New Customers Always Welcome

Lloyd's
pharmacy

Est. 1949

720 Snelling Avenue North
St. Paul, MN 55104
(651) 645-8636

www.lloydsrx.com

Business Hours:

Monday 8:30am - 7:00pm
Tuesday 8:30 am - 7:00pm
Wednesday 8:30 am - 7:00pm
Thursday 8:30am - 7:00pm
Friday 8:30am - 7:00pm
Saturday 8:30am - 6:00pm
Sunday 9:00am - 1:00pm

After tough patch, things looking up at Hampden Park Co-op

By JAN WILLMS

As spring beckons around the corner, the Hampden Park Co-op at 928 Raymond Ave. is looking forward to its busy season. Greg Junge, who took over as general manager last August, said he has been working under a fast learning curve.

"There have been a lot of immediate things that had to happen, and I have stayed very focused," he noted. "The store needed to be more profitable."

Faced with the recession, light rail construction on University Ave. and additional road construction on Raymond Ave., the co-op has struggled the past year. But with the support of its members, customers and the community, the Hampden Park Co-op is reviving.

Members had been asked to voluntarily return some of their discounts, and Junge said that to date the co-op has received \$4,000 in returned discount money.

"This just shows the strength of the cooperative," he said.

A new floor has been installed in the kitchen, an upgrade that was a necessity.

"We've become more efficient, using tools that are available to us in the co-op world," Junge said.

The general manager of the River Market Co-op in Stillwater, along with some of his staff, conducted a mini-audit. "They showed us what is working for them," Junge said. "That has helped us in staying true to who we are."

In adding some fresh paint to the walls and ceiling, the Hampden Park Co-op operators queried the members for input. "We received 108 comments with ideas about colors for the walls," Junge said. The colors chosen were Navajo White, Rendezvous Blue and a burn orange. "These are colors we can use that will work with the building," Junge added.

He said the history of the building is important and can't be replaced.

But with his background in retail and the culinary arts, Junge is promoting new ideas for the co-op as well. The store has partnered with Le Cordon Bleu College of Culinary Arts in Mendota Heights and has brought in a student to serve an externship with the store.

"It's the first time one of our externships has been with a deli," Junge said. Caitlin Chanda is starting her third week of the three-month externship. She has completed all the classes of her 21-month program, and she is now devoting her full time to creating new salads and sandwiches for the Hampden Park Co-op.

Her instructor, Auggie Austreng, has suggested a few trends that are gaining headway in the culinary arts. He said that pig fat or lard is making a comeback, with people tending to use that instead of Crisco. Oysters are be-

ing spotlighted, and seaweed is gaining popular use in soups, sauces and vegetable dishes. He sees flavored honey, yogurt and hummus being used more frequently in recipes.

Chanda said she has been creating dishes at the Co-op using ingredients that people don't generally cook with, such as pasta with dried seaweed in the pasta dough to add color and a subtle flavor.

"I've thought of an apple and celeriac slaw with maple or honey," Chanda said. She is also considering stuffed mushrooms with either tofu or sausage, mixed with mozzarella, green onion and spices and topped with wonton strips for some crunch.

While Chanda will bring



Caitlin Chanda is in the midst of her three-month externship at Hampden Park Co-op. The externship is the last step of her education from Le Cordon Bleu College of Culinary Arts, and she is devoting her time to creating new salads and sandwiches for the deli. (Photo by Jan Willms)

new creations to the deli, another new factor in the co-op is renting the space above the store to the Twin Cities Aikido Center, a

well known martial arts school.

"It's a good fit," said Junge. While martial arts strengthen the body and mind, the co-op can

provide a lot of nutrients. "The parents can shop while the students are attending classes," he said. "This can also bring exposure to the co-op."

While working on innovations at the co-op, Junge has also been participating in the community, joining a St. Paul advisory committee for development. The group has been discussing renovations to Hampden Park, as well as preparing for some further road construction on Raymond Ave. in the fall. Junge said he would like the co-op to have a voice in the community.

Junge said the cold weather has been rough on business, but he has scheduled a lot of the work on the co-op to be done during these frigid days.

"We have taken ideas from our membership base and have tried to listen carefully to what they and the community want," Junge said. "There's been a lot to get done, but everyone has participated. And I think we're going to have a strong spring season."



The historic building in which Hampden Co-op is housed has had some internal renovation, including a new floor in the kitchen as well as fresh paint on the walls and ceiling. A new tenant, Twin Cities Aikido Center, has moved in upstairs. "It's a good fit," said Greg Junge, general manager of the Co-op. (Photo by Jan Willms)

"We have taken ideas from our membership base and have tried to listen carefully to what they and the community want."

- Greg Junge

Metro Automotive
Midway's Complete Automotive Service Center
675 N. Snelling Ave.
(6 blocks north of University)
651-644-5208
(Open Mon. - Fri. 7 a.m. - 6 p.m.)
www.metroautomotive.net

Foreign and Domestic Cars and Light Trucks

Options for you & your family
supporting your lifestyle as changes happen

- Independent Housing & Assisted Living
- Long-term Nursing Care
- Alzheimer's & Parkinson's Care
- Rehabilitation & Transitional Care
- Caregivers Support
- Community-Based Services

CONGRATULATIONS, LYNGBLOMSTEN!
Lyngblomsten's eMenuCHOICE™ earned the **2015 Leading Change Innovation Award** from LeadingAge Minnesota

Stars Among Us

LYNGBLOMSTEN
(651) 646-2941

Got Children? Got Stuff?

A free Children's and Youth Stuff Swap is 9 a.m. - 2:30 p.m. Saturday, April 18 at Hamline Church United Methodist, 1514 Englewood Ave. Bring your things that morning by 9:30 a.m. or 6-8 p.m. the evening before and then swap! Clothes and toys wanted! Ask about other items. (No car seats or cribs please!) Community children and youth groups are invited to join us and distribute information about their clubs, sports, programs, classes and activities. Children's make and take space and toys available for play while parents swap! Snacks served for free will offering with proceeds to our tot and kid time snack fund.

Questions?
email hamlinewomen@gmail.com
or call 651-646-3473

HAMLIN CHURCH
UNITED METHODIST

Prior Crossing gets underway

Prior Crossing, the 44-unit housing and supportive services projects for young people, is moving ahead. The project is in the city staff site plan review process, which is needed before building permits can be sought.

The project has run into delays as developer Beacon Interfaith Housing Collaborative works to line up financing. On Feb. 11, the St. Paul City Council, acting as the Housing and Redevelopment Authority (HRA) Board, approved \$550,000 in gap financing in HOME Program funds and \$550,000 in funds from the tax increment financing district center on Spruce Tree Center at University and Snelling avenues.

The Prior Crossing site is at 1949 University Ave. It will provide housing and supportive skills for young people, many of whom would otherwise be homeless. It would be similar to a Beacon development in Minneapolis.

The newest funds are in the form of forgivable loans.

The Houses of Hope Foun-

Development Roundup

By JANE MCCLURE

Prior Crossing, Goodwill, and mixed use projects all move forward

ation contributed \$500,000 to begin the effort to build Prior Crossing. Subsequently, Beacon and House of Hope have received commitments from the Met Council for over \$925,000, the City of St Paul for \$1.1 million, plus a package of tax credits and funding from the State of Minnesota for approximately \$7.8 million. Several foundations are providing operating funds for the project once it gets underway.

The project is to break ground in August. It is one of two major projects in the area that will commence this summer. The other is renovations to nearby Iris Park, which is on the south side of University Ave. between Fairview and Prior avenues, and across the street from the newly opened "The Terrace at Iris Park."

Projects in the hunt for funding

Several nonprofits are in the chase for funding through the city's Long-Range Capital Improvement Budget (CIB) Program. Presentations to the CIB community development, streets and utilities and residential and economic development task forces began Mar. 2 and continue this spring. The full CIB Committee will send its recommendations to the mayor and City Council in June.

Among the projects seeking CIB funding are the new Midway YMCA building project (1761 University Ave.), the proposed Model Cities Central Exchange mixed-use development at Victoria and University, Victoria Theater's restoration project at 825

University Ave., and projects by NeighborWorks Home Partners. This organization formed when Community Neighborhood Housing Service and Greater Frogtown Community Development Corporation recently merged. Funds are sought for loans and grants for home improvement loans for neighborhoods along Green Line light rail, and for home improvement loans.

Goodwill bonding is approved

The tiny city of Landfall is providing financing for the new Goodwill/Easter Seals retail store and offices at 1222 University Ave. The St. Paul City Council, acting as the Housing and Redevelopment Authority Feb. 11, approved a bond

issue for the project.

The bond issue doesn't affect the credit rating or any financing for either city, but is a pass-through bond issue. Other nonprofits have used the City of St. Paul for bond issues. The bond issue financed the acquisition, construction and equipping of the new store. The total amount is \$6.575 million. The store opened Feb. 28.

The City of St. Paul wasn't the conduit for the financing because it already expects to issue more than \$10 million in obligations for other nonprofits during 2015. The St. Paul Port Authority also opted not to be the conduit because it has other projects pending.

So Landfall Village, a community of 686 residents, has agreed to work with Goodwill/Easter Seals on financing. Landfall is a community just east of St. Paul, made up largely of manufactured homes and two businesses. Landfall Village borders Tanners Lake, and is surrounded by Maplewood, Oakdale, and Woodbury.

This type of conduit financing is to be paid back by the borrower, who is, in this case, Goodwill/Easter Seals.

Midway Chamber names annual award winners

The Midway Chamber of Commerce has named the 2015 recipients of its annual leadership awards. The awards were given out at its annual celebration event and recognized 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 of this years awards are:

— **American Engineering Testing (AET)** received the award for large

business of the year, sponsored by the Midway Lions Club. AET is an employee-owned corporation providing geotechnical, environmental, materials and forensics consulting and laboratory services to public and private sector clients in a broad spectrum of industries. AET has been a member of the Midway Chamber of Commerce for the past 14 years. AET was instrumental in taking the lead on implementing the now annual Economic Development Summit. They are members of the Sponsorship Circle at the Director's level. — **Fenske Law Office** received the

award for the small business of the year, sponsored by the Roseville Visitors Association. Founded by Attorney Jeff Fenske, Fenske Law Office assists businesses with all of their legal needs, and individuals in the areas of estate planning and probate, real estate, and family law. Most recently, Fenske volunteered his time to assist and establish a Midway Chamber Foundation making it possible for the Chamber to expand its programming and offer additional benefits to membership.

