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Alatus lays out options for six-story building on Lexington

By Jane McClure

Two plans by Minneapolis-based Alatus for redeveloping a long-vacant site at 411-417 N. Lexington Pkwy. drew objections during a sometimes raucous meeting of the Union Park District Council (UPDC) Land Use Committee on July 15. Several people criticized the plans for their lack of affordable and otherwise family-friendly housing. Both plans call for a six-story mixed-use building on the 2-acre site where Lexington and Fuller Avenue intersect. They each include about 226 apartments ranging from efficiencies to four-bedroom units, about 180 parking spaces both underground and on the main level, 21,000 square feet of space for a supermarket and a bicycle-pedestrian thoroughway to connect Fuller to Midway Peace Park.

LEXINGTON PROJECT ►3



Hold on tight. Irina Price of Magic Bounce sends 4-year-old Lumen Ruffedt skyward during Highland Fest. PHOTO BY BRAD STAUFFER

Ford project environmental impact studies get underway

Traffic studies around the Ford site will peer 20 years into future

By Jane McClure

Concerns about the potential impact on traffic from the re-development of Ford Motor Company's former assembly plant site in Highland Park have dominated comments on the scoping document for the Ford alternative urban area-wide review (AUAR). Of the 109 comments received, 84 pertained to traffic and another 19 focused on modes of transportation. Traffic and transportation also dominated discussion during a meeting of the Highland District Council (HDC) Transportation Committee on July 9. More than three dozen people turned out to raise questions and concerns about the process for conducting the Ford AUAR. When fully built out, the Ford site is expected to have close to 3,800 new homes and 150,000 square feet of new retail and office space. The AUAR for the Ford site is a detailed review of

FORD IMPACT STUDY ►2

Takeover of Ford Fields shows Highland Ball at its best

Vision for future of complex shared during special night

By Dave Wright

To some local baseball fans, July 17 will be remembered as a black-letter day. That's the day the Minnesota Twins led the New York Mets 3-2 after six innings at Target Field, only to end up losing 14-4. However, to the folks who coach, play and oversee the softball and baseball games at the Ford Fields in Highland Park, July 17 will be remembered with fondness. That's due in part to the efforts of some of those same Twins employees who helped make a group of young ballplayers feel like major-leaguers. It also marked the unveiling of a project that is expected to make the home of the Highland Ball program some of the premier fields to play on in the Twin Cities. Kids have been playing ball on Cleveland and Montreal avenues ever since Ford Motor Company donated the land and built the fields there in 1954, but there's probably never been a night like this at the Ford Fields. It started when young Emma Williams sang a snappy version of the national anthem and then played in the annual Minors all-star softball game for fourth-grade girls. The game ended in a 12-12 tie when a team representing the World Series champion 1991 Twins rallied for five runs in the final inning against their 1987 World Series champion counterparts.

The event was billed as Target Field Takeover night. Three or four times a year, the Twins visit a ballpark and bring along a lot of their friends. Adam Abrams, the Target Field public address announcer, handled the same duties for the AA baseball playoff game for fifth-graders between the Brewers and the Athletics that night. (The A's won 3-1.) Jim Cunningham, who handles many of the between-innings activities at Target Field, did his thing, as did team organist Sue Nelson. Twins mascot TC Bear posed for pictures with players and fans. A huge video screen in right field allowed the players to see themselves in bigger-than-life action. However, the star of the night was Twins

FORD FIELDS ►3

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Hearings kick off study of the future of Mississippi locks and dams

By ROGER BARR

Delayed last year by pending federal legislation, the U.S. Army Corps of Engineers is now proceeding with studies that will eventually determine the future of Lock and Dam No. 1 and the Upper and Lower St. Anthony Locks on the Mississippi River.

The federal Water Resources Development Act of 2018 authorized two separate studies of the locks and dams. The study of the Upper St. Anthony Lock near the Stone Arch Bridge in downtown Minneapolis will proceed immediately with public meetings scheduled for August 13 and 19. A second study of the Lower St. Anthony Lock near the I-35W bridge in downtown Minneapolis and Lock and Dam No. 1 downriver from the Ford Bridge will move forward late next year.

The federal legislation also expanded the scope of the Corps' studies. In addition to determining if it is in the nation's interest to retain federal ownership and management or to transfer ownership of the locks and dams to others, the studies will consider the impact of removing the dams and redeveloping the properties for other uses.



The Mississippi River tumbles over Lock and Dam No. 1 near the Ford Bridge.

PHOTO BY BRAD STAUFFER

The study of the Upper St. Anthony Lock was expedited due to the city of Minneapolis' decision to explore a plan for redeveloping the site as a visitor center and recreational destination, according to a January 8 letter from U.S. Senators Amy Klobuchar and Tina Smith. "This project is supported by a broad coalition of public, non-governmental and non-profit organizations in order to preserve the

area as a historical, recreational, scenic, cultural, economic and scientific resource," the senators' letter stated.

Public meetings to help the Corps assess the issues surrounding the redevelopment of the Upper St. Anthony Lock will be held from 6-8 p.m. Tuesday, August 13, at Mill City Museum, 704 S. Second St. in Minneapolis, and from 6-8 p.m. Monday, August 19, at Dowling School, 3900 West River Pkwy. The Corps expects to release a draft report and recommendation on the Upper St. Anthony Lock by June of 2020. The public review of its draft report will follow that summer, with a final report to be released that December.

The study of the Lower St. Anthony Lock and Lock and Dam No. 1 will begin in December 2020 and follow a similar schedule with a final recommendation on those two properties expected in 2022.

The possible removal of the Mississippi River locks and dams has been controversial. In public meetings held last year by the Corps, members of the Minneapolis Rowing Club noted that the removal of the locks and dams would all but end rowing on the Mississippi for the club and for the University of Minnesota. Other people were concerned that

removing the locks and dams would make it possible for invasive Asian carp to migrate upstream. Still others supported removing the locks and dams and returning the river to its natural state.

"Dam removal is the most effective, quickest and most economical method to restore river habitat and protect native fish and wildlife," said Olivia Dorothy, associate director of America's Rivers, a non-profit organization based in Washington, D.C.

The Corps' studies and the possible disposition of the locks and dams are part of a long process that could take more than a decade to complete. Only Congress can make the decision to dispose of the locks and dams. If Congress authorizes their disposition, the properties will be offered first to a series of federal agencies. If no disposition is made at the federal level, the properties will then be offered to municipal agencies. If no public agency acquires the properties, they will be put up for public auction. The new owners could maintain the locks and dams as they are, modify them or decide to remove them completely and return the river to its natural state.

For more information on the studies, visit mvp.usace.army.mil/MplsLocksDisposition.

Planning Commission OK's revised Ford site design standards

By JANE MCCLURE

Proposed design standards for the redevelopment of Ford Motor Company's former assembly plant in Highland Park underwent major revisions before winning the approval of the St. Paul Planning Commission on July 26. The revisions were made in response to comments received from city departments, the Planning Commission's Comprehensive and Neighborhood Planning Committee and the public, according to senior city planner Mike Richardson.

Many of the changes eliminated language that was already in the master plan for the Ford site or in the city's zoning code, such as the height of boulevard plants. The sections on building materials and the placement of windows and doors were streamlined. However, there were several revisions that substantially altered or even eliminated some design standards.

For example, for the townhomes or row houses planned for the west side of the proposed central water feature, an earlier draft of the design standards prohibited varied architectural styles and materials. The Planning Commission eliminated that prohibition to allow for a more eclectic mix of building styles.

Also eliminated was a requirement that townhouse facades be a minimum of 85 percent brick. "Based on comments received, requiring such a high percentage of a single material could lead to a monotonous swath of townhouses on the western half of the site," a Planning Commission report stated.

The revised design standards also allow more flexibility in building setbacks and clarify how a public square in the northern part of the site will be landscaped. Formerly described as a "green planting area," the public square will instead be defined by rows of trees around its perimeter.

Also removed was the standard that "gathering areas" in buildings fronting on the water feature or other public parks face those parks. "It is impossible to predict what the exact use, design and context of future buildings will be," the Planning Commission report stated, "and specifying the internal organization of site-specific architectural elements without that information seemed inappropriate."

Added to the design standards was a process for making amendments to the standards. According to Richardson, there is also a need to make zoning text amendments to ensure that all development on the Ford site, including single-family homes, goes through a site plan review.

Although St. Paul has design standards for historic districts and for new single-family homes in the Highland Park and Macalester-Groveland neighborhoods, the Ford site is the city's first redevelopment site to have such detailed design standards. The standards, which have been in the works since early this year, address such issues as landscaping, building proportion and scale, exterior building materials and how buildings meet the streets.

According to Richardson, the standards were developed in response to comments made during the master planning process. People said they wanted a design that complements the surrounding neighborhood. The design standards vary for each of the Ford site's designated zoning districts and for each of its eight parks and other open spaces.

The HDC's Community Development Committee sought several technical changes to the design standards, including more specifics on the maintenance of public grounds, the placement of all utilities underground, and a greater accommodation of future building code changes.

Tony Barranco, senior vice president for real estate development at Ryan Companies, the Ford site's master developer, was the only person to testify at a June public hearing on the design standards. However, the High-

land District Council (HDC), two citizens and Ryan Companies submitted written comments.

While expressing general support for the design standards, Barranco requested 20 technical amendments. One was that specific requirements for programming and other features in the various open spaces vary according to future community engagement and the amount of funding available. Another was that the preservation of trees along Mississippi River Boulevard be considered.

Ryan Companies asked that the design standards also address the slope of the property. "Due to the challenging topography of the site, the finished floor elevations in relationship to exterior grade will vary across all of the buildings," the company stated.

Other changes to the design standards address building and landscaping materials, vehicular access restrictions on some blocks, and the use of walls to delineate public and private spaces. Ryan is also concerned about the proposed Ranger Way if access to that new street is restricted from Cretin Avenue.

The design standards now go to the City Council for final approval and inclusion in the city's master plan for the 122-acre Ford site. For more information on the standards, visit tinyurl.com/y2h8sbl2.

1◀ FORD IMPACT STUDY

potential environmental impacts and suggestions for mitigating those impacts, according to Randy Newton of the St. Paul Department of Public Works. It covers the 122 acres of the former Ford plant, the 13-acre Canadian Pacific Railroad yard, and the 4-acre Highland Village Center northeast of the Ford property. It does not include Ford property on the west side of Mississippi River Boulevard.

The AUAR is being conducted by city staff with help from consultants from the firms Kimley Horn and SRF. Ramsey and Hennepin counties, the city of Minneapolis and the Minnesota Department of Transportation (MnDOT) will also be involved in the transportation studies, Newton said.

The scoping document lays out the issues to be covered by the AUAR. The comment period on that 310-page document closed on July 10 despite a request by the HDC to extend the comment period for 30 more days.

"I think there are some big-time concerns out there," said HDC board member Matt McGuire.

"I think it's reasonable to ask for more time,"

agreed HDC board member Susan Duffy. Little mistakes in the scoping and the draft AUAR could "blow up to be huge," she said.

However, city officials rejected the extension of the comment period, saying they cannot change a state-mandated process.

"This initial comment period is not the only opportunity for public comment (on the AUAR)," said Ward 3 City Council member Chris Tolbert. "In accordance with state rules, the city will be issuing a draft environmental analysis and draft mitigation plan in August." That will be followed by another 30-day period in which the public can submit comments to be considered in the AUAR review process, Tolbert said.

The AUAR traffic studies will involve an evaluation of existing conditions and forecasts of future traffic and how that traffic will be distributed, according to Newton. The study will consider how the Ford site will be built out over time with traffic volumes projected to the year 2040.

The traffic studies will examine peak demand during the morning and afternoon rush hours, estimate new traffic demand, evaluate traffic impacts and determine po-

tential mitigation measures on streets around the Ford site and as far away as West Seventh Street in St. Paul and Hiawatha Avenue and Highway 55 in South Minneapolis.

The studies will analyze the capacity of 20 intersections around the Ford site, including those as far away as Highland Parkway and Cleveland Avenue, Fairview Avenue and Ford Parkway, Fairview and Montreal Avenue, and St. Paul Avenue and Edgumbe Road in St. Paul and 46th Street and 46th Avenue in South Minneapolis.

Parking capacity, pedestrian traffic, bike routes and mass transit will also be studied. The AUAR will not consider a possible extension of the proposed Riverview Corridor streetcar line along a Canadian Pacific Railroad spur to the Ford site since Ramsey County's study of the Riverview extension has not yet begun.

MnDOT requested that traffic impacts also be studied on Snelling Avenue and Highway 62. The Metropolitan Council has asked for more detailed studies of transit and how a redeveloped Ford site would affect future transit demand. The Met Council is asking that a bus layover area or transit center be incorporated

in parking ramps on the Ford site. Also, if buses are to enter the Ford site, the Met Council stated, the turning radius of streets needs to be considered.

Public comments on the AUAR scoping document noted that traffic volumes in the area around the Ford site fluctuate greatly during the day and that the traffic studies ought to be conducted during the school year to account for the impact of school buses.

The 30-day comment period on the draft AUAR and mitigation plan will begin in mid-August. Two open houses will be held during that period.

The first open house from 6-8 p.m. Tuesday, August 20, at Gloria Dei Lutheran Church, 700 S. Snelling Ave., will focus on the natural and built environment, land use, geology, water resources, animals, and visual, air and noise pollution. The second open house from 6-8 p.m. Tuesday, August 27, at the Highland Park Community Center, 1978 Ford Pkwy., will focus on transportation.

The Ford AUAR scoping document may be viewed at stpaul.gov/Ford-auar. The draft Ford AUAR and mitigation plan will be available for public review after mid-August.

1 ◀ LEXINGTON PROJECT

The first plan would entail all market-rate apartments with 5,000 square feet for co-working or business incubator space. There also would be energy-efficient features, subsidized public transit passes and bulk internet/cable.

The second plan calls for six to 12 affordable units for people who meet income restrictions, and eliminates the commercial space and some of the other amenities.

About two dozen local residents attended the meeting. They raised objections about increased traffic and parking demands, but mostly about the proposed rental rates.

The proposed monthly rents would be \$850-\$858 per bed in a four-bedroom apartment, \$933-\$943 per bed in a three-bedroom apartment, \$1,900-\$1,930 for a two-bedroom unit, \$1,400-\$1,430 for a one-bedroom unit and \$1,000-\$1,030 for efficiencies. Those do not include the rates for any affordable units.

Both plans meet the underlying zoning and do not require any variances. Alatus is not seeking any public subsidies. The developer hopes to go through city site plan review during the third quarter of this year and start construction early in 2020.

The district council could ask for a public



The conceptual drawing for Alatus' six-story building at 411-417 N. Lexington Pkwy.

hearing on the site plan before the St. Paul Planning Commission, but affordable housing is not something the commission can address under current city zoning regulations.

Land Use Committee co-chair Dean Nelson said he anticipates at least one more meeting on the project with Alatus.

The development site is zoned for Traditional Neighborhoods 4, which is intended for high-density, transit-oriented, pedestrian-friendly mixed-use buildings. The site is part of the property that was rezoned several years

ago along both sides of University Avenue in anticipation of redevelopment spurred by construction of the light-rail Green Line.

Chris Osmundson of Alatus said the developers have struggled with balancing the project's costs with what neighbors want at the site, which is located just south of TCF Bank and White Castle. He said seeking affordable housing subsidies would push the project back at least a year. The site has been for sale for a decade and at least three other proposed projects have fallen through.

