# Midway Como Frogtown

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# NEWS FOR EVERYONE, DELIVERED TO EVERYONE www.MonitorSaintPaul.com



United Village Phase I: Since 1996, nonprofit at 213 Front Street has been reimagining media and helping artists

Sculpture, playground coming next spring; followed by office building, restaurant pavilion, hotel and other businesses

#### By JANE MCCLURE

A mix of skepticism and cautious optimism are greeting the talk of a fresh start for redevelopment of the longtime Midway Center superblock.

More than 60 people turned out Aug. 17, 2023 to hear Minnesota United team owner Bill McGuire outline the latest development scenario. He faced an array of questions about the newest plans.

McGuire is one of three development partners in the block bounded by Pascal Street and St. Anthony, Snelling and University avenues. The others are M.A. Mortenson Co. of Golden Valley and longtime Midway Center owner RD Management.

He fielded questions about everything from a needed focus on local businesses and jobs, to demands that the owners do more to pick up trash and better maintain the entire block.

The meeting was hosted by Ward 4 Council Member Mitra Jalali, Union Park District Council and Hamline Midway Coalition. Jalali and district council leaders said they understand the frustration over the lack of development during the past seven years, and that they want the current plans to move ahead.

Jalali, whose ward borders the development block, said elected officials are committed to seeing the project through. "I see and hear you, and I really feel determined to make sure that we realize the potential of this development together," she said.

The property is in Ward 1, which will have a new city council member elected this fall.

UNITED VILLAGE >> 6



# IN PROGRESS

#### By JAN WILLMS

A brick building sits sedately along a quiet street in Saint Paul. Along the side of the building, plants are growing in small garden beds. Lawn chairs rest on the patio and there is a table with flowers on it. And inside this building at 213 Front Ave. art is being created, stories are being told and community is being shared.

This is In Progress, a nonprofit arts

group that began in 1996 as a resource for new voices in digital media.

Kristine Sorensen, one of the founders, reflected on how the group started. "An artist friend of mine, Bienvenida Matias, asked me to join her to do a workshop in Crookston," said Sorensen, an artist who specializes in video. "When we finished, the participants asked when we could come back. We thought this was great, and we did some brainstorming and Alicia Thao helps host a recent open-mic night at In Progress. Last year's events featured just local performers. This year, vendors are a part of the evening in an effort to support local businesses, as well as artists. (Photo by Terry Faust)

came up with the idea of a place for artists. Sai Thao also was instrumental in starting In-Progress."

Sorensen said the building has a music studio in the basement, a studio for podcasts, a room for equipment and a space for photo shoots. The Artists Quarters are meeting rooms, and there is an apartment available for visiting artists to stay.

IN PROGRESS >>3



# Little Mekong through eyes of artist Katie Ka Vang

Mixed Blood Theater hosts an interactive walking tour atre's 12x12 series. Businesses like 88 Oriental Foods offered pork bites and Mogu Mogu during the interactive walking tour. "I didn't know there was a name for this area, and like an identity for the community," said Minneapolis resident Siana Goodwin. "I'm really happy to know that, and the food was awesome." The event began at XIA Gallery & Café (422 University Ave. W.), where artist Vang and Mixed Blood Theatre artistic director Mark Valdez introduced themselves and their shared work. Valdez is the theater's



The fully inclusive playground was designed by Landscape Strucures, and will be the first of its kind in St. Paul.

#### along University Avenue

#### By TALIA MCWRIGHT

Community members smiled as they tasted different dishes and snacks from local businesses of the Little Mekong cultural district on University Avenue on Sunday, July 2, 2023. The event was artist Katie Ka Vang's portion of Mixed Blood The-

LITTLE MEKONG >> 2

Katie Ka Vang's walking tour through Mixed Blood Theater ends at Springboard for the Arts. (Photo by Talia McWright)



VIEWPOINT: After Kansas newspaper raid, good people showing up

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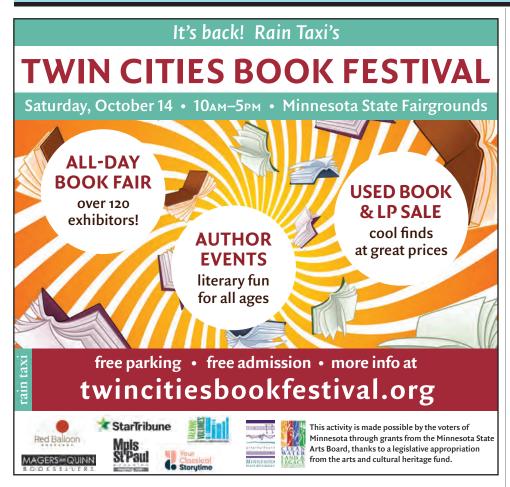
AGING WELL: Book on grief for children 46 years in the making

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Planting seeds: Living the dream with hope and purpose

**PAGE 12** 





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On Sunday, July 2, 2023, community members explored the area of Little Mekong along University with artist Katie Ka Vang. The walking tour was part of Mixed Blood Theater's 12x12 series. (Photo by Talia McWright)

# LITTLE MEKONG

>> From 1

second artistic director in its 47-year history. Growing up in Texas, Valdez noticed a lack of representation and accessibility in the art world. A writer and director, Valdez wanted to make art accessible across different communities. His goal for Mixed Blood's 12x12 series is to connect people to community and identity. The Little Mekong tour was the sixth event in the 12-part series.

"Katie is so deeply connected to the community," Valdez said. "It was fun to watch her re-experiencing, relearning and reengaging."

The theme of Vang's event was alien butterflies. Actors dressed in colorful clothing and butterfly wings pretended to be from another planet. The two actors, called one and two, guided the group of attendees through the tour, starting from Xia Cafe & Gallery and ending at the Springboard for the Arts (262 University Ave. W.). The actors remained in character during the entire walk, speaking with cheerful voices, and encouraging the group to stay positive despite the hot weather.

"I love that they were helping guide us through everything," East St Paul resident Anisa Mohamed said. "I love them, one and two."

#### THE ARTIST

Born in Santana, Calif,. Vang moved to Minnesota at the age of 18. She now lives in Woodbury and calls the state her "home base." Vang is a playwright with a background in art community organizing. Her artistic path began during her time as an arts administrator for the Center for Hmong Arts and Talent (995 University Ave. W.). After managing the Hmong band, Shattered Echos, Vang began to realize that her passion for art was not solely based on experiencing but creating too. Vang has now been an artist for 18 years.

"I was a closeted artist and didn't know it," Vang said. "I wanted to be around art all the time."

During her initial move to Minnesota, Vang felt out of place despite being a part of the large Hmong community in the state. After a few years, she began to gain pride in her Hmong heritage and felt more connected to the community. Over time Vang has cultivated relationships with vendors and businesses in Little Mekong. Many of the businesses Vang highlighted during the walking tour were businesses that she felt contributed to the community during the George Floyd movement.

"I want to be a patron of these places," Vang said. "And the best way to do that is to support their work."

Along with others, Vang has created plays based on her personal experiences as a Hmong woman, including a one-woman show called "Final Round" about her battle with stage four non-Hodgkin's lymphoma cancer and the associated stigmas. Her first musical, "Again," with Theatre Mu (755 Prior Ave. N.), took place on March 29, 2023 at Mixed Blood Theater. The show lasted three weeks, and was sold out.

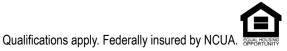
"When I was going through cancer, I was very public about it," Vang said. "And it was actually the community that showed up for me."

Vang plans to create more musicals in the future, and is working on a play set for October about the Hmong communities relationship with volleyball, as well as a Narrative Change Theatre project for next July. More at www.katiekavang.com.



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Artist Katie Ka Vang (at right) chats with people who took a walking tour with her through Little Mekong along University Ave. on Sunday, July 2, 2023. The walking tour was part of Mixed Blood Theater's 12x12 series. The event ended at Springboard for the Arts where people debriefed and created art. (Photo by Talia McWright)

### IN PROGRESS

>> From 1

"It is all about telling the story," Sorensen continued. "We reach out to people whose story is not often heard."

Services provided are free. Sorensen said if space is provided for a baby shower that needs to be cleaned up after its use, there is a fee charged. But for other services, there is no cost.

"It usually begins with a brief application, and our Artist Services Coordinator AAaliyah McQueen sitting down and interviewing the person. She talks with the person about their goals and then connects them to

services for free.



Having resources is essential, but what I love the most about this space are the people. You can't do everything alone!"

Alicia Thao

We don't talk about the money, but about what the person wants to do."

In Progress puts on workshops and exhibits, offers mentoring and equipment that artists can check out, such as cameras and video equipment.

"We have an exhibit at Rice Street Library, and one at a medical center on Rice Street," Sorensen said. "We currently have an exhibit in our building of transgender family portraits."

"We also have classes, and people of any age can come and learn," Sorensen said. "There may be someone teaching a photography class who is being mentored by someone teaching a music class."

One of the artists at In Progress is Azomali Obisakin, who made her first film about love at the age of seven. She was nine when she made her second film about racism. Her films have received national recognition, and one played in a New York film festival. "She is 10 now, and we will work with her," Sorensen said.

Sorensen noted a couple of other artists participating at In Progress. "Angelo Bush has photographed the Rondo neighborhood, and Robin Perez has been photographing Payne Avenue."

Sorensen said In Progress has about 30 part-time staff, including interns. The group has two locations, one in Crookston and the one in Saint Paul.

"The Crookston space is about 1/3 the size of the Saint Paul building," Sorensen said. "It serves people from Crookston, East Grand Forks and Grand Forks. In Saint Paul, we serve the neighborhood and people from across the Twin Cities.

"We started out in Lower Town, but we outgrew that space and moved to Front Avenue in 2011. In 2014, I purchased the building."

She said the building is open for use from 7 a.m. until midnight. Occasionally someone may need to use it overnight.

