

Community REPORTER

SERVING WEST END NEIGHBORHOODS, DOWNTOWN ST. PAUL TO FORT SNELLING SINCE 1972

BUILDING A NON-RACIST COMMUNITY

Dying from the White Racial Frame

BY TIM JOHNSON
Retired pastor of Cherokee Park United Church

Editor's note: This is the fourth in a series that Tim Johnson is writing for the *Community Reporter*. His reflections are drawn from the 2019 Overcoming Racism Conference held at Metropolitan State University.

What would make Trevor, a 41-year-old white man, dying of liver disease, reject "Obamacare" even though doing so means disabling pain and eventual death from the liver disease with which he is afflicted? According to Jonathan Metzl, author of *Dying of Whiteness - How the Politics of Racial Resentment is Killing America's Heartland*, Trevor himself answers the question rather directly, "We don't need any more government in our lives. And in any case, no way I want my tax dollars paying for Mexicans or welfare queens." Metzl goes on to lay out a cogent argument for how racial resentment, at its core a deep belief in white supremacy, is motivating people in the heartland to support policies that shorten their own lives. In each of the three areas Metzl studies, (health care, education and gun control), he finds solid evidence that a belief in the superiority of whiteness is causing whites to support policies that are harmful to themselves and their families.

It would come as no surprise to Joe Feagin, author of *White Racial Frame*, that even on death's door, Trevor would hold on to the supremacy of whiteness rather than embrace the health care which would enable him to live. In a highly influential work, Feagin says we are all the recipients of a world view which sees life through a lens that insists whites are superior to all others, what Feagin calls "the white racial frame." The white racial frame claims a superiority through the telling of history, the valuing of art, approaches to education and the way we learn, bias about language and personal appearance, the list goes on.

Concrete examples of the white racial framing at work are numerous. The Minnesota Historical Society experienced strong resistance even to adding the words "at Bdote" to the Fort's name, precisely because Bdote is a direct challenge to history told through a white racial frame lens. If no civilization existed prior to white arrival, whites can claim a Manifest Destiny to "civilize" the West. "Bdote" is a reminder of a different history that counters this pristine, genocide-denying history of Minnesota.

Just this past January a black teenager in Texas was suspended and told he would be denied permission to participate in the school's graduation ceremony unless he cut his dreadlocks. This only makes sense viewed through the lens of a white racial frame which says certain hair styles are superior to other hair styles, notably hair styles most commonly worn by whites.

Until 1978, when the U.S. Congress passed The American Indian Religious Freedom Act, it was illegal for Dakota and Ojibwe people in Minnesota to participate in traditional Indian spiritual practices. The illegality of Indian spiritual practices was the direct result of a white racial frame that saw the religion embraced by most whites as superior to the religious practices of Indian people.

Trevor, along with all the rest of us, has grown up with this framing of white superiority. He would literally rather die than relinquish something that has become so central to his being. This lens of white superiority was part of our nation's founding. As Feagin notes, this frame is so dominant that few whites "are able to see it or think about it critically." Racism brings a huge cost to those who feel its burden directly, but it also comes with no small cost to Trevor and all of us who live viewing the world through the distortions of the white racial frame.

[The fifth essay in this series, *The Spirit of Racism*, will appear in May.]



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IN THIS ISSUE

Healthline • Pg 2

Council Update • Pg 2

News & Events • Pg 3

Arts & Culture • Pg 4

Movie Review • Pg 4

In the Neighborhood • Pg 5

Garden & Birds • Pg 6

Bulletin Board • Pg 7

Dear West 7th Neighbors,



This gouache on paper painting titled "West Seventh Street, St. Paul" was made by Minnesota artist Cameron Booth in 1935.

As we all do our best to follow guidelines for slowing the spread of COVID-19, including social distancing, two of our organizations — West 7th / Fort Road Federation and the West 7th Business Association — are coming together to convey our perspective on some important points.

You are Amazing

It has been amazing, but not surprising, to see the outpouring of support for one another to help each other through this time. Thank you West 7th.

We Love Our Small, Family Businesses

Let's do what we're able to support our local businesses during these trying times, especially since the vast majority of businesses are small, family-owned, and important to what makes West 7th a great place to live. Ways to do this include:

- Order takeout or delivery from restaurants offering those options, checking their store hours to respect their availability.

- Buy gift cards/certificates from places you would normally visit, but won't actually go to right now.

- Pre-schedule appointments or work for after the social distancing will be lightened, and be ready to reschedule further out if necessary.

Information Will Be Available

The *Community Reporter* for April, and www.communityreporter.org, will include listings of businesses and services and how they are available.

Annual Meeting Postponed

As you might guess, the West 7th / Fort Road Federation's Annual Meeting has been postponed. Check for a new date at www.fortroadfederation.org.

Help and Get Help

We've tried to collect up the ways that people in West 7th can help out during the COVID-19 pandemic and ways you can also receive help. They're listed on the Federation's website at fortroadfederation.org/community-resources

We Support and Care for Essential Workers, Be Safe

Share our gratitude for medical staff, support

staff, child care workers, first responders, county human services, teachers, delivery people, the postal service, police, fire fighters, bus drivers, food supply workers, cashiers, pharmacies, grocery stores, and everyone who keeps the world going which makes it possible for the rest of us to stay home safe. Thank you. We'll do what we can to stay healthy to let you do your jobs better.

Take strength from the strength of our community; be careful and be safe.

Best wishes in this difficult time.

West 7th Business Association Executive Committee: Paula Faughender, Cheryl Schak, Jerry Rothstein

West 7th/Fort Road Federation: Dana DeMaster, President; Emily Northey, Executive Director and Community Organizer

THE BEST LAID PLANS

As we go to press, we are in the awkward position of printing events, schedules and program dates that we can't be sure will be possible, as the Covid-19 process unfolds in ways we can't predict. Check the organizations' websites to get the correct information.

'Snap' Leitner: "We always have to give back."

WEST ENDERS Making a Difference

by Pat Tupper

"When we are young, we are oblivious to the many ways we are helped," Snap said, "but as we begin to realize it, we need to begin to give back." This theme has shaped Snap Leitner's life and resulted in the creation of the unique West 7th Street Boys Club.

