

Community REPORTER

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



412 GOODRICH
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VOL. 50 NO. 5-6

MAY/JUNE 2020

CIRCULATION 13,000

BUILDING A NON-RACIST COMMUNITY

The Spirit of Racism

BY TIM JOHNSON

Retired pastor of Cherokee Park United Church

Editor's note: This is the fifth article in Tim Johnson's series on racism. Comments and insights are welcome: send to editor@communityreporter.org.

Harriet Bishop was a force with which to be reckoned. In spite of protestations from family and friends, she set out on her own in 1847 from her home in New York to the Western territory known as Minnesota. Settling in the hard-scrabble town of St. Paul, Bishop is credited with starting the first public school, the first Sunday school, and being a leader in the temperance and suffrage movements. Harriet Island bears her name.

What is less well known about Harriet Bishop is the racist and white supremacist attitudes she brought with her. According to historian Mary Wingerd, at the time of Bishop's arrival Minnesota had for nearly 200 years been developing a culture in which there was space for native people and people of European descent to co-exist. In Wingerd's book, *North Country: The Making of Minnesota*, the erosion of this inclusive culture had already begun with the arrival of more and more Easterners who saw Indians as "either savages to be scorned and feared or exotic primitives." The request for a teacher in St. Paul specified, "someone entirely free from prejudice" in order to best serve the students of English, French, Dakota, Ojibwe and African descent. Wingerd notes Bishop was the "antithesis of that description, scornfully describing non-Anglo St. Paulites as "motley, ignorant and deluded." Her harshest judgment was reserved for Indians who she referred to as "disgustingly filthy" and, as a race, treacherous, lazy and embedded in "moral pollution."

Unfortunately, Bishop's white supremacist attitudes were the norm among the growing population of immigrants to Minnesota, rather than the exception. Conveniently viewing Indians as inferior provided the needed rationale for unscrupulous treaties, making it possible to acquire valuable farming country in the southern part of the state and timber rights in the north. Sibley, Rice and Ramsey to name just a few, shared in this opportunistic racist ideology. Christian clergy played their part as well, often wedding a belief in Manifest Destiny with Christian evangelism. Following the U.S.-Dakota war of 1862, it was a simple step for Ramsey to seek the extermination of Dakota people in Minnesota, offering a bounty for the scalps of any Dakota who were killed.

Because we live in a highly individualistic culture, even when we acknowledge the racism of people like Bishop, Ramsey, Rice and Sibley we tend to isolate their behavior as the result of prejudice found in those particular individuals. But, white supremacy as an ideology of superiority is bigger than any one individual. It has a life of its own, which is why Ojibwe leader and activist, Winona LaDuke refers to white supremacy as a Windigo, a spirit identified in Ojibwe tradition that is greedy, cannibalistic and consuming. Windigo is not at all unlike what the Apostle Paul in Christian tradition refers to as the spirit of principalities and powers at work in our world. Harriet Bishop was infected with this Windigo spirit, as was Ramsey and most immigrant Minnesotans. The challenge of Windigo is with us still.



CIRCA 1935 IMAGE COURTESY OF BUTCH AND KATHY RYAN.

Our West 7th Neighbors Being Careful, Caring and Creative

Oil painting by William Fortune Ryan of Exchange Street from Kellogg Boulevard looking out over the Upper Landing. The St. Paul Milk Company milk bottle is center and H. B. Fuller factory at right.

Although the onset of COVID-19 has not changed everything in our lives, with its continuing spread it has become much more difficult to ignore the basic realities about how our ordinary lives are organized and sustained.

We are no longer naïve about devastating human costs of the disease, its disastrous economic and social toll. Although we now know many more facts — the science and numbers speak for themselves — the future is still uncertain. One of the candidates for the Federation Board calls this a time of "unprecedented uncertainty."

We are in a kind of liminal space, a time when we can't imagine what comes next. We sort of remember how things were a few months ago, but that seems more like a

fantasy — could it really ever have been that way? We don't know enough yet to say much about where we are heading. We don't really understand the complexity of COVID-19. So many have died, so many are grieving, and so many fear for themselves and their families.

How do people get by?

Each year, the Bureau of Labor Statistics conducts a Consumer Expenditure Survey, gathering income and expense information from people in all parts of the country; with all levels of education; from all ethnic groups; of all ages.

The results show what you have to earn to come out ahead of your expenses. That figure is more than \$50,000 per year. Until that point, your expenses exceed your income — how you bridge the gap is not considered in the Survey, but it's a question that may affect more than two-thirds of our population.

You have no emergency funds; you can't save for a vacation, or kids' education, or

retirement. Yet you work hard (often with more than one job) and probably don't understand why you never seem to get ahead or why "society" doesn't really seem to value you.

To make \$50,000 per year you need to be making \$25 per hour. We have all seen the struggles involved in getting to a \$15 minimum wage.

In the Pandemic

Before COVID-19, we took it for granted that there must be some fairness in our system. If your work was more important, you would be paid more. During COVID-19, we are all thanking, praying for, amazed by our essential workers — and this may be opening our eyes to understanding that the many invisible and hardly rewarded workers among us are necessary to maintaining the world we consider normal.

So, we seem to need a completely abnormal,

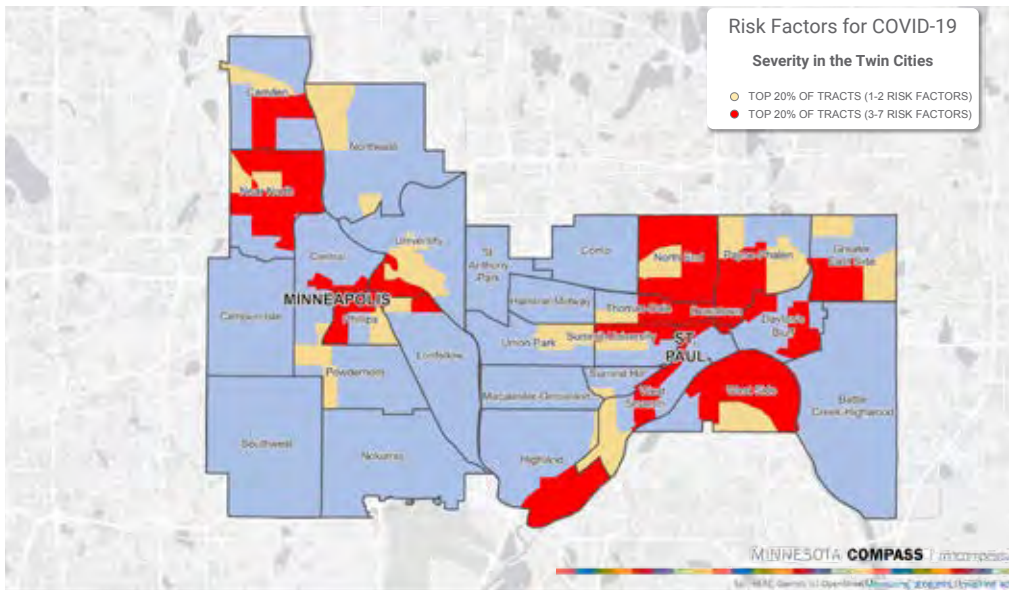
NEIGHBORS, PG 10

Our Neighborhood at High Risk

The Wilder Foundation's Minnesota Compass research arm has released a report that identifies neighborhoods in Minneapolis and St. Paul at high risk for the virus. Seven different risk factors landed different parts of the cities in red. They are risks the CDC says will make COVID-19 more severe: Asthma, COPD, heart disease, stroke, obesity, diabetes and kidney disease. Besides these underlying health conditions, two other variables have a strong impact: percentage of the population over 60 years of age, and poverty status. The latter encompasses such conditions as chronic unemployment or under-employment, housing affordability; availability of credit. In our neighborhood, median household income falls short of the citywide average, with at least one in four residents living below the poverty level.

This analysis presents us with information that echoes what many in our community have known for a long time: The West Seventh and West End neighborhoods fall into the red zone or highest risk areas for COVID-19 infection.

And a broader perspective also emerges



quite starkly when St. Paul is compared to Minneapolis. The St. Paul population with the highest risk factors comprise 27% of the city's population, while the highest risk numbers in

Minneapolis represent 16% of its population. When we see our city calling itself "The most

HIGH RISK, PG 10



Community Projects

West End Neighbors Garden Tour Hopefully Rescheduled

by Joe Landsberger

In these uncertain times, the volunteer task force of the West Seventh/Fort Road Federation — District 9 Community Council has restructured the Thirteenth Annual West End Neighbors Garden Tour annual event to take place on Saturday, September 12, 10 a.m. to 3 p.m.

Our garden, history and commercial tour has become a regional attraction, and this year features ten gardeners of the three-block historic bluff neighborhood of Uppertown. The sites include eight residential gardens, the North High Bridge Park Sculpture Garden, and the Waldmann’s Brewery & Wurstery patio.

The plant sale includes houseplants, perennials, and a flea market, a for the first time will be held at the Keg & Case patio. Tour Guidebooks will also be available on site, this year focusing on the eastern part of the West End’s history, and including more than 100 pages and 180 images.

This year our guidebook also includes a listing/directory of every business and organization in the West End, from Seven Corners to Fort Snelling.

With the current economic stress, we will introduce a lower cost advertising option, probably a business-card size. We are gladdened by the support of West End local businesses and organizations that have made the Garden Tour possible these past twelve years!



Asian-inspired gardens at 122 Leech St.



(l-r) Historic St. Paul Board Chair Elyse Jensen with architect John Yust and Executive Director Carol Carey.

