

# ARDEN HILLS

## notes

The Official City Newsletter for Arden Hills Residents

June 2014

### Karth Lake Improvement District reports positive water-quality news

by Gary Gerding, Karth Lake Improvement District Board member

Lake resources need to be preserved. Lakes provide wildlife habitat, recreation opportunities, and visual aesthetics that add value to the surrounding homes, parks, and businesses. However, with development come impermeable surfaces (e.g. streets, driveways, parking lots) that increase the flow of nutrients and silt directly into lakes (e.g. through storm drains). This inflow nourishes ugly, unhealthy blooms of algae in the lakes and makes them shallower.

#### It takes a village

The Karth Lake Improvement District Board (KLID Board) has partnered with neighbors living on Karth Lake, the City, the Rice Creek Watershed District, the Arden Hills Foundation, the Department of Natural Resources, the Metropolitan Council and others to maintain and improve Karth Lake water quality over the past several years. (For brevity I will refer to this team as “we” throughout this article.)

#### Significant improvements

We have measured the Karth Lake water quality every two weeks from May through October since 2006. The resultant data show that actions we have taken to improve water quality have reduced phosphorus (an algae nutrient) by 33 percent, reduced algae by 84 percent and increased clarity over 300 percent. All three measures surpass state standards. (See table on page four.) Here are some of the actions we have taken:

#### Rain gardens

Runoff from Nursery Hill Lane and Court feeds into Karth Lake. When these streets were repaved in 2011, the KLID Board worked with the City and the Watershed District to agree on the design and placement of rain gardens that would receive and filter all the runoff from these streets.

The City built the rain gardens and provided over 1,200 plants. Members of the



Karth Lake is located in the northeast corner of Arden Hills, just west of Lexington Avenue and south of Highway 96.

KLID Board and other neighbors helped to plant the rain gardens and agreed to maintain them.

#### Predator fish

The oxygen in the lake during winter can become depleted, causing a fish kill. Preda-

*Continued on page 4*

### Road construction set for Round Lake Road vicinity this summer

by Steve Heikkila, Economic Development Committee member

Look for construction on Round Lake Road, Gateway Court, and Gateway Boulevard this summer. Improvements to the roadways as well as public utilities are getting underway. Construction is expected to begin in June and be substantially complete by September. The area is predominantly developed with commercial, light industrial, and manufacturing businesses.

#### Round Lake Road

Round Lake Road was last paved in 1992 and re-aligned around the Holiday gas station in 1999. The roadway reveals signs of distress including transverse and longitu-

dinal cracking, rutting, and deterioration of the pavement surface.

The improvements to Round Lake Road will occur from 1,000 feet south of Highway 96 to Gateway Boulevard (2,655 feet long). The road will be widened to 42 feet, which will accommodate two lanes of traffic with a center turn lane. The street will be built to a ten-ton Municipal State Aid standard with concrete curb and gutter. In addition, an eight-foot wide walking trail will be constructed on the east side of the street that will connect to the bituminous trail just east of the Holiday station. The two thru lanes are 12 feet wide and the

center turn lane is 14 feet wide. Along the side of the thru lanes there are two-foot wide shoulders. Parking will not be permitted on the shoulders.

#### Gateway Boulevard and Court

Gateway Boulevard (1,600 feet long) and Gateway Court (420 feet long) were constructed in 1998. The surface of both streets will be milled to a depth of two inches and replaced with a two-inch lift. Existing curb and gutter will remain in place.

#### Utility work

Utility improvements will include abandoning an undersized eight-inch water

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## Arden Hills Service Directory

1245 West Highway 96  
Arden Hills, MN 55112-5734  
Summer Office Hours  
Monday through Thursday  
7:30 a.m.--5:00 p.m.  
Friday  
7:30 a.m.-11:30 a.m.