Born the 14th child in his family, Snap grew up in Ayd Mill under the watchful care of his grandparents. He acquired his nickname at his baptismal ceremony when someone commented that having three Otto's in the family was confusing and proposed calling the baby "Snapper." This nickname, soon shortened to 'Snap' still remains with him. One of the biggest influences in his life, Snap's grandfather was a World War I veteran who had fought for the United States. One of his grandfather's closest friends and neighbor was a German Army veteran of the same war.



Snap Leitner

That the two men were friends was a lesson that Snap never forgot.

Graduation from Monroe High School in 1964 was followed with a stint in the Marines. Then a job as a truck driver for Bob Campion, a chance to become a St. Paul Fire Fighter and

Campion's encouragement to him to seize the opportunity, led to Snap's long career in the Fire Department. Married, raising three sons and drawing on a lifetime of interest in athletics, Snap also began coaching sports at various schools in the neighborhood. It was, he commented, "Quite a challenge to manage the 24-hour Fire Department shifts with the normal high school schedules." Now long retired, Snap still suffers from injuries obtained when fighting the Commodore Hotel gas explosion fire in 1978.

By 1985, "Several of us knew what we wanted to do to begin giving back." Meeting with two friends, Dennis Denning and Nick Mancini, Snap proposed a club whose general purpose would be to provide assistance to needy individuals and families in the West Seventh area. These individuals and families were to be identified by word of mouth from Club members and various community leaders. All expenses for this assistance would be met by the Club. The name, West 7th Street Boys Club, was selected at the first meeting.

LEITNER, PG 7

COUNCIL PERSPECTIVES



REBECCA NOECKER
CITY COUNCIL
MEMBER, WARD 2
columnist

The Best in Us

As I write this column, it is March 18, 2020, and the world has been thrown into a state of uncertainty and upheaval unlike any most of us have ever known. The COVID-19 virus has immediately and obviously disrupted every part of our community. The virus itself has sickened many of our residents, and the closures and cancelations that have been necessary to prevent its spread have had dramatic impacts on our economy and our daily routines.

The virus has also had other effects — ones that are less obvious, but perhaps more valuable.

We have become grateful for the systems and the people who continue working to keep us afloat in troubling times. This emergency has made us especially attuned to and appreciative of the things we normally take for granted — basic infrastructure like our water system and electrical grid, our hospitals and clinics, our government agencies and public safety departments, and the people who tirelessly keep them going every day.

We have come face-to-face with the reality that we are part of something larger than ourselves. We may like to believe that we are independent and self-sufficient, making our own way through the world, but a pandemic reminds us that we are inextricably connected not only to those in our own communities but to everyone everywhere.

We have been reminded of our common humanity. The virus knows no boundaries of gender, race, education, religion, geography or income. While we may normally focus on our differences, a global pandemic reminds us that we are all, ultimately and essentially, the same.

And we have risen to the challenge. As St. Paulites have done in every crisis in our history, we have shown that we can bear personal hardship to protect our neighbors, that we can put aside our individual needs for the sake of the common good. My voicemail and inbox have been full of messages from people asking how they can volunteer, business owners willing to donate space for supply distribution and restaurateurs offering meals for people who are homebound.

I've often wondered why it takes a crisis to bring out the best in us, why we need to be fighting a common and immediate foe in order to be united, resolute and selfless. Could we come together to defeat other enemies — like poverty, climate change, or desperate shortages of child care and affordable housing? Could we sacrifice our personal interests for the sake of our broader community, not just to tackle biological threats but social ones too? By the time you read these words, the situation may be very different than it is today. But regardless of the trajectory of this crisis, or when we emerge from its grip, I hope we will come out of this experience stronger, more aware of our connections and responsibilities to one another, and awakened to the best that is in us.

Meet Rebecca Online: How to Reach Me: ward2@ci.stpaul.mn.us; 651-266-8620. See the Ward 2 Facebook page for virtual events: 4/7, 12-12:45pm Virtual Lunch with Rebecca; 4/23, 5-5:45pm, Virtual Happy Hour; 5/5, 12-12:45pm, Virtual Lunch.

Editorials & Opinions

The letters, opinions, and editorials expressed on this page do not necessarily reflect the views of the Board of Directors of this newspaper or any of our advertisers or sponsors.

Your involvement is requested

As a nonprofit organization we are governed by a Board of Directors, and we have openings for community members to join.

We encourage your involvement in the creative side of things. We have correspondents, reporters, reviewers and general writers involved. You can write a letter to the editor on a topic we have written about, or in response to one of our columnists, or a longer "Neighbors Speak Out" piece.

You can also contribute story ideas: We aim to cover a wide range of interesting areas in the neighborhood. Your ideas for stories and topics are always welcome. Discuss the many possibilities with the Editor. Leave a voice message at 651-665-0068, or e-mail editor@communityreporter.org.

-- Jerry Rothstein, Editor, Community Reporter



WEST END HEALTHLINE

The Benefits of Yoga – More Than Just Stretching

BY CONOR RICHARDSON, MD

The practice of Yoga is more than 5,000 years old — from ancient Yogis, to people in the 21st century, Yoga continues to be a part of daily routines, with an estimated 300 million people practice Yoga across the globe. Why are so many people unrolling their mats and flocking to Yoga classes? To experience the many physical and mental benefits that come with a consistent Yoga practice.

One of the most obvious benefits is an increase in flexibility. Many Yoga poses help to loosen tight muscle groups and increase the range of motion in joints. Sitting at a desk all day shortens your muscles — attending a Yoga class or practicing poses at home is a great way to stretch out the body, lengthen your muscles, and release tension. In addition to lengthening muscles, Yoga is a wonderful way to build strength. From improving athletic performance, to preventing injuries, or protecting against conditions like arthritis, our bodies depend on strong muscles to live active and healthy lives. Yoga poses work many different muscle groups, including stabilizing muscles that are key to coordination and helping us balance.

