



Midway Como monitor

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Rondo Library: Not your father's library

By JAN WILLMS

Think ahead a month or two. It's a cold and blustery day in Saint Paul, and a chilly wind blows snowflakes against your cheeks. Not the kind of day for outdoor adventures.

But, picture this. You drive over to 461 N. Dale Street, park your car in a heated, lighted and secure underground parking garage.

You enter a warm, bright area full of books, music and computers. You get a cup of coffee or hot chocolate, pull out your laptop or a newspaper, and sit down in front of a fireplace, in a cozy atmosphere that seems far away from the icy winter weather.

You are in the new Rondo Community Outreach Library.

This is not your father's library.

With 102 public access computers, daily story times, the largest collection of Somali music in Minnesota and a new Southeast Asian history and culture collection, the Rondo library appeals to a wide range of users that spans all ages and cultures.

And, unlike the current Minneapolis library system which is



Librarian Alice Neve in the new Rondo Library. Local resident *Jemika Hayes* enjoys a quiet fireside read. (Photo by Terry Faust)

in the process of curtailing its service hours, this library has extended its hours.

It is currently open 10-9 Mondays through Thursdays, 10-5:30 Fridays and Saturdays and 1-5 on Sundays.

Alice Neve, Rondo area li-

brarian and branch supervisor, said that Saint Paul has been more fiscally conservative than Minneapolis for years.

"We have been expanding, but we have made different choices than Minneapolis," she said.

She said the Minneapolis

Public Library has been funded more through local government aid than Saint Paul's library system.

"When the funding was cut, it dug deeper into Minneapolis than Saint Paul," she said. "We have huge support from the city and the community for increasing public library hours."

The Rondo Branch is also one of five libraries in the nation that has mixed-use facilities, which include housing. There are 98 apartments above the library, and six townhouses with tenant parking available. The apartments are owned and managed by Legacy Management and Development.

As you look around the Rondo library on an early weekday evening, it is bustling with activity. Teenagers gather around a table, a couple of elderly men have a quiet conversation, computers are in use and children listen to stories.

The process for building this library, which opened its doors Sept. 9, began about three years ago, according to Neve.

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Vote on pizza variance delayed until Nov. 15

By JANE MCCLURE

A decision on whether a pizza restaurant can open on North Snelling Avenue has been postponed until November 15 at the earliest. The St. Paul City Council voted November 1 to lay over an appeal by Fred Macalus. He is seeking a nine-space parking variance that would allow him to open a restaurant at 735 N. Snelling.

The Board of Zoning Appeals denied the variance request in September. City staff had recommended approval of the variance with conditions. Macalus had agreed to meet the conditions, which include signing a lease for more parking in another lot on the block.

The restaurant, which would not be a bar, has support from many neighbors and Hamline University students and officials. Macalus is a Hamline student. But

it is opposed by other neighbors and neighborhood businesses. Hamline Midway Coalition is recommending denial of the variances.

The restaurant would be open evenings and would sell beer and wine with food. It would not have a liquor license and could not sell wine and beer without food orders. Some opponents have tried to characterize the proposed restaurant as a bar, which supporters say is misinformation.

Because of a family emergency, the Macalus family was unable to attend the November 1 meeting and sought to have the hearing postponed. Building owner Matthew Hagen did speak on their behalf. Gingko Coffeehouse owner Kathy Sundberg and Gary Carlson, whose family owns other properties on the block, spoke against the variance. They claimed



A decision on whether a pizza restaurant can open on North Snelling Avenue has been postponed until November 15 at the earliest.

the restaurant would aggravate what is already a tight parking situation.

The public hearing will be

continued November 15. Those who spoke before cannot speak again but new testimony can be taken.

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Midway Como in a Minute

So. St. Anthony Park shelter wins approval

A proposal to build a 120-bed shelter for homeless and chronic inebriate men in the South St. Anthony Park neighborhood has won approval from the St. Paul City Council. The facility will be built at 906 Hersey St., between Wycliff Street and Capp Road.

The St. Paul Planning Commission approved a conditional use permit for Catholic Charities November 4. The Planning Commission decision is final unless it is appealed to the St. Paul City Council.

Plans for the new facility have been in the works for more than a year. Catholic Charities has looked for a St. Paul site for more housing for several years.

The conditional use permit designates 60 of the rooms to be for a community residential facility and 60 units to operate as a rooming house. That split designation means that a whole host of zoning regulations, as well as state regulations for the care of chronic inebriates, come into play.

Two variances were approved for the project, one of which is tied to the city's community residential facilities rules. St. Paul uses a population cap to regulate the number of beds for the homeless in each of its planning districts, working with a formula meant to prevent putting too many facilities in one neighborhood. The population of a planning district is weighed against the number of beds in existing community residential facilities, emergency housing facilities, shelters for battered persons with more than four adult residents, overnight shelters and/or transitional housing facilities. If the number of facility bed residents in a neighborhood exceeds 1 percent, putting any more housing there requires a variance. St. Anthony Park (District 12) will be 11 beds over the limit when the new Catholic Charities facility opens.

The Planning Commission also approved a 14-space parking variance for the property. There are 36 parking spaces and 50 are required.

No one appeared at an October 27 public hearing on the Catholic Charities request. St. Anthony Park Community Council is in support of the request, provided that Catholic Charities current 56-bed facility for chronic inebriates on Wycliff closes after the new facility opens. The city plans to buy that property for redevelopment and not allow any rooming houses or community residential facilities to be put there.

City Council forces landlords to return fees

Landlords who charge tenants application fees with no intention of renting to those tenants face sanctions from the City of St. Paul. The St. Paul City Council voted unanimously to adopt a city ordinance that requires landlords to return rental fees.

The intent of the ordinance is to protect rental applicants from unnecessary and predatory collection of rental application fees. Some landlords have been accused of using application fees as a way to generate revenue, with no intention of renting to a tenant.

The fees are paid so that a landlord may screen and check the background of a prospective tenant, before a lease is signed. Under the new ordinance, a landlord must disclose to the tenant the criteria by which an application will be judged. The application form for a dwelling unit will give the prospective tenant a choice as to how the application fee will be returned. It can be mailed back to a tenant, held for retrieval or, in the case of a check, destroyed.

Application fees for rental properties shall not exceed \$35 per adult applicant.

Also, the landlord must notify prospective tenants in writing and tell them why they did not meet

criteria for renting a dwelling unit. Tenants will also be provided the name, address and phone number of any tenant screening agency and other credit reporting agencies.

No one testified at a public hearing on the ordinance. However, a group of landlords picketed City Hall on the day the ordinance was heard. Landlords contend that they were being unfairly treated by Mayor Randy Kelly's administration and that enforcement of the property codes continues to be done in an arbitrary manner.

Ward Two Council member Dave Thune, who headed the city's Housing Information Office under former Mayor Norm Coleman, said there have been a number of complaints about landlords who collect fees as a way of generating income for themselves.

Adult bookstore owner files City lawsuit

The owner of an adult bookstore, whose building is threatened by a redevelopment project, has sued the City of St. Paul. R & R Books owner Jill Rasmuson filed the lawsuit in U.S. District Court October 17.

The bookstore, the city's last adult bookstore, is at 674 University Av. It is on a commercial block eyed for retail-office redevelopment. Summit-University Planning Council, Aurora-St. Anthony Neighborhood Development Corporation, Model Cities Development Corporation and Welsh Companies are working to redevelop the corner. Plans call for a two-story commercial building with underground parking. Building cost is estimated at \$6.9 million.

In September the St. Paul City Council, acting as the Housing and Redevelopment Authority (HRA), voted unanimously to acquire the bookstore and three neighboring storefronts through condemnation or eminent domain. In the lawsuit Rasmuson

claims the purpose of condemning the property is to force out the bookstore. The bookstore, a liquor store, a hat store and a vacuum cleaner repair shop are being displaced by the project. The repair shop has already moved.

The bookstore is on a block where major redevelopment is occurring at both ends, the St. Albans-University corner and the University-Dale corner. A new St. Paul Public Library with housing above it is under construction at University and Dale.

The lawsuit not only targets the redevelopment project and property condemnation, Rasmuson is also challenging new city zoning regulations on adult-oriented businesses. The regulations were adopted by the City Council last spring as a means of better controlling where the businesses go and preventing a concentration of adult businesses in residential neighborhoods. Rasmuson contends the ordinance as it is written doesn't allow her bookstore to relocate in St. Paul.

The city has not filed a response to the lawsuit yet. Nor have any court dates been announced.


City Council awards STAR grants October 19

After almost a month's debate the 2005 Neighborhood Sales Tax Revitalization (STAR) large grants and loans were awarded October 19 by the St. Paul City Council. Council members had spent much of the past month making changes to the list recommended by the Neighborhood STAR Board.

Three neighborhood projects were added to the neighborhood STAR allocations. The council approved a \$100,000 grant to Steppingstone Theater, to help with the renovation of the former Grace Community Church at Portland and Victoria. The youth theater will move to the church

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Arnellia's restaurant spared what could have been 'closing' sentence

By JANE MCCLURE

Arnellia's has been spared what could have been a death sentence, receiving a reduced penalty from the St. Paul City Council October 4. The University Avenue restaurant and nightclub, which was the scene of a fatal shooting in February 2004, is not facing a 60-day closing recommended by city licensing staff and the City Attorney's Office.

Instead Arnellia's, 1183 W. University Av., was fined \$1,500 and given a 10-day closing. But the closing and all but \$500 of the fine are suspended for six months. If there are no incidents during that period, the penalties disappear.

The council vote to reduce the penalty was 4-2 with Jay Benanav, Pat Harris, Debbie Montgomery and Dave Thune for, and Lee Helgen and Kathy Lantry against.

More than 100 supporters of Arnellia's packed the City Council chambers to show support for the business and its owner, Arnellia Allen. Speaker after speaker cited her numerous charitable contributions and work to make Arnellia's a safe and inviting place to enjoy a meal and listen to jazz and blues. They also cited Allen's many charitable contributions and her support of groups ranging from churches to youth sports and activities. Some said that while it was not their intent to minimize the fact that a life was lost, they also noted that the murder was not the fault of nightclub.

"A 60 day closing of this bar is tantamount to putting it out of business," said former City Council President Bill Wilson.

Benanav said the shooting that led to current hearing and penalty was not the fault of Arnellia's. "This is not a bar with behavior problems," he said. The patron convicted in the shooting left Arnellia's, got a gun and stood in the doorway and fired shots.

"This could have happened anywhere," Benanav said.

Benanav's Fourth Ward includes Arnellia's. He called for a reduced penalty, saying the nightclub is a venue that "has done everything it possibly can to make it a safe place for the neighborhood."

Recalling the problems almost a decade ago when the nightclub opened, Benanav said, "If we were here in the late 1990s we would have a different situation." But in three years Benanav's office has had no complaints about the nightclub.

Helgen, who is currently trying to toughen penalties against problem bars, said he respects the issues surrounding Arnellia's. "But a liquor license is a privilege." He cited the nightclub's past history of problems and questioned whether the city would set a standard for places where problems persist.

Helgen's Fifth Ward, which includes several Rice Street bars, has battled a number of problem bars including the recently closed Club Cancun at Rice and Larpenteur and Diva's, where a man was shot and killed last summer.

"It's clear that Arnellia's is a great place," said Lantry. But she shares Helgen's concerns about problem bars that won't make



Arnellia's received a reduced penalty from the St. Paul City Council October 4. The University Avenue restaurant and nightclub, which was the scene of a fatal shooting in February 2004, is not facing a 60-day closing recommended by city licensing staff and the City Attorney's Office.

changes.

She also reminded those present that someone was murdered.

Arnellia's has been in business for more than a decade and is one of the Twin Cities' most prominent gathering spots for the African-American community. The bar-restaurant is well-known for its food and musical events.

But Arnellia's has also had its share of problems. There are more than a dozen conditions on its operating licenses, conditions hammered out by city licensing staff and approved by the St. Paul City Council. That is more conditions than most other bars and restaurants must follow and include requirements for a dress code, video camera system and a metal detector.

