

# Community REPORTER

SERVING WEST END NEIGHBORHOODS, DOWNTOWN ST. PAUL TO FORT SNELLING, SINCE 1970



## IN THIS ISSUE

- Healthline • Pg 2
- Federation Update • Pg 2
- Arts & Culture • Pg 4
- In the Community • Pg 5
- Books & Garden • Pg 5
- Library Update • Pg 6
- Bulletin Board • Pg 7

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CIRCULATION 13,000

## BIRDS IN PARTICULAR

### Early March arrivals, late March awakenings



**HALLE O'FALVEY**  
columnist  
halleofalvey@gmail.com

I am so happy for the month of March to begin, even though predictions are snowy and cold, then mild with rain. February froze lakes, so, "ice out" may be delayed as well as waterfowl return. They depend upon open water, as they fly North, one lake at a time.

We will have some big hits this month anyway. I'll stop by Lilydale for the wood ducks and the robins who live there year-round, Carpenter Nature Center for Eastern bluebirds, Fort Snelling State Park for swallows, the 140th Street marsh in Hastings for killdeer and red-winged blackbirds, and Lake Phalen for mergansers and swans. Great blue herons will fly over my house from Pig's Eye Heron Rookery and chipping sparrows will hop along on my front boulevard. I might find a crossbill or two in the spruce tree.

One of my favorite spring arrivals is that of the double-crested cormorants that show up on the Mississippi River. They like to hang out on stumps, buoys, pilings and old fences. They remind me of dinosaurs with shiny black wings. If you look close enough, you will see amazing oranges and yellows that draw you toward their head. When they are sunbathing you may find their bright aqua-marine blue eyes in your binoculars. Most alluring though is the blue lining of their mouths that brighten during the mating season.

March 1 is the Waning Gibbous Moon, in the astrological sign of Libra, and my cousin's birthday. This Snow Moon, which rose at 6:31 pm on February 27, 2021, is called the Hunger Moon. The Dakota call it the Popping Tree Moon and the Ojibwe call it the Sucker Fish Moon. It was a time when people were getting sick, food supplies were thin, and hunters had to travel far for food.

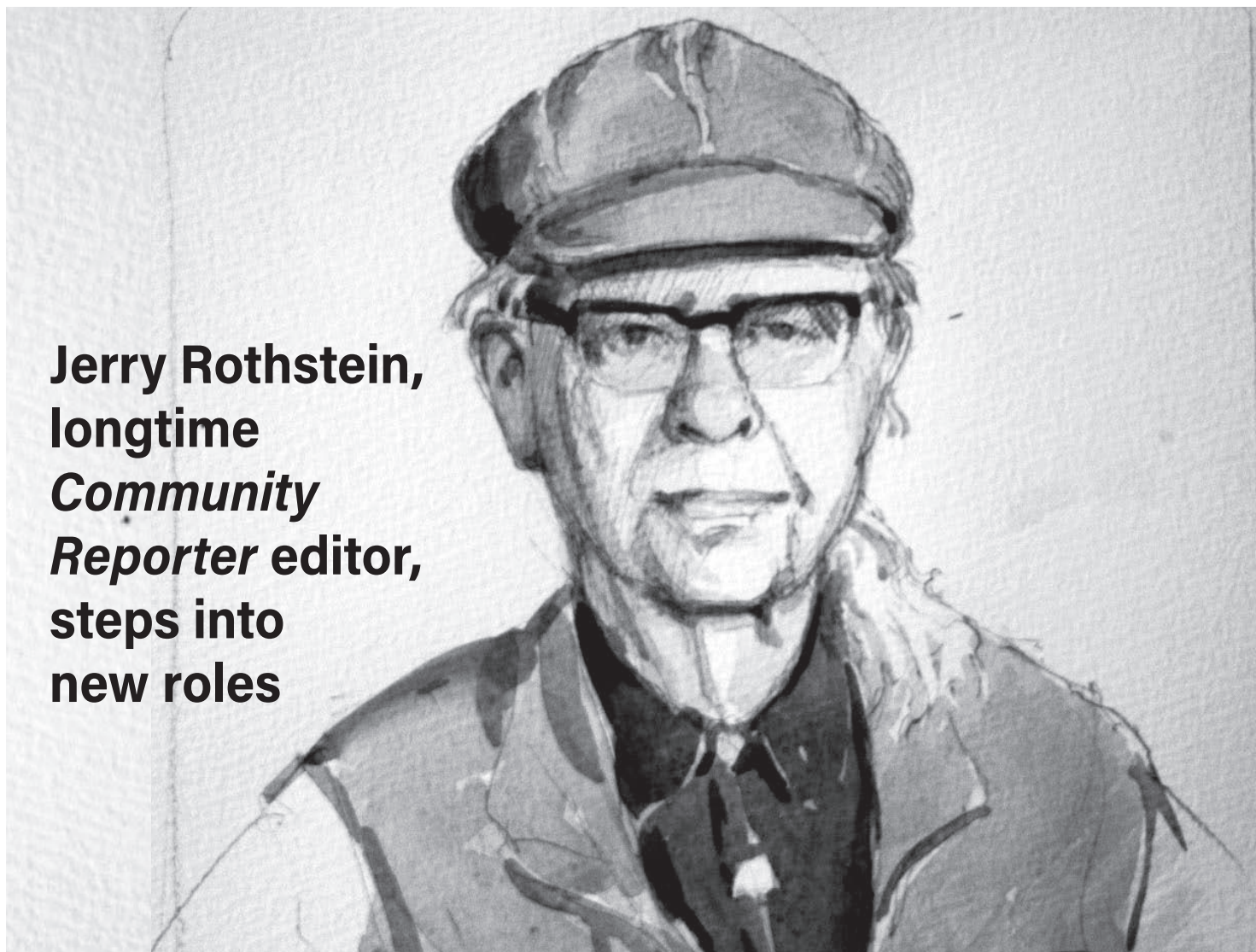
This is also the time black bears are waking up from their deep sleep, called "torpor." Black bears are not true hibernators. Males wake up when it is warm and forage for food. Females are giving birth to blind, deaf, and toothless cubs suckling in a dark, warm shelter. The cubs have a fine fur covering over their bodies. By May or June, the furry cubs will be tumbling out of the den revealing their blue eyes and robust desire to play. Tamarack swamps are favored because the saplings are sturdy, strong and amenable.

So, here is a moon joke from my "reliable source." Why wasn't the moon hungry? Because it was FULL!!! Get it? A full moon.

And here is the perfect activity for the month. Get outside!!! Look up and listen for songbirds. They are really vocal in spring during mating. Make them some nice, healthy bird treats. Check out the International Owl Festival, an annual celebration of the nocturnal predator that will be held March 5-7, 2021. They have very few things planned for the event which is hosted in the Southeastern Minnesota town of Houston with the Covid-19 Pandemic.