Muscles aren't the only part of the body to benefit from Yoga. Your bone and joint health improve with consistent practice. Yoga poses that require you to lift your own weight, such as downward-facing dog, help to strengthen bones and ward off the thinning of bones as we age. Many Yoga sequences take your joints through a full range of motion, which help to prevent



bone and joint breakdown.

While Yoga is a great way to exercise your body, it's also a way to find relaxation. Yoga reduces the physical effects of stress on the body, which starts a chain reaction of positive effects. By encouraging relaxation, yoga helps to lower levels of stress hormones, such as cortisol, which can result in lower heart rates and blood pressures. Making it to your mat can have a profound impact on your mental health. Yoga encourages us to let go of thinking about the past or the future and focus on the current moment. In the day and age of constant multitasking and ever-present devices and social media, the reminder to slow down the mind and focus on one's breath is important. In addition to helping

us unplug and focus on what's happening in the current moment, this element of mindfulness is associated with increased brain activity, as well as reduced anxiety and depression.

If you're looking to improve your health and make a positive change in your life, chances are, Yoga can help. From flexibility, to increased strength, to heart health, Yoga is an approachable way for people of all ages and athletic abilities to experience great health benefits. From beginners to seasoned Yogis, the benefits of Yoga are many and don't end when you leave class. So, next time you're looking to release stress, feel better in your body, and calm your mind, unroll your Yoga mat and get your "ommm" on.



FEDERATIONUPDATE
974 West 7th | fortroadfederation.org

The Federation Board meeting was held on March 9. The next Board meeting has been postponed.

BOARD UPDATE

The Board approved supporting a liquor license for The White Squirrel, a new music venue opening at 974 West 7th Street, and a letter of support for their Neighborhood STAR application. The Board approved supporting variance applications for an expansion of Winslow Apartments (senior, affordable, rental housing) at 170 Western Avenue. The Board heard about changes for the proposed apartments at 337 West 7th Street, and approved supporting: a conditional use permit allowing up to 85-foot tall building, a 27-stall parking variance, and floor area ratio variance. The Board also approved being a fiscal agent in cooperation with Keg and Case for a Neighborhood STAR funding application to build a bandshell on their site.

COMMITTEES

The Federation has three commit-

tees: Transportation and Land Use Committee, Fundraising and Development Committee, and the Community Engagement and Outreach Committee. If you would like to join a committee or learn more about it, please call or email the office at 651-298-5599 or emily@fortroadfederation.org.

ANNUAL MEETING

The Federation's Annual Meeting has been postponed and will be rescheduled in May, or when public gatherings are again safe.

STAY IN TOUCH

"Like" the West 7th / Fort Road Federation on Facebook and subscribe to its e-newsletter on our website — fortroadfederation.org.

CONTACT

Emily Northey, FRF executive director + community organizer office: 651-298-5599; emily@fortroadfederation.org; 882 West 7th St, Suite 6, in the Rathskeller Building.

WHOLE WIDE WORLD
WEST 7TH PUBLIC LIBRARY

BY CATE SERING, LIBRARY MANAGER

Special Note: SPPL suspended all program and closed libraries until further notice. Decisions will be made on resuming programs and openings, so check with the Library for up-to-date information in April: 651-298-5516.

Please visit sppl.org/coronavirus for the latest information about the library's response to the virus.

Join us on Monday, April 27, 5 p.m. for a very special storytime with local author Joseph Kuefler, as he reads his book *The Digger and The Flower*. After storytime, make your own planter with recycled materials and learn about native plants with ArtStart! Free and fun for the whole family.

Calling all home chefs! Join us on Monday, April 6, 6:30 p.m. for *Let's Dish Cookbook Book Club*. Come share your current favorite cookbook or dish you have been experimenting with. All ages are welcome as we dish about our love of cooking and baking. Food to share is welcome but not required. Please stop by or call 651-298-5516 with questions.

The West 7th Book Club will be discussing *The Shadows We Hide* by Allen Eskens on Thursday, April 30 at 6:30 p.m. Join us for conversation with fellow book-lovers, all are welcome. For help finding copies, give us a call at 651-298-5516.

One-to-One Tech Help is adding evening hours! Slots are available on Tuesday, April 7, 11:30 a.m.-1:30 p.m. and Thursday, April 16, 6:15-7:15 p.m. Call to make a 30-minute appointment with us for help with your personal device (including smartphones, tablets and laptops), or a library computer.

WEST 7TH LIBRARY HOURS
Mon 12:30-8pm. Tue 11:30am-5:30pm. Wed 10am-5:30pm. Thu 12:30-8pm. Fri 10am-5:30pm. Closed weekends, holidays. Info: 651-298-5516



265 Oneida St. St Paul, MN 55102

AD DEADLINE & MEETING

Copy Deadline/Meeting: April 20. Ad Deadline: April 22. Third Monday of each month. Articles should be typed, double spaced. The editor reserves the right to edit submitted copy. We can design your ads, camera ready, tiff or jpeg files on disk.

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When Home Won't Let You Stay: Art and Migration

By choice or by force. With great success or great struggle. People move or are uprooted, for many reasons. The world is currently witness to the highest levels of movement on record; the United Nations estimates that one out of every seven people is an international or internal migrant or refugee.

Borrowing its title from Somali-British poet Warsan Shire, "When Home Won't Let You Stay: Art and Migration" highlights the diverse artistic responses to migration, ranging from personal stories to poetic meditations in a range of mediums. See how the global movement of people today through migration, immigration, and displacement has mobilized artists from more than a dozen countries to reimagine ideas of home and place. The exhibition includes more than 40 works by 21 artists, among them Kader Attia, Tania Bruguera, Mona Hatoum, Yinka Shonibare CBE, and Aliza Nisenbaum.

For its local presentation, Mia commissioned Twin Cities-based CarryOn Homes' COH Living Room, 2020 and Postcommodity, based in the American Southwest, Let Us Pray for the Water Between Us, 2020 — artworks highlighting stories of home and the difficult



Ai Weiwei's Safe Passage installed at Mia.

journey of migrants. The exhibition also includes the U.S. premiere of Ai Weiwei's *Safe Passage*. The installation comprises thousands of discarded lifejackets, worn by refugees making the dangerous sea

journey from Turkey to Greece, to be installed on Mia's exterior columns.

