

# monitor

Serving the Midway, Como, and North End Communities of St. Paul



## What's INSIDE

Feature.....3



Colorful turtles paint the town

News.....4



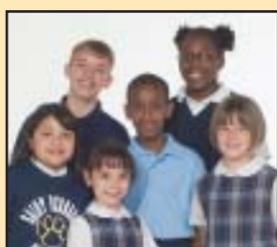
Parade of Gardens held August 18

Feature.....6



Shiloh Church grows congregation

Feature.....8



St. Bernard's now 'IB' candidate

*'Good Samaritan' gesture strikes simultaneously...*

## Hamline Midway businesses, homes struck by graffiti

By JAN WILLMS

For three and a half years, Afeworke Bein, owner of the Snelling Café at 638 Snelling Ave., has been serving East African specialties, American and Italian food to his customers. His business has added to the diverse flavor of a thriving area in the Hamline-Midway section of St. Paul.

But on July 25, Bein's business and 19 other merchants and residences were struck by a graffiti tagger who apparently moved quickly in the early morning hours to leave his signs of vandalism. Bein, who worked until midnight that night, saw no signs of graffiti when he left.

Three days later, Bein stood in the mid-morning July sunshine, in the small parking lot next to his business. He raised an arm, and pointed out the neighboring merchants who were also targets of the graffiti. He was not alone, but in this case, misery doesn't love company.

His cafe would soon open, with customers pulling into his parking lot. Bein needed to open his doors for business, but before he left, he offered one question about the graffiti markings. "What is the purpose of this?" he

exclaimed with a puzzled look. He's not alone with his puzzlement.

If the purpose is for the graffiti tagger to show off his work, he will be disappointed in the results in this neighborhood. Within days, most of the graffiti markings had already been painted over.

"This is the worst I have seen it since I have been here," said Patrick Sheehy, a member of the Hamline Midway Coalition (HMC), a nonprofit dedicated to making the Hamline Midway neighborhood a better place to live, work and play. Sheehy, who moved to this area in 1996, said his double-door garage was left with markings which included foul language. He immediately covered the display with butcher paper, and then soon after painted over it.

Sheehy said some apartment residents in the area caught sight of the tagger and tried to chase him, then called police.

"What was particularly damaging is that he tagged an historic building. It is difficult to remove the black spray paint from the HMC playground building," Sheehy said. The building is at 1564 Lafond, which houses the



Afeworke Bein, owner of the Snelling Café, 638 Snelling Ave. N., had his north wall and alley area tagged by a graffiti vandal. (Photo by Terry Faust)

coalition offices.

He said the tagger, or taggers, did a circle around the main Snelling business district. Sheehy photographed all the damage before it was covered up.

Sheehy said the best way to deal with graffiti is to remove it as soon as possible. "In Philly, where I am originally from," Sheehy said, "they had a

problem with graffiti on the subway. There was a guy on the train with a bucket of paint, and he would paint over the graffiti immediately. The problem went away."

Sheehy said the local Thomas Lafond Block Club, which has 80 homes in its

CONTINUED ON PAGE 11

*Proposal faced staunch opposition...*

## Tunnel for Snelling & University turned back by County and City Council actions

By JANE MCCLURE

A controversial proposal to put Snelling Avenue in a tunnel beneath University Avenue may be buried – at least for now. But actions by the Ramsey County Board and St. Paul City Council don't mean debate over what to do about rising traffic levels at Snelling and University has gone away.

It most likely will be fall before city, county and Minnesota Department of Transportation (MnDOT) officials come forward with ideas for the busy intersection. The tunnel is just one idea

that has been suggested. However, uproar over Ramsey County's bid for federal money to study the idea galvanized area residents and brought together an unlikely coalition of business and community groups in opposition to the idea. As it turned out, a July 15 deadline for federal surface transportation dollars came and went with no county application for tunnel funding.

Ramsey County's bid for \$7 million toward the project was laid over on a 6-1 vote July 10, effectively killing the funding application. The St. Paul City

Council then weighed in against the project July 11, unanimously opposing the tunnel and asking that no outside funding be sought for the intersection process before the ongoing studies are completed.

"We need to continue to look at alternatives and engage in community process," said Ward Four Council member Jay Benanav.

Although the proposed Central Corridor light rail transit line is sometimes cited as a factor in the push toward redesign of Snelling and University, engineers

say that isn't the case as much as are current and projected motor vehicle traffic levels. Debate over the tunnel put county officials at odds with the City Council and a cadre of neighborhood groups including University UNITED, the Midway Area Chamber of Commerce, Midway Transportation Management Organization and area district councils.

The tunnel is one of the options outlined in the Snelling University Capacity Study (SUCS), a city-county-Minnesota

CONTINUED ON PAGE 17

# monitor

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

**Publishers:**  
Calvin deRuyter, Tim Nelson

**Managing Editor:**  
Denis Woulfe

**Advertising:**  
Denis Woulfe  
Dennis Stern (651-452-5324)

**Photographer:**  
Terry Faust

**Production/Illustrations:**  
Bob Wasiluk

**Contributing Writers:**  
Eric Nathanson, Deborah Brotz,  
Jane McClure, Nancy Giguere,  
Jessica Flannigan, Tom Conlon,  
Jan Willms, Sherri Moore,  
Nate Hamilton, Deb Robinson,  
Benita Warns, The Cheap skate,  
The Food Snob, and The Bachelor



### 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 [denisw@aplacetoremember.com](mailto:denisw@aplacetoremember.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](http://www.MonitorSaintPaul.com)

The Monitor is a monthly community publication in the Midway, Como and North End 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 651-645-7045. 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 ©2007.



## Monitor in a Minute

### Local duplex OKed for housing facility

A Hamline-Midway duplex can be converted into a transitional housing facility for up to eight women residents, as a result of St. Paul Planning Commission action July 13. Juel Fairbanks Chemical Dependency Services sought a conditional use permit for 816 N. Albert St.

Juel Fairbanks is a private nonprofit chemical dependency agency. It operates other programs in the Twin Cities, including a facility at 806 Albert St. the two properties will share a driveway.

The permit is needed because all transitional housing facilities in St. Paul are required to have conditional use permits. This allows city officials to place operating restrictions, such as number and type of residents and number of off-street parking spaces, on a facility. It also uses the permits to limit the number of facility beds in each of the city's 17 planning districts. The city uses a formula based on population to set the number of beds per district. District 11, Hamline-Midway, can accommodate the eight additional beds without going over its limit.

Hamline-Midway Coalition did not weigh in on the permit. One neighbor sent a letter in opposition. No letters were received in support.

City staff recommended approval of the permit. City staff look at a number of issues, including zoning and distance from similar facilities, before weighing in on such permits. The city uses different conditions for facilities based on their size. The new Juel Fairbanks facility is considered a small facility.

At a July 5 Planning Commission Zoning Committee hear-

ing, the committee was told that there will be 24-hour staff at the facility. Residents will have to follow specific rules in order to live there. The facility will have to obtain all necessary licenses and approvals before it can open for residents.

No further zoning changes are needed. No one filed an appeal of the permit within 10 days of Planning Commission approval so the decision is final. No timelines to open the facility have been announced.

### Projects vie for demonstration grants

Two area projects are among those vying for 2008 Livable Communities Demonstration grants, as a result of St. Paul City Council action July 5. St. Paul Housing and Redevelopment Authority (HRA) and Port Authority staff identified a total of five sites around the city that are candidates for the funding.

The city is seeking \$2.11 million for the Dale Street Village on University, a project several area community development corporations are supporting. This project would be located at the northeast corner of Dale Street and University Avenue. It is a mixed-use development with housing and a retail component, possibly with a Walgreens.

The second area project would be \$1.75 million for the Arlington-Jackson West Business park's first phase. The North End industrial park was first developed in the 1980s and expansion has been on the drawing boards for many years. It was one of the first of the Port Authority's new generation of industrial parks. But Arlington Jackson's first phase has been full for several years and expansion is needed.

Livable Communities Demonstration grants funds projects that can be used as models or prototypes for the rest of

the metropolitan area. The city can submit up to five grant applications per funding cycle. The city has obtained several Livable Communities grants from the program in the past, for housing, retail, industrial and mixed use projects.

Two other projects nominated are on the East Side and one is on the West Side.

The St. Paul projects will compete with projects from around the Twin Cities area. Applications were due in mid-July and a decision on funding will be made later this year.

### Council adopts new ordinance

Restaurants that hold beer and wine licenses will no longer be allowed to operate as de facto nightclubs, as a result of an ordinance unanimously adopted July 25 by the St. Paul City Council.

The council made regulatory changes that limit which types of entertainment licenses can be given to these restaurants. The new regulations will allow restaurants and coffee houses to offer entertainment such as a guitar player or a small band. But a restaurant would not be allowed to offer larger-scale entertainment or have a dance floor if it didn't have a full liquor license as well as the proper amount of floor space and off-street parking.

Part of the motive for the change is that a few restaurants were skirting the parking and space regulations in order to offer dancing and other more intensive entertainment use. Typically these types of entertainment are allowed at bar/restaurants with full liquor licenses and at rental halls.

The second issue is that the city allows beer and wine to be sold at restaurants only with the sale of food. The intent is not for restaurants to operate as bars.

No one appeared at a July 18

public hearing to speak against the regulatory changes, which were brought forward by Ward Five Council Member Lee Helgen.

The changes are in response to complaints about a handful of restaurants, including Asian Cuisine at 945 Rice St. The North End restaurant recently faced city sanctions for operating as a nightclub instead of as a restaurant. Asian Cuisine has a small dance floor and was found to have violated city conditions placed on its licenses. In June the City Council levied a fine against the business.

### Interim District 13 holds first meeting

The interim District 13 Council held its first meeting July 11, with members of the old Merriam Park, Snelling-Hamline and Lexington-Hamline district councils continuing to work on details of a merger that took place July 1. The councils were ordered by the St. Paul City Council to merge.

"I think we can really make great progress as the unified District 13," said Interim District 13 President Jim Marti. The interim board will serve until the district council's first annual meeting in October.

The three councils have been planning for the merger since late 2007, approving committee structure and the organization's first budget July 11. The new council is using the former Merriam Park Community Council nonprofit status and amended that group's bylaws to serve the new organization. Snelling-Hamline is dissolving its nonprofit and winding up its affairs by year's end. Lexington-Hamline Community Council will continue as a separate neighborhood association, with an organizational seat on the new board.

CONTINUED ON PAGE 19

CELEBRATING 40 YEARS OF GREAT FOOD

**The COFFEE CUP**  
"Home Cooking Since 1967"

1446 RICE • 489-0020

2 Eggs + Toast AND 4 OTHER BREAKFAST SPECIALS  
M-F \$2.75

Daily Lunch Specials  
Dinner Specials until 3:00pm

ALL TIME FAVORITES  
SERVED 7 DAYS A WEEK!  
BAR-B-Q-RIBS  
LARGE BREADED COD  
HOT TURKEY SANDWICHES  
HOT BEEF SANDWICHES  
BREADED PORK CHOPS  
GYROS & GREEK SALADS

5:30am to 3:00pm Everyday  
Kitchen Open until 3:00pm

BREAKFAST ALL DAY  
TAKE OUT ORDERS

**CORNELIA HOUSE**  
A Gracious Way of Life



**Independent Living, age 62+**  
Not ready for a "senior community" yet? Neither are our residents. They simply like living on a *continuing care campus* with all the services they may ever need. The great neighbors are just the icing on the cake. Call Kurt Miller at 651-288-3931 for a tour. One of our gracious 1 or 2 BR apartments could be a smart move someday!

1840 University Ave W • Saint Paul  
Part of the Episcopal Homes family  
[www.ehomesmn.org](http://www.ehomesmn.org)

**IRIS PARK COMMONS**  
A Community of Heart



**Assisted Living, age 55+**  
We offer comfy, secure 1 or 2 BR and studio apartments with a menu of assisted living services. Most units have great views of neighboring Iris Park or the green of our own private campus. Some are available through County programs. Call Mark Ladwig at 651-646-1026 for a tour. Come see why folks call us "A Community of Heart."

1850 University Ave W • Saint Paul  
Part of the Episcopal Homes family  
[www.ehomesmn.org](http://www.ehomesmn.org)

Paint the Pavement catches on...

# Hamline Midway neighbors share painted turtles with St. Paul

By DEBORAH BROTZ

If you're driving down Van Buren Avenue and come to an intersection with brightly painted turtles, don't be alarmed. It's not graffiti. The artwork was done by Paint the Pavement (PtP), a volunteer-led program that promotes "placemaking" through neighborhood art. On July 21, neighbors gathered to paint turtles in two intersections at Van Buren Avenue and the block between Asbury and Simpson.

And now, the Van Buren neighbors may be taking their turtles on the road, so to speak. On Sept. 18, neighbors will be doing a "demo" turtle with real traffic grade paint at the City of St. Paul Department of Public Works Open House, from 4 p.m. to 8 p.m., at 891 N. Dale St.

"I asked them myself," said Natalie Fedie, marketing and media relations manager for St. Paul Public Works. "The purpose of the Open House is to give people a behind-the-scenes look at Public Works operations and their community partners. We really see the Hamline Midway Coalition as a partner with Public Works by demonstrating this at the Open House."

PtP, whose primary focus is in St. Paul, helps groups of neighbors organize to design and create their own public square or public street art on their low traffic residential streets. Neighbors come together, design a painting, petition for approval by the City of St. Paul, and hold a "paint day" to create and celebrate their own community square. Through the



On July 21, neighbors gathered to paint turtles in two intersections at Van Buren Avenue and the block between Asbury and Simpson. The artwork was done by Paint the Pavement (PtP), a volunteer-led program that promotes "placemaking" through neighborhood art.

process of creating the community square, social connections and relationships between neighbors increase and improve, strengthening the ability of a community to respond to issues and opportunities and to take care of one another. The benefits of placemaking by street painting are multiple: development of relationships and social networks; creation of a community gathering place; calmed traffic; crime prevention; and a local neighborhood identity.

Painting their own mural design on low traffic streets is important to a neighborhood for several reasons.

"For some people, it's wanting to slow traffic down and make drivers aware they're driving through a neighborhood," said Jun-Li Wang, community organizer for the Hamline Midway Coalition. "People live here, people play here, and people care about

this space. People like doing something positive and creative together with neighbors."

The history of PtP goes back to 2004, when Hamline Midway resident Andrea Erickson read an article in "Yes! Magazine" about neighbors in Portland, Ore., who painted their streets to create public square-type spaces on their own blocks. Over time, a non-profit called City Repair was founded to help neighbors paint

their streets. Inspired by the article, Erickson knew this was something she wanted for her very own neighborhood.

In 2006, Erickson got started on her vision by being in a program for emerging neighborhood leaders called Leadership in Support of Neighborhood (LISN), a collaboration of the Hamline Midway Coalition (HMC) and Hamline University. Through the support of LISN, Erickson and Julie GebbenGreen visited Portland's City Repair to learn more about community building through public art.

Upon returning, Erickson formed "Paint the Pavement," borrowing elements from Portland's City Repair. She approached the City of St. Paul, which was willing to initiate a pilot program modeled after Portland's to allow neighbors to paint their low-traffic streets.

In fall 2006, over 250 neighbors painted two intersections, Englewood and Syndicate; and Pascal and Van Buren; in different abstract designs.

In winter 2006, the HMC decided to invest staff time into the ongoing work of PtP. Today, it has a HMC organizer and a group of committed volunteers including Erickson, GebbenGreen and Molly Cave.

On July 21, 28 turtles were painted in three PtP projects: 11 at Van Buren at Asbury; 12 at Van Buren at Simpson; and five on the street between the two intersections.

CONTINUED ON PAGE 14

MONITOR COUPON CUT-OUTS

Next deadline for coupons: August 31

Bag up Big Savings at...

**MIKE'S DISCOUNT FOODS**

1717 Rice St. / McCarron Hills Center (Rice & Larpentour)

651-487-2883



**10% OFF**

**Any Purchase Over \$10.00**

with this coupon,  
Coupon expires 9/30/07



**Como Northtown  
COMMUNITY CREDIT UNION**

"Serving Your Community"

- Free Online Banking
- Free Bill Payer
- Free Check card
- Free e-Statements

To show our appreciation, open a checking account with us and we'll give you \$20\*!

Must present this coupon.

\*You must include Direct Deposit to Receive this offer.

Conveniently located on the corner of  
Lexington and Energy Park Drive  
[www.comocu.org](http://www.comocu.org) - (651) 488-2535

**FREE** Regular 6-inch Sub  
when you purchase a 6-inch sub of equal or  
greater value & a 21 oz fountain drink

2121 University Ave W, St. Paul (University & Cleveland)

651-646-3096

One coupon per customer per visit.  
Not good with any other offer or on  
Big & Hearty and Double Stacked Subs. Expires 9/30/07



**Purchase a 6 or 12-inch Sub  
and receive a FREE  
21 oz. fountain drink**

Expires 9/15/07

**\$1.00 OFF  
Any Menu Item**

Not valid with any other offers  
One coupon per customer / In store only / Expires 9/15/07

**Every Friday Pasta Buffet!**

includes Salad, Pasta and Desert

11am - 2pm **\$5.95**

**WE MATCH COMPETITORS'  
LIQUOR PRICES!**  
(Bring in their ad!)

**Abettos**  
Liquor • Deli • Banquet Hall

651-488-1515

651-488-4040

**LOCATED AT 560 W. COMO**

When thinking about this month's column, I almost decided to write an old-fashioned book report. I just read two excellent books and have been recommending them often. Both are written by a local psychologist named David Walsh.