Rehab Completed at 412 Goodrich

The John Lewis House project at 412 Goodrich has been completed, coordinated by Historic Saint Paul, which offers big thanks to John Yust (architect), Fred Livesay (carpenter) and their friend Alex Yerks for creating this. The house is being sold this spring.

A small and socially-distanced open house for nearby neighbors will be held on May 31. Please register for the event by responding to info@historicsaintpaul.org.

To make this experience available to all, a virtual tour is being created by Neinow Cultural Consultants. Neinow also produced a 360 Tour as renovations began in 2017, and this is available at historicstpaul.org. Also check with the website for availability of the new virtual tour.

This project illustrates the enormous value of historic preservation. Historic Saint Paul leverages investment into under-resourced neighborhoods, and builds community pride by retaining and enhancing a sense of place and cultural heritage.

LETTER TO THE EDITOR

To the Editor:

Along with more than 70 other West Seventh residents, we’ve appealed the City’s approval of a proposed seven-story apartment building to be constructed on the present site of Bonfe’s Mechanical, 337 West 7th.

The developer’s original proposal was a building 55 feet high with 165 units and 165 parking spaces. On December 20, the Zoning Commission approved a change of height to 75 feet with 27 additional units and 111 parking spaces. On May 1, 2020, the developer sought and received yet another height increase to 85 feet and a reduction of parking spaces to 111.

The proposed structure will tower over adjacent buildings and be built right up to the sidewalks, with no set-backs, on a narrow parcel stretching between West 7th and Smith Avenue. It will be a sort of wall separating the street and neighborhood from Ramsey Hill, the Cathedral and the Capitol. A building that high belongs downtown, not on West 7th.

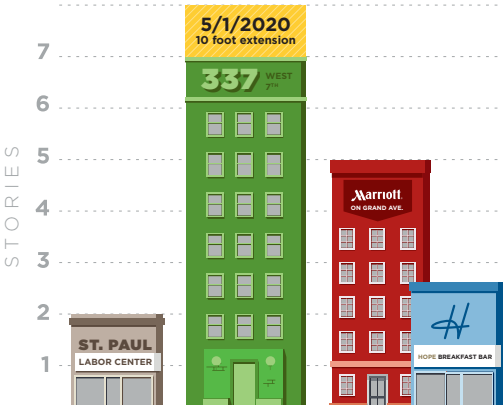
However, the building’s awkward aesthetics rank second to the traffic and parking problems it will create. Instead of normal drive-in parking, it will have an automated elevator bringing in and putting out residents’ vehicles. Inevitably, rush-hour lines along Smith Ave will result. As worrisome, the building’s 192 units will have only 111 parking spaces. Building residents without spaces will seek parking in adjacent neighborhoods. Area residents already lack enough space for parking on the streets in our own neighborhoods. This area already deals with a high volume of vehicles seeking street parking — patrons of nearby bars, breweries and restaurants and Xcel Center events.

Rents will likely be comparatively high. Though no prices are firmly set, from the developer’s comments it appears that the most common units — micro-studio apartments from 300 to 500 sq. ft. — will go for around \$1100 monthly, about 20% higher than the median rent (\$888) for studios in St. Paul, which typically have considerably more space.

If the City Council agrees with our appeal, under present zoning the building will be ten feet lower (75 ft.) and have to provide 25 more parking spaces (136). We are not against a building on this site, but believe the City should require it be built under the conditions approved on 12/20/19. That’s not perfect — but it will be a big improvement.

If you agree with our appeal, contact Ward Two Council Member Rebecca Noecker at ward2@ci.stpaul.mn.us and Mayor Melvin Carter’s office at 651-266-8510.

Your neighbors: Elyse Jensen, Walnut Street; Stephanie Moss, Leech Street; Ken Peterson, Ryan Avenue; Dave Thune, Irvine Park.



There IS an Alternative to the Streetcar on West Seventh

by Jim Schoettler, Citizen Advocates for Regional Transit (C.A.R.T.)

The instincts of the Fort Road Community have been correct from the start: rail transit of any type does not belong on Fort Road/West Seventh, because the street is too narrow and operation of any rail line would be harmful for businesses, pedestrians and necessary traffic flow. The growing entertainment district near downtown needs wider sidewalks, not narrower walks with trains running inches away.

Yet Ramsey County has been deaf to the pleas of the Fort Road Community and has been blind to better alternatives that would achieve valid objectives for regional transit while protecting Fort Road. The problem goes deeper than Ramsey County. There is no entity planning for regional rail transit; the counties are on their own. So, it’s not surprising that Ramsey proposes a local solution to a regional need. In response, Citizen Advocates for Regional Transit was formed to bring common sense to this dilemma and show the way for practical solutions that serve our regional transit needs, while protecting the communities that host them.

To accomplish this, we need to work together — here’s our thinking:

From its beginning nearly two centuries ago, Fort Road has been the main route between the St. Paul area and the Fort Snelling area. Today, this Corridor is the key artery between the eastern third of the metro area and MSP Airport, the Mall of America and thousands of jobs there and farther west. Arterial and local public transit must be part of the connection because quick and dependable access to an international airport is vitally important to virtually all businesses and citizens. This is not going to change.

But Ramsey County’s Riverview Corridor Locally Preferred Alternative (LPA) does need to change.

We have laid out an alternative to the LPA that we think the Fort Road Community can support. It utilizes the CP Rail Spur from the Ford Site to approximately Grace & Western, where it crosses over the UP tracks and follows Shepard Road to Eagle Pkwy. where it turns north to downtown St Paul. Notice that it completely avoids Fort Road and crosses it only once. A Fort Road bus would provide local service to residents along Fort Road and connect to the nearby rail stations.

There are several additional important advantages to this alignment, including:

- It would cross the Mississippi River from the south end of the Ford Site to Minnehaha Ave. where it would connect to the Blue Line. This crossing eliminates all the impacts on Fort Snelling, serves the Ford Site and will save a quarter billion dollars.
- It would serve the Xcel Center and en-



(top) The downtown subway concept reduces construction disruptions above-ground and street traffic disruptions ever-after. (above) The new river crossing will serve the Ford Site development, eliminate damage to Fort Snelling, and save \$250 million.

tertainment district with a station at Kellogg Blvd and then travel underground to stations below Landmark Center, Central Station and then terminate at Union Depot. It eliminates years of detours for demolition and rebuilding the streets (and perpetual interference thereafter).

- It is scalable. Our alternative will have its own exclusive guideway, so frequency and train length never interfere with Fort Road traffic.
- It can be combined with a parallel trail for pedestrian and bicycle use all the way from Minneapolis to downtown St Paul.
- It will provide more frequent, faster and more dependable service. The “modern streetcar” LPA, running in traffic, will be subject to all the delays every driver hates. For such an important transit link, building in such problems does not make sense and is inexcusable.

What does make sense is changing the LPA. And when the LPA was adopted in December, 2017, it specified that in December, 2020 they would reconvene to evaluate the project and determine whether the LPA “is likely to become a reality by 2025 and make alternate plans if necessary.”

Alternate plans are necessary, available and superior. Let’s work together to save Fort Road and its community, while building a regional transit link that is good and necessary.

Jim Schoettler is a resident of the Highland area. He is a graduate of the University of Minnesota school of Architecture with a Bachelor degree in Environmental Design and an MBA from the Carlson School of Management. He started his career as a planner at the Met Council, is active in civic affairs, and is a founding member of Citizen Advocates for Regional Transit (C-A-R-T) — see citizensforregionaltransit.org.

Every Loss Matters

As Coronavirus Advances, Losses Reverberate Through Generations

BY DAVID LAMB

With the number of confirmed cases of COVID-19 soaring nationally, few communities have been spared the disease's devastation. What first arrived in the form of disappointments like cancelled vacations, proms deferred and college experiences cut short, has more recently hit home in graver events — the shuttering of businesses, the loss of jobs and the passing of family and friends.

Although older people have suffered disproportionately — patients 65 years and older comprise 80 percent of the U.S. losses thus far, according to the Centers for Disease Control and Prevention — the effects of the viral pandemic are being felt across generations. For one West End family that recently lost its beloved patriarch, Pastor Craig Breimhorst, who founded the Christ Lutheran Church in the southern Minnesota town of Faribault, it has meant untimely lessons in grief.

Breimhorst's granddaughter, Tilly, who lives in the West Seventh neighborhood, shared her experience of mourning on the *New York Times' The Daily* podcast. Tilly, who is 12, described losing a grandfather who would take her on the roof to look for stars and surprise her in the school lunchroom, where he'd try to steal her chips and share stories about "going to Tanzania and all sorts of things." She movingly expressed what it feels like to lose a person you love, comparing the sadness to "an ocean filled with nothing."

In the 22-minute interview, Tilly described how the death of her grandfather has brought the surviving family members together in unforeseen ways. While they have often grieved alone, her parents trying



Pastor Craig Breimhorst with his granddaughter Tilly.

in vain to shield her from their pain, they have at other times shared their emotions. Speaking about her grandfather with her father one day, Tilly saw that he had begun to weep. "Then I started crying," she said, adding that she felt comforted by not being alone in her sense of loss.

Finding more public venues for survivors to mourn together has been a particular challenge of this crisis, as the virus' highly contagious nature has put gatherings on hold. Funeral homes have been closed statewide since Governor Walz suspended all non-essential businesses on March 25, and it remains unclear when funerals and wakes will again be safe.

In the meantime, the bereaved have found creative ways to remember those they loved. In Woodbury, neighbors mourning the passing of Emil Bartylla, 94, known as the "Mayor of Woodbury Heights" because of his frequent check-ins on neighbors during his walks, could not attend the 10-person funeral per social distancing guidelines; instead, they

participated by holding signs paying tribute to Bartylla from their front yards as the funeral procession passed.

