

# VILLAGE

"A village in the city"

# notes

## A Note from the Mayor.....

I believe that the number one responsibility the City has to its residents is Public Safety. Our mission statement includes "safe and secure" as a central part of our purpose. Therefore I would like to share with you some thoughts and ideas that can enhance that sense of well being.

The City of St. Anthony has police contracts with Falcon Heights and Lauderdale which strengthens our ability to provide police reinforcement to any of the 3 cities should the situation require added instant police presence. However having said that, I have had residents ask me if we are ever without police protection in St Anthony? The answer is simple and unequivocal - we ALWAYS have 24-hour police officer on duty in St. Anthony, with back up only a call away either from contract cities, off duty officers or police reserves. So be assured that regardless of the activities in other cities, your calls in St. Anthony will be responded to immediately.

Secondly, I would like to talk about 9-1-1 calls. There is some thought that "I don't want to bother them", "Maybe it's nothing" or "I will be thought less of, if I call". Let me first say that the Police Department depends on your calls to be a proactive and crime preventative force. Without the public's role as an "eyes and ears" of the neighborhoods their job would be significantly more difficult. One should never be hesitant or embarrassed to dial 9-1-1 the dispatcher will only ask questions that will hasten the appropriate needed responder. If you hear that unidentified noise in the night that wakes you - call - even if ends up being your furnace kicking on - you will know and sleep easier, I believe it is better to be safe than sorry. Our police officers and fire fighters are an extremely sensitive group, who truly believe that they are here to Protect and Serve you, so honor them by asking for their assistance!

Let me further illustrate the point, during an electrical storm a signal light went out and traffic through the intersection was in disarray at best. I should have called 9-1-1 but I didn't. I thought I would call Public Works and it would be resolved, of course Public Works did ultimately get temporary signage installed. But had I called 9-1-1 a police officer would have been dispatched immediately to the scene and the "on call Public Works personnel" would have been able to respond to their page faster. So I learned that those 9-1-1 calls work and the professionals can make those decisions and integrate that information into the overall safety picture of our community.

So my final thought is that we are all part of the "Safe and Secure" component of our mission. We are part of that 3-legged stool (Citizens, Staff and Council) and we should not be reticent, reluctant, or recalcitrant to assist our police and fire departments to continually make St. Anthony a city that works for the betterment of the entire community.

My best regards,  
Jerry Faust



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*Our mission is to be a progressive and livable community, a walkable village, which is safe and secure.*

## Greetings from the Members of the St. Anthony Department

The St. Anthony Police Department recently held its first Citizen's Police Academy, from September 7, 2006, to October 19, 2006. The class was held on Thursday evenings from 6 p.m. to 9 p.m. The program was designed to offer community members a broader awareness of what it entails to be a police officer. The eight week course covered such topics as: Patrol Procedures, Property and Personal Crimes, Criminal Procedures, DWI/DRE, the Use of Force, Defensive Tactics, Introduction to Firearms, Simunition Shoot, DARE, Crime Prevention, McGruff House and the Police Reserve Unit. Best of all, the Academy is free of charge to residents of St. Anthony, Lauderdale, and



pictured from left to right: John MacLean, Lara MacLean, Tom Keene, Gretel Keene, Andrew Litecky, Than Junter, Jared Hoylo, Denise Jowkinson, Veryl Andre, Sheila Grand, Cris Drews, Katrina Josephs, Dean Affeldt, Steve Pisca, Carol Waldron, Linda Brotemarkle, and Ben Trapskin. Not pictured Bob and Connie Bartlett.

### police and fire

9-1-1  
police and fire emergency

612-782-3350  
police non-emergency

763-525-6220  
police after hours  
non-emergency

612-782-3400  
fire non-emergency

Falcon Heights. Our inaugural Academy was a huge success!! The instructors for the Academy are all experienced members of the St. Anthony Police Department and include: Chief John Ohl, Captain Dominic Cotroneo, Sergeant Jon Mangseth, Officer Jeff Spiess, Officer Tressa Sunde, and Reserve Lt. Carolyn Quick. We also had two guest speakers, Captain Bob Elmers (Metro Transit Police) and his canine partner Major. We had 19 members of the community complete the academy: thirteen were from St. Anthony, three were from Lauderdale and three were from Falcon Heights.