Some of their participants are on a career path in digital media. Others may be creating something for themselves. Two young women came in with their aunt, wanting to make a video in honor of their



Yeej (left) and Randy Xiong perform during a recent open-mic night at In Progress (shown above and below). In Progress has about 30 part-tome staff, including interns, at its two locations. The organization started off in Lower Town but outgrew that space and moved to the Front Ave. building in 2011. The building is open for use from 7 a.m. until mid-night. (Photos by Terry Faust)





Bunnard Phan (left) and Alicia Thao. (Photo by Terry Faust)

#### ALICIA THAO DESCRIBES HER EXPERIENCE AT IN-PROGRESS

"I learned about In Progress back in 2017 through my best friend, Yeng Yang, who is also a local music artist. I moved to Minnesota in 2018, and I decided to join their NEXUS program as a way for me to build relationships with the music community and, of course, to develop more music skills. In Progress easily became a second home to me and I stuck around over the years.

"I started as a mentee who participated in different programs and workshops they offered. I joined the Audio Arts team last year in efforts to bring back some music programming at IP. It's been fulfilling to be able to give back and provide support to others. I currently co-host and organize three different programs: Internal Poet, Space Jam, and Front Ave Open Mic. Internal Poet is a writing and performance cohort-based program to support people in exploring spoken word and songwriting. Space Jam is a community jam session where people can create, share, collaborate, or jam with one another. We have three different studio spaces facilitated by yours truly, Vin Lu, SUNAH, and Cassieopia. There's a live jam, aux-sharing, and the beat-making room. For open mic, we highlighted different local performers last year but this year, we went for something different by having vendors to support local businesses.

"In Progress not only offers inspiration but really the resources to get people started. The services, equipment, and access to working artists/mentors are free to the community as long as they go through proper training. It's difficult to dedicate a space and the funds to make a creative project happen, but In Progress can eliminate or ease those barriers.

mom, who died during COVID-19.

#### COLLABORATING

Sorensen emphasized that no one is really in charge of InProgress. "We all work together, keep a schedule and have a lot of trust."

Looking back over the years, Sorensen said many of the people who were there at the beginning are still connected with In-Progress. Matias is coming in from New York to teach some classes in Crookston. She will also be discussing the film she is making about Puerto Rico. In Progress is her fiscal sponsor for the film.

Thao and her husband are working on an art project reflecting Hmong culture.

The early days of the artists group were challenging, according to Sorensen. She said the 90s had a lot of youth-led organizations, and they had to learn about that. Also, they didn't have the funding to

purchase very much equipment.

But In Progress has steadily grown over the years. Like other nonprofits, the group struggled during COVID-19. "We couldn't go out in the communities and do workshops," Sorensen said. "I love going to small towns and giving workshops."

But that has changed, and In Progress held a potluck feast on June 10, with a "Having resources is essential, but what I love the most about this space are the people. You can't do everything alone!"

sound healing before the meal.

"We have laughed together, and we have mourned together," Sorensen said. "We want this to be a place of community, where people feel welcome to share their stories."

#### The research is in. YOUR CUSTOMERS ARE LOOKING **HERE.**

% of Consumers Turn to Print or Digital Advertising in Minnesota Newspapers when Deciding Which Brands, Products and Services to Buy. Source: 2021

Minnesota Market Study, by Coda Ventures)



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# AFTER KANSAS NEWSPAPER RAID: GOOD PEOPLE SHOWING UP

In the aftermath of police seizure of Kansas newspaper computers, let's talk about value of free press

If you're reading this right now, we have won. Every week, our newspapers struggles to cover local issues. We are limited by staffing, time and newsprint space, and we struggle to pay bills to keep our circulation going. We accept this burden. What we are not constrained by, however, is the government. The First Amendment has protected the free press from the beginning. Federal and state laws allow us to keep our sources confidential, and we keep local elected leaders and government agencies in check.

When community members approach us with news tips, we have the responsibility to verify the information. We then have the legal and ethical duty to maintain the confidentiality of sources. The police are prohibited by the Constitution, federal and state laws and various case laws from using search warrants to raid news organizations to find out what dirty details we have on someone or who provided it.

This should be a shorter column with a historical review. Sadly, the role of the small community newspaper was put to the test this month in an obscure Midwestern town. Police officers raided a newsroom in Marion, Kan. (population 1,920) and seized every computer and cell phone from the newspaper's publisher and two staff members on duty. Police read reporters their rights and demanded answers to questions. What was the crime these journalists were accused of committing? Verifying information. Well, the police claimed it was identity theft, but these charges never saw light of day in a court of law.

The details have all the makings of a TV movie of the week. There's the smalltown police chief, Gideon Cody, who recently came to Marion after working 24 years with Kansas City Police Department in Missouri. Local businesswoman Kari Newell was seeking a liquor license for launching a new restaurant inside a historic hotel in Marion. Making the decisions GUEST Column By James C. Pittman



were the city council members, who have a long history of in-fighting. Keeping all these characters in check for the public falls on the Marion County Record.

The Record, a weekly paper, has been in print since 1869. Eric Meyer, a retired metropolitan daily editor and journalism professor, took over the business from his parents, whose affiliation with the paper started in 1948. Eric has written several probing articles about local politics and local business owners. At age 98, his mother Joan (pronounced Joe-Ann) was still fully alert and insisted that no one could edit the copy on her weekly memories column.

The Record received a news tip that Newell had been driving on a suspended license since being convicted of drunk driving in 2008. This was newsworthy because Newell was waiting for the Marion city council to approve her new restaurant's liquor license. Negative information about her past could have affected the local council members' decisions. A source sent the Record and the vice-mayor a screenshot from a police database that revealed Newell's negative driving record.

Cody's background was also being probed by the Record, whose reporters wanted to know why he came to Marion for a chief job that paid nearly half of what he earned as a captain in Kansas City. The Record was stonewalled by the higher KCPD echelon who refused to release Cody's personnel file.

Eric Meyer practiced responsible journalism by attempting to verify the news tips. Cody refused to confirm to Meyer why he left KCPD so abruptly. Meyer discussed Newell's alcohol-related driver's license suspension with Cody. Meyer then told Cody that the Record newspaper staff had verified Newell's driving record on an internet database operated by the



Joan Meyer died of cardiac arrest Aug. 12, a day after unconstitutional police raids on her home and beloved newspaper, The Marion County Record.

state. Cody said nothing about Newell but threatened to sue if the Record published anything about his tenure at KCPD. Meyer chose not to publish either story on Cody or Newell.

Within a few days, Cody and his police force (whose roster would barely form a baseball team) stormed the Record office with a search warrant that gave them the authority to search every byte of data storage. Cody's cops and local deputies also raided the vice-mayor's house, believing that she was a co-conspirator in spreading negative information about Newell. The final target of the police raid was the home that Eric shared with his mother. Joan hurled obscenities at the officers and local deputies and charged them with her metal walker as she demanded they leave her house. The cops ignored her as they seized computers and photographed personal papers.

The next day, Joan asked Eric, "Where are all the good people who are supposed to stop this?" A few moments later, Joan was gone. The coroner ruled her death a sudden coronary attack, possibly related to stress.

Good people did arrive for Joan and her family. The county attorney in Marion (whose brother owns the hotel where Newell's restaurant operates) quashed the warrants. The Record still made it to press even without their computers, which

were returned a week later. The Kansas City Star used their legal clout to obtain Cody's personnel file, which revealed he retired early from KCPD to avoid being demoted to sergeant over sexual harassment complaints. Thousands of people nationwide have subscribed to the Record, tripling their subscription base. The Kansas governor sent the Kansas Bureau of Investigation to probe the police inquiries. The state has since announced that the database the Record used is open to the public and that no crime was committed. Good people, government and press alike, stood up to right this wrong. Lawsuits by the Record are pending.

In the end, Cody's secrets were uncovered by the press. That's what journalists do. We hold local leaders and decision makers responsible by asking questions and verifying the information we print. It's what the Marion County Record has been doing since 1869 and what Joan Meyer spent her last breath defending.

Her photo should hang in every newsroom in America as a blessing to journalists and a warning to cops who should dare try such a raid again in our lifetimes.

James C. Pittman started his newspaper career in Minnesota, and has worked in law enforcement since 2002. He is a graduate of Bethel University, served in the U.S. Air Force, and currently works for a large municipal police agency.

#### SUPPORT THE COMMUNITY NEWS & SMALL BUSINESS SUPPORT ACT

• Introduced by Congresswoman Claudia Tenney (NY-24) and Congresswoman Suzan DelBene (WA-1), both members of the Ways and Means Committee.

• Makes refundable tax credits available to local newspapers of up to \$25,000 per journalist in the first year and up to \$15,000 per journalist in the next four years.

• Makes non-refundable tax credits available to local businesses that advertise with local newspapers of up to \$5,000 in the first year and \$2,500 in the next four years.

#### Public schools have huge footprint, should lead way in reducing emissions

#### By TOM LUCY Saint Paul resident and

Saint Paul Public Schools employee

This summer, we have seen a glimpse of the frightening future we face with runaway climate change. Extreme heat waves, horrible air quality, unpredictable storms, flooding, growing food insecurity, and it goes on and on. As difficult as these issues have been, the science shows us that it will worsen in the years to come IF we do not act aggressively to combat climate change.

Staring into the face of this problem, there is some good news to report. At a federal level, thanks to the Inflation Reduction Act, we see an unprecedented level of funding coming to act on climate change. Here in Minnesota, during the last Legislative session, the 100% Clean Energy Bill was passed committing our state to move forward on climate. Lastly, at an even more local level, 22 different cities in the state of Minnesota have declared a Climate Emergency and are advocating for aggressive action. All good news!!

While this is good news to report, the truth of the matter is that aggressive climate action was needed 20-30 years ago so we have a great deal of catching up to do. With that in mind, the question to ask is what next? The simple answer is that we need to continue to push for action at ALL levels and institutions within our society. One of the institutions that can and should be leaders in addressing climate justice are our public schools, locally that

would be Saint Paul Public Schools.

The question is, why are our public schools so important in this fight?

First, K-12 public schools are the largest consumer of energy and largest collection of public infrastructure in the country. This is a massive footprint and with public schools taking aggressive action to reduce their emissions, significant progress could be made.

Second, as we move toward a green revolution we will need millions of workers for those green jobs. Our public schools are the primary force in preparing our children to be in that workforce and to be in the position to benefit from our transforming economy. largest mass transit fleet in the nation, estimated at 480,000 diesel buses. Imagine the emissions saved with our public schools electrifying that fleet!