Mia is now closed, 2400 Third Avenue South, Minneapolis, MN. See artsmia.org for reopening dates.

Movie Review: *Marriage Story*

by Zach Murphy

There are plenty of films about couples getting together, but what about the ones splitting apart?

Noah Baumbach's significantly raw and affecting drama *Marriage Story* puts it all on the table and stamps the separation in blood. "Divorce Story" might be a more accurate title, but either way, it's excellent.

Adam Driver and Scarlett Johansson play a director/actress duo. They're also husband and wife. And they're not happy together anymore. Divorce papers are served and an intense custody battle ensues. The fallout drops like an anvil and sets off a bitter and depressing chain of hectic turmoil, headache-inducing complexities, and heavy emotions that cut like an unshakable whirlwind of daggers.

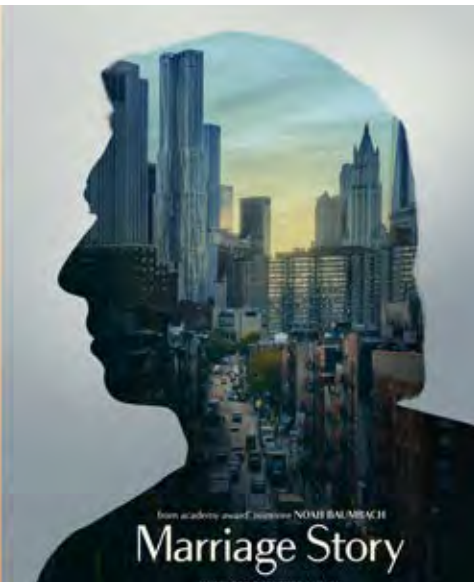
It's messy and complicated. Gut-wrenching and heartbreaking. It's a painfully honest portrait of what happens when a disintegrating marriage finally unravels. The narrative turns into a mental and verbal boxing match where every move is dirty and every punch is a low blow.

Baumbach's writing is impeccable here. His whip-smart dialogue hits hard and precise, and it's rife with conflict and thoughtfulness, as well as bits of humor amidst all the stress. Johansson and Driver are absolutely tremendous, giving memorable performances that scream Oscar awards. There's a particularly phenomenal



scene of a heated argument that takes place about a third of the way through. We witness love turn to hate before our eyes. We witness subtle digs turn into atomic bombs. It's a real vein-popping-out-of-the-forehead type of scene. It's a scene that's so moving and emotionally charged that you'll be as exhausted as you are impressed by the time it ends. In fact, it was a perfectly cast Laura Dern who did collect the Oscar for Best Supporting Actress. She and Ray Liotta clock in as cut-throat attorneys, and they're both remarkable here.

Marriage Story is a film of scripts and stages and documents. A film of closed chapters and open wounds. It's amazing how



much power one little piece of paper holds.

Zach is an avid enthusiast of cinema, theater, and storytelling. He lives with his wonderful wife Kelly in St. Paul. You can read more reviews at his blog, [Fade to Zach](#).



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SAINT PAUL, MN**

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Bakery

Catering

WWW.CLADDAGHCOFFEECAFE.COM

Visit Minnesota History Society from Home

The MNHS has issued us an invitation: “Until we can welcome you back to our sites and museums, we invite you to continue to learn about history with us online. Here are a few ideas to get you started.”

Explore your family history

Now is a good time to share stories and reflect on your family's history — then research it online using our wide array of digital resources. Locate birth, death, marriage, census, immigration, and military records, newspapers, and historical photos, and explore your roots. Need help? Contact our amazing reference librarians at 651-259-3300.

Watch the *Storied* series

Our *Storied* videos invite you to go beyond the bare facts of Minnesota history. Uncover the real stories and real people behind the dates — and for a short time, inhabit their lives. See mnhs.org/storied.



Oscar Howard, founder of Meals on Wheels

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Visit MNopedia, our authoritative digital
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ta history. Each week, we add new content
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We West 7th

Proudly Presents the 2020 Community Service Award Dinner

Wednesday, May 13, 2020 6–9pm
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Join us as we present the 32nd Annual West 7th
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Diane Gerth and Jerry Rothstein





\$30 Tickets
Available:
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fortfederation.org](mailto:emily@fortfederation.org)
At the door



ALL ENCOURAGED TO ATTEND!
www.FortRoadFederation.org

In the Community

Challenging Times

By Joe Landsberger

From 1968 to 1971 I was witness to death and near-death experiences in West Africa that prepared me for what was to become. What came was AIDS. While my fellow Americans shunned the dying, the gay community and their allies communicated, organized and even protested in the crisis. The first order of business was to sit bedside thousands of friends and even strangers who were dying. As medications came on board extending life such as it was, through the Minnesota Aids Project we provided home support services. My first “assignment” died shortly after I began visiting. Over the next several years once a week I visited, cleaned, cooked, did laundry for Doug who was isolated in his apartment until he needed institutional care, and died. In the meantime, friends and a previous lover died as well. Covid 19 is now with us — but there are lessons that can be learned. We need to look out for each other. Now professional care providers sit bedside of the dying with families and friends behind glass shields. We thank but must support and protect those providers. In West End neighborhoods we

are blessed with medical and social service agencies with expertise: United Family Medicine, Sholom Senior housing and Assisted Living, Little Sisters of the Poor. Senior residences are at risk. Organizations such as the West Seventh Community Center, the Fort Road Federation, Joseph’s Coat, provide services to our neighbors who often live on an economic and social edge. The West Seventh Business Association networks small businesses in this time of challenge. While our dysfunctional president spins falsities, it will be up to us to communicate, organize and even protest within our communities and neighborhoods. My first call is to our West End medical facilities, neighborhood organizations, churches, etc. to meet together in order to explore challenges and coordinate their activities in our neighborhoods. My second is to my neighbors to watch for those who may be at risk, or worse, in order to support them within the guidelines of the Center for Disease Control and Minnesota State Department of Health Services.* A third might be for us to use our historic ingenuity

MN DEPARTMENT OF HEALTH
COVID-19 public hotline 651-201-3920
Open 7 am-7pm

MINNESOTA DEPARTMENT OF PUBLIC SAFETY
Hotline: metro 651-297-1304,
Toll-free 1-800-657-3504
Open 7am-7pm daily
Answers associated with community mitigation, school and business impacts.