Increasingly, virtual funerals held over video conferencing apps such as Zoom — often by the same pastors, rabbis, and imams who lead traditional services — provide a space for survivors to remember those they loved. And while some bemoan the awkward, sometimes choppy nature of video conferences, they are also grateful to be able to celebrate the lives of their loved ones in some form. Raquel Counihan, who mourned her mother with hundreds from around the country on a Zoom funeral, told the Star-Tribune that the experience was comforting. "Once I started talking, it really felt like all these people were there with me in person supporting me," Counihan said. "I got pretty emotional. It was surprisingly wonderful."

David Lamb is Assistant Editor of the Community Reporter.

Community REPORTER

265 Oneida St. St Paul, MN 55102

AD DEADLINE & MEETING

Copy Deadline/Meeting: June 15.
Ad Deadline: June 17.

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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WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

CONNECTING

Our doors may be temporarily closed, but we're still offering resources to keep you connected. Staff members are taking calls 9 a.m. to 5:30 p.m., Monday through Friday. Call 651-266-7000 for assistance by telephone. Access to all services can be found at sppl.org/staying-in.

PLACING HOLDS

You can place holds on items in the library catalog or call or email the library to have items put on hold.

You can also call or email the library ask for reading, viewing, or listening

recommendations, and staff will select up to five titles for you to checkout. Items can be placed on hold to be picked up at our neighbor branch, Highland Park: 651-695-3700, and at George Latimer Central Library: 651-266-7000.

When your items are ready to be picked up, library staff will be in touch with information on contactless pickup. Held items are not ready to be picked up until library staff contact you.

Note: Do not return items to the library at this time. Library book drops are closed.

Landmark Center welcomes virtual visitors!



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West 7th Locally Owned



Keystone volunteers are involved in so many aspects of the association's programs that the impact of Covid-19 required a quick pivot to allow their work to continue.

One volunteer, who spends one-on-one time with students in the Keystone Community Kids program is now meeting them on-line once a week, doing mini-art projects and playing games together. Volunteer Marilyn said, "It's so important to keep up our connections with each other at this confusing and confounding time. The students enjoy it, and so do I."

Many Keystone volunteers continue their front-line work of preparing and delivering food to people in the community through Meals-on-Wheels. Others are connecting with seniors and youth participants by phone or virtually. Keystone staff have adjusted programs to allow and encourage this new way of working.

Keystone volunteers are an essential part in program support—last year more than 2,500 people gave time and effort, serving more than 33,000 hours. **This represents almost 17 full-time jobs!**

Express Bike is celebrating 25 years as a full-service bike shop that trains and employs youth. It is a social enterprise of Keystone, and all profits are reinvested into youth employment services.

In its 25 years, Express Bike has employed more than 500 teens and has repurposed or recycled more than 25,000 bikes. This year the shop is being refreshed, with an enhancement of the retail space that will allow more teens to be employed. The shop is open for service, bike sales and bike donations, presently by appointment. Visit exbike.com for information and to schedule a visit. For general information about Keystone see keystoneservices.org or phone 651-645-0349.

**RAMSEY COUNTY/CITY OF ST. PAUL
IMMIGRATION LEGAL DEFENSE FUND**

A collaborative consisting of the Immigrant Law Center of Minnesota, The Advocates for Human Rights and

Mid-Minnesota Legal Aid has been selected as the service provider for the Ramsey County/City of St. Paul Immigration Legal Defense Fund.

The legal defense fund is dedicated to supporting families in removal proceedings, and is funded by Ramsey County and St. Paul with matching funds from the Vera Institute for Justice. The commitment is to "protecting the rights of our immigrant and refugee residents, who are a vital part of our community," said Assistant St. Paul City Attorney Edmundo D. Lijo.

The collaborative will represent clients who live in Ramsey County or St. Paul who do not have legal representation, who are detained and face removal, and who earn less than 200% of poverty guidelines. Potential clients may contact any of the following phone numbers below to have their case evaluated: ILCM intake/detention line: 651-641-1011; AHR intake line: 612-341-9845; MMLA intake line: 612-334-5970.

The approach works much like a public defender

model in criminal court — that those at risk of deportation should have access to due process and a fair day in court even if they cannot afford an attorney. Legal representation for these clients is a crucial way to keep communities cohesive, stable, safe and successful.

In addition, the following organizations will provide ongoing support to assist families with a loved one going through immigration proceedings connect with county services for which they are eligible. This will be achieved through a combination of education and awareness; community outreach and engagement, and referrals to the immigration legal defense fund. Contact any of them for detailed information: (1) MORE; (2) Discapacitados Abriendose Caminos; (3) Voices of East African Women, Inc. (4) Coalition of Asian American Leaders; (5) Fear None Conquer All; (6) Hmong American Partnership; (7) Civil Society. (8) International Institute of MN; (9) Restoration for All Inc. (10) ReleaseMN8.

Walkable attractive, quality housing for frontline hospital workers, local business

Located just steps from the United Hospital and Children's Hospital St. Paul Campus, The Ackerberg Group and Northland Real Estate Group are planning to build a project that provides housing to the thousands of hospital staff, nurses, and technicians working across the street in addition to the other local businesses, government and downtown employees.

Providing walkable attractive, quality housing at an approachable, entry-level price point to the frontline hospital workers and local business employees has always been — and remains — the vision of the project. We have spent a tremendous amount of resources in exploring innovative building practices and incorporating them into this building to ultimately provide an achievable rental product for our future residents. Existing traditional building practices in our market make it difficult to deliver entry-level price point housing. For instance, our contemplated semi-automated car stacking system and modular construction currently do not exist in our market.

Ownership has reached out to dozens of businesses located along and near the West 7th Street project — the immediate support for the project has been overwhelming as adding 200 residences stimulates the economy and directly helps to strengthen the individual businesses.

The current project plan has increased the building height by approximately six feet which was primarily due to the new discovery of very shallow bedrock and the need for an adequate rainwater treatment program per the City's requirements. So, the building footprint was pulled in, and we lost the ability to have an efficient ramp to access our second story of parking. In efforts to maximize our parking count we incorporated a semi-automated parking system which will stack cars three high. Slightly more floor to ceiling height was needed to fit this system. We were able to keep the parking ratio very similar to what it was in our prior application with the incorporation of the automated parking system. The gross building square footage actually has decreased from our previous application as we now have a much more efficient building.

This site is located on a major public transportation corridor and node along West 7th St. Our target renter will be able to walk to their place of work. This is by design so it lessens the need for our renters to have cars. We see this as a trend in our other projects as well where it is easier and less expensive for some renters not to have a car when their place of work is walkable and the public transportation options are easily accessible.


We feel the building height and parking program fits well in the neighborhood, is consistent with the comprehensive plan, and with existing nearby buildings. City staff and Planning Commission discussed these items at length. City Staff recommended approval of the project; and the Planning Commission approved the project earlier this month with an 11-1 vote. St. Paul City Staff, the West 7th neighborhood group, Fort Road Federation, and Planning Commission have all recommended approval for our project in its current form and feel it fits in well to the comprehensive plan for the area. It is sometimes difficult to fully understand and appreciate the positive impacts of new developments, but we must focus on the needs of our growing City and evolve to meet those by providing more housing options through development.

We feel fortunate to be a part of a project that helps stimulate and strengthen the local businesses and provide an attractive and achievable housing option for the frontline hospital workers and the local business employees that is in walking distance from their places of work.

Respectfully,
The Ackerberg Group and Northland Real Estate Group


A graphic celebrating the Class of 2020. At the top left is a black graduation cap with a white tassel. To its right, the word 'Congratulations' is written in a large, black, cursive font. Below it, 'CLASS OF 2020!' is written in a bold, black, sans-serif font. A white graduation tassel is positioned between the cursive and sans-serif text. Below the text is a paragraph: 'Even though your senior year didn't go the way you planned due to the pandemic, you still have reason to celebrate. You have achieved a great accomplishment and should be excited for the future. Good things are yet to come.' To the left of this paragraph is a black and white portrait of a woman with short dark hair, smiling. To the right of the portrait, the text 'State Senator' is in a bold, black, sans-serif font. Below it, 'Sandy PAPPAS' is written in a very large, bold, black, sans-serif font. At the bottom right, the text 'Paid for by Pappas for Senate 909 Bayard, St. Paul, MN 55102' is in a smaller, black, sans-serif font.

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Mail-in Ballot for the West 7th / Fort Road Federation Board of Directors

Directions:



Vote online at www.fortroadfederation.org June 1-13 OR cut out and mail-in your Ballot with your Voter Eligibility by June 12. Read Board member candidate responses in this issue of the Community Reporter or on our website: www.fortroadfederation.org.