Fourth, the children of our planet are screaming for action on climate. Our public schools can amplify those voices for needed societal, economic and social change.

Fifth and finally, it simply is the right thing to do. Our children, particularly our children of color, are and will continue to be the most harmed by the effects of climate change. As our public schools central focus is to prepare our children for their future, it is disingenuous at best to then not also work to ensure they have a future.

Our planet is in crisis. Our public schools need to be leaders in addressing that crisis.

Third, our public schools operate the

# Monitor

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The Midway Como Frogtown Monitor is a monthly community publication in the Midway, Como, Hamline and Frogtown neighborhoods of St. Paul, owned and operated by TMC Publications, CO. Visit our website for our calendar and publication dates.

#### Story ideas always welcome.

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

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

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#### LETTERS

#### DRAMATIC CHANGE: DEMO OF BETHESDA

The demolition of Bethesda Hospital on University Avenue eastern end is a dramatic visual of all the changes everyone has experienced in their lives. Yet, nestled in the heart of the Midway, a tradition has defied some of these changes. During construction of perhaps the biggest change along University Avenue, the Green Line, three random commuters met at the Snelling Station. We became friends and decided to meet for breakfast once a month at Dennv's

While I am newly retired, two of us still meet on Saturday and enjoy reminiscing about University Avenue and surrounding Midway. Out third friend, Tim, experienced some changes in his own life and is now in Hawaii. Unfortunately, he is unaware of, his namesake auto repair shop located right across the street from the restaurant.

Thanks for your continued coverage of the Midway.

Steven Sarrazin

#### EVS CAN HELP SOLVE THE CLIMATE CRISIS

If you believe that the climate crisis is real, then you'll want to do your share in solving the problem. There are many ways to reduce your greenhouse gas emissions, but owning an electric vehicle (EV) is one of your best options.

For the average U.S. household, auto emissions represent about a third of total Greenhouse Gas emissions. With an EV, you reduce your transportation emissions by more than 75% and total household emissions by about 25%. Most larger cars get maximum 20 miles per gallon. Since many EVs will get the equivalent of 130

miles per gallon, an EV could reduce auto emissions by 85%.

Most EVs cost more initially, even after generous federal and state incentives, but the fuel and maintenance costs are lower. Hence, the total annual costs of an EV are about the same as a non-EV. Costs are not a reason to forego the benefits of an EV. One challenge to consider is charging station availability throughout the U.S. Small trips from your home to workplace are easy, but traveling at lengths of 200 miles or above poses issues. Thankfully, the current infrastructure can serve the 1.7M EVs on American roads today, but they need to expand their geographical reach for 2030 projections.

EVs will not work well for some of us, but they will work well for most of us. EVs may be a great opportunity for you to reduce your greenhouse gas emissions substantially.

Lucy Diaz Snelling-Hamline

#### WE NEED TO KEEP PEOPLE WITH DISABILITIES IN MIND AS WE DESIGN BUILDINGS

A letter writer in the June issue laments the coming demolition and reconstruction of the Hamline Midway Library, and asks us to look to Europe and their continued use of older buildings. Having recently returned from a trip through Europe where we stayed in and visited many buildings that were 100s of years old, it is indeed wonderful to witness these historic structures still standing and in use.

However, this visit brought to light issues that hadn't crossed my mind in previous visits. You see, I broke my back in December, and my wife tore her ACL in February. As we are slowly healing, we both have problems with stairs and uneven surfaces. Due to the time and manner in which these vaunted buildings were constructed, access can be difficult or impossible for people not in full health. In most restaurants and shops on an English High Street, along a picturesque canal in Amsterdam, or along a narrow one-way street in Paris, restrooms are located down a narrow staircase with no elevator. Often, the only public entrance to these shops is up a step or two, through a narrow original door.

While the current Hamline-Midway Library building is not at that level of barrier for people with disabilities, there are certainly far too many difficulties in access for a public building in 2023. People using wheelchairs aren't able to climb the nine steps to enter the library's front entrance, and are forced to go around to the back of the building. The restroom hallway is ridiculously narrow, and requires a person who cannot traverse stairs to use an elevator. Would it be possible to completely renovate the building to modern standards? Sure, that's a possibility, but it would cost far more money and take away from other needed library projects.

I wholeheartedly agree that it's sad, but due to the architects of the past not keeping people with disabilities in mind, if we want to make sure all people are able to use public buildings, decisions will have to be made.

Jeremy Stomberg

#### Como Park

#### WE STARTED A COMMUNITY GROUP TO REDUCE **PARENT BURN-OUT**

I am the president of a new nonprofit organization, Kaleidoscope Learning. We are located on St. Paul's East Side (but our services are for all St. Paul families!), and we provide a variety of out-of-classroom services for families with children ages birth to six years old.

#### **VOLUNTEER CREW**

Members of the Midway Area Chamber of Commerce Board volunteered at the school supply sorting event for Keystone Community Service on Tuesday, Aug. 22, 2023 at Merriam Park Community Center. Keystone distributed over 600 backpacks. Left to right: Brian May of Spire, Jeff Hart with Suntide Commercial Realty, chamber executive director Chad Kulas, Michelle Murzyn of Riverland Bank, Jim Wagner of 1026 Central LLC, Justin Borrell of Minnesota United, Adero Cobb of Keystone, and chamber program and events manager Ana Powers. (Photo submitted)

Ideation for Kaleidoscope Learning began when our team noticed the glaring lack of support parents of young children faced during the Coronavirus Pandemic. We dreamt of a community space where parents of young children could gather, interact with one another, and access resources that would help them with their child's developmental journey. Our organization's mission is two fold: first, we strive to reduce parental burnout commonly found amongst adults with young children, and second, we want to promote positive early childhood outcomes for all families in St. Paul.

We first opened our doors in the fall of 2022, and we were welcomed with a warm response from the community.

Our core product offering is our Educational Materials Library (toy library), which allows families to rent high-quality, enriching toys, gross-motor items, children's future, and educational materials. By renting our materials, families are able to enjoy high-quality toys without experiencing the financial, space, and environmental burdens.

Website: https://www.kscopelearning. org/. Instagram: https://www.instagram. com/kscopelearning/

Jennie Lynch

#### CORRECTION

In the August edition of the Monitor on page 5, Tom Goldstein's column, "The decline of the Midway," was missing a paragraph and another ran twice. Here is what was missed:

Venture a few blocks north on Snelling and the pattern continues, with the same "for rent" signs dotting the avenue year-after-year. Hamline Hardware is gone and empty, as is Dan's Fan City, though three years later a new use of the boarded-up building is reportedly in the works. Other than the rebuild of Lloyd's Pharmacy, a replacement of the aging (and annoying) Taco Bell drive-through establishment, and the opening of the Flying Pig Thrift store, new business activity near Hamline University has been at a standstill for years.

Sadly, this dismal situation stretches in all directions. The Midway Marketplace is home to the cavernous, vacant Herberger's store (until recently, utilized as a covid-testing site by the state), and the At Home Superstore that replaced Wal-Mart is lucky if a mere 5% of its huge parking lot is occupied—other than during soccer games. Venture a block east, and you'll find more vacant storefronts, Target's huge, underutilized "overflow" parking lot, and a few blocks farther down, an empty, glass-strewn lot where Napa Auto Parts once did a thriving business.

Our online post has the corrected version at www.MonitorSaintPaul.com.

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Midway Area Chamber of Commerce Board members tour Allianz Field with fellow board member and Minnesota United General Manager Justin Borrell (third from left) on Sept. 6, 2023. The tour followed a presentation by Loons owner Bill McGuire on development coming around the stadium. (Photo by Tesha M. Christensen)

### UNITED VILLAGE >> From 1

Some steps start soon. Environmental cleanup at the site starts this fall, with development underway as soon as next year. The developers go to the St. Paul Parks and Recreation Commission Sept. 14 to seek a recommendation of approval for a private ownership public space agreement for the plaza and playground.

More than \$160 million in investment is planned in the months ahead. Development would have a local focus, with no chains and no "big box" stores. There could be as many as four to five restaurants spread out among the buildings planned in the first phase.

McGuire said the developers are committed to getting a project done. "All I can do is promise you that as long as I am doing this, I will stand by my commitment to what you've seen and try to do it," said McGuire.

He also emphasized that there is a need to have a high-quality development that attracts investors.

#### COVID-19 AFFECTED SPEED OF DEVELOPMENT

The scaled-down redevelopment plans still call for a variety of uses, similar to the 2016 master plan that won St. Paul City Council approval. But McGuire noted that the COVID-19 pandemic fundamentally changed the development landscape, especially for office and commercial uses. That has meant scaled-back plans.

For example, a planned movie theater has been scrapped. McGuire said the developers worked with three theater companies. "They're all out of business now."

He also spoke of the financing challenges developers face, saying that environment is "extraordinarily difficult."

#### SCULPTURE, PLAYGROUND COMING IN 2024

The first phases of development now include a four-story, 100,000-square-foot office building near the University-Snelling corner, a 158-room full-service hotel/ restaurant/bar with parking ramp where McDonald's is, a plaza at University and Snelling, two-building restaurant pavilion near the hotel, and an all-abilities playground east of the stadium along Pascal. The playground equipment will be completed in March, and ready for installation. The playground has been designed by Landscape Structures, who did Madison's Place in Woodbury. Like that one, the playground in United Village will be a fully inclusive playground designed to

allow all children to play together regardless of their abilities. It is the first of its kind in St. Paul.

Minnesota United FC and two other tenants could occupy the planned office building. McGuire said at least two private investors are interested in being part of the office/retail development.

One focus is to improve conditions

along Snelling and on Green Line light rail. McGuire describes the planned Snel-All I can do is ling-University promise you that sculpture plaza as as long as I am a "beacon." Some doing this, I will audience members disagreed, stand by my as they quescommitment to tioned why anywhat you've seen one would want and try to do it to visit a public **Bil McGuire** space, at a noisy, busy corner. Mc-

Guire compared the coming

sculpture being designed by an international artist as a piece like the Cloud Gate, aka "The Bean," in Millennium Park one of Chicago's most popular sights.

The developers are also in talks with the Minnesota Department of Transportation about cleaning up and maintaining land at Snelling and St. Anthony across from the stadium, to create a more welcoming gateway.