The group was very energetic!! Most every session ran over by at least 30 minutes, as students were very interested in the topics of discussion. The participants made it very easy for the instructors to impart their knowledge and experience. I believe many friendships were formed among participants and instructors as a result. As a lead instructor for the event, I was very impressed with the motivation and enthusiasm of the participants. Speaking for all the instructors, we very much enjoyed our experience with the citizens of the inaugural Academy.

For those of you interested in Citizen Academy, the next class will be held starting April 11, 2007 and ending May 23, 2007. The class will be open to 20 participants. It will be held over the span of a seven-week period, on Wednesday nights from 6 p.m. to 9 p.m. We will have the same instructors and hopefully a few new ones as well. Hopefully, we will have another GREAT group of candidates! Participants must be at least 21 years of age, reside or work within St. Anthony, Lauderdale, or Falcon Heights. Applicants must submit to a background investigation and sign a waiver. For more information, please contact Sergeant Jon Mangseth or Officer Tressa Sunde with any questions at 612-782-3350.



*"Calling 9-1-1 and willing to be wrong 100 times,  
just for the chance to be right once, is a worthwhile message".  
by John Ohl, Police Chief St. Anthony Police Department*

## Citywide Water Meter Replacement

St. Anthony will be replacing all residential and commercial water meters during starting January 1st, 2007 with completion in March, 2007. The existing water meters within St. Anthony are over 20 years old. They are reaching the end of their service life and are in need of replacement.

St. Anthony will upgrade their water meter and utility system with an automated radio read water meter system. This new system will eliminate the need for residents to record their meter reading on utility cards and return these cards to the city. A new radio attached to the meter will transmit the reading to receiving towers around the city for automatic generation of your water bill. The City anticipates this system will provide residents with better services and significantly reduce staff time in preparing utility billing.

The City of St. Anthony has contracted with SL-Serco to conduct the meter upgrade process. SL-Serco is a family owned business located in St. Anthony. They have worked with the City of St. Anthony for the past 13 years supplying various public utility needs, and have replaced water meters throughout many municipalities in the metropolitan area and the continental U.S.

All SL-Serco employees have completed SL-Serco and City background checks. They drive clearly marked vehicles, wear city approved uniforms with company logo and picture identification. Furthermore, all employees have completed both a SL-Serco installation and inspection certification program and for the City of St. Anthony.

In addition to completing the water meter upgrade project, SL-Serco will also be completing a mandatory sump pump inspection for each residence.

## St. Anthony Sump Pump and Drain Tile Removal Program

The Metropolitan Council has identified St. Anthony as one of many communities with excessive amounts of clear water entering the sanitary sewer system. This results in higher water costs as a result of unnecessary treatment of clear water, and causes flooded basements and polluted streams as a result of sanitary backups during heavy rains.

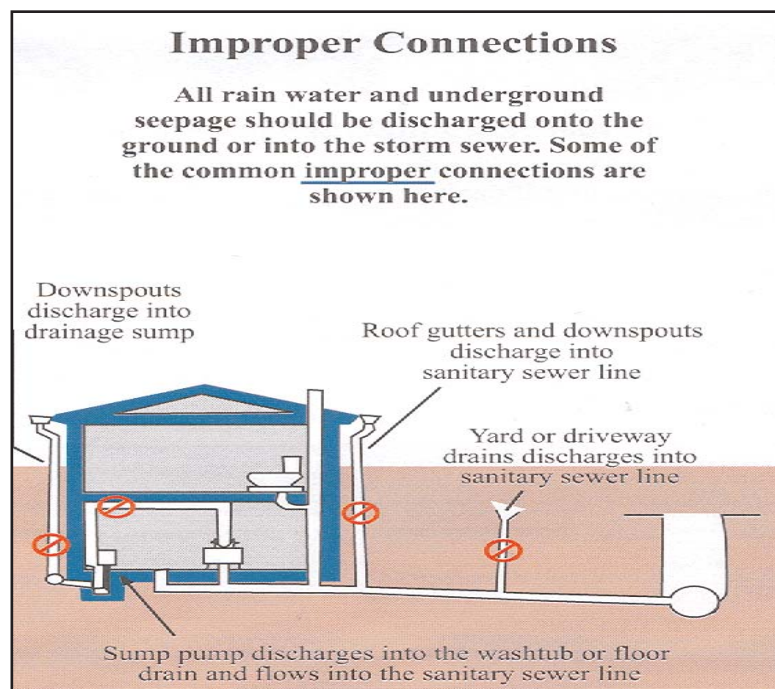
What is an improper connection to the sanitary sewer?