Still, they have many things planned virtually. And you can check out the children's art exhibition and their Facebook page. (Facebook.com/FestivalOfOwls/). This year's submissions were from nearly 50 different countries. Tune into programming to hear experts to speak about owls at [internationalowlcenter.org](http://internationalowlcenter.org).

## Jerry Rothstein, longtime *Community Reporter* editor, steps into new roles



STUART LOURIDGE

Local artist Stuart Loughridge, whose studio is on the third floor of 265 W. 7th St., sketched Jerry Rothstein in 2020, part of a series of portraits of neighbors active in the community.

BY DAVID LAMB

For more than twelve years, Jerry Rothstein could most often be found somewhere between Cossetta's and Sibley Plaza along West Seventh Street, a notebook in his pocket, looking for his next story—or else in the West Seventh Community Center office he used both for his newspaper work and his therapy practice.

"I wanted to make sure the print newspaper survived," he said, reflecting on his efforts.

In the days since he stepped down as editor of the monthly nonprofit paper last year, one crosses paths with Rothstein in the same places throughout the West End, where, in the roles of treasurer and administrative director, he is on the same mission.

**Publishing from the precipice**

Sustaining the neighborhood newspaper

**"The value of gestalt ideas in community work starts with being present with other people," Rothstein said. "I think the solution to everything that's going on right now also has to do with that."**

was not easy in the era in which he oversaw it. Gone were the days of print's dominance as a medium, when lucrative ads and pay-by-the-letter classifieds helped many newspaper budgets grow year after year. Rothstein began his tenure in 2008, as the effects of the worst financial crisis in nearly a century rippled through the economy. With some of the local businesses that advertised in the paper cutting back marketing spending in order to survive, the nonprofit newspaper,

then 38 years old, teetered on the edge.

"We tried to keep showing the community why we were so important," Rothstein said. "And there were a few months when we held our breath. But a bunch of our advertisers found ways to stick with us, and then, soon enough, the ones that had cut back when they needed to started asking to work with us again."

**NEW ROLES, PG 3**

## Moving the Goalposts on the Riverview Corridor

BY DIANE GERTH

For years, whatever we may think about the rail-based Riverview Corridor, we have been working under some basic understandings. We knew that the ultimate objectives for the project have included a plan to provide high-quality service for local trips and to provide additional transportation capacity to meet current and future travel demand.

These core goals are now on the chopping block. In a proposed change to the "Statement of Purpose and Need"—the basic justification for the line—these two objectives are gone.

The objective of providing "high-quality service for local trips" has been changed to "high-amenity service for transit trips." And the objective to "Provide additional transportation capacity to meet current and future travel demand" has been eliminated entirely.

This is a move away from protecting quality local service. It's a revelation that the project, with fewer West 7th stops and slower transit times, will degrade our service even more. (Jim Schoettler and

**Beneath this wonky wordsmithing, I can only conclude that their aim is to conceal the fact that the justification for the line is easily exposed as a sham.**

Kent Petterson summarized many of the problems with the project in February's *Community Reporter*. Given that the need to meet higher and denser transit-using populations has been one of the stated reasons for the project since the beginning, these are existential changes for the project. Because a close examination of ridership projections doesn't show much of an increase in bus versus train use, this seems to the closest that the Riverview Corridor Policy Advisory Committee will come to admitting

that their plan won't bring an increase in ridership. Beneath this wonky wordsmithing, I can only conclude that their aim is to conceal the fact that the justification for the line is easily exposed as a sham. With the goalposts successfully moved, it is easy to imagine proponents of the project in the future saying that they "never actually meant to provide quality service or additional capacity, as it was not part of the objectives!"

The Purpose and Need Statement is the high-level roadmap. Choosing to lower the expectations is an admission that the goals have to be adjusted to reflect reality. Since it will prove difficult to justify to savvy federal funders that this \$2 billion and counting project will meet the goals of quality service and increased ridership, the new plan seems to designed to widen the goalposts so much that you could drive a bus—or perhaps a light-rail vehicle—through them.

Given the questions long raised about the need for the project, we must be wary of allowing it to be justified simply by lowering objectives. Changes that do just that are scheduled for discussion by the Policy Advisory Committee on April 1.





FEDERATION UPDATE

882 West 7th, Suite 6  
St. Paul  
fortroadfederation.org

Board update

At the February 8 meeting, the Board heard a request to support rezoning 1164 West 7th Street from RT2 to RM2 which would allow for building a 9-14 unit apartment building on the property. The board approved supporting the rezoning request.

Call for Board candidates

Interested in running for a position on the West 7th/Fort Road Federation Board? Please complete an online candidate questionnaire before March 1 at fortroadfederation.org.

Call 651-298-5599 or email emily@fortroadfederation.org with questions.

Upcoming Meetings, via Zoom

Info: fortroadfederation.org/calendar

- Transportation & Land Use Committee - Wed, March 3, 6:30 pm
- Joint Riverview Task Force - Thu, Feb 4, 6 pm
- Board - Mon, March 8, 7 pm
- Community Engagement and Outreach Committee - Thu, March 18, 6:30 pm

Stay in touch

"Like" us on Facebook. Subscribe to its e-newsletter fortroadfederation.org.

Contact

Emily Northey, executive director, 651-298-5599; emily@fortroadfederation.org; 882 West 7th St, Suite 6, Rathskeller Building.

Editorials & Opinions

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

Your involvement is requested

As a nonprofit organization we are governed by a Board of Directors, and we have openings for community members to join. We encourage your involvement in the creative side of things. We have correspondents, reporters, reviewers and general writers involved. You can write a letter to the editor on a topic we have written about, or in response to one of our columnists, or a longer "Neighbors Speak Out" piece.

You can also contribute story ideas: We aim to cover a wide range of interesting areas in the neighborhood. Your ideas for stories and topics are always welcome. Discuss the many possibilities with the editor at editor@communityreporter.org.

-- David Lamb, Editor, Community Reporter



WEST END HEALTHLINE

Racism in Medicine

BY JENNY ZHANG, MD  
The use of race in medicine has been an area of fierce debate for many years. Supporters of race-based medicine claim that racial categories may have genetic similarities among underlying populations that could be useful. Opponents raise alarm to the perpetuation of racist beliefs by continuing to use race inappropriately in medicine. To understand this debate, we need to understand the history of race and racism in medicine.

**What is race?**  
Race is a social construct that was created largely to justify slavery and imperialism. Racial categories are based on perceived physical characteristics, not actual biological differences. They have also evolved over time and span large geographical areas. For example, the 2020 U.S. Census classifies "White" as anyone who identifies with European, Middle Eastern, or North African ancestry.

**What is race-based medicine?**  
Despite the inconsistency in racial categories over space and time, race is often used to guide medical decisions. Race-based medicine works under the assumption that certain races suffer from different diseases or suffer differently from diseases. In reality, the scientific evidence shows that there are more genetic similarities between different races than there are between people who are considered the same race. It is important to recognize that race is not the same as geography or ethnicity. It is scientifically accurate to consider Ashkenazi Jews to be at higher risk for breast cancer because of their genetic background. They are an ethnic group, not a race. It is inappropriate

to recommend a different blood pressure medication for a patient based solely on their Black racial identity.