McGuire spoke of more use of the stadium, as concerts there are a future possibility. "The stadium cannot sit as empty as it does now," he said.

The hotel will be owned by McGuire and will not be a chain. The company that designed Allianz Field, Populous, is part of the team designing the other buildings in United Village.

While some at the meeting liked what they saw, others questioned changes in the original plans. The Great Lawn green space north of the stadium was supposed to extend all the way to University. Now the northern part would become part of the hotel site. That change met some disappointment. McGuire said there is a lack of hotel space between downtown St. Paul and the University of Minnesota area, and that area colleges and universities have asked for hotel space. Housing will be built in a later phase.



Season ticket holder Jericho Tabor of Minneapolis holds up a jersey with collected signatures from U.S. National team players during a May 2023 Loons game. (Photo by Tesha M. Christensen)

# Weary of trash, citizens concerned about parking lots around Allianz Field

#### By JANE MCCLURE

Requests to continue use of two interim parking lots west of Allianz Field and add a third new interim lot northwest of the soccer stadium go to the St. Paul City Council for a public hearing at 3:30 p.m. Wednesday, Sept. 20 at City Hall. The city council is being asked to keep all three lots in place for up to five years.

Weary of waiting for redevelopment and unhappy about what is seen as an unkept site, some community members are pushing back. Several said they are tired of unkempt property. Others noted that the two district councils routinely organize clean up and pick up trash in and around the development site.

And do interim uses become permanent uses? That is another red flag for some.

The Hamline Midway Coalition (HMC) Development Committee sent its recommendation for denial to city officials Aug. 23. On Sept. 7, Union Park District Council (UPDC) will consider a land use committee recommendation that the city council deny the requests.

Developers' representatives who have attended meetings with the district councils said the lots are not planned as permanent uses. Bill McGuire, owner of Minnesota United FC and one of the partners in redevelopment, has also said the longterm plan is to develop the lots and the rest of the site. They have also discussed better communication and the need to keep the areas picked up.

In its letter to city officials, HMC recounted the lots' history, and the developers' statements that parking was needed to have development occur. But there has been no development on the block.

"In fact, since 2018, almost all existing businesses on the site that served both neighborhoods have been eliminated. The superblock is one large parking lot surrounded by lopsided chain link fencing that collects trash. Clearly, dedicated parking space has not yielded the development the city was promised years ago. A request to codify parking lots is clearly not an indicator of imminent development," the HMC letter stated. for a five-year period. That permit expires this year.

In 2018, UPDC and HMC asked for more time to review the requests and see if the lots could be designed in ways that allowed other uses. The city council rejected that request.

The new request is meant to accommodate a planned office building that would be at Spruce Tree and Asbury streets. Snelling Midway Redevelopment LLC indicated in its application that the long-term intent is to develop the lots for commercial use, as indicated in the site's master plan.

The creation of interim surface parking for the stadium, which opened in 2019, was a point of debate five years ago. Some stadium neighbors feared being overrun with soccer fan parking and questioned whether the spaces would be enough to even make a dent in anticipated parking demand.

Others said that more needed to be done to encourage transit use, walking and biking to games, and sharing of existing ramps and lots.

On the Allianz Field superblock, development plans were slowed by changing market conditions and the COVID-19 pandemic.

Union Park committee members Paul Bakke and Paul Toman said they'd advocate for a shorter time permit, possibly for two years and not five. But a motion for the shorter period failed.

"We gave them five years and they were basically incommunicado during that time . . . I don't think they have earned our endorsement," said UPDC committee member Scott Berger.

UPDC committee member Austin Wu expressed skepticism that the sites would ever be developed. "(Interim uses) just never change," he said.

Two parking areas west of the stadium were allowed by as interim uses in 2018,

Interim use permits are allowed under state law if they meet specific conditions. Interim uses under state law must conform with a city's zoning regulations, must have a set end date, cannot impose additional public costs if the property is restored in the future, and must follow any conditions the city sets.

The city, in turn, can put limits on an interim use permit, including on project design and the time the use is in place.



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#### BACK 2 SCHOOL

### Gentry Academy hires Como High graduate Kyle Follmer to lead boys' hockey team

Gentry Academy in Vadnais Heights has hired Kyle Follmer as the school's new boys' hockey coach. Follmer, who played high school hockey at St. Paul Como Park, before playing junior and college hockey, is excited to hit the ice with a squad poised to take the next step.

In addition to his coaching duties, Follmer will also teach physical education at the school.

"I am very excited to join Gentry and bring my experience as a player and coach to this growing program," said Follmer. "I see a lot of myself in our current team. We have so many guys who love the game and want to play it at the highest level, all while getting a top-notch education."

Follmer played college hockey at Northern Michigan University and then played five seasons of minor league hockey in Indiana, Iowa and Texas. After he retired from playing, Follmer headed to the southwest where he served as an assistant coach of the New Mexico Ice Wolves junior team for two seasons.

"Coach Follmer will be a great fit to both our school community as a teacher and on the ice leading our boys' hock-



ey team," said Jennifer Kurth, Gentry's Director of Education. "He has a passion for teaching and a desire to make this team one of the best in the state."

New Gentry Academy Athletic Director Morgan Underwood said she believes Follmer was the best possible fit for the school based on his experience and familiarity with hockey in the area.

"Kyle will be an amazing addition to Gentry Academy and our boys' hockey team. His passion for not only the game but the development of student athletes is hard to come by," said Underwood. "His experience and connections will prove to be strong assets to his position as our new coach. I am very excited for Coach Follmer to be part of the Stars Family."

Follmer embraces the challenges of coaching high school hockey in a changing landscape.

"A lot of the city programs are gone and many of the first-tier suburban schools are struggling to be competitive," said Follmer. "I believe at Gentry we provide a place for good hockey players to advance their skills on and off the ice."



# HAMLINE HEADLINES

Hamline University welcomes its alumni and friends to

#### **RAIN TAXI BOOK FAIR RETURNS OCT. 14**

Rain Taxi presents its 23rd Annual Twin Cities book Festival Saturday, Oct. 14, from 10 a.m. to 5 p.m. at the state fairgrounds with special presentations by two Minnesota icons: Kate DiCamillo and Keith Ellison. The book festival will be host to the book launch event for Kate DiCamillo's new book, "The Puppets of Spelhorst," an original fairy tale and the first in a new series.

Minnesota Attorney General Keith Ellison will present his book "Break the Wheel: Ending the Cycle of Police Violence," a timely work that brings all citizens to the table for a conversation and look toward solutions. More information about these events here: https://twincitiesbookfestival.com/author-stage-events/.

This day-long festival presents internationally renowned visiting authors, local literary heroes, activities for kids, and a giant book fair – the largest in the state – which offers both a snapshot of the publishing scene and great bargains, including Rain Taxi's Used Book and Record Sale. This one-day festival typically attracts over 6000 people and is FREE and open to the public!

#### **COMMUSICATION CELEBRATES 10 YEARS**

ComMUSICation (CMC), a nonprofit organization providing equitable access to music programs for youth in Saint Paul, marked its 10th anniversary by hosting a concert on May 21 at the Ordway Concert Hall. The concert culminated a year-long celebration of its work to ensure young people have positive outcomes through access to high-quality, holistic, and intensive after-school music programs. Since its founding in 2013, ComMUSICation has supported more than 1,000 St. Paul youth to develop life and leadership skills, connect with their community, and use their voices for the change they want to see in the world.

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#### **BY LAUREL COLLINS** laurel@hmelders.org 651-209-6542

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• Gentle Exercise: Tuesdays, 1:30 -2:30 p.m., Sept.19 - Nov. 7 (in-person & Zoom)

• Chair Yoga: Thursdays, 10:30 -11:30 a.m., Sept. 21 - Nov. 9 (in-person & Zoom

• Jody's Documentary Film Series: Last Wednesday of each month, 1 p.m.

• Solo Seniors Resource Group: last Monday of each month, 10-11:30 a.m.

• Knit/Crochet Group: Mondays, 1- 3 p.m., ongoing (in-person & Zoom)

• Defensive Driving Refresher Course: Wednesday, Oct.11, 1-5 p.m.

• Fall Social: Thursday, Oct. 5, 1-3 p.m.

#### NIGER'S COUP - CHINA, RUSSIA, CLIMATE, AND NUKES ON SEPT. 27

World Without Genocide will host a webinar on Wednesday, Sept. 27, 2023: Niger's Coup - China, Russia, Climate, and Nukes. On July 26, a military junta in Niger deposed Niger's democratically-elected president, the 6th coup in Africa's Sahel region since 2020. This belt of military leadership is destabilizing the entire region. Registration is required by Wednesday, Sept. 27, 6 p.m. CT at www. worldwithoutgenocide.org/niger.

#### Lyngblomsten opens new senior living community, first time in over a century

Lyngblomsten, a Minnesota nonprofit senior services organization, announces the opening of its new continuum-of-care campus in Lino Lakes, Minn. The community welcomed its first residents to the campus' independent living apartments in July, marking the culmination of nearly 10 years of preparation. Lyngblomsten at Lino Lakes is expected to welcome residents to assisted living apartments and memory care units in late summer.

Building on the strong legacy of care for older adults on its senior living campus in the Como Park neighborhood of St. Paul, Lyngblomsten now continues its Christ-centered mission to even more older adults through a robust offering of living options. The 20-acre campus (located at the corner of Hodgson Road and County Road J) includes 20 detached, one-level rental townhomes and a multi-level building that consists of 96 independent living apartments, 36 assisted living apartments, and 17 memory care suites. In addition, residents have access to a variety of campus amenities, including three dining options, a fitness center with warm water pool, chapel/multipurpose room, workshop, game room with golf simulator, pickleball court, pet exercise area, and more.

"This is an historic time for Lyngblomsten because it marks the first time since 1912 that Lyngblomsten has opened a continuum-of-care campus," said Jeff Heinecke, President & CEO of Lyngblomsten. "I can only imagine that the excitement, pride, and blessings that we are experiencing today are much the same that



"I can only image that the excitement, pride and blessings that we are experiencing today are much the same that the founding women felt a century ago when they welcomed the first residents to the St. Paul campus," said Jeff Heinecke, President & CEO of Lyngblomsten.

the founding women felt a century ago Homes oversaw construction of the townwhen they welcomed the first residents to

the St. Paul campus." He continued, "We're honored to be able to support older adults in living a vibrant, active lifestyle."