An improper connection permits water from sources other than sanitary fixtures and floor drains to enter the sanitary sewer system. That water should be going to the storm sewer or allowed to soak into the ground without entering the sanitary sewer.

Some examples of improper connections include downspouts, groundwater sump pumps, gravity sump pits without a pump that drain right into the sanitary sewer, foundation drains, drains from window wells and outdoor basement stairwells, and drains from driveways, which are connected to the sanitary sewer lines.

Drain tile removal doesn't mean that the resident has to remove their drain tile (prohibitively expensive), but rather that they have to remove the connection between drain tile (and it's associated sump pit) from the sanitary sewer by blocking off with cement the exit of sump pit to the sanitary sewer and adding a sump pump and plumbing to send the water outside.

The sump pump inspection and meter replacement is free of charge to St. Anthony residents. If the sump pump fails inspection or homeowner water valves are inoperable, the cost to correct the issue will be paid by the homeowner in the event that a plumber is needed; a list of State of Minnesota certified plumbers is available at the City of St. Anthony.

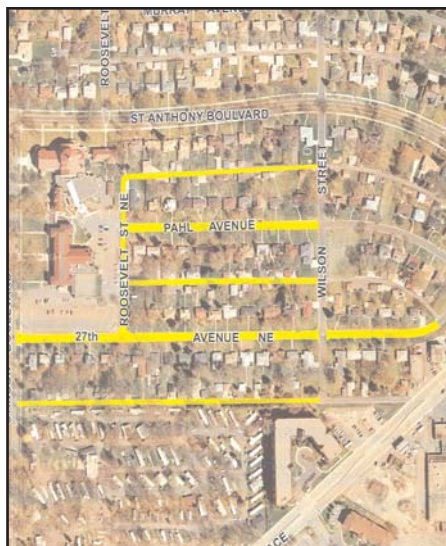




## 2007 Street and Utility Improvements

St. Anthony will be reconstructing the following streets from May to October:

- \* Pahl Avenue from Roosevelt Street NE to Wilson Street
- \* 27th Avenue NE from Stinson Boulevard to Coolidge Street
- \* Roosevelt Street NE from 27th Avenue NE to the alley north of Pahl Avenue
- \* The alley north of Pahl Avenue from Roosevelt Street NE to Wilson Street
- \* The alley south of Pahl Avenue from Roosevelt Street NE to Wilson Street



## 2006 State General Election

Voter's turned out in record numbers for the 2006 State General Election. Hennepin 1 Precinct at Autumn Woods had a turn out of 85%, Hennepin 2 at City Hall had 76% and Ramsey 1 at Chandler Place had 63%. Overall, the City of St. Anthony had a 73% turn out. That is wonderful.

Thank you to Autumn Woods and Chandler Place for the use of their facilities during this very busy time. Elections brought a lot of people into their buildings and the City of St. Anthony greatly appreciates them for their generosity.

## Congratulations.....

Recently the city council recognized several individuals and businesses for their outstanding contributions to the community. They are as follows:

- \* Fire Prevention Poster Awards:  
Ellen Slayton  
Jacklin Jung  
Madison Roemer  
Megan Christenson
- \* Fitness Crossroads and Mark Sitarz for their dedication to the community and the Memorial Blood Center Blood Drives.
- \* John Bladow, for his exceptional actions taken on behalf of the St. Anthony Police Department.

## Historical Society Meetings to Resume

The St. Anthony Historical Society has taken a hiatus for the holidays and will resume their meetings in January. The Society meets on the third Thursday of each month and anyone with an interest is certainly invited to come. Our next meeting is scheduled for January 18, 2007 at 2:00 p.m. Please call Kim Moore-Sykes at 612-782-3312 for more information.