**Racism in medicine**  
There is unfortunately a long history of racism in medicine. One sobering example is Dr. James Sims, often regarded as the father of modern gynecology, who did not believe that Black people felt pain, and thus performed surgeries to practice his techniques on enslaved women without any anesthesia. Sadly, the racist belief that Black people feel less pain persists even today. A 2016 study found that half the sample of white medical students and residents believed that Black people felt less pain and subsequently made less accurate treatment recommendations.

**How does race actually impact our health?**  
Chronic stress from racism can change our epigenetics -- it can change how our DNA is read, but it does not change the actual DNA sequence itself. Chronic stress can also lead to continued release of stress hormones, which over time puts people at higher risk for chronic diseases like heart disease. It is important to recognize that racism is impacting our health, not race itself.

**How should medicine change its use of race?**  
The current use of race in medicine is dangerous because it perpetuates racist beliefs that people of color are genetically inferior, and it distracts us from facing the real issue of structural racism. During this COVID-19 pandemic, there have been racial disparities in infection and death rates. Recent research from the Brookings Institution showed that the age-adjusted death rate for Black people is more than three times that of white people, and for

Latinx people it is at least twice their white counterparts. These differences are thought to be related to a higher representation of Black and Latinx populations in service occupations and a greater likelihood for members of those groups to live in high population density cities. The disparities are not due to weaker biology. They are due to weak infrastructure and the inequities embedded in our lives.

**So what can we do to dismantle racism in medicine?**  
We can start with reconsidering our use of race in medicine. It is important to ask ourselves: What is the rationale behind the use of race in this guideline? How was the racial category defined in this research study? We must ensure that, as a social construct, race is only considered as a social risk factor. As three physicians so eloquently explained in the NEJM article, "Researchers and clinicians must distinguish between the use of race in descriptive statistics, where it plays a vital role in epidemiologic analyses, and in prescriptive clinical guidelines, where it can exacerbate inequities."  
Racism is a public health crisis, and no one is immune to it. But there is hope that we can make positive changes in our society. Physician groups, such as the Minnesota Academy of Family Physicians, have advocated for ending race-based medicine. As patients, we can challenge our healthcare providers to think more critically and evaluate the evidence when our race is used to guide a treatment decision.  
As Dr. Martin Luther King Jr. said, "The time is always right to do what is right."  
Jenny Zhang, MD, works at Allina Health United Family Physicians. To schedule an appointment with her or one of her colleagues, please call 651-241-5200.

COUNTY PERSPECTIVES

Confronting the Virus



At every Ramsey County Board meeting since this global pandemic upended our lives one year ago, we have observed a moment of silence to remember and honor those taken by COVID-19 here in this region and beyond. Thankfully, after the longest year any of us can remember, we are seeing key COVID-19 numbers coming down. The number of new cases diagnosed each day have fallen from hundreds per day during the peak earlier this winter to levels not seen since the first weeks in which the virus spread in Ramsey County. There were consistently 500 or more new cases during the pandemic's peak in late November. In recent weeks, there have been a hundred or fewer new cases every day. The number of deaths has also followed this trend. Wearing masks, maintaining social distance, staying home when feeling ill and following

the guidance of public health professionals has helped us get to this place, but we are not out of the woods yet. Despite the positive trends, we'll each need to keep doing our part in the coming months if we want them to maintain. And we also need to keep getting tested -- it's free and easy to order an at-home test online at https://bit.ly/3u6pPS9 - if we are not feeling well. Maintaining this vigilance is really, really tough. We have all endured a long time of sacrifice and strain. I talk to residents and businesses -- Downtown, along West 7th, along Robert Street and Ford Parkway and throughout my district -- who want to be safe and retain the vibrancy and social fabric of our unique, historic and resilient communities. What's the right balance? We're working at that on all levels, every day. I'm hearing the most from people lately about the vaccines. Are they safe? When will we get them? And how? What can we do to make sure that the communities most hurt by COVID can get the vaccine soon? I have learned from the County's Medical

Director, Dr. Lynne Ogawa, that while specific vaccines are new, the science behind them has been around for a long time, a sentiment she has shared in virtual meetings with our Ramsey County community. The vaccines being distributed now are well tested, and I will get mine as soon as I am eligible. Ramsey County is not the primary provider of the vaccine. Much of the vaccine that has been delivered to our public health organization so far has been administered to health providers and those who are on the front lines. When production increases and the vaccine becomes widely available, most people will probably get it the same way they get their flu shot - through pharmacies, clinics, employers and community-based sites. Ramsey County Public Health has a small supply of vaccines, and we are carefully following the guidance of the Minnesota Department of Health as we distribute it. The state has set up lottery-based vaccination programs for other adults 65+, pre-K through 12 educators and school staff, and child care workers. You can learn more about this at the Find My Vaccine website: mn.gov/vaccine. We are committed to continue working with

our federal and state partners to make sure that the free vaccine is distributed equitably -- especially among those communities that are historically at the highest health risk. People of color have been disproportionately affected by this virus at every turn. They have been sick and died at higher rates. I very much appreciate what I have heard from community members of all backgrounds concerned about this. As determined by the state, the group receiving vaccines first consists of those in the "1A" category, which encompasses health-care workers who provide vaccines and testing, as well as our most vulnerable residents in long-term care facilities. While Ramsey County is not vaccinating outside of the 1A group now, we are working with our state partners to advocate for you, weighing the costs and benefits of different approaches--and planning for equitable distribution and the outreach and education programs to enable that. Please visit: ramseycounty.us/CovidVaccine to learn more and access information in multiple languages -- including a newsletter dedicated to vaccine updates and links to social media.

Community REPORTER

265 Oneida St. St Paul, MN 55102  
Copy Deadline: March 15  
Ad Deadline: March 17

Note: The editor reserves the right to edit submitted copy. Advertising design service are available or provide high-resolution PDF files.

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Jerry Rothstein, Ad Manager info@communityreporter.org

**EDITORIAL**  
David Lamb, Editor 781-330-1341 editor@communityreporter.org  
Jerry Rothstein Administrative Director 651-587-8859  
**LAYOUT/GRAPHIC DESIGN**  
In-Fin Tuan, Graphic Designer

**BOOKKEEPING**  
Ailie Deloia, adeloia.cr@gmail.com  
**STAFF PHOTOGRAPHER**  
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# Community News & Events



## Beginner class at Women's Drum Center

The nonprofit, volunteer-based organization at 2242 University Ave. will offer a class in hand drums March 9, 5-6pm. \$10. Uses djembes to explore pulse, rhythm and to learn the foundation for playing African songs. COVID-19 protocols practiced. To register, email [info@womensdrumcenter.net](mailto:info@womensdrumcenter.net).