The last major problems were shooting incidents outside Arnellia's in September and October 1999. One person was injured in the September incident. A man was shot and then struck and killed by a vehicle in the October incident. There was also a shooting outside of the bar-restaurant in 1992.

Arnellia's had been problem-free for several years. The October 4 hearing stemmed from an incident in February 2004 in which an innocent patron of Arnellia's was shot and killed. Michael J. Anderson and Galvin D. Coleman were charged with second-degree murder.

Stephen Kuma Ful, who had stopped at the bar to meet a friend, was shot and killed in the incident. Kuma Ful was not involved in the dispute and subsequent dispute that led up to the shooting. Kuma was a native of Cameroon and had lived in Minnesota for about nine years. He worked for Ramsey County at its Lake Owasso Residence, where he helped developmentally disabled residents there.

Coleman and Anderson had been at Arnellia's but left after a fight broke out. Coleman got a gun out of Anderson's vehicle. Coleman then entered the bar

through its front door and fired shots from behind a metal detector.

Coleman was 20 at the time Ful was shot and killed. Letting an underage patron into Arnellia's is a violation of a license condition requiring that person appearing to be younger than age 30 supply

proper identification. Coleman claimed he was allowed inside Arnellia's in exchange for a bribe to the doorman, which Arnellia's staff and legal counsel deny.

Assistant City Attorney Rachel Gunderson said the severity of the February 2004 incident coupled with past history led to the recommendation for such a severe penalty. The issue took many months to get to the City Council because all appeals in the criminal cases against Anderson and Coleman had to be exhausted.

"I think people have the wrong impression of what this club is," said attorney Bill Tilton, who represents Arnellia's. He urged the City Council to reduce the penalty, saying it would affect one of the few black female-owned music venues in Minnesota.

Arnellia's owner Arnellia Allen, who got a standing ovation before she addressed the council, defended her business, telling the City Council. "I want all of you to know it is a safe place." She said Arnellia's gets a bad rap, adding "everything you read in the papers is not always true."

Jerry Allen, Arnellia's son, said the business has complied with every requirement set down by city licensing staff. Those include restrictions mandated when Arnellia's was still a hip-hop club. Those restrictions should be removed years ago.

Jerry Allen contended that Ar-

nellia's was also a victim of the 2004 shooting. He himself narrowly missed being shot that night. Business suffered for a time.

The bar-restaurant also struggles to keep out problem patrons because legally it is difficult to keep people out of a public establishment. "I've had the police called on me for throwing people out of the bar," he said. "We do attract people we'd prefer not to have in there."

Tilton and others pointed out that Arnellia's had made many changes in operations over the years to quell problems and appeal to an older clientele. "The neighborhood has changed, the customers have changed, the clientele have changed," he said.

Wilson called Arnellia's a "community center" for the Twin Cities African-American community. "Wonderful things happen in there," he said. Wilson said the music and camaraderie provided by Arnellia's are very much needed by the community.

"To take Arnellia's from us would leave a gaping hole in the community," said retired St. Paul Police officer Melvin Carter Jr.

Courtney Henry, whose family owns five St. Paul and one Minneapolis restaurants said Allen has made "tremendous stride" to improve her business. He said a 60-day closing would be a "disservice to the African-American community and to the community in general."

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I'm writing this article a few days before Halloween. It is that funny time of year when costumes can mask one's identity, when shadows become scary, and black cats may seem suspect. It is a time when we are aware that not everything is what it may appear to be.

Every day at work I hear statements from people that they think are true, but which really are false or misleading. Medicine, just like Halloween, can be mysterious. I am hoping to dispel some medical myth mystery this month.

Feed a cold, starve a fever. False. If you are sick, you need good nutrition in order to recover. If you are running a fever, you actually need more fluids than usual, because a fever can cause you to become dehydrated. Chicken soup (or any soup) can actually help cold symptoms because the hot fluid helps to clear sinus congestion.

Cheap vitamins are just as effective as expensive ones. True. One of our pharmacy instructors in med school stressed this point over and over. Inexpensive vitamins, aspirin, ibuprofen, acetaminophen, just about any medication work just as well as the brand name or more expensive ones. Many drugs have both a brand name and a generic available. For the most part, generic meds work just fine. Occasionally someone will find that this is not true for him or her.

Breastfeeding women cannot get pregnant. False. Each woman is different in terms of how much and how long she breastfeeds. A breastfeeding woman may take longer to resume periods after delivery, but ovulation happens before that first post-partum period and there is no way to predict when that will happen. So breastfeeding

Cares and Cures

By JANE KILIAN, M.D.

Fact or fiction? Dispelling some medical myths

or not, if you do not want to get pregnant, either don't have intercourse, or use some form of contraception.

Being outside in the cold and/or wind causes you to catch a cold. False. Even being outside in the cold with wet hair won't make you catch a cold. Colds are almost always caused by viruses, which you catch from other people. Usually by contact with their saliva or by touching something they have touched with unwashed hands. The best way to protect yourself from a cold is to wash your hands frequently. To prevent spreading cold viruses, cough onto your sleeve or into a tissue. Wash your hands if you cough or sneeze into your hand. Stay home/away from others if you are coughing and sneezing a lot.

The flu shot cannot make you sick. True. This time of year I hear from lots of folks who insist they got the flu from the flu shot. It cannot happen because the flu vaccine is not live virus. Someone could develop an allergic reaction from the vaccine, but not the flu.

An apple a day keeps the doctor away. Probably not. I heard that this statement was actually started as a marketing slogan for apples. While one apple every day will not protect you from all medical woes, a diet rich in fruits and veggies is still good for your overall health.

Reducing salt in your diet might lower your blood pressure. True. Some people are especially sensitive to salt and it does raise their blood pressure. Salt is a hidden or mystery ingredient in some foods (it's called sodium).

Be aware of processed foods/soups/microwave meals. Their salt content can be high.

Even some soda beverages contain sodium. Pickles and olives are other salt culprits. If you stop using salt in your cooking, then adding just a little to your food before eating will still give you the salt taste, but less total sodium.

Rest plays no role in recovery from illness. False. If you are sick, you need rest. You have heard this from me many times. If you are sick you should not go to work because you risk infecting others, and you may slow your own recovery. Many times rest is even more important than medicine. However, for back pain, bed rest sometimes delays your recovery.

You likely have other adages about which you wonder: fact or fiction? Please write to the paper, I would be happy to do another mythical article.

Have fun. Stay happy and healthy.

(Dr. Kilian is a family practice physician who lives and works in the Midway Como community. She believes that good medicine means caring for people as well as curing diseases. We want to address your health concerns so please let us know what topics you would like to see in future columns. If you have suggestions or questions, write to the Monitor c/o 1885 University Avenue West, #110, St. Paul, MN 55104. Or e-mail denisw@aplacetoremember.com)

LETTERS

HealthEast: Building a relationship with the neighborhood?

It's sad to see that after all of these years, the corporate stranglehold on St. Paul's community council process continues with HealthEast Care System's avoidance of the special condition and use agreement setup between the City of St. Paul's Merriam Park Community Council (MPCC) and HealthEast Care System at its founding in 1997. This agreement requires a community task force process to be in place, and, if indications from the MPCC Grid 2 neighborhood are correct, the "Care System" has never participated nor intended to participate in building the relationship with the neighborhood it is now intent on destroying. That and the complete disregard of transportation alternatives in relationship to the Midway Transportation Management Organization!

This is just another in the series of double-speak issues we've seen from corporations in relation to the neighborhood's from which they are permitted to run their gluttony!

On the other hand, MPCC appears to be rather weak-spined and selling out the neighborhood in approving the "Care System's" demand for parking—tearing down houses to build large surface parking lots is in direct con-

flict with the Merriam Park Community Plan, the long-range plan for the neighborhood! One imagines the arm of Dr. Strangelove coming up toward his neck for the stranglehold! How did this project ever get passed by MPCC?

Just from the transportation perspective alone, everyone knows in taking a look at the long-range plan, e. g., Dr. Richard C. Duncan's (The Institute for Energy and Man) "Oldulvai Theory," that we are on the downward slope - "Oldulvai Slide" - of the 100 year bell-shaped curve of energy production per capita and that radical transportation alternatives are the only viable option for both corporations and neighborhoods!

If HealthEast is in violation of its permit to continue operating in Merriam Park, then isn't there something that can be done to enforce the sanctions?

Larry Boatman
Hamline Midway

Environmental Group thanks neighborhood volunteers

The Hamline Midway Environment Group wishes to thank neighborhood volunteers and businesses for their

support in making the Snelling Ave planters a success this season! The planters grew well through the challenging hot season. Hamline Midway neighbors worked hard to source plants, arrange for water, fundraise, inform businesses, participate in a spring avenue clean-up, plant, mulch, and tend. The businesses that provided monetary support, volunteers, and refreshments were a key part of that process. In particular, recognition goes to Hamline University, Shirtz Unlimited, Moxie, Dino Dollar Saver, Wilder Apartments, and Lloyd's Pharmacy.

We look forward to your support in the upcoming 2007 season. Please look for information in the early spring for how to, again, make Snelling Ave the most welcoming place it can be. Visit www.flickr.com/photos/hm-greening/ to view photos of the greening of the Hamline-Midway Neighborhood.

The Hamline-Midway Environmental Group's mission is to create and nurture a healthy and sustainable environment in the Hamline-Midway community. The group meets every second Thursday of each month from 7 - 8:30 p.m. at the Hamline-Midway Coalition Building. The next meeting dates are November 9th and December 14th. All are welcome to attend.

Emmy Vadnais
Hamline Midway

District 10 Como Community Council moves into new home

By DEBORAH BROTZ

While the District 10 office has had various locations over the years, they have never had a site that they could call permanent. Now, they do. On Oct. 1, the office moved to the Historic Street Car Museum, at 1224 Lexington Parkway N.

"It's a beautiful building," said Sue McCall, District 10 community organizer. "It's nice to have a permanent meeting spot. Before, we had to shop around for a place to hold meetings. Part of the rent is having volunteer board members staff the Museum on Sunday afternoons. The Museum is only open four hours a week on Sundays."

Although moving is never easy, McCall welcomes the change.

"I'm really excited about the building," she said. "Now, we're able to have one meeting place. It will just be

nice. It's right in the middle of the district."

The office's E-mail, phone and fax will remain the same.

"Nothing will change unless we don't get the phones working," said McCall. "I won't be able to get sandwiches at Nelson's. I'll miss not being so close to the State Fair. Sometimes, I would go over there just to have lunch. But, it's a positive change."

McCall feels there are benefits to being located at the Museum.

"It's easier for neighbors to know where we're meeting," she said. "We'll have a consistent meeting spot. People are pretty familiar with the park. It's a nice new building. There's not a huge amount of parking. But, there are definitely enough spots for board meetings."

Como Park residents are encouraged to come to the

next District 10 Board Meeting on Oct. 17, at 7 p.m., at the Museum. In addition to holding District 10 Board member elections, information about two major projects proposed for the Como Park area will be disseminated. One of the projects is the construction of stables and offices for the St. Paul Police Mounted Patrol, and the other proposal involves a "Como Park Woodland Restoration and Outdoor Classroom Project."

McCall hopes residents will stop by the new office for a visit or to pick up a recycling bin any Sunday afternoon from noon to 4 p.m.

"I'd like to see more neighbors at board meetings," she said. "It would be great for more people to see the building. It really has been nicely redone."

For more information, call District 10 at 651-644-3889 or go to their web site: ComoPark.org

Central Corridor Task Force holds community workshop

By JANE MCCLURE

Taking advantage of opportunities to redevelop vacant or under-utilized properties, while protecting and strengthening adjacent residential neighborhoods, are key parts of the developing vision for neighborhoods along the proposed Central Corridor light rail line.

The University Avenue Central Corridor Task Force hosted two community workshops October 27-28 to show off their work thus far and seek comments from community members. Both workshops, held at the former Lexington Outreach Library building, drew large crowds.

