

# LAKELAND NEWS

Volume 44 Issue 8

September 2015



There is a 30 mile per hour speed limit on all City streets, unless otherwise posted. Drive slowly through neighborhoods and please observe the stop signs at designated intersections. The first day of school is Monday, August 31, 2015

## Park Hours

**All public parks and picnic areas (not owned in the name of the State of Minnesota) shall be open for the use of the general public between the hours of 5:00 am and 10:00 pm.**

**During the months of September through May, curfew is between 9:00 p.m. and 5:00 a.m. During the curfew period, it is unlawful for any minor under the age of 16 years to idle, loiter, or be upon the public streets, boulevards, sidewalks, alleys, parks, beach, or any other public place in the City of Lakeland.**

## Schedule of Events

- September 5, 2015  
Aggregate Brush Site  
8 a.m. to 11 a.m.
- September 7, 2015  
Labor Day  
City Offices Closed
- September 9, 2015  
Recycle Pickup
- September 22, 2015  
City Council Meeting
- September 23, 2015  
Autumn Begins
- September 23, 2015  
Recycle Pickup
- October 3, 2015  
Aggregate Brush Site  
8 a.m. to 11 a.m.
- October 7, 2015  
Recycle Pickup
- October 12, 2015  
Columbus Day
- October 20, 2015  
City Council Meeting
- October 21, 2015  
Recycle Pickup

## Enjoy the Fall Colors, but...



Be sure to keep leaves out of the street. If you listen carefully, you may soon be able to hear the first golden aspen leaf quiver, quake, and fall to the ground. Not too long after that, you'll look out the window one day to find your entire yard covered in a patchwork mosaic of yellow, orange, and red leaves, and you'll wonder, "Where has the summer gone?"

Beautiful as the fall leaves are, they mean lots of yard work for local homeowners. One option for reducing your workload is to use a mulching lawn mower to mulch leaves into your yard. It is less time intensive than raking, and the shredded leaves act as a natural fertilizer during the fall.

While you are tending to your yard, take a moment to sweep or rake leaves and branches out of the street in front of your house. Left in the street, they can clog storm drains, contributing to localized flooding. When washed into nearby lakes, rivers, and streams via storm drains or ditches, the leaves become a major source of phosphorus, the nutrient that allows algae to bloom in the summer. Dispose of leaves by composting them in your yard, bring them to your community compost facility, or bag them for curbside pick-up. Keep leaves and yard waste out of the regular garbage, and never dump them in wetlands or buffer areas—it's illegal!

### Lakeview Health Community Events

Free classes are offered at Lakeview Hospital  
(927 Churchill St. W., Stillwater)  
Advance registration required. Register  
online at [www.lakeviewhealth.org](http://www.lakeviewhealth.org) or call  
651.430.4697

**Heads Up! Concussion in Youth Sports**  
Presented by Dr. Paul Schaefer  
September 29 - 6:30 to 7:30 p.m.

**Shoulder Pain & Treatment Options**  
Dr. Jason Dieterle  
October 5 - 6:30 to 7:30 p.m.

**Influenza 101**  
Presented by Dr. William Manzel  
October 19 - 6:30 to 7:30 p.m.

**Is a Midwife right for you?**  
Meet their Certified Nurse Midwives  
October 21 - 6:30 to 7:30 p.m.

**Look Good, Feel Better**  
For women in cancer treatment  
Call 800.227.2345 to register  
November 9 - 10 am to noon

**Managing Menopause**  
Presented by Michelle Rice,  
Menopause Practitioner  
November 11 - 6:30 to 7:30 p.m.



**Starwatch Party  
planned for Lake Elmo  
Park Reserve on Fri-  
day, September 4, 2015  
from 8:30 p.m. to 10:30  
p.m.**

**This family program is  
free with a valid park  
vehicle permit and  
hosted by Mike Lynch  
of WCCO who presents  
a dynamic program.  
Participants will re-  
ceive user-friendly star  
maps and constellation  
charts for personal  
use.**

**No registration is re-  
quired. Feel free to  
bring lawn chairs, blan-  
kets, snacks, bug  
spray, etc. for a more  
enjoyable experience.**

## Helpful Reminders

### General Parking

No vehicle will be left standing or parked at the curb of any street or on any public place within the city for more than 48 continuous hours.

