



WINTER CARNIVAL  
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## Building a Non-Racist Community: Embracing Solidarity

by Tim Johnson, Retired pastor of Cherokee Park United Church

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

The picture was striking, Winona LaDuke, Ojibwe leader, activist and author, embracing Jelly, a young Latinx woman, who had just finished a stirring spoken word presentation at the annual Overcoming Racism Conference held at Metropolitan State University this past November. Earlier that morning, Winona and Joe Feagin had given powerful Keynote presentations on the dynamics, history and firsthand experience of white supremacy. Joe, who is a professor and author of numerous books including *The White Racial Frame*, began the morning by unpacking the hidden history of white supremacy and the way it continues to be maintained. Winona spoke about the Deep North, naming the impact of white supremacy on Native Peoples and the natural world, as well as means of resistance. When Jelly's turn arrived, she was clearly nervous, stepping to the center of the stage, taking several deep breaths before releasing the words to "America," a strong witness by a young Dreamer to the sharp discrepancies between the so-called American dream and the omnipresence of white supremacy.

Winona's embrace of Jelly was more than an act of affirmation from an elder in the racial justice struggle to a young person just discovering her voice. Winona's embrace was most certainly an affirmation, but it was also an act of solidarity. Her embrace was a tangible and visual way of saying we are in this together, across generations, across our own distinctive backgrounds and life experience: we are in this struggle together.

Racism and white supremacy are so deeply ingrained into our corporate psychodynamics that they often feel overwhelming. Even if one recognizes that it is wrong to refuse bank loans, reject housing and employment applications, or pull someone over because of the color of their skin, individually it often feels like there is little or nothing we can do. This is why solidarity, working in community and through collaboration is so essential. Collaboration and community shatter the myth that there is nothing we can do and that these destructive dynamics must always be among us.

The embrace Winona offered to Jelly didn't just suddenly happen one cold Friday morning in November. This act of solidarity was the culmination of collaborative efforts to address racism and white supremacy that began eleven years prior in the basement of Cherokee Park United Church. At the heart of the initial gathering of more than 100 people who spent two days together, was a belief that community and collaboration are essential if we are to make a difference.

The experience of that initial gathering was one of solidarity. To be sure, we were at different places in our understanding of white supremacy and racism. People of Color experience and understand these dynamics in ways that white folks can all too easily escape. Nonetheless, across the divides of generations and backgrounds, a solidarity emerged that by its very existence gave hope to those present.

SOLIDARITY, PG 3



Many learning opportunities are included in the Community Kids program.

## Keystone/West Seventh providing for our future

*I believe the children are our future  
Teach them well and let them lead the way  
Show them all the beauty they possess inside...*  
[Creed and Masser/Whitney Houston]

The Keystone Community Services Community Kids After School and Summer Camp programs, operated in partnership with St. Paul Public Schools, recently received notice that they have been funded for three years (with the possibility of a three-year extension, depending on federal funding) as a Minnesota 21st Century Community Learning Center by

the Minnesota Department of Education (administering federal funds). This funding comes after a rigorous process of evaluation and represents a level of achievement of which our community is proud. These federal funds are awarded through a competitive peer review process that prioritizes programs serving students in high-poverty, low-performing schools.

The importance of providing educational and social enrichment opportunities after school and during the summer months inspires Keystone's Community Kids program. It is an accredited, year-round out-of-school-time program that features high-level services with a dual focus on

school success and social-emotional skill development. From its base at West 7th Community Center, the program serves 150 low-income children and youth in grades K-10 each year. Most enroll year-round for a total of 925 hours per year of high-quality out-of-school time programs — almost as much as the 1,290 hours they spend in school.

Academic components include Extended Day Learning math and reading classes with licensed teachers two days a week, daily homework help, daily independent reading, literacy tutoring, and mentoring

KEYSTONE, PG 4

## Oneida scholarships assist West 7th students

Josephine McMahon has been awarded the 2019 Oneida Scholarship to help her pursue her baccalaureate degree at Montana State University during the 2019-2020 school year. She is majoring in Conservation Biology and Ecology with a minor in Political Science, and the grant goes directly toward her tuition.

This year, Josephine will be involved in a study-abroad program in Cuenca, Ecuador, which has conservation classes in diverse ecosystems. She says, "As a conservationist it has always been my dream to see the Amazon and the Galapagos. These places are absolute marvels of modern ecosystems. Once in Cuenca, I hope to expand my understanding of the Spanish language and culture. I wish to understand local citizens' thinking on important issues in conservation, to help me understand what the indigenous people need to preserve these beautiful places. With this grant I can expand my world views as a scientist and understand the driving factors for deforestation in some of the most important rainforests in the world."

Josephine has been concerned since her childhood with how people regarded animals as lesser than humans. She did research on a variety of animal rights issues and started to find passion for fixing these problems, including evolving to become vegan in her diet. She chose her major in order to understand the issues facing different populations and then to help



Josephine McMahon

fix them legislatively with the help of my political science minor.

She has also been active with a local bird rescue and sanctuary known under the acronym Maars — Midwest aviation adoption and rescue services. This rescue houses 80 or so exotic parrots that were once a part of the exotic pet trade. She says, "Almost every bird housed at the sanctuary has some form of PTSD and/or mental and physical health issues. I knew animals were smart, but never comprehended just how

intelligent until I worked closely with these parrots. They hold the reasoning of five and six-year-olds and have just as much personality. As I began to spend more time at the sanctuary, I realized how detrimental the exotic pet trade is for not only the well-being of the individuals, but the survival of the species as a whole."