THE CDC
cdc.gov/coronavirus/2019-ncov/
Resources available concerning prevention, symptoms, diagnosis, treatment of COVID-19.

to face the pandemic. If your Airbnb is now vacant with reduced travel, perhaps you can provide isolation facilities supported by our city? If your church continues to meet, sanitize frequently used surfaces before each weekend. If you miss seeing a neighbor, call. It has been done before, and so will be again.



DEAR DEB In Times of Uncertainty and Change

DEBORAH PADGETT
columnist

I’ve been less than well with various morphing and fleeting illnesses since the last week of January. Bursts of energy launched me to a Y workout or a social engagement then landed me in confinement for additional days. Early on, thoughts of solitude and loneliness (or solitude versus loneliness) were on my mind. I went in search of May Sarton’s *Journal of a Solitude* and found upon opening it this quote. “Sometimes wonderful presents arrive out of nowhere. Yesterday, an unknown sent me, out of the blue, a book ... I opened to this passage: ‘I began to see that loneliness is neither good nor bad, but a point of intense and timeless awareness of the Self, a beginning which initiates totally new sensitivities and awarenesses, and which results in bringing a person deeply in touch with his own existence and in touch with others in a fundamental sense.’” Sarton’s passage came to me as just such a gift out of the blue. With a new and serious virus requiring exceptional caution, I find I’m learning a new routine; balancing quiet and still hours with outside contact and entertainment on my devices. As I’ve been participating in exchanges on social media and observing articles on aging and articles on the effects of digital media on loneliness, along with some commentary on how the aging population is isolating itself, I’ve been examining my own perspective. I’ve thought much about how vital to my work as a writer, artist and reader are solitude and space to reflect. The requirement, over these past several weeks, that I stay home, rest and recover has me reading with a fervor I haven’t known in many years (and

UNCERTAINTY, PG 6



Sibley Manor

“We Want to do More in Our Community”

How one West End service provider deals with Covid-19
by Jerry Rothstein
Among the West End enterprises that I would call “iconic,” Sibley Manor is one that provides irreplaceable benefit to fragile and vulnerable members of the community — people with low incomes, trying to raise their families, often by working several jobs, always under pressure in one way or another. To be able to live in affordable, well-maintained housing, with management that actually cares about them, is a blessing. Sibley Manor has 55 buildings with 550 apartments providing housing for about 1,650 on site, as well as another 60 off-site in town homes, duplexes, single-family houses and another small apartment building also owned by Sibley Manor, Inc. When Covid-19 began to emerge as a major threat, Sibley Manor wasted no time in initiating best practices:
• Building cleaning staff focused on a daily round of disinfecting all public

spaces: railings, door handles, panels, mailboxes and surfaces.
• Maintenance tech and painting staff avoided occupied units and focused on preparing vacant units for occupancy.
• Information has been posted and updated in all buildings with instructions on how to deal with the threat and help to stop the virus spreading. Sibley Manor staff has also been connecting with relevant agencies to learn what services are affected and what the alternatives are:
• The St. Paul School District, which feeds so many students in school, arranged to deliver ten meals per child (breakfasts and lunches) at their regular school bus stops.
• Neighborhood House had to close the Sibley Food Shelf. Information about alternatives has been circulated. The newly

SIBLEY MANOR, PG 6

THINK TWICE.

St. Vincent de Paul Thrift Stores sell only quality second-hand clothing, furniture and housewares.

St. Vincent de Paul Thrift Stores

Hours:	461 W. 7th St • St. Paul
9:30-5 M-F	
9:30-3 SAT	651-227-1332

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HALLE O'FALVEY
columnist

BIRDS IN PARTICULAR And Still They Return

Migration is in full swing. Birds and ducks are returning. Birding is a great way to get outdoors anytime but particularly during COVID-19 social distancing. The birds and ducks will show their bright feathers, sing songs, serenade, and wade, calling us outdoors. This can a family affair, a solo affair, and a social distancing affair. One does not need binoculars to see the birds, especially now with bare trees. It is good to look up, look out and look long. You may hear the birds before you see their silhouette or shape and colors. The Merlin Bird App is very helpful for identification — it's free and

has images, maps, calls and songs of each bird. No internet connection required. I have spent much of my bird watching solo. I enjoy the solace. I enjoy leading small birding groups and introducing folks to birding. (Fresh eyes see a lot.) As I still consider myself a novice birder, I am always learning. Mid-March, actually St. Patrick's Day, four of us braved the cold and went down to Bass Ponds. We drove in three cars and kept our social distancing. I was the only one who moved the spotting scope to find the ducks. Many people stopped to look; some with binoculars in hand. Normally, I would invite strangers who gather at the same birding spot to look through the spotting scope, but I just could



**GARDEN
VIEWS**
KENT PETTERSON
columnist

Spring Ahead!

Veggie gardeners, it's time to get out in the garden! That's right, the snow is melting and the ground is ready to receive your seed. Worried about a snowstorm, it probably won't hurt your seed if you have planted. These early days of spring like weather are the best time to get certain vegetables started. Check your seed packets. If it says as soon as the soil

can be worked believe it. We likely will be seeing weather that will thaw and dry the soil surface during early April. Nighttime freeze and even a little snow that quickly melts are conditions that half-hardy plants are adapted to and will be just fine. Specifically, you can spread seeds for leaf let-tuces where you want it to grow. It will come up as soon as conditions are perfect. If you get good germination, transplant some of the seedlings to other areas in your garden. A perfect spot is where you plan to grow tomatoes. The lettuce plants will be ready for harvest in June just after you put in your tomato transplants. Shared space increases your production. In past years, I started broccoli in my base-ment and after hardening them off would plant seedlings out. This works great, but if you don't have the facility to start seeds inside, do it early