### Hannah C. Heyer at Frameworks Gallery

Through March 27, *Wanderings* a series of oil paintings portraying her rural Minnesota surroundings, is available for viewing, purchase at the Frameworks Gallery (2022A Ford Pkwy). View online at [www.frameworks-gallery.com/shop](http://www.frameworks-gallery.com/shop).

### New Joseph's Coat shopping, donation rules

The nonprofit that provides clothes and other essentials to those in need has updated its shopping, donation processes and hours due to COVID-19. Visit [josephscoatmn.org](http://josephscoatmn.org) or call 651-291-2472 to schedule appointments.

**Shopping** - One appointment per month. ID, masks, and social distancing is required. Temperatures are taken at check-in, and those with fevers will need to reschedule. Appointments are available between 9am and 3:30pm.

**Donations** - Social distancing and masks are required. Must sort items into textiles (clothing, linens, shoes) and hard lines (kitchenware, knick-knacks, books, pictures). You will need to unload and carry in your donations on your own.

### Free cooking classes at Mississippi Market

Free virtual classes provide accessible and affordable cooking tips, tricks and recipes while also helping people feel connected during this time of isolation. Instructors are local and over 50% identify as BIPOC, bringing a rich variety of culinary skills and recipes. Register: [msmarket.coop/event](https://msmarket.coop/event). *Upcoming events:* 3/10: Instant Pot: Noodle Soups; 3/20: Ugandan Vegan Cooking: Beans; 3/25: Budget Cooking: Millet Power Bowl with Moroccan-Spiced Carrots

### 2nd Annual Bierstahlen Festival March 13

Bierstahlen, which translates to "beer sticking," goes back centuries in Germany where iron pokers heated over coals were doused in beer steins filled with bock, alt or stikke beer on cold winter days, adding a rich caramel flavor. Waldmann Brewery will host Festival on its outdoor Biergarten using its first-released Doppelbock, a strong, rich and very malty German brown lager perfect for caramelizing. Visit [WaldmannBrewery.com](http://WaldmannBrewery.com) for more information.

### Redistricting Webinar

The League of Women Voters St. Paul will present "Redistricting: The Good, the Bad, and the Dirty Work," a virtual Zoom webinar March 30, 7-8pm. Paul Huffman, the Census and Redistricting Coordinator for the LWVM, will be the featured expert. To register, visit [lwvst.org](http://lwvst.org).

### Weisman Art Museum (WAM) reopens

The galleries, WAM Shop and museum parking garage will be opened limited to 25% or less at all times with reduced hours and recommended protocols to mitigate the spread of the coronavirus. Virtual tours and workshops are available on request [wamtours@umn.edu](mailto:wamtours@umn.edu). Find information on WAM's health and safety precautions at [wam.umn.edu/visit](http://wam.umn.edu/visit).

### Shooting at Buffalo health care clinic textbook case for extreme-risk law

On February 9, a gunman opened fire in a health care clinic in the Wright County city of Buffalo, killing one and wounding four others. According to reports, the shooter had a history of threats in

the years leading up to the shooting - including repeated threats to carry out a mass shooting at the health care clinic - that were well known to local law enforcement. The shooter had previously violated a restraining order reportedly filed by the clinic and had dozens of other interactions with local law enforcement documented in police and court records.

"This shooting appears to be a textbook case in which an extreme risk law in Minnesota could have saved lives," said Luke Entelis, Counsel for Everytown for Gun Safety. "If Minnesota had enacted an extreme risk law like the one passed by the state House in 2019 and 2020, law enforcement could have petitioned a court to temporarily remove the shooter's guns from his possession, based on his well-documented threats of violence."

"This is exactly why we continue to push for an extreme risk law in Minnesota," said Molly Leutz, a volunteer with the Minnesota chapter of Moms Demand Action. "The House has done its part two years in a row. They need to do their job again this session and the Senate needs to follow suit."

What to know about extreme-risk laws: Extreme-risk laws -- also known as red-flag laws -- are a powerful tool to prevent gun violence, including school shootings, mass shootings, and suicide. Already, extreme risk laws have been implemented in 19 other states and Washington, D.C. Enacting an extreme risk law would allow family members and law enforcement officers to intervene before tragedy strikes by seeking a court order to temporarily remove guns from people exhibiting warning signs that they pose a danger to themselves or others.

Extreme-risk laws can prevent someone in crisis from accessing guns. In Minnesota, 77 percent of all gun deaths are from gun suicide -- equaling an average of 26 hours between gun suicide deaths. Also, the gun suicide rate in the most rural counties of the state is more than two times higher than in the most urban areas.

Statistics about gun violence in Minnesota and Everytown's Gun Law Navigator - which shows how Minnesota gun laws compare to those of other states - is available online at [maps.everytown.org/navigator/](https://maps.everytown.org/navigator/).

If you have questions, or want to request an interview with a policy expert at Everytown or a volunteer from Minnesota Moms Demand Action and/or Students Demand Action please don't hesitate to reach out.

**About Everytown for Gun Safety** -Everytown for Gun Safety is the largest gun violence prevention organization in the country with nearly six million supporters and more than 375,000 donors including moms, mayors, survivors, students, and everyday Americans who are fighting for common-sense gun safety measures that can help save lives. Learn more at [everytown.org](https://everytown.org) and follow us @Everytown.

## NEW ROLES, PG 1

Over the years that he edited the paper, Rothstein continued to build its engagement with readers and secure its financial footing. He continued the work that he saw his predecessor, Maxine McCormick, engaged in, featuring local artists and centering neighborhood perspectives in larger conversations. As he had observed in Oakland, CA, where Rothstein spent time as a community organizer in the 1960s, neighbors in the West End had incredible talents, ideas and cultural skills that were too often ignored by other local media.

"The neighborhood seemed to have a lot of the socioeconomic contrasts I was familiar with from Oakland," he said, where the media's focus on certain voices meant that those in particular neighborhoods were largely ignored. "There, it was the Oakland Hills, where the richest folks lived. Here, we have Highland, Summit, and Cathedral Hill—and then the flatlands of West Seventh, where so many hidden wonders get overlooked."

He saw the work of featuring those wonders as another dimension of what he has done for decades as a therapist who specializes in gestalt, a school of psychology that emphasizes how the

whole is greater than the sum of its parts. "The value of gestalt ideas in community work starts with being present with other people," Rothstein said. "I think the solution to everything that's going on right now also has to do with that."

Soon after he started as editor, Rothstein made changes aimed at shoring up the paper's business side. Soliciting competing bids from printers, he managed to add color pages to what was until then a black-and-white paper. Under the leadership of the *Community Reporter's* board of directors, he also helped launch the website, [communityreporter.org](https://communityreporter.org).

For about a decade, the institution stabilized. Then, in the spring of 2020, as Rothstein prepared to step into new roles at the organization, the pandemic descended on St. Paul. With local restaurants shut—and as a result not placing ads—the paper entered its greatest crisis yet. "This time was worse than 2008," said Rothstein.