Neighbors said too many nearby housing projects are being built for newcomers and not for people who want to stay in the area. Some wanted to see senior housing on the site, while others wanted to see more larger units that are affordable for families. Others asked why another supermarket is being planned when an Aldi store is already nearby.

Neighbor and former City Council member Debbie Montgomery said her property taxes are already rising "and we haven't even seen this built yet."

"The people most impacted by this project cannot afford to live there," she said.

Neighbor Clyde Ciccarelli said that while he would like to see the vacant lot redeveloped, he was also concerned about rents. "I don't begrudge you building anything, and I'd rather see something there than a snow pile," he said.

The site has been vacant for more than two decades and was occupied this winter by a giant snow pile, which drew complaints from neighbors.

One red flag for UPDC committee members was how the market-rate rents would be structured, with the three- and four-bedroom units rented by the bedroom rather than as a unit. That is more akin to housing for college students rather than families, they said.

1 ◀ FORD FIELDS

hurler Taylor Rogers. He threw out the first pitch before the Brewers-Athletics game, signed autographs and then joined each team in their dugout in the first inning.

"Baseball in its purest form is having fun with your buddies," Rogers told them. "Keep working hard. Hard work beats talent."

Rogers wasn't the only one with major-league experience on hand. Jack Hannahan, a Cretin-Derham Hall graduate who played for eight years in the big leagues, was found wandering in a back field with his kids watching a game.

"I grew up on these fields," Hannahan said. "I fell in love with baseball here."

Nearby, a former Ford Fields groundskeeper watched the bustling scene with appreciation. "This was the first field I ever played on," said Dennis Denning, who after his playing days went on to considerable coaching success at CDH and the University of St. Thomas. He was at the fields this day to watch his grandson play.

Glenn Caruso, best known for his success as UST's head football coach, watched with interest as well because his son was playing.

"I live nearby," Caruso said. "On my block, we have kids who attend seven different grade

schools, but the one thing that connects all of them is they play on these fields."

All this was music to the ears of Patrick Martin, the vice president of Highland Ball, which serves around 800 local boys and girls ages 5-15. In addition to the special night for the players involved, July 17 was a stepping-stone toward what is hoped will be a complete renovation of the current facility.

A rendering showed what Martin and others hope will happen down the line. New turf fields, new lights, new dugouts, a picnic plaza, batting cages and a paved parking lot are just a few of the items on the wish list.

But first things first. Ford still owns the fields. Martin is hoping Ryan Companies, the master developer of the former assembly plant property, will become the new owner. Ryan has indicated it is fine with saving space for at least two of the three fields used by Highland Ball.

Once sold, the fundraising begins. No money figure has been determined. "We want to get our ducks in a row first," Martin said.

"When we get to that point, we're confident we can get the money to go forward," said Tony Giuliani, a former president of Highland Ball and grandson of the late Angelo Giuliani, a St. Paul baseball legend and former Twins scout who was instrumental in the early days



Minors all-star softball players revel in the opening activities while wearing new Twins caps during a Target Field Takeover on July 17 at the Ford Fields. PHOTO BY BRAD STAUFFER

of what started out as Highland Little League.

As the summer baseball and softball seasons wind down, Martin and others will look back on July 17 as a day to cherish

for some time to come.

"From Highland Ball's perspective, it couldn't have gone better," Martin said. "It showed what's best about Highland Ball."

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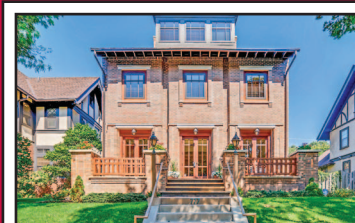
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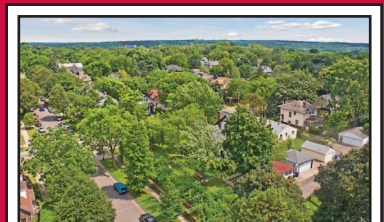
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City considers new ways to promote building of affordable housing

By JANE MCCLURE

Ways to address St. Paul's shortage of affordable housing are often described in financial terms, but other steps to promote affordable housing could come in the form of zoning code changes. Over the past few years, close to a dozen multifamily apartment buildings have been proposed in local neighborhoods. Most have been for market-rate apartments with just a handful of affordable units, if any. That has increasingly vexed Planning Commission members, some of whom have voted against projects to protest the lack of affordable housing in them.

Members of the Planning Commission and staff from St. Paul's Department of Planning and Economic Development have discussed amending the zoning code to encourage more affordable housing. The commission discussed those ideas at a recent retreat and will resume that discussion at a meeting of its Zoning Committee at 3:30 p.m. Thursday, August 1, in City Hall.

Among the proposed apartment buildings that have come under scrutiny in recent

months for having few or no affordable housing units are the six-story Scannell and Wellington projects on Snelling Avenue across from the new soccer stadium and the 200-unit Waterford Bay project on the banks of the Mississippi River in the West End.

The latest developer to face such criticism is Alatus, which is proposing 226 market-rate apartments in a six-story building on Lexington Parkway just south of University Avenue. One of Alatus' two plans for the site would include six to 12 affordable apartments. Affordable housing activists say that is not enough.

Planning commissioners have raised the issue of whether they can force developers to add affordable housing. Developers contend they cannot be obligated to provide affordable housing unless they are asking for public assistance, such as low-income housing tax credits or tax increment financing. Most say they would voluntarily incorporate some affordable apartments in their projects if they could make the numbers work, but invariably costs get in the way.

That was the case with Waterford Bay on the former Island Station site off Shepard Road near Randolph Avenue. The Illinois-

based developer Stoneleigh Companies obtained a conditional use permit and zoning variances for the project last spring, but not without some pushback from planning commissioners who wanted affordable housing to be included in the 200-unit project. The final vote on the permit and variance requests was 8-4, reflecting the Planning Commission's split over requiring affordable housing.

Ryan Swingruber of Stoneleigh said that while the developer would consider affordable housing, it believes that its mix of apartments on the site does provide some affordable units in studio and micro apartments. However, with a complex riverfront site that requires pollution remediation, easements and other added costs, the project is already under financial pressure, he added.

Another issue developers have raised is that by the time a project reaches the Planning Commission's Zoning Committee, it has already undergone months of work with architects, consultants and city staff. "We're pretty far along in the process," Swingruber said, and adding even a few affordable housing units can be complicated.

According to St. Paul planning director

Luis Pereira, one way the city could promote more affordable housing is through inclusionary zoning, or zoning ordinances that require new construction to include a specific share of housing that is affordable to households with lower incomes. Inclusionary zoning can be voluntary or mandatory. It may require different levels of housing affordability or be tied to density bonuses that provide for more apartments on a particular property than would otherwise be allowed.

The city of St. Paul is creating a \$71 million affordable housing trust fund. Among the fund's goals is the provision of down-payment assistance for home buyers, protections for tenants and new incentives for building owners to keep rents affordable.

The city's new 4(d) Affordable Housing Incentive Program offers property tax breaks for landlords who agree to keep rents affordable for at least 10 years. Within its first two weeks, 104 applications were received for the incentive program. The applicants represent a total of 721 apartments, nearly 200 of which serve households at or below 50 percent of St. Paul's median household income of \$54,290 per year.

HPC allows solar panels atop one of West End's most historic homes

By JANE MCCLURE

The historic Stahlmann-Schmidt-Bremer House at 855 W. Seventh St. will have 41 solar panels installed on its roof with the blessings of the St. Paul Heritage Preservation Commission (HPC).

The house is in the Jacob Schmidt Brewing Company Historic District and across the street from the redeveloped brewery itself. Built in 1874, the Italianate-style house was originally owned and occupied by the Stahl-

mann family, the first owners of the brewery. The Schmidts renovated and expanded the house in the early 20th century. Also known as the Marie Schmidt Bremer House, the residence has been owned for many years by RS Eden as a home for people transitioning from prison back into society.

RS Eden wants to install the solar panels on the southwest and northeast sides of the house. The 2-inch thick panels are about 77 inches long and 39 inches wide. Each panel weighs more than 47 pounds.

Christine Boulware, the city's historic preservation specialist, said the installation of solar panels on the house will not require the removal or alteration of historical features. "But given the unique setting of the building, there will be visible impacts to the character of the site and the historic district," she said.

Boulware noted that the panels do not match the existing roof and will have a visual impact on the house. However, she also prepared staff findings that would allow for the installation if the HPC agreed that the

project should continue to go forward.

Andy Goke of Apadana Solar Technologies said the project was revised to eliminate solar panels on the front of the roof. He said the panel frames will be painted to match the roof, and the panels will not be visible from the street because of the trees around the house.

Nine conditions were recommended in approving the project. Any additional equipment on the exterior of the property will need to be reviewed and approved by HPC staff.

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Children's Hospital's senior director of infection prevention and control, Patsy Stinchfield was instrumental in getting the Storyland Garden installed on the hospital's roof.

PHOTO BY BRAD STAUFFER

Rooftop garden boosts the spirits, promotes the healing at Children's

BY ANNE MURPHY

Rooftop gardens have been brightening city living for millennia, enjoyed for their beautiful plants as well as their scenic views. One such garden is considered especially magical: the Storyland Garden atop St. Paul's Children's Hospital, 347 N. Smith Ave. The garden is considered to be a vital part of the healing process at Children's and serves as an oasis for patients, their families and friends, and hospital staff.

"Research shows that patients who can look out on nature or be in nature do better than those who cannot," said Patsy Stinchfield, senior director of Infection Prevention at Children's. Stinchfield, who grew up in Highland Park and now lives in Summit Hill, takes particular pride in the garden and what it says about patient care at Children's.

With views of the James J. Hill House, the Cathedral of St. Paul and the Mississippi River bluffs, the Storyland Garden comprises 6,000 square feet of beds brimming with annual flowers, bronze sculptures, a water fountain, play sculptures of giant ladybugs and mushrooms, a scooter path and a labyrinth walkway.

"I frequently try to bring my patients to a spot where they can get a breath of fresh air to normalize their lives a bit," said Cindy Jarosch, a physical therapist at Children's. "There's nowhere more special for that than the Storyland Garden where children can walk, explore and engage in therapy while enjoying the calm and relaxation the garden provides."

"I had the privilege recently of taking to our rooftop garden a little boy who had endured significant hospitalization and intervention related to a brain tumor," Jarosch said. "I saw him relax and smile as he stood and worked on a Legos project there. His quiet joy was apparent in that environment and not in any other in the hospital."

"Hospital employees enjoy the rooftop garden during lunch as a quiet, colorful space to read a book or listen to the birds," said Janet Gunderson, a senior administrative assistant in Children's Department of Infection Prevention and Control. "Employee celebrations and fundraisers have been held in the garden. I've also enjoyed watching patients and families use the space for a brief respite."

"Children's Hospital has a long history of supporting gardens for our patients and staff because of their healing and soothing properties," Stinchfield said. "Florence Nightingale, the founder of modern nursing, advocated fresh air and sunlight for faster healing. The original Children's Hospital up on Pleasant Avenue was built with outdoor patios to wheel patients out for sunshine."

Children's-St. Paul opened at its current site

"I had the privilege of taking to our rooftop garden a little boy who had endured significant hospitalization related to a brain tumor.

I saw him relax and smile as he worked on a Legos project. His quiet joy was apparent in that environment and not in any other in the hospital."

in 1976 with a small green space out front, according to Stinchfield. Hospital employees mounted a fundraising campaign in 1995 to improve that space, she said.

The employees launched a second campaign in 2001 to expand the garden with landscaping, walking paths, benches and picnic tables. However, in 2011, when Children's and United Hospitals expanded their Emergency Department, the large garden was replaced with a smaller garden at the front entrance.

"Children's knew it needed to create another large outdoor space for kids, families and staff," Stinchfield said. "So the rooftop garden was created. It opened in May of 2013."

Funds for the rooftop garden were raised under the auspices of the Children's Hospital Association. "Children's brought the project to us," recalled Erin Bursch, executive director of the association. "They presented it to us in 2011 as a project we could fund. It became a half-million-dollar project. We made the first pledge in 2012 and our final payment in 2017."

Much of the initial support for the project was provided by the St. Paul Garden Club. Longtime club member Joan Gardner led the effort, which raised nearly \$13,000 from 27 garden club members.

"The Storyland Garden is a special place," said the Reverend M. Alexandra George, the chaplain at Children's. "The garden has something for everyone, with playful art, comfortable seating and interactive spaces for children. It's a space that promotes healing as the cares of the day melt away."

"I've really come to appreciate the garden for my own use as a place of respite," George said. "The labyrinth adds a spiritual dimension. I've accompanied parents bringing their child outside for the first time after a long hospital stay. I've also escorted parents to the garden so that their child could experience the outdoors one final time at the end of life."

"Those were especially meaningful moments as the parents gave this final gift to their child."

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Task force contemplates future of Grand, business association

By JANE MCCLURE

More than 50 Grand Avenue business representatives and neighborhood residents met at Macalester College on July 24 to hear about the Future is Grand Task Force's work, interact with a business owners' panel, and get an update on this year's Grand Old Day and the future of the Grand Avenue Business Association (GABA).

The task force—a collaboration of GABA, the Summit Hill Association and the Macalester-Groveland Community Council—is currently gathering information from Grand Avenue's businesses, residents and customers in

hopes of wrapping up its work later this year.

Dawn Huffman of the Grand Ole Creamery said it is important for the business association to succeed. "GABA is the glue that used to hold us all together," she said.

Last month's Grand Old Day, which rose from the ashes after its initial cancellation and the exodus of several staff members, drew an estimated 215,000 people, slightly up from 2018. The day went well and generated about \$90,000 in net profit for the association.

GABA is still in the process of regrouping, led by volunteers and a half-time paid staff member. There are no plans to hire more staff at this time as board members look at what

the role of an executive director should be.

Meanwhile, interim president Bob Lawrence and other board members are urging businesspeople to join the association's committees and help with special events and member recruiting. GABA currently has eight board members.

The organization itself has only 70 paying members. According to city records, there are more than 550 businesses on Grand.

The task force is working to address other issues as well. The group wants to identify existing barriers and opportunities for Grand visitors, residents and businesses.

Task force members met immediately after

hearing from the business panel and audience to assess their next steps. They have already conducted surveys and interviews, and have talked to Grand business owners, customers, landlords and local residents.

A neighbor and visitor survey is also ongoing at tinyurl.com/yyjq9w7r. Task force co-chair Brian Wagner said comments from the business panel will also be used by the group.

Panelists Dan Marshall of Mischief Toy Store, Scott Rohr of the Yarnery, Mike Schumann of Traditions Home Furnishings and Huffman answered questions about the

FUTURE IS GRAND ► 7

St. Thomas eyes south campus for new parking lot

By JANE MCCLURE

The demand for parking, especially with major construction underway, is driving the University of St. Thomas' desire to create more parking west of Loras Hall on its south campus. However, that has brought pushback from some neighbors who are concerned about the loss of green space and almost two dozen mature trees.

St. Thomas officials reviewed plans for the new parking lot with the West Summit Neighborhood Advisory Committee (WSNAC) on July 23 and with the Macalester-Groveland Community Council Housing and Land Use Committee on July 24. WSNAC will review the issue again when it meets on August 13. University officials, meanwhile, are continuing with the city permit process in hopes of having the lot completed by the time classes resume in September.

Since construction began this spring on two new dorms on the university's main campus, some Merriam Park residents have

complained of construction workers parking in the neighborhood. At peak times, as many as 160 workers are on site. The dorms are not scheduled to open until the fall of 2020.

St. Thomas also needs more parking as workers convert the former child development center at the northwest corner of Grand Avenue and Finn Street into a health center.