### House Numbers

It is the duty of the owner and/or occupant to have house and/or building numbers clearly displayed, either by affixing to the building or signpost the numbers in metal, glass, plastic, or other durable material. The number shall not be less than 3 inches in height in a contrasting color to the base and placed to be easily and clearly seen from the street when approached from either direction.

### Outdoor Implements

No person shall operate a power lawn mower, power hedge slipper, chain saw, mulcher, garden tiller, edger, drill, or other similar domestic power maintenance equipment except between the hours of 7:00 am and 10:00 pm on any weekday or between the hours of 9:00 am and 9:00 pm on any weekend or holiday. Snow removal equipment is exempt from this provision.

### Screening

All personal property is to be stored within a building, or fully screened, so as to be concealed from view of neighboring streets and property. This includes trash and recycling containers.

### Vehicle and Street Parking

Vehicles parked outside an enclosed building on private property must have current licenses and be operable.

### Recreational Fire

Defined as a fire that is less than 3 feet in diameter and burning wood or logs more than 3 inches in diameter. A recreational fire is not intended for disposal of brush, garbage, or trash.



## Summer Street and Community Projects

**4th, 5th and 6th Street** reconstruction project (*from Quality Avenue North to the cul-de-sacs*).

**Quant Avenue** reconstruction project (*from 1<sup>st</sup> Street North to Division and Division Street from Quant Avenue North to CSAH 18*).

**Quixote Ave North/6<sup>th</sup> Street and Quixote Ave North/4<sup>th</sup> Street** drainage improvement projects.

## Washington County Wants You to Get Ticked Off!

The summer and fall seasons are associated with outdoor activities, but it also means ticks are out in full force. Public health officials are reminding county residents of steps they can take to help prevent tick-borne illness.

The number of tick-borne disease cases, particularly Lyme, has been increasing dramatically in Minnesota (and Washington County) over the last few decades. A variety of factors, including increasing physician awareness, increasing infection rates in ticks, and expanding tick distribution may have led to this trend. Disease risk, however, can be reduced significantly by being vigilant about checking for and removing ticks, and using tick repellent. By educating our community, we are hoping to help teach residents how to protect themselves.

For additional information on ticks, go to:  
[www.co.washington.mn.us/ticks](http://www.co.washington.mn.us/ticks).



Jenn Radtke, M.Ed. | Water Resource Education Assistant

East Metro Water Resource Education Program

Washington Conservation District

455 Hayward Ave | Oakdale, MN 55128

Ph: (651) 330-8220 x44 | Fax: (651) 330-7747

Hours: M-Th 8:00-4:00

[jradtke@mnwcd.org](mailto:jradtke@mnwcd.org) | [www.mnwcd.org/emwrep](http://www.mnwcd.org/emwrep)

The Washington County Veterans Service Office will receive a \$17,500 grant from the Minnesota Department of Veterans Affairs (MDVA) to enhance services to veterans.

The county has received funding from the MDVA since 2012. The grant will allow the Washington County Veterans Service Office to provide outreach to the county's veterans, assist in the reintegration of combat veterans into society, enhance services offered to veterans, reduce veteran homelessness, and enhance the overall operations of the office. Contact Ryan Carufel, Veterans Service Officer at 651.430.6895 for additional information.



Now accepting applications at the Lower St. Croix Valley Fire Department.

We provide quality training based on real world experience, and always consider it an honor and privilege to work with the citizens we serve.

We provide a variety of training programs to meet the community's needs. Visit [www.lscvfd.com](http://www.lscvfd.com) and download an employment application packet today.

There's nothing else in the world like being a firefighter.  
It's the best job in the world!

## City Business

### Automatic Bill Pay

Sign up for auto pay!  
Obtain a form on our website at [www.ci.lakeland.mn.us](http://www.ci.lakeland.mn.us) or stop by city offices for the convenience of automatic bill pay. Payments received after noon on the 20th of the month will be credited to next month's bill. Please do not place cash in the drop boxes.

### Building Department

The Building Official is available on Mondays and Thursdays at city offices between 8 a.m. and 10 a.m. He is available for inspections by contacting 651. 275.4408 .

### Reduce, Reuse, Recycle

In addition to the single sort recycling offered to the community there are additional things you can do to preserve natural resources for future generations.