One book is titled "NO! - why children need to hear it and how parents can say it." The other is "Why Do They Act That Way?" The second book is a fascinating lesson on adolescent brain development, peppered with down-to-earth tips on parenting adolescents.

Walsh's book on adolescents is over 250 pages, and I quickly became overwhelmed trying to pass on his wisdom in only one column. So I am going to write a 2 part (or maybe 3 part) series on adolescent brain development and tips for parents and teens on surviving the sometimes difficult adolescent years.

We now know that the human brain is not fully developed until well into one's twenties. During the teen years, three areas of brain development are particularly significant: the limbic system, the amygdala, and the prefrontal cortex (PFC).

The limbic system is the emotional response center of the brain. The amygdala is the part of the brain that provides us with the feelings of fear and anger. The PFC is the control center - the part of our brain used to plan and to understand consequences of behaviors. It is also used to help us control our responses to our emotions.

In teens, the limbic system and amygdala develop in advance of the PFC. Which means teens have brain cells devoting lots of energy toward emotions, including fear and anger. But they have less brain energy available for reasoning and control.

Walsh compares this to a car that requires only the slightest tap on the accelerator to bring it to a fast (even

## Cares and Cures

By JANE KILIAN, M.D.

### Getting in the mind of your teenager

dangerous) speed. But that same car has brakes that aren't yet working.

Essentially, teens have brains that function differently from the brains of adults. Their stage of brain development explains the mood swings (sometimes uncontrollable) that teens experience. It is also why teens feel emotions to more extreme levels than they may ever again. Their highs are higher and their lows are lower than at any other time in their development.

One of the tasks of adolescence is to establish independence, to develop one's unique personality. Therefore teens try to test the limits. They need to challenge authority. They are learning to define themselves as separate from their parents.

The manifestation of this is that adolescents prefer to spend more time with friends than with family. They might even be embarrassed being seen with their parents.

While trying to be fiercely independent, they also want to be accepted by their peers. They may mimic their peers, sometimes to an extreme. Have you ever noticed a group of teens who, in their efforts to be unique from their parents, are dressed almost identically to each other? Peer pressure is a very strong force whether it applies to something as harmless as a hairstyle or as risky as drug use.

Ironically, as these brain changes and developmental levels are being reached by teens, their parents are often facing very different realities. They may be helping elderly par-

ents who are ill. They may be developing health problems of their own. And moms, especially, may be facing hormonal changes that cause them to have physical and emotional challenges new to them. Their moods might feel as volatile as their teen's.

So ... here's the situation: Teens have floods of amazingly forceful emotions at a time when

their brains are not able to exercise control. They have almost no concept of the future or their vulnerability. And they crave independence. At the same time their parents are becoming acutely aware of their own limits and mortality. And are worried about the dangers their teens might encounter. Kids are wanting to pull away, parents are wanting to protect. No wonder these relationships take on some tension.

There is hope. Most teens and parents come through this developmental phase intact. Teens who seem to become aliens do become human again. But not without good parenting skills and lots of work on the part of parents. I often tell folks that parenting doesn't take less time as children develop, just different kinds of time.

Next month ... survival tips. If you have any to share, please contact me via the address below. Stay cool, happy and healthy.

*(Dr. Kilian is a family practice physician who lives and works in the Midway Como community. She believes that good medicine means caring for people as well as curing diseases. We want to address your health concerns so please let us know what topics you would like to see in future columns. If you have suggestions or questions, write to the Monitor c/o 1885 University Avenue West, #110, St. Paul, MN 55104. Or e-mail [denisw@aplacetoremember.com](mailto:denisw@aplacetoremember.com). You can also check out past Cares and Cures on the Monitor's website, at [www.MonitorSaintPaul.com](http://www.MonitorSaintPaul.com))*

## Don't miss the 2nd annual Parade of Community Gardens!

As part of the 2nd Annual Parade of Community Gardens on August 18th, Midway Greenspirit Garden and Friends of Horton Park welcomes anyone interested in seeing the vegetables, flowers, herbs and native plants being grown by local gardeners. From 10 a.m.-2 p.m., there will be gardeners available for tours and questions. Refreshments will be served and there will be an opportunity to taste what we have grown at the Midway Greenspirit Garden. Ice cream will be served at Horton Park. The Midway Greenspirit Garden is located at the intersections of Al-

bert, Stevens and Pierce Butler and Hamline Ave. The native plant garden is located in Horton Park, just north of Minnehaha Ave. and west of Hamline Ave. Look for signs for the Parade of Community Gardens.

Parade-goers can walk, bike, or drive from one garden to the next, soaking in each one's unique blend of vegetables, flowers, herbs, native grasses and people. Gardens will feature a variety of attractions including tasty veggies, massage, ice-cream and art in the garden.

Coordinated by GardenWorks, a program of The Green Institute the Parade of Community Gardens is designed to showcase the many benefits of community gardening—from beautification and food production to education and community building. Information about all the gardens participating in the event, including maps and garden descriptions can be found at [www.gardenworksMN.org](http://www.gardenworksMN.org) or 612-278-7123.



As part of the 2nd Annual Parade of Community Gardens on August 18th, Midway Greenspirit Garden and Friends of Horton Park welcomes anyone interested in seeing the vegetables, flowers, herbs and native plants being grown by local gardeners. From 10 a.m.-2 p.m., there will be gardeners available for tours and questions. Refreshments will be served.



# Como Park District 10 plan approved despite acrimony

By JANE MCCLURE

Approval of the Como Park District 10 Plan was not without acrimony, as the St. Paul City Council bowed to environmentalists and deleted a plan reference that calls for re-establishing horse patrols and finding a place for a St. Paul Police Department mounted patrol stable in the district. The deletion, made when the City Council approved the plan July 18, irked District 10 volunteers who spent many months working on the plan. Some question if politics or personal issues were involved.

City Council members say their action is not a slap at volunteers. Instead council members say they would rather see a citywide process used to find a St. Paul location for the mounted patrol horses. The horses are currently stabled in the Lake Elmo area. Other neighborhoods have expressed interest in seeing if the stable could locate in their areas.

Ward Four Council Member Jay Benanav, who moved for deletion of the plan's horse patrol language, said the deletion doesn't rule out finding a site for the horse stable in District 10 if that site is not in the park itself. The City Council recently received an opinion from the St. Paul City Attorney's Office stating that putting the stable in the park itself violates a city charter provision on no net loss of park land. The charter states that if park land is used for non-park purposes, an equivalent amount of park land must be provided.

"Let's not lose sight of the fact that this plan includes many outstanding ideas," Benanav said. He

said the City Council needs to set up a process for relocating the stables.

District plans are a road map for planning districts and city officials. They are used to guide zoning changes, redevelopment, and public and private investment. The plans become part of the city's comprehensive plan.

It's very unusual for the City Council to amend a district plan against the wishes of the affected district council. In cases where councils and city staff have disagreed on plan language, the disagreements are typically highlighted. That has been done recently for several neighborhoods, including Merriam Park, Snelling-Hamline, Highland Park and Summit Hill.

"We're extremely disappointed to see this action taken," said Nathan Volz, who worked on the plan for four years. "This is precedent-setting and undermines the citizen participation process." As a protest, Volz left his 2006 Neighborhood Honor Roll certificate on the council table after submitting his testimony. He was given the certificate for his work on the plan.

The precedent issue also concerns longtime District 10 Community Organizer Sue McCall. "It's a fairly scary road to start going down," she said.

District 10, working with the St. Paul Police Department, did submit a 2008-2009 Long-Range Capital Improvement Budget (CIB) request for the stables in Como Park. But that was because all capital budget requests are required to have a specific location, Volz said. The park is actually just

one option, in all of the planning district, that the plan volunteers and the District 10 Council want to see considered.

Volz said he is frustrated by the amount of misinformation stable foes have distributed against the project. The district council submitted a schedule detailing the many meetings they have held on the plan. A district-wide survey was done on the plan and about half a dozen meeting and presentations held. District 10 also provided a schedule of meetings and outreach on the stable proposal that dates back to 2005.

Volz also brought in letters of support from the District 6 Planning Council, St. Paul Police, St. Paul Animal Control and several area residents.

Asking to re-establish horse patrols and seeking to bring the stables to the neighborhood is a bid for more public safety resources in the neighborhood, said District 10 Board Member Nancy Sabin.

But opponents, including the Friends of the Parks and Trails of St. Paul and Ramsey County, the Audubon Society and a group wanting to put a nature classroom in the park fought the stable proposal. The Friends went as far as to demand that a dot on a map in the plan, which shows the stable, be removed.

Some opponents argued that there has not been enough opportunity for public input. Neighborhood resident Katie Plese said many people have not been able to weigh in on the plan and raised a number of criticisms of District 10 procedures in reviewing and approving the plan. She and sever-

al others submitted written statements on the plan. In the statements opponents argued that they did not want to see valuable park space taken for the stables.

Neighborhood resident Val Cunningham suggested that the University of Minnesota Equine

Center or the Minnesota State Fairgrounds be considered as a way to locate a new police stable close to the neighborhood. She and others said the area of the park eyed for the stable is one of the last undeveloped areas of the park.

## Como Zoo welcomes Chino

Como Zoo's newest resident, a California Sea Lion, made his public debut on Saturday, July 21. The Sea Lion, dubbed Chino, arrived in April from a rehab center in San Pedro, California after the animal was deemed unreleasable due to his health after a serious injury from a possible commercial fishing line or plastic soda jug.

Chino was found stranded on November 24, 2006 in San Pedro Harbor. The animal was lethargic, underweight and was admitted at a mere 85 lbs. He is approximately three years of age and for a male of his age and length (4.5 feet) a healthy weight would range from 140-160 lbs.

Since arriving at Como, zookeeper staff have been working with him through daily training sessions and slowly becoming familiar with people. This fall, Chino will be introduced to Sparky and may eventually become an understudy to the popular Sparky Show.

Como Zoo is currently home to three other California Sea Lions, including Sparky and two Harbor Seals. California sea lions are known for their intelli-



Como Zoo's newest resident, a California Sea Lion, made his public debut on Saturday, July 21.

gence, playfulness, and noisy barking. The presence of a California Sea Lion at Como Park Zoo and Conservatory has been seen for over 50 years with the Sparky the Sea Lion show. Sparky shows run through Labor Day Weekend.

Classifieds online at: [www.monitorsaintpaul.com](http://www.monitorsaintpaul.com)

Parents with Infants, Toddlers, and Preschoolers

It's time to register for Fall classes in  
**Early Childhood Family Education**

Wednesday, September 5, 2007  
10:00 AM to Noon and 3:00 PM to 7:30 PM

At these neighborhood sites:

**Crossroads ECFE**  
543 Front St. • 767-8555

**Frogtown ECFE**  
277 University Ave. • 290-8376

**Galtier ECFE**  
1317 Charles Ave. • 293-5342

**Highland ECFE**  
975 S. Snelling Ave. • 293-5345

**Randolph Heights ECFE  
Infant & Toddler Center**  
348 S. Hamline Ave. • 293-5344

ECFE offers:

- Information, support and friendship with other parents
- It's a place for kids to make friends and get some classroom experience
- Programs led by experienced, knowledgeable staff

2007-08 Early Childhood Family Education (ECFE)  
find class information on ECFE's website:  
<http://ecfe.spps.org>

 FAMILY EDUCATION AND ECFE  
1001 JOHNSON PKWY,  
SAINT PAUL, MN 55106  
651-793-5410

## Dentistry For All Ages

Creating Smiles to Last a Lifetime



**Whiten your smile and save \$50 this month only!**

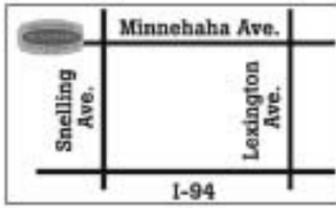
Call today at **651-646-2392**

- Voted to the Top Dentist List by Mpls./St. Paul Magazine 2007
- Certified Invisalign™ orthodontic provider
- Zoom II™ in-office tooth whitening as seen on ABC's Extreme Makeover
- Cosmetic tooth colored fillings
- The Wand™ computerized anesthetic system
- Gendex eHD high definition digital x-rays
- Nobel Biocare Implant System
- Waterlase® M.D. – No Drill Dentistry
- Diagnodent® Laser decay detection
- Biolase Plus laser gum treatment
- Oral surgery • Root canal therapy
- Well trained caring, courteous professional staff
- No interest financing plans available

Your neighborhood dentist for over 24 years

"For Care You Can Trust"

**Steven R. Hagerman, D.D.S.**  
1605 Minnehaha Ave.  
(Just west of Snelling on Minnehaha)  
**651-646-2392**



# Shiloh Church: More than just a building

By JAN WILLMS

A church is much more than a building, as Shiloh Missionary Baptist Church effectively demonstrates. From dishing out meals to the hungry, to sending aid to Liberia, to providing help for Hurricane Katrina victims, the church has reached out with a helping hand.

But sometimes, the original church building just isn't big enough to contain all its members. And this is what led to the recent construction of a new building at a new location, 501 Lawson Street in St. Paul.

Shiloh's home has been at 860 Hague for the past 40 years. The building, which has stood 100 years, originally housed a Lutheran church. The Shiloh congregation was less than 60 in those days, and there were about 100 members when Rev. Steve Daniels Jr. took over the ministry in 1991.

Today the congregation has grown to 2,000 members.

When asked about the incredible growth of the membership, Rev. Daniels said he has just preached the word of God.

"I have hopefully shown a vision that the membership has embraced," he said, "and that caters to the congregation's needs, both spiritual and social. We are a holistic ministry and cater to the whole, entire need of the membership—spiritual, social, financial—whatever they need."

A major program of Shiloh is its feeding program. The church provides meals five days a week between 3:45 and 4:45 p.m.

"In the last three years we have served over 30,000 dinners," Rev. Daniels said.

The growing church offers groups for youth, young adults and married couples. Rev. Daniels' wife, Rosa, leads a group called Women of the Word, There is a group for men and one called "Boys to Men", teaching youth about themselves and the world around them.

The church has a nonprofit organization, Urban Partnership Community Development Center (UPCDC), founded by Mother Frances Harris. UPCDC offers programs that help seniors live independently and with dignity.

Shiloh supplied both cash do-



Sometimes an original church building just isn't big enough to contain all its members. That's what led to the recent construction of a new building at a new location, 501 Lawson Street, for Shiloh Church. Today the congregation has grown to 2,000 members. Rev. Steve Daniels Jr., above, says that Shiloh Missionary Baptist Church is a church that believes in giving back to the community. (Photo by Terry Faust)

nations and material items to Katrina victims, has collected clothing for needy families and provided scholarships for deserving youth.

"We are a church that believes in giving back to the community," Rev. Daniels said.

Shiloh has kept the original

church site, currently using that building for its administrative offices.

"We just have one church at two locations now," he said.

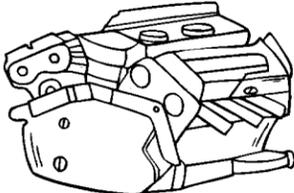
The new building is about three to four times larger than the old one, and provides seating for 1,000.

The plans for expanding to a new location began in 1999, according to Rev. Daniels. The congregation began raising funds for a new building and found the Lawson location. Construction started last August, and the move into the new building was made in mid-July.

"This is phase one of the building project," Rev. Daniels said. "We hope to add a kitchen and dining room and classrooms, as well as administrative office space."

"We are a church that believes in giving back to the community."

- Rev. Steve Daniels Jr.



**WE'RE YOUR PARTS EXPERTS**

Save up to **50%** or more with our recycled auto parts!

FOR ALL MODELS – DOMESTIC & FOREIGN  
Minivans • Cars • Trucks • 4x4's • HUGE INVENTORY

**WE ARE OPEN TO THE PUBLIC AND CAN ASSIST YOU**

**ACTION AUTO PARTS**

106 Arlington Ave. E. at Jackson  
ONLY 3 BLOCKS EAST OF RICE ST.

Phone: (651) 227-8996 • Fax: (651) 489-4981 • Toll Free: 1-800-243-2448

Open Mon-Fri: 8am to 5pm

**WE BUY CARS & TRUCKS & SELL SOME REPAIRABLES**

MasterCard, Discover, WE DELIVER – FAST & RELIABLE, SINCE 1984, American Express, Visa

**Saint Bernard's School**  
Grades PreK-12

GROWING IN FAITH  
ROOTED IN TRADITION

Producing Exceptional Saints & Scholars  
"One Grade" at a Time!