One focus of the presentation was that of attaching light rail to St. Paul. The task force has identified 84 different strategies to do this all along the proposed rail line. These include everything from creating a gateway into the city at its western boundary to rebuilding Dickerman Park to redeveloping specific sites along the proposed line. New development, open spaces and houses are suggested for different areas. Many of these strategies also include a focus on making areas more walkable.

"We have heard from hundreds of people as to how the corridor should evolve," said George Tjark from Urban Strategies, a Canadian firm consulting with city planning staff and the task force on the land use plan.

The task force was appointed by Mayor Chris Coleman and the St. Paul Planning Commission. Its members, and members of a

downtown-centered group, are developing land use and zoning recommendations for the St. Paul communities along the 11 miles of the light rail line that would be built in St. Paul. Those recommendations will go to the Planning Commission and City Council for review and approval next year

and could lead to zoning and community plan changes along University and in the downtown area. The current timelines call for a report to be ready in February.

Melanie Hare, project team leader for Urban Strategies, said they have spoken to many people who have brought forward a broad range of perspectives along Central Corridor. These people represent businesses, community

groups and neighborhood residents. Through workshops and interviews, more than 60 pages of comments have been compiled.

Hare said the key theme of the vision is that the Central Corridor will become a place with many vibrant meeting places that draw people to experience the

progressive place to live, work, play and invest.

*Benefit and strengthen the diverse communities along the corridor. This principle recognizes diversity as an asset along the corridor which needs to be enhanced, not diminished or displaced. One concern raised by communities of color along Central Corridor is

out the community and region. This principle notes that light rail is just part of a more interconnected city and region, to enhance mobility and encourage people to walk, cycle and take transit. Providing services, attractions and jobs that people can access easily without motor vehicles is part of this strategy.

*Improve the image and quality of life along the corridor. "The corridor is not living up to this potential," an Urban Strategies report stated. "It leaves visitors and residents alike with an impression of neglect, empty streets, and a lack of personal safety." This principle calls for making a corridor that is more attractive, green, vibrant and pedestrian-friendly, with cafes, community centers, landscaping and attractive transit stations. One point of this principle is to fill in the "gaps" or vacant parcels along University with new development that fits into the neighborhoods.

*Involve collaboration from design through construction to completion, with regular opportunities for community input. "This collaboration will need to take many forms in order to serve the different needs and backgrounds of the people living and working in the corridor," the strategy stated. This would include focused public education campaigns and regular outreach.

Complete copies of the task force documents, including the Urban Strategies reports, are on the City of St. Paul website, which includes a section for Central Corridor.



"It leaves visitors and residents alike with an impression of neglect, empty streets, and a lack of personal safety."

neighborhoods, businesses, cultural attractions and institutions here.

Through this work the task force has developed six principles that are a foundation for the group's vision. These are:

*Reposition St. Paul in the region, using the investment in light rail as an impetus to invigorate perceptions of the city and re-image it as an innovative, diverse and

that they could be forced out by redevelopment and gentrification.

*Link and foster economic activity throughout Central Corridor, from the small; "Mom and Pop" stores to large retailers, non-profits and financial institutions. One goal here is to minimize disruption to businesses during construction and in creating long-term opportunities to strengthen and expand local businesses.

*Improve mobility through-

Got lice?

Parents should prepare for possibility of head lice in the classroom

By NANCY HEDIN

There's excitement in the air. It's fall. TWINS fans are basking in the afterglow of a miraculous regular season. The Vikings are still in the playoff contention. Kids are sporting new school clothes and renewing friendships; parents are relieved their restless children are back in structured activities. After weeks of back-to-school preparation, it's time to relax. Unless, you get the "lice letter."

If you have young school age kids and haven't already received the dreaded letter, count yourself fortunate today but be prepared that the letter will arrive. It reads, "Dear Parents, Lice have been discovered in your child's classroom." The positive spin, calling it a discovery is deceiving. Head lice are "discovered" on about twelve to twenty-five million Americans each year. The good news is that they are not life threatening and a person can be treated successfully. But be advised: Know your enemy. Lice are hook clawed, parasitic insects no larger than a sesame seed.

They have no exceptional athletic ability and cannot jump or fly but merely walk from one person to another. You get them by being close with someone who has them or sharing their belongings like combs, hats, or pillows etc. Friends School of Minnesota has greatly reduced incidents in their school by using individual cubbies for the children's coats and hats etc.

Lice are equal opportunity parasites and willing to infest any gender, race, or socio-economic group. However, pets cannot give or get lice. Lice like clean, healthy heads and having them is not an indication of being a dirty person or poor housekeeper.

Treating head lice is a three-step process. Get rid of live lice, find and remove nits (eggs) from infected person's hair; and clean the infected person's belongings and environment. The letter from St. Paul Public Schools advises, to check all household members and treat only if there are nits (eggs) or

CONTINUED ON PAGE 7

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Mosaic on a Stick leaves its imprint on Snelling Avenue with community support

By JAN WILLMS

Mosaic on a Stick has not been open very long. It celebrates its second anniversary this month. But it has dedicated itself, along with other businesses, to brightening up Snelling Avenue.

In a project that began last August, the business at 595 N. Snelling, owned by Maria Ricke and Lori Greene, has opened its doors to train about 25 volunteers in creating medallions. The medallions have been mounted in planters along Snelling.

The project was funded with a STAR grant received by the neighborhood through the Hamline-Midway Coalition, a community-based nonprofit.

"We trained two groups of volunteers on how to use the tools," said Ricke. "We had open studio sessions, where anyone could come in. They could bring their friends and their children, learn to use the cutting tools and pick their own color palette."

Numerous patterns were available to choose from. Each medallion was 10 inches around, and it took 17 medallions to go around one planter.

She said volunteers would choose the medallion, glue pieces on mesh. They would then get mounted on plaster and grouted, filling in the spaces between the tiles.

"Our goal is to get ten planters done before this winter," Ricke said.

Mosaic on a Stick, with its brightly colored walls of purple, pink and lime green, serves as a seller of mosaic supplies, an art studio and a space for teaching classes about mosaic design and



Maria Ricke of Mosaic on Stick demonstrates how tile medallions will be cemented to Snelling Avenue planters. (Photo by Terry Faust)

sculpture.

It arose from a discussion in a parking lot, according to Greene. She and Ricke had been active in a group of community organizers and artists, working on creating solutions. Although Ricke had a degree in peace studies and Greene in art, the two shared an interest in mosaic. They were friends with Jun-Li Wang, a community organizer with the Ham-

line Midway Coalition.

"She recommended we start our business in this neighborhood," Greene said. She and Ricke met regularly with Dave Gagne, who at the time was executive director of Hamline Midway.

"He looked over our budget, talked to businesses and tried to help us find the best location," Greene said. "It was kind of like having a dad help us out," she

said.

Greene said that since opening the business, she has personally moved to the Snelling neighborhood.

"I love this area," she said. "And people have thanked us for choosing this area. It's an incredibly warm community."

At a recent meeting of the Snelling Avenue Business Initiative (SABI), the planter project was deemed a fantastic success by Everett Janssen, owner of Shirts Unlimited and a member of the business group.

The medallions have been completed and need be installed around two more planters. "We just need a string of warm-weather days," Ricke said.

Janssen said that Hamline University provided the plants for

the planters and also paid the city to water twice a week.

"Master gardeners can hopefully work with Hamline when they do their plant ordering in November," Janssen said, adding that the gardeners can determine which plants will grow best.

SABI also discussed banners for the avenue.

According to Michael Jon Olson, current executive director of Hamline Midway Coalition, only the city can do the work on the banners. The standard size is a 30 by 60 inch bracketing system, required to have wind-deflecting abilities.

The cost of putting a banner on each pole was estimated to be \$500, and those in attendance discussed ways of funding.

Jonathon Sage-Martinson of Sparc, a group whose mission is to create and maintain healthy, affordable and sustainable neighborhoods by improving residential and commercial vitality in the Hamline Midway, said that Hamline University and the State Fair might help with infrastructure costs.

The group also advocated winter lighting for Snelling businesses, suggesting white lights be put up after Thanksgiving.

"We need to move quickly and informally this year," Sage-Martinson said. "We should start the day after Thanksgiving, and have the lights left on late each day."

Allison Sharkey, a new Sparc employee, said the merchants could compete for the block with the most impressive displays, with some type of food offered as a reward.

The projects discussed all focused on improving the environment and the looks of Snelling Avenue.

"People see things happening, and it might encourage them to get on board," Ricke said.

As with the owners of Mosaic on a Stick, they might strive to make the commercial corridor of Snelling Avenue a better place to work and live.

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Snelling Avenue area merchants light up winter streetscape

Which block along Snelling and its sidestreets will be the most beautifully lit this winter? Area business owners are challenging each other to brighten up their storefronts with window displays of white lights during these winter evenings.

"The winters are long and dark, and we want to brighten up our businesses, Snelling Avenue, and our community," says Diane Brennan owner of Fusion Salon. [Merchants will be turning on the lights the day after Thanksgiving.] The block with the loveliest displays will celebrate with locally made treats. You can find your white lights at Hamline Hardware, 755 North Snelling Avenue. Other businesses that will likely be displaying winter cheer with storefront lights include Mosaic on a Stick, Shirts Unlimited, Ginkgo Coffeehouse, Lloyd's Pharmacy and Metro Automotive.

Local business and property owners in the Snelling area are coming together for a gathering of SABI, the Snelling Avenue Business Initiative, to discuss winter lighting, available funds for façade improvements, and other initiatives to liven up the street [like the newly mosaic-ed planters along the Avenue]. Join us for lunch at Ginkgo Coffeehouse at Snelling and Minnehaha from 12 noon-1 p.m. on Wednesday, November 22nd. For more info, contact Allison at Sparc, 651-488-1039.

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Popular music store from Grand Avenue reopens in the Midway

By JANE MCCLURE

A popular music store, which featured classic arcade games and live musical performances, will reopen on University Avenue soon. If necessary business licenses win city staff and St. Paul City Council approval, Eclipse Records could reopen later this month.

Eclipse is returning after a three-year hiatus. "It'll be good to be back," said store owner Joe Furth. Eclipse is opening its doors at 1922 University Av., in a former uniform shop in Iris Park neighborhood.

Work is underway to obtain needed financing for the business, along with require cabaret and game room licenses. Furth has already had one meeting with Merriam Park Community Council (MPCC) representatives this fall. He'll need additional approvals from the City Council for his license requests.

Ward Four Council Member Jay Benanav has worked for many months to find a new home for Eclipse. He is sponsoring a \$15,000 Neighborhood Sales Tax Revitalization grant for the business, the St. Paul City Council approved unanimously October 25. Eclipse will match the grant with a \$35,000 bank loan.

Benanav believes Eclipse meets a need for young people, especially those would cannot or will not go to bars. "This was a place where kids could gather and enjoy music in a safe atmosphere," said Jane Prince, Benanav's legislative aide. "It was a really important and needed venue for kids ages 13 to 19, and when it closed, it really created a hole for that age group."

Eclipse will sell compact discs, vinyl, DVDs, books, magazines, clothing, incense, posters and other video and music-related products. It will offer a disc repair service and a consignment program.

The cabaret license is needed because the business also hopes to include a state of the art, all-ages music and performance space. It

would be the only all ages music venue in St. Paul.

Other plans call for internships in collaboration with the McNally Smith College of Music.

The new location was chosen for a variety of reasons, according to a business plan drafted by the Eclipse partners. One is its location within a four-mile radius of five major college campuses - University of St. Thomas, Macalester College, Hamline University, University of Minnesota and Concordia University. Another its is location on the Route 16 bus line and future Central Corridor light rail route.

Yet another factor is its business zoning and location in an area with other businesses. There are some apartments in the block Eclipse will be on but it doesn't share an alley with houses as the Grand Avenue location did.

Eclipse would use the Neighborhood STAR funding to complete the build-out of its new space. The building has been vacant for about five years. Much of the renovation will center on the performance space itself.