The university has created interim parking on Cleveland Avenue near the construction of the dorms and on the north side of Grand between Cleveland and Finn. Those interim lots and a permanent lot by Loras will add a total of 111 spots. St. Thomas is also negotiating with St. Mark's Catholic Church to use its parking lot on Dayton and Prior avenues.

St. Thomas' initial site plan for the new parking lot was reviewed by city officials in late June. Some WSNAC members said they did not know about the project until July and committee co-chair Rachel Westermeyer had concerns about that. She said neighbors were "stunned" to learn about the lot.

No neighbors spoke at the WSNAC meet-

ing on July 23, but Summit Avenue resident William Kennedy sent a letter asking that the lot not be built and that the green space and trees be preserved.

The five-story Loras Hall is located just south of Summit Avenue and has parking to its east near O'Shaughnessy Science Hall. The 41 new spots would be added to the west between Loras and a private drive for the St. Paul Seminary.

"We don't have the ability to use that location for anything besides parking," said Mark Vangsgard, the university's vice president for business affairs and chief financial officer. The 2016 campus master plan called for moving Loras to the west and expanding the science hall, but that plan has been shelved.

"It looked great on paper," Vangsgard said, "but the construction company laughed and said, 'You want to do what?'" Moving and renovating the century-old Loras Hall could cost \$9 million-\$12 million.

Loras Hall lies within the Summit Avenue West Historic Preservation District. WS-



Loras Hall on St. Thomas' south campus.

NAC members asked for more information about whether adding parking near Loras will require a public hearing before the city's Heritage Preservation Commission or just a review by HPC staff.

WSNAC also wants to see stormwater runoff addressed and is requesting consideration of permeable lot pavers and a landscaping plan for the Loras lot.



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News Briefs

Commission finds favor with revised Highland District Plan

The Highland District Plan will be taken up by the St. Paul City Council following a recommendation of approval by the city's Planning Commission on July 26. It is the latest step toward replacing a plan that has not been updated since 2007.

District council plans are intended to guide future growth and development in such areas as housing and land use, transportation, parks and other open spaces. The Highland District Plan has two firsts for the neighborhood: chapters on public art and historic preservation.

The Planning Commission's Comprehensive and Neighborhood Planning Committee held a public hearing on the plan in June and recommended its approval on July 17. The committee reviewed comments from the Highland District Council, which adopted the plan in April, the city's Heritage Preservation Commission and Highland Park resident Mat Hollinshead.

The commission opted to add clarifying language on historic sites, but rejected a request to include more details on future uses for the Canadian Pacific Railroad rail spur and rail yard that used to serve the former Ford plant site. The rail line is still owned by CP Rail and the city already has a plan for the reuse of rail spurs.

The committee also discussed whether or not the Highland District Plan meets several equity goals set out in the city's newly adopted 2040 Comprehensive Plan. After some initial concerns, committee members decided it did meet goals ranging from housing density to equal access to parks and recreation facilities.

Developer seeks \$80M public subsidy for riverfront project

AECOM, the developers of the former West Publishing and Ramsey County jail site, told the Ramsey County Board on July 23 that an \$80 million taxpayer subsidy is needed to develop the property along downtown St. Paul's riverfront. That met a mixed reception from some commissioners. No action was taken during the board workshop.

The developer wants to build four modernistic towers ranging from 15-29 stories along Kellogg Boulevard. The towers would contain market-rate apartments and condos, a hotel, offices and retail space. The estimated \$788 million project would include \$80 million in public funding from the state, county and other sources. Any legislative request would have to go to the County Board for action as part of its 2020 legislative agenda. Construction is scheduled to start in 2021 and take a decade to complete.

Commissioners generally expressed support for the plans, but raised concerns about whether the buildings would be able to attract Class A office tenants, given the current amount of vacant downtown office space.

No affordable housing is planned, though

the developers have offered \$5 million for affordable housing to be built elsewhere.

HDC seeks remedy to traffic woes at Lexington-Randolph

The Highland District Council (HDC) voted unanimously on July 18 to ask for changes to untangle the traffic tie-ups that have been an issue ever since Trader Joe's opened at Lexington Parkway and Randolph Avenue.

Southbound vehicles trying to access the store's parking lots sometimes have near-misses with northbound vehicles. Vehicles trying to exit the lots to head south face similar challenges. Bicyclists also find themselves dodging traffic. Several motor vehicle and vehicle-bicycle accidents have been reported.

Since 2015, the HDC and Macalester-Groveland district councils have worked with the St. Paul and Ramsey County departments of public works and Trader Joe's management to see what can be done to address the traffic issues.

The HDC voted on July 18 to ask building owner Escom Properties to encourage customers to use Juno Avenue as the parking lots' entrance. Vehicles would exit from a driveway to the north, which would become right-in, right-out only for most vehicles. Only semis delivering goods would be able to drive in using the north entrance.

A second request is to make modifications in the parking lot to help address traffic issues. A third request is for clear signage to direct drivers where to go.

Remodeled Cleveland Wok scheduled to reopen this fall

The Cleveland Wok, a Chinese buffet-style restaurant at 767 S. Cleveland Ave., is under renovation and is expected to reopen in the next few months. The restaurant has been closed for business since a late-night kitchen fire on February 9 caused significant damage.

"We hope to reopen sometime this fall," said Thanh Bui, who owns the restaurant with his wife, Thuthanh Bui. "The remodeling process has just begun and will be in full gear by next month. We plan on creating a completely different layout that will optimize our space. The goal is a more contemporary look that still incorporates Asian architecture."

An announcement of the anticipated reopening has been posted on the restaurant's website. An opening date has not been set yet.

The Cleveland Wok has been a popular restaurant in Highland Village since 2000, offering an all-you-can-eat buffet for both lunch and dinner. Bui said the menu will continue to feature a wide variety of dishes.

"We've been working hard on creating a menu that will deliver an even more diverse selection," he said.

News Briefs compiled by Jane McClure and Alma Silver.

6◀ FUTURE IS GRAND

challenges that Grand Avenue businesses face. They agreed on some issues, including high rents and property taxes, resident-only permit parking and overly rigorous parking enforcement. They also agreed on the need for more cross-promotions to attract customers to Grand.

All four also agreed that businesses need more support from neighbors. "The automatic reaction to new development on Grand all too often is 'no,'" Rohr said.

There were some disagreements as well. Marshall supports the previously rejected proposal for parking meters on Grand, something Huffman and Schumann strongly oppose. Marshall also supports efforts to spur new development by removing a zoning regu-

lation that limits the height and footprint of new buildings on the east end of Grand.

"We need different kinds of retail on Grand," Rohr said. He pointed to newer commercial hubs ranging from West Seventh Street's Keg & Case Market to Northeast Minneapolis' retail and restaurant mecca as models that Grand Avenue should strive to emulate.

Marshall said he has been satisfied with his interactions with the city, although he would like to see it do more to help small businesses.

"You can't start a business renting on Grand anymore because rents are too high," he said.

Schumann moved his business off of Grand earlier this year after operating there for more than two decades, citing ongoing unhappiness with city officials over a variety of issues.

"We left because we got tired of beating our heads against the wall with the city," he said.



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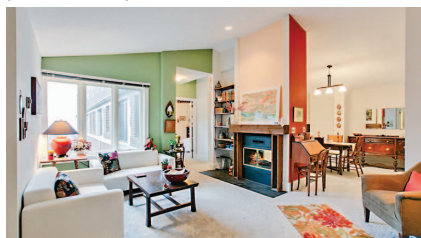
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Viewpoint

Summit Avenue hits new low

I had to verify for myself in just how bad a state St. Paul's premier urban boulevard is in. I scouted Summit Avenue from Mississippi River Boulevard to the St. Paul Cathedral. Here are the mostly depressing grades for this 4.5-mile-long, mansion-lined avenue:

Mississippi River Boulevard to Cretin Avenue-D; Cretin to Cleveland Avenue-D; Cleveland to Prior Avenue-D; Prior to Fairview Avenue-D; Fairview to Snelling Avenue-D; Snelling to Hamline Avenue-D; Hamline to Lexington Parkway-D; Lexington to Victoria Street-D; Victoria to Dale Street-B; Dale to Ramsey Street-C; Ramsey to Selby Avenue-A-.

How can the city justify giving tax increment financing to developers when our showcase streets are so in need of repair? What about the premium property taxes that Summit Avenue homeowners shell out to live on a second-world roadway? How can the city continue to give churches, schools and universities the benefit of being on Summit without contributing a penny for this fallen dowager's upkeep?

If my kids had brought home a report card like this, we'd have pulled out all the stops to remedy their problems.

Bob Brereton
Macalester-Groveland

A monopoly in the making

Here is a story for all those pushy know-it-all folks who wanted organized garbage collection in St. Paul:

For many years we used Berquist and Son for our trash collection. It is a family-owned company that had been serving St. Paul since 1930. They were lovely to deal with, offering quick responses, great service and reliability. After St. Paul's city government railroaded citizens into its heavy-handed garbage collection system, we lost the right to use Berquist. The city handed us over to Pete's Rubbish company, which did not impress us.

The Berquist family ultimately sold what was left of their business to Waste Management, a \$50 billion corporation based in Houston. Then, lo and behold, two weeks ago in my mail I get a letter from Waste Management saying that Pete's Rubbish had sold out and we now get that same \$50 billion Houston corporation to handle our garbage collection. We will soon have a trash-hauling monopoly in St. Paul, which of course was the city's initial goal.

Those of you who want more government in your personal lives need to have your heads examined.

Jeanne Condon
Highland Park

Restore balance to city politics

The mostly incumbent DFL politicians on the St. Paul City Council and School Board have been draining the bank accounts of property taxpayers with unaffordable, out of control, often double-digit tax increases, thereby creating more unaffordable housing that significantly multiplies the problem of homelessness. We need some balance on the City Council and School Board. Please contact the Republican Party of Minnesota (651-222-0022) to request they provide us with some City Council and School Board candidates to vote for in the upcoming November elections. Thanks.

Sue Shetka
Macalester-Groveland

Standing up for St. Paul's charter

St. Paul has a city charter. It's like a mini-constitution for the city. Our current charter was approved by voters in 1972. Not many cities have this, so we are rather fortunate. The charter defines the roles of the City Council and mayor along with the city's general authority to finance and tax for public services.

The wonderful thing about St. Paul's charter is that it gives citizens a voice in how our city is governed. If we want a certain law but city officials won't create it, we can create the ordinance ourselves. If we disagree with an ordinance passed by the city, we can oppose it. In both scenarios, we collect signatures on a petition. Once the petition has been presented and deemed sufficient, it goes to a citywide vote.

That's it. The process is very clearly defined, very simple. What's difficult is obtaining thousands of signatures within



a short period of time and in a perfect manner. If someone has sloppy writing or his or her name doesn't match voting records (for example, "Matt" instead of "Matthew"), signatures can be rejected. When a petition has been deemed "sufficient," it's a great accomplishment. Many individuals will have been involved, donating countless hours, just to have their voices heard.

Now, regarding St. Paul's new system of organized trash collection, it doesn't matter which side of the issue you stand. You will have a voice if the valid petition submitted by St. Paul Trash is allowed to proceed to a referendum. You will be able to vote for or against the city's trash plan.

This is about so much more than trash. This is a lesson in civics. We are seeing what happens when the mayor and City Council are challenged by their constituents.

Ann Dolan
Macalester-Groveland

Editor's note: The writer is one of the plaintiffs in the lawsuit that seeks to overturn the decision by the City Council and allow a citywide referendum on St. Paul's organized trash collection system.

Flagging a global crisis

I have proudly flown an earth flag at my home for over five years. Last week it went missing.

Our earth is at a tipping point with the climate change crisis. We need all hands on deck to address this problem. We all need to do little things to help, and our government needs to do big things. The clock is ticking.

Mike McDonald
Highland Park

More costs, less service

All those trash carts and their required positioning for pickup in St. Paul made our alley snow plowing difficult this winter and often left sections unplowed. I coordinate the plowing service for our alley and was told of this difficulty each snowfall:

The plow driver would have to get out to move each cart in order to plow correctly and to not risk damaging property. Great fun in the wee hours of a snowy morning or night, wouldn't you agree? This substantially added to his plowing time. Those huge snowbanks and all those trash carts further out in the alley compounded the problem.

Another thing to consider: It has not been cheaper to get

the smallest trash cart and have pickup every other week. Before organized trash, I paid \$43.94 every three months for weekly pickup. I now pay \$60.83 for every other week pickup—less service, more cost, same trash cart, same provider (who does excellent work, by the way).

As the trash removal problems, property taxes, decreased services and signed petitions pile up, when will our city officials start paying attention to us? Seems like the only digging they do is into our pockets!

Chillon Leach
Merriam Park

A growing danger on Snelling

Why do Macalester College and the city of St. Paul insist on planting 4- to 6-foot-high weeds along the median on Snelling Avenue? In some areas, the medians have trees and beautiful yellow flowers, but in other areas they have tall weeds that make it almost impossible for pedestrians, bicyclists and motorists to see each other, especially when crossing or turning onto or off of Snelling. It is only a matter of time before someone is injured or killed.

The weeds have been present for at least three years despite repeated neighborhood complaints. Why are they so insistent on doing something so evidently unsafe, unpleasant and unsightly? Why not plant appropriate flowers, plants or trees? Will it take a lawsuit or even a death for them to apply some basic common sense?

Jim McCorkell
Macalester-Groveland

Deanna Seppanen, director of Macalester College's High Winds Fund, responds: We appreciate the continued input from the community and will temporarily cut back the tall grasses near the crosswalks. We are working on a more permanent solution for better visibility.

Linking autism and vaccines

A letter by a woman from Highland Park states that her autistic son was not "damaged or injured" and that vaccines don't cause autism (Villager Inbox, July 17). However, the National Vaccine Injury Compensation Program has awarded \$4 billion to vaccine-injured children. She also states that her son is sweet, kind, funny and autistic. My son is all of the above and more, although it is not fair to say that this is true for many other autistic children who find themselves at

8◀ INBOX

the low end of the autism spectrum.

Many people, including the mother from Highland Park, should realize that autism is a spectrum disorder and is not defined by one person's child and where they are on that spectrum. Most parents and caregivers know that no two autistic children are alike.

The letter writer also refers to scientific studies that disprove a link between vaccines and autism. I would like to remind her that studies that have been done by the Centers for Disease Control have been found to be fraudulent. Readers might want to know that any studies conducted by the CDC are hardly objective, since the CDC holds many patents on vaccines, making them in a practical sense a vaccine company.

Parents need to get information that can help their families cope with this disorder.

*Deb and Kevin Sullivan
West St. Paul*

Corps addresses opioid crisis

Last year 422 Minnesotans died from opioid overdoses. The need has never been greater for people who are willing to help their neighbors face the challenges of recovery. By the end of August, Minnesota Recovery Corps needs 20 navigators to serve local people needing help to sustain their recovery from substance-use disorders.

This AmeriCorps program trains navigators so they are fully prepared to help local people in need. Full-time navigators who make an 11-month commitment get paid a stipend every two weeks and receive up to \$6,095 to attend school or pay back student loans. They can get free health insurance, child care assistance and up to \$2,000 annually in housing assistance and receive reduced fares on Metro Transit.

If you are 18 years of age or older, have a high school diploma (or equivalent) and are a U.S. citizen or lawful permanent resident alien of the United States, please consider a year of service. To learn more, visit MinnesotaRecoveryCorps.org or call 866-859-2825.