Enrolling Now for Fall

Saint Bernard's PreK-12 Catholic School  
170 Rose Ave. W., St. Paul, MN 55117  
Call 651-489-1338 or visit [www.saintbernards-school.org](http://www.saintbernards-school.org)

Forward in Faith 125 Years 1880-2005

**HAMLIN UNITED METHODIST CHURCH**

**SUNDAY WORSHIP SCHEDULE**

8:00 AM Prayer Service  
9:30 AM Traditional Worship  
10:45 AM Fellowship and Hospitality

Details on website: [www.hamlinechurch.org](http://www.hamlinechurch.org)

**RALLY SUNDAY SEPTEMBER 9**

We invite you to join us for a special Sunday! At the 9:30 service there will be Special Music, the Chancel Choir and a Children's Balloon Procession. During the Fellowship time, there will be activities for everyone.

**SUNDAY WORSHIP SCHEDULE (Beginning Sept. 9)**

8:00 AM Prayer Service  
9:30 AM Traditional Worship  
9:45 AM Sunday School  
10:45 AM Fellowship and Hospitality  
8:30 AM Compline Service (Service of Evening Prayer)

1514 Englewood Avenue – St. Paul 651-645-0667



**PLANT A PART OF YOURSELF**

**SOCIALLY RESPONSIBLE DEPOSIT FUND**

Plant an account with us today. When you have your deposit accounts at Park Midway Bank, your money can work for the environment — and you don't have to lift a finger. Simply have your deposit accounts earmarked for the Socially Responsible Deposit Fund. You'll still earn a great rate, but the money works differently to support our environment, affordable housing and local small businesses.

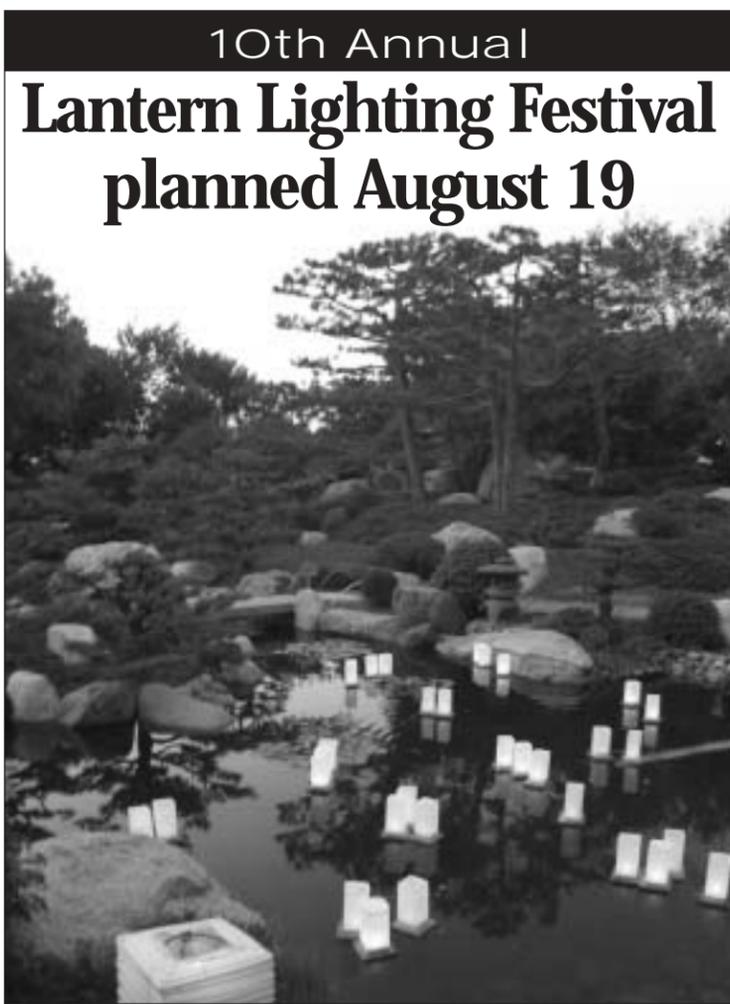
**Park Midway Bank**  
2171 University Avenue • St. Paul (651) 645-3800  
Also located at 2265 & 2300 Como Avenue • St. Paul  
[www.parkmidwaybank.com](http://www.parkmidwaybank.com) Member FDIC

THE LEADER IN IMPROVING OUR URBAN COMMUNITY

The Como Park Zoo and Conservatory will host the annual Japanese Lantern Lighting Festival on August 19, 2007 from 4-9 p.m. The family-friendly festival, reminiscent of Japan's annual Obon holiday, will also be the 10th annual event, celebrating a decade of Japanese culture and premiering Minnesota's own Bon Odori (festival dance).

Obon is an important Japanese cultural and family holiday, at which ancestral spirits are said to revisit their families for three days. Families pay their respects at gravesites and put out offerings of food and drink on a tray before household alters. They also light lanterns or small fires outside the house to symbolically guide the souls to the home. On the last evening of Obon, lanterns again guide the spirits back to their resting places.

At this year's Japanese Lantern Lighting Festival, the Japan America Society of Minnesota (JASM) will debut Minnesota's own bon odori. The bon odori is a traditional folk dance performed at summer festivals in communities across Japan, as well as in Japanese American communities in the United States. In an ongoing effort to build this tradition in Minnesota, the JASM has commissioned local musicians, singers, and dancers to create a new bon odori unique to Minnesota. This project is made possible in part through the generous funds provided by the Metropolitan Regional Arts Council through appropriations



The Como Park Zoo and Conservatory will host the annual Japanese Lantern Lighting Festival on August 19, 2007 from 4-9 p.m.

by the Minnesota Legislature.

"The Lantern Lighting Festival is a wonderful way to engage in

and learn about Japanese culture and tradition," says Bazy Callender, chair of the Lantern Lighting



The Lantern Lighting Festival will encompass Japanese tradition-through music, dance, crafts, martial arts and lanterns.

Festival committee chair. "The evolution of the event over the past 10 years reinforces the need for such an event in Minnesota."

The Lantern Lighting Festival will encompass Japanese tradition-through music, dance, crafts, martial arts and lanterns. The Marjorie McNeely Conservatory grounds will open at 3 p.m., and live entertainment in the Como Ordway Memorial Japanese Garden and on the main stage will begin at 4 p.m. Entertainment will include taiko drumming, kotos (Japanese sitars), shakuhachis (bamboo flutes) and martial arts demonstrations to name a few.

Throughout the day, the Lantern Lighting Festival will offer families the opportunity to immerse themselves in traditional Japanese activities such as flower arranging, creating Japanese gar-

dens, bonsai demonstrations and other crafts. Japanese cultural organizations will be on hand to answer questions about Obon and Japanese traditions.

The day will culminate at dusk with the main event-the lantern lighting. Six stone lanterns and floating paper lanterns throughout the Japanese garden pond and the Frog Pond will create a vision of peacefulness and harmony to commemorate the dead.

The Como Park Japanese Lantern Lighting Festival will be held on Sunday, August 19, from 4 p.m.-9 p.m. Free shuttle bus service from Bandana Square will begin at 2:30 p.m., gates open at 3 p.m. and entertainment begins at 4 p.m. Lantern lighting will begin at dusk. Admission is \$5 per person or \$10 per family.

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



### Back To School!

Hair Cut / Cold Wave Perm

**\$55.00** Long Hair slightly higher

Hair Cut / Style Set

**\$28.00** Long Hair slightly higher

Hair Cut **\$15.00**

**RITTER BEAUTY**  
SALON

940 Rice St. • 651-488-7707 • 488-0551

**Midway Animal Hospital**  
Offering high quality, compassionate care for your pets.  
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

Classifieds online at: [www.monitorsaintpaul.com](http://www.monitorsaintpaul.com)

**The Saint Paul Conservatory of Music**  
**Ready for Music?**  
Lessons, Ensembles and Classes for all ages  
Call for a brochure or visit our open house  
September 27 • 5-7 pm  
651-224-2205 [www.thespcm.org](http://www.thespcm.org)

**your Lutheran church on the**  
Sundays:  
9:00 and 10:30 Worship  
9:00 Education Hour  
Pastor Bob Benke  
a community of joy  
Jehovah LUTHERAN at Thomas and Snelling  
[www.jehovahlutheran.org](http://www.jehovahlutheran.org) 651-644-1421

When you need to know right away...  
*I'm your partner.*  
Get the care you need when you need it — right in your own neighborhood. Call any day of the week to schedule appointments, or schedule them online 24/7. With family and internal medicine, pediatrics, specialty care, pharmacy, eye care and dental care all in one place, you'll find everything you need to stay healthy. To make an appointment, call 952-967-7955.  
Your health. Your partner.<sup>SM</sup>  
Specialty • Dental • Pharmacy • Hospital • Home Care  
50 HealthPartners<sup>®</sup>  
Como Clinic  
2500 Como Ave., St. Paul • Most major insurance accepted • [healthpartners.com/clinics](http://healthpartners.com/clinics)  
HealthPartners: The Official Medical Provider of the 2008 US Figure Skating Championships

# Saint Bernard's becomes candidate in International Baccalaureate program

By JAN WILLMS

There is a lot of talk about being a global citizen these days, but at Saint Bernard's School, 180 Rose Ave. West, Saint Paul, the concept is being put into practice.

Saint Bernard's has become the first Catholic school in the state to become a candidate school for the International Baccalaureate Primary Years Programme (PYP), which will serve grades K-5.

"The program forces us to look beyond ourselves, at a very global aspect," said Sue Francis, associate grade school principal at Saint Bernard's.

"PYP is pretty new to Minnesota, compared to other areas of the country," said Diane Anderson, Saint Bernard's director of admissions and marketing.

She said the school staff spent three or four years doing research and looking into the program. Two years have been spent in the process of becoming a candidate school. A full authorization of the school may come as early as the fall of 2008.

The PYP is a world-renowned curriculum framework from the International Baccalaureate designed to encourage students to be active learners, well-rounded individuals and engaged world citizens.

"It offers best practices through education and research. Students construct meaning from what they are learning, and attach it to prior knowledge," Francis said.

She said that as Saint

Bernard's heard about the program, staff members visited other schools. Teachers were sent to training, and held extensive discussions.

"The staff right now is busy rewriting our curriculum into units of inquiry," she said. "We are taking our curriculum and forming it into the PYP framework."

Each grade level explores six units of inquiry each school year, and each unit of inquiry has a central idea which encapsulates the big idea of the unit.

Francis explained that students then engage in activities planned carefully by the teacher that build new knowledge from the student's prior knowledge. Student inquiries are then recorded and displayed for the class to inquire into individually or as a group.

The written curriculum of Saint Bernard's is developed into units of inquiry using the organizing themes of Who We Are, Where We Are In Place & Time, How We Express Ourselves, How The World Works, How We Organize Ourselves and Sharing The Planet.

The subject areas that are part of the units of inquiry are social studies, language arts, science and technology, mathematics, arts, personal science and physical education.

Anderson cited a unit on river cities as an example of what children might study.

"They might study the Mississippi River, and how it affects cities," she said. "Then they might look at river cities in other places around the world."

She said a unit can be expanded through different disciplines. Through math, students might look at the measurement of the river and through science, study the water itself.

"Everything they are learning is really unified and builds on itself," she said.

Francis said a consultant from South Carolina has been here, helping the school prepare for the PYP. "Now we are in correspondence with her, and have a lot of dialogue back and forth," Francis added.

Anderson said their research at other schools who have participated in the PYP program, such as Highland Park Elementary, brought them into contact with students who were engaged, excited and active learners.

"The kids were coming home, excited about being in school," Anderson said. "It wasn't just a teacher standing in front of them."

Francis said the program also encourages collaboration between teachers.

"For example, the kindergarten is studying Going Places, and the first grade is studying Communities, and they are planning a combined field trip," Francis said.

As part of PYP, the fifth grade will work on an Exhibition, a project that students complete to highlight what they have been learning. Since the program is just starting for all grade levels, the Saint Bernard's fifth-graders will complete this project during the second year of



Saint Bernard's has become the first Catholic school in the state to become a candidate school for the International Baccalaureate Primary Years Programme (PYP), which will serve grades K-5.

PYP, according to Francis.

Francis also said that a Learner Profile is incorporated into the curriculum.

"The positive attributes we want a learner to have are infused into the daily life of the classroom," she said. The Learner Profile, at the center of the PYP, is a set of behaviors teachers encourage the students to internalize and demonstrate.

These behaviors include being inquirers, communicators, knowledgeable, caring, balanced, thinkers, risk-takers, principled, open-minded and reflective.

PYP nurtures natural curiosity, expressing ideas, exploring themes with global importance, showing empathy, and keeping physically, emotionally and mentally fit.

Children are encouraged to have the independence to explore new roles, ideas and strategies; show integrity and honesty; appreciate their own culture and respect the views and traditions of others; and consider learning in a constructive way.

Saint Bernard's has 250 students in its elementary grades, and Francis said she sees the PYP as a program that could lead to in-

creasing enrollment.

"Parents are looking for schools that are preparing students for the world as they graduate," she said.

Anderson said the school is starting the process of developing an International Baccalaureate program for the middle school, and eventually would like to see it in the high school as a diploma program.

Anderson said there had been reports of some controversy over the program, with some individuals considering the PYP unpatriotic and un-American.

"If they would go through the information, they would be surprised," she said.

"The children are still learning about American history," Francis said. "They are just learning more about the world. You learn about your own self first, then everything else."

She said the PYP has standards that allow each school to personify it.

"We are already working on trying to develop world citizens here at Saint Bernard's," she said. "This program fits very well with what we believe as a Catholic school."



**Fall Semester classes begin August 27**

## Inver Hills Community College

**Fall Semester 2007**

### One-Stop Registration Day

**Thursday, Aug 16, 2-6pm**  
[www.inverhills.edu/onestop](http://www.inverhills.edu/onestop)

**Get started in college now. In about two hours, you will....**

- Learn about Inver Hills classes and programs in a mini-orientation session (offered at 2, 2:30, 3, 3:30, 4, 4:30, 5, 5:30, 6)
- Get your questions answered about selecting classes
- Register and set up a payment plan

**Requirements**

- High school diploma or GED
- Never attended college? Allow two hours for assessment testing (arrive by 5pm)

**[www.inverhills.edu/onestop](http://www.inverhills.edu/onestop)**  
**651/450-8500**  
**Hwy 52 at 80th Street**  
**(2 miles south of I-494 on Hwy 52)**  
An equal opportunity educator/employer

**Inver Hills . . . a place where you belong**




**Next deadline: August 31**

### STUDY MUSIC WITH US

All Ages and Levels. All Instruments and Voice.  
Children's Classes from 18 months.

**ST. JOSEPH'S SCHOOL OF MUSIC**  
See our classified ad or call 651-690-4364.



*The North End Area's Premiere Rental Hall*

## The Klub Haus

1079 Rice Street • St. Paul

**Reserve Now for Your Summer & Fall Events**  
**Make YOUR event one to remember!**

Newly Renovated with Stage, Hardwood Dance Floor,  
Full Kitchen & more • Available for Large or Small Groups

**Call: (651) 489-4656 or (651) 489-4808 today!**

### EMIL GUSTAFSON JEWELERS

DISTINCTIVE JEWELRY AND DESIGN SINCE 1911

**OUR SERVICES INCLUDE**  
**DESIGN + RESTYLING + RESTORATION + REPAIR**  
**SUZANNE FANTLE + OWNER**

2278 COMO 651-645-6774

T-F 10-6, SAT 10-5

## The Food Snob

"There's no place to eat," I whined to our editor, who has become accustomed to my histrionics. He calmly suggested Schroeder's, noting that it is a popular lunch spot at the crux of the *Monitor's* fiefdom. It was lunchtime, we were hungry, why not? It was also a reunion for our Without Reservations crew, since Chowhound left our company for greener pastures and more benjamins.

One glance at the menu told me all I needed to know. There it was, Genuine Broaster Chicken, my favorite way to eat a bird. While others pondered, I scanned the fine print, and there, in italics, was another gem: Schroeder's Homemade Chicken Pot Pie - Frozen to Go - \$7.25. Now dinner was solved too.

My two pieces of white meat chicken (\$7.25) reclined on a giant pillow of mashed potatoes (recommended over the fries by our friendly server). The chicken was piping hot, moist and flavorful, with just the right meat-to-crispy-coating ratio. The potatoes were mashed in-house, but I'm not a fan of throwing garlic in everything. Fortunately, the gravy was pristine, tasting of nothing but chicken, dairy, salt and pepper. The side of cole slaw was a bit heavy on the mayo for me, but everyone's tastes are different. My meal was so good, that I barely grabbed anything from my companions' plates. And I was too distracted by the chicken to order dessert.

That night I popped the pot pie into the toaster oven, and was delighted again. Bits of chicken were swimming in that same gravy, the onions, carrots, celery and potatoes appeared to have been cut by hand, and the crust was flaky and just right. A far cry from Swanson's, and four times as large.