UNCERTAINTY, PG 5

I consider myself an avid reader). I've been all over the country, many places in the world, the future and the past, in the many pages I've read. I've taken up single stitch, aimless knitting, the only requirement a color and texture of yarn that please me. I keep a sketch pad and a few drawing tools near my comfort-able chair and in view of the cathedral through the window. I listen to guided meditations, lift weights with Jane Fonda, manage a few sun salutations, bathe and put on fresh pajamas. I let the outside world in through my screens, radio and phone and find enrichment, humor, infor-mation and connection. In this time of uncertainty, as I learn the art of social distancing and as my home be-comes my world, I give increased thought to my home as sanctuary. I surround myself with enriching and compelling art, comfortable and soothing furnishings and colors that enliven as well as calm. I sit,

solitary, embracing a favorite mug of tea, taking in the view of the branch outside the window. I imagine it would be a fun exercise to listen for the bird song and feel what it's like to sing along. Oh yes, it is a rich and fulfilling life to wake early with a purpose, go out into the world to a place of work, use the vigor of brains and body in participation with others. It is a sort of joy to be busy, to return home exhausted, depleted and relish the few hours of rest that prepare us to meet tomorrow as we've met today. The certainty of where we are going, what we will be doing, how our hours will be filled is a satisfaction. It's difficult to recalibrate, adjust the routine and to accept the unpre-dictability of a solitary life behind closed doors. I can easily imagine this social distanc-ing as a sort of a prison sentence, a miser-able confinement and inconvenience. I am challenging myself to find in it an oppor-tunity to expand my imagination. Perhaps, for some, quiet contemplation and solitary

SIBLEY MANOR, PG 5

opened Aldi's in Sibley Plaza is a vital resource. • Neighborhood House also has food bags for pickup, and anyone wanting to make food donations is directed to them: Neighborhood House, 179 Robie St E., St Paul, 651- 789-2500. • The Sibley Manor staff has closed their office for visits, and continues to work by phone and email checking on residents, arranging for the suspension of City inspections and pest control to reduce unwanted contact. • Notices in each building have also covered help for people who have been laid off their jobs: (1) State of Minnesota Unemployment — 651-296-3644; (2) Ramsey County Emergency Assistance — 651-266-4444. • Sibley management is also working on a way to deal with late fees during the next few months. These small, simple steps represent the best of community action and would serve as a model at any level of government: • Think about what people need that's within your area of responsibility; • Provide as much clear, correct information as possible and keep it current; • Keep in touch with people; • Keep caring.

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not. It was so hard to withhold the view. We all noticed this new reality. I think the great find of that day was seeing redheads and canvas back ducks wading together and being able to distinguish them easily. We were hoping for a green-wing teal; a mallard was as close as we got. A flock of trumpeter swans flew in a tight formation overhead, with their eight-foot wingspan — we could hear their wing sounds and their trumpeting. This year birding has changed. I hope the Salt Lake Birding trip at the Big Stone Refuge late April and the Detroit Lake Birding Festival in May won't have to be cancelled. If they are, we can still show up because the birds will be there regardless. I leave you with this sentiment: All Shall Be Well. All Shall Be Well. And All Matter of Things Shall Be Well. Julian of Norwich.

in the garden. Seeds germinate quickly and cold weather plants acclimate to the conditions and grow quickly. You will be harvesting nearly as quickly as from indoor started plants. This technique works well for all plants in the Cole crop family including cabbage, kale, cauli-flower, Brussels sprouts and kohlrabi. If you do plan to start seed indoors, I would recommend two plants. Peppers work well if started about April 1 indoors. You will have transplantable size plants for the last half of May. Tomatoes are also easy to grow — start them in-doors about April 15. You will have plants ready for hardening outdoors the last week of May. Plants grown indoors need a few days of controlled conditions. Minimize exposure to wind, strong sun and low temps for a few days when plants are brought outdoors. See you in the garden!

activities are something there's never been the time to consider or cultivate. Perhaps, worship and quiet has taken place in church or in nature, making home less a sanctuary than a pitstop on the busy way to the real life of everyday living. As with so many things, it strikes me that it is the attitude that we bring to this present uncertainty that, to some extent, dictates the level of acceptance, dismay or satisfac-tion we experience in this time. Karen Casey's January 26 passage in *The Promise of a New Day* seems just right: "To live is to open ourselves to pos-sibility, to rule out nothing. There is no way we can spare ourselves, or those we love, the pains of living, because they are inseparable from the joys.... All we can do — and it is quite a lot — is to live the best way we can, achieving a balance amid the forces that pull us: if we can live so that we respond to all of them, rule out none of them and yet enslave ourselves to none, we will have the best the world can give."

CHURCH
BULLETIN

editor@
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St. Peter's Church: 4/ 1, Lenten Service 6:30 pm; 4/4, Women's Fellowship meets first Sat monthly: 8:30 a.m. Bible study 9-10 am; 4/9, Maundy Thu Service, 6:30 pm; 4/10, Good Friday Service, 6:30 pm; 4/12, Easter Sunday Service, 8:30 am. Sunday services 8:30 a.m. Bible Class and Sunday School 9:45 a.m. St. Peter's, 530 Victoria S. 651-228-1482.
St. Luke Church: 1807 Field Ave. & St. Mark Church: 550 West 7th. Maundy Thu worship 4/9 at 7pm in Social Hall. Good Friday service, 4/10, 7pm, St. Mark. Cross Walk at noon, Salvation Army, 401 West 7th. Easter Sunday, 4/12: 8am, Worship at St. Luke; 9am, Breakfast fundraiser at St. Luke; 10am, Worship at St. Mark.
Humble Walk Lutheran Church: Worship on Sundays 4:30 p.m. Art House North, 793 Armstrong Ave.
Immanuel Baptist Church: Sun, 10am Bible Study; 10:45am Worship. Wed, 7pm, Bible Study/Prayer — 740 Watson Ave., 651-227-5075.
The Way Church: Sun 12:30. Pastor Joseph Webb IV at St. Mark, 550 W 7th. 612-859-2572 or 651-668-0065

Keystone
COMMUNITY SERVICES
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Register at least one week in advance.
Note: providing free events is no longer feasible. With a \$30 yearly membership, these activities are free. If costs are a concern speak with a Seniors staff member.
NOTE: AT PRESS TIME THE WEST 7TH COMMUNITY CENTER IS CLOSED AND ALL PROGRAMS ARE SUSPENDED.