— **Episcopal Homes** received the award for organization/non-profit of the year, sponsored by Mahoney Ulbrich Christiansen & Russ P.A. Episcopal Homes offers a continuum of senior living options and affordability. They have been welcoming people from all walks of life for 121 years. Episcopal Homes has been a Midway

Chamber of Commerce member for the past 16 years and they participate in Economic Development meetings as an attendee, presenter and host. Throughout the years they have made amazing financial investments in the Midway area bringing growth and future possibilities.

— **The Turf Club** received the rookie of the year award, sponsored by the St. Paul Saints Baseball Club. The Turf Club is a bar, restaurant and music venue in St. Paul. It was originally a dance hall in the 1940s. Since the 1990s, the Turf Club has been a popular venue for national and international touring acts. In 2013, the owners of First Avenue purchased The Turf Club and gave it a substantial remodel.

The Turf Club has shown its commitment to the Midway area by investing in its building and

business model. They have recently renovated the interior and are expanding their services by offering a full lunch menu. The Turf Club has openly embraced participating in the Midway Chamber of Commerce by joining and immediately coming on board as the presenting sponsor for the Midway Chamber Business Afterhours.

— **Jamison Randall** of Latuff Brothers Auto Body received the volunteer of the year award, sponsored by Davis Communications and Zipko Strategy. Randall is the consummate volunteer for the Midway Chamber of Commerce and is actively involved with Chamber activities. He is engaged as a Board member, Co-Chair of the Ambassador Committee and has been a major contributor to the success of our Lunch on the Line program.

Visit the Monitor Event Calendar online at:
www.monitorsaintpaul.com/events/

**FREE. SLIDING FEE.
HEALTH INSURANCE.**

We do it all. Except cats.

We don't do cats.

(Actually, we're just not a vet.)



FamilyTree
Clinic.org

On the corner
of Snelling &
Marshall in
St. Paul

Letters to the Editor

To the Editor,

I just read the February *Midway Como Monitor* that arrived yesterday. I read more carefully than usual, because I had a bit of time on my hands. On the front page I read, concerning the at-grade rail crossing on Como, that it would cost \$15 a foot to go under and \$25 a foot to go over. Very reasonable! More reasonable numbers are on page 16...\$15 million and \$25 million.

So what am I to make of a statement that it takes "30 to 45 days for a truck to load, get to its destination, and return for a new load. A train cuts that down to 12 days." North Dakota to, where, the Gulf Coast? A month or more? And 12 days for the

train? Perhaps they are headed for Tierra del Fuego?

I don't know if the problem is with copy-editing or knowledge of decimals or simply an understanding of what is realistic, but there is a problem.

Ellen McEvoy

Editor's Note: In this instance, a bit of copy-editing and a bit of clarification! A grade separation costs from \$15 million to \$40 million each, and underpasses are generally cheaper. The story also incorrectly said that it takes a truck 30 to 45 days to get to its destination and back, while a train cuts that down to 12 days. We should have clarified that it takes a typical freight train car, (not "freight truck") 30 to 45

days to reach its destination and return, because it is repeatedly switched from train to train in switching yards at major junctions, in order to get on the train that heads in the right direction on the right route, according to Dave Christianson of the Minnesota Department of Transportation. A freight train car traveling across country might be 'switched out' and reclassified into a new train 6-8 times during a single round trip. In contrast, the "unit train" runs non-stop, without cars being uncoupled or shuffled, from origin to destination and back, making for a very high utilization of those cars and a very high average speed. It can pick up a load, drop it off and return in a 12 day round trip.

What if women were in charge of public words?

One-of-a-kind Minnesota Women's Press has given voice to women's ideas for 30 years

What would the media look like through a woman's eyes and not filtered through a male lens? What if women's perspectives instead of a male perspective were the cultural default? These were questions asked when the Minnesota Women's Press (771 Raymond Ave.) was founded 30 years ago. And, they are still part of the conversation today.

The April issue of the Twin Cities-based Minnesota Women's Press (MWP) marks the 30th anniversary of this monthly feminist publication. But this is not just a run-of-the-mill anniversary. It's a celebration of a remarkable achievement. That's because the MWP is the oldest, continuous

women's publication of its kind in the country — written exclusively about, by, and for women, giving voice to women's words, ideas and values.

It should come as no surprise that since the beginning of time men have controlled the media, including coverage of issues that pertain exclusively to women, such as women's health and women's rights. In addition, there are a host of other issues that affect women that don't get the coverage or voice they deserve. For example, how does the economy, elections or foreign policy directly concern or impact women?

That's why the Minnesota

Women's Press is so relevant. That's why its 30th anniversary is to be recognized.

"We've always believed that women want to read more than diet tips, recipes, fashion or how to get the man of their dreams," explains Co-Publisher Kathy Magnuson. "Our content goes beyond lifestyle to topics that really matter to women's everyday lives — careers, education, health, spirituality, politics, leadership, business, arts and the environment."

And, the MWP doesn't shy away from tough issues like race, sex trafficking, domestic abuse or sexual violence in the military.

"Our mission is to tell women's stories in ways that cre-

ate community and bring about change." says Co-Publisher Norma Smith Olson. "Giving women that voice can be a powerful tool to stimulate awareness and motivate action. The MWP uniquely brings women together by showcasing their opinions, supporting their endeavors and celebrating their successes."

A 'profile' story is included in each issue, featuring women active in all walks of life, representing the belief that every woman has a story. Each month, artwork by a Minnesota woman artist is displayed on the cover, with her story in the pages.

What began as a bi-weekly newspaper, the monthly print and

online magazine today has 95,000 readers and is distributed free at over 500 locations throughout the metro area. "We are deeply grateful to our loyal readers and advertisers who provide the financial grounding for this independently owned, mission-driven venture," Magnuson said.

In 1985, people advised the founding publishers Mollie Hoben and Glenda Martin that a feminist publication focused on women's ideas couldn't be done, that they wouldn't last a year. Now, 30 years later, Minnesota Women's Press continues to make a mark on Minnesota's media landscape

Mark your calendars for the first ever Hamline Midway Community Expo. There are many things that make Hamline Midway such a terrific community. From the small businesses that support the neighborhood, to the many community groups, nonprofits, gardens, schools and parks, there are many reasons we choose to live, work and play here. With so much here to celebrate and take pride in, we're going to do just that.

Hamline Midway Coalition is partnering with Hancock Recreation Center, the Hamline Midway Small Business Association and African Economic Development Solutions to host a one-day celebration of all that makes Hamline Midway great.

We'll have the Parks and Recreation climbing tower and outdoor movie theater that will feature a showing of the movie "Holes" at dusk. There will be plenty of fun activities, live performances, food, art, and a wide array of community groups, businesses, and organizations for you to explore, discover and connect with.

If you would like to help plan this event or otherwise be included in the fun, please contact Kyle Mianulli at kyle@hamlinemidway.org or 651-494-7683.

News from District 11

By KYLE MIANULLI, HMC COMMUNICATIONS COORDINATOR

Hamline Midway Community Expo planned June 16

Help cleanup Hamline Park Apr. 18

What better way to emerge from your winter hibernation than joining your neighbors in cleaning up Hamline Park? The Citywide Spring Clean-up event will take place in Hamline Park Apr. 18, from 9-11:30am. Bring your friends and family and help set the stage for a successful summer in the park that is sure to be full of events, community and fun. The Friends of Hamline Park (FOHP) is organizing the event. Contact FOHP organizers Jonathan Oppenheimer (openhooaha@gmail.com) or Lily Shaw (lilshaw@gmail.com) for more information and to RSVP.

2015 Community Cleanup events announced

Citywide Community Cleanup events are one-day, one-stop drops for all those tough to toss items like electronics, major ap-

pliances, building materials and more. These events are a great way to save on hauling expenses and get rid of all the junk that has been accumulating in your garage or attic at once. Efforts are made to reuse items and materials whenever possible, and every measure is taken to ensure your refuse is disposed of in the most responsible way possible. This year, all Community Cleanup events (see sidebar) are open to every resident of St. Paul. All events will be held from 8am-1pm. You can contact the lead organization for each individual event with questions.

Midway Murals needs support

Hamline Midway neighbors, businesses, and supporters from all over are pitching-in to support the Midway Murals project. A Knight Arts Challenge Winner, Midway Murals seeks to trans-

form a half-mile stretch of Snelling Ave. with four professional murals on high visibility walls this summer in the Hamline Midway neighborhood.

It won't happen without your support, though. Organizers need to raise \$22,000 through a crowdfunding campaign by Apr. 2. Over a dozen local businesses are offering discounts during the month of March to everyone who donates. All of your dollars will be doubled by the Knight Foundation, everything is tax-deductible, and no gift is too small.

Head over to midwaymurals.com to learn more about this exciting project and what it means to the neighborhood. Make a donation, and tell everyone you know to do the same. Let's work together to help make Snelling Ave. the vibrant and thriving street it can and should be.

Cleanup dates and details

Saturday, May 30: Washington Technology Magnet High School, 1495 Rice St.—more info contact District 6 Planning Council, 651-488-4485;

Saturday, June 6: Harding High School, 1540 E. 6th St. (enter from 3rd St.)—more info contact District 1 Community Council, 651-578-7600;

Saturday, June 20: Matsuura Machinery USA Inc., 325 Randolph Ave.—more info contact West Side Community Organization, 651-293-1708;

Saturday, Sept. 19: Shepard Rd. (between Davern St. and Alton St., enter at Alton St.)—for more info contact Highland District Council, 651-695-4005;

Saturday, Sept. 26: MN State Fair Grounds (NE corner of fair grounds; enter off Larpen-teur Ave. west of Snelling Ave.)—for more info contact District 10 Como Community Council, 651-644-3889; and

Saturday, Oct. 10: Phalen Lake Beach House, 1400 Phalen Lake Dr.—for more info contact District 5 Planning Council, 651-774-5234.

Next deadline: Mar. 30

CHURCH OF ST. ANTHONY

Mons. Thomas Bigelow
"A 21st Century Church"
Sunday Mass at 1:15 p.m.
Collocated in:
Hamline United Methodist Church
1514 Englewood Avenue
612-702-4770
Email: nativeamerican.2@juno.com
"An Old Catholic Community"

Mosaic
ON A STICK
1564 Lafond Avenue
Saint Paul, MN 55104
651-645-6600
www.mosaiconastick.com
An artist-owned mosaic supply shop, community classroom & artist studio

EpiscopalHomes.org
Welcome Home!
Cornelia House
651-288-3931
Independent Living, 62+

Our residents could live anywhere, but they like the idea of living on a continuing care campus with priority access to all the services they may ever need. Gracious 1 and 2 BR apartments, great neighbors, and Light Rail at your door in 2014. Call for a tour. You just may want to call us home!
1840 University Avenue West • Saint Paul Midway

Iris Park Commons
651-646-1026
Assisted Living, 62+

We offer comfy, secure 1 or 2 BR and studio apartments with a menu of Assisted Living services, including Home Care, to preserve and enhance your independence. Some units are available through County programs. Call for a tour. Experience what "A Community of Heart" feels like!
1850 University Avenue West • Saint Paul Midway

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.