Eclipse's road to reopening hit a bump with the Neighborhood STAR Board October 11. The board recommended the City Council deny the grant request, as it falls well below the \$50,000 minimum. Furth said he isn't worried by the board's recommendation. The City Council has the final say on all STAR funding and Benanav is urging his colleagues to approve it.

Several Neighborhood STAR Board members said that had the request not been too low, it would have won a recommendation of approval. Only two raised concerns about the business, with one asking if it would be a "head shop." Furth and business partner Jason Brazil assured the board that would not be the case. In fact, the new Eclipse will continue the smoke-free policies from the original business. (Because Eclipse does

not serve food it does not fall under the city's smoking ban for restaurants.)

Furth said he probably looked at a dozen different location, with the help of Benanav's office and the cultural affairs staff for mayors Randy Kelly and Chris Coleman. But he also took some time off between shutting down the original Eclipse and preparing to reopen.

"I got really burned out after all of that time battling the city and battling the neighborhood," he said. "It's hard to have that going on when you're trying to run a business."

Eclipse originally opened at 1692 Grand Av. in 1999. The business was an immediate hit with young people, with its games, music and welcoming atmosphere. But neighbors south of the store complained about noise, loitering, parking congestion and patron behavior. They clashed repeatedly with Furth and drew city officials into the fray. Furth and Ward Three Council member Pat Harris tangled repeatedly on the club's operations, with Furth even running Harris for the Ward Three council seat.

When Eclipse began hosting live music in 2000, even more customers flocked to the business. But that raised more complaints and launched a lengthy battle with city licensing officials over whether the performances were legal.

In 2002 Benanav was able to change city regulations on cabaret licenses to accommodate Eclipse. The licenses had only been available to restaurants, bars and coffee houses, but were needed so that Eclipse and other retail businesses could host live performances in their stores.

City officials said no license, no live music. Furth contended the performances were needed for musicians to promote their latest releases. He and Benanav also pointed out that other record and company disc stores in other cities rou-

tinely host live music performances and questioned whether Eclipse was being discriminated against.

Furth said at the time, "I think we're the only record store in the country held to such restrictions." He contended that there is a difference between music offered to entertain business patrons and music that is offered to promote the musicians themselves and

their releases. He said that Eclipse's in-store performances were for promotional purposes.

Another argument Furth raised is that he has a First Amendment right to offer live music. He was granted the cabaret license in early 2003. But several months after that Furth chose not to renegotiate his lease and the business closed.

Midway in a minute

Continued from page 2

from its longtime Landmark Center home. The neighborhood STAR Board had rejected Steppingstone's request for a \$350,000 grant and \$175,000 loan toward the project.

The council also allocated a \$17,000 grant toward the Longfellow Elementary School's playground replacement project. In total the council allocated almost 41.5 million in loans and grants. The school had sought more than \$41,000. Ames Elementary playground on the city's east Side received \$36,740.

Monitor area projects met a mixed fate. University UNITED's University/Snelling commercial building facade improvement program, was awarded a \$75,000 grant and \$75,000 loan. Sparc was awarded \$100,000 for its lead

abatement program and \$75,000 for its Rice Street Program. The council added \$200,000 to the Rice Street streetscape program. But other projects were rejected.

While the October 19 vote is welcomed by organizations and businesses that have waited many weeks for their grant and loan dollars, it isn't likely to end the long-simmering feud between the City Council and Neighborhood STAR Board members. For several months the board and City council have clashed over the council's Neighborhood Investment Initiative Fund (NIIF), a discretionary fund controlled by council members. The Neighborhood STAR Board has pushed for the council to change the process used to allocate NIIF dollars. The council has criticized the Neighborhood STAR Board and recently refused to reappoint Board Chairperson Steve Gordon. Gordon is still serving as the board chair, because Mayor Randy Kelly declined to appoint a replacement for him.

Head lice

Continued from page 5

live lice found. Shampoo the infested person's hair with regular shampoo, rinse with warm water; wash with a vinegar and water solution, rinse with plain water; treat with lice shampoo following the instructions on the package, rinse with plain water. The most common treatment for head lice is pediculicidal shampoos and creme rinses. Herein lies the bad news. These potions contain insecticides. To add insult to injury lice may develop resistance to the toxic chemicals and survive the treatment. If only one pregnant female or several frisky lice survive the chemical warfare, the infestation will start all over again.

Credit or blame evolution or intelligent design but these little buggers have developed into tenacious creatures who lay tiny, whitish, oval eggs that seem to be laced with super glue and cling to hair follicles with a sort of death grip. Removing nits is stressed as an essential although tedious chore.

The nitpicking two-step involves combing through the infested person's hair with a tiny comb, loosening and removing the nits. Missed nits, hatch and then the person has live lice again. Detached nits die once they are detached from the infested person if they don't get a snack of human blood within the first forty-five minutes after they hatch.

The third step in the lice eradication process is a reasonable cleaning of the infested person's belongings and environment. Some entomologists (bug experts) report that it isn't necessary to clean the environment because lice can't live "off head" more than 36-48 hours and are slow moving. Ramsey County Public Health and the St. Paul Public School letter recommends cleaning all combs, brushes etc by soaking them in the special shampoo, or using hot soapy water or boiling them for five minutes. Vacuum carpets, upholstered furniture, mattresses and car seats. Don't spray with insecticides because this will expose your family to unnecessary pesticides. Wash clothing, bedding and towels used in the previ-

ous three days in hot (130 degrees or higher) water and dry in hot dryer for at least twenty minutes before using. Clothing, stuffed toys and cloth items that cannot be washed and dried can be dry cleaned or sealed in plastic for two weeks.

American Head Lice Information Center website, www.headliceinfo.com has charts comparing active ingredients, affect, cost and side effects of lice treatment products including homeopathic remedies. For instance, they report success in treating head lice with olive oil and nit picking. The olive oil smothers the live lice and doesn't have the side effects and dangers of neurotoxins. It is important to use food grade oil not motor oil. The oil treated hair can be cleaned with a clarifying shampoo for oily hair.

Got lice? There is treatment available and the fact you have it doesn't mean you are a dirty person or poor housekeeper. Your school nurse, Public Health and the American Head Lice Information Center website want you to know about your options and have safe treatment.



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'The Gathering' at Lyngblomsten provides respite for caregivers

By DEBORAH BROTZ

Dorothy Alshouse, who has been married to Alan for 63-1/2 years, has become his caregiver since he was diagnosed with Alzheimer's disease in 2002. Through The Gathering, a Lyngblomsten program that provides a safe and enjoyable place for individuals who are experiencing early-to mid-stage memory loss, she is able to get respite or a break from the daily grind of being a caregiver.

Since November is National Caregivers Month, Lyngblomsten is honoring all caregivers by inviting them to "Hand-in-Hand" - A Conference for Caregivers, on Nov. 18, from 10 a.m.-3:30 p.m., at Lyngblomsten, 1415 Almond Ave. For \$10, which includes lunch and materials, there will be a keystone presentation titled, "Comfort and Care for the Caregiver," by Pat Samples; breakfast sessions that present practical tools for improved communication between caregiver, care receiver, and family members; lunch; door prizes; and resources.

Alshouse can describe what it's like to be a caregiver for someone with Alzheimer's in one word.

"Exhausting," she said. "It's like having a child in a grownup body. He asks the same questions 10 times in 15 minutes. If I get enough sleep and feel good, then I can manage."

Communicating with someone who has Alzheimer's is very different from someone who doesn't.

"If you relate to one of your peers, you talk and pass ideas back and forth," said Alshouse. "There's none of that."

Although sometimes Al-

shouse gets angry being a caregiver, she is trying not to lose her temper.

"When I get angry, it makes it worse for him," she said. "I think I'm learning how to cope with it more than I used to. There are times I think I just can't do this. I feel sorry for myself every once in awhile."

As a caregiver for her husband, Alshouse has to watch over everything he does.

"I have to supervise everything," she said. "I have to get out his clothes and check to be sure he gets dressed. I always need to know where he is."

For about two years, Alshouse has been sending her husband to The Gathering, the first and third Tuesday of the month, at St. Timothy Lutheran Church, 1465 N. Victoria St. After a morning of activities, participants go to Lyngblomsten for

lunch and return to the site for another series of activities and socializing. Activities include music and sing-a-longs, crafts, cards, discussion groups, current events, special speakers, chair exercises, and field trips.

The Gathering is staffed by dedicated volunteers who have been specially trained to understand the distinctive needs of people experiencing memory loss. Participants enjoy fellow-

in need within and around a faith community and provides an opportunity for people to live their faith by serving others.

Lydia Volz, who works at Jehovah Lutheran Church as their parish nurse, is the Care Team Leader at her church and receives referrals for Care Team Partners (congregation members).

Care Team Ministry creates a team of volunteers around the needs of an individual or family. This structure provides more flexibility because people can share their special gift and no one gets burned out because there is a team to support one person's or one family's needs.

"It's not one caregiver and one person," said Volz. "By having several people involved, it's easier to take care of someone."

Care Teams function as extended family members doing a broad range of activities including: regular visits, light yard work or household chores, shopping assistance, transportation, or support for family caregivers. Through these activities, friendships develop, reducing loneliness and isolation.

"Care Team Ministry volunteers are not expected to do nursing things," said Volz. "It's more visiting, companionship, helping with transportation and doing light housekeeping."

People can benefit by becoming Care Team Ministry volunteers.

"They gain the satisfaction of helping someone," said Volz. "They can also share their faith with someone."

In receiving the service of others, recipients give the gift of gratitude to volunteers.

"They make you feel like you've really done a wonderful thing, and all you've really done is come out and visit," said Volz. "That's sufficient satisfaction to know that you've brought joy to someone and really helped them out."

Volz believes the friendships Care Team Ministry volunteers develop with their Care Partners strengthen the fabric of the community.

"I think when you give of yourself, you receive 10 times what you give," said Volz.

Samples, who has written three books dedicated to caregivers and care giving, says the need for caregivers is increasing as the population ages.

"There is a need for people to provide more care," she said. "The need is growing dramatically, but services to support the caregiver are growing not as fast."

Since most of us will end up being a caregiver, Samples encourages people to find inner respite.

"There is a deep well of wisdom where people know what they need to do to take care of themselves," she said. "It's where they feel peaceful. It's something inside they can tap into to maintain a sense of serenity."



Alan and Dorothy Alshouse often spend time reading the newspaper together at their home. (Photo by Terry Faust)



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ship, food, and stimulating activities there, which helps prevent the isolation that so often happens to people with memory loss.

"I like The Gathering very much," said Alshouse. "The people that run it are wonderful. I think Alan is very satisfied when he comes home."

For caregivers, The Gathering provides the opportunity to have five hours of respite and to feel comfortable knowing their loved one is in a safe, stimulating environment.

"I can do what I want without worrying about my husband," said Alshouse. "There are several groups I play bridge with, a group that gets together to chat, and Bible study at church. I can do my housework without being bothered and shopping."

Another program, Care Team Ministry, is a joint partnership between Twin Cities area Christian congregations and Lyngblomsten. The program responds, free of charge, to the non-medical "quality of life" needs of individuals and families of all ages not routinely fulfilled by existing social service organizations. This program offers supportive services to those

New exhibit brings rainforest to Como Park



The Como Park Zoo and Conservatory's new exhibit, *Tropical Encounters*, opens Nov. 17. The new \$2.1 million exhibit is a total emersion experience which allows guests to visit an authentic neo-tropical rainforest and explore the relationships between plants and animals.

By DEBORAH BROTZ

Have you ever dreamed of visiting a rainforest? Now you can at Como Park.

The Como Park Zoo and Conservatory's new exhibit, *Tropical Encounters*, opens Nov. 17. The new \$2.1 million exhibit is a total emersion experience which allows guests to visit an authentic neo-tropical rainforest and explore the relationships between plants and animals. *Tropical Encounters* is the first new exhibit at Como Park Zoo and Conservatory in over two decades as well as the first that combines both the plant and animal worlds.

"It's great to have plants and animals in one exhibit the same way as in nature," said

Katie Olson, education specialist at Como Park Zoo and Conservatory.