Mail this ballot Voter Eligibility to: West 7th / Fort Road Federation, 882 West 7th Street, Suite 6, St. Paul, MN 55102

BALLOT: Candidates for Board of Directors

Executive Officers: Vote for ONE candidate for EACH position

| | | |
|--|---|--|
| <p>President</p> <p>_____ Dana DeMaster</p> | <p>1st Vice President</p> <p>_____ Wendy Underwood</p> | <p>2nd Vice President</p> <p>_____ Tracy Farr</p> |
| <p>Treasurer</p> <p>_____ Nicole Loran</p> | <p>Secretary</p> <p>_____ vacant position</p> | |

Area Coordinators

Find ONE Area - where you live, own a business, or own property; Vote for UP TO THREE candidates in that Area. One position in each Area will be reserved for a renter. If no renter is running, that Area will have only 2 Board positions.

| | |
|---|---|
| <p>Area 1 Coordinators</p> <p>Area north of St. Clair Ave on map</p> <p>_____ Jessica Callahan (renter)</p> <p>_____ Casey Carmody (renter)</p> <p>_____ Margaret Hinrichs</p> <p>_____ Elyse Jensen</p> | <p>Area 2 Coordinators</p> <p>Area between St. Clair Ave and Armstrong Ave</p> <p>_____ Kelsey Peterson (renter)</p> <p>_____ vacant position</p> <p>_____ vacant position</p> |
|---|---|

Area 3 Coordinators


Area south of Armstrong Avenue on map

_____ Tanya Fabyanske Beck

_____ Meghan Redmond


_____ vacant position

Voter Eligibility



Fill out this information to double check that you're eligible to vote in the Board election. We will NOT keep this section with your ballot after verifying.

- Name _____
- I am 16 years old or older: Yes or No _____
- I am a (check all that apply) resident: _____, business owner _____, or property owner _____ in the West 7th neighborhood shown on the map below at this address _____



Community Health & Wellness



WEST END HEALTHLINE

Family Medicine Residency Training Program Responds to COVID-19

BY JONATHAN DICKMAN, MD, PHD

The current coronavirus disease (COVID-19) pandemic has put medical care in new territory. Previously, family medicine providers embraced seeing patients with “cold symptoms” as it was usually a straightforward visit and was a break from providing complex medical care. Today, however, things are different. When COVID-19 came to Minnesota, there was panic whenever a patient described any illness symptoms. This could have resulted in chaos at United Family Medicine (UFM), but instead the faculty and residents at the Allina Health Family Medicine Residency Program stepped up and became leaders.

UFM houses the residency and has benefited from the innovation of the young minds who train in the program. In the past, the residency fostered the development of addiction treatment, ultrasound exams, dermoscopy and now has innovated a response to COVID-19. The first step was to separate sick and well patients to increase the safety of everyone seeking medical care. Drs. Mercer, Balasubrahmanyam, Swenson and Carlson

worked together and generated a solution. UFM’s second location at Sibley Plaza would be designated as a “sick clinic” while the main UFM location would be a “well clinic.” Sounds simple enough, but this is not easy, and the beauty of the effort is in the details.

How can UFM ensure the safety of everyone visiting and working at UFM? At the main clinic, all patients are screened for symptoms and temperature is taken before being allowed to enter the building. Any patients with positive screens are asked to go back to their car and are called for further instructions. At the Sibley “sick” clinic, the goal is to minimize the number of places and people the ill patients can contaminate in the building. There is no waiting room. Patients arrive in their car and are called to gather information. They are masked and brought immediately to a clinic room upon entry. One resident physician donning recommended personal protective equipment sees the patient, collects all vitals and labs, and generates the plan with the supervising faculty member, who is watching the visit via a baby monitor. After the patient leaves, the resident physician completes a thorough

cleaning of the room and anything the patient contacted in the building. The entire process is incredible to witness and truly a work of art that continues to be steadily improved over time.

This residency team not only tries to perfect the in-person visits, but has also developed a process for completing virtual sick visits via Telehealth. Many ill patients can stay at home and the residency team at Sibley can provide guidance in this virtual format. Protocols have been developed and are continually updated to ensure that up-to-date recommendations are provided, even if the patient does not physically step inside the Sibley clinic. Thus, this residency team is prepared to handle illness concerns in any way that best protects the safety of the patient.

The residency program at UFM has proven that, in a time of crisis, it continues the mission “To Serve and To Teach.” The West End community continues to benefit from the innovation, passion and hard work brought forward by the residency program. Thanks to this team, you can rest assured that it is safe to seek medical care at UFM if you have medical needs or concerns.

Innovations at Sholom Homes

Sholom Introduces Neuro-Fitness Device for Use in Senior Health Care

Sholom Rehab is now using the Reflexion Edge, a neuro-fitness device to help occupational therapy clients improve vision and balance using an innovative neuro-feedback device. Clients are already experiencing increased success in their rehabilitation and recovery thanks to the device.

Andrea Horvath, Sholom director of rehabilitation and wellness, reports: “Using the device gives clients built in feedback so they can help better guide their movements and motions as they recover from issues such as strokes, vision loss, and loss of balance. The progress and pace of recovery clients experience is amazing.”

Residents in rehabilitative care at Sholom are able to use the Edge therapy on an inpatient or outpatient basis providing flexibility for when the device is used, and it is individualized for each user. Progress on goals can easily be tracked. Clients can enhance skills like reaction time, spatial awareness, decision making, peripheral awareness, and eye-hand coordination.

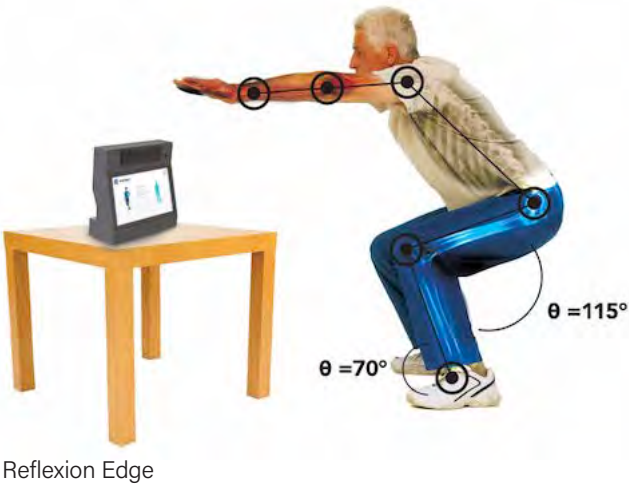
care members with the National Alzheimer’s Association in patient-centered dementia care training.

Sholom’s participation in the staff training began January 1, using Project ECHO’s unique distance learning training tool in a proven training format. Tele-ECHO offers winning member teams access to patient-centered dementia care training based on the Alzheimer’s Association Dementia Care Practice recommendations. Expert faculty and leading researchers are offering a six-month program in 12 modules.

The training program brings staff together in one location for optimal discussion and participation in the tele-ECHO conferences. The inclusive training includes topics such as detection and diagnosis, assessment and care planning, medical management and transitional care.

Sholom services include adult day care programs, residential assisted living, 5-Star Awarded nursing care and memory care.

For detailed information on these and other Sholom resources please call 651-328-2000.



Reflexion Edge



Sholom Named for Project ECHO Dementia Care Training

Sholom, Minneapolis and St. Paul, has been awarded participation in Project ECHO by the LeadingAge Minnesota Foundation in a collaboration of assisted

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Connection to Community Resources find the resources you need.

Counseling & Mental Health Services treat mental health issues.

Emergency Financial Assistance for emergency expenses.

Kosher Meals on Wheels are delivered to homes in our community.

Program to Encourage Active & Rewarding Lives 8 therapy sessions.

Senior Care Services care planning & coordination, caregiver coaching, advance care planning.

(651) 698-0767 | jfssp.org | info@jfssp.org

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A COMMUNITY CLINIC

651-241-1000 | 1026 West 7th St., St. Paul | unitedfamilymedicine.org

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West 7th/Fort Road Federation Election Special

Federation Candidates Offer Values, Insights

Dana DeMaster Candidate for President

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? It is important to “bloom where you are planted,” meaning that I have a responsibility to contribute positively in my community. There are many ways to do that, but for me, board leadership with the Fort Road Federation is a clear and direct way to influence and shape my community. I want to live in a community with schools, businesses, and social/recreational opportunities nearby so that the community is supportive to all — whether that is families like mine, an elderly person who wants to age in place, a business looking to expand, or a new resident looking for connections.



Dana DeMaster

What do you see as the greatest opportunities for our community? Through my work on the Federation board I have been privileged to engage with many neighbors. Again and again I hear that the people are the greatest asset of the neighborhood. This is so true, and the Federation has been investing in outreach and building capacity of neighbors to be engaged in a myriad of ways. I want to continue and grow that work so we can build on our greatest asset.

What do you see as the primary challenges for our community? We share many of the same challenges the rest of the city faces — housing affordability, aging housing stock, stressed infrastructure, and economic vitality and diversity. Demographic changes are impacting us as Baby Boomers age and new young people move in. How do we support each other through these transitions and changing needs?

What skills or strengths would you bring to the Federation's Board of Directors? I have a growing knowledge of the organization and its needs, strengths, and challenges as current president. I am a skilled facilitator and have a leadership style that is focused on mission and strategy while building on the diverse skills, time, and talent of community members to achieve that mission. Professionally, I work in program evaluation and bring more than 15 years' experience in strategic planning, performance measurement, and program development, as well as staff supervision and management.

What is your connection to the West 7th neighborhood? I have been a resident of the neighborhood since 2015 and a St. Paul resident for 16 years. I served as an Area III coordinator in 2018 and board president in 2019.

Wendy Underwood Candidate for 1st Vice President

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? The core role of the Fort Road Federation is to ensure equitable opportunity throughout our community. I live by these values, both professionally as an employee at Catholic Charities and personally as a West 7th resident and volunteer. I have truly enjoyed furthering this goal as a Federation board member.



Wendy Underwood

What do you see as the greatest opportunities for our community? We are showing the region it is possible to meld old and new, leverage artistry for economic development, and blend generations of West 7th neighbors with new, diverse families. Our awesome neighborhood associations are drivers of this success; they need our consistent support. It is important these values are reflected in our District 9 Plan currently being updated for submission to the City.