*Alana Stimes, Director
Minnesota Recovery Corps*

Let commission do the redistricting

A few weeks ago, the U.S. Supreme Court decided on a 5-4 vote that it had no way to determine if electoral districts were drawn in a manner that gave one political party an unfair advantage. The Court acknowledged that gerrymandering occurs, but said there was no way for it to determine when it was too much. The Court left the determination of how districts should be drawn to the states.

The drawing of intentionally unfair districts only occurs when legislators do the drawing. They have an inherent conflict of interest, since the way that districts are drawn directly determines the likelihood that they will retain their seats in the legislature.

Minnesota's constitution states that the Legislature is supposed to do the redistricting. It reads: "At its first session after each enumeration of the inhabitants of this state made by the authority of the United States, the Legislature shall have the power to prescribe the bounds of congressional and legislative districts." What we have is a situation where the legislators can decide who their voters are. That is wrong. The legislators work for the people, and the people should decide who their legislators are.

In her dissent from the majority opinion, Supreme Court Justice Elena Kagan wrote, "The partisan gerrymanders here debased and dishonored our democracy, turning upside-down the core American idea that all governmental power derives from the people."

Minnesota needs to change the way it draws the electoral districts after the 2020 census. We need a constitutional amendment or a new law that creates an independent commission of citizens to draw the new districts. This has been done successfully in several other states and is the way to prevent either political party from taking unfair advantage and denying us our representative democracy.

Contact your state representative and senator and tell them to support HF-1605 and SF-2575.

*Gary Fifield
Macalester-Groveland*

An unwelcome development

I was reading the *Villager* and I couldn't believe what I read. Why on earth would those people approve another senior complex ("Opus begins final design for senior housing along Lilydale bluffs," *Villager*, July 17)? That's all we have in this area. Whatever happened to retail and entertainment? We moved here because of what the area had to offer. Now its going to be a burial grounds. This smells of someone on the take. Shame on these people. It's all about a buck.

*Ralph Stolp
Mendota Heights*

The hypocrisy of landlords

How ludicrous that the pro-landlord Minnesota Multi-Housing Association is using "affordable rents" as a reason to push back on the new Minneapolis tenant screening laws, when landlords are the reason rents are so unaffordable in the first place.

Come on, landlords. You're going to claim the city's new screening laws are going to create a lack of affordable housing when you've been on a 10-year frenzy of raising rents based on supply and demand? If landlords were concerned about affordable housing, we wouldn't have one-bedroom apartments renting for \$1,300 per month. And why would these new screening laws cause higher rents? Do people who have come in contact with the criminal justice system need different light fixtures or different windows?

*Frank Erickson
Standish, Minneapolis*

Taking charge in a power outage

I hope there are a few others who saw the recent power outage as a reminder of how much we rely on electricity. I remembered not to open my fridge and freezer so that those would be OK for 24 hours and scrounged around the kitchen for things that could be eaten as is for a summer meal. I reminded myself that I had hot water, got out a few candles and put them in front of reflective surfaces and set goblets of water in front of others to magnify the candle power—a trick known by ancient peoples.

Maybe we should all take an occasional break from electricity to remind ourselves what a marvel it is and be mindful that a foreign country doesn't have to nuke us to destroy us. All they have to do is knock out our electrical grid.

*Kathleen Deming
Macalester-Groveland*

VILLAGER

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Maurice F. Mischke, 1920-1991

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Different strokes

Four freestyling adventurers swim and paddle the breadth of Boundary Waters

BY BILL WAGNER

Four friends set out on June 29 for the Boundary Waters Canoe Area and a 10-day excursion that would take them 87 miles across that wilderness by canoe. What made this foray different from your typical canoe trip was that two of the friends planned to cover 57 of the 87 miles swimming—10,000 yards (or 5.68 miles) per day.

Their intent was to remind inhabitants of the Land of 10,000 Lakes of the pristine beauty of the BWCA and the importance of ensuring that the proposed Twin Metals copper-nickel mine near Ely is operated with the utmost sensitivity to the surrounding natural environment. Twin Metals is expected to file its plan for the new mine early next year for a site that lies just outside the BWCA but within the same watershed.

The two swimmers were Daniel O'Kane, 38, a Macalester-Groveland bartender, and Jerry McMurray, 34, of Hamline-Midway, the merchandising manager for a local bicycle shop. Paddling next to them in two canoes loaded with camping gear were Nick Zdon, 38, a graphic designer from Summit Hill, and Paul Voge, 59, a real estate attorney from Two Harbors.

Zdon and O'Kane have known each other for years. The idea for the trip originated in a conversation they had last year. "I offhandedly mentioned to Daniel that, as far as I knew, nobody had ever swum the Boundary Waters," Zdon said.

Two summers ago O'Kane had completed a 110-mile, 18-day trip around Lake Superior's Apostle Islands, swimming for 37 miles, paddleboarding for 67 miles and hiking for six miles. He and was intrigued by the challenge of the BWCA.

"Our goal was to celebrate the natural beauty of the BWCA," Zdon said. "It was less about (the mining industry) and more about the recreation."

McMurray first met O'Kane while living above a bar where O'Kane worked. A lifelong swimmer, McMurray had never swum long

distances in open water before, but he had canoed beside O'Kane during his Apostle Islands swim.

The four adventurers entered the BWCA on July 1 at Trail's End, the northernmost entry point on the Gunflint Trail side of the wilderness. The foursome headed up the Seagull River to Saganaga Lake, the first in a long chain of lakes they traversed along the U.S.-Canadian border. They carried their gear over Prairie Portage and then traversed the length of Basswood Lake before heading south to Fall Lake, Farm Lake and the South Kawishiwi River. There they passed the proposed Twin Metals mine site before finishing the journey on July 12 on Birch Lake just outside of Ely.

The trip went about as smoothly as the foursome could have hoped, with a day or two of rest along the way. They would put in the water about 9 a.m. and make camp about 3 or 4 p.m., swimming, paddling and portaging about five hours each day. They got lucky with the weather, with only one day of rain. It was a doozy, however. The lightning forced them to pull over and wait out the storm.

For McMurray, the trip presented a special

"We got our butts kicked by mother nature," O'Kane said, "but you know what? Even when we were tired and wanted to get it over with, there wasn't one instance where we were at each other's throats."



Nick Zdon (top) canoed solo alongside swimmer Daniel O'Kane (above) for 57 of the 87 miles they traversed across the Boundary Waters Canoe Area from July 1-12.

challenge. To make it, he had to overcome the lingering effects of a broken leg he suffered a year ago.

"Jerry's the only guy I've ever seen who has used a cane on a portage," Voge said.

Voge, the eldest of the four adventurers, pooh-poohed the age factor. "I'm fine," he said after the trip, "just a little tired. I got tired from all of the paddling. But that was nothing compared to what the swimmers had to endure."

Being in the water for long periods posed other challenges. "We had to watch out for

leeches," McMurray said. "I probably pulled 50 of them off my feet."

In their travels, the group was entertained by all manner of wildlife. They saw bald eagles soaring overhead and there were loons that followed in their wake.

At one point, O'Kane came upon a big snapping turtle submerged in the water. The water was crystal clear, so the snapper was easily visible, but McMurray didn't notice and O'Kane didn't tell him about it until McMurray had swum right over it.

"Daniel said it was about the size of a hula hoop," McMurray said.

O'Kane was still feeling the effects of the trip the week after he got back. "My shoulders hurt the most," he said. "I'm on my way to my chiropractor right now."

"We got our butts kicked by mother nature," O'Kane said, "but you know what? Even when we were tired and wanted to get it over with, there wasn't one instance where we were at each other's throats."

For Zdon, the most painful part of the trip came after the canoeing was over and he was driving back to the Twin Cities. He stopped in Duluth for breakfast, and when he emerged from the restaurant his car wouldn't start.

"My starter went out," he said. "I was stuck in Duluth for two days. It cost me \$300. But at that point I was just thinking, 'Whatever it takes.'"



Squatting in the clear water of a BWCA lake, Jerry McMurray gestures to canoeist Paul Voge before setting out on that day's 10,000-yard (5.68-mile) swim.

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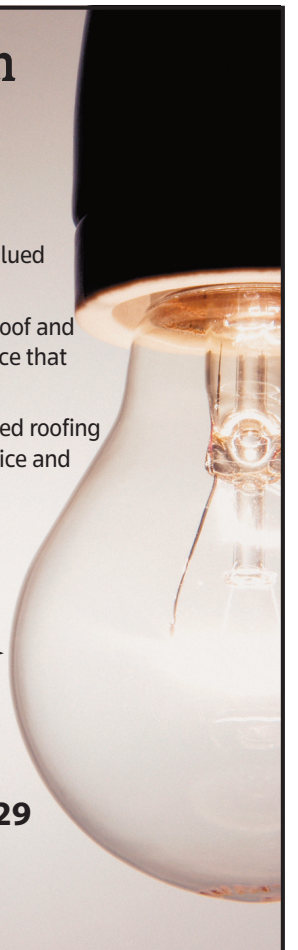
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Crime Report

The following crime incidents were compiled from St. Paul and Mendota Heights police department reports and other sources.

Highland Park

Burglary—An occupied apartment was burglarized on the 500 block of South Snelling Avenue during the evening of July 5-6.

—Two residences were burglarized on the 2200 block of West Seventh Street between July 15-16.

Theft—Vehicles were stolen at Seventh Street Storage, 2060 W. Seventh St., on July 5-6, on the 1600 block of Highland Parkway on July 15-16, on the 600 block of South Saratoga Street on July 16, on the 1700 block of Field Avenue on July 19 and on the 1700 block of Graham Avenue on July 19-20.

—Suspects stole several iPads at the Highland Target, 2080 Ford Pkwy., at 5:30 p.m. Monday, July 8.

—A laptop computer was stolen from a vehicle on the 700 block of South Cleveland Avenue around 5:30 p.m. Thursday, July 11.

—Cash was stolen from a vehicle on the 1700 block of Graham Avenue between 2 a.m.-noon Monday, July 15.

Miscellaneous—A 54-year-old man was arrested for outstanding warrants after police received a report that he was accosting customers near Lunds & Byerlys, 2128 Ford Pkwy., at 7:13 p.m. Tuesday, July 16.

Lexington-Hamline

Theft—A 51-year-old man was arrested for trying to steal \$833 in merchandise from the Midway Target at 7:03 p.m. Thursday, July 18.

Assault—A male was hit on the head with a bat on Hamline and University avenues at 4:20 p.m. Tuesday, July 9.

Macalester-Groveland

Burglary—The change and pop machines were discovered broken into at Clo-Spin Cleaners, 1398 St. Clair Ave., at 3:42 a.m. Tuesday, July 16.

—A laptop computer and bicycle were reported stolen from a garage on the 1300 block of Osceola Avenue at 5:36 a.m. Thursday, July 18. The suspect was confronted by the complainant, but was able to flee.

Theft—A vehicle was stolen on the 300 block of South Cleveland Avenue on July 10-11.

—A laptop computer was stolen from a vehicle on the 1500 block of Randolph Avenue at 10:04 p.m. Friday, July 12.

—A 25-year-old man was arrested for

attempted auto theft at 7 a.m. Monday, July 15, on the 1400 block of Grand Avenue.

—Police received a report of a theft from an auto at 7:58 p.m. Tuesday, July 16, on Grand Avenue and Macalester Street. The stolen property was tracked by the victim's GPS app and a 30-year-old man was arrested.

Miscellaneous—A 58-year-old man was arrested for drug possession after he was found slumped over a steering wheel in traffic on Snelling and Summit avenues at 9:32 p.m. Friday, July 12.

—A 28-year-old man was arrested for possession of heroin after police responded to a call of a man with a machete on the 300 block of South Hamline Avenue at 8:33 a.m. Monday, July 15.

Mendota Heights

Burglary—A suspect was arrested for burglarizing a residence on the 600 block of Calahan Place at 6:57 a.m. Sunday, July 14.

Theft—Credit cards were reported stolen from a vehicle on the 2000 block of Mendota Drive at 4:57 p.m. Thursday, July 4.

—A trailer was reported stolen on the 2000 block of Dodd Road at 3:57 p.m. Monday, July 8.

—Two residents reported being scammed on Monday, July 8, by callers pretending to be from Xcel Energy who were seeking money for overdue accounts. Police said customers can call xcelenergy.com/scams for tips on protecting their accounts.

—Two people were arrested for occupying a stolen vehicle on the 500 block of Annapolis Street at 3:04 p.m. Wednesday, July 17.

Miscellaneous—A driver was cited for DWI after he was found passed out next to his vehicle at Deerwood Bank, 1060 Dakota Drive, at 12:50 a.m. Saturday, July 6. The driver said he stopped there because he was too drunk to drive home.

—A company drilling core samples on the 1000 block of Highway 13 reported at 9:20 a.m. Wednesday, July 17, that it had found bone fragments 35 feet below ground and was uncertain if they were human bones or not. The fragments were turned over to the state archaeologist for examination and the Minnesota Bureau of Indian Affairs was notified.

Merriam Park

Burglary—Lula Vintage Wear, 1587 Selby Ave., was broken into during the evening of July 8-9.

Theft—A vehicle was stolen on the 1700 block of Portland Avenue on July 10-11.

Assault—A man was taken to the hospital after being stabbed with a knife on Herschel Street and University Avenue at 1:50 a.m. Tuesday, July 9.

Miscellaneous—Officers responded to a report of two suspicious females walking into the woods with a mattress at 8:38 p.m. Thursday, July 11, on Fairview and St. Anthony avenues. One of the women was arrested for an outstanding warrant for felony car theft.

Snelling-Hamline

Robbery—A man was the victim of a strong-arm robbery at 12:57 a.m. Tuesday, July 9, on Pascal Street and University Avenue.

Theft—A man was arrested for trying to steal more than \$1,000 in merchandise from the Midway Walmart at 8:21 p.m. Monday, July 8.

—Purses and other items valued at more than \$1,000 were stolen from T.J. Maxx, 1410 University Ave., on Tuesday, July 16.

Assault—Three boys ages 14-15 were arrested for rioting on the 1400 block of University Avenue at 8:19 p.m. Sunday, July 14. Other charges included assault and possession of a BB gun in public by a minor.

Miscellaneous—A 19-year-old man was cited for disorderly conduct after emptying a bottle of bubble liquid on the floor and pushing products off the shelves in several departments at the Midway Walmart at 9:43 p.m. Sunday, July 14. He reportedly was upset with the lack of assistance he was getting from employees at the store.

—A 56-year-old man was cited for drinking in public at Pascal Street and University Avenue at 2:32 p.m. Tuesday, July 16.

Summit Hill

Burglary—A residence was broken into on Avon Street south of Summit Avenue between July 12-15.

Theft—Vehicles were reported stolen on the 600 block of Fairmount Avenue on July 8-9 and on the 800 block of St. Clair Avenue on July 15.

—A suitcase with a wallet, passport and other items was stolen from a vehicle in the parking lot of Victoria Crossing West, 867 Grand Ave., between 5:45-6:30 p.m. Sunday, July 14.

—A backpack with a stethoscope, Mac-Book Pro and other items was reported stolen from a vehicle on the 900 block of Grand Avenue at 5:13 p.m. Monday, July 15.

—A backpack with cheerleading equip-

ment, University of St. Thomas merchandise and other items was reported stolen from a vehicle on the 1000 block of Grand Avenue at 8:46 p.m. Wednesday, July 17.

Summit-University

Burglary—A residence was burglarized on the 300 block of Marshall Avenue at 4:28 p.m. Monday, July 8.

—A suspect entered an occupied house and stole money from a purse on the 800 block of Holly Avenue during the evening of July 8-9.

Theft—Two children's bicycles were reported stolen from a yard on the 800 block of Concordia Avenue at 3:22 p.m. Wednesday, July 17.