Wold Architects and Engineers, a St. Paul-based architectural and engineering firm with senior living design expertise, led the project's design. Grand Real Estate Advisors served as development advisor, and Weis Builders served as construction manager for the project, while Dane Allen

homes.

A grand opening celebration for the public is being planned for Saturday, Oct. 7. For information about housing options, visit www.MyLinoLakesHome.com.

Incorporated in 1906, Lyngblomsten is a Minnesota-based Christian nonprofit organization enhancing the quality of life for older adults of all faiths and cultures through its healthcare and housing facilities and its community-based outreach programs.



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# St. Paul author's book helps children process grief

Book published 46 years after it was written

St. Paul author Jean Havlina-Madsen has devoted her life to helping and educating others. After years of working in pediatrics, she entered the hospice field and became involved in grief education and facilitating grief groups. Through this impactful work, she realized that grief can be a difficult emotion for children to process, which fueled her desire to write a children's book about grieving the loss of a loved one.

Her debut children's book, "Attic Day," creates a space where kids and their family members can experience and work through their grief in a healthy and meaningful way. By reading this sentimental book, she hopes children will learn to better understand loss and manage feelings of sadness while fondly remembering their loved one who is now gone.

Havlina-Madsen initially wrote Attic Day 46 years ago, but found that no one was interested in publishing a children's book related to death and dying. When the COVID-19 pandemic left many children grieving the loss of their loved ones, she knew it was time to share this story with the world.

"I couldn't find any books for young children on this subject. When COVID hit, I was overwhelmed by the number of deaths that left children without a parent," Havlina-Madsen said.

In the story, a little boy and his family head up to the attic every fall to clean out things that have been put in storage throughout the year. This year, "Attic Day" is a painful occasion as the little boy's father passed away months earlier. Together, the little boy and his mother and grandpa face the grief head on and uncover forgotten treasures while sharing stories and memories of their lost loved one.

JEAN HAVLINA - MADSEN

"Today is not a holiday or the first day of school or even my birthday, but it's a special day at my house. We even have it written on our calendar: 'ATTIC DAY,'" the book reads.

Havlina-Madsen, who resides in Macalester-Groveland, hopes this story will emphasize the importance of acknowledging and embracing grief while celebrating the lives of those who have passed away. By reading this touching book, children will gain valuable insights into the grieving process, find solace in shared experiences, and cherish the memories of their loved ones.

"If this book reaches a handful of children [who are grieving], it will bring me joy," Havlina-Madsen said.

Attic Day is available for purchase on the Blue Balloon Books website and everywhere books are sold.

#### FRIENDS FOR A NONVIOLENT WORLD, PEACE WALK SEPT. 30

Activist, professor, community organizer, and author George Lakey is visiting the Twin Cities in September for his international book tour. From his first arrest in the Civil Rights era to his most recent during a climate justice march at the age of 83, George Lakey has committed his life to a mission of building a better world through movements and campaigns for justice. Lakey's life and vast experience with nonviolent social change organizing reminds us how to find hope in even the toughest times through strategic, joyful activism. Bring your curiosity and questions to any of the five book tour events being hosted by the local peace and justice organization, Friends for a NonViolent World (FNVW).

Go to fnvw.org/georgelakey for upto-date information about George Lakey's visit to the Twin Cities.

George Lakey's life will be the subject of a new documentary film coming in 2023.

George Lakey Twin Cities book tour schedule:

• Sept. 24: "How nonviolent campaigns succeed in polarized times," 10:15-11:00 a.m. Minneapolis Friends Meeting, 4401 York Ave. S.

• Sept. 26: Reading excerpts from memoir, 7-8 p.m. Magers & Quinn Book-sellers, 3038 Hennepin Ave.

• Sept. 27: "Organizing for Environmental and Climate Justice" includes panel with local organizers, 7-9 p.m. Minneapolis Friends Meeting, 4401 York Ave. S

• Sept. 28: "Intersectionality of Racial Justice and Solidarity Work" includes panel with local organizers, 7-8:30 p.m. East Side Freedom Library, 1105 Greenbrier St.

• Sept. 30: Keynote at Walk for Peace and Justice hosted by Friends for a NonViolent World (FNVW), 10 a.m. Minneapolis, MN, Bracket Park, 3800 E. 28th St.

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# A HARVEST OF HAPPINESS

# Our Village community garden turns 12

#### By PATRICIA OHMANS FROGTOWN GREEN

Wendell O Ward (a longtime Frogtowner known to his fans as "WOW") is generally a happy guy. But this year a little patch of dirt, just about 40 feet square, has made him even happier. 2023 was Wendell's first year planting a a garden at Frogtown Green's Our Village Garden, but – according to WOW – it will not be his last.

"My garden is growing beautifully!" he exults. "I'm chopping and freezing this growing season, and there will be zero waste this harvest! I even grew potatoes this season. They grew so fast, I was expecting it to take longer!" Wendell proudly displayed his first harvest on Facebook in early August, and has continued to harvest more greens, potatoes and tomatoes.

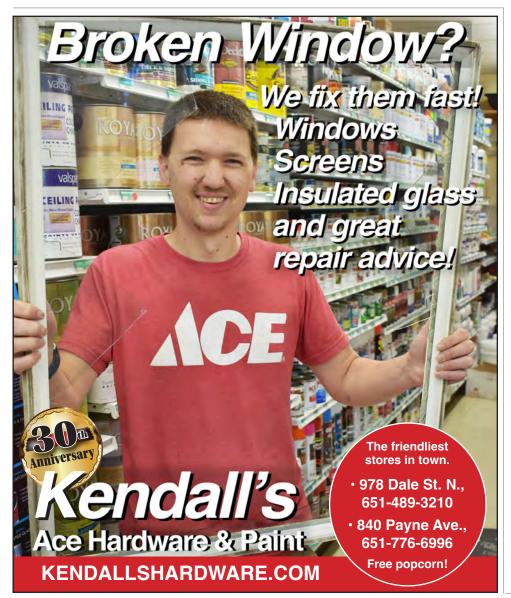
This year, Wendell joined 39 other Our Village gardeners, planting in one of the 12 year-old community garden's 40 raised beds. He focused on vegetables, like most of the gardeners at Our Village. By late August, beds were filled with ripening okra, tomatoes and peppers, corn, melons and a few flowers.



Kathy Donovan has helped oversee Our Village Garden since its beginnings. Below is Our Village Garden when it started in 2011. (Photos submitted)



Residents of the townhouses and apartment building adjacent to the gar-



den are the primary users of Our Village, with other coming from nearby Frogtown homes and apartments. Each garden plot is a 4'x10' raised bed. Gardening tools and water are provided by Frogtown Green, with support from the Banbro company, which owns the land, and supports Frogtown Green's coordination and maintenance work. Garden beds are assigned in spring on a first-come basis, and seeds and starter plants are available for gardeners while supplies last. Gardeners agree to maintain a bed throughout the season. There is no charge to participate. Frogtown residents get first priority, says site manager Chris Stevens.

Stevens helps maintain Our Village's urban orchard of fruit trees, native pollinator plantings and places to relax, including a wisteria-clad pergola, and an entrance garden and archway covered with clematis vines. The space is a far cry from the barren, flat ground at the corner of Pierce Butler Route and Milton Street, where the first raised beds were built in 2011. Back then, the space was the site of a former landfill, remediated by the St Paul Port Authority. Gradually, Frogtown Green members and volunteers added trees, flowerbeds and structures that have made the garden both beautiful and productive.

Veteran gardener and volunteer Kathy Donovan remembers the barren patch and revels in its transformation. Although she is no longer able to garden due to allergies, Kathy remains vitally interested in the space. She has contributed irises from her mother's gardens for the perennial beds, and helps with social events for the gardeners, including an annual cherry pie feast with cherries harvested from the garden's trees. She has participated long enough to see the garden undergo its first "remodeling."



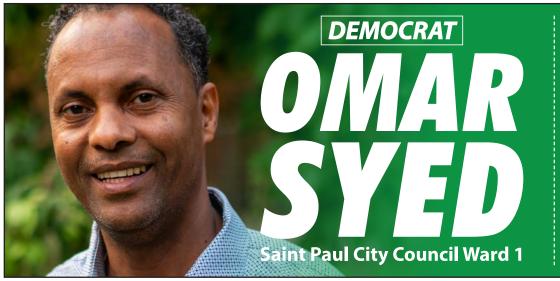
Wendell O Ward, a first time gardener, was "wowed" by his harvest.

This year, after more than a decade of hard use, the first raised beds were showing their age. Our Village's site manager, Chris Stevens, rebuilt those beds by hand this past spring, using boards that he first charred with a flame-thrower, to remove excess moisture and reduce rotting. This method of wood preservation, called shou sugi ban, is a traditional Japanese technique for waterproofing wood. The wood surface is carefully charred until it turns black, rendering it weatherproof and distinctively attractive.

Next spring, Stevens will be using another technique that originated in Japan to expand the parameters of Our Village. Our Village will be home to St. Paul's first 'mini-forest," a new project supported by the Minnesota Department of Natural Resources. According to the New York Times, the mini-forest is "part of a sweeping movement that is transforming duty highway shoulders, parking lots, schoolyards and junkyards worldwide." Basically an intensively planted thicket of native trees, the mini-forest will enhance habitat for native birds and pollinators, while eventually providing a noise and dust barrier from busy Pierce Butler Route.

WOW, for one, will be back next spring to observe the mini-forest planting – and to claim his vegetable bed again. "I can't wait!" he says. Meanwhile, there are just a few more potatoes to harvest.

Frogtown Green is a volunteer-powered initiative to build green beauty in the Frogtown neighborhood. We plant trees, cultivate gardens and work toward a healthier environment. If you'd like to know more, our website is frogtowngreen.com and our phone is 651-757-5970.



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# Could a new duplex, triplex or fourplex be coming to your neighborhood?

#### By JANE MCCLURE

Ways to add housing density throughout St. Paul, without dramatically changing community character, are goals for zoning amendments going to the St. Paul City Council for a public hearing on Wednesday, Oct. 4, 2023.