What do you see as the primary challenges for our community? West 7th's growing vitality is inherently its biggest challenge; as we navigate this growth, it is critical we maintain affordable single-family homes and business rents, improve pedestrian and bike safety, and ensure new developments honor and maintain West 7th's identity. We also need to do more as a community to address the needs of our children, seniors, and people with disabilities.

What skills or strengths would you bring to the Federation's Board of Directors? I have been on the Board for two years and am very excited with the work underway to stabilize our budget in a changing economy; expand our board membership and outreach; and grow our community engagement efforts. There are a few things I would like to see over the finish line and so am seeking a one-year term to continue my service. I would be honored and humbled to be able to continue with this awesome group!

What is your connection to the West 7th neighborhood? My husband and I are the proud owners of a Lauer Brother home in the Little Bohemia Neighborhood. Over this time, I have been a member of the West 7th Community Center and Community Reporter boards, I have helped small businesses enter into the neighborhood, and I've been a champion for neighbors at City Hall. Last year we participated in the Minneapolis/Saint Paul Home Tour as a way to promote our fantastic neighborhood.

Tracy Farr: Candidate for 2nd Vice President

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? People. People living in community with one another. I see the Federation working together to provide opportunities for the people around us to thrive as we seek the common good.



Tracy Farr

What do you see as the greatest opportunities for our community? Everyone should regard our neighborhood council as a forum of ideas where they will be heard and exposed to alternate views, and then join in determining the direction of our community. Engagement fosters understanding, and understanding diminishes fear and resentment. The redesign of the Riverview Corridor offers the chance to better connect people to our local businesses and the neighbors who live and work along the route, increasing both the safety and the vitality of West 7th.

What do you see as the primary challenges for our community? Too many people feel isolated. If they felt free to share activities and ideas with their neighbors, they could discover that others share their interests and views, or they might find that we delight in their difference. Maintaining a broad spectrum of housing options would allow various people to enjoy and contribute to the life of our neighborhoods. We need to expand our tax base so that moderate rates can fund the services we expect.

What skills or strengths would you bring to the Federation's Board of Directors? Natural curiosity and active listening skills mean that I can completely disagree yet remain fascinated to understand how or why someone holds a different opinion. Cordial relationships with elected officials at the city, county, state, and federal level have evolved from my years of experience advocating policies and positions with them. My career and long service on the executive board of the Bicycle Alliance of Minnesota puts me equally at ease in the political, business and non-profit spheres.

What is your connection to the West 7th neighborhood? We chose to live and grow our family here seventeen years ago because the blue-collar, immigrant history of this place reminded us of our Pittsburgh roots. The access to downtown and the airport remains vital assets to us, as are the local businesses that earn the vast majority of our spending. I gladly serve as a precinct chair, but I'm interested in any way to promote the well-being of our neighborhood and the common vision for this part of our city.

Nicole Loran: Candidate for Treasurer

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? It embodies a sense of community and community pride. It says to me we want to make West 7th neighborhood a place people want to come to and can thrive in.



Nicole Loran

What do you see as the greatest opportunities for our community? The opportunities to tap into all the different views of both those living in the community and those working or owning business here. West-7thers are very proud of being West-7thers and using that pride to make the neighborhood somewhere business want to open or people want to live will only help the community thrive.

What do you see as the primary challenges for our community? We have a very diverse community where people know what the community needs. The challenge is trying not to do too much at once but being able to strategically plan and organize what will have the most impact and do that the best we can.

What skills or strengths would you bring to the Federation's Board of Directors? I have worked in the accounting world for 15 years. I have mainly worked with small to midsize growing companies establishing budget processes and cashflow investment scenarios.

What is your connection to the West 7th neighborhood? I have lived in the neighborhood for 5 years now.

Secretary Position Vacant

Area 1 Coordinator Candidates (three positions available, one of which is dedicated to a renter).

Jessica Callahan (eligible for renter-dedicated position): Candidate for Area I Coordinator

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? I truly love this neighborhood and want to be part of its change for the Positive. I like being part of the Solution.



Jessica Callahan

What do you see as the greatest opportunities for our community? Keeping a vibrant mix of people in our Neighborhood. Keeping older folks in their homes and adding young families into the mix. Promoting Artists and new retail without compromising the History of our great area.

What do you see as the primary challenges for our community? Promoting growth and renovation without gentrification. Finding the balance between progress and everyday life.

What skills or strengths would you bring to the Federation's Board of Directors? Lived in the Area for six+ years and know many of my neighbors. I work in the neighborhood at the Keg & Case. Did theatre for 15 years, I know how to work in a group toward a common goal. I can speak well in front of a large group.

What is your connection to the West 7th neighborhood? Lived here as a renter for 6+ years. We live three houses away from the Grand Oak Opry.

Casey Carmody (eligible for renter-dedicated position): Candidate for Area I Coordinator

What makes the Federation mission meaningful to you? Why are you interested in being a Board member?

I find significant value in the Federation's mission to advocate and build our local community. As I've continued to live in the West Seventh neighborhood, I've come to appreciate the close, rich community we have as it has grown and diversified. This appreciation has developed a desire in me to join an organization that is instrumental to West Seventh's growth and strategic direction. I want to help the Board continue to build a strong community throughout the West Seventh area, and I believe membership on the Board would help me give back to the community I love.

What do you see as the greatest opportunities for our community? The greatest opportunity for the West Seventh neighborhood is that people are viewing it as a desirable place to be. We've had an influx of new



Casey Carmody

residents, businesses, and organizations join our neighborhood in the past several years, which has made West Seventh an exciting place to live, shop, and work. Building a neighborhood like this doesn't happen by accident, and I believe we should continue to find ways to attract vibrant and diverse neighbors to West Seventh.

What do you see as the primary challenges for our community? In the same breath, the fact that West Seventh is such a desirable place to be also creates substantial challenges. As our neighborhood continues to grow and change, I think we face the risk of losing the feeling of a strong, connected community. However, the solution isn't to become insular and turn potential community members away. Rather, we must work hard to integrate new members into our community, share its rich history, and solicit their ideas about what type of community they desire to create with us.

What skills or strengths would you bring to the Federation's Board of Directors? I am well-versed in communication skills through my educational and professional background. I can bring these listening, speaking, and negotiating skills to the Board to help find common ground among members and within the West Seventh community. I'm always willing to work with others, even those whom I may occasionally disagree with, to find solutions to complex problems. I will not hesitate to speak up and take leadership roles to ensure the Board's vision is met while also willingly join teams as a supporter to carry out the work to successfully meet Board goals.

What is your connection to the West 7th neighborhood? I've been a resident of the West Seventh area for eight years, and I've been a renter the entire time. I've seen the exciting new developments and addition of several new businesses in the neighborhood. I walk along West Seventh on my way to work near the Capitol, and I regularly visit many of the businesses in the neighborhood. I've been a member of this community for a while, and I would be honored to serve the West Seventh neighborhood as a member of the Fort Road Federation.

Margaret Hinrichs (home owner): Candidate for Area I Coordinator

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? I have lived in the area for six years, I worked in the area in the 80s for two years, as a block organizer for West 7th Community Center. I love the history, and diversity of the area.

What do you see as the greatest opportunities for our community? To continue to grow, with respect for the values of our past, and an eye to emphasize our diversity.

What do you see as the primary challenges for our community? We are a desired neighborhood. We need to remain focused on what we value, and not to give in to easy, or short-term efforts.

What skills or strengths would you bring to the Federation's Board of Directors? My past experience as a social worker in nonprofit organizations with a goal of personal and community well-being.

What is your connection to the West 7th neighborhood? I own a home on Superior Street. I have worked as a member of the West Seventh Enhancement Committee of the West 7th Business Association, I am a member of St. Stan's Parish.



Margaret Hinrichs

Elyse Jensen: Candidate for Area I Coordinator

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? I deeply love our community and have put down roots to raise a family, run a business, and live vibrantly here. I'm interested in being a Board Member, because I've seen the opportunities and challenges West 7th has faced in the years I have lived here and would like to take a more proactive role in advocating for and planning what happens in my neighborhood.

What do you see as the greatest opportunities for our community? The unique location, character, and history of our community makes us a gem within the City of St. Paul and desirable for investment and growth. I believe our greatest opportunity is to preserve what makes us special while adapting to exciting growth and changes.



Elyse Jensen

We have the tools and drive to include everyone in the discussion and create a vision of how major projects and investment will impact our neighborhood.

What do you see as the primary challenges for our community? Our community is in the midst of unprecedented uncertainty. On every level of our lives, we will be navigating the aftermath of a global pandemic and the economic and social changes that result. Our City has already faced budget, infrastructure, housing, and crime challenges. We need steady, informed, and inclusive leadership, now more than ever, as we navigate these issues in an even more challenging environment.

What skills or strengths would you bring to the Federation's Board of Directors? I spend my days helping families and small businesses be their best financial selves and have served in local, state, and federal leadership positions for both industry and community organizations. I have advocated to both state and federal elected officials on complex professional topics, and even provided council to small business owners in third world countries. Through working with such a broad spectrum of people, I've honed my ability to communicate complex topics in a relatable, meaningful and understandable way.

What is your connection to the West 7th neighborhood? I have been a resident of our neighborhood for almost seven years. During that time, I've established my small business, started my family, and restored my historic home. We love West 7th!

Area 2 Coordinator Candidates (3 positions available, one of which is dedicated to a renter).

Kelsey Peterson (eligible for renter-dedicated position): Candidate for Area II Coordinator

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? The words: a place where people want to live work and play resonate with me. West 7th is a working class, working, living and unique place. I am drawn to being on the board to offer my insights about my aspect of the community and to continue to help build the connections between small business, neighbors, the natural world, and the people that inhabit this area!