I could kick myself that I worked for 10 years just a stone's throw from Schroeder's and nev-



# Without Reservations

Schroeder's: Home cookin' a stone's throw away

er stopped in. This is my kind of place: friendly service, homemade comfort food, big windows, free parking, and reasonable prices.

## The Cheapskate

I, too, can't believe how long I worked a few blocks from Schroeder's and never even knew it was a restaurant. It always looked like just another dimly lit neighborhood bar, with maybe

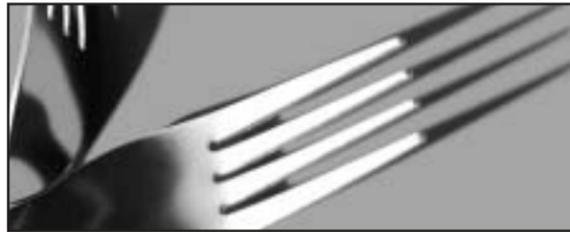
good, homey food.

I ate the special of the day—the Meatloaf Dinner plate—and it was glory days for a Cheapskate—two slabs of juicy meatloaf, a giant mound of mashed potatoes, and a little bowl of mixed vegetables—everything doused with bunches of brown gravy. The plate must have weighed 2.5 pounds, all for under \$7.

"Notice the light gravy for the chicken and dark gravy for the beef," began the Food Snob,

actually taste good—I had bad decaf with a chemical aftertaste (not to mention fore-taste and during-taste).

The Snob's cole slaw was just fine with me ("too much mayo" is not a phrase that has ever passed my lips), and the Bachelor's pan-fried walleye was very tasty. (I stabbed a piece while distracting him by saying, "Hey, do you think that dark-haired, sloe-eyed beauty over there looks lonely?") The Chowhound's fries



Schroeder's  
605 Front Street  
651-489-9633

"This is my kind of place: friendly service, homemade comfort food, big windows, free parking, and reasonable prices."

popcorn and poppers on the lunch menu.

And for a moment I thought my impression was right, because we accidentally entered through the bar door, and through the murky mood lighting I saw drinkers but no eaters. We must have looked dazed and half-starved, because the bartender didn't say a word, just pointed toward the door to the restaurant side of the building. It was like night and day entering the bright, spacious café with plenty of window booths and the smell of

who can somehow turn even plain old gravy into the basis for a pedantic monologue. She said more, but it sounded like that Wa-Waaaa-Wa-Waaa noise that the grownups make in a Charlie Brown cartoon.

I have two pieces of "constructive criticism" to offer the fine people at Schroeder's: 1) Way too much oregano in the meatloaf (but I still managed to eat both slabs); and 2) We are now in an age when coffee has to

were also just fine. Other than those teensy samples, I stuck to my own plate because—even for a Cheapskate—I definitely got my money's worth at Schroeder's.

## The Bachelor

There are no walleye in Minnesota. That's right - while you'll find all sorts of other finned beasts, squishy invertebrates, flying carp, skunky-smelling weeds, 10 trillion rusting Hamm's beer cans,

and at least one wallet that contains a fake ID I cherished when I was 19 - you will find no walleye lurking in any of our 10,000 lakes. I should know. I swear I've plumbed the depths of each and every one of our sky-blue waters. I've tried everything from Shad Raps to Lindy Rigs to sucker minnows to tossing a few M80s over the side of the boat in hopes of blowing these mystical creatures from their watery lairs. But nothing. Therefore my verdict is in: we can safely lump the "walleye" together with such fairytale creatures as unicorns, jackalopes, snuffalufaguses and low-maintenance single women.

So you can imagine my astonishment when I looked down at my lunch plate at Schroeder's to see a lightly pan-fried "wall-eye" sitting there just as plain as day. Yes, a walleye!!! As my shock subsided, my heart swelled with boundless gratitude when considering the extraordinary lengths the good people at Schroeder's must have gone to in order to locate, trap and transport this rarest of rare creatures. It must have taken a team of divers, ichthyologists, and seers, months and months of research and international exploration to find the one walleye that still exists in the world and bring it to my plate. And all for only \$7.25!

Still reeling with disbelief, I gingerly cut my fork into the lightly seared, golden brown flesh and lifted it slowly to my gaping maw. Would I wake up with a mouth full of pillow? No, it was real, and it was delicious. It tasted like fish. The mashed potatoes tasted like potatoes. And the sloe-eyed beauty? Well that story's for a different publication.

(Talk back, recommend a restaurant, read the blog: , and find previous *Without Reservations*, along with entire past issues of the *Monitor*, online at [www.MonitorSaintPaul.com](http://www.MonitorSaintPaul.com))

**BACK TO SCHOOL**  
CHECK-UPS & IMMUNIZATIONS  
*Get healthy and stay healthy!*

**Open Cities**  
**Health Center**  
*Community Health with a Heart*

Quality medical, dental and mental health care provided by caring professionals. We accept most insurance as well as Medicare and Medicaid.

OCHC - Main Site:  
(651) 290-9200  
409 N. Dunlap  
(near Central Medical)

OCHC - North End:  
(651) 489-8021  
135 Manitoba  
(corner of Rice and Manitoba)

**TROTTER'S**  
**cafe**  
since 1989

LOCAL • FRESH • YUM!

Now Serving Wine & Beer!

NEW DINNER HOURS

Monday-Saturday, 7am-9pm

Sunday Breakfast, 8am-2pm

232 N. Cleveland Ave.  
St. Paul, MN 55104

651-645-8950

[www.trotters-stpaul.com](http://www.trotters-stpaul.com)

Now Open at  
I-94 & Snelling Ave.

**Your ship**  
**just came in.**

Put your home to work with a Home Equity Line of Credit.

**7.25%** APR\*

for 60 Months

No closing costs\*\* • No annual fee

**ANCHOR**  **BANK**  
Member FDIC

BANKING & WEALTH MANAGEMENT SERVICES

[www.anchorlink.com](http://www.anchorlink.com)

\*Fixed Annual Percentage Rate (APR) of 7.25% is good for 60 months for loans not exceeding 80% loan-to-value. Automatic payment from an Anchor Bank Saint Paul N.A. checking account is required. Up to 100% financing and home equity lines without checking are available at higher rates. The maximum loan amount to qualify for this offer is \$50,000. Offer available only on new credit lines of \$10,000 or more or existing credit lines increased a minimum of \$10,000. Property insurance required. Offer good only at Anchor Bank Snelling for a limited time. Other terms and conditions may apply. \*\*If appraisal is required, fee is applicants responsibility. Average fee is \$250-\$500. Consult your tax advisor about possible tax deductions.

1570 Concordia Ave. • Saint Paul • 651-747-2900

# Somali organization started to help residents of Frogtown, Midway areas

By JAN WILLMS

The distance between Saint Paul and Somalia is measured in more than miles—it is measured in the losses that are endured during the journey.

Abdullahi Egal and Mohamed Burale can speak clearly of those losses. Both men were educated and served in high-ranking positions in Somalia before their country was ripped apart by war.

Perhaps it is the memories of the struggles they have endured that have prompted Egal and Burale to attempt to provide a better life for their countrymen who have newly immigrated to the United States.

They have started an organiza-

tion called Somali Cultural and Human Services (SCHS). The organization is designed to assist Somalis in the Frogtown and Midway areas of St. Paul, but the two have hopes of expanding their assistance to all of Minnesota. Their project is a work in progress.

Before arriving here, Egal was employed in a managerial position in the Department of Veterinary and later, worked for the Interior Ministry as a district commissioner and governor. He speaks English, Somali, Arabic and Italian.

Burale was an accountant in the Ministry of Treasury, and then worked for the Ministry of Agriculture.

When war struck, both men

and their families lived for years in refugee camps in Kenya.

"I brought my whole family to Kenya," Egal said. "My father was 90, and he did not want to

leave Somalia. But my elder brother helped me convince him that it was not safe to stay with the civil war erupting."

Although Egal's father died in

the refugee camp, the rest of his family survived there for eight years

CONTINUED ON PAGE 16



Mohamed Burale and Abdullahi Egal can speak clearly of the losses of trying to come to the United States. Both men were educated and served in high-ranking positions in Somalia before their country was ripped apart by war. Perhaps it is the memories of the struggles they have endured that have prompted Egal and Burale to attempt to provide a better life for their countrymen who have newly immigrated to the United States.

## Seminar held at grand opening of Aikido of Minnesota

The Rev. Zenko N. Okimura, shihan and rokudan in the martial art of Aikido, will lead a special seminar in the Twin Cities Sept. 14-16, celebrating the grand opening of a dojo in St. Paul and the 35th anniversary of the University of Minnesota Aikido Club.

Aikido of Minnesota (AoM) is a non-profit dojo that began at the Midway YMCA in 2003 and recently moved into its own space at 710 N. Snelling Ave., near Hamline University.

Both AoM and the U's club are members of the World Aikido Aikikai Inc. (WAAI), which Okimura founded. Members of both groups have participated in the annual Japanese Lantern Lighting Festival in Como Park

Okimura is founder and chief instructor of Aikido Delaware Aikikai, in Newark. He was born in Iwakuni, Japan, the eldest son of Bishop and Mrs. Eisho Okimura. He began studying Aikido in 1963 and received his shodan five years later from the founder of Aikido, Morihei Ueshiba, who is commonly called O'Sensei.

Okimura served as a deshi at Hombu Dojo in Tokyo under the founder's son, the late Kisshomaru Ueshiba. Okimura has led Aikido instruction in Japan, Hawaii, Europe, and various locations around North America.

Okimura is an engaging, patient teacher with a ready smile and a quick wit. He has bachelor's degrees in education and religion, and attained priesthood in Shingon Buddhism while serving under his father at Mount Koya Monastery in Wakayama, Japan.

Okimura visits Minnesota at least twice a year. He presides over the Kagami Biraki (New Year's) ceremony and seminar, and he leads a second seminar, generally in summer or early fall.



The Rev. Zenko N. Okimura, shihan and rokudan in the martial art of Aikido, will lead a special seminar in the Twin Cities Sept. 14-16, celebrating the grand opening of a dojo in St. Paul and the 35th anniversary of the University of Minnesota Aikido Club.

Okimura provides cultural depth to these events, ensuring that they are organized in a traditional manner and explaining the significance of seemingly minor details, such as the flower arrangements and other components of the shomen, or shrine.

Accompanying Okimura will be an assistant instructor for Aikido Delaware Aikikai, Zohreh Soofi, sandan. She leads the Aikido Kids program at their dojo. Soofi was born in Shiraz, Iran, and holds doctorate degrees in fine arts and education.

Fees for the seminar are \$50 for Saturday, \$30 for Sunday, or \$60 for both days. Friday evening's activities are free. Schedules and additional information will be posted at AoM's web site, [www.aikidominnesota.org](http://www.aikidominnesota.org). For information, call AoM at (651) 291-2446.

**Come Live the Adventure!**

*New for 2007!*

World Amateur Highland Heavy Games  
Minnesota Wine Weekend  
Chocolate Festival  
National Homebrew Competition  
Flower Festival  
Fiesta Renaissance Weekend

**Theme Weekends**

- Aug 18 - 19: A Silk Road
- Aug 25 - 26: Highland Fling
- Sep 1 - 3: Royal Ale Festival
- Sep 8 - 9: Irish Heritage
- Sep 15 - 16: Italian Carnival
- Sep 22 - 23: Chocolate, Wine & Romance
- Sep 29 - 30: Fiesta Renaissance

**2007 - Minnesota Renaissance Festival**

August 18 - September 30  
Weekends & Labor Day  
Plus: Festival Friday, September 28  
(800) 966-8215  
[www.renaissancefest.com](http://www.renaissancefest.com)

**Bethel**   
Lutheran Church LCMS  
Pastor: Rev. David Seabaugh  
Sunday Service: 9:30 AM  
Sunday School: 10:45 AM  
670 W. Wheelock Pkwy. St. Paul, MN 55117  
651-488-6681 [www.bethelstpaul.com](http://www.bethelstpaul.com)

**Hey! It's FALL!**   
**LULA**  
1587 SELBY AVE. ST. PAUL  
651-644-4110  
[lulasvintagewear.com](http://lulasvintagewear.com)

 **MORE** 

**THAN JUST A COFFEEHOUSE**

-try us for lunch or dinner!

**Try out our:**

- lasagna
- pasta salads
- homemade soups
- sandwiches and wraps
- grilled panini
- macaroni and cheese
- burritos

*Food is available during all business hours*

 **GINKGO** coffeehouse  
721 N. Snelling Ave. (at Minnehaha)  
**(651) 645-2647**

# St. Paul considers innovative program to control feral cats

By JANE MCCLURE

St. Paul is on the verge of implementing an innovative program to control feral or wild cats. Following an August 1 public hearing, the St. Paul City Council is poised to adopt a feral cat management program. The program could be adopted as soon as August 8 and implemented this fall.

The program, which was introduced by Ward One Council Member Debbie Montgomery in response to constituent concerns, calls for feral cats that are impounded to be released to feral cat management programs for the purpose of identification, sterilization and vaccination. Cats would be released back into their home areas or cat colonies.

The city is working with a number of animal rescue organizations to implement this new program, which would be run largely by volunteers. The cats would be picked up every Friday by Animal Ark and taken to be sterilized, vaccinated and otherwise treated. The cats could be adopted out by rescue groups or released back in their home neighborhoods. Some have dubbed the program "feline Fridays." Currently, Stray Feral Rescue already does its own feral cat rescue, and Feline Rescue is working with Animal Ark.

Although the largest and best-known group is Animal Ark and its Neuter Commuter mobile neuter and spay services, Midway area organizations have a long history of helping to trap, neuter or spay, and find homes for feral cats.

Two groups are having fund-



Stray Feral Rescue is holding the Midway Coffee for Cats fund-raiser at 4-6 p.m. Sunday, August 12 at J & S Bean Factory, 1342 Thomas Ave.

raiser this month. Stray Feral Rescue, which is based in Frogtown, is holding the Midway Coffee for Cats fund-raiser at 4-6 p.m. Sunday, August 12 at J & S Bean Factory, 1342 Thomas Ave. The public is welcome to enjoy free coffee, hear a jazz duo, bid on silent auction items and enter a raffle for prizes. Information will be avail-

able on cat care, cat adoption and the work of the Stray Feral Rescue program.

Another group that is involved with cat rescue, Feline Rescue, holds its annual book sale 10 a.m.-3 p.m. Friday, August 25 at the cat shelter at 593 N. Fairview Av. Books, audio books, CDs, DVDs, movies and video games

will be for sale. Shelter tours will be available and visitors can see cats that are up for adoption.

Stray Feral Rescue Director Gene Marault said there has been strong interest in the idea of trapping, spaying or neutering and then releasing cats. A Frogtown meeting last winter drew about 40 people. There is at least one feral cat colony in Frogtown.

Bob Kessler, the city's director of licensing, said it is hoped the ordinance will encourage more domestic cat owners to keep their pets indoors. He notes it's not good for cats or the community for cats to roam at large. The city does receive complaints about cats killing birds or digging in gardens and sandboxes. There are also growing complaints about cat bites.

The pending ordinance dif-

ferentiates between feral and domestic cats. Domestic cats that the city impounds should have collars and proper identification, such as tags or microchips. These cats are held by Animal Control for at least five days before they are donated to animal rescue or adoption programs or destroyed.

Feral cats live in colonies or groups. If a cat is trapped and removed, or dies, another cat will simply take its place in the colony. But if cats are sterilized and then allowed back into the colony, the population eventually is reduced as the cats cannot reproduce. Animal Ark has used a trap, sterilize and release program successfully in Anoka, to reduce the population of a cat colony there. Cats there have one ear tipped to allow volunteers to tell if an animal has been neutered or spayed.

## Graffiti

Continued from page 1

territory, has faced other difficulties more threatening and still prevailed. Sheehy said it is a testament to the type of people who live in the neighborhood.

"The group is made up of an urban pioneer type of people," he said. "We have had drug dealers in the area, and we have banded together and figured out different strategies for getting rid of them." He said he believes the same thing will happen with any graffiti problem.

"People don't want to live

or do business in an area where there is graffiti," Sheehy said, emphasizing the need for a quick clean-up. He said the tagger needs to know that people in the neighborhood are now alerted.

"If I catch him, I would like to break all his fingers," he said.

According to Meredith Bogland, a civilian member of the Saint Paul Graffiti Inspector Team, graffiti may be heightened in the summer months, but it is a problem 24-7, 365 days of the year. She said that at this point, they do not know who was responsible for the July 25 damage.

People are asked to call 651-

291-1111 to report any graffiti.

Bogland said that once the graffiti damage is photographed, with the address, it can be immediately painted over.

If the graffiti is reported, property owners will receive a notice to remove the graffiti or they may sign a waiver allowing the city to remove it at no charge. However, the city does not match paint.

Jun-Li Wang, HMC community organizer, said that Hamline Hardware carries a product that will remove graffiti from brick, wood and pavement.

At a time, however, when a neighborhood may feel threatened by a midnight marauder

who leaves costly damage in his wake, there is a bright side.