## SCHEDULE OF EVENTS

### January

- 1.....Offices Closed New Years Day
- 9.....City Council Meeting
- 15.....Offices Closed Martin Luther King
- 16.....Planning Commission Meeting
- 18.....Historical Society Meeting
- 23.....City Council Meeting

### February

- 13.....City Council Meeting
- 15.....Historical Society Meeting
- 19.....Offices Closed Presidents' Day
- 20.....Planning Commission Meeting
- 27.....City Council Meeting

### March

- 13.....City Council Meeting
- 15.....Historical Society Meeting
- 20.....Planning Commission Meeting
- 27.....City Council Meeting

### April

- 6.....Offices Closed Good Friday



## **St. Anthony Directory**

### **Mayor**

Jerry Faust 789-7684  
jfaust@ci.saint-anthony.mn.us

### **City Council**

Hal Gray 789-1944  
hgray@ci.saint-anthony.mn.us

Dick Horst 781-5938  
rhorst@ci.saint-anthony.mn.us

Randy Stille 788-3235  
rstille@ci.saint-anthony.mn.us

Brian Thuesen 789-6470  
bthuesen@ci.saint-anthony.mn.us

### **City Offices**

3301 Silver Lake Road, St. Anthony, MN 55418

General Information.....782-3301  
Fax.....782-3302  
Hours.....M-F 8:00 a.m. to 4:30 p.m.  
E-Mail.....city@ci.saint-anthony.mn.us  
Web site.....www.ci.saint-anthony.mn.us

### **City Staff**

Building Inspections.....763-784-0826  
Asst. City Manager Kim Sykes.....782-3312  
kmoore@ci.saint-anthony.mn.us  
City Clerk Barb Suci.....782-3313  
bsuci@ci.saint-anthony.mn.us  
City Manager Mike Mornson.....782-3311  
mmornson@ci.saint-anthony.mn.us  
Finance Director.....Roger Larson 782-3316  
rlarson@ci.saint-anthony.mn.us  
Fire Chief John Malenick.....782-3401  
jmalenick@ci.saint-anthony.mn.us  
Liquor Operations Mgr. Mike Larson.....782-3455  
mlarson@ci.saint-anthony.mn.us  
Police Chief John Ohl.....782-3356  
johl@ci.saint-anthony.mn.us  
Public Works Dir. Jay Hartman.....782-3314  
jhartman@ci.saint-anthony.mn.us  
Utility Billing Questions.....782-3318

### **St. Anthony-New Brighton School District 282**

District Office.....612-706-1000  
Web site.....www.stanthony.k12.mn.us



In October 2006, St. Anthony hosted a group of international architects that were in the Twin Cities area for a convention. The group of architects were interested in the Silver Lake Village redevelopment. They were greeted and given a tour by Mayor Faust and Mike Mornson, City Manager.

In October, the City held a Cooperative Civics Resource Forum. Leaders from various community organizations were invited to meet and discuss their main objective. Through this process, it was discovered that some of these organizations have the same objective.

We have compiled a list of the different organizations and their main contacts for your reference:

<u>Organization</u>	<u>Contact</u>	<u>Phone No:</u>
Chamber of Commerce	Rose Fitzjerrells	612-788-1360
Family Service Center	Shelly Freeman	612-706-1036
Historical Society	Kim Moore-Sykes	612-782-3312
Kiwanis	Dianne Sparks	612-781-3451
Lion's Club	Wayne Mikkola	612-789-2186
SA Orchestra	Carol Jensen	612-788-3516
SANBE	Bill Harter	612-706-1000
SA School District	Rod Thompson	612-706-1150
Sister City	Ruth Ann Marks	612-788-0137
VillageFest	Juliann Hunter	612-781-7186
Village Gardeners	Norma Gunderson	612-781-1273
Vital Aging	Gordon Amundson	651-486-2915

Contact any of these individuals if you have any questions regarding their organization.

## **Electronic Payment of Utility Bill**

Did you know you can have your utility bill paid electronically. Visit our website at [www.ci.saint-anthony.mn.us](http://www.ci.saint-anthony.mn.us) for more information

## Sewer or Water Emergencies

If you have a sewer or water emergency, call City Hall immediately at 782-3301 during business hours or 782-3400 after hours. City crews will be dispatched to assist the property owner in taking care of the situation. Remember, the property owner is responsible for maintaining water or sanitary sewer services from their building up to and including the connection to the main water or sewer lines.

With your cooperation, we can be more efficient and have roads cleared in very little time.

## Chamber Lighting Contest Winners

The Chamber held its annual Lighting Contest. The judging took place on December 12, 2006. The winners are as follows:

Mike Massie  
3201 Skycroft Drive

Bill Sauer  
3620 Harding Street

**Congratulations to the winners!!**

## Housing Code Corner

**DID YOU KNOW.....**The storage of refuse and recyclable collection items may not be kept in the front yard. On trash pick-up day, please remember to remove your trash can and recycling bin from the curb and return it to the garage or some place out of site from the road.