When the paper had to combine four issues into two, readers reminded us what the organization meant to them, some even donating money. And as restaurants and other St. Paul businesses found ways to reopen, often under new models geared to the pandemic, the ads to support the monthly issues returned just as they had

twelve years before.

### A new chapter

In the new roles he began last year as treasurer and administrative director, Rothstein oversees the day-to-day functioning of the nonprofit as well as its development strategy, which is currently focused on the paper's upcoming 50th anniversary. He has solicited sponsors to celebrate the achievement and is working with a committee led by Margaret Kinney, a member of the *Community Reporter's* board of directors, to organize an event around the milestone that brings the community together.

"There's a never-ending supply of bureaucratic work to do," Rothstein said. "And we're only getting started."

He has also turned his attention to a multimedia project, which brings together his disparate pursuits. "Gestalt has been at the foreground of everything I've done, from hospice and palliative care counseling to community organizing to the paper," he said. "The questions it pushes you to ask yourself are about how you can be present where you are and about how you can fit into what is happening around you. With this project, I want to guide people through that journey."



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### MARCH 6

## Flavors of Slovakia Dinner

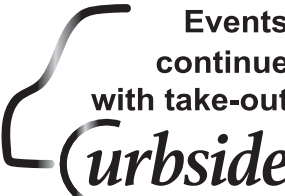
**\$20 per meal**

Order and prepay by March 1, online at [www.sokolmn.org/cc](http://www.sokolmn.org/cc)

Pick up Saturday, March 6 at the C.S.P.S. Hall 383 Michigan St., Saint Paul, MN from 10 a.m. to 2 p.m.

## Spring 2021

### C.S.P.S. Hall Events continue with take-out



Events are sponsored by Czech and Slovak Sokol Minnesota Volunteers

### APRIL 3

## Spring koláče bake sale

Koláč: poppy, apricot, prune, cream cheese, or raspberry \$1 each

Order and prepay by March 30, online at [www.sokolmn.org/cc](http://www.sokolmn.org/cc)

Pick up Saturday, April 3 at the C.S.P.S. Hall 383 Michigan St., Saint Paul, MN from 10 a.m. to 2 p.m.



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# In the Community

## Lunch with a Friend

BY TIM RUMSEY

In October, 2019, I was reading a handbill after enjoying my lunch at Day by Day Café.

Lost Family Member: Lorenzo Rossi

52 years old

7 weeks missing

Last seen in Downtown, St. Paul

Please call his mother, Gloria ...

Or St. Paul Police Officer, Sharon Waters ...

We love you, please come home

I didn't know the poor fellow. Perhaps he was a patient. I'd check.

Then, suddenly this from café owner, Jena: "Doctor, come now! Guy down outside."

I slid out of my booth and followed Jena to the sidewalk. She pointed to St. Vinnie's next door. It was Harold Le Voux. Fetal position, back to brick wall.

I bent down and put a hand on his shoulder and jostled him.

"Harold—Harold!" I said.

The front of his faded orange hoody was barely moving with each slow breath.

Jena and I sat him up.

I put a finger on his neck: Carotid pulse present. I lifted his eyelids. Pupils normal. Harold's eyes startled open on their own. He shivered and took a slow motion swing at me. I blocked it with an arm.

"Harold, it's Rumsey!"

He straightened up. There was a wet, red maple leaf that had fallen on the sidewalk decaled to his forehead.

He recognized me and slowly became more alert.

"Doctor, is that you?" he asked. "I'll give you \$20 to drive me to the high bridge." I asked if he was OK. Did he have trouble breathing, chest pain?

He was OK.

I've given Harold rides in every vehicle I've owned as a family doctor. An old, green Bronco. A Ford 150-pickup. And now a new, grey SUV. The High Bridge was a frequently requested destination.

"How about detox?" I asked. "Or the ER?"

His head tilted and he shook it, "no."

"Hold still," I asked him. I pulled the leaf off his forehead and showed it to him.

"I could draw that," Harold said.

Harold is an artist and a good one. Ink and pencil portraits and still lifes are his specialty. I'd seen him draw healthcare providers while waiting in an exam room on the back of a patient education sheet.

"How about we go to Mickey's Diner?" Harold suggested.

"Which one?"

"Downtown. The railroad dining car."

Jena and I helped Harold into my truck, and we shoved off down West Seventh.

"How you been, doctor?" Harold asked.

"All right."

I pulled the folded Lorenzo Rossi poster out of my shirt pocket, shook it open and handed it to Harold.

"You know this guy?"

He held the handbill in both hands and moved it back and forth to focus.

"Never seen him. I could take him, though."

Harold grew up in West 7th. His step-father locked him in a bedroom closet for hours at a time when he was a kid. That was usually just after he ground a lit cigarette into Harold's back. Later, at Monroe



School, "A-hole teens," as Harold refers to them, held him by his ankles and dangled him upside down off the railroad trestle on Osceola, when they weren't beating him up. He'd done time in "juvie" and a year at Boys Totem Town before sophomore year.

Harold was still studying the poster as we neared Mickey's.

I knew Harold's medical history by heart from dozens of ER visits and hospital admits. Traumatic brain, learning disability, cirrhosis of the liver. Suicidality and self-harm. Diabetes, red-nose rosacea.

Harold was now 63-years-old, his step-father probably dead, though I didn't have the heart to ask.

Finally, he handed me back the poster. "He looks Native," Harold said about Lorenzo. "Not my band. Maybe Italy?"

"Here we are," I said reaching across Harold to open his door as we pulled up at Mickey's.

"Come with me," he said.

"I already ate."

He told me he would get me anything

Harold grew up in West 7th. His step-father locked him in a bedroom closet for hours at a time when he was a kid. That was usually just after he ground a lit cigarette into Harold's back.

I wanted.

"OK."

He ordered a cheeseburger and French fries, the latter of which arrived in an Everest-sized pile on a separate plate.

I snuck a fry. Then four more.

"It's OK," said Harold. Then he clamped onto his cheeseburger. By then, he seemed to have completely recovered by now.

"You need a ride somewhere?" I asked him.

"I'm good. I'm going to sit at the counter and drink a coffee."

At the doorway, I turned back to thank him for the snack.

"I hope they find your lost guy," he said.

*Tim Rumsey is a family physician who has practiced in the West End since 1975.*

*Editor's note: Names have been changed to protect the privacy of patients.*



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# In the Community

## West Seventh branch of BankCherokee set to close

BY DAVID LAMB

After forty-two years in the neighborhood serving the clients who came and went from its location at 675 Randolph Ave. and building partnerships with local organizations, the branch is set to close May 14. In a letter mailed to customers, the bank's CEO, Heidi R. Gesell, encouraged West End clients to visit nearby locations at 985 Grand Ave. or 607 S. Smith Ave. for their banking needs. The letter notes that all staff working at the Randolph Ave. location will be offered new positions at the bank.