Bible study for women at Jehovah

A Bible study for women continues at Jehovah Lutheran Church, 1566 Thomas, from 6:30-8:30pm on alternate Wednesdays. Its focus is the importance of Sabbath, a day of rest, especially for women. Leader via DVD is author Priscilla Shirer, with sessions based on her book "Breathe: Making Room for Sabbath." Sessions are free. The optional book is available for \$9.95. Snacks are provided. Call 651-644-1421 for more information. Remaining sessions are March 18, April 8 and 22 and May 6.

Chelsea to host a PBS KIDS

Chelsea Heights Elementary, 1557 Huron St., will be hosting a PBS KIDS on tpt Family Night on Mar. 24 from 6-8 pm. The event will focus on literacy, math and STEM, with educational activities featuring tpt shows such as SUPER WHY!, WordGirl, Curious George, Cat in the Hat, Sid the Science Kid, and SciGirls!

Nurse program hosts drumming circle

The North End-South Como Block Nurse Program is hosting a drumming circle, led by the Women's Drum Circle, at Como By the Lake apartments, 901 E. Como Blvd. It will start Apr. 6, 1-2pm and continue for 8 weeks. Drumming has been shown to lower blood pressure, lessen depression and boost immune systems. Thanks to UCare for sponsoring the "Year of Senior Fitness"! For more information or questions please contact Molly Fitzel at 651-489-4067 or check out their website nescbnp.org.

"Kickin' It Irish" staged Mar. 13-15

O'Shea Irish Dance will present "Kickin' It Irish" at The Celtic Junction (836 Prior Ave. N.) on Fri., Mar. 13, and Sun., Mar. 15, 7:30pm. There will also be a matinee on Sat., Mar. 14, at 3pm. "Kickin' It Irish!" is an Irish dance and live music performance featuring O'Shea Irish Dance and the Two Tap Trio with artistic direction by Natalie O'Shea. The performance includes traditional to contemporary Irish dancing with bodhran, Irish flute, guitar and fiddle - all with flair, humor, and fun. Tickets are \$15 for adults, \$11 for students/seniors, and children 12yrs and under \$8. You can call the ticket office at 612-874-8892.

Local doctor elected treasurer of state association

Dr. Matt Bauer was elected to Treasurer of the Minnesota Optometric Association (MOA) at its recent annual meeting. Dr. Bauer practices at Open Cities, 409 N. Dunlap St., where he started the full time non-profit eye clinic. Dr. Bauer has been a committed member of the MOA since he joined the statewide association in 2011. He has served on the MOA Board of Trustees as well as the association's Education Committee and the Third Party Committee. He has been a strong advocate for accessibility of eye healthcare in his practice, and has worked with the MOA to secure grants in the areas of diabetic eye health and children's vision. He has both hosted and participated in public events to promote awareness and prevent vision loss.



Hamline Park clean-up set Apr. 18

Mark your calendars for the Citywide Spring Clean-up event Apr. 18, 9-11:30am. The Friends of Hamline Park will be hosting and providing refreshments. It will be a great opportunity to (re-)meet your neighbors after the long winter and help pick up the litter that has accumulated over many months. Register at www.stpaul.gov/parks/environment.

Evening of poetry scheduled Mar. 18

The Friends of the Saint Paul Public Library and Nodin Press are pleased to present an evening of poetry on Wed., Mar. 18, 7pm at the Merriam Park Library, 1831 Marshall Ave.

Participating poets include:

Jill Breckenridge (*Sometimes*); Norita Dittberner-Jax (*Stopping for Breath*); Michael Moore (*What to Pray For*); Carol Rucks (*Evidence of Rain*); Dara Syrkin (*Nodin Poetry Anthology*); and Greg Watson (*All the World at Once*).

This program is free and open to the public. For more information, please call the Friends at 651-222-3242 or go online at www.thefriends.org. Since 1967 Nodin Press has published more than 200 books of regional interest and beyond, with special emphasis on poetry, nature, sports, cooking and history. To find out more about Nodin Press, please visit them online at www.nodinpress.com.

"Living Faith" topic of Bible study

Jehovah Lutheran Church contin-

ues its Bible study on "Living Faith: Exploring the Essentials of Christianity." Each session includes a 25-minute DVD-based discussion led by N.T. Wright, a former bishop in the Church of England who now teaches at the School of Divinity, University of St. Andrews in Scotland. Other participants via DVD are the Rev. Joel Quie, pastor of Prairie Lutheran Church in Eden Prairie, and Marilyn Sharpe, former columnist for Metro Lutheran. Sessions will continue Mar. 15 and 22. A full listing of topics is at www.jehovahlutheran.org. The free sessions begin at 9:30am Sundays in the church lounge. Coffee and snacks are provided. Jehovah Lutheran is at 1566 Thomas in St. Paul. More information is at 651-644-1421.

Support group for partners & spouses

The National Alliance on Mental Illness (NAMI) of Minnesota is sponsoring a support group specifically for partners or spouses of someone who lives with a mental illness. The Partners & Spouses support group meets on the 2nd and 4th Tuesday of each month at 6:30pm, at Falcon Heights United Church of Christ, 1795 Holton St. (Holton & Garden). For more information, call Melissa at 651-354-0825.

Libraries expand open hours

The Saint Paul Public Library have extended hours at seven of its locations, including Hamline Midway, Merriam Park, and St.

Anthony Park. The other four libraries are Dayton's Bluff, Rice Street, Hayden Heights, and Riverview.

The City of Saint Paul's 2015 budget included a new allocation of \$400,000 to add evening hours at these library branches until 8pm on Tuesdays and Thursdays. In addition, Merriam Park Library will be open 1-5pm on Sundays.

Hamline Church hosts kids' time

Hamline Church United Methodist, 1514 Englewood Ave., hosts free regular children's play times, every third Saturday and every other Tuesday. Come and enjoy free play on riding toys, climbers and other toys. Have a free snack and beverage and meet other parents and children. Tot and Kid Time is 9-11:30 on the third Saturday of each month (Mar. 21), with children and caregivers. Toddler Time is scheduled every other Tuesday (Mar. 17, Mar. 31, etc.), 9:30-10:45am, for ages 0-5 years old, with a caregiver. Parents and caregivers are welcome to bring their craft projects and enjoy a warm and welcoming space. Check the church website for details at www.hamlinechurch.org.

Spaghetti Dinner scheduled Apr. 11

The Men's Club of St. Stephanus will be having their Annual Spaghetti Dinner on Sat., Apr. 11 from 5-7pm at St. Stephanus Lutheran Church, 739 Lafond Ave. Tickets are \$8 for adults, \$4 for children 5-12. Take out is available. For tickets, call the church at 651-228-1486.

Lenten soup suppers planned at Jehovah

Jehovah Lutheran Church, 1566 Thomas Ave., will serve soup suppers from 5:30-6:30pm on Wednesdays through Mar. 25. The suppers are free, although a donation of \$2 per person is welcomed. Lenten services follow at 7pm. More information is available at 651-644-1421.

La Leche Group scheduled Apr. 14

The next meeting of the Como-Midway La Leche Group will be on Tue., Apr. 14. All expectant and nursing mothers are invited to attend with their babies and toddlers to discuss breastfeeding and mothering issues. Call Heidi at 651-659-9527 for more information.

Dinosaurs visit Avalon School



Discover the Dinosaurs, a hands on national touring exhibit featuring animatronic and museum quality dinosaur replicas, visited Avalon School (700 Glendale St.) on Feb. 18. Based locally in Shoreview, MN Discover the Dinosaurs has delighted children across the country in over 200 cities the past several years. The Discover the Dinosaurs outreach program is designed to give students the opportunity to see a dinosaur and even get close enough to touch one!

CONTINUED ON PAGE 7

In Our Community

Continued from page 6

Como Men's Golf announces low fee

Membership in the Como Men's Golf Club for 2015 will be \$100 for the season. This is one of the lowest membership fees in the metropolitan area.

New members will be eligible to receive a free \$25 gift card after completing 5 qualifying rounds to establish a club handicap. The gift card may be redeemed at the Como pro shop towards greens fees, merchandise or in the restaurant.

The club is committed to expanding its membership in 2015 at one of the oldest clubs in Minnesota.

Membership includes events every weekend from mid April to October 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 \$100 fee includes handicaps through GHIN (Golf Handicap Information Network), as well as computer access in posting scores and retrieving handicap cards every two weeks.

For more information contact Larry Jagoe at 651-271-1131 or access the website www.mensclubcomo.org for a listing of all events or to print out an application.

Lex-Ham Theater to stage read "Our American Cousin"

The Lex-Ham Community Theater will partner with the Minnesota History Center for a staged reading of Tom Taylor's "Our American Cousin" on Apr. 14. That day is the 150th anniversary of the assassination of Abraham Lincoln. Lincoln and his wife were watching that play at the Ford's Theatre at the time of the shooting. John Townsend will direct the performance.

Details are still being worked out, so watch www.lexhamarts.org for more information.

Hamline Church seeks swap items

Sat., Apr. 18 Hamline Church Tot and Kid Time is becoming the Children's and Youth Swap Day! They'll be open 9am-2pm for a stuff swap, with snacks served and the toys and games in a spot for playtime. There will be activities for children including a make and take table. Clothes and toys welcomed; ask about other items. (No car seats or cribs, please.) Enter the church (1514 Englewood Ave.) through the alley door. To give to the swap, call 651-646-3473 or email hamlinewomen@gmail.com for more details.

CONTINUED ON PAGE 11

EGG|PLANT
URBAN FARM SUPPLY

www.eggplantsupply.com
1771 Selby Avenue,
Saint Paul, MN 55104
651.645.0818



GROW YOUR BACKYARD HOMESTEAD

LULA

LULA VINTAGE CLOTHING
651.644.4110 1587 • Selby
Avenue, St. Paul • MN 55104
www.lulavintagewear.com

Next deadline: Mar. 30 / Next issue: Apr. 9



Get outdoor cats fixed & vaccinated for FREE!

Our program humanely traps feral, stray and community cats, spay/neuters & vaccinates them. Then returns them to their outdoor homes.