**DID YOU KNOW.....**Parking in any residential district must be done on a surface paved with asphalt or bituminous material, concrete, cement, brick, or other paved surface. Please remember parking vehicles on the grass is not allowed in the City of St. Anthony.

**DID YOU KNOW.....**Any vehicle without a current state registration must be parked in a garage or other building. If a vehicle has expired tabs, either renew them or move the vehicle into the garage.

**DID YOU KNOW.....**The owner and occupant of property adjacent to a public sidewalk must use due diligence to keep the walk safe for pedestrians. All ice and snow must be removed within 12 hours after it has deposited.

**DID YOU KNOW.....**No vehicle can be left on a street for a period in excess of 24 hours. The vehicle is then deemed a traffic impediment, and the police department is authorized to provide removal of the vehicle.

Please remember these ordinances have been put in place to keep St. Anthony clean, safe, and healthy. If you have a housing code question or would like to report a possible violation, please contact Rick Lundeen at 612-782-3438. For your convenience, the City Code is also available online at [www.ci.saint-anthony.mn.us](http://www.ci.saint-anthony.mn.us).

## RICE CREEK WATERSHED DISTRICT *Dialogue*

## 2007 Water Quality Wall Calendars Available

The Rice Creek Watershed District has 2007 Calendars available featuring great nature shots taken within the Rice Creek Watershed District. The photos displayed in the calendar were taken by the photo contest winners. Come pick up your complimentary calendar at St. Anthony city hall (while supplies last).

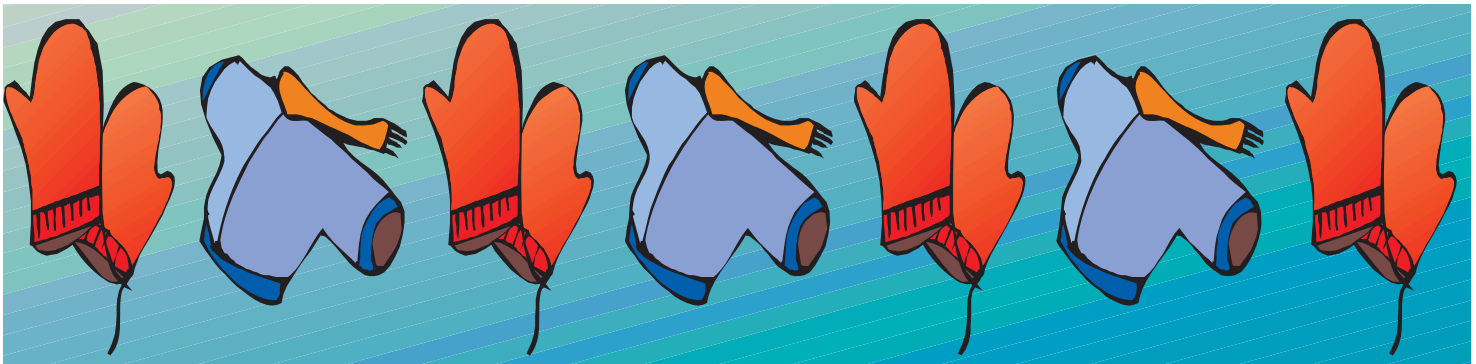
## Snowplowing Assistance Requested

The snow season is upon us, meaning the plow trucks will be out sanding and plowing the streets. St. Anthony's snowplowing policy is to plow streets after any snowfall event of two inches or more. Please help plowing operations run smoothly by abiding by the winter parking ban. This is in effect from November 1st to April 1st, from 3 a.m. to 7 a.m. Cars in the street hamper the plows and leave pockets of hardened, unplowed snow after the car is moved. The St. Anthony Police will issue a citation and the vehicle will be towed at the owner's expense. Other ways that you could assist with snow removal operations include:



- \* Do not place refuse or recycling containers in the street.
- \* Do not plow, blow or shovel snow across the street or into the street.
- \* Pile snow downstream of the plowing operation to minimize snow left in your driveway from the plow.
- \* Stay back when driving behind plow trucks.
- \* Do not allow children to play in the snow piles at the end of driveways or along side the road.

With your cooperation, we can be more efficient and have the roads cleared in very little time.



## Outdoor Ice Rinks

Looking for a free, recreational activity for your family? St. Anthony offers outdoor skating at three rinks in our community:

Central Park Pavilion, 3401 Silver Lake Road,  
Silver Point Park, 3010 - 29th Avenue,  
Emerald Park, 3925 Macalaster Drive.