651-792-7800  
www.cityofardenhills.org

Sheriff and Fire Emergency  
911

Sheriff (non-emergency)  
651-767-0640

Fire (non-emergency)  
651-481-7024

Water and Sewer Problems  
(During non-business hours)  
651-767-9640

Mayor:

David Grant 651-538-0747  
dgrant@cityofardenhills.org

Councilmembers:

Brenda Holden 651-636-2987  
bholden@cityofardenhills.org

Fran Holmes 651-631-1866  
fholmes@cityofardenhills.org

Dave McClung 651-332-0352  
davemclung@comcast.net

Ed Werner 651-636-2547  
ewerner@cityofardenhills.org

City Administrator:

Patrick Klaers 651-792-7810  
pklaers@cityofardenhills.org

Communications Committee

Kristine Goodrich, editor; Susan  
Cathey, Tina Kulzer

Council Liaison: David Grant

Staff Liaison: Amy Dietl

Desktop Publisher: Mary Nosek

Council meetings are held at City Hall on the second and last Monday of the month at 7 p.m. Meetings are televised live on Cable Channel 16. Meetings of the Planning Commission are televised live at 7 p.m. on the first Wednesday of the month. Visit [www.cityofardenhills.org](http://www.cityofardenhills.org) for information about taped meeting playbacks.

Arden Hills Notes is the official newsletter of the City of Arden Hills, an equal-opportunity employer.

## News from Around the Town:

### Know the “signal” words

Open a cupboard in your kitchen, basement, or garage. Read a few labels. If they contain any of these signal words: POISON, DANGER, WARNING, CAUTION, the products contain hazardous materials. Don’t throw the leftovers in the trash; don’t pour them down the drain; don’t pour them on the ground.

If you have a product with a signal word on the label, it is okay to use it up. Be sure to follow the label instructions. Try to choose a less hazardous product for the same purpose next time. If you have an unwanted product with any of the signal words, take it to your county household hazardous waste drop-off site.

Visit [RethinkRecycling.com/hhw](http://RethinkRecycling.com/hhw) to learn about common household items that should be brought to a county collection site for proper disposal. To locate a Ramsey County drop-off site, go to [www.RamseyAtoZ.com](http://www.RamseyAtoZ.com). You can also call 651-633-EASY (3279) day or night with questions.

### Recycling automotive products

They are hazardous and require special disposal—don’t put them in the trash.

Minnesota law prohibits throwing away used oil and filters, brake fluid, power steering fluid, and transmission fluid.

Never put any of these items in the trash and do not pour them down the drain, on the ground, or into a storm sewer. Doing so can harm the environment and contaminate our water source.

Windshield washer fluid, cleaners and degreasers, waxes, and detailing products can also contain a “caution” warning — take any leftover product to your county household hazardous waste (HHW) drop-off site. There are two main types of antifreeze: ethylene glycol (generally green) and propylene glycol (generally pink). Keep the two types of antifreeze in separate containers and do not mix antifreeze with other fluids. Take antifreeze to your county HHW drop-off site.

**Become a label reader**  
Look for signal words on labels and choose the least hazardous product.

	Signal words	Hazard level
Less hazardous	Caution	mild/moderate hazard
	Warning	moderate hazard
	Danger	extremely flammable, corrosive or highly toxic
More hazardous	Poison	highly toxic

Source: Minnesota Pollution Control Agency

### Lexington Station project takes shape

by Susan Cathey

Like many projects, the construction of a new development in Arden Hills on Lexington Avenue near Highway 694 has been hampered by our past harsh winter.

Nevertheless, Lexington Station is rising on the site of the former Blue Fox Restaurant, and developer Nick Roberts is hoping businesses will be opening their doors by the end of August or early September. Tenants already signed for Phase One of this three-stage project include Fantastic

Sam’s Hair, Royal Nails, Noodles & Company, Papa John’s Pizza, Pop Culture Frozen Yogurt, Potbelly Sandwich Shop, and Starbuck’s.

Passing the site, it is easy to see that this development doesn’t look like others. Roberts commented that many such centers built around the same time follow the design that is currently in vogue and end up not only looking alike but outdated a few years later. He is aiming for the look of a classic train station.