The city encourages you to reuse, reduce and recycle whenever possible. Go to [www.rethinkrecycling.com](http://www.rethinkrecycling.com)



# Challenge

One very important skill for managing your reactions to stress is the ability to identify and challenge the assumptions you are making. Assumptions are often the cause of unnecessary stress, over-reactions, and costly decisions. When an event happens that you don't like, it is common to tell yourself a story about the cause or meaning of the event or the intentions of another person, and then jump to a conclusion. The story in your mind connects with a feeling or emotional response, which then leads to an action. In this way, you create your own perception of reality which is often worse than the truth of the situation. For example, can you remember a time when you were worried or hurt and later found out there was really nothing to be worried about or offended by?

You can learn to challenge your assumptions and avoid self-created stress and potentially bad decisions by using critical thinking, or what is sometimes called reality-based thinking. Critical thinking will interrupt the automatic chain of events in your mind and allow you to see reality more clearly. Rather than jumping to a conclusion and allowing yourself to get overwhelmed, simply stop and take some time to ask yourself some challenging questions:

1. What do I believe and what am I telling myself about this situation?
2. What assumptions am I making?
3. What do I know for sure?
4. What information am I missing that I need to know?
5. How can I get the information I need to make an accurate interpretation and decision?
6. What really matters?
7. What is the very next thing I can do to find a solution or add value to the situation?

Keep this list of questions handy and try them out the next time you feel upset or need to make a decision about how to respond to a situation. Take a piece of paper and actually write down what you know to be facts, what assumptions you are making, facts you need to gather, and actions you want to take based on your analysis.

## Aggregate Industries Brush Site

**Aggregate Industries does not accept any construction materials. They will accept only brush such as limbs, trees, and shrub trimmings. No leaves or grass.**

**Aggregate Industries makes this site available to the residents of Lakeland. Participants will be required to provide identification.**

**Aggregate Industries will be open from 8:00 to 11:00 a.m. the following days in 2015:**

**September 5**

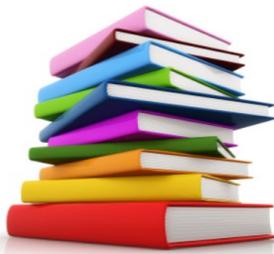
**(please note date not delayed because of Labor Day weekend)**

**October 3**

**November 7**

## Valley Library

**Monday, Friday, and Saturday**  
**10 a.m. to 2 p.m.**  
**Tuesday and Thursday**  
**2 p.m. to 6 p.m.**  
**Closed Monday, September 7**



### Featured Event

September is Library Card Sign-up Month, a time when Washington County Library joins with the American Library Association and public libraries nationwide to make sure that every student has the most important school supply of all – a free library card. Snoopy, the world-famous beagle, is the Honorary Chair of Library Card Sign-up Month this year. Washington County Library will celebrate with Snoopy buttons, stickers, flyers, banners, book lists, and displays. More information is available on the library's website [www.co.washington.mn.us/library](http://www.co.washington.mn.us/library) and by liking Washington County Library on Facebook and following us on Twitter: @washcolibrarymn.

### Children's Events

#### Preschool Storytime

Mondays, from 10:30 to 11 a.m., Sept. 14, 21, 28

For children ages preschool through kindergarten and their caregivers. Stories, songs, finger plays, and more to encourage the development of early literacy skills. Siblings welcome. No registration required.

#### Valley Library Book Club

Thursday, Sept. 24, from 5 to 6 p.m.

The group that gathers will discuss the book "Nickel and Dime" by Barbara Ehrenreich. Visit Valley Library to pick up a copy of the book. Just read the book, come and discuss. Open to all.

## Street Light Outage Information

To report a street light outage please go to [http://www.xcelenergy.com/Outages/Report\\_Outage](http://www.xcelenergy.com/Outages/Report_Outage) or call 1-800-960-6235 Lights Out at Xcel Energy.



Washington County Environmental Center  
4039 Cottage Grove Drive  
Woodbury, MN

### Free Document Shredding

(up to 6 boxes at less than 30 pounds each)  
open to all residents and businesses  
Friday, October 9, 2015 9:00 a.m. to 2:00 p.m.