All three rinks have warming houses and are supervised. Hockey and pleasure rinks are present at each location. Hours of operation are:

Monday - Friday	4:30 p.m. - 8:30 p.m.
Saturday	10 a.m. - 8:30 p.m. (closed 5 p.m. - 6 p.m.)
Sunday	1p.m. - 8:30 p.m.



During school holidays, the rinks will also be open from 10 a.m. to 8:30 p.m. (closed 5 p.m. - 6 p.m.) except Sunday.



## Greetings & Best Wishes for a GREAT 2007!

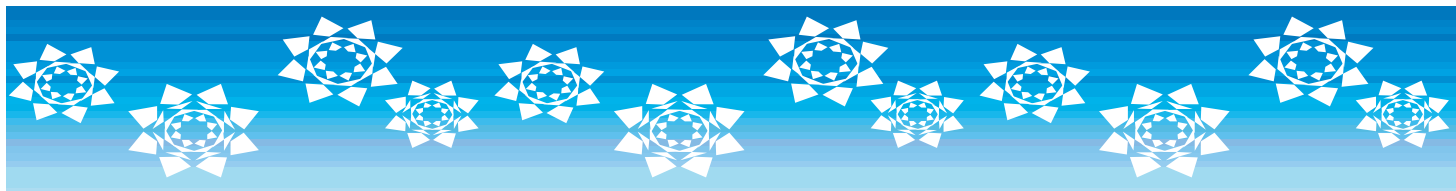
The St. Anthony Chamber of Commerce had a very busy but successful 2006; Our Summer Beautification Contest, The Golf Tournament, The Candidates Forum, Christmas Party and the Christmas Lighting Contest.

We also welcomed seven new members to our Chamber! Randy Dahl-Capitol Street Financial, Heidi Krautkramer-Institute for Athletic Medicine, Marilyn Jensen- for Silver Lake Village Condominiums, Mandy Smith for The Landings, Steve Benson-Edward Jones, Rod Thompson - Superintendent of Schools and Mary Jo Nelson-Wireless World. We would love to see more new faces for this year and invite anyone that is interested in joining our chamber, to come, as our guest, to one of our monthly luncheon meetings. Our meetings are held at Chandler Place, 3701 Chandler Drive in St. Anthony on the 3rd Tuesday of the Month at noon.

Upcoming events include: Job Shadow Program - watch for details as this year our committee will be trying something brand new to encourage more people to participate. We would also like you to be thinking of prospective candidates for our yearly Villager and Business of the Year Awards.

We welcome your ideas, suggestions, comments and questions. You may call either George Wagner, Executive Director - 612-788-1360 or me at 612-781-8301.

Fondly,  
Rose Fitzjerrells, President  
St. Anthony Chamber of Commerce



## Winter Survival Kit from the American Red Cross website

Whether driving across town or traveling hundreds of miles, planning ahead is essential to alleviating stress and staying safe in your vehicle in case a winter storm emergency occurs. Here are some items the Red Cross suggested having in your vehicle:

- \* Battery powered NOAA radio with extra batteries
- \* Blanket or sleeping bag
- \* First aid kit and manual
- \* Flashlight with extra batteries
- \* Fire Extinguisher (5 lb., A-B-C type)
- \* Battery Booster (jumper) cables and flares
- \* Tire Repair kit
- \* Compass, road map and knife
- \* Heavy sack of sand or cat litter (for tire traction) and tow rope
- \* Bottle water and non-perishable, high energy foods such as peanut brittle or energy bars
- \* Extra clothing to keep dry
- \* Windshield scraper and brush

For additional information to help you and your loved ones get prepared for unexpected situations, visit the "Get Prepared" section of their website at [www.redcross.org](http://www.redcross.org).



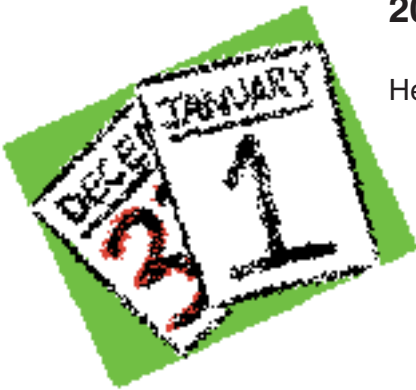
## Program for St. Anthony Seniors by Gordon Amundson

In May of 2006, St. Anthony resident and Vital Aging Council member, Bill Sauer had a tough, but very successful dogsledding trip across Spitzbergen Island in the Svalbards, an island located 700 miles north of the Arctic Circle. Bill's slide show presentation includes some of the most beautiful scenery in the world. See how Bill, along with noted explorer Paul Schurke, overcame a number of challenges including sled rollovers, horrendous winds, and other obstacles.