Tropical Encounters takes guests on an adventure through a Central and South American rainforest through the eyes of experienced Minnesotan field researchers and hundreds of plants and animals. Guests will encounter such animals as freshwater stingrays, giant river turtles, frogs, toads, fish, free-roaming birds, Jenna the anaconda, and Chloe the sloth, which is slow-moving and has an interesting lifestyle.

"They pretty much live their entire life up in the trees," said Olson. "They only come down to either switch trees or go to the bathroom once a week. They have a very slow metabolism and slow digestion."

The sloth lives mostly a solitary life.

"The only time it will be with another sloth is mating or a young sloth with its mother. A sloth is weaned at five months and will stay in association with its mother up to two years. The gestation period is 11-1/2 months. They do everything slow."

People will also view rainforest trees and plants including strangler fig, kapok, cecropia, an-

natto, cacao, pineapple, banana, mahogany, peach palm, balsa, ice cream bean and more. An integral part of the natural ecosystem is the insects that are essential to its survival, including the leaf-cutter ants and tailless whip scorpions that will be featured in *Tropical Encounters*.

"The exhibit combines the culture of Central and South American tropical rainforests," said Olson. "A lot of the plants have medicinal and edible uses."

The exhibit also highlights a fallen canopy giant tree designed by Bios, Inc. of Bainbridge Island, Wash. The tree's upper branches, which are covered in epiphytes and normally located 100 feet or more overhead, are now lying on the ground with bromeliads and orchids at eye level. The fallen canopy giant will also create a light gap in the dense rainforest. This light filled area is infused with a profusion of vines, lianas and seedlings, which regenerate the forest.

Another feature of the exhibit is a rainforest farm that illustrates the importance of sustainable agriculture to indigenous farmers and to the U.S. export crops such as cocoa, avocado, banana, papaya and coffee. A vast number of products come from the rainforest such as rubber bamboo and red dyes used by indigenous people for body paint and western women for lipstick. Plants that provide medicine for indigenous people of the forest and are studied in modern medicine will also be exhibited.

"The plants are very important to the people that live in these areas as well as to the animals," said Olson. "A tree called the peach palm is used to treat headaches and stomachaches. People are known to use parts of the annatto plant to treat burns, bleeding and fever."

Rainforests now cover less than 6 percent of the Earth's land surface. Scientists estimate that more than half of all the world's

plant and animal species live in them. They produce 40 percent of Earth's oxygen.

"Rainforests are an essential part of our daily life," said Michelle Furrer, marketing manager for Como Park Zoo and Conservatory. "They're endangered. Rainforest clearing is destroying the habitat of these plants and animals."

Today, rainforests are faced with a rapid and recent destruction of habitat as a consequence of human intervention. Rainforest clearing is destroying the homes and biodiversity in one of the most prolific animal and plant biomes on Earth. Species have formed interdependent relationships, all of which are dependent on the trees. With the loss of the forests, thousands of these species will become extinct before they can be discovered.

"A lot of needed habitat for animals and also plants is being turned into areas for farming and cattle grazing," said Olson.

During the Preview Weekend Celebration, Nov. 17-19, there will be timed visits through *Tropical Encounters*, zoo keeper and gardener talks, animal enrichment programs, as well as the Pioneer Press Activity Center offering a variety of family events including Rainforest Bingo, animal visits, story time and games. Guests will also be able to participate in a Treasure Hunt around Como Park Zoo and Conservatory, in which victors will receive a treasure of their own at the end.

By visiting the exhibit, Olson hopes people become more aware of rainforests.

"We hope they will learn how important rainforests are to us even though they're far away," said Olson. "And how we depend on rainforests for food, medicine, and clean air. We hope to instill a sense of awe and wonder about rainforests and to educate people on choices they can make that will stop rainforests from being destroyed."

Next Deadline: November 27

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In Our Community

Central High presents student-directed 'Fame'

St. Paul Central High School presents "Fame," a student-directed musical about the trials and triumphs of students at New York's Performing Arts High School.

Performances are December 1, 7 p.m., December 2, 2 and 7 p.m., December 3, 2 p.m. Come enjoy this energetic, dramatic and fun-filled production. Tickets are \$7 for adults and \$5 for students. Central High is located at 275 N. Lexington Avenue.

"Hand-in-Hand"—A Caregivers Conference

If you are helping a friend or family member who can no longer manage needs they once handled themselves, you have become a caregiver. November is National Caregivers Month, and we would like to honor all caregivers by inviting them to "Hand-in-Hand"—A Conference for Caregivers at Lyngblomsten (1415 Almond Ave.) on November 18, from 10 a.m. to 3:30 p.m.

For only a \$10 fee (includes lunch and materials), the day includes a keynote presentation entitled "Comfort and Care for the Caregiver" by Pat Samples; breakout sessions that present practical tools for improved communication between caregiver, care receiver, and family members; lunch; door prizes; and resources.

Registration is due by November 13. Call 651-632-5322 or visit Lyngblomsten's website at www.lyngblomsten.org to register and obtain more information. (Please note: a limited number of respite care openings at a fee of \$15—includes lunch and activities—are available for this conference. Please call 952-261-5235 to inquire.)

Muslim speaker leads discussion Islam Nov. 14

Hamline University invites the public to attend a lecture and discussion on justice, gender and race issues and the progressive Islamic society. Dr. Omid Safi is associate professor of philosophy and religion at Colgate University and is considered a controversial and outspoken figure within the Islamic community. His academic research has included both the social and intellectual history of pre-modern Islam and contemporary progressive Islamic thought. The lecture is free and open to the public. There is also a breakfast with Dr. Safi the following day for those who would like to attend. The cost of the breakfast is \$10.

The lecture is Tuesday, November 14, at 7:30 p.m. in the Kay Fredericks Room in Klas

Center at Hamline University, 1537 Taylor Avenue. Free and open to the public. No need to RSVP.

Breakfast with Dr. Safi is Wednesday, November 15, 2006 at 7:30am in Sorin Dining Hall at Hamline University, 1335 Englewood Avenue in Saint Paul. Cost of breakfast is \$10. Please RSVP to attend breakfast at 651-523-2200.

GINKGO Coffeehouse Hosts Arts, Crafts Fair

On Saturday, December 2, from 8:30 a.m.-4 p.m., GINKGO coffeehouse will host their annual Holiday Arts and Crafts Fair. Artists from the metro area show and sell unique, hand-made items of excellent quality, for very reasonable prices.

This show is a fun, simple, and rewarding way to shop for friends, family, people you work with, teachers or yourself.

Support local artists, while sipping a great beverage. Find items you won't see elsewhere, that are beautifully crafted. Find items that are affordable.

For more information, e-mail Kathy at kathy@ginkgocoffee.com, or call GINKGO coffeehouse, and ask for Jen or Rachel, 651-645-2647.

There is still some space for vendors, so if you are interested in finding out more, please contact us.

November adult forums; new sharing events

After detailed research about that fascinating woman of the Old Testament, Jezebel, Midway-area writer Marc Hequet asks, "What other name has survived 29 centuries of loathing and still keeps its bite?" Join Marc, who is writing a book about Jezebel, in unravelling Jezebel's role in the Biblical, historical situation of her day for this one-Sunday forum on November 19.

"Four Looks at Luke," an Advent Bible Study, runs four Sundays, November 26 - December 17 under the leadership of Dr. Maynard Dorow, New Testament professor who formerly taught at Luther University and Seminary in South Korea, now retired and a member of Jehovah.

The forums start at 9 a.m. in the lounge of Jehovah Lutheran Church at the corner of Snelling and Thomas Avenues in the Midway. Call Dawn for information: 644-1421.

Jehovah offers strategy delivering hot chocolate

On November 11, neighbors may see some folks handing out hot chocolate on Snelling Avenue and

Free martial arts demonstration at Rondo Library

On Saturday, November 18, at 1 p.m. and at 2 p.m., Lee's World Taekwondo Academy's martial arts studio will demonstrate taekwondo martial arts at St. Paul's Rondo Community Outreach Library at 416 Dale Street North (the corner of Dale and University Avenue). The demonstration will include taekwondo martial arts, Olympic-style sparring, traditional weapons, street self-defense and breaking of boards and bricks. This event, co-sponsored by the Saint Paul Public Library, is FREE and will allow audience members to participate and try new skills! For more information, contact Lee's World Taekwondo Academy lead instructor Jesse Amacher at 651-366-9624.



Aaron Maccabee and Nathan Fantauzza are two students from Lee's World Taekwondo Academy who will be participating in a demonstration of taekwondo martial arts at the Rondo Community Outreach Library at 416 Dale Street North on Saturday, Nov. 18, at 1 and 2 p.m.

wonder why. Those folks are people from Jehovah Lutheran Church, and they are seeking to meet their neighbors and share the message that "God's love in Christ is a precious free gift," a little like the free cup of hot chocolate. Other fun and free services they will offer at various times include leaf raking, gift wrapping, baby sitting so parents can get their Christmas shopping done and other sharing acts. For more information call Dean at 651-644-1421.

Pancake Brunch, Book Fair, Bake Sale at Central

Central Lutheran School will hold its 36th annual Pancake Brunch on Sunday, December 3, from 9 a.m.-1:30 p.m. The menu includes all the pancakes you can eat, plus sausages, coffee, milk, and orange juice. Drawings for door prizes will be held every half hour. There will also be a Book Fair with a great selection of books for children of all ages and a Bake Sale with a variety of tasty treats.

Central Lutheran School is located at 775 N. Lexington Parkway. Central Lutheran School offers Christian education, preschool through eighth grade, and before and after school child-care.

Adult tickets are \$5 in advance and \$6 at the door. Children's tickets (ages 3 through 8th grade) are \$2 in advance and \$3 at the door. You may purchase tickets from any CLS student or you may send your ticket order with payment to CLS and we will have your tickets available for pickup. For more information call the school at 651-645-8649.

Luncheon geared to 'Active Brain'

"Ideas to Keep the Brain Active," will be the topic at a luncheon for seniors on Tuesday November 14 at 11:30 at 1514 Englewood Avenue. An activities director, Mary Ann Schoenberger, will share some creative and inspiring techniques for using the brain to keep it healthy. Free transportation is provided and a free will donation is taken for the meal.

The event is sponsored by Hamline Midway Elders, a neighborhood non profit that helps keep seniors healthy and connected while living in their own homes. Call HM Elders to make reservations or for more information (651-209-6542). We also provide assistance to people caring for seniors at home.

St. Columba Turkey Bingo planned November 18

Mark your calendars to attend Turkey Bingo at St. Columba, Saturday, November 18th. Doors open at 5:30 p.m. and bingo begins at 6:30 p.m. Adult ticket price is \$20/\$25 at the door. Children's tickets are \$5/\$10 at the door. Ticket price includes buffet dinner, beverage and bingo cards. Hosted by St. Columba's Mad 4 Plaid, all proceeds to benefit youth ministry. The school auditorium is located at 1330 Blair Avenue. For more information or to purchase advance tickets, call Joan at 651-646-4419.

Bicycle meeting for new routes held in November

Whether you bicycle for fun, to commute, or both, you are invited to participate in a discussion about new north-south bicycle routes through the Hamline Midway neighborhood. Although this neighborhood has several east-west routes, there are no north-south routes that connect to surrounding neighborhoods and destinations. New features are planned north to Como along Lexington Parkway and there is an un-striped route southward along Pascal to Marshall.

What else is possible? Come discuss this issue Monday, November 27 from 7-9 p.m. at the Hamline Midway Coalition offices, 1564 Lafond. Officials from the City of St. Paul will be there to talk about cycling in St. Paul and to answer your questions.

For more information, contact the Hamline Midway Coalition office (651-646-1986) or Betsy Leach, Chair of the Hamline Midway Transportation Committee (leac0082@metnet.edu).