Benefits:

- Prevents unwanted kittens
- Healthier cats
- Minimizes noise and odor
- Natural rodent control

How you can help
Call us for more details about how you can help the outdoor cats in your neighborhood

COMMUNITY CATS
APRIL ONLY
Call 763.489.SPAY (7729)
LIMITED AVAILABILITY

kindestcutmn.com



IN PARTNERSHIP WITH
animal humane society

In collaboration with
PETSMART Charities
petsmartcharities.org

FEEDING STRAY CATS?

getting to know Dr. Taiwo Lawal



I am: *an internal medicine physician.*

I became a physician because: *I have always been fascinated by science and pursued medicine because I have a passion to help people.*

Most people don't know: *that I have training in ophthalmology.*

Something I have learned from my patients is: *that they are my teachers. They all contribute to making me a better doctor.*

My personal health goal is: *to maintain an active, healthy lifestyle.*

The best thing I have done for my health is: *having regular quiet time for recuperation.*

For an appointment,
call Allina Health Bandana Square Clinic at 651-241-9700

Learn more at allinahealth.org/bandanasquare



Allina Health 

BY TESHA M. CHRISTENSEN

Adventure awaits your kids this summer. Construct a castle out of cardboard. Be a junior sleuth. Learn what it's like to be a nurse or figure out how to do 3D printing. Monkey around with primate pals. Canoe, paint and innovate. Step back in time.

That's just the start of the camp options available in the Twin Cities area. Browse below for more information on some of the camps offered locally.

IN THE NEIGHBORHOOD

BLACKHAWKS OF ST. PAUL

Blackhawks offer several exciting half- and full-day soccer 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://blackhawkssoccer.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: \$117-150. 651-487-8272. <http://www.tinyurl.com/p3u4lqv>



SUMMER CAMP explorations

Popular local options include St. Paul Academy, Friends School of Minnesota, and Como Park

tions). Cost: \$295. 763-489-2220. <http://www.animalhumanesociety.org/camps>

ARTICULTURE

A variety of art disciplines and mediums with themes like Claymation, theater, art car, or food as art offered for ages 4-18. Five-day, half- and full-day sessions available. Cost: \$135-260. 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: \$200-\$220. 612-341-7555. <http://www.mnhs.org/summercamps>

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 at Circus Juventas. Five-day, full-day sessions offered for ages 6-18. Or make your own camp with Circus Sampler Days. Cost: \$395 or \$85/day. 651-699-8229. <http://www.circusjuventas.org>

CONCORDIA LANGUAGE VILLAGES

Experience cultural and language immersion; 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>

CONTINUED ON PAGE 9

CREATE SOMETHING GREAT AT FRIENDS SCHOOL

From junior sleuths to budding lawyers to young artists, there are seven 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. <http://www.fsmn.org>

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. There are more than 88 classes available over 10 weeks. New this summer: an overnight camp for teens. St. Paul and Minneapolis locations. Cost: \$185, scholarships available. 612-

824-4394. <http://www.leonardos-basement.org>

ST. PAUL ACADEMY

Make Rube Goldberg machines. Take a writing workshop entitled: "A Week at Hogwarts." Learn about 3D printing and movie-making. Debate, play chess, take competitive math, debate, or learn how to be a better leader. Twelve options at SPA cover a wide range of academic, arts, and enrichment activities for grades 2-12. The Minnesota Institute for Talented Youth offers the ExplorSchool for students in grades 4-6. Cost: \$169-425. 651-698-2451. http://www.spa.edu/about_spa/summer_programs_2015

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: \$175. 612-332-0436. <http://www.afm-sp.org>

ANIMAL HUMANE SOCIETY

Unleashed summer 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 loca-



There are seven weeks of adventures planned at the Friends School.



Como's camps include "behind-the-scenes" experiences.

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. Eight weeks offered at 5 different parks. Cost: \$299. 612-532-6764. <http://julianmcfaul.com>



Construct giant castles, get lost in colossal mazes, and build suits of armor at an Adventures in Cardboard camp.

Summer camps

Continued from page 8

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: \$42-255. 651-455-4531 <http://www.dodge-naturecenter.org>

FORT SNELLING

Be an adventurer like Davy Crockett. Explore like Huck Finn. Experience the life of Laura Ingalls Wilder. Be a soldier for a day. Or, try out what life as an archeologist is like. Camps range from one day to one week. \$60-\$250. 612-341-7555. <http://www.mnhs.org/summer-camps>

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. Two-hour day sessions for ages 6-13 only \$19. Cost: \$99. 651-646-8629. <http://www.rchs.com>

HAMLIN YOUNG WRITERS

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

KNIGHT FOR A DAY

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



Get creative with musical instruments at one of the many athletic, academic and enrichment programs that are offered at Minnehaha Academy.

more. Five-day, full-day sessions for ages 7-14. New this year: Attend a Medieval, Roman or Viking-themed camp. Three sessions offered. Cost: \$325. 612-719-1954. <http://www.oakeshott.org>

MINNEHAHA ACADEMY

A variety of athletic, academic and enrichment programs are offered, including woodworking, Lego robotics, puddle-stompers, geocaching, movie making, sailing, painting, rocket science, 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>

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: \$250-300. 612-215-2520. <http://www.mn-bookarts.org>

MILL CITY MUSEUM

Play music, get creative, bake bread and construct books while exploring the rich culture along the Minneapolis riverfront district. Campers aged 9-11 will explore a new experience each day at four arts centers, including Mill City Museum, the Guthrie Theater, Minnesota Center for Book Arts and MacPhail Center for Music. \$225-\$250. 612-341-7555. <http://www.mnhs.org/summer-camps>

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>

SCIENCE MUSEUM OF MINNESOTA

Summer programs for youth ages 3 to 16 combine science, art, drama, and literature in ways that encourage kids to actively discover and examine concepts for themselves. Programs also offered at the Lee & Rose Warner Nature Center, the state's oldest outdoor environmental education facility. Cost: \$60-345. 651-221-4511, 651-433-2427. <http://www.smm.org/classes>

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. Middle School camp offered in Dakota County. Cost: \$415-460. <http://www.health-forceminnnesota.org>

YMCA

Explore the variety of Y Summer Programs at over 60 metro-area locations. Programs include flexible three-, four-, and five-day options. There's something fun for everyone from preschool through grade nine. Cost: \$80-350. http://www.yocatwincities.org/child_care_preschool/summer_programs/

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.



MINNEHAHA
ACADEMY

SUMMER PROGRAMS

Come see what we
have to offer!

PreK-12 Experiences
Nearly 100 options

Academic
Enrichment
Athletic
Swimming
Extended Day Options

Call 612-728-7745 or visit
MinnehahaAcademy.net for a catalog.

SUMMER FUN!

create something great!

Summer Session
at Friends School
of Minnesota

ages 4-14 • June 15-July 31
financial aid & extended day available



Spend your summer
with Friends!

Call 651-621-8941 for a brochure or more information!

1365 Englewood Avenue, St. Paul 55104 • www.fsmn.org



Urban Boat Builders inspires positive youth development through the building and use of wooden boats

By MARGIE O'LOUGHLIN

Now in their 20th year, the non-profit Urban Boat Builders (UBB) held a grand opening for their new boat works and office space last month. More than 250 people packed the afternoon celebration which featured speakers, good eats and a chance to look at canoes, kayaks and prams built by program apprentices.

The new space at 2288 University Ave. W. is four times the size of the old location at Pascal and University. "We looked at dozens of properties before choosing this one," said executive director Marc Hosmer. A gen-

erous donor contributed \$25,000 to get the build-out started, and UBB was able to raise another \$25,000 thru Indiegogo (an online, global fundraising site). Kraus-Anderson Construction donated countless hours of labor and materials at reduced rates, resulting in a wonderful workspace complete with work benches, wood floors and roomy offices.

For two decades, UBB has remained true to their vision of engaging youth in hands-on learning, while building positive relationships with caring adults. Their apprentice program cur-

rently accepts 18 young people (16-19 years old) into six month apprenticeships.

UBB is a well-established intervention program, with most apprentices referred from Totem Town (Ramsey County's juvenile detention facility), social workers or probation officers. UBB receives more applications than the 36 openings it has each year.

"The two key elements in the selection process," according to Hosmer, are "who will benefit the most and who seems the most committed."

To be considered, applicants submit an online application



Joseph demonstrated lashing technique to a guest. Lashing is where intersecting joints on a boat's skeleton are tied together with string. (Photo by Margie O'Loughlin)



Urban Boat Builders Executive Director Marc Hosmer welcomed guests to the Open House. Three skin-on canoes are in the foreground, in various stages of construction. (Photo by Margie O'Loughlin)

and come to UBB for an unpaid, two-week trial period. If accepted into the program, they receive a stipend in exchange for their nine hours of work per week.

During the first two months, apprentices learn to work with hand tools and develop their wood working skills. Each apprentice completes an individual project, either a paddle or a tool box, before moving on to build a boat with staff, volunteers and fellow apprentices.

The apprentice program is made up of youth from a variety of backgrounds; nearly all of them have had difficulties growing up.

Maila, 20 years old, is one of many successful graduates of the apprentice program. She apprenticed in 2010, after dropping out

of high school and entering a treatment program. She went on to attend Augsburg College where she pursued her interest in engineering, and has since returned to UBB as a permanent, part-time instructor.

UBB makes several different kinds of boats, but their signature model is a 17', 40 lb. skin-on frame canoe. "These boats are top quality," said Hosmer. "Our instructors have very high standards for construction."

The canoes are covered with industrial-strength nylon, which is easier and healthier to work with than a fiberglass coating. UBB sells the boats they build, with all proceeds going back into the organization. Their website

CONTINUED ON PAGE 15

EPISCOPAL HOMES



All aboard for Midway Village - three new residences arriving soon with the Green Line at the door!

Imagine living with the **Fairview Avenue Green Line Station** (and the rest of the world) at your door! **The Terrace at Iris Park** will be the first senior residence in town to offer *Catered Living*, a concierge approach to meeting your needs as they change. All apartments have already been spoken for, but you are welcome to join the wait list. There's no obligation, and you'll start building seniority so there's a better chance that an apartment will be ready when you are. **Midway Pointe** will raise the bar on *affordable Independent Living*. As with The Terrace, all of its apartments have already been spoken for, but you are welcome to join the wait list. Someday, we hope to greet you with, "*Welcome Home!*"



Call **Deb Veit** for the whole story! **651-632-8800**
Or visit **EpiscopalHomes.org**

OPENING FEBRUARY 2015:
Minnesota's first nursing home designed around the trailblazing GREEN HOUSE Model of Care.