Assault—A victim was struck in the face with a metal piece from a bicycle at Selby Commons, 180 N. Milton St., at 10:38 p.m. Monday, July 8.

Miscellaneous—Police responded to a call from a residence on the 800 block of Marshall Avenue regarding a child dialing 911 multiple times and arrested a 36-year-old man on two outstanding warrants at 4:19 p.m. Tuesday, July 16.

West End

Burglary—Claddagh Coffee, 459 W. Seventh St., was broken into at 6:21 p.m. Monday, July 8.

—St. Stanislaus Church, 398 Superior St., was broken into on July 14-15.

—A burglary occurred at the Grand Stop gas station, 236 Grand Ave., at 12:56 a.m. Saturday, July 20.

Theft—A fat tire bike valued at more than \$1,000 was stolen on the 600 block of West Seventh Street between 4-10 p.m. Tuesday, July 9.

—A Stihl chop saw was reported stolen from a construction site near Shepard Road and Otto Avenue at 2:34 p.m. Friday, July 12.

Miscellaneous—Police responded to a traffic accident and arrested a 33-year-old woman for assault after she spit on a police officer at 4:39 p.m. Monday, July 8, on West Seventh and Chestnut streets. She also was cited for refusing to be tested for DWI.

—A 59-year-old man was arrested for drinking in public near the exit ramp on I-35E and Randolph Avenue at 12:28 p.m. Saturday, July 13.

—A 64-year-old man was arrested for making frivolous 911 calls at the Grand Stop, 236 Grand Ave., at 8:48 p.m. Sunday, July 14. The suspect was aggressive while being arrested and tried to strike an officer.

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Education

Blossoms on the STEM

Three-week program teaches girls how they too can become scientists

BY ANNE MURPHY

Abby Heil's first day at Project Scientist last week elicited this empirical conclusion: "Really cool!" Abby's mother, Sheila Heil, said she couldn't be happier having her daughter enrolled in the summer program, which inspires girls to see themselves as professionals in the fields of science, technology, engineering and math (STEM).

Abby, who will be 12 in August, was enthralled with the dissection of a crayfish on her first day, concluding that the gills were "awesome," according to Heil. Abby wants to know everything about science because, she said, she is going to be a congresswoman some day and wants to help pass laws to protect the environment and keep people healthy.

Project Scientist is a nationwide program for girls ages 4-12 that is being offered for the first time this summer in St. Paul. Macalester College is hosting the three weeklong sessions from July 22 through August 9. The first week focused on Genetics, DNA and Dissection. Week two delves into How It's Made, and week three is titled All Aboard: Transportation Past, Present and Future.

"Abby's dad, Daniel, is a chemist, and she's always been excited about nature and how the world works," said Heil, who lives in Merriam Park. "She wanted to enroll in Laura Jeffrey Academy on Summit Avenue because the (grades 5-8) school is girl-focused. We like Laura Jeffrey because of the STEM focus and high academic expectations. We don't want Abby to lose her enthusiasm for science as she gets older."

Each session of Project Scientist involves five full days, with one day devoted to an "expedition" that takes the girls off campus to interact with women in STEM professions. The girls are divided up by age group—4-6, 7-9 and 10-12. The week's experiences are designed to teach them what a scientist is and what a scientist does, according to Project Scientist founder and CEO Sandy Marshall.

For Ruth Bradtmiller, 5, being enrolled in Project Scientist means doing what other women in her family do. "For Ruth, the experience is less of a revelation than of getting to do the things that she already thinks are pretty amazing," said her mother, Devavani Chatterjea, a biology professor at Macalester College. "She is seeing that this is a special thing for girls of all ages. For Ruth, it's less of a camp and more of an opportunity to meet scientists she is not related to."

"Another thing that's so enjoyable for Ruth is the interaction with the Macalester students who are interning with the program," Chatterjea said. "We ran into one of them at the gym one evening, and Ruth wanted to talk to her right away about science."

Marshall said she started Project Scientist to increase the opportunities for women in STEM careers. That goal was derived from her experience as the mother of a young daughter interested in science. Marshall recalled thinking how she had 18 years to help her daughter discover her passions and learn how to use those passions to make the world a better place.

In the summer of 2011, Marshall put together a Project Scientist prototype near her home in North Carolina. The program had five girls, including her daughter, two teachers and an impressive collection of STEM activities. Since then, Project Scientist has expanded to California and Minnesota, serving more than 2,300 girls annually in summer academies and field trips year-round.

"We plan to grow to Atlanta in the summer of 2020 and hope to expand our program in the Twin Cities from three to six weeks next summer," Marshall said. "This is a bit of a full-circle moment for me. I grew up in Anoka, so being here this summer serving girls in the Twin Cities is really exciting."

"We've employed four local teachers and three Macalester students to execute the local program this summer for over 100 girls," she continued. "During these three weeks,



Project Scientist students Riley Cuellar of the West End, Gillian Still of Mendota Heights and Abby Heil of Merriam Park, all 11, dissected a sheep's brain last week.

the girls will participate in over 36 hands-on activities and three expeditions to Johnson & Johnson, Trane, ThermoKing and the Minnesota National Guard in partnership with Collins Aerospace. They will meet over 30 female professionals from the St. Paul area in a variety of STEM fields. And in the afternoons, they'll participate in an arts program built around the week's theme to deepen their STEM knowledge in a creative way."

Lizzie Forshee, a teacher at Laura Jeffrey Academy, is serving as the site director for Project Scientist at Macalester. "I actually have two of my daughters attending—Charolette, 6, and Hadley, 8. I've also recruited my nieces—Avery, 9, and Addison, 11. I'm so blessed to be working for Project Scientist this summer."

The Twin Cities is a prime location to blend the lines of STEM education and phenomenal corporations, exposing our young scientists to local women who are breaking glass ceilings and getting things done.

"Project Scientist provides girls the opportunity to build their confidence and competence," Forshee said. "The girls who have jumped on board this first year show how amazing the program is through their smiles, laughter and the questions they ask."

Self-confidence in STEM is of the utmost importance for girls, said Marshall, speaking from personal experience. As a pre-med student at the University of Southern California,

PROJECT SCIENTIST ► 13

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School Notes

Kha Yang has been named the first associate vice president of inclusive excellence at the University of St. Thomas. She is a former refugee from Laos and the first Hmong American member on a UST



president's cabinet. Yang most recently was the manager of inclusion programs and workforce reporting at the Federal Reserve Bank of Minneapolis. She is married, the mother of two young girls and recently completed a marathon along the Great Wall of China.

The Henry Sibley High School Marching Band captured its second consecutive state grand champion title at the Vikingland Band Festival on June 30 in Alexandria, Minnesota. The Sibley band competed against 20 other bands from across the state and won by 3.9 points, a margin not seen at the championships since 1995. It was the seventh grand champion title for the Sibley band, which is under the direction of Amy Powers.

The Highland Park Senior High School class of 1969 will celebrate its 50-year reunion on Saturday, August 24, at the University Club, 420 Summit Ave. For information, e-mail highlandparkclassof1969@gmail.com.

Career and college centers are being launched in four St. Paul public high schools this fall, including Central, Como Park, Humboldt and Creative Arts Secondary School, as part of a pilot program in partnership with Achieve-Mpls. The centers will offer individual career advice for students, career fairs, informational interviews with professionals, tours of local companies and colleges, college rep visits,

college planning assistance, financial aid guidance, postsecondary test preparation, and connections to internships and other college resources. Visit achievempls.org.

The Minnesota Reading Corps and Minnesota Math Corps are looking for 23 tutors at local schools for this school year. Local schools that have been awarded tutoring positions are Benjamin E. Mays IB World School, Creative Arts Secondary School, Highland Park Elementary School, Jie Ming Mandarin Immersion Academy, Laura Jeffrey Academy, Ramsey Middle School, Randolph Heights Elementary School and Urban Academy. Both full- and part-time tutors are being recruited to begin a year of paid service this fall. Apply at readingandmath.net or call 866-859-2825.

U.S. Congresswoman Betty McCollum has nominated William Reim, a 2017 graduate of St. Thomas Academy, to the U.S. Air Force Academy and Edmundo Villalva Lijo, a 2019 graduate of Cretin-Derham Hall, to the U.S. Naval Academy.

Dr. Eric LaMott has been named interim president of Concordia University-St. Paul. LaMott has served as provost and chief operating officer at Concordia since 2011 and has been working at the school since 1994. He succeeds Dr. Tom Ries, who retired as Concordia's ninth president at the conclusion of the past academic year. Ries was retained for the month of July to support the transition.

The Linwood - Monroe Early Childhood Family Education program is now called Global Arts Plus ECFE to coincide with the renaming of the upper school campus at 810 Palace Ave. The program provides classes for parents of children ages birth to 5 years. Fall registration is taking place at ecfe.spps.org.



Ruth Bradtmiller, 5, and Charolette Forshee, 6, concentrate on illustrating an apple during the afternoon segment of Project Scientist at Macalester College. PHOTOS BY BRAD STAUFFER

12◀ PROJECT SCIENTIST

Marshall feared that she might not do well in organic chemistry, so she changed her major and pursued a career in non-profit management. Girls and women are perfectionists, Marshall said, and they need to understand that they don't need straight A's to pursue their preferred career.

Women bring great compassion to STEM fields, according to Marshall. That belief was another of her motivations in starting Project Scientist. "It was at the time of the great starvation in Darfur," she said. "I was thinking that many of the world's problems of this order could be solved if there were more women in science. There are statistics that show that 90 percent of girls and women pursue STEM

to solve problems in the world.

"The idea to grow to Macalester came from our largest supporter, Ingersoll Rand," Marshall said. "Ingersoll Rand has supported Project Scientist so that underserved girls can attend our program. They also invite our girls to their companies so that they can see women thriving in STEM fields and visualize careers for themselves. It's because of Ingersoll Rand's support that we've launched the three-week pilot program at Macalester.

"It's not too late to sign your daughter up to test out the program this summer," Marshall said. "Our scholarship spots have been filled, but we do have space for more students."

The cost for a week-long session is \$695. For information or to register, visit projectscientist.org or email info@projectscientist.org.

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PK-8

Fund to benefit areas around soccer stadium

By JANE MCCLURE

The newly formed Neighbors United Funding Collaborative is now starting to solicit donations for improving the neighborhoods surrounding the new Allianz Field soccer stadium on Snelling and I-94.

The Hamline Midway Coalition and Union Park District Council (UPDC) have been working with city officials, Minnesota United FC and local businesses and property owners for nearly three years to set up the fund. Late last month, City Council members Mitra Jalali Nelson and Dai Thao met with the stakeholders to discuss the project and the next steps to be taken.

The collaborative will work with neighborhood groups to support projects ranging from storefront improve-

ments and public art to streetscape enhancements and marketing campaigns that drive foot traffic to local businesses before and after soccer games.

The funding priorities were chosen from a long list of ideas generated by local residents and business owners. "The ideas really ran the gamut," said UPDC executive director Brandon Long. About 900 responses were received from an online survey and at meetings.

The fund will be managed by the St. Paul Foundation and governed by a neighborhood-based steering committee. Grants from the fund are anticipated to be awarded in amounts ranging from \$5,000-\$50,000.

Minnesota United FC has not announced its level of support yet. The donor levels being sought are Sup-

porter \$1-\$499, Neighbor \$500-\$4,999, Friend \$5,000-\$49,999, Partner \$50,000-\$499,999 and Pillar \$500,000 and up.

Minnesota United's four largest support clubs—Dark Clouds, True North Elite, Red Loons and Dark Glitterati—announced their backing of the Funding Collaborative last month and are encouraging the team, surrounding businesses and others to get involved as well.

Black Hart of St. Paul and Summit Brewing Company are to kick off an initiative from 5-7 p.m. Wednesday, July 31, to support the effort. A portion of the proceeds from every Summit beer poured at Black Hart, 1415 University Ave., through the end of the year will be donated to the Funding Collaborative.

For more information on the fund, contact brandon@unionparkdc.org or info@hamlinemidway.org.

District Council News

Highland Park

highlanddistrictcouncil.org • 651-695-4005

Crime prevention—The Highland District Council and St. Paul's Western District police will host a crime prevention session from 6:30-8 p.m. Monday, August 26, at the Highland Park Community Center, 1978 Ford Pkwy. The event will include information on when to contact the police, how police prioritize calls, recent crime statistics, how to follow up on an incident and more.

Fall drop-off event—Volunteers are needed for the city-wide drop-off event being organized by the HDC from 8 a.m.-1 p.m. Saturday, September 28, on Shepard Road between Alton and Davern streets. Early- and late-morning shifts are available. Senior citizens can have their items picked up and delivered to the drop-off site. Call the HDC office to sign up to volunteer or to have items picked up.

Movies in the Park—People are invited to watch the 2018 film *Goosebumps 2*, presented by the St. Paul Department of Parks and Recreation, on Friday, August 2, at Sibley Manor, 1300 W. Maynard Drive. The movie begins at dusk.

Take a slow ride—Join the HDC Transportation Committee in taking a slow-roll bike ride through the Highland Park neighborhood at 7 p.m. Tuesday, August 13, beginning at the Highland Park Community Center, 1978 Ford Pkwy.

Macalester-Groveland

macgrove.org • 651-695-4000

Neighborhood garage sale—Registration is now being accepted for the Great Macalester-Groveland Garage Sale that will take place from 8 a.m.-3 p.m. Saturday, August 24. The fee is \$20 for households and \$30 for businesses. Register at macgrove.org/garagesale.

Slow-roll bike ride—Join residents of the Union Park and Macalester-Groveland neighborhoods for a slow-roll bike ride from 10:30 a.m.-1:30 p.m. Saturday, August 3, from the Merriam Park Recreation Center. Visit tinyurl.com/y48psg8x.

Get involved—The Macalester-Groveland Community Council currently has openings on its board of directors for at-large business, renter and student representatives. The board also has three standing committees that meet once a month.

Upcoming meeting—Community Building Committee, 6:30 p.m. Monday, August 12, Edgumbe Recreation Center. The Transportation and Housing and Land Use committees will not meet in August.

Union Park

unionparkdc.org • 651-645-6887

Prospective board members—A meeting for prospective members of the Union Park District Council's board of directors will be held from 6:30-7:30 p.m. Thursday, August 15, at Augustine's Bar & Bakery, 1668 Selby Ave.

Ice Cream, Peanut Butter and Jam—The UPDC's seventh annual Ice Cream, Peanut Butter and Jam will be held from noon-4 p.m. Saturday, September 14, at Merriam Park.

Slow-Roll Bike Tour 2.0—Another slow-roll bike ride will take place from 10:30 a.m.-1:30 p.m. Saturday, August 3. The ride will begin at the Merriam Park Recreation Center, with stops at Aldine Park, Groveland Park and Izzy's Ice Cream. The tour is being held in partnership with the Macalester-Groveland Community Council. Visit tinyurl.com/y4h55xh9.

Upcoming meetings—board of directors, 7 p.m. Wednesday, August 7, Otto Hall at Episcopal Homes, 1860 University Ave.; Transportation Committee, 6:30 p.m. Monday, August 12; Committee on Land Use and Economic Development, 6:30 p.m. Monday, August 19; Environment and Parks Committee, 6:30 p.m. Wednesday, August 21, Merriam Park Recreation Center, 2000 St. Anthony Ave.; and Neighborhood Involvement Committee, 6:30 p.m. Monday, August 26. The meetings will be held at 1821 University Ave., Suite 330, unless otherwise noted.