The Planning Commission Aug. 18 unanimously passed a sweeping set of changes that could make it easier to add duplexes, triplexes and fourplexes throughout the city. In some cases, new buildings of up to six units could be added.

The study en route to the St. Paul City Council is the second phase of the one to four unit studies.

The first phase of the study focused on the ability to build smaller housing units, development on small parcels and making it easier to build accessory dwelling units. Those changes were adopted by the city council in January 2022 and took effect in March of that year. They were seen as the easiest to get reviewed and approved. The second phase has been more complex, and focused on additional regulatory flexibility to support greater housing diversity.

A Planning Commission committee has debated the latest set of changes, following an April public hearing. Planning commissioners continued to discuss the issues Aug. 22 before agreeing to send the proposed changes on to the city council. Most of the discussion was over various building height standards, and the issues of density versus neighborhood character.

Dozens of proposed changes are detailed in more than 750 pages of zoning code amendments and public comments. The April public hearing drew sharply divided opinions, of people who oppose the measures and see them as destabilizing neighborhoods, and others who are in strong support and want more housing density.

About half of the city is currently zoned for single-family housing. The changes would allow smaller-scale multi-family buildings in those areas. Such housing is sometimes described as "missing middle" housing. This type of housing offers density, but not on the same scale as apartment buildings.

Planning Commission Chairman Luis Rangel Morales said the proposed amendments could make a major change in the city's housing stock. He also noted the competing interests in retaining neighborhood character and the need to add more housing.

The many technical zoning code changes include renaming residential zoning district; allowing increased density along planned transit lines including the future Randolph Avenue/East Seventh Street line (H Line); and making numerous changes to dimensional and design standards for buildings and lots. The amendments would allow more than one accessory dwelling unit on a single lot, and would allow more density in cluster developments. Other changes would make it easier to convert larger single-family homes into multi-unit buildings.

One aspect of the changes could allow

buildings with up to six units, if various city-set density bonuses are used. An example of a density bonus is when a developer adds dwelling units for low-income residents.

Planning staff has emphasized that if the changes are adopted, single-family housing would remain. The intent is to allow a greater diversity of neighborhood-scale and missing middle housing options in districts currently zoned exclusively for single-family homes, and in other residential districts.

Staff has also noted that costs, market conditions and developer interest would actually dictate what is and isn't built. The city has seen relatively new accessory dwelling units since those were legalized several years ago, with high costs of such units cited as a deterrent.

Learn more about the study, read public comments and look at areas of potential change at https://www.stpaul. gov/departments/planning-and-economic-development/planning/current-activities/1-4-unit-housing-study.



#### SEASONAL SKATE PARK AT DAYTON'S BLUFF REC CENTER

A seasonal skate park has been open at Dayton's Bluff Rec Center (800 Conway St.). It opened in May with a celebration by community partners and Dayton's Bluff Elementary School students and staff. This project was started when recreation center staff noticed the tennis courts being underutilized in recent years. They reached out to City of Skate, and began conversations around creating a pop-up skate park, an amenity growing in popularity, instead. Utilizing recycled materials

like old basketball hoops helped reduce costs while providing creative, eco-friendly, and unique design features for this skate park. Mayor Melvin Carter said "This new skate park is an exciting example of how we work together to revitalize our community spaces."

This is the 7th skate park feature in Saint Paul, and the third skating feature built in the past year. To view a map of all city skate parks, visit www.stpaul.gov/parkmaps.



#### PEACE BUBBLES

BY MELVIN GILES peacebubbles@q.com

"We will never betray those who marched for us, fought for us, lived for us, died for us. We are the children and grandchildren of their struggles, and we will be worthy of their sacrifices." Arndrea Waters King

"The greatest and most immediate danger of White culture is its fear of the truth, its childish belief in the efficacy of lies as a method of human uplift." W. E. B. Du Bois

"One day, when the light of the blue moon

### WHAT'S GOING ON IN THE CITY

\*URBAN FARM VS. TOXIC HARM in the Phillips neighborhood in Mpls. (Stay abreast as to the community's progress!)

\*Support sustainable practices, those creating community gardens/farms and saving heirloom/organic seeds.

\*In spite of losing our 'full-on' version of Heart of the Beast's May Day Parade, communities still rise and celebrate the day at Powderhorn!

\*Our collective loss of Intermedia Arts is still felt, but giving thanks for JXTA's new building, Public Functionary's new digs at Northrup King and south Minneapolis' Mudluk Pottery!

\*We may have loss Fasika, Marla's, Foxy Falafel and now, Breaking Bread Cafe – But instead, we have West Indies Soul back, Bole's two sites, Flava, Rafiki's, HEAL Mpls, Indigenous Food Lab & Seward Cafe's re-opening! (which happens to be the oldest collective in the country, operating since 1979). all ism's and rise in gratitude to Our Ancestors, seen and unseen. To the teachers, mentors, makers, Elders and Wise Ones.... Give them space, respect and reverence.... always!

From St. Paul/Minneapolis artist/activist: Nancy A. Sampson - Thank you, Nancy!!!!

#### STORY OF TRUTH AND LIE

A fable that I first heard from a Black preacher years ago. This is a shorten version of the Story of Truth and Lie, as shared by https://medium.com/@ ParkerSimpson/the-story-of-truth-lie-1476bda2d45e

One day a man named Truth and a man named Lie stood by a river just outside of town. They were twin brothers. Lie challenged Truth to a race, claiming he could swim across the river faster than Truth. Lie laid out the rules to the challenge stating that they both must remove all their clothes and at the count of three, dive in to the freezing cold water swim to the other side and back. Lie counted to three, but when Truth jumped in, Lie did not. As Truth swam across the river, Lie put on Truth's clothes and walked back in to town dressed as Truth. He proudly paraded around town pretending to be Truth. Truth made it back to shore, but his clothes were gone and he was left naked with only Lie's clothes to wear. Refusing to dress himself as Lie, Truth walked back to town naked.

what happened and that he was in fact Truth, but because he was naked and uncomfortable to look at, people mocked and shunned him – refusing to believe he was really Truth. The people in town chose to believe Lie because he was dressed appropriately and easier to look at. From that day until this, people have come to believe a lie rather than believe a naked truth.

The moral of this story, and how it applies to modern day society, is that we often either consciously or subconsciously reject certain truths in our personal lives or in the world around us for the sake of our peace of mind. These truths may be in our personal lives: financial issues, relationship issues, struggles with our faith, addiction problems; they are all areas where we often turn our back to the cold hard truth, even if it's at our own peril.

We've also seen this in public society, as well. Our country is brutally divided among ideological lines on every front. People can be presented with irrefutable yet inconvenient truths regarding societal issues including terrorism, global warming, race relations, cultural differences, and countless other issues, but they shun those truths and decide instead to believe the well-dressed lie, especially if it benefits their agenda or idealistic narrative. The story of Truth and Lie swimming in the river may answer why we do this to ourselves, but what it doesn't answer is when and if we will ever learn from it.

falls in your eyes, then you will realize that only the naked truth can free your heart." Kristian Goldmund Aumann

#### Hello Monitor readers,

I'm keeping it short this month with an expression from a neighborhood reader with much to say in a brief manner. And, I'm repeating a story from my July 2022 column.

#### FOCUS ON THE POSITIVE STILL HONORING OUR COLLECTIVE LOSSES

\*I'm all about Piper's vision (local youth) of planting a mini-urban forest in Como!

\*Pay homage to the Ancient Oak we're losing in Como at Chatsworth & Nebraska before she's gone!

\*SAVE the HAMLINE LIBRARY!!!

\*Gratitude, honor and support to all Water Protectors fighting Line 3 and Line 5 tarsands oil pipelines, threatening the health of our planet/homes!

\*Keep-up our two-year and counting fight, to SAVE the Frederick Miller Spring in Eden Prairie! Best free drinking water this side of Duluth! Support if you are able @Springvalleyfriends.org

\*Reconcile/make right the systemic racism/genocide that's woven into this 'great' nation we call home. Reparations, landback, Just Deeds and abolish/re-think our so-called justice system!

\*Much respect to all ready to stand against injustice and dedicate to ending

People stared and glared as naked Truth walked through town. He tried to explain

Stay optimistic and have the courage to see and hear the Truth. Be well.

May Peace Be In the Rondo, Frogtown, Hamline/Midway, Como, and Surrounding Communities... May Peace Be In Our Homes & Communities... May Peace Prevail On Earth (MPPOE)!

# Living the dream with hope and purpose

#### PLANTING SEEDS

BY DR. ARTIKA TYNER, dr.artikatyner@gmail.com

Aug. 28, 2023, marked the 60th anniversary of the March on Washington for Jobs and Freedom. On Aug. 28, 1963, thousands gathered to lift their voices for justice. They envisioned a society where the rights of people were protected no matter the color of their skin and where everyone could reach their full potential.

#### **HISTORY OF THE MARCH ON WASHINGTON**

The march was organized by civil rights organizations and labor unions which include: National Association for the Advancement of Colored People (NAACP), National Urban League, National Council of Churches, and United Auto Workers. In all, 250,000 people gathered at the Lincoln Memorial.

The lead organizer, A. Philip Randolph, gave the opening speech. In his deep baritone voice with a melodic manner, he shared his dream for the future. He envisioned an end to racial segregation and discrimination. All children would have access to quality education. Job seekers would find gainful and viable employment opportunities in order to provide for their families and build strong communities. He was committed to building a democracy without barriers to accessing the ballot box.

A young activist, John Lewis who later became a member of Congress, described a future without the threat of police and state-sanctioned violence. He challenged the United States to wake up to the challenges of racial injustice and create change with the urgency of now.

Mahalia Jackson sang the spirituals "How I Got Over" and "I Been 'Buked and I Been Scorned" which reflected the unwavering tenacity and courage of the Black community.

During Rev. Dr. Martin Luther King, Jr.'s speech, Mahalia reminded him to tell the crowd about his dream. What emerged was his preeminent "I Have a Dream" speech where he shared a vision of justice, freedom, and equity.

The March on Washington had a lasting impact on policy changes. It led to the passage of the 24th Amendment. This law ended poll taxes and any restrictions on voting. It laid a foundation for the Civil Rights Act of 1964. It challenged segregation in public spaces like schools, transportation, and restaurants. It outlawed employment discrimination and created access to new job opportunities.