Continued on page 3

## Benchmarks: a review of recent City Council action

### April 28, 2014

- Approved Planning Case 14-001 - Zoning 38 parcels with the new Parks and Open Space classification (5-0)
- Approved Planning Case 14-002 – Zoning the Arden Hills Army Training site (AHATS) with the new Conservation District classification (5-0)
- Approved Planning Case 14-012 – a PUD amendment for Hood Packaging, 1887 Gateway Boulevard to install a storage tank (5-0)
- Approved the 2014 first quarter financial statements (5-0)
- Approved the hiring of Bolton and Menk, Inc. to provide engineering services to prepare the Storm Water Pollution Prevention Program (5-0)
- Approved revisions to the purchasing policy (5-0)
- Approved revisions to the fund balance policy (5-0)
- Approved hiring Public Works seasonal maintenance workers (5-0)
- Approved appointment of Tina Kulzer to Communications Committee (5-0)
- Approved a new water tower lease agreement with Cingular Wireless PCS, LLC (5-0)
- Approved the 2015 Budget Calendar (5-0)
- Approved a proclamation for National Police Week 2014 (5-0)
- Approved a proclamation in recognition of Gregory Mack, Ramsey County Parks and Recreation Director (5-0)
- Approved Planning Case 14-013 a preliminary and final plat for the City of Arden Hills to combine parcels close to the intersection of Round Lake Road and Gateway Court (5-0)
- a new lease agreement for Sprint-Nextel on the Red Fox water tower site (5-0)
- Approved 2014 capital reimbursements (Invoice 470 & 471) to the Lake Johanna Fire Department (5-0)
- Approved the Round Lake Road Project assessment roll (5-0)
- Approved the construction bid for reconstruction of Round Lake Road (5-0)
- Approved allowing University of Northwestern to refinance Arden Hills 2010 Bond Series (4-1 Grant)
- Approved hiring a consultant to assist with construction administration inspection and staking for the Round Lake Road reconstruction project (4-1 Holden)

### May 12, 2014

- Approved resolution 2014-022 recognizing National Public Works Week (May 18 - May 24) (5-0) Approved

### Lexington Station, *continued from page 2*

The architectural features which help carry out this theme are the use of arches and brick, lots of glass, and the color selections. Lighting will have an antique carriage feel. An expansive sidewalk and patio area on the west side of the building suggest a train platform and will provide outdoor seating for restaurant patrons. Roberts Development is a local, family-owned business. The owners plan to manage the buildings themselves and are committed to a long-term operation. The second phase of the project, which is expected to include a mix of retail tenants, family-friendly sit-down restaurants and

professional office space, will be added in the next two to three years. Watch for grand opening information on Phase One as we near the end of summer.



*Lexington Station construction as it looked in early May.*

**Karth Lake**, *continued from page 1*

tor fish tend to be more sensitive while bullheads and other small fish can survive. The small fish remaining after a fish kill eat the zooplankton that eats algae, so the algae population goes up. To restore the food chain balance, Karth Lake donors have twice provided funds to stock Karth Lake with DNR-approved large mouth bass fingerlings: 900 in 2010 and 500 in 2013, (In 2013 we were the first group to use the Arden Hills Foundation to collect and disperse our donations.) The bass we added eat the small fish, and this drives up the zooplankton population and drives down the algae population.

**Buckthorn battles**

Buckthorn is a shallow-rooted invasive tree that crowds out native deep-rooted plants that filter out nutrients before they reach the lake. We have removed buckthorn from the property of two Karth Lake

residents who invited our help. We also worked with the City on two occasions to remove buckthorn from Cummings Park.

**Frequent flyers**

We have distributed flyers to neighbors on Karth Lake that explain best practices for keeping nutrients out of the lake (e.g. keeping fertilizer, grass clippings and soap water from running down storm drains).

**It's a marathon, not a sprint**

There are still many places in the watershed where rain gardens would reduce the inflow of nutrients. We will continue to monitor and improve Karth Lake water quality. Space doesn't allow me to be specific here, but many thanks to all of the Karth Lake neighbors, the City and Watershed District staff members who have partnered with us in this effort.

<b>Karth Lake Water Quality Improvements:</b>			
<b>Nutrients Down, Clarity Up, All Now Surpass State Standards</b>			
	<b>May through September Averages</b>		
<b>Measurements</b>	<b>MN State Standard</b>	<b>Karth Lake</b>	
		<b>2009</b>	<b>2013</b>
<b>Total Phosphorus</b> (algae growth-enabling nutrient) <b>micrograms/liter</b>	<b>Less than 60</b>	<b>60</b>	<b>41*</b>
<b>Chlorophyll-A</b> (a marker for algae) <b>micrograms/liter</b>	<b>Less than 40</b>	<b>38</b>	<b>6</b>
<b>Secchi Disk Depth</b> (Depth that a white disk is visible -- a measure of clarity) <b>Meters</b>	<b>Greater than 1.0</b>	<b>0.8</b>	<b>2.95</b>
All data from Citizen Assisted Monitoring Program (CAMP) sponsored by RCWD and Metropolitan Council (MC)			
* TP data is from 2012: The MC Labs have not yet completed analysis of 2013 water samples.			