What do you see as the greatest opportunities for our community? Greater involvement of young people, LGBTQ people and POC. We have a lot of people living in our community that don't have a lot of representation, including our substantial homeless community. West 7th as a community is privileged in being a representative for so many groups and it would be great to see those groups participating in more community events in spaces that are accessible to those people.

What do you see as the primary challenges for our community? Lack of representation and lack of resources for lower income and young people in the area. We are also in a time of a lot of isolation for people. Many people young and old are starving for community.

What skills or strengths would you bring to the Federation's Board of Directors? I am a young person, in my 30s, and a renter at Schmidt, which provides me with a diverse view of our population. I am a trained actor and feel comfortable in public speaking and activism positions. I grew up in this neighborhood so have seen how the neighborhood has changed and feel a duty to serve the community.

What is your connection to the West 7th neighborhood? I grew up in Irvine Park right off West 7th. I spent much of my childhood biking along West 7th, playing at Palace playground, getting groceries at Mississippi Market and Cooper's and spending a lot of time near the river. I now live in Schmidt Artist Lofts and I am getting reacquainted with this aspect of the community.

Area 3 Coordinator Candidates (3 positions available, one of which is dedicated to a renter)

Tanya Beck: Candidate for Area III Coordinator

What makes the Federation mission meaningful to you? Why are you interested in being a Board member? After almost a year on the board, I've reinforced my commitment to the



Kelsey Peterson



Tanya Beck

neighborhood and making the board reflect the neighborhood and its interests. It wasn't enough time! There is much more to be done.

What do you see as the greatest opportunities for our community? I think we as a board need to figure that out, by better engaging more of the community. We have honed in on a couple of things from feedback from neighbors, including affordable housing, transportation and green initiatives.

What do you see as the primary challenges for our community? There are a lot of underutilized assets and resources in this community — arts organizations, community centers, services, events and other ways to connect with each other. I think making sure that everyone knows about them and has an opportunity to connect in a meaningful way is important.

What skills or strengths would you bring to the Federation's Board of Directors? I've spent over ten years of my career making sure that folks have fair access to housing. I've learned to communicate across barriers. I am energized to engage folks to have a voice in the direction of the board and the neighborhood.

What is your connection to the West 7th neighborhood? I have lived in the neighborhood for over 15 years. I also work along West 7th for a nonprofit housing organization.

Meghan Redmond: Candidate for Area III Coordinator

What makes the Federation mission meaningful to you? Why are you interested in being a Board member?

To have a vibrant community where all can live, learn, and grow, there needs to be physical, social, and economic opportunities for all. The Fort Road Federation is a steward of the community to ensure the neighborhood has these qualities into the future. As a neighbor who loves this community and has a family, I am invested in making sure that our community remains vibrant.

What do you see as the greatest opportunities for our community? The greatest opportunity is to be a strategic player within the development of the Riverview Corridor. The community is at a critical juncture and we must acknowledge our history, but not let history limit our potential to grow and evolve our community in a healthy and productive way. Included in this is to be forward thinking to the challenge all communities will face as our population ages and the importance of developing and stewarding the growth of a neighborhood that is relevant to all people across the spectrum of age, economic status and ethnicity.

What do you see as the primary challenges for our community? West 7th is in the midst of multiple transitions. Our neighborhood is in demand with new restaurants and breweries, small businesses, and housing being developed at a rapid pace. In addition, longtime residents need access to amenities and services to meet their changing needs, new residents need community resources for growing families, and our growing artistic community needs opportunities to showcase their work. Ensuring that our neighborhood is diverse and inclusive ethnically, economically, and socially; be walkable, approachable, and supportive of all of our residents' needs, is our primary challenge.

What skills or strengths would you bring to the Federation's Board of Directors? I have more than 12 years of professional experience in volunteer management and community engagement — currently with AARP. In addition to being a current board member with the Fort Road Federation, I've also served on other working boards. I've worked with diverse communities and understand the issues that individuals of all ages and families across the economic spectrum face. Currently, I'm finishing my Masters in Public Affairs at the U of M with a concentration in community engagement and program evaluation.

What is your connection to the West 7th neighborhood? I've lived in the West 7th Neighborhood for seven years and my husband bought our home 11 years ago. My children attend neighborhood schools and on a typical weekend can be found at Palace or Keg and Case. My husband and I both work nearby, and have built up our social network around the great people here, and when not working can usually be found in Mojo Monkey, Skinner's, JR Mac's, Joe and Stan's, or Clutch Brewing, in which we have invested, and we would never miss the Annual Spaghetti Dinner at West 7th Community Center.



Meghan Redmond

Perspectives from our Representatives



SAINT PAUL CITY COUNCIL MEMBER
CHRIS TOLBERT
WARD 3
columnist

been filled with trying to navigate unemployment and other programs newly created to try and help those without jobs

The Impacts are Not Equal

So much has changed in all our lives over the past few months, and by the time you read this I'm sure much will have continued to change. Things we took for granted as part of our normal everyday life have been upended. Some of us are now working from home, many while trying to supervise children and help manage their switch to distance learning. Some of us no longer have jobs to go to, and days have

due to this global pandemic. Our daily activities that used to consist of perhaps a quick stop at the grocery store on the way home to pick up those last few things for dinner, or a weekend Target run to get household essentials, now look dramatically different than even a few weeks ago. Limited people are allowed in essential stores, people are wearing masks to protect others, and people are standing far apart while waiting to check out are all part of this new normal. This has been difficult on everyone, in so many ways. The impacts of COVID-19, however, are not equal and we as a City are working hard to ensure we can provide the best safety net possible, to fill in and help people where the federal or state government isn't able. We will continue to work so that everyone in St. Paul has access

to ways to help themselves and their families make it through this challenging time. We are fortunate to have good leadership at the state and municipal level, with shared priorities of helping our fellow Minnesotans and St. Paul neighbors, and goals of working together as a community. I have been personally grateful to see so many friends and neighbors following the guidelines and recommendations of our medical community and encourage everyone to continue to be diligent in their daily life to ensure we are each doing all we can to slow the spread of COVID-19. Our daily actions directly impact our health care professionals, and their ability to safely continue their heroic efforts to keep us all healthy and safe. We have a long road ahead of us and it's a fluid situation. Stay informed, be responsible, protect yourself, protect others, stay healthy and stay safe.



COMMISSIONER
RAFAEL ORTEGA
columnist

thought that it's important to be open to situations where the new ways are better than the old, so I'm trying to stay observant for that. Personally, it has been like night and day. My calendar before this was full of business and constituent meetings, multiple events most evenings, and visits to the capitol in Washington or St. Paul. In between I often walked from my building in downtown to the courthouse or other locations and ate lunch and dinner at great restaurants throughout my district. Then, my calendar was emptied. Many of those meetings have been rescheduled

The Best We Can Do

I appreciate the chance to share my impressions of how life has changed during COVID-19. Of course, it's a different world, both professionally and personally, and I have found that I miss many aspects of "normal life." But I've seen a lot of change in my life and I've always

virtually, but it is not the same. I see fewer people and they participate less and we all have to work harder to connect. And the inability to have informal conversations one-on-one or two-on-one or read the body language around the table is challenging. Part of my job of course is to represent folks in my district and walking through crowded skyways, eating at restaurants, just going to graduation parties and barbecues are crucial ways to know what people are thinking. And I assure you that people let me know! So, I miss person to person contact and there is no substitute. At the same time, we at the county have completely changed our services, closing our public buildings and replacing person to person contact with indirect service to protect our clients and our staff. For all the details, please visit our website at ramseycounty.us/COVID-19-info/county-services-initiatives/coronavirus-impacts-county-services. We are conducting our non-emergency business using our call center and drop boxes and people are really appreciating more options. Voting by mail is an example where things may be better than they've ever been. Obviously, it's safer for everybody

but it may lead to more people voting as well. On the negative side, residents at our care center can no longer physically be with loved ones. We are now providing windows where residents can see and talk to their family. It isn't the same, but it's the best we can do. I miss you all and I continue to be available by email (rafael.e.ortega@co.ramsey.mn.us) and phone (651-266-8361). Stay safe and healthy.



REBECCA NOECKER
CITY COUNCIL MEMBER, WARD 2
columnist

But if one morning there's construction blocking your way and you're forced to find an alternate route, you may stumble upon an entirely different — perhaps better — path that you'd never have found otherwise. In other words, the openness of your regular road was actually a kind of impediment — it was blocking you from discovering another way. I haven't been taking very many roads lately — to work or anywhere else. Like all of us, I've been staying home, trying to adjust to the new reality of a global pandemic. It's been a struggle to balance being a City Council member and a mom-turned-homeschool-teacher, tuning into emergency operations center calls while reviewing my kids' worksheets on double-digit addition and parts of speech. I miss seeing my constituents face to face — so much is lost when we meet on screens, not in coffee shops. And I'm frustrated that the magnitude of this crisis makes it hard to help the residents and business owners in my ward who are struggling. But in the midst of all these challenges, I've found myself thinking about De Bono's point and wondering how this crisis might also be an opportunity, how this blockade might shake us out of our old routines and

Different Paths are Possible

The psychologist Edward de Bono once proposed a seemingly contradictory idea: that you can be "blocked by openness." He explains it like this: Once you get used to taking a certain route to work, you'll continue taking it every day.

open us up to new and better ways of doing things. During this pandemic, we've shown that city government can act quickly and cut through red tape when necessary. We've launched emergency relief programs, sanctioned curbside take-out and reduced licensing fees — in days, not months. Could we make this efficiency and flexibility the new normal, even after the crisis recedes? Social distancing has required us to adopt new technology to hold City Council and other public meetings remotely. Though online platforms have their limits, virtual meetings have made civic life accessible for the many St. Paulites who are normally unable to attend in person due to work, childcare, transportation or other constraints. Can we continue to use technology to help people engage, even once in-person gatherings resume? As we confront what is sure to be a severe budget crisis, can we ignore the temptation to choose short-term fixes that will just get us past the current emergency, and instead seize the opportunity to rebuild our budget from the ground up — fund what's working, cut what's not and do our work in new ways to save time and money? Finally, we must confront this pandemic's glaringly disparate impacts on our low-income neighbors and our neighbors of color. Can the pain of this crisis motivate us to root out the inequities that continue to divide us and hold us back? I believe we can do all this and more. Despite the pain and uncertainty of this moment, we can make meaning out of it by learning from the new options it presents. And we can emerge stronger and more united than ever.