Congratulations to PPGJ 2023 Dr. King writing competition winners: (left to right) Soliana Ruva Emmanuel, Celicia Young, and Deborah Adedigba. (Photo submitted)



Maxfield Elementary School Principal Dr. Leslie Hitchens stands with Deborah Adebiga.

LANDMARK

CENTER

www.landmarkcenter.org | 75 Fifth Street West | Saint Paul, MN 55102

#### LEGACY OF HOPE

The dream shared during the March on Washington has still not been fully realized yet. The mission of Planting People Growing Justice is to build upon this legacy of hope. We believe hope is an action verb. We ignite change by teaching our youth about history, introducing them to the leadership legacy of heroes and sheroes (like the organizers of the March on Washington), and inspiring our youth to make a difference in the world.

Our annual Rev. Dr. Martin Luther King Jr. writing contest (sponsored by the Minnesota Twins) introduces youth to King's dream and challenges them to take action and make this dream a living reality. Our team traveled to classrooms and youth groups across the Twin Cities Metro to teach about Dr. King's leadership through two notable speeches: "I Have a Dream" and "Drum Major Instinct." Most children are familiar with "I Have a Dream," while few have heard of "Drum Major Instinct." The two have a natural synergy. It starts with the dream of what the United States can become. According to King: "There are those who are asking the devotees of civil rights, 'When will you be satisfied!' ... We are not satisfied, and will not be satisfied until justice rolls down like waters and righteousness like a mighty stream."

The Drum Major Instinct enlists everyone as a key collaborator and leader in making this dream a reality. "If you want



Soliana Ruva Emmanuel poses with T.C. Bear.

to be important – wonderful. If you want to be recognized – wonderful. If you want to be great – wonderful. But recognize that he who is greatest among you shall be your servant. That's a new definition of greatness. [By] giving that definition of greatness, it means that everybody can be great, because everybody can serve," said King.

We are honored to recognize the youth who wrote about this legacy of hope and how to live a life of purpose by becoming a drum major for justice. Congratulations to our PPGJ 2023 Dr. King writing competition winners: Celicia Young, Deborah Adedigba, and Soliana Ruva Emmanuel. They reflected on what it means to be a drum major for justice. Their message challenges us to embrace the values of courage, hope, unity, and love and to serve and lead in our communities.

With the support of our partnership with the Minnesota Twins, these young scholars were recognized at a Twins game and threw the ceremonial first pitch. They will also become published authors in our second edition of Aya Youth Anthology.

#### WRITE FOR JUSTICE

Our Write for Justice program seeks to increase literacy while developing cultural awareness and leadership. Each writing opportunity inspires our youth to lead change by lifting their voices for justice.

Share your story and win a cash prize and become a published author. We currently have six writing competitions available. You can find them listed on our website at Share your Story (www.ppgjli.org)

For those under 25: Aya: An Anthology of Racial Justice, Healing, and the Black Experience; Food Justice. For those in 3rd-12th grade: Financial Independence; STEM. For those of all ages: Rondo History & Values; Minnesota Black History

You are welcome to submit to as many of them as you like.

Through her organization, Planting People Growing Justice Leadership Institute, Dr. Artika Tyner seeks to plant seeds of social change through education, training, and community outreach.



SUNDAYS At LANDMARK

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#### SEPT. 17, 1-3 PM, FREE MID-AUTUMN MOON FESTIVAL

Celebrate Southeast Asian tradition with music, dance, food, crafts, storytelling, and a lion dance and lantern parade in Rice Park.

Sundays at Landmark is supported by: RAMSEY COUNTY TRAVELERS COUNTY ECOLAB

Full details at landmarkcenter.org or call 651.292.3063



**Volunteer In** 

Lutheran Social Service of MN is seeking volunteers age 55+ in your area to provide companionship to older adults or mentor school-age children. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact Brinn at 218.536.9939 or Brinn.Krabbenhoft@lssmn. org for more information and to make an impact in your community.

> Lutheran Social Service



#### COMO PARK Senior High School

BY ERIC ERICKSON Social studies teacher

Summer break came and went quickly! Hundreds of students stayed connected to Como through unique experiences ranging from educational trips out of state to athletic team trainings on campus. Some Como students were part of summer school classes held at Como which hosted all 11th and 12th graders attending summer school from across the district. New classes for the 2023-2024 school year began on Tuesday, Sept. 5. Staff members returned to the building for meetings, workshops, and preparation on Monday, Aug. 28.

Here's a review of summer highlights and a preview of upcoming fall activities.

#### JROTC LEADERSHIP CAMP

Como's Marine Corps JROTC program bussed 45 cadets to a ranch in South Dakota for team building exercises and physical trainings. Based at the Korkow Ranch near Pierre, the cadets exerted themselves in challenges that built camaraderie.

They were also able to spend time in the Black Hills and see Mount Rushmore. Their adventure was supported by grants



Como's Marine Corps JROTC cadets at their Summer Leadership Camp in South Dakota. (Photo by Sgt. Major James C. Kirkland)

from the North Star Marines Veterans Corps and the Rice Street Athletic Club.

Additionally, 10 cadets attended a First Responders Camp and visited the Coast Guard in Duluth. And two cadets participated in an Aviation Leadership Camp at the Aerospace Village in Virginia. Fundraising is a constant for Como's JROTC and the State Fairgrounds were a key location. The cadets worked sanitation duty during the Back to the 50s weekend and worked 12-hour shifts for the first seven days of the fair.

#### **NEW YORK CITY**

Social studies teacher Justin Mann led 31 students (along with seven other chaperones) to New York City for five unforgettable days in late June. Highlights included the Statue of Liberty, Ellis Island, the 9-11 Memorial and Museum, and neighborhood visits to Harlem, Chinatown, Little Italy, Greenwich Village, and Central Park.

Art and cultural experiences included The Met, the American Museum of Natural History, and the spectacular Broadway show "M.J." about Michael Jackson

#### COMO CONNECTIONS WITH LOCAL BUSINESSES

During the Como staff prep week, teacher groups were tasked with finding and meeting owners of local businesses as a way of getting to know the neighborhood better and connecting with those who have invested in the community.

Presentations later in the week revealed positive visits to small businesses including Automate Car Repair, Kendall's ACE Hardware, Abogados Café, True Stone Coffee Roasters, Creative Care by Claire, Soma Chiro, Krungthep Thai, The F.I.T. Lab, Hoa Bien, Pho Pasteur, and, of course, Conny's Creamy Cone.

#### HOMECOMING ON OCT. 7

The "fall" athletic season started with practices on Aug. 14. The Como Booster Club hosted a Taco Feed for all parents and athletes on Aug. 21 and are busy planning an exciting Homecoming weekend with a homecoming tripleheader of Saturday, Oct. 7.

The football game will be at 1 p.m. Boys soccer will play at 5 p.m. and girls soccer will be featured under the lights at 7:00 p.m. The soccer matches are versus Humboldt with the winning prize of hoisting the Mayor's Cup.

#### DAKOTA CHILDREN AUTHORS READ EXCERPTS

Dakota children's book authors and illustrators at Bde Psín (Lake Hiawatha, 701 E. 44th St., Minneapolis, 55406) on Sept. 23 from 9:30-11:30a.m. outside the recreation center. Reading selections will be Katie Jo Bendickson, Tara Perron, and Marlena Myles. Maria Asp, from Speaking Out Collective, will lead the kids in a short craft activity based on the book.

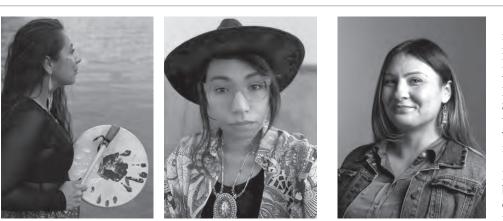
Tara Perron, or Tanagidan To Win, is a Dakota and Ojibwe mother. She grew up in Saint Paul. She studied Dakota language and culture at Metro State University. She is the author of "Takoza: Walks With the Blue Moon Girl," "Animals of Khéya Wíta," and "Animals of Nimaamaa-Aki." Perron is inspired by the loving hearts of her sons: she is a creator, plant medicine enthusiast, and has always loved to write. She believes in the healing power of storytelling. More at www.bluehummingbirdwoman.com.

Marlena Myles is a self-taught Native American (Spirit Lake Dakota/Mohegan/ Muscogee) artist located in St. Paul. Her art brings modernity to Indigenous history, languages and oral traditions while using the land as a teacher. Growing up

#### **ELECTION 2023**

#### **OMAR SYED FILES IN WARD 1**

Omar Syed, candidate for Saint Paul City Council in Ward 1, is bringing his lifelong leadership expe-



Tara Perron/Tanagidan To Win, Marlena Myles, and Katie Jo Bendickson/Wóokiye Win will read excerpts from their children's books on Sept. 23 at Bde Psin.

on her traditional Dakota homelands here in the Twin Cities, she enjoys using her artwork to teach Minnesotans of all backgrounds the Indigenous history of this place we call home.

Her professional work includes children's books, augmented reality, murals, fabrics, animations and has shown her work in fine art galleries such as the Minneapolis Institute of Art, The Museum of Russian Art, Red Cloud Heritage

a St. Paul small business owner, I understand the needs of small businesses across our city and will ensure our tax dollars are spent wisely. As a Somali American, I will help the city deliver better services to meet the needs of our growing immigrant and

refugee populations in St. Paul.' Syed immigrated to St. Paul from Somalia at the age of 18 years old. He lived in Frogtown for most of his life, eventually starting a family and opening two small businesses in St. Paul. Syed is a renter and currently lives in the Rondo neighborhood of Ward 1 with his wife and son. If elected, he would bring a unique voice to city hall as the first Somali American elected to the Saint Paul City Council. Syed is committed to working with neighbors to find solutions to the many issues facing our city. His priorities include: building more affordable housing and ensuring better tenant protections; creating a public safety system that includes prevention, transparency, and accountability; fixing streets and improving roads; investing and supporting small businesses; and improving city services and response times. For more information about Omar Syed and his vision for Ward 1, visit: omarward1.com

Center and the Minnesota Museum of American Art to name a few. Her first permanent site-specific augmented reality public art installation known as the Dakota Spirit Walk is available on the Revelo AR app. In 2021, she opened her own Dakota publishing company called Wíyounkihipi (We Are Capable) Productions to create a platform that educates and honors the culture, language and history of Dakota people. https://marlenamyl.es/

#### DAVID GREENWOOD-SÁNCHEZ FILES IN WARD 5

David Greenwood-Sánchez has registered as a candidate for the open seat in the St. Paul City Council Ward 5.