**Northeast Youth & Family Services: Real help. Right here. Right now.**

*by Lois Rem*

**W**hen a youth or adult is struggling with life issues, or when a family is having relationship difficulties, an agency in our community is available to help. Northeast Youth & Family Services, located at 3490 Lexington Ave., Suite 205, in Shoreview, (across the street from Arden Plaza), has been in existence for nearly 35 years. The social service, mental health, and behavioral health nonprofit serves all members of participating communities, including Arden Hills. Insurance is accepted and, when applicable, a sliding fee scale is employed. NYFS helps over 4,000 individuals and families every year.

**Some history**

NYFS was created in 1976 by a coalition of concerned residents, as well as business and community leaders, that wanted a local agency that would help youth and families build stronger, better lives. Recently the agency merged with the White Bear Area Community Counseling Center and this has expanded its presence in the north metro area. NYFS primarily serves youth age 15 to 21, though any resident of any age may

contact the agency for assistance. There is also an additional service for seniors 60 and over, the Senior Chore program. One of the strengths of working with NYFS is that an individual is treated in context of their personal, school, and social life. Further, the goal of community engagement and citizenship is important so that individuals can find meaningful relationships in both service and serving. The agency also offers services to clients of various cultural backgrounds and has a therapist on staff who is fluent in Spanish. Individuals who are not fluent in English can call NYFS at 651-486-3808, say "interpreter", and then give their phone number and preferred language. Their call will be returned shortly with an interpreter.

**Mental health**

NYFS offers outpatient mental health counseling to people of all ages and stages in life, specializing in the mental health needs of youth. Individual, group and family counseling services are available. Some of the issues NYFS staff are trained to address include depression, family conflict, behavioral issues, anxiety, ADD/ADHD, and various types of relationship conflicts. A licensed professional is matched with a



client in order to achieve the best results as quickly as possible.

**Youth development**

NYFS youth development programs address and strengthen skills in four core areas: academic achievement, employability, citizenship, and life skills. A variety of programs, such as youth employment or juvenile delinquency prevention, address each youth's specific needs. One youth program, STEP (Service + Tutoring Equals Pride) works with middle-school youth who have academic and social difficulties. Partnerships with Americorps and the Alliance with Youth expand the capabilities of this program to explore college and post-secondary educational opportunities. Another area of focus is on closing the achievement gap between at-risk and marginalized youth and their peers.

**NETS**

Day treatment services for youth struggling with severe mental health and behavioral issues are available through NYFS'

*Continued on page 5*

## Road Construction, continued from page 1

main along Round Lake Road and replacing it with a 12-inch main. This will match the watermain at Gateway Boulevard and provide a continuous 12-inch trunk system. Storm water runoff from the reconstructed Round Lake Road will be directed to the existing storm water ponds to the north and to the south. In addition a bio-filtration basin is proposed west of the Holiday Station to improve water quality in the area. Lighting will be added along the entire length of Round Lake Road and Gateway Boulevard.

### Costs, accessibility during construction

The total project cost is approximately \$2.5 million. The City of Arden Hills' policy is to assess 70 percent of the overall street improvement costs to the benefiting properties. The Feasibility Study proposes that the assessments be based on a front

footage basis due to the varying sizes of the commercial properties; the assessment rate per front foot is expected to be \$191.25. An assessment hearing was held in May.

The City has reached out to businesses in the Gateway / Round Lake Districts and will review construction techniques to minimize disturbance. Because access and water service to businesses may be limited or interrupted at certain times, a designated project inspector will be on site to coordinate access and address other property issues with the contractors. The City anticipates businesses will be able

to maintain full access to their buildings although there may be periods of time when traffic on the roadways is reduced to one lane with a flagman directing traffic. Regarding water service, a parallel water main will be constructed before the existing main is taken out of service to minimize disruptions to businesses; however, there will be approximately four-hour periods when water will be shut off to businesses to allow contractors to switch each property to the new watermain.