Episcopal Church Home - The Gardens will provide the closest thing yet to the experience of living in a private home with family caregivers. It will consist of six 10-person homes. Every Elder will have a private room with private bath and enjoy *four times more personal attention* than in conventional nursing homes.

The *GREEN HOUSE Model of Care* is forever changing the face of Long-Term and Memory Care.

Call **Deb Veit** to learn more: **651-632-8800**.

Or visit **THE GREEN HOUSE PROJECT** online.

THE GREEN HOUSE PROJECT PARTNER

thegreenhouseproject.org

LEAP High

Continued from page 1

Santos herself is licensed to teach elementary, ESL K-12 and special ed, as well as having her principal's license.

All the classes are taught in English. Santos said there are also bi-lingual staff members or teaching assistants who come in to help with the students.

"The students learn English and other information at the same time," Santos explained. "For example, they might learn writing and take a computer course at the same time, or study reading and learn social studies or science. They do two things at once."

The students may be dealing with emotional issues as well. "Some have lost their whole families," Santos noted. "Some are young adults, working at night and going to school during the day, getting only a few hours of sleep. Our school social worker is busy trying to find services for our students."

She said that for her, the biggest challenge of the program is when some students reach age 21 and age out before they have gotten their diploma. "That's very heartbreaking for me, when they are so close to graduating," she said.

The most positive aspect of the school for her is seeing students complete their studies and attain their diploma, then return as volunteers while they are attending college.

"What's even more rewarding is that every time a new

group comes, we learn more," Santos said. "We have had groups of Hmong, Somali, Spanish-speaking and Karen. Every few years, there is somebody new and we learn about a new culture."

She said that LEAP provides a path of survival for many students.

"We try to have a warm, welcoming environment that is acceptable of the cultures they bring," Santos stated. "We want our students to feel at home, socially and emotionally."

A lot of relationship-building happens among students, teachers and staff, according to Santos.

"We're a small school, and we know our students well," she said. She explained that even though some of the students come from countries that are enemies of each other, when they arrive at LEAP that racial tension is not present.

She said that LEAP students realize there are many stereotypes about new immigrants, and they worked on a project that discounted the negative thoughts and instead emphasized the positive aspects of their cultures and of them as individuals.

The students made a video in which they acted out various strengths that they, as immigrants and refugees, bring to their new home. And on their arms and faces and legs, they wrote these strengths: determination, peace, love and helpfulness, among others.

Santos stressed how important education is to the students and their parents.

"Here, we take it for granted



Students learn English at the same time that they are taking other classes/courses. For example, they might learn writing while taking a computer course. (Photo provided by LEAP)

that we can get an education," she said. "In some of the countries our students come from, only the rich can attend school. When they come here and get this gift of education, they truly appreciate it."

LEAP tries to have an environment that is acceptable of the cultures the students represent and conducive to the learning they want to achieve. "We want our students to feel at home, socially and emotionally," said Limited English Achievement Program High School Principal Rose Santos. (Photo provided by LEAP)



Visiting bears to relocate to Wisconsin



Suka (pronounced SOO-kah) and Sakari (pronounced Suh-KAR-ee), the visiting polar bears who came to Como Zoo from the Toledo Zoo in Sept., 2014, are getting ready to move on to their brand new home. Dane County's Henry Vilas Zoo in Madison, Wisconsin announced at the end of February that they will welcome the two and a half year-old twin polar bears to their new Arctic Passage exhibit in time for its grand opening this Memorial Day.

The two bears made Minnesota their home for the last five months sharing Como's Polar Bear Odyssey habitat with Como's older, and much larger resident polar bears Buzz and Neil. While the two pair of polar bears are only a few yards away from each other, they do not share the same space. A unique feature of the Polar Bear

Odyssey structure is the two separate habitat areas that are joined together by a corridor. This allows the two pair of polar bears to each have their own exhibit, and to also transfer from one exhibit to the other. Because of this feature, along with Como's experience caring for multiple groups of bears and Como's reputation as a top provider of animal care and welfare, the Polar Bear Species Survival Plan (SSP) committee, with the backing of the Association of Zoos and Aquariums (AZA), chose Como Zoo as the facility to hold Suka and Sakari while the Henry Vilas Zoo put the final touches on their state-of-the-art exhibit Arctic Passage.

The bears can still be seen in Como's world class exhibit, "Polar Bear Odyssey" for at least through March as plans for the move are evolving.

In Our Community

Continued from page 7

Drum Circle planned Mar. 27

The Women's Drum Center, 2242 University Ave. W., will conduct a Co-ed Drum Circle on Fri., Mar. 27, 6:30pm. Percussion, rhythm and freedom of expression will be explored, and all levels of experience are welcomed and encouraged. \$10 at the door and drums provided. Info and registration can be found at www.womensdrumcenter.org.

Anxiety support group meets

The National Alliance on Mental Illness (NAMI) of Minnesota sponsors free support groups for persons with anxiety disorders. The groups help individuals develop better coping skills and find strength through sharing their experiences. An Open Door Anxiety and Panic support group meets in St. Paul from 6:30-8pm., on the 2nd and The National Alliance on Mental Illness (NAMI) of Minnesota sponsors free support groups for persons with anxiety disorders. The groups help individuals develop better coping skills and find strength through sharing their experiences. An Open Door Anxiety and Panic support group meets in St. Paul from 6:30 to

8:00 p.m., on the 2nd & 4th Thursday of the month, at Goodwill-Easter Seals, 553 Fairview Ave. N., in Room 123. For information call NAMI at 651-645-2948.

4th Thursday of the month, at Goodwill-Easter Seals, 553 Fairview Ave. N., in Room 123. For information call NAMI at 651-645-2948.

Family support group meets monthly

The National Alliance on Mental Illness (NAMI) of Minnesota sponsors free support groups for families who have a relative with a mental illness. Led by trained facilitators who also have a family member with mental illness, the support groups help families develop better coping skills and find strength through sharing their experiences. A family support group meets in St. Paul from 6:30-8:30pm, at Goodwill Easter Seals, 553 Fairview Ave. N., Room 123, on fourth Tuesday of the month. For information, call Jennifer at 507-254-5524 or 651-645-2948.

Lyngblomsten receives innovation award

Last month, Lyngblomsten of St. Paul received the 2015 Leading Change Innovation Award from *LeadingAge Minnesota* for their new web-based software tool, eMenuCHOICE™. The Innovation Awards recognize and showcase the very best innovative programs and ideas from older adult

service providers with the intent of reimagining the aging experience.

The award was presented at the annual *LeadingAge Minnesota* Institute, a premier three-day conference held for older adult service providers and professionals in Minnesota. Nearly 4,000 professionals in all aspects of older adult services attended this conference to learn, share, and network.

Lyngblomsten's eMenuCHOICE™ is a custom-designed web-based software tool created to assist long-term care residents and senior housing tenants in selecting their meals from a list of menu options. The technology enables person-centered care streamlining a necessary and important process while empowering residents to participate in a key activity of daily living: choosing what to eat for their meals.

More than a list, the menu option items include photos, written descriptions and audio descriptions so that with the help of a caregiver, the resident can make an informed choice about their meal options. Additional features of eMenuCHOICE™ that are helpful in long-term care include photos of the residents, diet restriction information, and notes about individual preferences.

In addition to promoting person-centered choices, eMenuCHOICE™ also streamlines dietary management across the organization from the food service side of operations. The tool has proven successful in resident satisfaction and operational streamlining and cost savings.

Seniors Michelle Gallegos-Guillen and Dah Dah have both received full scholarships to Bethel University, and senior Destyn Land received a full scholarship to Augsburg College, through the Urban Ventures program ActSix. These students earned their scholarships based on academic achievement, leadership involvement, extra-curricular activities, letters of recommendation, essays and interviews. These scholarships are extremely competitive: there were 215 applicants that made it to phase 2, and 30 students who were finalists.

Senior Ellen Purdy has advanced to become a National Merit Scholarship Finalist. Finalists are the highest-scoring program entrants in each state and represent the top 0.5% percent of the state's senior students.

Senior Nate Parsons was awarded the Weston Noble music scholarship, totaling \$6,000 a year, and free violin lessons for four years from Luther College. Parsons is also beginning the spring tennis season as a Como Park captain, and is focused on returning to the State Tournament, which he qualified for as a junior.

For the second consecutive year, both of Como Park High School's entries in the State High School League Solo and Ensemble regional competition scored Superior. The strings performed Bach's Double Violin Concerto in D Minor. Jake Heiberger and Emmet O'Connell performed a Bop Duet by Bugs Bower. The

News from Como Park High School

Compiled by ERIC ERICKSON, Social Studies Teacher

Scholarships, Ruby Bridges, Quiz Bowl, and the Brain Bee

competition was held at Tartan High School on Feb. 21.

Oladunni Alomaja placed 4th in the Minnesota Brain Bee, a statewide neuroscience competition for high school students.

The annual event was held at the U of M on in February.

Como Park hosted a visit by Civil Rights icon Ruby Bridges on Mar. 12 in the Como Auditorium. The story of Ruby Bridges is one

that touches the spirit of both young and old. Her message is to promote tolerance, respect and appreciation of all differences. The event consisted of a brief video and slide show presentation, a talk by Ms. Bridges, followed by a Q&A session.

30 Como Park freshman World History students will compete in the Regional History Day competition on Mar. 14. This year's theme is focused on Leadership and Legacy. Student projects qualified in categories that included documentaries, exhibits, websites and research papers.

Creative and energetic Como Park Spanish students (Year 4) hosted Spanish Day for 2nd graders at Chelsea Heights Elementary and St. Anthony Park Elementary. Como students prepared fun lessons that incorporated learning numbers, colors, and storybook vocabulary.

Como sent two teams of four to General Mills Corporate Headquarters last month for the Academic WorldQuest Competition. Como's teams placed 10th and 15th out of 35 entrants in the annual event coordinated by the



Senior Nate Parsons was awarded the Weston Noble music scholarship.

Minnesota International Center. MPR Education News reporter, and Como parent Tim Post, was this year's master of ceremonies.

Como's Quiz Bowl team of Celia Commers, Ellen Purdy, Anton Knoieczny and Andrei Knoieczny has qualified for the National Academic Quiz Championship Tournament at the Hyatt Regency O'Hare hotel in Chicago on May 30.

Como's Guidance Counselors will coordinate and host another "FAFSA Night" with staff from College Possible to assist students and parents with the FAFSA form on Mar. 18 from 5-7pm in the library computer lab.

Como tours for prospective students and families will continue to be offered through the spring. Call Sandy Kestner at 651-744-3997 or email sandy.kestner@spps.org to set up a visit.