Maria Ricke, co-owner of Mosaic on a Stick, 595 N. Snelling, arrived at work the morning after the graffiti tagger struck, and found a note pinned to the door of her business.

"Hello, Last night at 1 a.m. vandals spray-painted your front window. We did our best to clean it up. The police were called. To our knowledge, no one has been caught."

It was signed, "Friendly Neighbor."

"Wasn't that nice?" Ricke said.

Who says there's no such thing as a Good Samaritan?

## Bonnie's Cafe

Love at First Bite

Voted Best Cafe by City Pages!

Hearty Home-Cooked Daily Lunch Specials

**BUTTERMILK SPECIAL**

Two Pancakes, Two Eggs, Sausage \$5.69  
Two Pancakes, Sausage \$5.29  
Two Pancakes \$3.89

**2X2X2 SPECIAL** \$6.79

Two Eggs, Two Sausages,  
Two French Toast and Hash Browns

2160 University Ave. W. at Vandalia  
St. Paul 651-644-3393

Committed to **HEALTH**  
Dedicated to **ROSEVILLE**

Providing superior, affordable and easily accessed care with:  
OB/Gyn, Pediatrics and Family Medicine; Internal Medicine and General Surgery; Nutrition Services and Occupational Health, and much more.  
Both early and late appointments. Call anytime to know more.

## ROSEDALE MEDICAL CENTER

1835 County Rd. C-West Roseville, MN 55449 763.785.4300  
[www.multicare-assoc.com](http://www.multicare-assoc.com)



## ALLIE CHIROPRACTIC

### Primary Care and Rehabilitation

- Chiropractic
- Acupuncture
- Physical Therapy
- Therapeutic Massage

David Allie, DC. Steven Hagstrom, DC., ACCU.  
Scott Wagner, LPT. Laurie Reis, MT

651-487-5334

1654 Rice St • Rice & Larp. • Mon.-Fri. 8am to 6 pm  
*Most Insurance Accepted*

Sister Rosalind Gefre Massage & Wellness Center  
*Provides massage services at our clinic.*

10% OFF A 1 HOUR MASSAGE

With this coupon

ALLIE CHIROPRACTIC CLINIC

Expires 9/30/07

Now For Sale in Wonderful North St. Anthony Park!

### Linnea Gardens Condominiums

Have you noticed the days getting shorter? Fall (and winter) are coming, and you will want to be in your new condominium soon. 1 and 2 bedroom, 1 and 2 bath condominiums, all new, with wonderful amenities. New owners are already moving in and others will be soon. Live in the Park and enjoy fabulous kitchens, an elevator, central air conditioning, a garage, and the gorgeous grounds surrounding this beautiful and historic building.

We're half sold out, so call soon or come to one of our weekend Open Houses. \$190's to mid \$400's. For all the details check my website at:



**Steve Townley**  
Experienced, Professional Real Estate Service

MORE INFORMATION? VISIT  
[www.SteveTownley.com](http://www.SteveTownley.com)

RE/MAX  
RESULTS



2040 Como Avenue

651-644-3557

2190 Como Avenue

[www.SteveTownley.com](http://www.SteveTownley.com)

# In Our Community

## La Leche holds September 11 meeting

The Advantages of Breastfeeding is the topic of the next meeting of Como-Midway La Leche League, to be held on Tuesday, September 11 at 7 p.m.

Mothers-to-be, mothers, babies and toddlers are invited to attend. La Leche League meetings offer breastfeeding information and support through mother-to-mother helping.

A lending library on a wide variety of related topics is also available. For meeting location or more information, call Heidi at 651-659-9527.

## Summer Reading at Rice St. Library

Signup for the Summer Reading Program will be starting soon. Children who read for ten hours this summer will receive a paperback book for a prize; read for another ten hours and pick up another book. Teens set their own reading goal and reading incentives are books selected by our Teen Advisory Group. Check [www.sppl.org/srp/](http://www.sppl.org/srp/) for more details. Sponsored by The Friends of the Saint Paul Public Library and MELSA.

The Rice Street Branch Library will offer preschool story times on Tuesdays from 10:30-11 a.m. on August 14, 21, 28, and September 4.

Looking to fill those long summer afternoons? Check out the fun and free literacy based activities that will be offered Monday through Thursday afternoons through Thursday, August 9. A variety of arts, crafts, puppet making and more will be offered by the creative Summer VISTAs. This is a fun alternative at the library for your young ones.

Neighborhood Police Meeting: Tuesday, August 14 at 6:30 p.m. Meet with the local police to discuss conditions in the North End neighborhood. Everyone is welcome.

## Dreamland Arts presents 'Delivery Guy'

Dreamland Arts will present "Delivery Guy," a one-man physical comedy show, written and performed by David Harris on Fridays and Saturdays, September 7-8, 14-15 & 21-22 at 8:00 p.m. at Dreamland Arts, 677 Hamline Ave. N. St. Paul, MN 55104. The show is created in collaboration with and directed by Zaraawar Mistry.

Tickets are \$12. Call for reservations at 651-645-5506. Info: [www.dreamlandarts.com](http://www.dreamlandarts.com)

Dreamland Arts is a neighborhood based 40-seat theater and performing arts studio that offers classes, workshops and

## Maternity of Mary-St. Andrew School welcomes new principal

Maternity of Mary-St. Andrew School is pleased to announce that Ms. Melissa Dan, a middle school teacher from Nativity of Our Lord in St. Paul, has been named the new principal.

Dan has worked in Minnesota Schools for the past ten years and most recently at Nativity. She holds a Master's Degree in Elementary Education. In 2005, she was selected by the Archdiocese to participate in a program at the University of St. Thomas to earn an Ed.S. Degree in Educational Administration and K-12 Principal License.

Dan is happy to be back in the area. She is no stranger to the neighborhood. She grew up in nearby Falcon Heights attending grade school at Holy Childhood and high school at Roseville Area High School. Dan was hired in June soon after the retirement of Florence Schmidt, who served as principal at MMSA for the past 12 years.

MMSA currently has openings in preschool through grade 8. Please call the school at 651-489-1459 for more information.

MMSA is located at 592 West Arlington Ave. in St. Paul's Como Park area. The school serves children preschool through grade 8.



Ms. Melissa Dan

The North End Book Club will meet Monday August 27 at 12:30. All are welcome to attend. For more information please call Sandy at 651-293-8811. This group is sponsored by North End Community Education of Saint Paul Public Schools.

The Rice Street Library is located at 1011 Rice Street between Lawson and Hatch. Our phone number is 651-558-2223. Hours are Monday, Wednesday, Thursday, 12:30-9, Tuesday 10-9, Friday 10-5:30, and Saturday 10-5:30. We are closed on Sundays. We will be closed on September 1, 2, and 3.

## Washington High School banquet September 8

The Washington High School 50-Plus Club (all students who attended between 1929 and 1957) will be holding their annual banquet on Sept. 8 at 11:00 a.m. at the Prom Center in Oakdale. For more info call Bill Blatzheim at (763) 783-8640.

## Como Park holds class of '87 reunion

Como Park High School, Class of 1987 will hold its 20-Year Re-

union on Saturday, Sept. 22, on Billy's on Grand, St. Paul, MN

For more information contact Eric Anderson at 651-295-3880 or send an email to [eanderson@brookfieldhomeloans.com](mailto:eanderson@brookfieldhomeloans.com).

## Jehovah ice cream social September 8

The annual free ice cream social and fireworks evening at Jehovah Lutheran Church has been changed from September 8 to September 30. The evening will be part of a two-day "Christ Cares for the City" event at the church. Watch for full details of the event in the September monitor. For more information call Dawn at 651-644-1421.

## Elders sponsors 'Hospice Care' program

Hamline Midway Elders will sponsor the topic, "An Overview of Hospice Care" at a luncheon for seniors on Tuesday, August 14 at 11:30 a.m.-1 p.m. in the community space of Hamline Methodist Church, 1514 Englewood Avenue. Call 651-209-6542 to make reservations for the luncheon, request free transportation or, if you are a senior or caregiver and would like information about how seniors can remain independent in their homes. Hamline Midway Elders currently has a need for volunteer daytime drivers to take seniors to nearby medical appointments.

## North End Legion hosts breakfast

On Sunday, August 24, North End American Legion Post #474 of St. Paul will be hosting a breakfast from 8:30 a.m. to 12:30 p.m. at the post clubrooms, 72 W. Ivy. The cost is \$6 for adults, \$4 for children 12 and under. Menu will consist of: pancakes, sausage, scrambled eggs, toast, "S.O.S.", coffee, juice, and fruit.

## 55+ Driver Improvement Program offered

The Minnesota Highway Safety Center will be offering a 55+ Driver Improvement Course on the following days: August 15th and 16th (8 hr. full course), 12:30 p.m. to 4:30 p.m., Jehovah Lutheran Church, 1566 Thomas Avenue.

The Driver Improvement course is open to the public; however, pre-registration is requested. A MN Highway Safety & Research Center certified instructor teaches this class. Driver safety, confidence and comfort are enhanced by utilizing the most up-to-date research in the field, including the latest visual scanning and steering techniques, anti-lock braking (ABS) skills, airbag information, driver distraction, road rage and new vehicle technology. The fee for the four hour refresher course is \$18 and the eight hour course is \$20.00. For more information or to register call TOLL FREE 1-(888)-234-1294 (be sure to include the 1 before the 888 when publishing this number).

Persons age 55 and older who complete the course qualify for a ten percent discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete two four hour sessions. Repeat persons are required to take a four hour refresher course.

## Washington holds 50th Class Reunion

The Washington High School (St. Paul) Class of 1957 will hold their 50th Class Reunion at DeGidio's Restaurant, 425 W. Seventh St., St. Paul, MN on Friday, September 7, 2007. For more information contact Josephine at 651-777-0618 or [3195ronjo@comcast.net](mailto:3195ronjo@comcast.net).

## Grief Recovery Program offered

Those experiencing grief in their lives, no matter what the cause, are invited to attend a 10-week Grief Recovery Outreach Program. Grief is the normal and natural reaction to loss in our lives and can be caused by the death of a loved one, divorce, military deployment, loss of career, loss of security, loss of health, among others.

This 10-week program will guide those who wish to resolve their loss issues and move beyond their grief to a richer quality of life. The program will be led by Monitor co-publisher Tim Nelson. Nelson is a certified grief recovery expert.

The outreach program will be conducted at Augustana Lutheran Church, 1400 S. Robert St., West St. Paul. The group will meet from 6:30 p.m. - 8:30 p.m. starting October 8. Cost for the 10-week program is \$35 for members of Augustana parish, and \$50 for non-members. Call Mary Nordvedt, RN, at 651-457-3373 for more information.

## St. Bernard's holds festival

St. Bernard's Parish will be holding a North End Fest/Saint Bernard's Festival starting on Saturday September 8 with Tim Mahoney live in concert 8-11 p.m. Gates will open at 6 p.m. with \$5 admission

Food and beverages will be available. Then on Sunday, September 9, Saint Bernard's Parish Festival will be held from noon to 5 p.m. Food, games, pull-tabs, family fun. There will also be a Sweepstakes with a \$5,000 Grand Prize. For either event contact 651-488-6733 for more information.

## Loyola offers "Artist's Way"

The Loyola Spirituality Center will be offering the "Artist's Way" program on Tuesday afternoons, 1:30 to 3:30 p.m. from September 11 through November 27. This 12-week series of workshops cost \$200 (when paid in advance) or \$240 (if paid in weekly payments).

It will be led by Tess Nelson, spiritual director, retreat facilitator and life coach, who has been conducting the Artist Way program for three years. She has a certificate in spiritual direction, is certified in life coaching and provides group training to career management organizations.

According to Nelson, "The Artist's Way" is based on Julia Cameron's well known book, which was published 25 years ago. "It is designed for anyone interested in living more creatively by practicing an art, or living life in a different way," she says.

To register online or for more information go to or call 651-641-0008. The Loyola Spirituality Center, located near I94 and Lexington, is celebrating its 30th anniversary this year.



performances in theater, music, puppetry, dance and more. Located in the Hamline Midway area of St. Paul, Dreamland Arts' mission is to be a gathering place for creative expression through the arts that builds a healthy community. Dreamland Arts is a family business, owned and operated by theater artists Zaraawar Mistry and Leslye Orr.

# St. Columba holds 'Taste' on Sept. 29

On September 29, the Church of St. Columba located on the corner of Hamline and Lafond in the Midway area of St. Paul, will be hosting an Irish Dinner, Dancing, and Music. The celebration begins with mass at 4:30 and the festivities will follow. Dinner will consist of Irish Stew, soda bread, salad, dessert and beverage. Price of dinner tickets is \$8.50 for adults and \$3.50 for children under the age of 10. Limited tickets are available for dinner so order early at 651-645-9179.

During dinner, Irish music will be performed by the well known Irish group Clairseach from 5- 8 p.m. and Irish dancing by the Rince na Chroi Irish Dancers will be from 7- 8 p.m. in the school auditorium. Outside under the tent The Belfast Cowboys will be performing from 7-11 p.m.

Eggrolls and chicken wings provided by our Vietnamese Community, will also be available. In the St. Columba Irish Pub we will be serving Beer/Finnegan's Irish Amber, Wine, Water, Soda.

A raffle will be held with the first prize of a 2007 Vento Triton Scooter donated by the Scooter Squad of Mpls, and a two hour private dinner cruise for 25 people aboard the Magnolia Blossom river boat donated by Captain Dan Dickinson, and an autographed baseball by Joe Mauer. Midway Rental has generously donated tents for our event also. Irish on Grand and Irish Indeed will also be at our event with a variety of items for you to purchase.

Come and join us for a fun filled evening of dinner, music, and dance! Contact your classmates and meet at St. Columba for a class reunion.

EXCEPTIONAL SERVICE REASONABLE RATES

## PICKERING REALTY

651.253.5983

Kristin Pickering, BROKER, GRI  
kristin@kristinpickering.com

Licensed in Minnesota and Wisconsin

**HEARTHSIDE RESTAURANT**

**FREE DELIVERY**  
Complete Menu Delivered

1641 Rice Street.  
651-488-0549

MasterCard Discover VISA

**\$1.00 OFF** Any Medium or Small 2 or More Item Pizza  
HEARTHSIDE  
Within our delivery area only. Not valid with other coupons or specials

**\$2.00 OFF** Any Large 14" or Family 16" 2 or More Item Pizza  
HEARTHSIDE  
Within our delivery area only. Not valid with other coupons or specials

**BUY ONE BREAKFAST GET ONE 1/2 OFF**  
Must be equal or lesser value  
HEARTHSIDE  
Within our delivery area only. Not valid with other coupons or specials

**FALL OPEN HOUSE & REGISTRATION**  
August 20 - 23  
5:00 pm - 8:30 pm

## MYDT

Now offering Ballroom classes

- Tap, Jazz, Ballet, Pointe, Modern, Musical Theatre, Hip Hop and Combo Classes
- Preschool through Adult

**Register Now!**  
Call for information visit us at [www.mydtdance.com](http://www.mydtdance.com) or email us at [info@mydtdance.com](mailto:info@mydtdance.com)

**1/2 OFF!** One Month Tuition - New students only (\$50 Max) Expires November 1, 2007

Midwest Youth Dance Theatre / 1557 West Larpentour Avenue (Northeast corner of Snelling and Larpentour) Falcon Heights

**651-644-2438**

## Executive Rental Returns

Dresser and Mirror from .....	\$99
Sofa & Loveseat Sets from .....	\$299
Coffee & End Table Sets from .....	\$79
Sofa Tables from .....	\$49
Table & Chair Sets from .....	\$149
Desk & Chair from .....	\$49
Lamps from .....	\$5 ea
VCR 30 day warranty from .....	\$19 ea
Pictures from .....	\$9 ea



**Quality Furniture Rental & Sales**

916 Rice Street  
St. Paul • 651-487-2191  
Delivery Available



### Sewing & Alterations

by Kim

[www.yourseamstress.com](http://www.yourseamstress.com)

Opening Mid-August  
1664 University Ave. W  
St. Paul  
**651-379-0110**

**Look Your Best**  
With  
Kim Huoy Chor  
(Master Seamstress)

- Custom Design & Alterations
- 40 Years Experience
- No Patterns Needed

**\$5.95**  
Take In/Take Out  
\*Slacks & Pants Only  
Expires 9/13/07

**\$5.95**  
Hem  
\*Slacks & Pants Only  
Expires 9/13/07

**20% OFF**  
All Back To School  
Apparel Alterations  
Expires 9/13/07



## Commercial Real Estate rates as low as 6.75% APR

Take advantage of commercial real estate loans as low as 6.75% APR.\*

- Owner and non-owner occupied commercial properties, and non-owner occupied residential properties.
- Office, retail, and warehouse space, mixed use properties, apartment buildings, and churches.

CCCU can provide a complete package of services to accomplish your business goals. For more information, call Dale Pfeiffer at 651-225-2757.