ADULT 55+

WELLNESS

Fit and Fabulous Exercise Class: M/W/F, 9-9:45am, \$10 per month. [May be covered under Silver & Fit program; check your insurance.]
Heavy-Weight Yoga: Wed 10:45-11:45 am. \$10/class.
T'ai Chi Ch'uan: Thu 9-10am. \$12 per class.
Gym Walking: M/W/F, 9:45-10:30am. Free.
Foot Care Clinic: 9:30am-2:30pm. Call for appt; \$30.
Caregiving Services: Contact Holly, ext. 206.
Block Nurse Program: 65+ in-home nursing & health aide through Recover Health. Medicare certified.

ACTIVITIES

Fiberazzi: Knitting & Crocheting Group Tuesdays: 1-3pm, cost \$1. Free for members.
Health Insurance Counseling: 10am-noon. Call Senior Link Age for appt at 1-800-333-2433.
Family Law: 4-5pm. Dave Burns of Dave Burns Law Office, LLC provides FREE one-time consultations on the second Wednesday of each month to assist with family law issues such as divorce and child custody. Must preregister, served in order of arrival. Preregister: 651-298-5493.
Ask the Lawyer: 3-4pm provided by Melanie Liska of Tarrant & Liska.
Lunch 'n Bingo: 11:30am-1pm. \$7 lunch, \$1 bingo cards. Vegetarian options available.
Cribbage: Mon, 12:30-3pm; \$1. Free for members.
500/65 Cards: Fri, 12:30-3pm; \$1, free for members.
Movie & Popcorn: 12:15-2:15pm, Cost \$1.

SPECIAL PROGRAMS

FREE Tax Assistance through AARP: Mon & Wed 9-11:30am; Tax due date extended to 7/15. Help will be back when possible. Call for appt: 651-298-5493.
Out to Lunch: Join us once a quarter for good food and good conversation. Cost of lunch and transportation on your own, limited rides available.
Family Movie Night: West 7th Community Center, second Friday. Free, with low-cost concessions for sale. Children must be accompanied by someone age 13 or older. Movie runs from 6:15-8:15pm.
TED Talks: 11:30am-1pm; topic The Power of Hope. Watch pre-selected TED Talk videos with a common theme and then have time for discussion. Bring your lunch. \$1; free for members.
Coloring Jam: 10-11:30am, \$1 without membership. Free for members. Coloring is no longer just for kids. Researchers have recommended the calming benefits of coloring, as it helps reduce anxiety, creates focus and releases creativity. Materials available, or bring your own favorites.
Mobile Menders: 5:30-7:30pm. Provides free sewing and mending services on site.
Meals on Wheels: Fresh, low-sodium, diabetic-friendly meals delivered M-F by a friendly volunteer. Flexible menu options and delivery schedules.

VOLUNTEER

Meals on Wheels - Delivery: 1x/month, 11am-12pm.
Friendly Visitor - Be a companion to seniors.
Drivers needed - Bring seniors to appts, shopping, errands. Jamie, 651-645-0349.

YOUTH

Community Kids After School Program. Serves students K-10, M-F, 2:15-6pm. Free. Homework help, tutoring in reading, math, social skills, enrichment activities, STEM, sports, fitness, field trips, healthy snacks. Transportation may be available. Julie, 651-504-2246 or jmurphy@keystoneservices.org.

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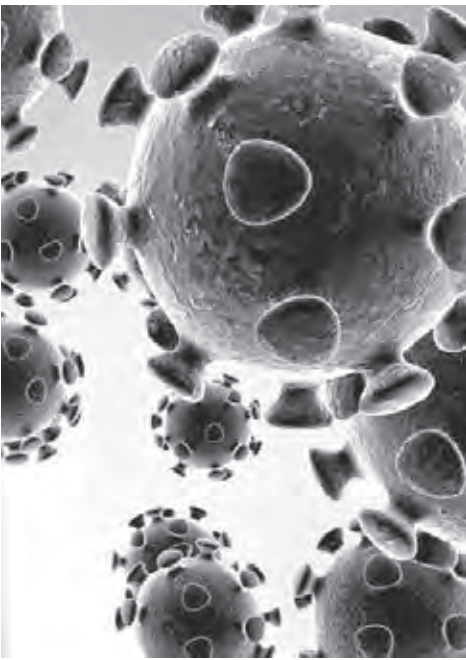
Medicare Response to COVID-19

Medicare has temporarily expanded its coverage of telehealth services to respond to COVID-19. Go to [medicare.gov/coverage/telehealth](https://www.medicare.gov/coverage/telehealth) for details.

Medicare beneficiaries can temporarily use telehealth services for common office visits, mental health counseling and preventive health screenings. This will help ensure Medicare beneficiaries are able to visit with their doctor from their home, without having to go to a doctor's office or hospital, which puts themselves and others at risk.

If you have an existing healthcare appointment, or think you need to see your doctor, please call them first to see if your appointment can be conducted over a smartphone with video capability or any device using video technology, like a tablet or a laptop. For some appointments, a simple check-in over the phone without video capabilities may suffice.

Important: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as a cough or difficulty breathing, call your healthcare provider immediately. Remember: Medicare covers the lab tests for



COVID-19. You pay no out-of-pocket costs. See [medicare.gov/medicare-coronavirus](https://www.medicare.gov/medicare-coronavirus) for detailed information.

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Welcome writers! Thursdays, 10:30am-noon. Merriam Park Library, Marshall and Fairview. A group of experienced writers provide feedback and support to fellow community wordsmiths. Whatever you write — fiction, poetry, memoir, history, essays — join us to sharpen your skills and fine-tune your work. Info: Jim 651-442-3544.