The Lady Cougars basketball team earned two championships during the last week of February. A victory over Johnson secured a share of the St. Paul City Conference Championship with an 11-1 conference record. As a first time champion, Como represented St. Paul in the Twin City Championship Game on Feb. 28 versus the Minneapolis conference winner. The Lady Cougars brought bragging rights back home to St. Paul by defeating Washburn 70-65 in a dramatic overtime game.

When Como Park ended a two-decade drought against Central in girls basketball back in January, hitting another long-sought milestone also looked in reach.

For the first time in program history, Como Park won a share of the St. Paul City Conference girls basketball title. The Cougars finished in a tie with Central at 11-1 atop the league. Como's 58-46 win on Jan. 21 over Central made the tie possible. The Central Minutemaids won the second meeting 64-59 on Feb. 12.

Junior sensation Andrayah Adams has been a big reason for the Cougars' emergence, but plen-

Prep Sports Notebook:

By MATTHEW DAVIS

Another first for Como Park girls hoops

ty of other players have served key roles for the black-and-gold. Mikayla VanNett averages 12.1 points per game for second on the team in scoring. Kaitlyn Jones, and Autumn Tucker each provide an extra spark offensively with 6.2 and 5.4 points per game respec-

tively for an offense that scores 70.3 points per game.

Jones and Monique Baker come up big on rebounds with six and 5.1 per game respectively. VanNett averages two steals per game for a defense that averages 54.7 points per game.

Como Park clinched a share of the conference title in beating Minneapolis Washburn on Feb. 28 in a 70-65 win. The Cougars earned the No. 3 seed in the Section 3AAA tournament, which began on March 30.

Andrayah Adams, the state's leading scorer

Teams have learned quickly that they need to contend with Andrayah Adams whenever they face Como Park in girls basketball. Adams leads all girls hoops players in the state in scoring regardless of Class A through 4A. She puts up 29.8 points per game, has the Cougars looking their best in years, and has drawn lots of attention from Division I hoops coaches.

Scoring in the 40s for Adams has been as common as most players cracking the 30s. She did it three times during the regular season. Once, she even hit nine three-pointers against St. Paul Harding on Feb. 24.

Como tied Central for the St. Paul City Conference title this season and beat the Minutemaids for the first time in over a decade. The Cougars had been second in the conference for the past two seasons.

Adams has surpassed 2,000 points as a junior. Few college-bound high school players ever reach 1,000 in their whole career. The 5-10 junior guard has lots of Division I schools showing interest in recruiting her. According to the *Pioneer Press*, offers from the University of Minnesota, Wisconsin, South Carolina, Arizona State, Rutgers, Maryland, Michigan and DePaul have come her way.

Adams brings a complete game to the table. Besides leading the Cougars in scoring, she has team-high averages in rebounding at 7.8 and steals at 3.4. Adams also shares the ball with a team-leading 4.2 per game.

Scoring or defense, Adams gives any opposing team a force to reckon with.



Midway Animal Hospital

Offering high quality, compassionate care for your pets.
www.midwayanimalhospital.com

Pete Kelley, DVM & Teresa Nolte, DVM

731 North Snelling Avenue / 651-644-2100
Parking & Entrance in Rear / Mon. - Fri. 8 am - 6 pm, Sat. 9 am - 1 pm

Next deadline: March 30



A-1 VACUUM CLEANER COMPANY

www.A-1Vacuum.com

SALES, SERVICE & SUPPLIES

"We're Moving!"

www.Facebook.com/A1VacuumMN

HAMPDEN PARK CO-OP

928 Raymond St. Paul 651-646-6686 M.-F 9-9 Sat. 9-7 Sun. 10-7
www.hampdenparkcoop.com

Natural Foods at Good Prices and Excellent Quality



Member-Owned ~ Everyone Welcome

your Lutheran church on the

Holy Week Schedule: March 29 - April 5, 2015

Palm Sunday: 8:45 & 10:45am (Minnesota Boychoir)

Maundy Thursday: Noon & 7pm

Good Friday: Noon & 7pm

Vigil of Easter: 8:00pm

Easter Day: 8:45 & 10:45am

Come Home this Easter



Sunday Mornings

8:45 and 10:45 Worship
9:30 Adult Bible Class • 9:45 Kid's Kingdom

Jehovah LUTHERAN at Thomas and Snelling

Pastor Bob Benke • www.jehovahlutheran.org • 651-644-1421

C
o
r
n
e
r

News from Hamline-Midway Library

There are a lot more events at the local libraries than we could list here. For a more complete list go to the online calendar at www.monitorsaintpaul.com/events.

The big news at the Hamline Midway Library this month is extended evening hours on most weekdays. After almost five years of reduced evening hours due to budget cuts, the Hamline Midway Library is now open until 8pm, Monday through Thursday. This is an exciting change that gives the community even more opportunities to enjoy all that the library has to offer.

Pre-School Storytimes take place on Fri., Mar. 13, 20, 27, and Apr. 3 and 10 from 10:30-11am. Featuring stories, songs, puppets, and more, these storytimes teach social and listening skills and letter and number recognition and are a great way to find new books you and your family will love.

Children of all activity levels are welcome.

Second Saturday Science Club for Kids will experiment with wind on Sat., Mar. 14, 1:30-3pm. Peter Hoh and Jackie Lannin will guide kids ages 6 and up and their families in hands-on science and art experiences. Register at the library or at www.sppl.org, or call Hamline Midway Library at 651-642-0293.

The Wednesdays @ 1:00 program "Beginning Swedish Weaving with Ruthanne" has been cancelled. However, the Wednesdays @ 1:00 series will be featuring the program "Now Showing: Jody's Matinees" on Wednesday, Mar. 25 from 1-3pm. The featured film will be "Waiting for Hockney," a documentary about a bartender/artist who spends eight years recreating an iconic portrait

of Marilyn Monroe in minute, super-realistic detail. He decides the renowned artist David Hockney is the only one who can make or break his art career. The film's writer and director, Julie Checkoway, will offer a Skype Q and A after the film.

Thur., Apr. 2, 1:30-3pm, the library hosts a Maker Break for school-age children. Build, construct, tinker, and create during

spring break with hands-on toys and technology.

On Fri., Apr. 3, 2-3pm, the library auditorium will transform into an old-time movie theater with a matinee of Charlie Chaplin and Laurel and Hardy silent classics. The event features live musical accompaniment with Dreamland Faces and free popcorn.

The Saints and Sinners Mystery Book Club meets on Sat., Apr. 4, 1-3pm to talk about good mysteries. The title for April is "If You Were Here" by Alafair Burke. Contact Geraldine Balter at gerribalter@gmail.com or 651-224-5570 for more information.

All St. Paul library branches will be closed on Sat., Apr. 5 for Easter.

Recycle bins at discounted price

Ramsey County residents looking to compost this year can get a discounted bin while supplies last. The Recycling Association of Minnesota is selling compost bins for \$55 from now until early June. The first 300 Ramsey County residents to order a bin by late April can buy one for \$40.

To receive the discounted price, pre-order online before Apr. 24 at www.RecycleMinnesota.org and enter the promo code: ramsey. Or, call 651-641-4589 and mention that you are a Ramsey County resident. The bins will be available for pickup Apr. 17 in Roseville, Apr. 18 in Maplewood, or Apr. 25 in St. Paul. More information is at RecycleMinnesota.org.

The discount on bins is provided by Ramsey County Environmental Health, which operates seven yard waste collection sites and an organics recycling program.

Improve speaking skills at 5-week class

How are your speaking skills? A bit rusty? Afraid to speak to large groups? Butterflies bothering you? How about your confidence? Want to gain leadership skills?

Toastmasters are offering a primary 5 week session every Wednesday evening in April to promote your speaking skill set. The group meets at the Rice Street Public Library, 1011 Rice St.

from 6-8pm. The speaking investment is a one-time \$50, which includes your workbook with 10 speaking projects, and a 6 month membership to the Toastmasters club, to continue working into other manuals if you so desire.

Experienced members will start you out with their own speeches regarding your assignments on writing introductions, constructive evaluations, speech organization, structure and much more. With this, you will immediately take to the lectern weekly by writing your own speech material to the guidelines in your manuals.

Annual tree sale now in full swing

Do you find yourself dreaming of colorful gardens, birdsong, and warmer fresh air this time of year? Are you looking forward to tiptoeing through some tulips? While we can't make spring arrive any faster, we can encourage you to dream and plan your garden.

Friends of the Parks and Trails of St. Paul and Ramsey County's annual tree sale is now underway. They carry nothing but plants hardy in this climate, being Minnesota tough and sturdy. They are pleased to offer one of the first small trees to announce the arrival of spring: the redbud. It is a handsome small tree that has pink flowers in spring before the leaves emerge. This strain is grown from seed collected at the Minnesota Landscape Arboretum and is highly

tolerant of urban pollution.

If that's not to your liking, there are six other trees, four shrubs, a rose, and a vine offered through this year's sale. There's 'Fat Albert' Spruce, 'Sweet Sixteen' Apple, and 'Royal Raindrops' Crabapple. We have Northern Pin Oak, River Birch, and Blue Beech, all three native to Minnesota.

The rose offered is 'High Voltage,' a fragrant, ever-bloomer with brilliant yellow, double flowers. It has an upright, vase-shaped habit and can stand alone as an accent or in back of the border. It will be in full bud when you pick it up on May 2, just in time for Mother's Day.

Rounding out the offerings is 'Mandarin' Honeysuckle. It is a vigorous vine that merrily drapes over fence or shed, producing brilliant orange flowers throughout the growing season. It will grow in part shade to full sun and is loved by birds, bees, and butterflies.

Friends of the Parks and Trails of St. Paul and Ramsey County is a non-profit organization that promotes parks, trails, and open spaces. The annual tree sale is its only fundraiser. Show your support for our work by purchasing some great plants for your yard or making a donation to a neighborhood park. If you donate them, park staff does all the work and you get a tax deduction, all in the name of beautifying the community.

Visit www.FriendsoftheParks.org for more information about the sale as well as to learn about current projects.



Dickerman Park

Continued from page 1

Stewart said it's important to provide green space along the Green Line, at Dickerman and other sites. In the last month a site plan review was held for improvements planned at nearby Iris Park, which is one block west and south of Dickerman Park. Work on Iris Park is scheduled to get underway this year.

Some Dickerman Park work will take place this spring and summer, Stewart said. Parking lots and other encroachments onto city property will be re-

moved and replaced with grass. Full construction won't start until fall 2016. By then more design development work will be completed.