Stay in contact—The public is invited to "like" the Union Park District Council on Facebook, follow it on Twitter @UnionParkDC and subscribe to its e-newsletter, "Neighborhood Matters," by emailing info@unionparkdc.org.

Sports Shorts

The Highland Groveland Recreation Association is extending its track program into late summer for the first time this year for ages 8U, 10U and 12U. The program will run from August 5-September 26 at a cost of \$80. Practices will be held at 6 p.m. on Mondays and Wednesdays at the Homecroft Recreation Center, 1845 Sheridan Ave. At 6 p.m. on Wednesdays in August, members will participate in the Como Park relays. Register at hgra.org or email hgratrack@mail.com.

The first fall soccer tournament will be offered by the Highland Groveland Recreation Association for ages 8U, 10U girls, 10U boys, 12U girls and 12U boys on September 13-15 at the Talmud Torah, 768 S. Hamline Ave. The cost is \$60 per person. Players can sign up individually or as a team at hgra.org.

The 2019 Winfield Awards were presented to Eva Langenbrunner of Central High School and Eric Lagos of St. Paul Academy last month. The awards recognize outstanding St. Paul students of color. Langenbrunner was all-conference in gymnastics, cross-country and track. Lagos was all-state in soccer, played Ultimate Frisbee, was on the swimming and Nordic skiing teams.



The Ramsey Middle School Ultimate Frisbee team defeated Hopkins 1 by a score of 10-6 to win its second state championship last month at the National Sports Center in Blaine. The co-ed team went 12-0 this season under coach Alicia Ekegren. There were 32 players in grades 5-8 on the official roster, with most coming from Ramsey, but some from Capitol Hill, Groveland and Twin Cities Academy.

The Kiosk

Friday/August 2

FARE FOR ALL'S monthly distribution of fresh produce and frozen meat will take place from 10 a.m.-noon at the West Seventh Community Center, 265 Oneida St. The food will be available in packages priced from \$10-\$25. Cash, credit and debit cards are accepted. Call 651-298-5493.

Saturday/August 3

A NATIVE PLANT GARDEN TOUR, sponsored by Neighborhood Greening, will be held from 10 a.m.-1 p.m. at 1704 Vicki Lane in Mendota Heights. The free tour will show how a half-acre yard has been slowly transformed from a conventional to a native landscape now with 75 percent native flowers, grasses, shrubs, vines and trees. Learn about pesticide- and herbicide-free gardening and its benefits for wildlife, pollinators, birds, insects and more. Visit neighborhoodgreening.org.

Sunday/August 4

A FREE MENTAL HEALTH support group for young adults sponsored by the National Alliance on Mental Illness meets from 6:30-8 p.m. today and the first and third Sundays of every month at Unity Church Unitarian, 733 Portland Ave. Contact Leah at 207-272-4450 or leahwilcox9@gmail.com.

Tuesday/August 6

AN ASSORTMENT OF FRESH fruits and vegetables will be distributed free of charge from 2-4 p.m. at the Jewish Community Center, 1375 St. Paul Ave. This every-other-week service is sponsored by the Fabulous Friends Club. The food is from Second Harvest Heartland. Recipients only need to bring their own grocery bags. Call Scott O'Malley at 651-338-8866.

SUICIDE PREVENTION using the Question, Persuade and Refer approach in a crisis will be taught in a free one-hour class at 5:30 p.m. at the National Alliance on Mental Illness, 1919 University Ave. To register, call 651-645-2948.

Wednesday/August 7

THE LAKE HIAWATHA Neighborhood Festival will be held from 5-8 p.m. at 2701



Not far from the madding crowd. On a sweltering day at Highland Fest on July 20, brothers Adam, 6, and Leo Geisler, 9, took a break from all of the goings-on with a seat on a wall and a cup of shaved-ice. PHOTO BY BRAD STAUFFER

E. 44th St. in Minneapolis. The family event will feature an inflatable moonwalk and water slide, a caricaturist, children's games, face painting, hair painting, a raffle, a medallion hunt and free canoe rides. To register for the family fitness challenge or talent contest, visit lhrc.freeservers.com.

Thursday/August 8

A FREE SUPPORT GROUP for persons with anxiety disorders meets from 6:30-8 p.m. today and the second and fourth Thursday of every month in Room 108 at Gloria Dei Lutheran Church, 700 S. Snelling Ave. For more information, call the National Alliance on Mental Illness at 651-645-2948.

Friday/August 9

AN OLD-FASHIONED ICE CREAM social will be held from 5:30-7 p.m. outside Fairmount Avenue United Methodist Church, 1523 Fairmount Ave. Meet your neighbors and enjoy a plate of ice cream and homemade pie or brownies for \$5. Coffee and lemonade will be available. The movie *Zootopia* will be shown free of charge at 6:30 p.m. on the church lawn.

Saturday/August 10

THE WILDER BLOCK PARTY returns with five hours of family fun from 11 a.m.-4 p.m. on the lawn of the Wilder Center, 451 N. Lexington Pkwy. A climbing wall, inflated obstacle course, bouncy house, music by deejay Bakeshow Baker, face painting, henna tattoos, balloon animals, caricature artists and free snacks will be among the attractions. Admission is free. Visit wilder.org/blockparty.

Tuesday/August 13

LA LECHE LEAGUE of the Midway-Como area will hold its monthly meeting for pregnant and nursing mothers from 7-8:45 p.m. at Hamline Church United Methodist, 1514 Englewood Ave. Babies, toddlers and support persons are welcome. Breastfeeding, parenting and pregnancy will be discussed. Call Heidi at 651-659-9527.

Wednesday/August 14

LONGFELLOW GARDEN CLUB will hold a potluck supper for all comers at

6:30 p.m. in a member's garden near 3207 37th Ave. S. in Minneapolis (details on the location will be posted there). Bring a folding chair (if convenient), a dish to share (preferably made with locally grown produce), a plate and utensils, and stories and photographs of the triumphs and travails of gardening. Ice water and tea will be provided.

Thursday/August 15

"HEAR FOR THE HEALTH OF IT," a free, one-hour presentation on the health consequences of untreated hearing loss, will be offered at 2 p.m. in the auditorium of Sholom East, 740 Kay Ave. For reservations, call 651-328-2117 or email bgutzmann@sholom.com.

ST. PAUL POLICE will be serving grilled meat and side dishes at a Safe Summer Nights barbecue from 5-7 p.m. at the Palace Community Center, 791 Palace Ave. The public is invited to join in the free picnic, meet with their local police officers and take part in activities for children.

END OF LIFE CARE will be addressed with a showing of the PBS special "Being Mortal," a panel of experts and information on community resources from 5:30-7:30 p.m. at the West Seventh Community Center, 265 Oneida St. Admission is free and open to all. Refreshments will be provided. For more information, call Jewish Family Service at 651-698-0767.

THE UNIVERSITY OF ST. THOMAS invites local residents to attend its free NeighborFest from 5:30-7:30 p.m. on Monahan Plaza just southeast of the football stadium. Meet St. Thomas student leaders and staff and learn more about campus resources that are available to the public, including the library and the Selim Center for Lifelong Learning. The Broadfork String Band will perform. A bubble artist, balloon animals, face painting and complimentary beverages and snacks will be featured along with inexpensive hamburger and hot dog baskets. For information, call 651-962-6123.

A FARMHOUSE TOUR that delves into the family history of original owners Jane and Heman Gibbs will be offered from 6-8 p.m. to visitors ages 21 and older at the Gibbs Farm, 2097 Larpenteur Ave. The \$20 cost includes a complimentary beverage and light refreshments. Call 651-646-8629.

Religious Notes

Study the Torah in a new way by touring "Parsha Posters" at the Jewish Community Center, 1375 St. Paul Ave. Graphic designer and painter Hillel Smith has created 54 works of Hebrew typography highlighting the parshat hashavua (weekly Torah portion). The exhibit will remain on view through August 30. Smith has also created a large-scale mural on the outside of the JCC that addresses the Jewish value of community. For gallery hours, call 651-698-0751.

St. Thomas More Church, 1079 Summit Ave., will present two more free recitals this summer on its 39-rank Casavant organ. Performers include Basilica of St. Mary organist Christopher Stroh on August 1, and St. Thomas More organist Michelle Plombon and guitarist Joe Haus on August 29. The music begins at 7 p.m. Receptions follow. Visit morecommunity.org.

Jehovah Lutheran Church, 1566 Thomas Ave., will host its eighth annual baroque summer worship service at 9:30 a.m. Sunday, August 4. The church's choir and orchestra will perform Handel's "The King Shall Rejoice." Jehovah will also celebrate National Night Out with live music, free hot dogs and beverages, and a giveaway of gently used clothing, books and

other goods from 5-8 p.m. Tuesday, August 6, in the church's parking lot. For donating to the giveaway, call 651-644-1421.

Pilgrim Lutheran Church, 1935 St. Clair Ave., has welcomed Bree Lloyd as preacher-in-residence. She is a Pilgrim member and graduate of Yale Divinity School with a master's degree in sustainable agriculture and ethics from the University of Minnesota.

The Church of St. Mary, 261 E. Eighth St., will celebrate National Night Out from 5-7 p.m. Tuesday, August 6. Complimentary food, ice cream and soft drinks will be served, and there will be live music by Yam Haus, massages by Sister Rosalind and appearances by St. Paul police officers and firefighters.

Faith Evangelical Lutheran Church, 3439 E. 51st St. in Minneapolis, will install the Reverend Jesse L. Davis as its new pastor at 3 p.m. Sunday, August 11. A luncheon will follow in Fellowship Hall. Davis is currently serving a dual-point parish in Centerville, South Dakota. He and his wife, Brenna, are originally from the Milwaukee area. Brenna is a physician's assistant specializing in pediatric gastroenterology. They have a son, Emmit, age 3½ months.

Vacation Bible School for children in grades K-6 will be offered from 5:30-7:30 p.m. Monday and Tuesday, August 12-13, at St. Luke Lutheran Church, 1807 Field Ave. Bible stories, crafts, games, music and dinner will be included. To register, call 651-698-9443.

Carol Quest of Highland Park is co-leading a centering prayer retreat on Friday through Wednesday, August 9-14, at the Benedictine Center in Maplewood. The cost is \$150 for the weekend and \$375 for the full retreat. Quest taught in the St. Paul Public Schools for 19 years, attends Lumen Christi Catholic Community and volunteers for the Sisters of St. Joseph of Carondelet. Visit benedictine.org or call 651-777-7251.

Author Von Braschler will speak about the fundamental propositions behind the Theosophical Society at 7 p.m. Monday, August 12, at the Griggs-Midway Building, 1821 University Ave. A candlelight meditation will conclude the program. The cost is \$10. The society also will present a free public screening of the documentary *The Light Beyond* with Dr. Raymond Moody at 7 p.m. Monday, August 26, at Griggs-Midway. A discussion will follow. Call 651-235-6645.

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Tilly's Table

By Tilly Wilson

Hospitality is high art at Parlour on West 7th

Parlour recently celebrated its first anniversary in St. Paul, and there's no reason to believe this West Seventh Street restaurant and bar won't be around to celebrate many more. Patrons will find there's a lot to like here.

My friend Bo and I recently invited a married couple who were celebrating their 25th wedding anniversary to join us at Parlour. We made dinner reservations for four. That same day our party somehow swelled to seven, but nobody bothered to inform Parlour. Nevertheless, upon our arrival the manager, Andrea, accommodated us with grace and a ready smile. In fact, everyone at Parlour—from the greeter to the servers and bar staff—was all smiles. I suspect they truly enjoy what they are doing, and they do it well.

Parlour-St. Paul offers a variety of accommodations for drinking or dining. Patrons may opt to eat in the diner overlooking the kitchen, a lounge area with tables and booths, or the cocktail bar with seating at the bar or large banquet tables. What the restaurant's owners have done in assembling three adjoining properties is classy indeed. Their remodeling reflects their respective tastes in decor while respecting the properties' historical character.

In its first year, Parlour has earned a reputation for great cocktails. Its signature pour may be the Parlour Old Fashioned (\$14). Made with overproof bourbon, rye, piloncillo (sugar cane juice boiler down to a thick crystalline syrup) and bitters, it's an exceptional take on the classic cocktail. The Queens Park Swizzle (\$12), a mix of white rum, lime, mint and two bitters, was also enjoyed—twice, I believe—by a member of our group.

Bo wanted to try a variety of appetizers, so we agreed to share our plates and I invited him to choose the dishes. He ordered the Chicken Livers (\$8) and the Bone Marrow (\$19). I detected a quizzical look on the face of one of our guests. His leering soon turned to cheeriness, however.

The Chicken Livers, which were fried and served with vinegar and jalapeno, were crunchy on the outside with a warm, pate-like texture on the inside. They were heavenly and eagerly consumed by all. The Bone Marrow was also a treat and a rare one at that, as you might imagine. The two shank halves came with bacon jam and toast for spreading. It's good stuff, rekindling pleasant memories of sucking the marrow from Italian osso buco. And the leftovers make for a true doggie bag that you can present to Fido when you get home.

Bo and I also decided to split our entrée, the Parlour Burger (\$14.50). You have to taste this burger to understand why so many Parlour diners love it. It's simply two beef patties and a slice of white American cheese on an egg bun. However, the patties are made with a combination of rib-eye, chuck and brisket, and that's the key. Delicious.

While Parlour may have won many hearts—and culinary awards—for its burger, it serves two other dishes that would stand out at any posh nosh house. The scallops (\$29), served



Referred to as Cauliflower on the Parlour menu, this dish features the charred crudité on a bed of cilantro pesto, garnished with pickled peppers and fresh herbs and doused with a citrus chile-honey vinaigrette.

The Bone Marrow was also a treat and a rare one at that, as you might imagine. The two shank halves came with bacon jam and toast for spreading.

with roasted corn, cilantro, queso fresco and aioli, are as good as they come and they're cooked perfectly: hot and short, with a nice glazed edge. I also tried the Flat Iron Steak (\$32), served with pickled mustard seeds, fried shallots and a red wine butter, fully expecting to find some fault. I didn't.

However, there was one dish that we tried at Parlour that was only so-so. Under "Eggs" dishes, Parlour lists a Hash (\$11), a combination of brisket, potato, peppers and cheese with au jus. Although it sounds simple, like your Sunday night leftover combo, the flavors didn't pull together and failed to complement one another.

Parlour serves several other tempting egg dishes and a nice selection of ice cream and pies for dessert. Or you may want to top off your meal by squeezing in a Boozy Malt. One such tempter is the Jack Rabbit Slim (\$14), a combination of chocolate, malt, bourbon, fernet, whipped cream and mint.

Parlour's menu may be slightly on the pricey side, but as they say, you get what you pay for. The restaurant comes highly recommended.

Parlour, 267 W. Seventh St. Dining room open from 11 a.m.-9 p.m. Monday through Thursday, 11 a.m.-11 p.m. Friday, 10 a.m.-11 p.m. Saturday, and 10 a.m.-9 p.m. Sunday. Call 651-207-4433 or visit parlourbar.com.



Patrons unwind after a hard day's labor on the bar side of Parlour-St. Paul at 267 W. Seventh St.

PHOTOS BY
BRAD STAUFFER

On the Town

Daring and discipline Circus Juventas caps its 25th year with high-flying fairy tale 'Twisted'

BY CAROLYN WALKUP

Audacious acrobatics, glittering costumes and dazzling dialogue set the stage for *Twisted*. Circus Juventas' summer spectacular combines aerial feats with theater and dance to tell the story of an evil sorceress and the mayhem she creates by mixing up the story lines of six familiar fairy tales.