Visit [www.co.washington.mn.us/envirocenter](http://www.co.washington.mn.us/envirocenter)  
or call (651) 430-6655 for additional details

## August 2015 Building Permits

2031 Quentin Ave. South	Fence
475 St. Croix Ave. South	Septic Plumbing
16208 1 <sup>st</sup> Street North	Replace Siding
384 Queenan Ave. South	Roof
16131 3 <sup>rd</sup> Street North	Remodel Kitchen
1381 Old Toll Bridge Road	Replace Tram
1145 Quentin Ave. South	Replace Patio Doors
16684 7 <sup>th</sup> Street South	Install Tram
301 Quentin Ave. North	Replace Roof
16666 5 <sup>th</sup> Street South	Replace Windows/Doors

Supporting military families  
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To become involved in the  
Yellow Ribbon Alliance  
Lower St. Croix Valley  
please contact Randy  
Kopesky at  
[rkopesky@comcast.net](mailto:rkopesky@comcast.net).

*The Newsletter is sponsored in part by the following businesses:*



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## PAIEMENT LAW OFFICE, L.L.C.

Joseph M. Paiement, Attorney <sup>Licensed in MN/WI</sup>  
Constance J. Paiement, Attorney

• Business & Commercial      (651) 967-5050  
• Estate Planning & Probate  
• Personal Injury      Fax: (651) 967-5055  
• Criminal Defense      221 East Myrtle Street  
• Real Estate      Stillwater, MN 55082  
• Income Taxes      [www.paiementlaw.com](http://www.paiementlaw.com)

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## City Council Contact Information

Mayor Amy Williams: [awilliams@ci.lakeland.mn.us](mailto:awilliams@ci.lakeland.mn.us) or (612) 875-0340

Councilmember Richard Glasgow: [rglasgow@ci.lakeland.mn.us](mailto:rglasgow@ci.lakeland.mn.us) or (651) 472-4390

Councilmember Joe Paiement: [jpaiement@ci.lakeland.mn.us](mailto:jpaiement@ci.lakeland.mn.us) or (651) 967-5050

Councilmember Jeri Ryan: [jryan@ci.lakeland.mn.us](mailto:jryan@ci.lakeland.mn.us) or (651) 436-4430

Councilmember Evan Loenser: [eloenser@ci.lakeland.mn.us](mailto:eloenser@ci.lakeland.mn.us) or (651) 436-4430

## City Website: [www.ci.lakeland.mn.us](http://www.ci.lakeland.mn.us)

Please visit the city's newly revised website for application forms, city code updates, public notices, meeting information and community news, etc. Please submit community photos for the online community showcase photo gallery to [city@ci.lakeland.mn.us](mailto:city@ci.lakeland.mn.us)

## County and State Contact Information

Washington County Commissioner Gary Kriesel: (651) 430-6213

MN Representative Kathy Lohmer: (651) 296-4244 [rep.kathy.lohmer@house.mn](mailto:rep.kathy.lohmer@house.mn)

MN Senator Karin Housley: (651) 296-4351 [sen.karin.housley@senate.mn](mailto:sen.karin.housley@senate.mn)

MN Governor Mark Dayton: (651) 201-3400 [mark.dayton@state.mn.us](mailto:mark.dayton@state.mn.us)

U.S. Rep. Betty McCollum: (202) 225-6631 [betty.mccollum@mail.house.gov](mailto:betty.mccollum@mail.house.gov)

U.S. Senator Amy Klobuchar: (612) 727-5220 [klobuchar@senate.gov](mailto:klobuchar@senate.gov)

U.S. Senator Al Franken: (651) 221-1016 [info@franken.senate.gov](mailto:info@franken.senate.gov)

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### Postal Patron

City of Lakeland  
Lakeland, MN 55043

## Contact Us

City of Lakeland  
1190 St. Croix Trail South  
Lakeland, MN 55043  
(651) 436-4430  
[city@ci.lakeland.mn.us](mailto:city@ci.lakeland.mn.us)

Public Works Department  
(651) 436-8044  
[waterdept@ci.lakeland.mn.us](mailto:waterdept@ci.lakeland.mn.us)

Building Department  
(651) 436-1405  
[buildingdept@ci.lakeland.mn.us](mailto:buildingdept@ci.lakeland.mn.us)

Non-Emergency Contacts  
Sheriff: (651) 439-9381  
Fire: (651) 436-7033  
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