Originally from the Como neighborhood of St. Paul, Greenwood-Sánchez is an alum of MMSA



Katie Jo Bendickson, or Wóokiye Win, is Sisseton Wahpeton Dakhóta. She has received a Bachelor of Arts in American Indian Studies with a Language Track from the University of Minnesota, Minn. She has taught pre-school and high school in Saint Paul, as a Dakota language instructor. Her mentor for the Dakota language was the respected elder Caroline Schommer of Upper Sioux Community.

Currently, Win is a teacher and freelance artist making jewelry, illustrating books, paintings and Dakota language curriculum. Her current hide painted earrings are featured at Indigenous First gallery in Duluth, MN. She uses both her Dakota and Ojibway background to influence her designs in her art. Much of her young life was spent on her mother's reservation, Fond du Lac Reservation in northern Minnesota before her family moved to her fathers Reservation at Upper Sioux Community in southwest Minnesota.

Win lives in Saint Paul with her husband and children. Both her parents are artists, and she continues the artist tradition of her family. Find her work online at www.wookiyewin.com and books at www. dakhota.org.

Legislative Auditor.

Greenwood-Sánchez is running to restore the voice of St. Paul's neighborhoods. He states, "Neighborhoods aren't really being included in our political decision making. By the time neighborhoods are given a chance to participate, the city has usually made its decision. We saw this with the destruction of the historic St. Andrew's building, we saw it with trash collection, and now we are seeing another version of this with the response to rent stabilization. Neighborhoods, and most fundamentally people, aren't feeling like their voice matters much in St. Paul. Greenwood-Sánchez is Minnesotan-Peruvian, and would be the first Latino councilmember in St. Paul's history. Greenwood-Sánchez is also running in opposition to the proposed one percent sales tax increase, which will also be on the Nov 7th ballot. Greenwood-Sánchez is making his run while working as an Assistant Professor of Political Science at the University of Iowa. He also serves as a board member for the St. Paul Central Foundation, and is a co-founder of the Twin Cities Front Yard Organic Gardeners Club.

rience to represent his neighbors and community as a city council member.

"I am a father

and husband, a small business owner, and community leader. I am running to bring the voice of our communities to city hall," said Syed. "I promise to be a responsive and accessible council member for all of us."

Syed brings a long history of local city and community leadership that has prepared him to run for city council.

"I believe my experience best prepares me to represent Ward 1," said Syed. "As a member of the St. Paul Planning Commission, I have taken tough votes and have city-level experience working on local issues like zoning and transportation. As (Maternity of Mary-St. Andrews), St. Paul Central High School, and the U of M Humphrey School.He

also holds a PhD in political science from UW-Madison.

A dedicated community member, Greenwood-Sánchez played an important role in the effort to reverse Falcon Heights' ban on front yard vegetable gardening, the fight to protect Pig's Eye Lake from harmful contamination, and the effort to save the historic St. Andrew's building. Professionally, he teaches political science, specializing in environmental politics and Latin American politics. He has prior work experience as an economic researcher for Poverty Action Lab in Santiago, Chile, and as a program evaluator with the MN Office of the

## CLEAN UP, RECYCLE



#### **CITYWIDE DROP-OFF ON SEPT. 16**

The city partners with local district councils to organize annual citywide dropoff events for residents to properly dispose of large refuse items and recyclable materials not collected via the residential recycling program. District 10 Como helps coordinate the event held annually at the Minnesota State Fair Grounds. You can see more info and a 2023 accepted items and pricing list on the D10 website at district-10comopark.org/citywidedropoff, and also check here for the latest updates from the city of St. Paul: www.stpaul.gov/drop-offs.

Volunteers get a voucher for a free drop-off. Interested in volunteering to help us with the Sept. 16 Citywide Drop-Off event? Go to https://bit.ly/ 2023DropOffVolunteer.

#### FREE ELECTRONICS RECYCLING

Ramsey County residents looking to get rid of computers, televisions, cell phones and other electronics now have a free and easy way to recycle them. Ramsey County has partnered with Repowered to refurbish or recycle unwanted electronics, keeping toxic metals like lead, mercury and cadmium out of the environment. All data from electronics dropped off at Repowered will be physically destroyed or electronically wiped.

The electronics collection site is located at: Repowered, 860 Vandalia Street, Saint Paul, MN 55114. Learn more about Ramsey County's electronics recycling program and check which items are accepted at RamsevCounty.us/Electronics or call 651-633-EASY (3279), answered 24/7.

#### **D10 RECORDED PRESENTATIONS**

Did you miss presentations given during our monthly Como community meetings or as part of a special event? We do our best to take advantage of our hybrid meeting technology and record presentations and Q&As so the information can be shared more broadly in the community or referenced historically. You can find all of our presentation recordings on our website at district10comopark.org/recorded-presentations

PEOPLE

#### **MAUREEN HARTMAN**

Saint Paul Mayor Melvin Carter has named Maureen Hartman as the next Director of the Saint Paul

Public Library. Maureen joined the Library in 2017, serving as the Deputy Director for Public Services before being appointed Interim Director at the end of last

year. During her time at the Library thus far, Hartman has led the work to eliminate late fines, an impactful policy change that has resulted in more equitable access to library resources and increased circulation of books and materials. She also led the work to adapt library services to the community during the pandemic and the return to full, in-person services in 2022.

#### **ST. PAUL ROTARY CLUB**

Rotary Club #10 Saint Paul has sworn in its 114th club president along with a slate of new directors: President, Heidi Fisher, Hamline University; President-Elect, Shelly Rucks, Regions Hospital Foundation; Past-President: David Dominick, YMCA of the North; Treasurer: Bo Aylin, III, Prairieview Partners: Director Emeritus: Michael-jon Pease, St. Paul Parks Conservancy; Secretary: Aaron Gjerde, Verden Group, Ltd.; Sergeant at Arms: Brianna Haglin, Kok Funeral Home. Board Members: John Bennett, 21st Century Bank; Victoria Cammack, Villa Healthcare; Karin Ciano, Office of Lawyers Professional Responsibility; Bill Collins, Shoe Factor LLC; Steve Gerber, Northern Technologies; John Kupris, Twin



#### **TERRI WELCH**

Lutheran Social Service of Minnesota recognized 85 honorees from across the organization with the prestigious 2023 Spirit Award at a lun-

cheon celebration in St. Cloud, Minn. on Aug. 15, 2023. The honoree in the St. Paul Midway area is: Terri Welch, Accounting Specialist,

Partners in Community Supports (PICS).

The award honors employees who demonstrate outstanding commitment and dedication to the vision and mission of the organization. Honorees are nominated by their supervisors.

#### **COMO PARK SERNIOR HIGH STUDENTS**

This summer, Como Park Senior High School students Miguel DeLeon Reyes, Sada Gobena, N Jackson, Mitch Pelzer, Melanie Vang, and Johavani Weni, along with Saint Agnes School students Violet Bratt, Joey Ellsworth, Felicity Mortland, Lucy Sands, and Isaac Sherf were sponsored to participate in a week-long summer business, career, and financial literacy camp, Minnesota Business Venture (MBV). Activities included guest keynote speakers, scavenger hunts, and mock interviews. The program is developed and organized by BestPrep.

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#### CRISIS HOTLINE

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1-866-223-1111 if you or someone you know is seeking shelter due to a dangerous relationship or needs to create a safety plan.

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Kevin's Painting. Interior/ Exterior. Wood frame, stucco. Pressure washing, staining, gutter cleaning. Insured. 651-699-2832.

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Gutter cleaning. Let the Rain Drain Away. Call Larry 651-635-9228.

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#### Jehovah LUTHERAN at Thomas and Snelling

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#### A.I. EXPERT PANEL Wednesday Sept. 20 11:30 AM - 1:00 PM @ Wilder Foundation

What exactly is Artificial Intelligence, and how can you use it to become more productive? What are the legal questions and concerns? Find out more from a panel of experts who can help answer questions and let you know how you can use it in your everyday life.

#### 651.646.2636 | info@midwaychamber.com | midwaychamber.com

#### Pam Tollefson for City Council Ward 5 www.pamtollefsonward5.com

The City Council plays a crucial role in shaping local policies that affect day to day lives.

ollefson

By voting for me, you will have as your representative:
☑ An active listener for all residents and business owners
☑ A voice for all people
☑ A representative who is running for office because I truly care about everyone's well being
☑ A fair representative who will make decisions that make

A fair representative who will make decisions that make sense to all people

A representative who is independent

Paid for and prepared by the campaign for Pam Tollefson for City Council, P.O. Box 17317, St. Paul, MN 55117

Ads must be received by the Monitor by Monday, Oct. 2 for the Oct. 12 issue. Call 651-917-4183 or email Denis@MonitorSaintPaul.com for more information. Your classified ad will also be automatically placed on the Monitor's website at www.MonitorSaintPaul.com. Contact Sandra to place a Help Wanted ad at 612-260-7967, sandra.tmcpub@gmail.com.

# **HALF TIME REC**

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Happy Hour



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**RESEARCH PARTICIPANTS NEEDED** FOR ADULTS WITH SEVERE ALOPECIA AREATA

The Department of Dermatology is seeking participants for a research study about an oral medication treatment for severe alopecia areata.

The purpose of this study is to determine the effectiveness of the oral medication baricitinib in increasing hair growth in participants with severe alopecia areata. Participants will be compensated.

#### WHO CAN JOIN?

#### STUDY INVOLVES:

- Black or African American
- Females and males 18 60 years
- old

At least 50% hair loss

#### **LEARN MORE**

Jaime Nugent 612-625-2624

dermresearch@umn.edu

- I screening visit includes medical history and photographs
- > 12 treatment visits includes 11 treatment visits over 12 months and one follow-up visit
- > photographs
- blood work
- questionnaires

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