The production stars 80 of the youth circus' most advanced students—local teenagers and younger children who train year-round for the chance to appear in the show. *Twisted* is being presented at 7 p.m. Wednesdays through

Sundays and at 1 p.m. Saturdays and Sundays through August 11 under the big top at 1270 Montreal Ave. in Highland Park.

The original script was written by Circus Juventas co-founder and artistic director Betty Butler of Mendota Heights and Katy McEwen, a Lexington-Hamline resident and former associate artistic director at Minneapolis' Brave New Workshop Comedy Theatre. It involves characters from *Snow White*, *Pinocchio*, *Sleeping Beauty*, *Rumpelstiltskin*, *Jack and the Beanstalk* and *The Little Mermaid*.

The nonprofit Circus Juventas is celebrating its 25th anniversary in 2019. It is the largest of some 600 youth circuses in North America with a program that over the years has taught more than 25,000 youths ages 2-22 an array of circus arts. Its mission is to inspire confidence through teamwork, athleticism and the pursuit of excellence.

"We don't turn any student away, and there are no tryouts," said Dan Butler, Betty's husband and the circus' co-founder and executive director. The circus awards \$200,000 in scholarships every year for its school, which is diverse not only in skin color but in body and personality types, according to Dan Butler. "We have introverts and extroverts," he said. "All can find something they can do well and build their self-confidence."

Circus Juventas' school is staffed by coaches from around the world, including former performers with the Great Moscow Circus, the Mongolian State Circus, Ringling Bros. and Barnum & Bailey Circus and Cirque du Soleil. While circuses in the United States have traditionally had a

somewhat sleazy reputation, Butler said, "other countries look at the circus as an art form."

Circus Juventas coach David Dimitri, a Cirque du Soleil alumnus, is a second-generation Russian tightrope artist who began performing at age 8. "Coaching was a logical transition for me," said Dimitri, a resident of Highland Park. Though he continues to perform professionally, he said, he especially enjoys having a positive influence on young people. In fact, his students' skills develop to such an extent at Circus Juventas, he sometimes forgets that they are not professionals.

"But it's wider than just teaching acrobatics. I want to inspire students to do this with joy and love."

— David Dimitri

"But it's wider than just teaching acrobatics," Dimitri said. "I want to inspire students to do this with joy and love."

Lola Rubens, 17, of Macalester-Groveland executes a variety of acts in *Twisted*, including the German wheel, an oversized double wheel that she rolls along the floor while performing

acrobatics. Rubens said her seven years in the circus have taught her discipline and time management. She figures she averages about 12 hours a week at the circus during the school year, and that has forced her "to find a balance between this and life in the outside world," she said.



Circus Juventas acrobats Ran Brown, 18, Allison Callstrom, 16, and Cassie Nelson, 15, execute a daring exchange in rehearsal for the summer spectacular, *Twisted*.



Morgan Frantes, 19, twirls high above the bleachers in rehearsal for Circus Juventas' current production of *Twisted* under the big top on Montreal Avenue. PHOTOS BY BRAD STAUFFER

Although several students have gone on to professional careers in the circus arts, including the elite Cirque du Soleil, Rubens will not be doing so. A recent high school graduate, she is fluent in German and has enrolled in college with plans to major in

world languages.

Sam Kellar-Long, 16, of Merriam Park, has been involved in Circus Juventas since he was 4. "It's everything I want in an activity," he said, "theater, dance and athletics. It's made me stronger physically and mentally. It's made me more patient and adaptable to last-minute changes."

While Kellar-Long has not yet decided what he will do after he graduates from St. Paul's Open World Learning Community high school, "I'd like to keep (the circus) in my life somehow," he said.

Donald Bluhm, 32, of Highland Park, works as a head rigger for Circus Juventas after spending a significant part of his childhood and young adulthood in the school. His many responsibilities include constructing the sets, operating the lighting and overseeing the safety of performers.

"I love it," Bluhm said. "We start from nothing and create everything from scratch. It's magical to see it all come together."

Tickets for *Twisted* range from \$23.50-\$32.50 for adults, \$18.50-\$27.50 for seniors age 65 and older and children age 10 and younger, \$45 for VIPs, and \$75 for a family four-pack. Tickets may be reserved by calling 612-343-3390, visiting circusjuventas.org or stopping by the box office at 1270 Montreal Ave.

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On the Town *Briefly*

Theater

42nd Street, an Ordway production of the beloved musical but with a new twist and some updates, is being presented through August 11 at the Ordway Music Theater. Twin Cities favorites Jamecia Bennett, Tyler Michaels King, Tyler Lueck and T. Mychael Rambo star along with Phillip Attmore as Billy Lawler and Kimberly Immanuel as Peggy Sawyer. Show times are 7:30 p.m. Tuesdays through Fridays and 2 and 7:30 p.m. Saturdays and Sundays. For tickets, call 651-224-4222 or visit ordway.org.

Stinkers, a heart-felt drama by Josh Tobiesen about the humor, humility and complexity of parenting, is playing through August 18 at the Jungle Theater, 2951 Lyndale Ave. S. in Minneapolis. John Catron stars as a stay-at-home dad who comes under the influence of his mother (played by Sally Wingert) and her fellow ex-convict and friend while his wife is away on business. Show times are 7:30 p.m. Tuesdays through Saturdays and 2 and 7:30 p.m. Sundays. Tickets are \$35-\$50. Call 612-822-7063 or visit jungletheater.org.

Agatha Christie's Rule of Thumb, three one-act dramas by the popular mystery writer, is being staged through August 25 on the proscenium stage at Park Square Theatre, 20 W. Seventh Place. Directed by Austene Van, the triple bill includes *The Wasp's Nest*, in which Hercule Poirot comes between a bitter triangle of lovers to prevent a murder; *The Rats*, about adulterous lovers who are lured to a flat only to be framed for murder; and *The Patient*, a thriller about a woman who is hospitalized after apparently falling from her balcony. Bob Davis, Audrey Park, Sara Richardson, Peter Christian Hansen, Ryan Colbert, Jamie White Jachimiec, H. Adam Harris, Neal Beckman and Rajane Katurah Brown star. Show times are 7:30 p.m. Thursdays through Saturdays and 2 p.m. Sundays. Tickets are \$25-\$60. Call 651-291-7005 or visit parksquaretheatre.org.

Shame of Thrones: Stupidity War is playing through October 12 at the Brave New Workshop, 824 Hennepin Ave. in Minneapolis. The satirical revue takes aim at the humiliation, chagrin, mortification and ignominy so prevalent on social media and the self-loathing that comes from just being Minnesotan. Leading the charge are writers and performers Lauren Anderson, Denzel



Mystery trio. Peter Christian Hansen and Audrey Park star in *The Rats*, one of three one-act mysteries by Agatha Christie that are playing through August 25 at Park Square Theatre. For details, see the theater listing at left. PHOTO BY RICHARD FLEISCHMAN

Belin, Doug Neithercott and Taj Ruler. Show times are 8 p.m. Fridays and Saturdays and 7:30 p.m. on select Thursdays. Tickets are \$25-\$36 with discounts for seniors and students. Call 612-332-6620 or visit bravenewworkshop.com.

One hundred thirty-six productions presented by more than 1,000 actors in over 700 performances—that is the measure of the 26th annual Minnesota Fringe Festival running from August 1-11 at 17 venues in Minneapolis. For show times and tickets, visit minnesotafringe.org.

Shrek the Musical will be presented by the St. Paul JCC Theater in four shows from August 14-18 in the auditorium of Highland Park Senior High School, 1015 S. Snelling Ave. Nancy Michael and Melissa Warhol direct a multigenerational cast of 50-plus actors in this comedy about a hulking ogre and his loyal donkey and their effort to rescue a beautiful princess from the clutches of a love-sick dragon. The curtain rises at 7 p.m. Wednesday and Thursday and 2 and 7 p.m.

Sunday. Tickets are \$10, \$7 for seniors and children. Visit stpauljcc.org.

Music

Free open-air concerts are being presented this summer on Rondo Plaza, 820 Concordia Ave. Performing, weather permitting, will be the jazz of Jamela Pettiford and Trio from 5:30-6:30 p.m. on July 30 and the Heart and Soul Drum Academy from 5:30-6:30 p.m. August 7.

Music as free as the waves lapping the shores of Como Lake can be heard this summer in the open air of Como Pavilion, 1360 N. Lexington Pkwy. The concerts begin at 7 p.m. unless otherwise noted. The schedule includes the Rich Lewis Band on July 31; Lush Country, August 1; Prairie Fire ladies rock 'n' roll choir, August 2; Twin Cities Show Chorus at 3 p.m. and the First John Philip Sousa Memorial Band at 7 p.m. August 4; Sing United choir, August 5; Trailer Trash,

August 6; Minnesota State Band, August 7; Windjammer Concert Band, August 8; Kinda Kinky Kinks tribute band, August 9; Honeywell Concert Band at 3 p.m. and the White Bear Big Band at 7 p.m. August 11; Dan Newton and the Cafe Accordion Orchestra, August 12; Kenwood Symphony Orchestra, August 13; Minnesota State Band, August 14; and Sarah Morris & the Sometimes Guys, August 15.

Lowertown Sounds summer concert series continues from 6-9:30 p.m. on Thursdays through August 29 in Mears Park. Two or three acts are featured each evening, including Katy Vernon and Martin Devaney, August 1; the Shackletons and Porky's Groove Machine, August 8; and Porcupine and the Southside Aces, August 15. Bring a lawn chair or blanket for seating. Several food trucks will be there, and craft beer, cider and wine will be available for purchase. Visit lowertownsounds.com.

Compositions from as far back as the 15th century will be featured in the Twin Cities Early Music Festival, a series of 17 concerts running August 1-11 in the Summit Center at the St. Paul Conservatory of Music, 1524 Summit Ave. The schedule includes conservatory faculty in works by Telemann at 7:30 p.m. August 1; Flying Forms' Marc Levine, Tulio Rondon and Tami Morse in trios by Giovanni Benedetto Platti, noon August 2; Bold North Baroque Opera in Marco di Gagliano's 1608 opera *La Daphne*, 8 p.m. August 2 and 3; Incantare Sackbut Ensemble playing Prussian music of the 15th and 16th centuries, 2 p.m. August 3; Ensemble Sprezzatura performing the music of 15th-, 16th- and 17th-century England, 3:30 p.m. August 3; conservatory students performing Baroque chamber music, 3 p.m. August 4; lutenist Paul Berget, organist Bruce Jacobs and violinist Miriam Scholz-Carlson in a Baroque program, 6 p.m. August 4; harpsichordist Sungyun Cho, noon August 5; flutist Immanuel Davis, cellist Rondón and fortepianist Donald Livingston playing the music of Hummel, Mendelssohn and Haydn, 8 p.m. August 5 at the Schubert Club Recital Room in Landmark Center; Wolfgang performing Mozart's Oboe Quartet and Symphony 40 in G minor, 6 p.m. August 6; French works by Immanuel Davis on traverso, Jacques Ogg on harpsichord, and Arnie Tanimoto and Rondón on gamba, 8 p.m. August 6; recorder virtuoso Clea Galhano, cellist Rondón and

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harpichordist Livingston playing Magini, Castello and Bach, 8 p.m. August 7; music of Irish composer Turlough O'Carolan (1670-1738) played by early Irish harpist Chad McAnally, tenor and flutist Cory Froehlich, violinist Mary Vanorny and Mary Burke on viola da gamba, 6 p.m. August 8; Ladyslipper Ensemble in "FinAmor," 8 p.m. August 8; Ginna Watson and Lucinda Marvin on violins and Cella Westray on gamba and harpsichord in "Cloisters" at noon August 9; and Lute2Viols and soprano Sarah Jackson in "Pilgrim's Solace," 3 p.m. August 11. Tickets are priced from \$20-\$5, \$30-\$5 for the opera, with discounts for multiple shows or a festival pass. Visit tcearlymusic.org.

Studio Z, 275 E. Fourth St., Suite 200, will present a concert by the Illicit Sextet featuring Steve Kenny, Paul Harper, Chris Lomheim, David Roos, Tom Pieper and Nathan Norman at 8 p.m. Thursday, August 1; Caprice Saxophone Quartet at 3 p.m. Sunday, August 11; and the jazz ensemble LifeForce featuring Kenne Thomas, Dave Graf, Rich Manik and Graydon Peterson at 8 p.m. Thursday, August 15. Tickets are \$10. Call 651-755-1600 or visit studiozstpaul.com.

Mill City Live, a series of open-air concerts, returns from 6-8 p.m. Wednesdays in the Ruin Courtyard of the Mill City Museum, 704 Second St. S. in Minneapolis. The schedule includes Matt Wilson & His Orchestra on August 7 and Charanga Tropical on August 14. Tickets are \$6. Visit cart.mnhs.org or call 651-259-3015.

"Across the Alps," the music of groundbreaking Italian composers of the 17th and 18th centuries, will be featured on Saturday, August 10, by the Lyra Baroque Orchestra and guest violinist Petro Gandia Martin. The program includes works by Vivaldi, Caldara, Muffat, Marcello and Bach. The concert begins at 7:30 p.m. in Sundin Hall, 1531 Hewitt Ave. A pre-concert talk will be offered at 6:30 p.m. Tickets are \$5-\$30. Visit lyrabaroque.org.

Family

Highland Park Library, 1974 Ford Pkwy., will offer the following free programs: Baby Storytime at 10:15 and 11:15 a.m. Wednesdays; Nature Smart, a trading post in natural science, 4 p.m. Wednesdays; Createch, high-tech fun for teens, 3:30 p.m. Thursdays; Children's Storytime, 11 a.m. Saturdays and 10:30 a.m. Mondays; Intergenerational Storytime for all ages with puppets, music, songs, rhymes and stories, 1:30 p.m. Saturday, August 3; Fun Science, cool experiments with Dr. Tyronne E. Carter, 3 p.m. Tuesday, August 6; and the Bazillions performing upbeat pop music, 3 p.m. Tuesday, August 13. Call 651-695-3700.

St. Paul parks are playing host to free outdoor movies this summer. The schedule includes *Shrek* on July 31 at Griggs Recreation Center, 1188 Hubbard Ave.; *Goosebumps* 2, August 2, Sibley Manor, 1300 W. Maynard Drive; *Ralph Breaks the Internet*, August 8, Merriam Park Recreation Center, 2000 St. Anthony Ave.; *Wonder Park*, August 9, Langford Recreation Center, 30 Langford Park; *Spiderman: Into the Spider-Verse*, August 10, Hampden Park, 993 Hampden Ave.; and *Mary Poppins Returns*, August 15, Groveland Recreation Center, 2045 St. Clair Ave. The films will roll at dusk, but children's activities will be available beforehand.

The Secret Garden, a musical based on the beloved novel of Frances Hodgson Burnett, will be performed by the Highland Park Community Theater and a live orchestra of 15 musicians on August 1-3. The story of a young girl who is raised in India, orphaned and sent to England to live with an uncle she has never met will be staged at 7 p.m. Thursday through Saturday in the auditorium of Highland Park Senior High School, 1015 S. Snelling Ave. Tickets are \$12.

Call 651-695-3706.

Merriam Park Library, 1831 Marshall Ave., will offer the following free programs: board game competition for all comers, 2-4:30 p.m. Wednesdays; Paw Pals, a chance for children ages 6-12 to read to a friendly dog, 6-7 p.m. Thursday, August 1; Family Storytime, 10:30-11 a.m. Fridays; a hands-on arts workshop with artist Simone Spruce for children ages 7-11, 3:30-4:30 p.m. Mondays, August 5, 12 and 19; Cock-A-Doodle Zoo, a chance to meet and learn about exotic animals, 11 a.m.-noon Tuesday, August 6; and an introduction to sound effects, funny voices and a performance of Dr. Seuss' *Horton Hatches the Egg* by Leslye Orr of Dreamland Arts, 11 a.m.-noon Tuesday, August 13. Call 651-642-0385.