\*Rate subject to underwriting qualifications. Five-year term, with a 20 year amortization.



### CITY & COUNTY CREDIT UNION

A Union of Equals.™

**Locations**

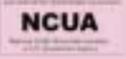
144 11th Street E. - St. Paul  
1661 Cope Avenue E. - Maplewood  
1420 Yankee Doodle Rd. - Eagan  
8500 Hudson Blvd. N - Lake Elmo

All Offices: **651-225-2700**

**Visit Us Online:**  
[www.cccu.com](http://www.cccu.com)

Anyone or any business in Ramsey, Washington, or Northern Dakota County can join.

Membership owned and guided.

# City grapples with guidelines for spin-off development from LRT

By JANE MCCLURE

The proposed Central Corridor light rail project is anticipated to result in spin-off redevelopment all along University Avenue. The question of how to guide that development is on two parallel tracks.

The St. Paul City Council is expected to adopt interim zoning restrictions for Central Corridor as early as August 8. These restrictions will limit some types of development along University for up to one year, as permanent zoning regulations are drafted and adopted. Public hearings on the interim regulations were held July 18 and August 1.

The supporting community plan for such changes, the Central Corridor Development Strategy, was the focus of a St. Paul Planning Commission public hearing July 13. The commission will adopt its recommendations on the plan in August and then send them on to the St. Paul City Council for another public hearing this fall. It eventually will become part of St. Paul's comprehensive plan and will be used to guide city infrastructure and private development decisions.

The interim restrictions will cover an irregularly shaped area from Marion Street to the Minneapolis city limits. In some areas it just includes both sides of University. In the Midway it includes the Midway Target, Midway Marketplace, and Midway Center

blocks.

The planning has been a priority for Mayor Chris Coleman, who sees the long-term redevelopment opportunities the Central Corridor could bring. "It's a way to really build the city," said city planner Donna Drummond.

The interim regulations would allow some types of development but not others while permanent regulations are studied. This is different from a typical zoning moratorium, which bans a specific land use or development in a set area, for up to one year.

"We want new development to continue but we want it to continue in a way consistent with the planning we have done," Drummond said. Under the interim regulations, some types of proposed development would not be able to go forward without exemptions from the St. Paul City Council.

But how restrictive the interim regulations should be is generating debate. Transit-oriented development advocates want more done to promote mixed-use, more dense development and stem auto-related, lower-density proposals. Developers and business community advocates argue that the city should not quell new projects, especially since it will be at least seven years before light rail starts operating here.

Business community leaders urged no change in the proposed regulations, saying they already represent a middle ground. One

red flag Midway Area Chamber of Commerce President Lori Fritts and St. Paul Area Chamber of Commerce consultant Susan Kimberly raised is that the city is adopting development restrictions tied to a light rail line that won't start operating until 2014. Fritts urged flexibility, saying the city must "balance the desires of the communities with the realities of the marketplace."

"It will be many years before we get the economic benefits of light rail," Kimberly said. She suggested phasing in the recommendations.

Groups representing small businesses said the city needs to do what it can to protect those businesses and to allow them to grow. One huge concern for small businesses is that their expansion plans may not be large or dense enough to meet transit-oriented development standards. Midway real estate agent and developer J. Kou Vang and Art Weddington, director of the Selby Avenue Community Development Corporation, urged the City Council to look at ways to protect small businesses, especially ethnic businesses.

The business groups are already at odds with at least one community coalition over a pro-

posed regulatory change. The District Councils Collaborative (DCC), a coalition involved in light rail planning, wants to see the restrictions further tightened to prohibit drive-through service within one-quarter mile of a station. The current regulations limit drive-through lanes to one to the side of a building, or up to three drive-through lanes for new banks.

DCC Chairperson Anne White said drive-through services are counter to transit-oriented development principles that promote walkable neighborhoods. But that restriction is opposed by the Midway Area Chamber of Commerce and other business groups that want to see the drive-throughs allowed.

Brian McMahon of University UNITED, agreed with the DCC concerns about drive-through lanes. "They waste lots of very, very valuable land," he said.

But McMahon said he could see relaxing some of the proposed use restrictions, which would prohibit new auto sales and retail, car washes, auto repair, service station or auto specialty stores within station areas. If the buildings are designed in a way that meet all of the other transit-oriented design requirements, McMahon said

these uses should be considered.

The regulations and a related zoning overlay district would not affect existing properties or additions to existing buildings. The zoning classification of properties would not change unless requested by the property owner.

But for new development additional requirements would be added. For new development the proposed regulations would promote more dense, mixed-use development where buildings would be built up to the street. The amount of parking required for new development would be reduced, with new parking lots or ramps located to the side or behind new buildings. Below-grade parking facilities would be encouraged. Public gathering spaces, additional landscaping, outdoor seating and bicycle racks would be among the amenities the city would want to see in conjunction with new development.

There would additional regulations for new development proposed within one-quarter mile of a light rail station site. For example, new buildings within one-quarter mile of a station would have to be at least two stories tall. That is meant to provide more density around station areas.

## Turtles

Continued from page 3

"This was a process where neighbors around the area were asked to submit designs," said Wang. "Everybody voted on 25 to 30 designs. Turtles rose to the top." Results of other painted intersections has been phenomenal.

"It changes the environment of the street," said Wang. "Neighbors felt drivers slow down and are more responsive to people. It's been really phenomenal at building community. Neighbors got to know each other better. Connections between neighbors have been strengthened."

PtP has caught on with Public Works because low-traffic streets do not qualify for stop

signs, which do not always have the desired traffic calming effect.

"We would like to see people start at ground level, not only for traffic calming but also for community building projects," said Fedie. "Usually, people speeding in the area happen to be people who live in the area. If you know who your neighbors are, you can solve problems there."

Art painted on the street has an effect on drivers.

"Art causes a natural sensation with brightly colored painting," said Fedie. "It attracts the eye and causes people to slow down."

Public Works wants to do more community outreach.

"We want to put a face on Public Works so people understand who we are and what we do," said Fedie.

**Elmhurst Cemetery**  
*Locally Owned*  
**Serving All Faiths Since 1872**  
**A Full Service Cemetery**  
*Specializing in pre-need arrangements*  
 1510 N. Dale  
**651-489-1707**  
 Office Hours: 8:00am to 4:00pm, Monday-Friday Closed Sunday

**CHURCH OF ALL NATIONS**  
 4301 Benjamin St. NE, Columbia Heights MN, 55421  
**Sunday Worship 10am**  
**Jin S. Kim, Senior Pastor**  
*"A truly multi-cultural congregation"*  
 For more information  
 Call 763-503-2600  
 or visit [www.cando.org](http://www.cando.org)

**• New • Used • Rebuilt**  
**ACE AUTO PARTS**  
 754 Rice Street • Saint Paul • Minnesota • 55117  
 Established 1929 651-224-9479

**Every Car Deserves a Sussel Garage!**

- Highest Quality Materials and Workmanship
- Innovative, Custom Design
- 20x22 Garage Starting at \$10,988

Price includes permit & basic site prep with 1 row of block. Add for any removals, additional site prep, survey (if required), and electrical service. Please call for more details.

Call today for your **FREE ESTIMATE**  
**Saint Paul 651.645.0331**  
**Minneapolis 612.379.0949**

**Minnesota's #1 Garage Builder**

Established in 1915 MN Lic 1934  
**SUSSEL BUILDERS**  
 Homes • Additions • Porches • Garages

Visit our showroom at:  
 654 Transfer Rd, 16B St. Paul  
[www.susselbuilders.com](http://www.susselbuilders.com)

Introducing a charming new re-creation in one of St. Paul's finest locations:

**Only 3 Units Remaining!**

The Como Park Condominiums features unique 1, 2, and 3 bedroom units located directly across from the park.

This regal building, which played a part of Minnesota's history, is undergoing complete renovation, inside and out, to create an old world charm with unmatched quality and design.

**Model Open Saturdays 12-4 p.m.**

For more information contact:  
**651-690-8515**

Nature is my place for regeneration. Spending time in nature allows me to re-connect with my soul. When I am in the Boundary Waters Canoe Area, one of the greatest feelings is when my internal clock re-connects with Mother Nature's and I am controlled not by my watch, but by the rhythms of the sun and moon. Oftentimes, total immersion is not necessary and just a couple of hours at Como Park can rejuvenate my spirit.

On the other hand, when I travel to New York City, I am reminded of a Bob Marley song entitled, "Concrete Jungle." After spending some time there, if I haven't made it to Central Park, I can feel my body and soul crying out in anguish from the overload of concrete and steel.

While I do not find St. Paul and Minneapolis as oppressive as New York, to a smaller extent they can still feel like "concrete jungles." Both downtowns are situated on the Mississippi River; however most of the activity is located away from that natural wonder. Outside of Rice Park and Mears Park in St. Paul, you will be hard pressed to find significant green space in either of those downtowns.

I have been ruminating on these thoughts and feelings since



# Igniting Community Development

By SETH BENZIGER

## Nature is a source of rejuvenation

I read about Minneapolis Mayor R.T. Rybak's plan to turn Washington Avenue into a grand boulevard on par with the great Champs Elysées in Paris. While I doubt Washington Avenue will ever achieve the same stature as that famed destination, I find it encouraging that there is now a focus on greening our urban environment. The Mayor's plan for Washington Avenue will add trees and green spaces to that corridor in order to make it more pedestrian friendly.

On this side of the river there have been some improvements along both Snelling Avenue and Rice Street that are adding a bit of nature to these urban commercial corridors.

As mentioned in a previous column, a group of neighborhood residents took the initiative to beautify the planters along Snelling by adding mosaic tiles. In addition, they ensured



This past year, Sparc, the Rice Street Action Team, and Council Member Lee Helgen made efforts to beautify Rice Street. The hard work of those groups and neighborhood residents brought a splash of color to the street. (Photo by Terry Faust)

the planters would have fresh plants and made plans to have them watered on a regular basis.

This past year, Sparc, the Rice Street Action Team, and

Council Member Lee Helgen made efforts to beautify Rice Street. The hard work of those groups and neighborhood residents brought a splash of color

to the street. As of late spring, planters have been hung on available light posts and beautiful pink and purple flowers now adorn much of the street.

Recently, Sparc submitted an application to fund the "Snelling Green Streets Initiative." Working with neighborhood stakeholders the Initiative, "will plan for streetscape and landscaping elements that can calm traffic; increase pedestrian safety; encourage local business viability; reduce storm water runoff; and create a walkable, livable neighborhood."

These small steps will add up over time contributing to that tangible and elusive "sense of place" that makes memorable place, well memorable. Hopefully these improvements will create a more enjoyable experience for shoppers, visitors, and residents alike, as the fragrant flowers and vibrant plants bring a bit of serenity to those busy streets.

(Seth Benziger is the Program Manager of Sparc responsible for home improvement financing programs. He would love to hear your feedback or thoughts; he can be reached at or at 651-488-1039. You can also find past Sparc columns online at [www.Monitor-SaintPaul.com](http://www.Monitor-SaintPaul.com))

**VOTE on Sept. 11 for Lee Helgen. A Democrat you can trust.**

**Promoting:**

- Community Investment
- Safe Neighborhoods
- A Healthy Environment

**RE-ELECT HELGEN FOR WARD 5 CITY COUNCIL**

[www.LeeHelgen.org](http://www.LeeHelgen.org)

Prepared and paid for by Helgen for City Council • 988 Hoyt Avenue West, Saint Paul, MN 55117

## Community Clean-Up Day



Para La Comunidad  
Dia De Limpieza  
Sib Pab Tu Zeg Zog!

**Saturday September 8, 2007**  
**8:00 AM - 1:00 PM**  
**Veolia (formerly Vasko's)**  
**309 Como Avenue**  
(Enter lot at Elfelt and Como)

**THIS SERVICE IS FOR DISTRICT 6 AND 7 RESIDENTS ONLY!**

Area boundaries are Larpenteur south to University Avenue, I-35E west to Dale (north of Maryland Ave.) and Lexington (south of Maryland Ave.)

**You must bring a driver's license or something with your current address for identification.**

**FEES:**

<b>Large Appliances:</b>	\$10 for each stove, washer, dryer; \$20 air conditioners, refrigerators or appliances with freon
<b>Electronics:</b>	\$7 for tv or computer
<b>Mattresses/Couches/ Large Chairs:</b>	\$7 for each
<b>Tires:</b>	\$1 for car tire; \$5 for semi-truck tire; \$20 for tractor tire
<b>Construction Materials/Misc. or Gate Charge:</b>	\$5 a car load; \$10 for station wagons; \$15 minivans, SUV or pick-ups; \$20 trailers; \$25 for truck larger than 1/2 ton
<b>Fluorescent Bulbs:</b>	<b>FREE!</b> these bulbs cannot be thrown in the trash! Get rid of them at the cleanup.

**Volunteers get up to drop off a load for free! Call your district council to sign up!**

**Items that will not be accepted:** Brush (because it can be dumped for free by calling 651-633-3279, leaves & grass clippings, auto parts, household garbage, hazard wastes (paints, solvents, chemicals) and batteries.

**ALL RESIDENTS ARE WELCOME TO DROP OFF AND PICK-UP REUSABLE ITEMS FOR FREE.**

One person's trash is another's treasure. There will be plenty of wonderful things available in the Reuse Area. Residents may walk onto the site to take free items. *No electronics can be dropped off in the Reuse Area.*

**District 7: 651-789-7481; District 6: 651-488-4485**

Para Mas informacion llame a Alejandra: 789-7481  
Xav paub ntxiv hu Npaub: 789-7481

**No credit or debit cards accepted! HOUSEHOLD GARBAGE AND PET LITTER IS NOT ACCEPTED! YOU MUST BE ABLE TO ASSIST IN UNLOADING YOUR VEHICLE!**

# Somali Organization

Continued from page 10

"We lost everything," Segal said. "There was no chance for education or medicine. We contracted many diseases, and my children got sick. But I received help from an American, Michael Madane, who worked for World Concern helping lepers in Somalia. I had been district commissioner in Somalia at that time, and he remembered me. He heard about me and my family, and he helped me with money and took my kids to the hospital."

After eight years of a difficult life, Egal's brother sent him a sponsorship visa to come to the United States.

"I had four children at the time. Two came with me, but two were in Ethiopia," Egal said. After two years, he sponsored his children in Ethiopia, and today the entire family is in the United States. Burale, who lived in a refugee camp in Kenya for 13



The group offers a food distribution the first Friday of each month at the Minnesota Da'wah Institute, 478 University Avenue.

years, remembers the dysentery, TB and malaria.

"Nutrition was difficult, and there were problems with safety," he recalled. "Seventy to eighty people were living in an area of two or three square miles."

But now, the men have brought their experiences and training with them, hoping to make a better life for their countrymen who live in this area.

The mission of SCHS is simple: to provide multiple human services to Somali refugees and

immigrants to ensure their adjustment and well-being as residents and future citizens of their new country.

"We are the sole Somali human services agency in Saint Paul," Egal said.

SCHS began in March 2006 at 457 Charles Ave. The agency provides food and clothing; information and referrals; assistance to elders; employment training referrals; an intergenerational project and an elders' health and fitness project. Abdi-aziz Warsame is joining Egal and Burale in staffing the organization. There are about nine volunteers assisting.

"Many Somali centers focus on job search," Egal said. "We need to get individuals training for jobs."

Burale said the agency wants to focus on training, then experience, then getting the job.

Another area of importance to SCHS is providing fitness to the older generation.

"Our elders were living in an equatorial climate before they came here," Egal said. "When they come here, many stay home

and become isolated. They suffer from high blood pressure and diabetes. We have people giving them information on health programs."

"One of our main goals is to bring them out and get them to exercise," Burale added.

SCHS is also focusing on bridging the gap between the Somali elders and the Somali young people.

"Our children are losing their language and their culture, and we need to focus on that," said Egal. "For example, my daughter goes to school from 9 to 5. For eight hours, she is not with me. She is with a different culture and a different language."

"We are trying to build a connection, so the youth will not forget our previous culture," Burale said. "Somalia is a very different environment. There are small homes, camels, a nomadic culture—it is a beautiful country."

Both Egal and Burale have made great changes in their lives.

"There was eight years of no education for my children, no help, nothing," Egal said. "When we came here, our lives changed in a better way. I took my kids to school. Two are in college, two are in high school. And they have good health."

When Egal arrived here, he needed to start making money right away.

"My education and knowledge didn't help," he said. "I had to start from the beginning."

He went to work in a large potato factory in Saint Paul and also performed janitorial jobs. He now focuses on SCHS and also works as an interpreter. Burale works at Fed Ex, and is on the job until 2:30 in the morning.

"We are focusing on our children," Egal said. "They are doing well. But for me and my friend, educated people who come from Somalia, it is a hard situation. We get stressed."

"We are looking to the future of the Somalian community," Burale added. "We are not satisfied. We need to improve things for our people."

Egal talked about the social problems new immigrants face, also. Separation and divorce did not exist in Somalia—here, they are a real factor to contend with, as is depression.