One major concern is how to make the park appear to be the public space it is, and not the front yards and parking lots of buildings to the north. One big change will be the removal of the pavement in front of the Griggs Midway Building at the northeast corner of University and Fairview. When the park is developed, two plazas will be placed in a way that doesn't make them appear to be part of the adjacent buildings.

Como Community Council Corner

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

1554 Midway Pkwy. conversion plans

The new ownership group at 1554 Midway Pkwy. (formerly Sholom Home) are ramping up their efforts to convert the building into a 170 unit assisted senior living facility. The new ownership group and architect Kenneth Piper will be presenting their updated plans at the District 10 Como Community Council Board meeting on Mar. 17, 7pm, at the Historic Street Car Museum (1224 Lexington Pkwy.).

Straw Bale Gardener Joel Karsten will discuss the many benefits of Straw Bale Gardening with Como Park residents. Straw Bale Gardening allows gardeners with even the worst soil conditions to grow outstanding and thriving gardens that are much less labor intensive.

The event will be held at the Historic Streetcar Station, 1224 Lexington Pkwy. N., from 2-4pm.

We hope you will join us!

Please visit Joel's website, www.StrawBaleGardens.com, to learn more about Straw Bale Gardens.

"Family Restaurant in St. Paul
Since 1952"

The COFFEE CUP

1446 RICE • 489-0020

Ranch Breakfast AND 4 OTHER BREAKFAST SPECIALS
\$8.70 i.e. #6 - 2 Eggs & Toast \$4.50

Daily Lunch Specials
Dinner Specials until 3:00pm

ALL TIME FAVORITES
SERVED 7 DAYS A WEEK!

LARGE BREADED COD
HOT TURKEY SANDWICHES
GRILLED PORK CHOPS
GYROS SANDWICH

5:00am to 3:00pm Everyday
**BREAKFAST ALL DAY
TAKE OUT ORDERS**

NOW HIRING

Dungarvin

PROGRAM/HOUSE MANAGER

A nation wide provider with over 30 years of experience has opportunities for program manager in the South Metro area. If you can work independently, multi-task, & have a desire to serve others with a variety of disabilities, Dungarvin is the company for you! You would manage multiple sites serving individuals with disabilities and training staff to the highest quality. If you have the desire to join a great team and the drive to make a difference working in the metropolitan area, apply today! Competitive pay and benefits, great 401(K) and PTO package. Apply at www.dungarvin.com to requisition #14-0517 today!

South Metro Direct Support Staff positions too!

It's CSA Share season!

One option for local pickup is the Brown Family Farm out of Big Lake MN

Have you ever wished that you had access to the freshest produce available? Thought about how you would go to the Farmers' Market more if you just had the time? Or, wish you would get that garden that you have had planned for years, actually off the ground--but you never seem to get around to it?

Well then CSA Shares might just be for you. CSA stands for Community Supported Agriculture. Community Supported Agriculture is an arrangement where consumers "choose their farmer" by buying shares in a farming operation on an annual basis. In return, the farmer provides a weekly supply of fresh, natural produce throughout the growing season (approximately June to October).

Participating farms choose locations within the metro area where they bring their shares every week and the consumer goes to a specific place, at a designated time, to pick it up.

Most of the farms focus exclusively on fresh produce, although a growing number also offer shares for other food items such as meat or eggs. Different farms also grow different produce, and the selections change each week as the various options come into their season.

One farm that has a drop off in the Hamline Midway area is the Brown Family Farm.

The Brown Family Farm was started in 2012 by Ben Brown. They participate in a couple of farmers markets and they also have a couple roadside stands, in addition to their share program, which is their main focus.

They deliver a box of produce every week for 17 weeks from the end of June through the middle of October. An additional service is to provide recipes and storage tips in weekly CSA newsletters, to aid in using produce and herbs that may not be as well known.

A "share" refers to a box full of produce, with two box sizes available: a half or a full share. Each week different produce comes into harvest, and whatever is harvested is what you can expect in your box. So, throughout the season the selection will transition from the early cold weather crops like sugar snap peas, lettuces and kale to warmer season crops like cucumbers, corn, potatoes, tomatoes, and peppers, back to cold weather crops like squash, cabbage and pie pumpkins. Every week the variety and quantity of produce will vary; this is one of the perks of a CSA share.

To extend the season, they have second plantings of zucchini, beans, and pickles so that our produce continues longer in the season.

In the case of the Brown Family Farm, for example, a Full Share (a box holding approx. 2 grocery bags full of produce) is \$575 for the entire season... in other words the equivalent of about 34 bags of produce. You can purchase a half share for \$375. The drop off spot is a location in Midway, on Hubbard Ave. near Hamline University. There are a limited number of shares, so if you are interested, sign up soon. Shares are often all gone by the end of April or before.

The Brown Family Farm is actually located in Big Lake, in Sherburne County. The soil in Big Lake is more like sand, so they plant rye in the fall and the spring to till under and provide essential nutrients to the soil. Horse and cow manure is also used to amend the soil. A no-herbicide farm, they weed by hand or with a hoe.

CSA shareholders get first priority in the distribution of the produce. Once all of the CSA boxes are filled, they use the remainder for roadside stands and farmer's markets. They donate

squash for thanksgiving suppers and if there is a surplus of produce, it is brought to their local food shelf (CAER Community Aid Elk River).

If you are interested in learning more about the Brown Family Farm, or are interested in their share program, you can get more information through their web site at www.brownnfamilyproduce.com. You can fill out a Share application on the web site, or you can call Jodi at 952-836-5263 or Ben 612-666-2181 for more information.

There are more than 50 family farms that have CSA Shares and distribute in the Twin Cities metro area. However, it is sometimes difficult to find out how close their delivery is to your home. Some farms do cooperate closely with co-ops, so that is one location to check if you want to find a CSA distribution point near your home. Another option is to check out www.landstewardshipproject.org for more information about CSA, and a listing of some of the farms that serve the state with CSA shares.

Stay on top of local events by visiting the *Monitor* Events Calendar at www.MonitorSaintPaul.com



Submit your local events at MonitorSaintPaul.com It's Free!

Classifieds

Monitor

Want ads must be in the Monitor before March 30 for the April 9 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Monitor's website at www.MonitorSaintPaul.com

Monitor Want Ads are now \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Monitor* Classifieds, Iris Park Place, 1885 University Ave., Ste. #110, St. Paul, MN 55104. Classifieds must be prepaid via cash, check, or credit card. Classified ads can be e-mailed to denis@deruyternelson.com. Want ads must be in the *Monitor* before March 30 for the April 9 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

AIR CONDITIONERS

Recycling discarded air conditioners. Free pick-up. No charge! Roger 612-210-3529. 11-15

ANTIQUES

For Sale: Vintage 1900-1949 lights, house hardware, doors, tubs, radiators, etc. Also furniture hardware. 651-644-9270. 20% off with ad. B-15

ATTORNEY

Creative Solutions With a Personal Touch. Legal Services in the areas of: Small Business, Wills and Trusts, Probate, Real Estate, and Family. Kirsten Libby, 855 Rice Street, Suite 100, St. Paul, MN, 651-487-1208 www.libbylawoffice.com. B-15

AUTO STORAGE

Secured auto and boat storage near Snelling and University. Short term or long term. Heated and unheated available. 570 Asbury Street. 651-641-0166. hamlineparkstorage.com 3-15

BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds. etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 4-15

LAWN CARE

All your GREEN needs: Mowing/Lawn Care/Landscaping, 20+ Years in Mpls. Call 612-781-3420. SorensenLawnCare.com 6-15

Lawn/Snow Service, spring and fall cleanups, gutter cleaning and repair. 651-688-9977. B-15

MISC. SERVICES

Painting, lawn mowing, furniture refurbishing, Jim. 612-202-5514 3-15

OFFICE SPACE

Quiet, professional office space with free, attached parking. Single offices up to 10,000 sf. Building information available at hamlinepp.com. Contact Eric with Colliers at 952-837-3087. 1-15

PAINTING

Painting, wallpaper removal. 30 years experience. Small jobs wanted. 612-202-5514. 3-15

All Seasons painting, glazing / repair, woodframe / stucco; power washing. Insured. Free estimates. Kevin. 651-699-2832. B-15

SERVICES

Kustom Remodeling - Roofing, siding, exterior/interior painting. Sheetrock, taping and texturing. Stucco work. Marty 612-724-8819. B-15

WANTED TO BUY

Paying the most for your furniture, dishes, glassware, knickknacks, costume jewelry, antiques, pictures, lamps, household items, etc., I make housecalls. Call Mary. 612-729-3110. 3-15

SERVICES • SERVICES • SERVICES • SERVICES

ROOFING
Nilles Builders, Inc.
Full Warranty
Licensed • Bonded • Insured #4690
"We Work All Winter"
651-222-8701
www.nillesbuilders.com

Merriam Park Painting
• Exterior & Interior
Painting - Enameling
• Ceiling Texturing
• Wallpapering
• Free Estimates
Call Ed 651-224-3660

Nilles Builders, Inc.
Additions • Remodeling
Renovation • Windows & Siding
Concrete • Garages
Licensed • Bonded • Insured #4690
651-222-8701
www.nillesbuilders.com

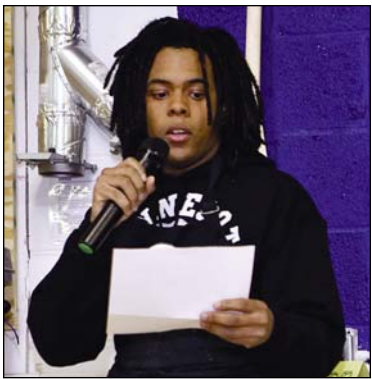
A-Tree Service Inc.
35 Years of Professional Service
Owner/Operator
Cleve Volk
Licensed & Insured
1849 E. 38th St.
South Mpls.
We accept **612-724-6045**
Tree trimming/removals • Firewood
Mulch/dirt/compost • Straw
www.atreeservices.com

Norman Dale Electric Co.

Residential, Commercial
& Industrial
651-644-0655
"Now Celebrating 30 Years" Free Est.
Lic# CA01340

Classifieds \$1 per word

LAWN SERVICE
KERN
LAWN SERVICE, INC.
Total Lawn Maintenance
Large or Small
Landscaping Projects
Office: 651-207-5396
Cell: 612-328-6893
Since 1984 / Major Credit Cards Accepted
www.kernlawnservice.com
LANDSCAPING



Malik, an apprentice program graduate, delivered the opening words at the Open House. (Photo by Margie O'Loughlin)



Joseph, a current apprentice, explained to Open House guests how he built his canoe paddle. (Photo by Margie O'Loughlin)



Guests inspected canoe construction up-close. (Photo by Margie O'Loughlin)

Boat Builders

Continued from page 10

lists the boats for sale and their prices. They'll also gladly customize one for you, with the option to sign on as a volunteer to help build your own boat.