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Community Nourishment



HALLE O'FALVEY
columnist

BIRDS IN PARTICULAR Bird Life in the Neighborhood

I'm sitting outside in my yard a lot more these days. I'm noticing my backyard birds. They are constant. They live here. I'm the one who likes to jump in my car and go somewhere to look for birds, especially when migrants arrive; for the adventure. Instead, this spring, I'm compelled to sit in my yard. I have a lot of birds, considering I leveled most of my backyard landscape in a vain attempt to reduce water in my basement. On the other hand, it is pretty exciting to have a clean slate to work with now.

I do hear the high pitched, dull hummm of cars on I-35E more than ever though. It could be a lot louder but since the speed LIMIT is only 45 mph, it is more of a hummm. Interstate-Highway-35, is 1,555 miles long, it travels north to south; Duluth, MN to Laredo, TX. During the Dwight. D. Eisenhower Administration, in 1956, The

National System of Interstate and Defense Highways was enacted. Our four-mile neighborhood stretch of I-35E was the last to be constructed and was granted a lower speed and a weight restriction, after years of community action — see publishing. rchs.com/wp-content/uploads/2015/11/RCHS_Winter2014_Milton.pdf.

I've had a pair of chickadees hollow out a downy woodpecker's hole in the bonsaied stump of the willow tree, to lay their eggs. The males mating display is a wonder. They are such tiny birds. I, also have crows with an active nest on the boulevard. Robins are calling me out for worms, I'm like, "Ya, I got this robin," and turn on the hose to bring up the worms. Then they hop over for a wiggly one. A pair of northern cardinals like the spruce tree a lot. The elderberry bush and the bridal view is all I have for height and cover in the backyard. The hummingbirds really like the creeping Charlie, the dandelions, the Canada violets

and the wild purple violets. So don't pull them up anymore. They are the early pollinators.

A little wren showed up, so the chattering is here!!! He was building a nest in the neighbor's tree across the alley. The males do build several nests for the female to choose from. The chimney swifts returned to their summer residence over at Global Arts Plus on Osceola. They fly overhead as they come into roost for the night after flying all day long.

And then just as I was going to come in for the night, the night hawk squawked. It is one of my favorite birds. It means summer is near. It means mosquitos are active. It means a nighttime serenade. Earlier, my son Myles and I took a walk down to Crosby Farm and found a patch of mosquitos off the beaten track.

What is missing this year is the red-winged blackbird that had its annual two-week layover on our block. The males come two weeks earlier than the females to scope out a nest. I sure miss his trilling. Best to be birding these days. halleofalvey@gmail.com.



DEBORAH PADGETT
columnist

DEAR DEB Whatcha Reading?

Yesterday I read a list of suggestions provided by a physician recovered from COVID-19 for staying healthy in this time. She suggested, among other things, gargling warm salt water, taking Melatonin,

reducing caffeine, drinking lots of water, getting as much sun on bare skin as possible, getting plenty of sleep and, best of all, to my way of thinking, singing out loud!

She urged us to find ways to feel connected to others as well. I realize one of the best ways for me to feel that deep human connection is through reading books. Novels are my mainstay, but I'm finding plenty of time to be enriched by non-fiction too. Remember last month when I mentioned the fever of reading that has come upon me as I isolate in my home? The requirement that I stay home, rest and recover has me reading with a fervor I haven't known in many years. I've been all over the country, many places in the world and in the future and the past in the many pages I've read. Here's my list. People seem to be asking and I'm asking them in turn. What Are You Reading?

- Colson Whitehead, *The Nickel Boys*.
Richard Russo, *Chances Are*.
Camille Aubrey, *Cooking for Picasso*.
Kazuo Ishiguro, *An Artist of the Floating World*.
Steve Rowley, *The Editor*.
MaryBeth Keane, *Ask Again, Yes*.
Elizabeth Strout, *Olive, Again*.
Reza Aslan, *God, A Human History*.
Ta-Nehesi Coates, *The Water Dancer*.
Tessa Hadley, *The London Train*.
Stephen King, *Elevation*.
Alice McDermott, *The Ninth Hour*.
Margaret Atwood, *Hag Seed* (Atwood's

- Tempest... brilliant).
Tommy Orange, *There, There*.
Louis Édrich, *The Night Watchman*.
Tracy Chevalier, *The Last Runaway*.
Chimamanda Ngozi Adichie, *Americanah*.
Matthew Stewart, *Nature's God*.
Yuval Noah Harari, *Sapiens*.
Emily St. John Mandel, *The Glass Hotel*.
Maria Ganza, *Optic Nerve*.
Julia Phillips, *The Disappearing Earth*.
Louise Penny, *The Long Way Home*.
Anita Desai, *Fasting, Feasting*.

SubText Bookstore sent me a brilliantly colored and enticing update on how they can continue to provide me with books so I am in shopping/curbside pick-up mode. I continue my daily practice of reading a passage from Karen Casey's *The Promise of a New Day*. Most important, though, because of the essential healing power of laughter, Michael and I read aloud at least one chapter a day from a favorite Dave Barry book.

I don't mean to deceive you that I am happy as a little clam here, isolated from the larger world. I am, like you (I imagine) at times sunken in a place I can't quite name as grief, depression or a palpable loss. It overwhelms me at times with the sense of a heavy weight. I've found in the practices of my day, in imagining the colors and lines of a new drawing, in the thoughts and words coming through the books I read and in singing and laughing aloud, a way to sometimes and for a moment, lift that weight.



GARDEN VIEWS KENT PETTERSON columnist

You too can have a (COVID) Victory Garden

The soil is warm and moist and the weather is cooperating here in St. Paul. As we social distance and find new alternatives for our time, I would suggest you try raising some food in your home space if you have it or a community garden or with a friend who wants to share space.

We have two community gardens here in the neighborhood, one at Jefferson and Victoria and the other off Otto at the Sholom site. Both have space available as of this writing. Check sites for information.

You don't need a lot of space. Ten feet by ten feet of soil with sun would be a good start. You can always get bigger as you are successful. Good organic compost to improve your soil is available at the Pleasant recycling site. The compost is free to anyone with a bucket or truck to haul it away.

It is not too late to get started. We can still plant anything on the list of commonly grown vegetables and get a crop this season. It is too late to seed peas, lettuce and spinach this month, but you can prep and be ready to plant in August when many folks are doing their second seeding of these cool weather plants.

Now is the perfect time for tomatoes, peppers, cucumbers, green and yellow beans, winter and summer squashes, basil and other herbs. Other vegetables that may already have been planted such as beets, carrots, broccoli, kale, cabbage, eggplant, onions, swiss chard and many others, if planted in June, will reach maturity in a normal year.

Plan that your Victory Garden will become an organically growing site, both safe and evolving from year to year. It will get better with your attention starting now. It is OK to get going this month, don't wait until next year, as this year is the time to start. Good luck!



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CHURCH BULLETIN

editor@communityreporter.org



Remember to verify all scheduled events, including church services.
Call 651-665-0068 or e-mail editor@communityreporter.org.

St. Peter's Church: Women's Fellowship meets first Saturday monthly 8:30 a.m. (6/6). Bible Study 9-10am. Sunday Service 8:30am Bible Class, Sunday school 9:45am. 530 Victoria S. Info: 651-228-1482.

St. Luke Church: 1807 Field Ave.

St. Mark Church: 550 West 7th.

Humble Walk Lutheran Church: Worship Sundays 4:30pm. Art House North, 793 Armstrong Ave., St. Paul.

Immanuel Baptist Church: Sun 10am Bible Study; 10:45am Worship. Wed 7pm, Bible Study/Prayer, 740 Watson Ave., 651-227-5075. Immanuel Baptist is an independent church.

The Way Church: Services every Sundays 12:30pm with Pastor Joseph Webb IV at St. Mark, 550 West Seventh. Info: text 612-859-2572 or call 651-668-0065 and leave a voice message.

Keystone
COMMUNITY SERVICES
WEST 7TH COMMUNITY CENTER
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651-298-5493 west7th.org

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 WEST 7TH COMMUNITY CENTER IS CLOSED AND ALL PROGRAMS ARE SUSPENDED. Call or check website for latest information.

YOUTH

Community Kids Summer Day Camp for youth in grades 1-8, academics and enrichment, free part-time program. Please contact Julie Murphy for information: jmurphy@keystoneservices.org, 651-504-2246.

VOLUNTEER

Volunteer Opportunities: Call 651-645-0349 to learn more or sign up

Meals on Wheels delivery: Once a month, 11am to noon.

Friendly visitors needed: Visit seniors in our neighborhood who need companionship.

Drivers needed: To occasionally bring senior neighbors to medical appointments, grocery shopping, other small errands.

Tutors/reading buddies: Practice reading or math skills with young people, and offer homework assistance.