"In Somalia, things were cheaper. The mother stayed home with the children," said Egal. "Here, it is different. The mother wants to work. She wants to send money home to her family."

SCHS is looking for a new home. Burale said plans are in the works to use some space at Lao Community. Meanwhile, the group offers a food distribution the first Friday of each month at the Minnesota Da'wah Institute, 478 University Avenue.

And Burale and Egal keep their memories intact, and they remember their losses, and they look to the future—for themselves, their children and the Somali people.

**Leg Pain Study**

**DO YOU HAVE DISCOMFORT IN THE MUSCLES OF YOUR LEGS WHEN YOU WALK?**

**DOES IT GO AWAY WHEN YOU REST?**

*You may have claudication, caused by lack of blood flow to the muscles of the legs.*

The University of Minnesota is seeking volunteers to take part in a 12-week exercise-training program. We want to find out if this program will improve walking ability in individuals with claudication.

Please call the Vascular Research Office at (612) 624-7614 or email us at [legpain@umn.edu](mailto:legpain@umn.edu) to see if you qualify for participation in this study

Look to **LYNGBLOMSTEN** Services, Housing, & Healthcare for Older Adults since 1906

Explore all that **LYNGBLOMSTEN** has to offer at: [www.lyngblomsten.org](http://www.lyngblomsten.org) or call (651) 646-2941

- Independent & assisted living
- Caregivers support & respite groups
- 551 Club community center
- Short-term rehab & respite
- Wellness education & resources
- Parish Nurse Ministry
- Non-medical at-home assistance

**Did you know...**

- \*\*\* Lyngblomsten serves more (about 4 times more) seniors who live in their own homes or apartments than those who live in the nursing home.
- \*\*\* Over 500 volunteers enhance the lives of those Lyngblomsten serves, and we are always in need of more—especially van drivers!
- \*\*\* Lyngblomsten is a resource for the families of older adults too—providing support groups, education, and resource & equipment lending libraries.

**Central Baptist Church**  
420 Roy Street N., St. Paul  
651-646-2751  
[www.centralbaptistchurch.com](http://www.centralbaptistchurch.com)  
Dr. Ronald Saari, Senior Pastor

**SUNDAYS AT CENTRAL**  
9:15 a.m. Sunday School  
Class for all ages

**10:30 A.M. WORSHIP SERVICE**  
Mix of Traditional and Contemporary

6:00 p.m. Ekklesia Ministry -  
Ministry to Young Adults  
(Married and Single)

**Summer Wednesday Activities**  
5:30-8:30 p.m. Youth Activities  
(Junior High/Senior High)  
7:00 p.m. Adult Bible Study/Prayer time

**Daily Child Care**  
6:30 a.m. - 6:00 p.m. Monday-Friday  
Care for children ages 6 weeks through Pre-Kindergarten  
Summer Care for Kindergarten through age 12

**Call: 651-646-2846**

**WE MAKE FRAMING EASY.**

Our professional staff will listen to your ideas and work with you to design the perfect unique framing treatment for your work of art. We'll suggest the best way to preserve and protect it, too. Most work is completed in one week, so you don't have to wait very long. And our work is always guaranteed!

Custom Picture Framing  
**CARTER AVE. FRAME SHOP**  
2186 Como Ave., St. Paul, MN 55108  
Phone (651) 645-7862

[www.carteravenueframeshop.com](http://www.carteravenueframeshop.com)  
Hours: Weekdays 10-5:30, Sat. 10-4

**Next deadline:  
August 31**

# Tunnel

Continued from page 1

Department of Transportation examination of options for the busy intersection. Under a timeline prepared by St. Paul Public Works, a final option for the intersection isn't even supposed to be selected until later this year. Ten meetings have already been held to gather input on the project, which has met with staunch criticism. Some area residents have said no changes at the intersections are needed at all. Others say the studies don't take into account redevelopment at Midway Center and the possibility of a connection on the north end of Ayd Mill Road.

The tunnel is just one option still on the table. The other ideas include use of partial ring roads around the intersection, or construction of a second street south of University through Midway Center to use as a one-way pair of streets. Further planning for the intersection is to take place this fall during Central Corridor light rail station area planning. A station is planned at an undetermined location east of Snelling. Where the station is location will be affected by how - or if - the intersection is reconfigured.

But it is not just light rail that is a concern for Snelling and University. That is because trains will stop with the traffic signals. The major concerns are increasing traffic volumes, along with air pollution and accident rates. Snelling at University carries about 50,000 vehicles per day; University carries 24,000 at the intersection.

Ramsey County Board Chair Tony Bennett, who cast the lone vote against the layover, has long argued that more must be done at Snelling and University to address traffic concerns before Central Corridor begins operations in 2014. He said the opposition to

the funding request "has been blown out of proportion" and that if the county doesn't apply for the federal dollars now, the opportunity for funding is lost for another two years.

The Central Corridor project, which is already ballooning toward the \$1 billion cost mark, has no funding available for improvements at Snelling and University.

Bennett said it is the county's duty to seek outside funds to pay for major projects. "At any point this proposal is eliminated," Bennett said. "The money would not be used. The money would be turned back."

am a Hamline-Midway resident and I breathe," "Save Checkerboard Pizza" and SUCS Sucks." City Council members Benanav and Debbie Montgomery stood with the area residents.

Benanav said it is "unbelievable" that county officials would consider seeking funding for an alternative before the Snelling-University studies are finished. He also noted it is one of the few if not the only time he has seen all of the area district councils, University UNITED and the Midway Chamber all agreeing on an issue.

Hamline Midway Coalition Board Member and Past President

**"We know there's a need for more north-south routes."**

— Patrick Sheehy

Hamline Midway Coalition Board Member

Some citizens had asked why a more general application could not be prepared but the federal funding process requires that one alternative be chosen.

But County Commissioner Toni Carter said that the public input process on Snelling and University options should continue. She said it would be "disingenuous to support a solution for which we have received only negative input."

While agreeing that applying for the federal dollars may not tie the county's hands, Carter said, "Unfortunately this would only fund this solution."

Area residents saw the County Board vote as a victory and a validation of the ongoing studies. One frustration several activists voiced is that they had less than a week to organize opposition, barging the County Board with emails and calls. About 20 people turned out for the July 10 vote, many holding up signs stating "I

Patrick Sheehy said it's important not only to have the SUCS work continue, it is also critical for city officials to continue a study of the city's entire northwest quadrant and its traffic issues. That study is ongoing by St. Paul Public Works and is examining streets in neighborhoods including Hamline-Midway, Merriam Park and St. Anthony Park.

"We know there's a need for more north-south routes," Sheehy said. "We know there's a need to get people through the area." But he said the tunnel would involve the demolition of all or part of businesses including Checkerboard Pizza CVS Pharmacy, American Bank and other properties. It also could create pedestrian hazards.

Sheehy was irked by Bennett's comments that Snelling and University are not neighborhood streets. "These are our neighborhood streets," he said. "Our residents use them every day."

## Start your first two years of a 4-year degree at Saint Paul College!

Begin your path to a bachelor's degree with our new AA degree program:



Start here. Go anywhere.

Anthropology • Art • Biology • Chemistry  
Communications • Economics • English  
Geography • History • Humanities • Math  
Music • Natural Sciences • Philosophy  
Photography • Physics • Psychology  
Sociology • Spanish • Speech • Theatre

Online courses available:

Anthropology • Art • Biology  
Communications • English • History  
Math • Philosophy • Psychology  
Sociology • Speech • Theatre

English as a Second Language Classes also offered.

Register now for Fall classes!  
Fall Semester Starts August 22

Call us today! 651.846.1600 or  
go online: [www.saintpaul.edu](http://www.saintpaul.edu)



**Saint Paul College**  
A Community & Technical College

235 Marshall Avenue  
Saint Paul, MN 55102

Saint Paul College is an Equal Opportunity employer/educator and a member of the Minnesota State Colleges and Universities system.

*Give the Gift of Memories...*

Visit our new web site featuring unique gift items to remember a loved one

Perfect for  
co-worker, patient, friend, family member, or yourself

photo ornaments • memory boxes • rosaries  
fine jewelry • teddy Bear • gift books • and more

[www.memorygiftsite.com](http://www.memorygiftsite.com)

Summer Special **\$19.99**  
**Oil, Lube, Filter Change**

**RD's**  
Automotive

**1360 Rice Street**  
(Previously Trans-Auto)

**YOUR ONE STOP AUTO SHOP**  
Tires & Alignments • Full Auto Repair  
**651-488-4704**  
Friendly Professional Customer Service • Mon.-Fri. 7am-5pm, Sat. by appointment

**Budget** Available Here!  
Truck Rental

**AIKIDO OF MINNESOTA**

710 North Snelling Ave.  
St. Paul, MN 55104  
**651-291-2446** (voicemail)  
Classes going on **now**  
for children and adults.

**VISITORS WELCOME!**  
Look for our Grand Opening Celebration  
Saturday, September 15.

Aikido: A martial art teaching the way of harmony  
[www.aikidominnesota.org](http://www.aikidominnesota.org)

**RICE STREET FAMILY DENTAL CARE**  
"Providing the North End, Como and Midway with fine dental care since 1979"

**Seal out tooth decay and save 25% this summer!**

The first step in maintaining a healthy mouth is preventing tooth decay. Sealants can offer major protection against cavities. Sealant is a plastic material usually applied to the chewing surface of 6 and 12 year molars shortly after eruption. This plastic bonds into the depressions and grooves (pits and fissures) preventing tooth decay. **This will cut molar cavities more the 50%**

Sealants are safe and easy to apply, taking only a few minutes to seal each tooth.

**The special fee for this service will be \$31 for each tooth thru Sept. 20, only.**

Call **488-7251** for further information about all of our services.

**Gregory M. Sheehan, DDS**  
1215 Rice Street

Cosmetic Dental Care\*Root Canal\*Dentures\*Bridges\*Emergency Care\*Implant:  
Bleaching\*Nitrous Oxide\*Insurance Accepted\*Preventive Sealants  
\*TMJ\*Surgery\*Payment Plans\*Teeth Cleaning

# CLASSIFIEDS

## Classifieds

Monitor Want Ads are now \$1 per word with a \$10 minimum. Send your remittance along with your ad to Monitor Classifieds, Iris Park Place, 1885 University Avenue, Ste. #110, St. Paul, MN 55104. Classifieds must be pre-paid via cash, check, or credit card. Classified ads can be e-mailed to [denisw@aplaceto.com](mailto:denisw@aplaceto.com). Want ads must be in the Monitor before August 31 for the September 13 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Monitor's website at [www.MonitorSaintPaul.com](http://www.MonitorSaintPaul.com)

### ART INSTRUCTION

Watercolor painting classes and workshops offered by local artist, Helen Bond @ Como Park studio. Beginning & intermediate. For complete list of classes, see website: [www.helenbond.com](http://www.helenbond.com), call 651-231-5535 or email: [bonidinidesigns@comcast.net](mailto:bonidinidesigns@comcast.net). 8-07

### ARTISTS

Attention artists and crafters! Check the website at [www.giftshopco-op.com](http://www.giftshopco-op.com) for more information. 8-07

### AUTOS

'92 Merc. Cougar, runs great. Excellent body - 2 door. \$2500. 651-488-1839. 8-07

### AVON

ADDITIONS Kustom additions, distinctive kitchens, bathrooms, patio decks, ramps. Expert workmanship. Marty. Referral Service Consultant. 612-724-8819. 1-08

### AUTO REPAIR

Gary's Automotive Repair - Tune-ups, brakes, exhaust. 455 Atwater St., AC, computer diagnosis. 651-487-3659. 2-08

### BATHROOMS

Replace toilets, sinks, and tub surrounds, etc. Hot and cold pipes replaced, bathrooms or kitchens, call 612-306-7878. 8-07

### BUSINESS OPPORTUNITIES

Seeking Working Partner - Inc 500 Co. expanding business looking for someone who has owned or operated a business or has experience in marketing, teaching or public speaking. Send resume to [lifespurebalance@gmail.com](mailto:lifespurebalance@gmail.com). 8-07

### BUY AND SELL

\*\*Buying\*\* Hifi consoles, old stereos, homemade audio equipment, old cameras, ham radios, old electronics, etc. Andy 651-329-0515. 7-09

Vintage lights, house hardware. Doors, tubs, radiators, etc. Also furniture hardware 651-644-9270. 11-07-00

### CONCRETE WORK

Concrete work - Steps our specialty, ornamental step rails, small jobs and repair. Al Hansen 651-227-4320. 2-08

### COMPUTER SERVICE

Software and hardware, troubleshooting, project management, 651-221-0923. Lauree Stolarczyk. [las51021@hotmail.com](mailto:las51021@hotmail.com). 9-07

### DAYCARE OPENINGS

Friendly North End area daycare has openings. Many years of experience, fun activities, and a learning environment. Our openings are for children ages 1 year old to 10 years old. Open from 6:30 a.m. to 5:30 p.m. Call Lisa at 651-487-9832 to set up an interview. We look forward to meeting you. 8-07-00

### EMPLOYMENT

Looking for delivery carriers to deliver the Monitor approximately 3 to 4 hours per month. Pay by route. Also looking for contract carriers for work two or three times a week. Great for supplemental income! Call 651-458-8053, ask for Lloyd. 12-03

### HAULING

Just call, we haul - Will haul almost anything from old furniture and appliances to yard waste and construction debris. Will do all of the loading and cleanup for you. For free estimate on cleaning your garage, attic, basement and yard, just call 612-724-9733. 8-07

### HOUSECLEANING

Sherry's Housecleaning Services. 651-225-1479. Complete cleaning services! Very affordable. 5-08

### LANDSCAPE PRODUCTS

Kern Landscape Resources--we deliver composted manure, decorative mulches, rock, top soil, sand. Peter-651-646-1553. 9-07

### LAWN SERVICE

Lawn Service - Landscaping - lawn contracts, tree and shrub maintenance. 20 years experience. John 612-328-6893. 9-07

### MUSIC LESSONS

St. Joseph's School of Music, 450 N. Syndicate. Master teachers: all instruments, voice, theory; all ages/levels; Suzuki. Musikgarten classes from 16 months, 651-690-4364. [Stjoseph-school-of-music.net](http://Stjoseph-school-of-music.net) 6-07

### REAL ESTATE

Sell real estate. Join our team. Earn & learn, 651-488-0561, DeLisle Co., 1146 Rice. 8-07

Sparkling 4 BDRM, 2 Bath, North End \$169,900. Contract For Deed. 651-488-0561 DeLisle Co. 8-07

Our 45th year of paying cash for homes of any condition. 651-488-0561 DeLisle Co. 8-07

Lake Lots For Sale - Rare opportunity. 2+ acre lake lots near Siren, Wisconsin. Only 90 minutes from St. Paul. Call Tom Peterson at Century 21, 715-349-5300.

### PAINTING

Painting - specializing in wallpaper removal. Average house \$600, average 3 rooms \$200, average garage \$200. Jim 651-698-0840. 8-07

Mike Fox Painting - 10 years experience, licensed, interior/exterior, 612-282-7388. 8-07

Interior/exterior painting, enameling, plaster patching, free estimates. Bob. 651-633-5565. 10-07

### PIANO TUNING

Piano Tuning & Repair. Registered Piano Technician. 651-489-3181. [Charles.Fruhstuck@mac.com](mailto:Charles.Fruhstuck@mac.com) 12-07

### SERVICES

Carpet Reinstalls - Save \$\$\$\$! Repairs, restretches, binding. Guaranteed, insured, 25 years exp. 10% Off w/ad. Jerry-651-339-1333. 9-07

RAM Handyman Services LLC. Reasonable rates. --No job too small.-- Visit me at [www.ramhandyman.com](http://www.ramhandyman.com) or call Rich at 651-485-9680. 4-08

Tiling. Back-splashes, floors, tub surrounds. Artisan quality. Insured remodeler (MN #20454530). 612-702-0761. 8-07

Zappa Construction and Handyman Services. Additions, remodel, mechanical, drain cleaning. Free estimates. Quality work at an affordable price. Stu - 651-271-6925. 8-06

Prestige Concrete & Driveway Company. Garage Slabs, steps, floors, sidewalks, patios, custom work-Jim, 651-290-2689. 4-07

Professional Exterior and Interior Painting, wall repair and plastering; ceiling texturing, wallpaper-hanging, moderate prices; free estimates, licensed, bonded, insured; Merriam Park Painting, 651-224-3660, 651-552-2090. 1-03

### LAWN CARE

Mow, trim and edge lawns. Weed control and fertilizer. Spring and fall clean-ups. Hauling and disposal. Per time or seasonal. ProServ Property Services. 651-647-5500. 6-07

CONTINUED ON PAGE 19

See the Classifieds online at: [www.MonitorSaintPaul.com](http://www.MonitorSaintPaul.com)

## Zappa Construction and Handyman Services

Additions • Remodel • Mechanical • Drain Cleaning

### FREE ESTIMATES

Quality Work at an Affordable Price

Licensed and insured • Lic.# 20546353



Stu - (651) 271-6925

**ALL SEASON'S TREE SERVICE**

- Trimming • Large Removals • Pruning
- Hedges & Bushes • Removals
- Stump Removal • Certified Arborist
- ASA Certified • Member BBB
- Workman's Comp

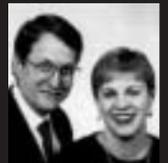
LICENSED & INSURED  
27 Years Experience • EMERGENCY SERVICE

**LOCALLY OWNED**

**651 690-3200**

**MY HUSBAND IS AMAZING!**

He Builds and Fixes almost anything!



professional handyman services

**Russell Dedrick**

651 776-1780

State Lic # 20113561

- Remodeling
- Additions
- Renovations

**TSCHIDA BROS. PLUMBING**

- Remodeling & Repairing
- Water Heaters
- Discount For Seniors

**1036 FRONT AVE.,**  
LICENSED • BONDED  
LIC. NO. 7212

**651-488-2596**

**NormanDale Electric Co.**



Residential, Commercial & Industrial

**651-644-0655**

Norman D. Bartlett Free Est.