The "Svalbard Dogsledding Adventure" presentation will be held on January 24, 2007, at 2:00 p.m. in the St. Anthony Community Center.

After the slide presentation, those attending are invited to stay for a social hour where you will have a chance to visit with other St. Anthony seniors in a relaxed atmosphere. There is no admission for the program, however, you are invited to bring a snack to share (cookies, finger foods, bars, etc.) for the social hour. Coffee and other soft drinks will be provided.

To help the Vital Aging Council plan accordingly, please RSVP to Community Services at 612-706-1166 by January 21, 2007.



### 2006 - Year in Review

Here is a recap of the year 2006 for city business:

- \* 22 Council Meetings were held
  - considering 96 resolutions
  - considering six ordinance changes
- \* 14 HRA Meetings were held
  - considering 12 resolutions
- \* 11 Worksessions
  - four of which were with the school board

#### Goals for 2006 and the result:

- \* Solutions for I & I Program  
*Began December 2006*
- \* Automatic Water Meters  
*Began December 2006*
- \* Silver Lake Road Project  
*Postponed until 2008*
- \* Comprehensive Plan Amendments  
*Completed November 2006*
- \* Emerald Park Upgrades  
*Postponed until city funds are available*

## 'Tis the Season for Ice, Snow and Clean Water by Jennifer Winkelmann

In December, St. Anthony hosted a new training on snow and ice removal practices for city staff. Mayor Faust set the tone with his opening remarks about the importance of taking care of our cities and water quality. Participants learned about environmental effects of deicing materials (such as salts and sand), equipment, and application rates and techniques for different conditions, so they can protect water quality while preventing slippery surfaces.

Salts, or chlorides, used for snow and ice control are a major pollutant of water and soil. As little as one teaspoon of salt per 5 gallons of water is considered toxic to aquatic life. Chlorides also damage vegetation and contaminate soils and groundwater. Because chlorides dissolve, they are very difficult to remove from groundwater, lakes and streams.

Even though homeowners use less salt than city staff, it still takes 5,000 gallons of water to dilute a 25 lb bag of salt to safe levels. As we cope with the icy facts of winter, consider the following information to reduce your impact on water quality. If you hire a private contractor for snow and ice removal, ask them to attend a free training and become certified.

- \* Always shovel or plow first.
- \* Labels can be misleading. All materials have environmental impacts - despite the claims of labels. Sand adds sediment and other "natural" materials can deplete oxygen in our lakes and rivers. Also, labels do not usually report the lowest practical melting temperature.
- \* Pavement temperature, not air temperature, determines when salts melt ice.
- \* "Regular" salt (sodium chloride) only works when pavement temperatures are greater than 15 F. Calcium and magnesium chloride work at pavement temperatures as low as -20 and -10 F, respectively.
- \* Sand does not melt ice; it only provides temporary traction on slippery surfaces when it is too cold for salt to work. Do not mix sand and salt; they actually work against each other.
- \* Sweep up spills and leftover sand before it washes away (and reuse it later).

Dissolved salt is nearly invisible, but it does not disappear. Instead, it washes down storm drains and directly into our river and lakes. The next time you are faced with icy sidewalks, consider your options and help keep our waters clean and safe for us to enjoy when it finally warms up.

The workshop was funded by a grant through the Clean Water Act and put on by the Mississippi Watershed Management Organization (MWMO) and Fortin Consulting, Inc. For more information, contact the MWMO (651-287-0948) or visit [www.mwmo.org](http://www.mwmo.org).



City staff becoming certified in "Snow and Ice Control Best Practices" by the Pollution Control Agency. Following this training, salt use at one metro mall was reduced by more than 50% (or more than six tons per snowfall)!

## Warming Your Winter Heart by Mark Sitarz

Waking up to a thick white blanket of snow is one of my favorite things about living here in Minnesota. I love looking out the window to see how everything that was once edgy and defined is now soft, smooth and flowing. It can be a very serene moment that sometimes seems to end too quickly when you realize that now you have to head outside to shovel.