In addition to the apprentice program, UBB engages in 12-15 school partnerships annually. These partnerships with local middle schools, high schools, and youth-serving agencies deliver academically enhanced boat-building instruction with emphasis on developing science, technology, engineering and math skills. Classes are typically small, with 6-8 participants.

Whether a school partnership or an apprentice group, each person involved in building

a boat has the chance to participate in a launch once their boat is finished. All members of the past year's apprentice program are invited to travel to the Boundary Waters Canoe Wilderness Area for a five-day trip each August, offering many a first-time experience traveling by water in the wilderness.

UBB is firmly anchored in the community, offering opportunities for growth not only for program participants but also for volunteers. Wednesday night is Open Shop Night from 6:30-9:30pm, when adults prepare lumber for the week ahead or work on shop improvements. Anyone is welcome to join.

A limited number of volunteer instructor positions are available from 2-6pm, Monday-Friday. This commitment involves

working alongside program instructors and apprentices, and wood-working experience is required. Visit their website at www.urbanboatbuilders.org for more information.

The skills developed at UBB, such as working with spoke shaves, block planes and hand saws, may not turn up on many job descriptions—but to youth adrift they are invaluable.

The pride of craftsmanship and the satisfaction of working on a long-term project as part of a team will translate to anything these young boat builders undertake in the years to come.

New sculpture installed on University

When people visit the new Goodwill Easter Seals store at 1239 University Ave., they will experience more than just a new place to shop and donate goods and clothing. They will be greeted by new public art, a gift to the community that reflects the positive energy of the project and the neighborhood.

The Driessen Group, the project developer, commissioned artist Emmett J. Culligan III to design and build a sculpture that was installed amidst the new landscaping outside the store that will enhance the pedestrian friendly atmosphere along the Green Line.

The sculpture, titled "Goodwill," sits atop a concrete plinth achieving a total height of 8 feet within the trellis pavilion outside the Goodwill Easter Seals store, which is opened slightly to maximize visibility of the sculpture. "Goodwill" has been strategically constructed from polished stainless steel and white marble; materials that display beautifully outdoors and are enhanced by sunshine, water and snow. Also, both are naturally durable materials that ensure the sculpture will withstand the harsh Minnesota elements.

Culligan, an artist who proudly traces his family roots to St. Paul, creates contemporary gallery works and large outdoor public art sculptural works. His art ranges in scale from large monumental public art to small wall hung works.

"I am excited to have the chance to create a sculpture for a project that brings so many important things together," said



Sculptor Emmett J. Culligan putting the finishing touches on his "Goodwill" piece after installation.

Culligan. "I was inspired by what Goodwill Easter Seals does by bringing new life to things in a way that benefits the community. This piece reflects what happens in the store as well as what is happening in the community."

Culligan discovered his artistic creativity early in life, which led him to study painting at the Art Students League in New York City and later received his BFA in sculpture from the University of Colorado at Denver, where he currently resides.



THE TRUMAN COMPANY

Thank you for choosing us BEST Gold/Coin Buyer!

2585 Hamline Ave N Suite E
Roseville, MN 55113
Toll Free: 1-877-334-4990 Fax: 1-877-334-4991
www.trumanrc.com

UNDER NEW ADMINISTRATION
1919 University Avenue
651-647-0017

Accepting
PT and OT clients

Hiring RN
Case Managers
We have clients waiting -
NEED RELIABLE & DEDICATED
HHA / PCA / HOMEMAKERS

OUR SERVICES

TLC Home Care is a Medicare Certified Agency who provides Home Care Services ranging from:

- Skilled Nurse Visits (SNV)
- Supervisory Visits (SUP)
- Physical Therapy
- Occupational Therapy
- Home Health Aide (HHA)
- Personal Care Assistant (PCA)
- Homemaking
- Additional Services:
 - Errands
 - Laundry
 - Medical Preparation
 - Organizing
 - Companionship

TLC HOME CARE OF THE TWIN CITIES
MEDICARE CERTIFIED
PROVIDING SERVICES FOR
OVER 25 YEARS

Contact us for more information:
Phone: 651-647-0017
FAX: 651-647-3423
www.tlccare.net

Local lawyer publishes first novel

Unless you are a devout Catholic who has spent a lifetime studying the religion, you probably don't know much about Ambrose, Dymphna or the other Saints; but Mark W. Wolf, 936 Nebraska Ave. W., is a lawyer-turned-novelist who is bringing them back to life through a book series he calls "The Modern Rendition."

"Maybe they were from way back in time, but their stories have to be heard again. Their lives didn't just take place in their time. They are, in a sense, timeless. You can take what happened in the past and apply it to the modern age," said Wolf, whose first novel has just been released.

"Ambrose: A Modern Rendition" (Saints on Bicycles, 2015, \$17.49) is the story of Saint Ambrose, a fourth century bishop who lived in Milan, Italy during the waning moments of the Roman Empire. However, this story takes place in the modern, perhaps futuristic United States at a time when guns have been outlawed, and people once again settle their differences with swords and knives and hand-to-hand combat. Some major changes have been made to America's beloved sport of football as well.

"I wanted Ambrose's environment to be as close as possible to the Roman environment and so that's why there's a part in there about lions during the half time game. As far as the elimination of guns, they have been such an issue in our society, it's a modern issue I thought I needed to bring in," said Wolf.

"Ambrose: A Modern Rendition" is also a love story. Ambrose is deeply in love with Mary Peterson and wants nothing more than to spend his life making her happy; but when God calls, he is thrust into a situation where he must choose between love and the greater good. He becomes a bishop and to be true to his religion must remain celibate.

"I enjoy ancient history a lot and whether it's science, religion or some other avenue, I enjoy learning how things developed over the years or centuries," said Wolf, who read a lot of books as research for his novel.

"Before law school, I always considered myself an average writer. But having gone to law school, I now consider myself fairly good," said Wolf, who



Mark W. Wolf, 936 Nebraska Ave. W., is a lawyer-turned-novelist who is writing a book series he calls "The Modern Rendition."

You're trying to convey a very accurate meaning in as few words as possible. Writing novels gives you more of a release with your writing, a creative arch rather than an argumentative one."

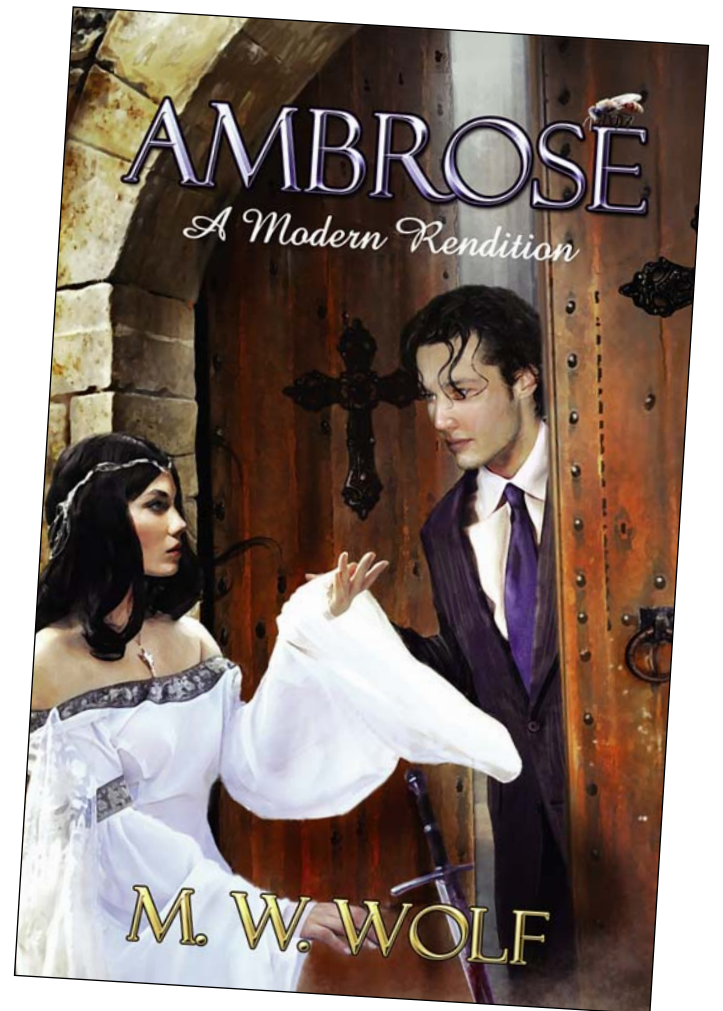
Around the same time Wolf decided to try his hand at writing fiction, he had made the decision to return to the Catholic Church, so it was no accident that he decided to tackle a religious topic in his first novel.

"Writing Ambrose not only helped me get back into the church, it helped me gain a better understanding of what God is all about," said Wolf, who is now hard at work on his second novel, "Dymphna: A Modern Rendition." Dymphna is the Saint of Mental Illness.

In addition to his work as a novelist and lawyer, Wolf also works as a physical therapist, helping those who have been injured heal. Prior to entering law school, he studied physical therapy. He earned both his doctorate and masters in physical therapy at the University of Minnesota.

credits William Mitchell College of Law with doing a great job not only teaching him how to write, but giving him the confidence to write.

"The kind of writing I was doing was plain, but very precise.



OUR 92ND YEAR!

ALL NEW FOR
2015

**SAINT PAUL
OSMAN**

**SHRINE
CIRCUS**

GREAT FAMILY ENTERTAINMENT!

FUN FOR ALL AGES!

TEN BIG SHOWS • MARCH 26-29

THURSDAY, MARCH 26 10:30am & 7pm	SATURDAY, MARCH 28 10:00am, 2:30pm & 7:30pm
FRIDAY, MARCH 27 10:30am, 2:30pm & 7:30pm	SUNDAY, MARCH 29 1:00pm & 5:30pm

STATE FAIR COLISEUM

WWW.OSMANCIRCUS.COM

FREE PARKING

PURCHASE YOUR TICKETS ON-LINE AT: WWW.OSMANCIRCUS.COM

ENTER COUPON CODE: **MONITOR** FOR \$5 OFF PER TICKET!

1-800-8-CIRCUS • 651-452-5662

Proceeds are for the benefit of Osman Shriners activities. Payments are not deductible as charitable contributions.

The Midway Como Monitor is typically published the second Thursday-Friday of each month.



If you're not receiving a timely delivery call 651-645-7045