Gibbs Farm, 2097 Larpenteur Ave., a museum of 19th century Dakota and pioneer life, is open from 10 a.m.-4 p.m. on Saturdays and Sundays through October. A Prairie Festival celebrating the Dakota people past and present will be held from 10 a.m.-2 p.m. Saturday, August 3. The farm is serving free homemade ice cream with tours on select Sundays. Make your own sundae on August 11. Admission is \$8, \$7 for seniors, \$5 for children ages 4-16. Call 651-646-8629.

Pippi Longstocking, a stage adaptation of Astrid Lindgren's story of the adventures of an unconventional and high-spirited girl, will be performed by the Highland Park Community Theatre at 7 p.m. Thursday through Saturday and 2 p.m. Sunday, August 8-11, at the Highland Park Community Center, 1978 Ford Pkwy. Tickets are \$12. Call 651-695-3706.

Film

"One Giant Leap," a planetarium production that puts audiences on the surface of the moon with Apollo 11 astronaut Neil Armstrong, is being presented all summer long at the Bell Museum, 2088 W. Larpenteur Ave. The show transforms archival footage of the moon landing of 1969 into a 360-degree experience. For show times and tickets, visit bellmuseum.umn.edu or call 612-626-9660.

Blue Note Records: Beyond the Notes (2018), a documentary that delves into the history of this record label and the influence it had on jazz music, will be screened at 7 p.m. Wednesday, August 14, at Trylon Cinema, 2820 E. 33rd St. in Minneapolis. Tickets are \$12. Visit soundunseen.com.

Books

Next Chapter Booksellers, 38 S. Snelling Ave., will play host to readings and discussions with Rob Jung and his novel, *The Reaper*, on August 1; a Literary Lights Literary reading featuring St. Paul Sidewalk Poetry Contest winners Zach Wilson, Dan Schauer, Ellen Fee, Roberto Carmona, Claudia Kane Munson, Lauren Dwyer and Amanda Tran, 2 p.m. August 4; and Bob Dylan's lifelong friend Louis Kemp and his memoir, *Dylan and Me, 50 Years of Adventures*, August 13. The programs are free and begin at 7 p.m. unless otherwise indicated. Call 651-225-8989.

SubText Books, 6 W. Fifth St., will play host to readings and discussions with Judith Stern and her novel, *The Doubting Daughter*, on August 7; Eric Anderson and his memoir, *Don't Stop Dancing: My Story of Tragedy, Loss, Addiction and Darkness and the Discovery That Healed My Soul*, August 8; and poets Matthew Murrey, Sonia Greenfield, and Athena Kildegaard and their recent collections, August 14. The programs are free and begin at 7 p.m. Call 651-493-2791.

F. Scott Fitzgerald in Minnesota author David Page will tell about the famous homes and iconic buildings associated with the



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St. Paul novelist that have been torn down and did not make it into his book in a free program at 7:45 p.m. Thursday, August 8, at Waldmann Brewery & Wurstery, 445 N. Smith Ave. Reservations are requested. Call 651-222-0701.

Exhibits

“A Nation of One,” a survey of the work of New York multimedia artist Brad Kahlhamer, is being displayed through August 25 at the Minnesota Museum of American Art, 350 N. Robert St. The exhibit features large-scale paintings, drawings and other works that map the complexities and contradictions of American culture. A Native American, Kahlhamer was adopted by a German-American family, was raised in Arizona and Wisconsin, and spent his early adulthood as a musician living on the road before settling in New York City. Admission is free. Call 651-797-2571 or visit mmaa.org.

“Eternal Beauty,” more than 30 landscape paintings by celebrated Minnesota artist Nicholas Brewer (1857-1949), are on view through September 8 in the art gallery of the James J. Hill House, 240 Summit Ave. Admission is free. Call 651-297-2555.

Walking tours of Summit Avenue highlighting the Gilded Age mansions that line the street and the people who built and lived in them are being offered by the Minnesota Historical Society on weekends through September. The 90-minute tours step out at 10 a.m. and 2 p.m. Saturday and 2 p.m. Sunday from the James J. Hill House, 240 Summit Ave. The cost is \$14, \$12 for seniors and college students, \$10 for children ages 5-17. Visit cart.mnhs.org or call 651-259-3015.

“The Builders: Shaping Minnesota’s Architectural Landscape on the Color Line,” the story of the African-American architects



Art in the open. Joshua Cunningham (above) of Macalester-Groveland will be among 25 local painters taking part in the free Plein Air SmackDown from 10 a.m.-3:30 p.m. Saturday, August 10, at Coldwater Spring Park, located off 54th Street and Minnehaha Avenue in South Minneapolis. National Park Service staff will greet visitors between 10 a.m. and noon with free coffee and doughnuts and maps to the artists’ locations in the park. Folks are invited to observe the painting and visit with the artists. A free after-party and sale will follow from 4-6 p.m. on the front porch of Groveland Gallery, 25 Groveland Terrace in Minneapolis.

whose work helped shape the Twin Cities we know today, will open on August 8 at the Mill City Museum, 704 S. Second St. in Minneapolis. Created by the African-American Interpretive Center of Minnesota, the exhibit includes maps and blueprints of the work of St. Paul city architect Clarence “Cap” Wigington, renowned stoneworker Casiville Bullard and architect and stained-glass artist William Hazel and offers insights into the lives of blacks in Minnesota in the 19th and 20th centuries. An opening program will be held from 6-9 p.m. Thursday, August 8, with remarks from curators

JoJo Bell and Acoma Gaither at 7 p.m. The free exhibit will remain on view through October 27. For gallery hours, call 612-341-7555.

“Dior to Disco: Fashion in the Era of Second Wave Feminism” is being displayed through September 15 at the Goldstein Museum of Design, located in Gallery 241 in McNeal Hall, 1985 Buford Ave. The exhibit explores the impact that Second Wave Feminism had on the clothing women wore during the mid-20th century. Admission is free. A closing celebration will be held from 3-5:30 p.m. Thursday, September 12. For gallery hours, call 612-624-7801.

Mississippi River Paddle Share is offering everything you need to kayak on the river on weekends through the end of September, weather permitting. The cost is \$25 for a single and \$40 for a tandem kayak rental. Or you can paddle with a park ranger from 6-8 p.m. Tuesday, August 6, between Hidden Falls and Harriet Island parks at a cost of \$30-\$35. Visit paddleshare.org.

The Irish Fair of Minnesota returns from August 9-11 to Harriet Island. The family-friendly event is expected to attract upwards of 100,000 people with Irish cultural activities and displays and 10 stages offering the best in Irish music and dance. Performers include We Banjo 3, Screaming Orphans, Doolin, Aoife Scott, the High Kings, the Fitzgeralds, Leslie Rich and the Rocket Soul Choir, the Northerly Gales, the Inland Seas, the Tim Malloys, Wild Colonial Bhoys, Sister Tree, the HiBs, Tom Dahill and Ginny Johnson, Patsy O’Brien, Sweet Colleen, Locklin Road, the Langer’s Ball, Paddy Wagon and Laura MacKenzie. The fair will run from 3-11 p.m. Friday, 10 a.m.-11 p.m. Saturday and 10 a.m.-7 p.m. Sunday (with Mass at 9 a.m.). Admission is free, but \$5 wristbands will be required to purchase alcoholic beverages. For the complete schedule of events, visit IrishFair.com.

IndiaFest, a celebration of the rich heritage and diverse cultures of India, will be presented by the India Association of Minnesota from 11 a.m.-9 p.m. Saturday, August 10, on the Minnesota State Capitol grounds. The free event will feature tasty Indian cuisine, live Bollywood music and performances by the local Katha Dance Theatre and Natyakala Dance Academy as well as Geetamahatmyam of India. Historical and cultural exhibits, face painting, henna tattoos, chess games, raffles, yoga and meditation demonstrations and a bazaar selling traditional Indian clothing, jewelry and accessories will all be part of the fun.

Et cetera

Free health and wellness programs are being presented this summer on Rondo Plaza, 820 Concordia Ave. The schedule includes tai chi at 5:30 p.m. July 31, August 14 and 28; a Regions Hospital health workshop at 5:30 p.m. August 1; zumba exercise at 11:30 a.m. August 3, 10 and 17; chess for beginners at 10 a.m. August 3, 10 and 17; and a St. Paul Fire Department summer safety fair from 5-7 p.m. August 13.

CBD is helping people of all ages – and their pets – with anxiety

Cannabis has long been a miracle product used in the Americas for its low-water growing, versatile use in textiles and even experimental plastics, but its recent reintroduction to legal agriculture means its received new life in the form of CBD oil.

CBD is short for cannabidiol, the non-psychoactive extract of hemp and cannabis that tons of people are finding out about for the first time since the legalization of hemp in 2018. One of the most popular uses of the marijuana relative that doesn’t get users high is to address concerns over anxiety and related stress issues.

It couldn’t happen sooner, as across the U.S. psychological issues are high, and prescriptions for depression and anxiety medication virtually ambiguous. Though it remains a personal and medical question, many have opted for CBD as a less intrusive option.

The CBD acts on something called the body’s endocannabinoid system, or ECS. The ECS affects the brain and body extensively, and we’re learning more about how useful this connection is all the time.

Initial research on mice and other types of preliminary studies conducted both in the United States and abroad seem to indicate that CBD has potential as a treatment of anxiety, depression and other mental issues.

More scientific inquiries are clearly needed to address the question, but so far National Institutes of Health and other studies show the promise on this question. The Farm Bill of 2018 that legalized hemp also means that more and more research can be done.

For now, we have personal testimonies from those who have flocked to CBD this year and in years past who claim CBD oil and related products have changed their relationship to anxiety and other problems drastically.

CBD comes in myriad forms, from simple tongue-drop tinctures to body lotions, edibles and bath bombs.

The active ingredients in the products varies, with each offering labeled by the amount of CBD used within the given goodie, plus info about how much THC it contains. THC, as many know, is the

active ingredient in marijuana, and some full-spectrum CBD products contain trace amounts of it to better prime the body for added CBD effectiveness.

Some CBD is infused with caffeine to help users wake up while they use CBD for other issues, but there are also a plentiful offering of CBD products aimed specifically at helping users relax.

That’s not all, however. Some brands and products are directed at humans and pets alike. This year, plenty of people likely used CBD dog treats and oils to help Fido deal with 4th of July fireworks.

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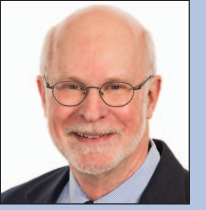


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Beautiful townhome in idyllic Mendota Heights location! This home shows off 2 large bedrooms each with their own en suite plus another 1/2 bathroom on the main, with large kitchen, and formal dining room!

TOM & MIKE DISTAD
612-275-1343 • \$319,900



1419 PALACE, SAINT PAUL
Gorgeous 1 1/2 story home in perfect Mac-Grove location, this home boasts 2 full bathrooms and 3 bedrooms above ground with a HUGE eat-in kitchen area and upstairs master not to be missed!

TOM & MIKE DISTAD
612-275-1343 • \$399,900



STEPS TO THE RIVER!
Magnificent 4BR, 4BA new construction in an established neighborhood, just steps to the river. Dream kitchen, 2 fireplaces, inviting porch, luxurious owner's suite. A perfect blend of character with top-of-the-line amenities! 2160 Juno Avenue.
*click on www.teamedelstein.com

HENRY EDELSTEIN CRS
651-270-1667 • \$925,000



MACGROVE BUNGALOW! - SOLD IN 1 DAY!
2 bedroom, 1 bath charmer! Hardwood floors. Fireplace. Large corner lot. Fantastic Price. Hurry this one won't last! 1102 James Avenue. Contact TJ Pierret 651-755-6669 for more details.

TJ PIERRET
651-755-6669 • \$199,000



ROOM TO ROOM!!!
546 Montcalm Pl: Spacious 5 bedroom maintained in impeccable condition. Entertainment sized living and dining rooms, main floor family room, king sized master bedroom suite, and delightful back yard and deck.

JIM BURTON
651-690-8556 • \$598,000



EXCEPTIONAL!!!
295 Salem Church Rd: Spectacular Sunfish Lake home offering 12,447 sq. ft. to be used for your largest entertainment need but designed for comfortable everyday living as well. 5 fireplaces, 9 baths, and an 8 car heated garage.

JIM BURTON
651-690-8556 • \$3,499,000



6 ACRE SETTING!!!
90 Salem Church Rd: Striking 4 bedroom walkout ramble style in impeccable condition and offering high level finishes through. Entertainment sized rooms, wonderful kitchen/family room, delightful sun room, king sized master suite. Extra lot included in price.

JIM BURTON
651-690-8556 • \$2,300,000



NEW LISTING!
Charm abounds in this spacious 1940's story and a half! Featuring hardwood floors, a wood burning fireplace, lower level family room and new windows throughout. Convenient location! 4100 Longfellow Ave.

MORAGHAN DeROSIA
952-486-3697 • \$315,000



WELCOME HOME!
Kensington Park! This light filled 1 bedroom unit features an open layout, new flooring, stainless steel appliances and in-unit laundry. Enjoy all of the conveniences this community & location has to offer.

MORAGHAN DeROSIA
952-486-3697



NEW LIST IN MAC-GROVE!!
Stunning 2 bedroom, 2 bath, 2 story with all new baths, kitchen, windows, siding, roof, and 2-car garage - move in and enjoy! 1439 Stanford Avenue.

LOLLY MCNEELY SALMEN
612-810-4138



PREMIER OFFER!
5BR, 4BA late mid-century gem with all originality intact and in absolutely mint condition! Numerous improvements include inground pool, 3 car gar, windows and more! Majestic bluff views and conveniently located to everything! Rare opportunity! Call Lolly for details.

LOLLY MCNEELY SALMEN
612-810-4138 • \$699,900



HOME OF FRANK B. KELLOGG!
This stately Crocus Hill home features 9,000 sq ft, breathtaking interiors, inlaid and pegged floors, a 1/2 acre lot with reflecting pool and a carriage house. This was an ASID showcase home in 2004 and is a designated National Historic Landmark. 633 Fairmount Ave.

SARAH KINNEY
651-282-9621 • \$2,295,000



SUNNY 2ND FLOOR CONDO!
This 2 bedroom, 2 bath condo has fabulous views. Hardwood floors, wood burning fireplace, 3rd floor guest suite. 302 Summit Ave unit F.

SARAH KINNEY
651-282-9621 • \$377,000



CLASSIC HIGHLAND PARK CHARMER!
Superb Highland Park home has been meticulously updated and maintained. 5 bedroom, 7 baths, 3 fireplaces, 5771 square feet, with fabulous pool, sauna surrounded by spacious decks. 1930 Edgcombe.

SARAH KINNEY
651-282-9621 • \$1,149,000



CLARENCE JOHNSTON MANSION!
This magnificent home has over 14,000 square feet, 10 bedrooms, 17 bathrooms, rich mahogany paneling, huge beamed ceilings, you will love the superb carriage house.

SARAH KINNEY
651-282-9621 • \$2,100,000



KAREN KELJIK
612-414-3245



SARAH KINNEY
651-282-9621



DAVID NOYES, JR.
REAL ESTATE GROUP
651-233-0748



TJ PIERRET
651-755-6669



LOLLY MCNEELY SALMEN
612-810-4138