Lyngblomsten holds cookie and craft fair Dec. 1, 2

Fulfill your holiday baking and shopping lists at the Lyngblomsten Auxiliary's Annual Scandinavian Cookie & Craft Fair, December 1 & 2 from 9:30 AM—2:00 PM at the Lyngblomsten chapel: 1415 Almond Ave., St. Paul. 651-646-2941. All proceeds will go towards furthering the Lyngblomsten Youth Scholarship Fund. Visit www.lyngblomsten.org for more details.

Caregiver's conference planned November 18

All caregivers are invited to "Hand-in-Hand: A Conference for Caregivers" at Lyngblomsten (1415 Almond Ave., St. Paul) on November 18, from 10 AM—3:30 PM. For just a \$10 fee, the day will include: a keynote presentation entitled "Comfort and Care for the Caregiver" by Pat Samples; breakout sessions that present practical tools for improved communication between caregiver, care receiver, and family members; lunch; door prizes; and resources. (Registration and payment due to Lyngblomsten by November 13. Contact Patricia Montgomery at 651-632-5322 for more information, or visit our website at www.lyngblomsten.org to obtain a registration form.)

CONTINUED ON PAGE 11

Midway couple to receive peace and justice award

Midway residents Ralph and Kay Hilgendorf have been selected to receive the 2006 Honorary Award of the Vincent L. Hawkinson Foundation for Peace and Justice in recognition of their lifelong involvement in peace and social justice causes.

Selected annually by the foundation, the honorary awards and Hawkinson scholarships are aimed at furthering the commitment to peace and justice of the late Rev. Vincent L. Hawkinson, who served as pastor of Grace University Lutheran Church in Minneapolis for 30 years. Also receiving the 2006 Honorary Award are John and Marie Braun of Minneapolis.

The Hilgendorfs have long been active in Friends for a Non-violent World, Veterans for Peace and other peace organizations, including Women Against Military Madness. Ralph regular-

ly participates in the Marshall Avenue Bridge weekly peace vigil, sponsored by WMMM and the Twin Cities Peace Campaign/Focus on Iraq. He has also participated in the annual protests at the School of the Americas in Fort Benning, Georgia.

Married for 50 years, the Hilgendorfs have opened their home and cared for more than 50 foster children, many of whom were deaf or blind, and also housed an El Salvadoran refugee for two years. They have five children and six grandchildren.

In addition to peace activities, the Hilgendorfs do outreach with local agencies including Loaves and Fishes, People Serving People, Harbor Lights and Union Gospel Mission. Ralph chaired the building committee to construct the meeting

house for the Twin Cities Friends Meeting, of which the couple are members.

Ralph, who is blind, worked for the State of Minnesota as a rehabilitation counselor until retirement in 1991. He was a co-founder of Whole Grain Milling Company and has been involved with the Minnesota Institute for Sustainable Agriculture.

"Ralph and Kay exude willingness to pitch in on tasks for the common good. In doing so, they share their rare gifts and bring them forth from us," said AvaDale Johnson of the Twin Cities Friends Meeting, who nominated the couple for the award.

The awards will be presented on Sunday, November 12, 3 p.m., at St. Joan of Arc Church, 4537 3rd Ave. So., Minneapolis. The presentation is open to the public.



Midway residents Ralph and Kay Hilgendorf have been selected to receive the 2006 Honorary Award of the Vincent L. Hawkinson Foundation for Peace and Justice.

In Our Community

Continued from page 10

Tropical Encounters opens at Como Zoo, Tropical Park

The Como Park Zoo and Conservatory's new exhibit, Tropical Encounters, opens November 17. The new \$2.1 million exhibit is a total emersion experience which allows guests to visit an authentic neo-tropical rainforest and explore the relationships between plants and animals. Tropical Encounters is the first new exhibit at Como Park Zoo and Conservatory in over two decades as well as the first that combines both the plant and animal worlds. The two-story exhibit is located on the South end of the new Visitor Center which opened in 2005.

Tropical Encounters takes guests on an adventure through a Central and South American rainforest through the eyes of experienced Minnesotan field re-

searchers and hundreds of plants and animals. Guests will encounter such animals as freshwater stingrays, giant river turtles, frogs, toads, fish, free-roaming birds, an anaconda and Chloe the sloth. They will also view rainforest trees and plants including strangler fig, kapok, cecropia, annatto, mahogany, peach palm, balsa, ice cream bean and more. An integral part of the natural ecosystem is the insects that are essential to its survival, including the leaf-cutter ants and tailless whip scorpions that will be featured in Tropical Encounters.

The exhibit also highlights a fallen 'canopy giant' tree designed by Bios, Inc of Bainbridge Island, Washington. The tree's upper branches, which are covered in epiphytes and normally located 100' or more overhead, are now lying on the ground with bromeliads and orchids at eye level. The fallen canopy giant will also create a light gap in the dense rainforest. This light filled area is infused with a profusion of vines, lianas and seedlings which regenerate the forest.

Another feature of the exhibit is a rainforest farm that illustrates the importance of sus-

tainable agriculture to indigenous farmers and to the US on export crops such as cocoa, avocado, banana, papaya and coffee. A vast number of products come from the rainforest such as rubber bamboo and red dyes used by indigenous people for body paint and western women for lipstick. Plants that provide medicine for indigenous people of the forest and are studied in modern medicine will also be exhibited.

A special preview weekend of the new exhibit, Tropical Encounters, is planned for November 17-19. Guests will get a sneak peak of the exhibit, as well as other special activities and events planned for the day to wrap the total Como experience together.

Rainforests now cover less than 6% of Earth's land surface. Scientists estimate that more than half of all the world's plant and animal species live in tropical rainforests. Tropical rainforests produce 40% of Earth's oxygen.

Today, rainforests are faced with a rapid and recent destruction of habitat as a consequence of human intervention. Rainforest clearing is destroying the homes and biodiversity in

one of the most prolific animal and plant biomes on Earth. Species have formed interdependent relationships, all of which are dependent on the trees. With the loss of the forests, thousands of these species will become extinct before they can be discovered.

Nobel Prize winner presents chemistry lecture November 10

The public is welcome at eighth annual 3M/Ronald A. Mitsch Lecture in Chemistry. The lecture features Dr. Robert H. Grubbs, 2005 Nobel Prize Winner in Chemistry, who will speak on the "Applications of Olefin Metathesis Catalysts: Fundamental Research to Commercial Products."

The event is on Friday, November 10, at 12:40 p.m. in Sundin Music Hall, located at 1531 Hewitt Ave. on Hamline University's St. Paul campus. This event is free and open to the public.

Dr. Robert H. Grubbs is a Victor and Elizabeth Atkins Professor of Chemistry at the Cali-

fornia Institute of Technology in Pasadena. He received his B.S. in chemistry from the University of Florida, Gainesville, and his M.S. and Ph.D. in chemistry from Columbia University, New York.

The 3M/Ronald A. Mitsch Lectures in Chemistry are part of the 3M/Ronald A. Mitsch Endowed Fund in Chemistry, established in 1998 by the 3M Foundation in recognition and appreciation of Dr. Mitsch. The 3M/Ronald A. Mitsch Endowed Fund is intended to promote new connections and pioneering efforts between education and industry as an essential basis for the education of chemists who are prepared to meet the challenges and opportunities of the 21st century and beyond.

Dr. Mitsch, a 1956 graduate of Hamline University's College of Liberal Arts, began his career at 3M in 1960 as a research chemist and earned 19 patents. In 1998, he retired from 3M as vice chairman of the board and executive vice president of the Industrial and Consumer Sector, Corporate Services.

CONTINUED ON PAGE 12

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Rondo Library

Continued from page 1

"We met with groups made up of diverse community members," she said.

"We asked how the Lexington Library did not meet their needs," she said. The Lexington was closed, and Rondo took its place.

"We asked people what they needed from a public library in their neighborhood," Neve added. She said some of the teenagers responding wanted comfortable little seating spaces. "They wanted it to feel like a living room, with lamps on the tables," Neve said. "They wanted a space dedicated to homework."

The result was a School Work and Meeting Place (SWAMP). Neve said as many adults as children use the space. VISTA and community volunteers staff the homework center. Teens also have their own area, with new books, magazines and comfortable furniture.

Neve said the library has six meeting spaces, free for use by nonprofit groups. There is a fee for profit groups to use the meeting rooms.

Neve said Rondo has the largest collection of English language learning materials of any library. "You can build reading skills in any language," she said. Library patrons can work on increasing their vocabulary, improve grammar

and math skills, study for a GED or study for citizenship.

The African and African American culture collection has been greatly expanded, according to Neve.

As well as Somali music, the library has Hmong hip-hop and jazz collections. CDs, DVDs and videos are available for lending.

"We weeded the Lexington collection of materials and brought the best over here," Neve said. "We added \$250,000 more in materials. We have 60,000 items now."

She said the Rondo Branch has several partnerships. The Neighborhood Development Center, based at Western State Bank, offers classes. One popular one has been "Drowning in Debt," which offers strategies for getting out of debt.

Staff from the Neighborhood Development Center answers questions from the public related to business assessment.

Micro Entrepreneur training is available, with start-up guides for those who want to own their own business. Senior Corps of Retired Executives (SCORE) offers assistance, and help is provided for getting started in a variety of businesses, anything from childcare to cleaning businesses.

E-Democracy has training in pod casting and technology assistance.

The library collaborates with Minnesota Literacy Council, offering English language classes four days a week. A recent new program is Community Technology Em-



Library staff from the Rondo Outreach Community Library say that adults use the School Work and Meeting Place (SWAMP) space in the library just as much as children use the space. (Photo by Terry Faust)

powerment Program (CTEP), with two CTEP workers teaching classes throughout the library system.

There are computer classes and book clubs for seniors and a program called "Read With Me," which offers help with reading for children in grades 1-3. Volunteers for this program are trained by the Literary Council and work one-on-one with the children.

Friends of the Saint Paul Public Library, a nonprofit membership organization that supports the library system through fundraising, advocacy and public awareness activities, sponsors poetry readings, films and other special events on a recurring basis.

Neve added that volunteers are a big part of the library system, and there are so many ways in

which individuals can volunteer their services.

The opportunities for library patrons seem to be drawing visitors to Rondo.

"On the day of our grand opening, we had a gate count of 4,000 people," Neve said. "It took two police officers out on the street to direct traffic. It is amazing and wonderful that we had to have traffic control for a library," she said.

She added that gate numbers in October have been excellent, with 1800 to over 2,000 coming in during the week. On Sundays, with the library open for just four hours, the visitors have numbered over 1,000.

Neve said the librarian of today is a very different mixture of jobs than the old-style librarian.

In Our Community

Continued from page 11

'Healing Point' moves to Thomas Avenue area

"A Corner on Health" continues its service to the community with a new set of occupants. The Healing Point Traditional Acupuncture Center, formerly located in the Central Medical Building, has moved to 1158 Thomas Ave. Emily Silkwood,

Licensed Acupuncturist, is delighted with her new, larger, brighter space in the heart of the community. She is the new proprietor of The Healing Point, after 11 years of professional association with the clinic.

The Healing Point was established 23 years ago by Edith Davis, who was at that time one of only four acupuncturists in the state of Minnesota. There are now more than 200 licensed acupuncturists, due in great part to the school of which she was the founder, the Minnesota Institute of Acupuncture and Herbal Studies. (The school was incorporated into the Northwestern Health Sciences Univer-

sity, under its new name, Minnesota College of Acupuncture and Oriental Medicine.)

Emily Silkwood uses acupuncture and Chinese herbs in her Oriental medical practice. She has a general practice where she treats musculoskeletal problems, digestive, respiratory and mental/emotional issues. She is especially interested in women's health and specializes in women's menstrual and fertility problems. She is the only certified teacher of clean needle technique in Minnesota, a course required for all licensed acupuncturists in Minnesota. In addition she is a member of the Acupuncture Advisory Council, which makes recommendations to the Board of Medical Practice regarding licensure and discipli-

nary matters.