ADULT 55+

CURRENT PROGRAM CHANGES

Active Senior Programs have been canceled until June 15, and the date may be extended if needed to assure that our community of seniors remains safe and healthy.

Keystone History Tours are cancelled through June 30.

Meals on Wheels remains open, but changed to a weekly frozen meal delivery system. New participants are welcome. Call 612-623-3363.

Keystone Food Shelves are also open with modified service. It is also possible to have food shelf deliveries to your home. For details call 651-917-3792.

Care Managers are active, working from home. Leave a message with Holly at 651-504-2594 for a callback.

Friendly Visiting Phone Call Program Staff and volunteers are scheduling friendly phone visits every week for our senior participants. To be involved please call 651-645-0349.

NEIGHBORHOOD, PG 1

shocking and deadly upheaval to lift the veil on the true state of affairs. Was it a case of things we didn't know, didn't want to know, or couldn't afford to know?

When COVID-19 emerged, our low-income workers faced a new dilemma. They might be most likely to be laid off, or they might be designated essential and sent out to work in high-risk environments without personal protective equipment or adequate testing. [Note: by early May, 40% of Americans with household incomes below \$40,000 lost a job. Of those earning more than \$100,000, the figure was 13%.]

Also, by early May, 7% of small business owners (who have created the most jobs for decades) reported being out of cash; 9.5% could fund a week of operations; 50% predicted they'd be out of funds within a month. Owners and workers at the brink.

In Our Community

With our history of civic engagement, we have insisted on being included in the decisions that affect our lives. We have valued and supported each other. Now, we need to do everything we can to make sure that all our neighbors are involved — to examine, discuss, brainstorm, invent, imagine, ways of valuing everyone's economic and social roles. Our essential workers are essential, and

there are vastly more of them than we understood. Think of what you've discovered during COVID-19 about who is most essential to your life and what they have had to go through.

Michael Sandel, political philosophy professor at Harvard, recently published an article in the *New York Times*, "Are We All in this Together?" in which he writes:

"Beyond thanking them for their service, we should reconfigure our economy and society to accord such workers the compensation and recognition that reflects the true value of their contributions, not only in an emergency, but in our everyday lives. {Such a reconfiguration} requires deliberating as democratic citizens about what constitutes a contribution to the common good, and how such contributions should be rewarded."

"As citizens," we have a chance to come through the crisis with a determination to join the local efforts to think about and renew our community. The Federation candidates show that they are ready to be fully involved. Our other key organizations continue to engage and work to improve the community. Each person's involvement will be required.

Let's decide as a community not to "go back to normal." Normal wasn't good enough.

AT RISK, PG 1

livable city in America," we really should ask "For whom?"

The comprehensive report was written by Allison Luzzi, Minnesota Compass Project Director, and Justin Hollis, Research Scientist, and gives more perspective to these results: "What we're finding is that Minnesota was kind of on shaky ground coming into this pandemic already," she said, pointing to persistent levels of poverty that itself is a significant factor in one's vulnerability to the health conditions mentioned above. Low income and lack of health insurance; housing costs as a higher percentage of income; and a general sense of inequity around supports that are essential for living a healthy life, have been made more stark by the COVID pandemic.

The authors touch at the heart of the complex issues:

"The COVID-19 pandemic underscores and exacerbates disparities. Communities with elevated risk for severe COVID-19

are communities that were already facing challenges related to poverty, employment, and access to transportation. These also tend to be communities with high concentrations of Asian, Black, Hispanic, and Latinx residents. While viruses do not discriminate, in and of themselves, our policies and institutions are not neutral in their outcomes. People living in the highest risk neighborhoods also shoulder a disproportionate share of health care jobs. They are, quite literally, on the front lines of this pandemic. Understanding the distribution of underlying health risk factors can help us identify which areas could benefit from targeted efforts at mitigation and where greater need for health care may emerge. Our findings give an idea of where targeted outreach, education, and community health efforts may be most critical."

To read the complete report and learn more about efforts by Wilder and others to deal with COVID-19 in the context of all the pre-existing issues that make life so fragile for so many of our neighbors, see mncompass.org/COVID-19/overview.

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VIRTUAL BOOK EVENT:
Grocery Activism: The Radical History of Food Cooperatives in Minnesota

Thursday, June 4, 7pm. East Side Freedom Library's Facebook page: facebook.com/EastSideFreedomLibrary. Author Craig B. Upright will discuss his new book *Grocery Activism: The Radical History of Food Cooperatives in Minnesota* with East Side Freedom Library's Peter Rachleff. The event is part of the Ramsey County Historical Society's History Revealed series. This book is an instructive case study in the history of activists intervening in capitalist markets to promote social change. Focusing on Minnesota, *Grocery Activism* looks back to the 1970s, when the cooperative mission shifted from political activism to the promotion of natural and organic foods.

REMEMBER TO VERIFY ALL SCHEDULED EVENTS.

Face to Face Virtual Event: 6/3, 12-12:30pm. To register go to face2face.org/donate/2020event/. An intense half-hour that includes stories of transformed lives; a special update from Executive Director, Hanna Getachew-Kreusser; Encouragement from Ramsey County Commissioner Trista Matas Castillo; Music by Tim Mahoney. Free event and open to all.

Welcome writers! Thursdays, 10:30am-noon. Merriam Park Library, Marshall and Fairview Avenues. We are a group of experienced writers who 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 Cellette, 651-442-3544.

Beginner Square Dance Classes: Mondays, 6:30-8pm, St. Mark Evangelical Lutheran Church, 550 W7th. Weekly beginner classes. \$5. First night, dance is free. Square Dance is for everyone: solos, couples, families and youth. No partner needed. Pre-registration not required. Info: 651-503-7040.

Upcycled Jewelry Workshop at Center for Lost Objects: Wednesdays, 5:30-8:30pm. 957 W7th. Make earrings, necklaces, bracelets, sculptures or anything you can think of. Visit centerforlostobjects.com to reserve a spot: cost \$25 includes all supplies. Info: Amy 612-382-8100.

Power-Up Legal Clinic: 6/4 & 18, 1-4pm. Walker West Music Academy, 760 Selby Ave. A free walk-in legal clinic dealing with any non-criminal law issue. Information at 651-894-6912, or interfaithaction.org/legalclinic. Hosted by Morning Star Baptist Church in conjunction with Interfaith Action, Southern Minnesota Regional Legal Services, and the Cardozo Society.

Mobile Menders Postponed: 5:30-7:30pm. W7th Community Center, providing free services. Bring up to 3 clean items that need mending.

Telemedicine for Physical and Mental Health: Lessons Learned from the Pandemic: 6/11, 12-1:15pm. A free webcast sponsored by Minnesota Gerontological Society. Featuring Roberta Meyers, MD, Hennepin Healthcare, and John E. Brose, PhD, Founder, CEO, Associated Clinic of Psychology; MGS 2020 Gerontologist of the Year. mngero.org.

Virtual Book Launch: 6/9, 10am. Author Kao Kalia Yang and illustrator Xee Reiter will read from and discuss their new children's picture book *The Shared Room*. Register for free at: z.umn.edu/sharedroomlaunch. SubText is the official bookseller for the event copies.



Challenges to Transgender Rights: From the Holocaust to Today: 6/16, 7-9pm via Zoom. Register at worldwithoutgenocide.org/transgenderrights by 6/14. World Without Genocide hosts a program examining current challenges to transgender rights locally and globally. Speakers include Jeffrey Hayes, LGBTQ+ Community Engagement Team Liaison, Minneapolis Police Department; Tara Kalar, J.D., Human Services Judge, Minnesota Department of Human Services; Leslie Lagerstrom, Founder, Transparenthood; and Ellen J. Kennedy, Ph.D., Executive Director, World Without Genocide. This event commemorates LGBTQ Pride Month, established to memorialize the Stonewall riots, which occurred at the end of June 1969. \$10. worldwithoutgenocide.org, 952-693-5206.

Carondelet Village Memory Café: 525 Fairview Ave S. St. Paul. No RSVP, free. Cafes provide an opportunity 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.

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. Pilgrim Lutheran Church library, 1935 St. Clair Ave. For information, contact Jill at 651-235-1935.

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

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

Support Group Information
Myasthenia Gravis (MG): 800-514-5454.

Emotions Anonymous: A 12-step program for emotional wellness. Meets Fridays 7pm at Twin Cities Friends Meeting House, 1725 Grand Ave. For information contact Paul at 651-402-6774 and visit emotionsanonymous.org.

Overeaters Anonymous: 612-888-0262. Do you worry about the way you eat? OA may have the answer for you. No dues, fees, or weigh-ins. Meets Fridays 6:30pm at 900 Summit Ave.

West End Enhancement Coalition: No June meeting. Contact Kent Petterson at terrace@winternet.com or 651-222-5536. All welcome to this group dedicated to improving the West End.



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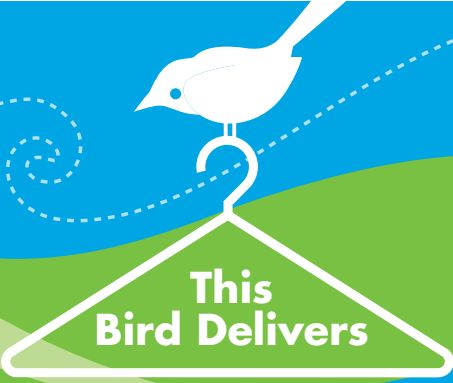
The Association invites independent artists, counselors, gig workers, entrepreneurs, realtors, caterers, freelancers, music teachers, daycares, graphic artists, home-based businesses - **membership is open to anyone living and working in the West End.**

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