The City of Arden Hills will keep property owners and businesses informed of the project as it moves forward and welcomes input at any time.

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**Questions? Input?** Contact Terry Mauer, Public Works Director, or John Anderson, Assistant City Engineer, at 651-792-7800.

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## NYFS continued from page 4

NETS (Northeast Educational and Therapeutic Services) program. These services are available to students from middle through high school.

### Senior chore program

This program is available to eligible residents of NYFS' community partners, including Arden Hills. Its goal is to provide indoor and outdoor chore services in order to help seniors remain in their homes as long as possible. Seniors in need of help are matched with youth and adults who are willing to work or volunteer. Funded in part by an Older American's Act grant through the Metropolitan Area Agency on Aging, Inc., the program provides youth with paid employment and subsidies for low-income seniors who qualify. To register or volunteer, contact Debbie Wells at 651-379-3451 or [debbiep@nyfs.org](mailto:debbiep@nyfs.org).

### Organization and administration

NYFS maintains community ties through its Board of Directors and through regular contact with city councils, school districts, community family service collaboratives, business organizations, and faith communities.

Some collaborators include the

- North Suburban Gavel Club,
- the Roseville, Shoreview/Arden Hills Rotary, and the
- Twin Cities North Chamber of Commerce.

The Arden Hills community representative to the Board is Miriam Ward.

The agency is funded through a variety of grants (public and private), fees for service, third-party insurance reimbursement, as well as contracts for service from area cities. NYFS also holds two fundraisers each year: an evening event in the fall and a spring luncheon.

**For more information:** please see the agency website at [www.nyfs.org](http://www.nyfs.org) or call 651-486-3808 during business hours.

Come to a  
Penny Carnival



Friday, July 25  
1-3 p.m.  
Perry Park

Gather up your pennies and celebrate a successful season for the Arden Hills Parks and Recreation 2014 playground program.



Learn all about this summer's park program at [www.cityofardenhills.org](http://www.cityofardenhills.org)



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## Postal Customer

### Notes from the City Council

#### Our recycling successes in 2013 were notable

As a state, Minnesota values its natural resources. Most everyone knows that one good way to protect our environment is through recycling. What may not be common knowledge is what Arden Hills has been able to achieve. We contract with Eureka for our recycling efforts.

As a company that specializes in recycling, it keeps detailed records on both our residential and commercial efforts.

Here are some of the achievements we have made with residential recycling in 2013:

- Last year we recycled 715 tons, or about 13.75 tons per week.
- 78 percent of all residents take part in recycling at least once per month, with 53 percent recycling each week.
- Of our items in 2013, valid items made up 99.11 percent meaning there was a residual rate of only 0.89 percent of items that had to be removed. This is one of the lowest residual rates in Minnesota!
- In 2013 we added apartments and condos to the list of collection sites. There are very few cities in the state that do this since each site is so unique.

So just what do our numbers mean? Many models are emerging to help calculate how to quantify the benefits. The most recognized and standard model is the U.S. Environmental Protection Agency's Waste Reduction Model (WARM). Our 2012 results, which are very similar to our 2013 results, were run through the model. The results are:

- Arden Hills would have to remove 324 cars from the road for one year to have had the same environmental impact in 2012 as we did by recycling. To achieve this, approximately 12 percent of Arden Hills households would have to give up one car for a year.
- Another way to quantify our recycling efforts is to use the model to determine energy savings. Our recycling efforts in 2012 saved enough energy to power 80 homes for one year, or about three percent of the homes in Arden Hills.

Ramsey County has been held up as a model nationally among counties that are doing well at recycling. Eureka reports that Arden Hills is one of the strongest programs in Ramsey County.

In the coming months we will be implementing improvements to the current recycling program that will increase the

number of items that can be recycled, as well as making the program more convenient. Watch future editions of *Arden Hills Notes*, information provided by Eureka, and the City's website for the upcoming changes.

As you can see, our recycling efforts provide substantial benefit to our environment. Thank you for protecting our environment for current and future residents. If you have specific questions on recycling or reuse, you can contact the Eureka Recycling hotline at 651 222-7678.

Regards,

David Grant  
Mayor of Arden Hills

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