Silkwood describes the benefits of Oriental medicine as far-reaching. Regular use of acupuncture and Chinese herbal formulas can reduce fatigue and improve energy, restore emotional well-being, strengthen immunity, aid weight loss, prevent illness and relieve acute and chronic pain. Her practice is not a substitute for western medicine, but rather complements it. She recommends consultation with medical doctors for acute problems and sophisticated diagnostic procedures, but research has shown that in chronic problems Oriental medicine is often equally or more effective without the use of drugs.

St. Stephanus Lutheran holds Sauerkraut Supper


St. Stephanus Lutheran Church will be holding its annual Sauerkraut Supper on Saturday, November 11, 2006 from 5 p.m. to 7 p.m. at the church located at 739 Lafond (at the corner of Lafond and Grotto) in St. Paul. The supper includes pork loin, green beans, mashed potatoes, pumpkin dessert and beverage. Adults: \$8, Children, 5-12: \$3:50, Under 5 Free; \$20. Family Household. Bake sale will held in the lobby during the dinner. Any questions, all the church office at 651-228-1486.

Helen Bond joins Larsen Tax and Accounting

Helen Bond has joined Larsen Tax and Accounting Group, LLC ("Larsen TAG") as staff accountant. She comes to Larsen TAG after working for six years in a CPA firm, doing bookkeeping and tax preparation. She recently became certified as a QuickBooks Pro advisor.

Originally from Massachusetts, Bond is also an accomplished watercolor artist

Larsen Tax and Accounting Group is located at 1363 Como Ave., and serves individuals and companies in Highland Park, St. Anthony Park, Falcon Heights, Roseville, Shoreview, and Arden Hills as well as in the Hamline-Como-Midway area. The firm offers consulting services such as business valuations, and cash flow and budgeting analysis; accounting services; and tax services, including individual and business tax planning and tax return preparation, and payroll services. For more information, contact Nels Larsen at 651-353-9824.



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St. Paul proposes park land dedication ordinance

By JANE MCCLURE

St. Paul's proposed park land dedication ordinance, which would require housing developers to pay a fee or dedicate property for parks and open space use, is moving to the St. Paul City Council for final approval. The St. Paul Planning Commission unanimously recommended approval of the latest draft of the ordinance October 20 after several weeks' staff and commission review.

The City Council will hold a series of readings at public hearing before voting the ordinance up or down. No hearing date has been set although it's likely a hearing could be pushed back to late November or early December.

Many suburban communities already have park land dedication ordinances. Minneapolis is in the process of drafting a similar proposal. Parks proponents say that had St. Paul had an ordinance in place during the recent Housing 5000 initiative, several housing developments would have been required to either provide parks and open space or pay a fee. The fees, which would be dedicated specifically to parks and recreation, could be used to improve a park near a housing development or pooled to buy more park land.

In the Midway area many projects under Housing 5000 would have been affected by a park land dedication ordinance. These include the Carleton Lofts in South St. Anthony Park, the new housing planned for the former Samaritan Hospital site, Dale Street Townhomes in Frogtown, the housing above the new Rondo Community Outreach Library and Wellington Management's projects near Highway 280 and University, and near

Marshall and Otis Avenues.

The Planning Commission has scrutinized 35 recent housing developments in its study of the proposed ordinance. About two-thirds of those projects would yield areas of less than 10,000 square feet of open space.

"It's a start," said city parks planner Jody Martinez. "It's going to get our foot in the door." She said the ordinance is likely to be revised over time.

The ordinance has been in the discussion stage for the past few years. It has support from the St. Paul Parks and Recreation Commission and many parks and open space advocacy groups. But it is opposed by the St. Paul Area Chamber of Commerce and some developers and development agencies. The city's non-profit community development corporations have also raised concerns about the ordinance, saying it could force additional costs on to developers building low-income housing.

The ordinance would apply to plats and new developments that increase the number of housing units in the city. Developers would be asked to dedicate 0.008 acres or eight thousandths of an acre per new dwelling unit, to a maximum of 12 percent of the acreage of the plat. Developers would have the option of developing and maintaining the park space, or having the city do that.

Or the city could require a cash donation in lieu of park land, with a maximum of \$3,000 per dwelling unit. Each housing project's needs will be considered individually. If there is already a park near a new housing development, a fee might be charged and used to provide more amenities in that

park.

The Parks and Recreation Commission would review each proposal, with a final decision in the hands of the City Council. The council could waive the requirements on a case-by-case basis.

The Planning Commission is suggesting amendments to the ordinance as originally proposed. One issue the commission has wrestled with is that of affordable housing and whether developers of such housing should be required to pay a fee or dedicate land for park space. The Planning Commission is recommending that the fee be reduced for affordable housing developments and that the fee be set using a formula that incorporates the Twin Cities median income. One concern raised is that if affordable housing development are required to pay the full fee, that could mean the developers would be asking the city, state or federal government for additional project subsidies.

Most affordable housing built in the city is rental, said senior planner Allan Torstenson. The few owner-occupied units are typically built by Habitat for Humanity or land trusts, like Rondo Community Land Trust.

If a property is converted from affordable to market-rate housing, the full park land dedication fee would have to be paid at that time. "But the question that left me with

was, how do you administer that?" Torstenson said. St. Paul is contacting other cities to find out how they track such changes.

Other changes suggested by the Planning Commission include stipulating that dedicated land be in close proximity to the plant—not necessarily in the housing development plat itself. Another amendment changes the time of payment of the fee from prior to filing of a plat to prior to obtaining building permits. This is because the number of units can change at the last minute, impacting the land dedication or fee paid.

Another issue raised by the Planning Commission is the lack of public process in the ordinance. The ordinance was amended to include a public input process. Originally the only public process is after the Parks and Recreation Commission makes its recommendations to the mayor and City council. "If there are two or more parks in proximity to a development, what is the opportunity for the public to come in a say I want flower beds, I want a rain garden," said Commissioner Rich Kramer.

"We have processes in city regulations for spending much smaller sums of money than this," he added, citing the Long-Range Capital Improvement Budget (CIB) and Neighborhood Sales Tax Revitalization (STAR) process.

Planning Commission members also criticized the ordinance because it could allow some developers to skirt the regulations. The fee or land dedication requirement is tied to the filing of plats but not all housing developments require plats, some commissioners said. "If the Dale Street Townhomes with just a few units, has to pay a fee or dedicate land, but the giant Penfield doesn't have to pay a dime if it doesn't have to file a plat - that's absurd. That's absolutely absurd," Kramer said.

He said the city would do more for parks and recreation if it charged a flat fee per new housing unit and left it at that. But the state law allowing park land dedication is tied to plat filings. Most commissioners agreed they should pass the ordinance as is and then see if the city would bring forward a state law change later.

Wild Gifts at Como Park Zoo and Conservatory

Como Zoo and Conservatory Society's gift shop, Garden Safari Gifts, offers a variety of unique and unusual holiday gifts for every person on your holiday list, including the hard to shop for.

Garden Safari Gifts features a broad range of items including botanical soaps and lotions, distinctive jewelry, adorable stuffed animals, interactive children's items, live plants & bonsai trees, and much more.

This holiday season, gift items from around the world that feature plants and animals include these highlights:

Beaded Safari Giraffes & Lions: This craft originated in Zimbabwe, Africa. The art consists of difficult wire bending to create the shapes and then decorated with colorful beads that are glass. Many different animal designs are available.

Adventure Gift Packages: The gift that keeps on giving, this package includes a backpack, book and plush animal, as well as a gift certificate to attend one of Como Park Zoo and Conservatory's education programs. Choose to learn about primates, cats, sea creatures or more!

Stained Glass: Bring the art of the garden indoors! Handcrafted flowers and insects will let you enjoy the outdoors year round.

Adopt-an-Animal: A unique way to help Como Zoo with its

wildlife conservation efforts. Choose from a variety of animals including Orangutans to Polar Bears. With every adoption, you receive a certificate of sponsorship, color photograph and fact sheet, gift store discounts as well as zoo news alerts.

On Saturday, December 2 an art bazaar will take place in the Como Park Zoo and Conservatory's Visitor Center featuring local artists offering a variety of handmade wares from around the globe including blown glass, beaded jewelry, floral designs, aromatherapy and African garments.

The malls can be a real zoo during the holiday season, that is why Garden Safari Gifts has extended their hours December 4-7 from 4 p.m.-8 p.m. for a Holiday Shopping Showcase. Shoppers will receive free gift wrapping and complimentary refreshments while they shop, as well as the opportunity to visit and relax in the Marjorie McNeely Conservatory's Holiday Flower Show and the all-new Tropical Encounters exhibit.

Garden Safari Gifts is located in the new Visitor Center at Como Park Zoo and Conservatory and hours are 10 a.m.-4 p.m. A percent of all proceeds support programs and enhancements at Como Zoo and Marjorie McNeely Conservatory. For more information call, 651-487-8222.

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6:00-8:30 p.m. Youth (Junior High & Senior High)
6:30 p.m. Pilates - Cost \$5.00 per week
Call Central for details (651) 646-2751

Wednesday, November 22, Thanksgiving Eve
5:00-6:30 p.m. Community Thanksgiving Dinner
(Full Course Dinner - no charge)
RESERVATIONS ARE NEEDED!
7:00 p.m. Midway Community Thanksgiving Eve Service
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The Food Snob

For a long time I stayed away from Kenkayba's Place because the sign promised Mississippi Soul Food. After all, I'm still grieving the loss of Miss Anne's Kitchen, maybe the best purveyor of southern classics ever to hit St. Paul. Previous attempts to find soul-satisfying food like Miss Anne's ended in despair, so I was reluctant to try again.

But the Cheapskate, although not exactly stubborn or obstinate, is plenty convincing. So our crew –accompanied by our new reviewer, henceforth known as the Chowhound – dropped by for lunch. We were greeted by a TV blaring soap operas (shades of Miss Anne's Kitchen!), and a friendly woman who cooked, served and likely owned the place as well.

Only when the menu came did I discover that Kenkayba's Place is primarily an African restaurant, featuring the foods of Ghana—with a modest soul food selection on the flip side of the menu. Although I've often been accused of being a food-know-it-all, West African cuisine is terra incognita for me. The menu did little to increase my understanding, with terms like fufu and waakye.

After asking for advice from our hostess, we ended up with something called "The Whole Nine Yards" and groundnut stew. The Bachelor, a.k.a. Captain Adventure, went for something more familiar from the soul food menu: fried catfish, macaroni and cheese, and collard greens.

The soap operas marched on while we waited for our food. What finally arrived was certainly worth the wait. The



Without Reservations

Mississippi Soul Food at Kenkayba's Place

Whole Nine Yards turned out to be a large, multi-layered platter—a combination unlike any I'd ever seen. On the bottom was a flavorful mixture of rice and black-eyed peas, which I've since learned is called waakye. Artfully arranged on top were strands of plain spaghetti. A beef stew was ladled on, and alternated with chunks of fried tilapia. Finally came pieces of sweet plantain and a hard-boiled egg.

About 10 minutes later the catfish meal arrived, and sometime after that the groundnut stew. The stew was delicious, with a peanut base, chunks of mild goat and a spicy paste on top. The Bachelor's catfish was cooked well and the greens – if not up to Miss Anne's standards – were smoky and good.

If you are in a hurry, Kenkayba's is not the place for you. But if you are looking for delicious, unusual, filling food, cooked with love, I encourage you to stop in.

The Bachelor

The Food Snob says my collard greens were "smoky." I say it was like taking a bite of a chimney. I've never liked the taste of "barbecue," particularly those awful potato chips (such a noble chip when pure). But bear in mind that I'm a pale, pale white boy

who grew up in suburban Roseville eating tater tots and soupy tuna casserole, so I wouldn't know good soul food if it came up and slapped me 'cross the bottom.'

Seriously, I liked Kenkayba's, smoky greens and all. There's nothing commercial or cookie cutter about it. It's homely, slow and oh so genuine. I found the random *Saturday Evening Post* drawing hanging next to African artifacts to be endearing.

So check it out sometime and let whatever happens happen.