Beginner Square Dance Classes: Mondays 6:30-8pm. St. Mark Evangelical Lutheran Church, 550 West 7th. Triple T Square Dance Club. \$5. First night, dance is free. No partner needed. Pre-registration not required. Info, call 651-503-7040.

Upcycled Jewelry Workshop at Center for Lost Objects: Wednesdays 5:30-8:30pm. 957 W7th. Create earrings, necklaces, bracelets, sculptures or anything you can think of. Convert clip-on or screw-back earrings to pierced, with many clasps to choose from. Reserve at centerforlostobjects.com. \$25 includes all supplies. Info: Amy, 612-382-8100.

Power-Up Legal Clinic: 4/2 & 16, 1-4pm. Walker West Music Academy, 760 Selby Ave. A free walk-in legal clinic dealing with any non-criminal law issue. Info: 651-894-6912, interfaithaction.org/legalclinic. Hosted by Morning Star Baptist Church with Interfaith Action, Southern Minnesota Regional Legal Services, Cardozo Society.

Landmark Center Urban Expedition: Provides families a chance to learn about the world right here in Saint Paul's backyard. Authentic cultural experiences from different destination countries. See landmarkcenter.org.

Hand Drums for Beginners: 4/14, 5:30-6:30pm Women's Drum Center, 2242 University Ave, St. Paul. \$10; drums provided; info@womensdrumcenter.net.

JFS Next Chapter Session: 4/19, 10-11:30am. Jewish Family Service, 1633 W7th. Topic: Exploring Relationships with Adult Children. For women who are navigating or embarking on a mid-life journey. Free. Tled by JFS Therapist Beth Johnson, LMFT. Info: Jodi, jsaltzman@jfsp.org or 651-313-6623.

Mobile Menders: Postponed: 5:30-7:30pm. West 7th Community Center, providing free mending services for up to 3 clean items that need mending.

Carondelet Village Memory Café: Call for info. 525 Fairview, St. Paul. No RSVP needed, free. A chance for people with dementia, families and caregivers to meet and socialize in a safe space, ask questions of professionals, have fun and learn from each other. See actonalz.org/st-paul-neighborhoods or call 612-871-3700.

West End Artist Stuart Loughridge: Etchings, Paintings thru 4/17 at Raymond Ave Gallery, 761 Raymond. M-F 10am-4pm, 651-644-9200.

Cantus Concert There Lies the Home: 4/4, 7:30pm. Ordway Concert Hall, St. Paul; \$23-\$43 at cantussings.org or 612-435-0055. Group discounts. Honoring experiences of those who have braved the high seas — whether forced, seeking opportunity, or by necessity. 5/3, 3pm.

Drinking Problem? Alcoholics Anonymous: Contact aaminneapolis.org (952-922-0880) or aastpaul.org (651-227-5502). You may call 24/7.

Women for Sobriety: Meets Mondays, 10am, at Pilgrim Lutheran Church library, 1935 St. Clair Ave. Info: contact Jill at 651-235-1935.

International Institute of Minnesota Programs: Citizenship classes; communication & computer English for work; Spanish language; English language. Info: 651-647-0191 or see iimn.org.

Tuesday Pax Salons: 6:30-8:30pm, at Mississippi Market, 1500 W. 7th. Call for information 651-227-3228. Salons are free; donations appreciated. Open discussions all month. Please join us!

Caregiver Support Groups: Alton Memory Care, 1306 Alton St., third Wednesday of every month from 5-6 p.m. Contact Kristen Edson, 651-695-2384. Shalom Home East, 740 Kay Street, second and fourth Monday of every month from 3-4 p.m. Contact: Chris Rosenthal 651-690-8920.

EMAIL CALENDAR ITEMS TO: INFO@COMMUNITYREPORTER.ORG
FOR COMPLETE CALENDAR LISTING GO TO: COMMUNITYREPORTER.ORG

LEITNER, PG 6

Now a nonprofit organization, the club has grown to more than 200 members, both males and females, and now engages in fund raising activities to fulfill its mission. It continues to meet its own expenses in time, expertise and money, taking no funding from the money raised by donation. Its purpose as stated in the Club guidelines has remained the same since its inception: "(1) To provide assistance to the working poor, seniors, military personnel, families and individuals who are independent from government assisted programs. (2) Direct cash is never given with the exception of unique situations. (3) Preference is given for West Seventh area residents, but anyone in need, regardless of location is always eligible for help. (4) A formal membership drive is not undertaken and members donate what they wish. (5) There are no administrative expenses or annual dues. (6) Individuals do not receive help for more than five years, as well as some other restrictions."

Individual recipients are never identified publicly. Services range from occasional tuition help for individual students, food, Christmas trees provided over the holidays, bikes for kids, and other items.

Last year, 300 bikes were given to kids in military families stationed in the area, and an additional fifty bikes went to other recipients. The club has achieved awards for its community service and for its support of military families in the area.

As the club grew, Tom Campion proposed another idea. Why couldn't the club provide a way for local families and their kids to meet police officers in an informal setting? Accepted by the Police Department, this idea became the Safe Summer Nights Out program at local playgrounds. In 2019 the club provided, prepared and served thirty-three thousand hamburgers and hot dogs to attendees. This averaged out to an event nearly every Thursday night during the summer.

Snap is now working on the possible creation of an event honoring athletes and the role of athletics in the former Monroe high school which was closed by the school district in 1977 — see notice on page 3.

Readers interested in the Club should contact Snap at sleitner22@msn.com or check out the Club web page at west7thstreetboysclub.com.

Pat Tupper is a local writer and genealogist, and is a member of the Seniors Project on Social Isolation.

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VISIT OUR NEW WEBSITE: W7BA.ORG

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West Seventh Business Association

EARTH DAY APRIL 22

TRADITIONAL CITY-WIDE CLEANUP CANCELLED

We would have done the cleanup on Saturday, April 25. While the City has cancelled the formal cleanup day activities, you can still get out for fresh air and clean up the West End by doing your own street! Use your own protective gear, pick up, recycle and trash as you find it. **More info at stpaul.gov**





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MARTIN, **PG 9**

NOECKER, **PG 9**

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