Many West Enders expressed disappointment at the news but continued support for BankCherokee, the oldest family-owned bank in the Twin Cities. "I'm not even a customer and this is still a huge bummer for the neighborhood," Sara Diedrich wrote, responding to a report of the branch's impending closure in the "Okayest West 7th" Facebook group.

"They were great neighbors," Mark Fangmeier added. "I always appreciated the group of employees who spent a day volunteering every summer doing [neighborhood] cleanup."

The bank's philanthropic efforts stretching back decades won't admirers across St. Paul. Each winter in recent years, BankCherokee has held a drive for clothes and other items, which it donates to Joseph's Coat (1107 W. 7th St.), a nonprofit that helps clothe people in need. It has also supported the Salvation Army (401 W. 7th St.), Every Meal (2723 Patton Rd., Roseville, MN), and Adams Spanish Immersion Elementary School (615 S. Chatsworth St.). Like its annual tradition of helping to clean up the Little Bohemia bike trail, all



BankCherokee employees take a break after cleaning up Douglas Park for which the bank is the official steward.

of these partnerships are set to continue, according to the bank.

"Community service is a cornerstone of BankCherokee," said Landen Hedrick, Senior Vice President of Digital Banking & Marketing, who sits on the board of directors for the West 7th Business Association. "[A]nd we will continue that tradition in the West 7th neighborhood."

For some observers, the branch's closure seemed an inevitable casualty of changing times in which global institutions with sleek banking apps and billion-dollar marketing budgets have encroached on territory once dominated community banks. "Not a surprise," Dan Galles wrote, adding that "[r]etail banking is all but dead."

"I told you this was going to happen," Brianne Kueny lamented.



A pile of clothing awaiting donation to Joseph's Coat in the branch lobby.

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KENT PETTERSON columnist

### GARDEN VIEWS

## We're almost there

Hey, vegetable gardening friends—we're almost there to spring planting time! It may not look like it today, but in a couple weeks you might be able to spread some seeds in your garden.

The biggest miscalculation made in the Minnesota vegetable garden is to wait too long to start planting. If you think you are supposed to feel warm on a sunny spring day late in May before you plant seed, you have missed 6-8 weeks of prime growing weather in our Zone 4 climate.

I generally target mid-March for planting. The key is soil condition, not how warm it is outside. Several plant favorites are cold, even freeze tolerant. Nighttime temps in the high 20s are okay for all our cole crops (broccoli, cabbage, kale brassicas) plus onions, lettuce and spinach. These plants want cool weather and will be more productive if planted earlier. Remember, it takes a week to 10 days for seeds to germinate, so it will not be until close to April that those seedlings-to-be are exposed to air temps.

For buying seeds, we are lucky to have two local garden centers: Leitner's (945 Randolph Ave.) and Highland (1742 W. 7th St.). Of course, instead of planting seeds, you can instead

purchase plants from them if you prefer. That is especially useful with those that cannot be planted early. Don't plant beans and squashes, for example, before the soil is warm. Other warm season plants won't grow and might be set back if planted before May 15.

Always check for timing related to germination. Read the seed packet. Most have great information. If it says to plant "as soon as the soil can be worked," that might be about March 15th. Each year is different, but when the soil is crumbly and not soggy, get planting!

Here is one fun trick: Set aside a small sunny area where the soil is ready sooner. For the price of a seed packet, you can get enough plants for your needs and every one on you block. In about a six-inch square area, spread an entire packet of seed (approx 100 seeds). In about 3-4 weeks you will have oodles of seedlings ready for transplant. This works especially well for annual flowers such as marigolds and for all of those cole crop plants. Market growers use this technique to save on greenhouse space for those and other florae intended for second and third plantings.

What does all of this mean? You don't need a greenhouse or grow lights to have an early garden. Get to it early and plant your vegetable garden over several weeks not in one day. Spread the work out, take it easy, and have fun!

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### BEA'S BOOKS

## Wonder

★★★★★  
(5 out of 5 stars)

"When given the choice between being right or being kind, choose kind."  
—Dr. Wayne W. Dyer  
(Mr. Browne's September precept, from *Wonder*)

Auggie is a ten-year-old boy who likes Star Wars, has a dog named Daisy, a sister named Via and parents named Nate and Isabel. The only thing that separates Auggie from anyone else in the crowd is that in the past he had had many surgeries on his face, so he looks different.

Now, Auggie's parents are thinking about sending him to school for the first time (he's been homeschooled by his mom). Auggie takes a tour of





# Community Nourishment



ERIN BRANDEL DYKHUIZEN columnist

## BEING WELL Your thoughts are lying to you (And so are mine!)

Let me be real here for a minute -- this column almost didn't happen this month. I thought and thought about what, as we approach a year of pandemic life, I could possibly share with you to bring a little hope. Honestly, I'm not feeling a lot of hope.

Sure, there's a vaccine now -- that's good news! But even then, we're not sure that vaccinated people can't still spread the virus, new variations are being discovered, and we need to keep following social distancing guidelines. Right now, it feels like the pandemic will never end, my kids will be trapped in the house with me forever, and my husband and I will never have a date night ever again.

Luckily, what I have learned in my years of training as a psychotherapist sometimes has some application to my own life. One tool that can be helpful in this kind of situation is thought diffusion. Thought diffusion is a way for us to get some distance from our thoughts, so that when they are not helpful we don't keep buying into them.

For instance, the thought, "this will never end," is objectively unhelpful. It is also not true -- things always change, and furthermore there is evidence of declining infection rates across Minnesota and the country that suggest change is on its way. So what can we do with an unhelpful thought like the notion that this will never end?

First of all, recognize that it is just a

Thoughts often try to trick us into believing them, but a lot of time they are just noise, like static on a radio.

thought. Thoughts often try to trick us into believing them, but a lot of time they are just noise, like static on a radio. Our brains come up with so many thoughts each day -- most unremarkable, some downright weird, and some distressing -- and while we must stay attuned to ourselves, we must also be attuned to how our biological biases can hurt us. Distressing thoughts, for instance, tend to draw our attention because they represent a threat, a trait that served our species well in the wild but can often backfire today.

For instance, being a light sleeper who is woken up by every noise you hear at night would have been quite a boon to your community back in the day—maybe even preventing you and your family from being killed by a bear. But in an industrialized world, when you have to wake up at 6:00 am to get to work, it is not at all helpful. Similarly, being attentive to every distressing thought may hold you back.

Once you have recognized a thought and determined that it is unhelpful to you,

there are several things you can do to induce diffusion from that thought. One is to say the thought out loud to yourself, identifying your role in it (i.e. "I am having the thought that this will never end"). That removes it by one degree. To get even more distance, you could say, "I am noticing that I am having the thought that this will never end." When we get more distance, that reduces the emotional impact of the statement.