The Chowhound

While the origins of the phrase "the whole nine yards" are unknown (some say it refers to the size of a cement mixer or the length of a machine-gun ammunition belt, see Wikipedia for more theories), its meaning is quite clear: Everything. Somehow I still wasn't prepared for the contents of our platter, especially the combination of spaghetti noodles on top of rice and black-eyed peas. It's definitely not something I would ever come up with on my own, but boy was it tasty!

I was also pleasantly surprised by the size of "The Whole

Nine Yards." Being a chowhound, one of my greatest fears is that there won't be enough food to fill me up. Let me tell you that this is not something to worry about when eating at Kenkayba's. Even after going back for second and third helpings we could not join the clean plate club.

There are only two things I'll do differently the next time I eat at Kenkayba's. One is that I won't let the Bachelor steal the only hard-boiled egg. And two, I'm going to make sure to save room for dessert.

The Cheapskate

Now for a bit of pragmatic reconnaissance. The Whole Nine Yards (\$12) is plenty for two hearty eaters—or even three if you share a side of something else. The satisfying Groundnut Soup comes in an astounding number of sizes ranging from \$6.75 (small) to \$15 (super size). On the soul food side of things, the Catfish Dinner is also variable in size and price--\$9.99 to \$16.99 for two to four pieces of catfish. Four chicken wings with large fries was the "All Day Lunch Special" the day we were there, for \$4.99.

Brunch is served on weekends. The Saturday specialty is the waakye we tasted, and on Sunday it's something called Omu Tuo that I'd like to try sometime.

In short, the weather could not be better for settling into the kitchen-table atmosphere at Kenkayba's Place while somebody prepares giant platters of hot, nourishing food for you.

Join the conversation! The *Without Reservations* blog is at <http://withoutreservations.wordpress.com>

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9:30 AM Traditional Worship Details on website: www.hamlinechurch.org

9:45 AM Sunday School

10:30 AM Fellowship and Hospitality

10:30 AM Children's Choir

10:45 AM Youth Group

8:30 PM **Compline Service** (Service of Evening Prayer)

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

Hamline Midway History Corps begins season

After a long summer and early fall break, the Hamline Midway History Corps is beginning a new season of events and activities. With the first event, join us for a Sharing Meeting Saturday, November 11, 3-5 p.m. at The Hamline Playground Bldg., 1564 Lafond Avenue, Snelling Avenue at Lafond.

Bring something to show/share; Share a project, interest, or artifact; Learn what others have been working on/reading; Or just come and listen.

The second event will include a tour and a presentation on the history of Hamline United Methodist Church with author and historian Mary Bakeman on Saturday, December 9, 2-4 p.m., at Hamline United Methodist Church, 1514 Englewood Avenue (enter South door off alley).

Mary Bakeman is editor of the recently-released book *Casting Long Shadows: 125 Years at Hamline United Methodist Church*, with great insights into our neighborhood history.

Watch for more events in the coming months. Check out the Hamline Midway History Corps Web site at <http://www.hamline-midwayhistory.org> for the latest updates.

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ADDITIONS

Kustom additions, kitchens, bathrooms, patio decks, ramps, garages. Expert workmanship. Marty. 612-724-8819. 11-06

BUY AND SELL

Vintage lights, house hardware. Doors, tubs, radiators, etc. Also furniture hardware 651-644-9270. 11-06

ART/CRAFT SHOW

Fourth Annual Lake Como Holiday Art Show, Friday, Dec. 8: 12 noon to 6 p.m. and Sat., Dec. 9: 10 a.m.-5 p.m. Come select your holiday gifts from local artists. Historic Como Streetcar Station, northeast corner of Lexington and Horton in Como Park. 11-06

EMPLOYMENT

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

Hancock Rec offers programming for kids and family

Hancock Recreation Center offers a variety of programs, sports and activities for ages 3 and older. Here are just a few of the programs we are currently offering:

Join us on Friday, November 17 for the Turkey Tunes Family Dance. This fun-filled, family-oriented event will include: dancing, a limbo contest, pumpkin pie walk, Pin the Hat on the Pilgrim, Turkey (bunny) Hop, a Cornucopia Coloring Contest and more. Refreshments will be sold by the Hancock Booster Club with all proceeds supporting youth activities at Hancock Recreation Center. Children ages 10 and younger must be accompanied by a parent or adult. Fee: \$3.00/person, or \$10.00 max per family. Scholarships are available by calling the rec. center

HAULING

Hauling/Rubbish. Small trees cut down or trimmed. Licensed and insured. 612-869-8697. 12-06

KIDNEY DONOR

Wanted: Kidney, healthy 18 plus, O blood type, 651-772-2502. 12-06

LAWN SERVICE

Kern Lawn Service - total maintenance, lawn, trees and shrubs, 20 years experience, John (cell) 612-328-6893. 3-07

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Moving/Hauling/Small demo/Clean-up. Prompt, dependable, fair cost. Roger 612-616-1987. 12-06

PLUMBING

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FOR RENT

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and secure underground parking! 1 Bedroom / 1 Bath. 620 sq. ft. Call Melissa at 651-261-3305 with any questions or if you would like to set up a showing. 9-07

Lake Lots For Sale - Rare opportunity. 2+ acre lake lots near Siren, Wisconsin. Only 90 minutes from St. Paul. Call Betty Knutson at ReMAX Northwoods Realty, toll-free 877-648-0648.

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White-throated sparrows were kicking up the fallen leaves, red-bellied woodpeckers were chipping bark off the bare oaks, and a noisy flock of Canada geese flew overhead towards the lake. The Como Park woodland off Horton Avenue was also alive with the sounds of EcoPartner's chainsaws, the cracking of falling buckthorn trees, and the laughter of over 115 buckthorn busters.

The high spirits of the 65 Como High School students and Fresh Force service-learning students were contagious on the morning of the October 28th. Val Cunningham, a St. Paul Audubon Society volunteer, noticed that our long line of volunteers, which were carrying out freshly cut buckthorn branches, resembled a colony of hardworking leafcutter ants.

Our cities would be a much poorer place without our public parks and open spaces. The natural settings they provide are clearly important to our well-being, but urban forests have become rare. However, an idea for restoring a little wooded corner of Como Park and opening it up for educational purposes has been slowly taking shape in the minds of a small group of local volunteers.

The site of the buckthorn bust is a degraded 16-acre woodland just south of Horton Avenue between Hamline Avenue and Lexington Parkway. The woodland is just a few minutes walk from the Conservatory Visitors Center and a short walk or bus ride from 20 public and private schools. The "Como Park Woodland Restoration and Outdoor Classroom" would be the perfect place for children and adults to study natural history in a local setting. Of course, human history is also natural history.



Neighborhood Naturalist

By DEB ROBINSON

Como woodland restoration, outdoor project begins

Bricklayer union interns have been considering restoring the damaged historic landscape structure found in the 16-acre woodland. The Joyce Kilmer Fireplace

ent content for different subjects like history, art, literature, or science. Educators and their students will be encouraged to develop and contribute content to those online

limited biological survey will be taken of the existing native plants still found in the woodland. And there are plans for a habitat analysis. After that is done, areas within



On October 28, over 115 volunteer buckthorn busters, including scores Como High School students, gathered with EcoPartners to help restore the Como woodland off Horton Avenue. (Photo by Matt Schmitt)

(also known as the Dutch Ovens) is at the heart of the woodland site. Once restored, it could be used as a meeting place and a story circle for the students.

The outdoor classroom will have gravel paths with numbered posts. Those numbers will correspond to information in study guides. The current plan is to make the study guides accessible online, and these guides could have differ-

ent content for different subjects like history, art, literature, or science. Educators and their students will be encouraged to develop and contribute content to those online

study guides. And no buildings will be built - there is no shortage of building in Como Park, but there is a shortage of healthy woodlands. The woodland itself was in a sorry state not many years ago. Since 2003, community volunteers and EcoPartners have been removing invasive plants, dismantling illegal bike jumps, and hauling out trash. Hopefully, next spring, a

the forest will be allowed to regenerate naturally or will be replanted with native plants.

Right now, three ecosystems are planned for the site: mixed oak, oak savanna, and a tiny floodplain forest. One important goal of the project is to involve students in the process with the hope of fostering feelings of stewardship for this community-held forest.

Why do we need outdoor

classrooms? Our economic wealth is totally dependent on natural ecological systems, yet the understanding of those vital systems is hard to teach in traditional classrooms in a way that connects students to the real world outside. A well-educated public is necessary if we are going to solve the serious ecological problems we face.

It's important that people make meaningful connections to the natural world at an early age and throughout their lives in order for them to understand and appreciate the ecological systems they depend on. A random survey of 1,000 Minnesotans, conducted in 2003 by Hamline University, reported, "There is a connection between increased environmental knowledge, a more positive environmental attitude, and behavior changes to protect the environment."

The restored urban woodland will absorb stormwater runoff and pollution. It will provide habitat for wildlife. It will offer us a place to study and reflect. Restoration takes time and effort. And, with all the help from the community and local kids, it looks like the project is off to a good start.

Many sincere thanks to Como Woodland project supporters and volunteers: Como High School students and their teachers, Fresh Force, District 10 Environment Committee members, St. Paul Park and Recreation's EcoPartners, St. Paul Audubon Society, Ramsey Conservation District, Tree Trust, Students Today Leaders Forever, Single Volunteers Twin Cities, ROTC Navy, and involved community residents. *For more information, visit: comowoodland.org *To contact this writer: dmrobinson@bitstream.net

HAMLIN UNIVERSITY

UPCOMING EVENTS

Degenerate Music: Concerts of Forbidden Music from the Nazi Era

Presented by The Schubert Club Museum & TRACES Center for History and Culture

Haven from the Holocaust: Music of Ernst Krenek

Date: Sunday, November 12
Time: 3 p.m.
Location: Landmark Center, Gallery 205

Burning and Never Going Cold: The Music of Hanns Eisler

Date: Thursday, November 16
Time: 7:30 p.m.
Location: Landmark Center, Gallery 205

Gypsy Jazz Music by Sam Miltich & the Clearwater Hot Club

Date: Sunday, November 19
Time: 2-4 p.m.
Location: Landmark Center, cortile

Lola Lola: Hollaender and Hollywood

Date: Sunday, November 19
Time: 4 p.m.
Location: Landmark Center, Gallery 205

All concerts are free and open to the public. For more information call 651-292-3267 or email: www.schubert.org

The Annual Seminar in Contemporary Religious Thought

Speaker: Dr. Omid Safi, a noted leader and scholar on progressive Islam
Date: Tuesday, November 14
Time: 7:30 p.m.
Location: Klas Center
Contact: Linda Nybakken, 651-523-2200

Hamline A Cappella Choir Annual Holiday Concert

Date: Sunday, December 3
Time: 4 p.m.
Location: Hamline United Methodist Church
Cost: Free and open to the public
Contact: 651-523-2296

Work in Progress

A showcase of new dance work and class performance pieces by the Hamline Dance Ensemble.
Dates: Friday, December 8 and Saturday, December 9
Time: 7:30 p.m.
Location: Anne Simley Theatre
Cost: Free and open to the public

Hamline Women's Chorale and Wind Ensemble

Date: Saturday, December 9
Time: 4 p.m.
Location: Sundin Music Hall
Cost: Free and open to the public
Contact: 651-523-2296

Hamline University Orchestra Concert

Date: Sunday, December 10
Time: 4 p.m.
Location: Sundin Music Hall
Cost: Free and open to the public
Contact: 651-523-2296

Hamline University Jazz Ensemble Winter Concert

Date: Thursday, December 14
Time: 8 p.m.
Location: Sundin Music Hall
Cost: Free and open to the public
Contact: 651-523-2459



You are invited

to kick off the holiday season and light up Hewitt Avenue at the annual Hamline University Tree Lighting Celebration! The celebration, to be held Tuesday, December 5 from 4:30-5:30 p.m., will be held outside Sundin Music Hall. We'll flip the switch, then warm up with carols, cookies, and cocoa! Please join us for this festive event! Questions should be directed to Christine Berg Schroeder at 651-523-2426 or cbergschroeder01@hamline.edu

HAMLIN UNIVERSITY