From the EMS side, our thoughts are not necessarily associated with serenity when we see snow. When the shoveling season starts so does an increase heart related calls. As a matter of fact heart attacks triggered by snow shoveling are quite common, particularly among people over the age 55 who don't regularly exercise or who are unaware that they have heart disease. But there are some simple measures that you can take to assist in the prevention of having a heart attack.



- Give yourself and your body time to wake up and warm up. Most heart attacks occur early in the morning because blood is more prone to clotting after you have been sleeping.
- Avoid Caffeine/Nicotine 1 hour before and after shoveling since these stimulants can increase your heart rate and cause your blood vessels to narrow, which puts extra stress on your heart.
- Start out easy and take frequent breaks. The effort of picking up heavy snow increases blood pressure.
- Wear the appropriate clothing. You should layer clothing so you can remove the top layer if you are feeling overheated.
- Sometimes shoveling needs to be done in extreme cold. Combining extreme cold with the exertion of shoveling can play havoc with your heart. Dress warm and go slow.
- If you eat prior to shoveling, eat a light meal. A large meal in your stomach mixed with strenuous work can strain your heart.
- Listen and respect what your body tells you. Chest tightness or pain, difficulty breathing, or dizziness are all signs that you need to stop immediately. If things do not improve then call 911 or head to an emergency room.

Remember to take it slow, avoid overexertion and enjoy the season. It is that time of year after all when we are supposed to make family memories in the living room and not a hospital room.

### 2007 Water and Sewer Rates

The water and sewer rates for 2007 are as follows:

Water - \$1.93 per 100 cubic feet

Sewer - \$2.47 per 100 cubic feet (established on your first quarter water usage)

If you have any questions, contact our utility billing clerk at 612-782-3318.



## FAQ about Single Sort Recycling in St. Anthony

Since the City Council adopted an ordinance to allow recycling to be picked no less than once every other week, residents have called City Hall with many questions. The following are those questions that have been asked the most often.

**Q.** *What is Single Sort Recycling, exactly? I've heard and read about it but I'm not sure I know what it is?*

A. Single sort recycling is a way of recycling that combines several recyclable materials together in one container. Many of these materials, such as paper, glass, cans, etc. can be thrown in one container. The hauler takes it away to a sorting facility where the various materials get separated. Ask your hauler about the kinds of recycling materials they allow to be thrown in the container. Remember that you still must rinse out the containers. Any residual food matter will contaminate the recyclables that you have in your container and will cause the hauler to reject it.

**Q.** *If my hauler only picks up my recycling every other week, how do I get rid of the smell?*

A. If you rinse your containers properly, then you should not have a problem with odor. Your recycling should be taken care of like you did when you prepared them to be put in the blue bin. No garbage is allowed in the recycling containers. That's why the containers are different colors so you can tell the difference.

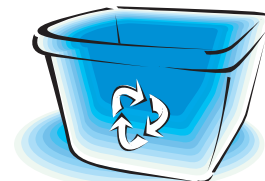
**Q.** *What if I don't want such a large container as my hauler wants to give me?*

A. As part of the recycling ordinance that the City Council approved, the garbage haulers that you contract with to pickup your garbage are also required to provide you with a recycling container. These containers come in three sizes, roughly small, medium and large and according to the new ordinance, you are to be allowed to choose a container that suits your needs.

**Q.** *Now that I have a new recycling container, what do I do with the old blue recycling bin that I have?*

A. Keep it. The new recycling ordinance is only temporary. The City Council had received mixed comments about single sort recycling, so they negotiated with the garbage haulers to establish a program that would offer the residents of St. Anthony single sort recycling service on a temporary basis. If at the end of the program, which is December 31, 2007, single sort recycling is an agreeable recycling method, then the Council will consider making it permanent.

If the City Council decides to make single sort recycling permanent, you can keep the blue bin; if they decide to rescind the single sort recycling ordinance and program, then you will need to have the blue recycling bin.



**Q.** *If I have questions about single sort recycling, who do I call?*

A. If you have questions about the kinds of recycling you can put in the container or questions about the container, pickup dates and other questions of that nature, please call your hauler. If you have questions about the ordinance, please feel free to call City Hall at 612-782-3301.

The City of St. Anthony website is [www.ci.saint-anthony.mn.us](http://www.ci.saint-anthony.mn.us). It is filled with a lot of useful information. Checkout the site!!

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