*A Quarter Century of Helping Homeowners*

- Shingle & Flat Roofs
- Siding & Gutters
- Concrete Driveways

Free Estimates, Many References  
licensed, bonded & insured

Dave  
**AUSTAD CONSTRUCTION**  
Residential & Commercial

182A Ryan Lane  
651-482-0070 St. Paul

*carpets-installed.com*



Carpet \$2.00 sq. ft installed

**Bob Tester (651) 231-0428**

# CLASSIFIEDS

## Classifieds

### Classifieds

Continued from page 18

#### VACUUM CLEANER

Vacuum Cleaners: Sales, service and supplies. Experts since 1952. 666 University @ Dale. 651-222-6316. www.a-1vacuum.com. 8-07

### WANTED TO BUY

\$ for Junkers. Paying top dollar, free towing. 651-216-3523. Bob's Towing, since 1977. 12-07-00

Paying the most cash for your furniture, dishes, glassware, knickknacks, costume jewelry, antiques, pictures, lamps, household items etc. I make housecalls. Call Mary 612-729-3110. 9-07

### Midway in a minute

Continued from page 2

Theresa Heiland, who was Merriam Park Community Council staff, will be the new council's executive director. Snelling-Hamline Community Organizer Patrick Smith will be the interim community organizer, with the idea of hiring a full-time staff member this fall. Smith is also continuing to work for Snelling-Hamline until year's end.

A move to new office space at Anchor Bank, Snelling and Concordia Avenues, was com-

pleted in July. The council will keep the Merriam Park phone number of 651-645-6887 and will keep existing email addresses and web sites, as well as reserving the District 13 Internet domain name.

By fall the new council hopes to have a new name, working with volunteers from the public relations and communications firm Little and Company on a new name and logo.

What is unresolved is when and where the new council will meet on a permanent basis. Merriam Park Community Center hosted the first meeting but it's possible other space could be used.

- Compiled by Jane McClure

#### ALL HANDYMAN SERVICES

Clean Ups & Haul Aways. Attics, Basements, Garages, Yards, Tear Offs and Roofing. We also do Demolishing & Repairs  
**CALL: 651-274-0263**

**QUALITY HANDYMAN**  
of Minnesota  
Our Name Says It All  
• Repair • Repaint • Refurbish • Replace  
**651-332-1310**  
We guarantee our work!

**\$ Money For Junkers**  
• Paying Top Dollar  
• Free Towing  
**651-216-3523**  
Bob's Towing - Since 1977

**TOTAL HOME IMPROVEMENTS**  
Your Complete Contractor • Lic. #20095403  
✓ Additions/Basements ✓ Decks/Porches  
✓ Bathrooms/Kitchens ✓ Renovations  
✓ Doors/Windows ✓ Roofing/Siding  
Pictures & refs available  
**651-777-3911**

**PRESTIGE CONCRETE & DRIVEWAY CO.**  
• Garage Slabs  
• Steps • Floors • Sidewalks  
• Patios • Custom Work • Footings  
• Exposed Aggregate  
**FREE ESTIMATES**  
Licensed • Bonded • Insured  
**CALL JIM**  
**651-290-2689**  
SERVING METRO AREA  
Licensed for St. Paul City Walks, Curbs & Approaches

**McQUILLAN BROS.**  
Since 1883  
Plumbing and Heating Co.  
Restoration Specialists  
688 Hague **651-292-0124**

**AFFORDABLE MATTRESS INC.**  
A good night's sleep doesn't have to cost alot!  
**TWIN SET ..... \$ 109.00**  
**FULL SET ..... \$ 129.00**  
**QUEEN SET ..... \$ 149.00**  
**KING SET ..... \$ 249.00**  
**SO SHOP HERE FIRST!**  
**DELIVERY AVAILABLE!**  
908 Rice Street • **651-487-9595** • St. Paul

**KEITH'S PLASTER REPAIR**  
"Repairing all types of Damage"  
• Walls • Ceilings • Water Damage  
SINCE 1971 **651-636-7098**

Classifieds:  
\$1 per word

**WHATEVER IT TAKES** 488-8638  
**bryant** Heating & Cooling Systems Since 1904  
Sales & Service  
**PAUL FALZ COMPANY**  
359 ATWATER  
24 Hour Answering • 24 Hour Service

**GARY'S AUTOMOTIVE REPAIR**  
• Tire Repair • Oil Changes  
• Tune-Ups • Air Conditioning  
• Brakes • Computer Diagnosis  
• Exhaust • General Repair  
455 ATWATER ST. • ST. PAUL, MN 55117  
**651-776-9088 • 651-487-3659**  
MANAGER **GARY NIPPOLDT** ASST. MANAGER **GREG NIPPOLDT**

**KEVIN'S Heating & Cooling Inc.**  
"Residential Installation Specialist" • Over 22 years experience  
Furnace & Air Conditioners • Sheet Metal-Ductwork  
Gravity System Ductwork Replacements  
Licensed • Bonded • Insured  
**651-270-0427**  
**MAYTAG FREE ESTIMATES COLEMAN**

Enjoy your deck to the fullest...  
**Save on Deck Sanding & Sealing**  
Great Prices • August Specials  
**HARDWOOD FLOORS - Beautifully Refinished**  
**1/2 the Cost & 1 Day Service**  
to Clean and Re-coat Your Existing Floors  
**WOOD FLOORS BY McCORMICK**  
Free Estimates • 31 Years of Experience • Call Leo at 488-1961  
**10% OFF**  
The refinishing of your existing hardwood floors  
Present coupon when bid is given

Find us on the web at: [www.MonitorSaintPaul.com](http://www.MonitorSaintPaul.com)

**MATT'S PAINTING & DRYWALL**  
Exterior & Interior Painting  
• Drywall Hanging • Mudding • Sanding  
• Wallpaper Removal • Garage Floor Epoxies  
Insured / References / 15+ years exp.  
Call Matt **651-206-9247**  
Free Estimates

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

**HANDY MR. LARRY FOR HIRE**  
I do painting, repairs and cleaning of homes and apartments.  
Contact Larry at **651-399-4304**

**ROOFING SPECIALIST**  
RESIDENTIAL & COMMERCIAL  
Tear-Off • Re-Roof • Repairs  
✓ Shingle ✓ Flat Roofs  
✓ Shakes ✓ Tar & Gravel  
✓ Sheet Metal ✓ Rubber Roofs  
✓ Siding  
CALL FOR FREE EST. & STORM DANG. EVAL.  
**CONSTRUCTION AUSTAD**  
**651-482-0070**  
MN Lic. #20320318

**LAWN SERVICE & LANDSCAPING**  
Total Lawn Maintenance  
Landscaping  
Tree and Shrub Maintenance  
Plowing and Snow Removal  
John: 612-328-6893 • Peter: 612-328-6890  
20 years experience/Major Credit Cards Accepted  
www.kernlawnservice.com  
**KERN LAWN SERVICE, INC.**

**ROOFING**  
Nilles Builders, Inc.  
Full Warranty  
Licensed • Bonded • Insured #4690  
**651-222-8701**  
www.nillesbuilders.com

**ORNAMENTAL STEP RAILS**  
Plain & Fancy  
New & Repair  
Complete Year 'round Installation  
**CONCRETE WORK**  
Steps — Our Specialty  
Small Jobs & Repair  
Al Hansen **651 227-4320**

**CONCRETE SIDEWALKS, STEPS AND STUCCO REPAIR**  
**GLASS BLOCK WINDOW**  
good for basements  
any size  
**CHIMNEY & FIREPLACE WORK**  
Call Mark Larson  
**651-642-5090**

**KERN LANDSCAPE RESOURCES**  
kernlandscaping.com  
Environmental processing and landscape supplies  
**We Deliver All Products**  
Start off your spring garden. We have composted manure  
We Sell:  
• Decorative Landscape Mulches • Decorative Landscape Rock • Soil Amendments (compost) • Top Soil & Sand  
We Accept:  
• Brush • Yard Waste • Stumps • Sod & Soil  
Pierce Butler & 915 No. Albert  
(3 blocks east of Snelling) **651 646-1553**  
M-F 9am - 5:30pm • Sat 10am - 4pm

**CHIMNEY REPAIR**  
St. Paul's Oldest Chimney Repair Co.  
• TUCKPOINTING  
• DAMPER REPAIR & REPLACEMENT  
• BRICK, FOUNDATION & MASONRY WORK  
• FIREPLACE REPAIR  
• RAINCAPS & SCREENS  
• FLASHING & ROOF REPAIR  
**BBB**  
OVER 90 YEARS COMBINED EXPERIENCE  
LICENSED, BONDED, & INSURED  
Water Repellent Treatment Stops Leaks and Deterioration  
**Leske Co**  
**651 488-9668**

July was just too darn hot. As the temperature soared into the 90s and beyond, my mental functions dropped to zero. The high humidity had me laying low in a lounge chair on the porch.

My springtime pledge "to be a more diligent gardener this summer" was the first victim of the heat wave. In spite of my negligence, the backyard garden looked pretty good from where I was slumped.

Tiger lilies, coneflowers, bee balm, and the milkweed were all blooming and beckoning to the insects. The heat seemed to intensify the activity of the bees, wasps, butterflies, and hoverflies that were sipping nectar, gathering pollen, or hunting among the flowers.

Red admiral and monarch butterflies were having a good summer. Nearly every time I looked up from my computer, I saw at least one monarch circling around the backyard garden.

By August, we had hand-fed over 40 monarch caterpillars indoors and released them as adult butterflies. However, we still had four more caterpillars eating milkweed leaves harvested from the garden. But I was having difficulty finding milkweed that wasn't infested with sap-sucking aphids. The oleander aphids (*Aphis nerii*), the golden-colored aphids originally from the Mediterranean, had reached biblical plague status on my milkweed plants.

The aphids congregate in the largest numbers right at base and in the milkweed flowers where they tap into the milkweed's vascular system. The milkweed pumps its sap directly into the



# Nature in the City

By DEB ROBINSON

Milkweed, coneflowers endure Attach of the Aphid Clones

aphids as if they were part of the plant. When the plant's hydraulic pressure is high, the aphids stick out from the stems. The aphids exude the ex-

and they stimulate the aphids to release their honeydew.

Other folks who raise monarch butterflies have also experienced aphid invasions this summer.

Their question, "how to get rid of the aphids without harming the monarch caterpillars," was put to the

Ecology. Dr. Karen Oberhauser confirmed that even a mild insecticidal soap spray would be just as deadly to the monarch caterpillars as it is to aphids.

All the beneficial pollinators (bees, butterflies, and hoverflies) that visit flowering plants are at risk when insecticides are used. But my "live and let live" attitude towards insects in the garden had reached its limits.

The red-colored ambrosia aphids (*Uroleucon ambrosiae*), which get into the coneflowers, I controlled by diligently squishing them and washing them off with water. On the other hand, the oleander aphids have repeatedly repopulated my backyard

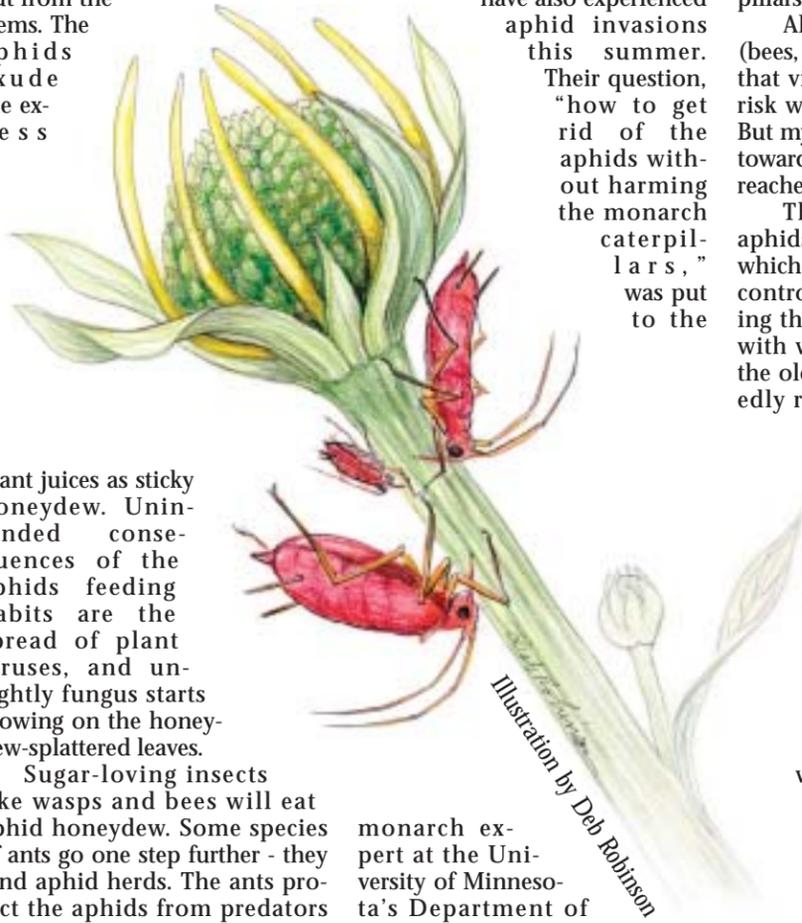
milkweeds despite my daily chore of removing them. They reproduced overnight without laying a single egg. How do they do it?

It's called parthenogenesis: Female aphids (and they are all females) give live birth to exact replicas of themselves without any fertilization by males. The newborn aphid will be popping out clones of herself within a week. It boggles the mind

plant juices as sticky honeydew. Unintended consequences of the aphids feeding habits are the spread of plant viruses, and unsightly fungus starts growing on the honeydew-splattered leaves.

Sugar-loving insects like wasps and bees will eat aphid honeydew. Some species of ants go one step further - they tend aphid herds. The ants protect the aphids from predators

monarch expert at the University of Minnesota's Department of



to think of the reproductive capacity; billions of aphids can be produced from one female aphid.

By midsummer, some female aphids are born with wings, and they take off to infest new plants. In warmer climates this cycle goes on indefinitely without males ever being produced. However, here in Minnesota, winter puts an end to the aphid population explosion.

As autumn approaches, both male and female winged aphids are born. The last generation of the season mates; then the fertilized female aphids lay eggs that will overwinter. And they get some unexpected help. Ants (the ones that farm aphids for their honeydew) bring aphid eggs underground to insure that some of aphid eggs survive the winter's cold.

Even if I were a science fiction writer, I couldn't make up a story that bizarre. Not only is it a jungle out there - it's a tiny titan struggle to keep the aphid clones and their ant co-conspirators from taking over the garden. Thank goodness this lazy gardener has allies like the lacewings, ladybugs, hoverflies, and winter.

Endnotes: \*Considering raising Monarch butterflies? Check websites: [www.monarchwatch.org](http://www.monarchwatch.org) and [www.learner.org/jnorth](http://www.learner.org/jnorth) \*Need to identify a bug? Submit a photo or search the website: [www.bugguide.net](http://www.bugguide.net) \*St. Paul Audubon Society meeting (free and open to the public) Sept. 13, 7PM at Fairview Community Center, 1910 W. County Road B for a presentation on the topic of cryptic coloration in birds by Dr. Scott Lanyon. \*To contact this writer: [dmrobinson@bitstream.net](mailto:dmrobinson@bitstream.net)

## HAMLIN UNIVERSITY



### IT'S BACK TO SCHOOL TIME!

We will welcome our students back to classes in August and September.

- School of Law – August 10 and 17
- College of Liberal Arts – September 4
- Graduate schools – September 4

#### HAMLIN UNIVERSITY AT THE MINNESOTA STATE FAIR!

Stop by Hamline's booth in the Education Building to say hello.

Date: August 23 – September 3  
 Time: 9 a.m. – 9 p.m.  
 Location: Education Building,  
 Minnesota State Fairgrounds  
 Contact: Tracy Sparby, 651-523-2216  
 or [tsparby01@hamline.edu](mailto:tsparby01@hamline.edu)

**HAMLIN  
UNIVERSITY**