There are several other ways to distance ourselves from your thoughts -- some people find it helpful to sing their unhelpful thoughts to themselves to make them feel less serious. More visually inclined people sometimes like to picture the unhelpful thought as an image on a TV screen. You can turn the image upside down, change the colors, distort it, anything to make it less threatening and to help yourself understand that it is just a thought -- not reality.

When I realize that I have been stuck inside for a week during a record-breaking winter frost, I remind myself that this cold snap, like this pandemic, will end someday. Perhaps neither will end as quickly as we would like them to, but they will end. Until then, be aware of the thoughts that tell you it won't, and do what you can to take the teeth out of them. After all, they're only thoughts.

*Erin Brandel Dykhuizen, MA, MSW, LICSW is a psychotherapist living and working in the West Seventh neighborhood. You can learn more about her work at [www.erinbdlicsw.com](http://www.erinbdlicsw.com).*



TIM JOHNSON columnist

## BUILDING COMMUNITY Accountability and Cancel Culture

It was 1970, the year after the Stonewall uprising in New York City, which transformed the gay liberation movement from small groups of activists into a full-fledged phenomenon. I was a sophomore in college, and a new friend asked if I might meet with him at the Lutheran campus ministry center, which we both frequented. The campus ministry pastor would join us. My friend gave no indication what the meeting was about, but I readily agreed. At first we simply chatted informally. Then the conversation turned to its apparent intended purpose. They wished to know if I was aware of the frequency with which I had been using derogatory slurs for gay people. They expressed the belief that they saw these slurs as inconsistent with how they otherwise experienced me.

I was both surprised and embarrassed. I had no recollection of using the language they said I had used, but also had no reason to question them. My friend shared in confidence that he was gay. They together shared how the language was hurtful. I apologized and committed to monitoring my use of words and seeking to deepen my own awareness of the concerns they raised. At the time, I thought my friend was the first gay person I had ever met. I learned later how wrong I was as I sat by the bedside of my gay cousin, with whom I had grown up and who was dying of AIDS. There were, of course, others, like my high school teachers whose closeted lives I only learned about years later.

Accountability is seldom easy, especially if it involves you. It feels much simpler to ignore the concerns or issues that are present rather than to address them. I could see anxiety on the face of my friend and the pastor. It was a difficult thing for them to hold me to account. It was hard for me to hear their description of my own behavior. Yet by holding me to account and treating me as someone who had the capacity to change, they made it possible for me to grow.

We are living in an era in which there is a pressing need for accountability—and growth. Recent conversations about reparations are about accountability.

I could see anxiety on the face of my friend and the pastor. It was a difficult thing for them to hold me to account. It was hard for me to hear their description of my own behavior. Yet by holding me to account and treating me as someone who had the capacity to change, they made it possible for me to grow.

Concerns about the nature of policing are about accountability. Expecting corporations like 3M to be responsible for past ground- water pollution is about accountability. The former U.S. President and various right-wing groups have faced a level of accountability for January 6. Facebook, Twitter and other social media are being asked to be accountable for posts on their platforms from which they derive substantial advertising revenue. The Church and the organization formerly known as the Boy Scouts are being held accountable for their inaction on sexual exploitation. The list is long and ultimately includes all of us who seek a better world. Accountability is a mirror that enables us to look more honestly at who we are and then make clear-eyed choices about who we wish to be.

Yet accountability can and must be distinguished from the pitfalls of cancel culture, where the goal can become silencing and eliminating rather

than growth and restoration. Some conservatives believe cancel culture is a liberal problem. Colin Kaepernick, who the NFL allegedly kept out of its league for taking a knee during the national anthem, would beg to differ. With its insistence on removing the "offender" as well as the offense, cancel culture leaves little room for transformation and healing. It often seeks to eliminate the symptom, like the maker of a racist comment, rather than address the culture in which the racist comment thrives. In its failure to confront deeper issues, cancel culture can reinforce the very thing it seeks to address. Ironically, claiming to be the victim of cancel culture is also now used by some to avoid accountability.

My journey out of homophobia didn't happen during one intervention. But because my friend and the pastor laid claim to something good in me and approached me with charity and grace, they gave me the opportunity to become the type of person I also hoped to be. It would never have happened had they lacked the courage to speak up and hold me accountable for my words, or had I lacked the capacity to listen. It is in that interchange between truth spoken with love and hearts willing to break open that transformation happens.

*Tim Johnson is a retired pastor of the United Church of Christ.*

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By Cate Sering, Library Manager

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- SPPL OverDrive, click "Sign In" and then choose "Saint Paul Public Library"
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Lab locations include Dayton's Bluff, Rice Street, Rondo and Sun Ray Libraries. Reservations must be made at least 2 hours in advance. To make an appointment call 651-793-1699 or book a time at [sppl.org/career-labs](http://sppl.org/career-labs).

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Are you a senior? Are you a caregiver for a senior? Is there an older adult in your life that you're worried about during this pandemic? For many people, getting groceries and essentials can be challenging, especially during the COVID-19 pandemic. Keystone Community Services new FREE grocery delivery program to increase food access for low-income seniors and adults with disabilities. Food is sourced from Keystone food shelves, and those who qualify can receive monthly food deliveries. To qualify, must be over the age of 60 (or be an adult with a disability) in low-income households of three or fewer individuals within our program services area. For more specifics and information on how to sign up for deliveries, please visit [keystoneservices.org/seniors/grocery-delivery/](http://keystoneservices.org/seniors/grocery-delivery/) or call 651-645-0349 for information.

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Looking for opportunities for your child to grow socially, emotionally, and educationally during this unprecedented school year? Keystone's accredited program that serves youth, grades K-10 Community Kids program is accepting new students! You can register for 2-5 days per week, and exact times depend on their grade level. Please email [info@keystoneservices.org](mailto:info@keystoneservices.org).

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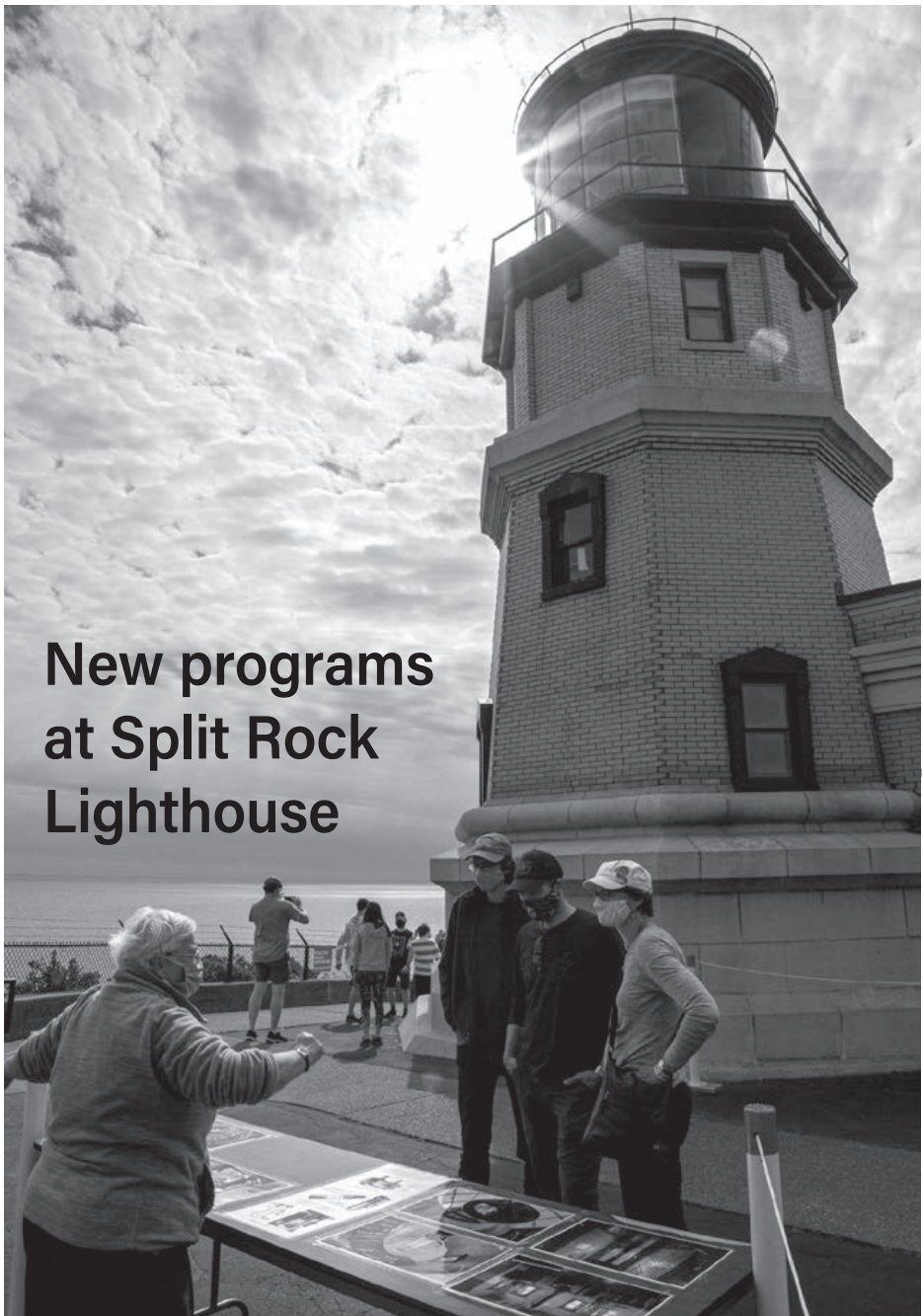
March 12, 10am-12pm, West 7th Community Center is back with their drive-through model, offering low-cost, delicious packages of fresh food! Featured packages will be hot food, produce packs, and meat packs. Packages costs \$10 to \$30. Visit [www.fareforall.thefoodgroupmn.org](http://www.fareforall.thefoodgroupmn.org)

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# BULLETIN BOARD



## New programs at Split Rock Lighthouse

The National Historic Landmark on Lake Superior, located 20 miles northeast of Two Harbors, has added a photography exhibit that rotates monthly called "Photography at the Rock." The first featured photographer is Christian Dalbec who specializes in wave and water photography as well as drone work. He will be on site on March 13 and 31. Beginning March 13 visitors can go on a new Keeper's Tour, which is a guided tour of the lighthouse and keeper's house. The \$25 tour is 45 minutes long and will be limited to 10 people to ensure social distancing and other COVID-19 safety protocols can be maintained. Visitors may alternately buy an \$8 "Grounds Pass" for a self-guided visit of the outside areas. Find out more at [mnhs.org/splitrock](https://mnhs.org/splitrock).

### Minnesota Virtual Bike Summit

This year's event features a 60-90-minutes program, 30 minutes of discussions with key legislators and an optional informal happy hour. No fee to attend. Register online: [bit.ly/3bkX7EB](https://bit.ly/3bkX7EB).

### Legacy Amendment provides more than \$350,000 in grants to history projects

The Minnesota Historical Society is pleased to announce the newest recipients of 42 Minnesota Historical and Cultural Heritage Small Grants (\$10,000 and less), totaling \$361,234 in 29 counties. This state-funded program is made possible by the Legacy Amendment's Arts and Cultural Heritage Fund through the vote of Minnesotans on Nov. 4, 2008. The Legacy Amendment supports efforts to preserve Minnesota land, water and legacy, including Minnesota history and cultural heritage. Find out more about the projects funded and the grant program at [www.mnhs.org/preservation/legacy-grants](https://www.mnhs.org/preservation/legacy-grants).

### Bulk Silo air permit

The Minnesota Pollution Control Agency (MPCA), which works to make sure pollution does not have a disproportionate impact on any group of people,

is working with a facility called Bulk Silo (2145 Childs Road) in the Sunray-Battlecreek-Highwood neighborhood of St. Paul regarding its expansion plans. The facility plans to add a barge unloading area, a bucket elevator, three new silos, and nine new baghouses (dust-control mechanisms). Three existing baghouses will be replaced. This planned change requires a major amendment to the facility's air permit. A draft of the permit is available for public comment through March 17 at the agency's website: [bit.ly/2NdOLXz](https://bit.ly/2NdOLXz).

### More contagious COVID-19 variant found in Minnesota

The state's department of health announced in January that five cases of the new variant have been detected in four different counties in the Twin Cities metro. "While it is thought to be more easily spread from one person to another, it has not been found to cause more serious disease," said State Epidemiologist Ruth Lynfield. "With RNA viruses, like SARS-CoV-2, the virus that causes COVID-19, it is not unexpected to see new, more successful strains emerge." First detected in the United Kingdom in September 2020, the viral strain has since been discovered around the world.

## The Church of St. Matthew drive-up fish fry Fridays

The Church of St. Matthew (510 Hall Ave.) will host a drive-up to go only fish fry every Friday through April 2 from 4:30 to 7:30 pm. Alaskan Pollock (baked, fried or combo), potato, vegetable, coleslaw, roll, dessert. Grilled cheese or spaghetti for non-fish options. \$10 per meal. Credit cards and cash accepted. Drive-up to-go lanes are in the social hall parking lot at the rear of the church. Visit [st-matts.org](https://st-matts.org) or call the church at 651-224-9793



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### WONDER, PG 5

the school, where he meets some other kids that the middle school director, Mr. Tushman, hand picks to show him around. One of the kids, Julian, is not so nice, though. Auggie decides to go to the school anyway, and during the year he encounters many ups and downs. Ups: Auggie becomes friends with Jack Will, one of the kids who had been on the same tour of the school, and a girl

named Summer. Downs: a hurtful game is spread throughout the school, called "The Plague." And when Auggie hears lots of mean things, he questions his friendship with Jack Will.

The story is told from different perspectives including Via's, Jack's, Summer's, and, of course, Auggie's. I recommend it to ages 9+.

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