Josephine hopes to work in cityscapes, establishing more wildlife corridors and parks that would allow more people to enjoy the beauty of nature and provide habitat for important species. While focusing in ornithology preservation efforts, she also hopes to increase access to wild places for inner city kids.

## Oneida Scholarship Program now accepting applications

Each year, the Oneida Scholarship Program helps West Seventh residents with their post-secondary education. The program is a legacy from the Oneida Education Center whose mission was to provide quality adult education classes and to strive to improve individuals' lives through education. After the Center closed, the scholarship program which is administered by Keystone Community Services/West 7th Community Center, was established to help make our community stronger by promoting education among West Seventh residents. Applications are available at West 7th Community Center and on Keystone's website: [keystoneservices.org](http://keystoneservices.org).



COUNCIL PERSPECTIVES



REBECCA NOECKER  
CITY COUNCIL  
MEMBER, WARD 2  
columnist

Goals for a New Year

I love the possibility of a fresh start. At home, I clean my basement, take stock of my boys' clothes, make to-do lists. At work, I clean my desk, wipe off my project tracker, talk with my team about what we want to make happen and how we'll work smarter than the year before.

The start of a new decade and a new term brings with it more than the usual sense of potential — and pressure to seize the moment. In the spirit of sharing my goals so that you'll hold me accountable, here are a few of the things I resolve to work on in 2020.

**Big solutions for big problems:** If you ask the average St. Paul resident to name our city's biggest challenges, affordable housing, street maintenance and high taxes are likely to make the list. But solving these problems is too expensive for the city's budget alone. To rebuild our roadways, create the housing we need and keep taxes manageable, we need more local government aid from the state and more authority to create dedicated revenue sources such as local sales or entertainment taxes. I'll be working in 2020 to build a stronger partnership with the state to better meet our city's needs.

**A focus on our youngest residents:** We know that 90% of brain development occurs between birth and age 5, and quality preschool programs for 3- and 4-year-olds can help keep this development on track. For the last two years, I've been working with a collaborative of community leaders to develop a city-wide early learning initiative that would make preschool free for children with the highest need and subsidize tuition on a sliding scale for families earning more. Following a model used in dozens of cities around the country, this program would allow families to choose between school-based pre-K, child care centers or family child care, and would allow more parents to join the workforce. I'm looking forward to continuing this work in 2020 to make St. Paul the best city in the world to raise a family.

**Economic growth for long-term success:** We need to attract more commercial development to St. Paul if we want to meet our long-term needs without large property tax increases. Businesses create more vibrant, walkable neighborhoods and they bear a larger share of the tax burden than residential properties. I plan to be more engaged this year — as a Council Member and as a board member of the Downtown Alliance — in helping employers find their place in St. Paul.

**Accountability for getting results:** Government should work hard and get things done. When programs are working well, we should scale them up. When they're not, we should redirect our dollars where they'll do more good. Our City Charter gives the City Council the authority to audit City departments and programs to make sure they're getting results, but unfortunately, recession-era staffing and budget cuts forced that work to the wayside. Last year, I co-chaired a committee that recommended restarting this important auditing function and I'm eager to take that work forward in the year ahead.

I'd love your feedback on these priorities. Please join me at a neighborhood meeting in the New Year to share your goals for our ward:

- Jan. 10, 8-9:30am, Capital View Cafe, 637 Smith
- Jan. 14, 12-12:45pm, Virtual Lunch with Rebecca, Facebook.
- Feb. 7, 8-9:30am, Uptowner Cafe, 1100 Grand Ave.
- Feb. 11, 12-12:45 pm, Virtual Lunch with Rebecca, Facebook.
- March 6, 8-9:30 am, Claddagh, 459 7th St. W.
- March 10, 12-12:45 pm, Virtual Lunch with Rebecca, Facebook.

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AD DEADLINE & MEETING

Copy Deadline/Meeting: January 20. Ad Deadline: January 22.

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Editorials & Opinions

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

Your involvement is requested

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

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

-- Jerry Rothstein, Editor, Community Reporter



West End HEALTHLINE  
Happy Flu Year!

BY JONATHAN DICKMAN,  
MD, PHD

It is wintertime and with that comes the predictable cold weather, snow... and influenza. This infection is not related to "the stomach flu" where people experience nausea, vomiting and diarrhea. Influenza is a completely different infection that involves high fevers, muscle aches, cough, breathing difficulty, low energy and generally feeling unwell for a week (or more). This virus comes to our community in the late fall season and can sometimes persist until springtime. This infection often results in several days of missed work and sometimes hospitalization and death. We are approaching peak flu activity, so being prepared is important!

So, what can you do? The first thing is to get vaccinated every year. Flu shots are available at pharmacies and clinics. Oftentimes you do not need to wait to see a doctor if you simply want to get vaccinated. I oftentimes hear that the flu shot makes them sick. While the flu shot causes an immune reaction (which is needed for it to work) and can sometimes result in minor changes in body temperature, the vaccination only contains pieces of the virus which are not capable of causing an actual infection. The flu shot gets this concern more often than other vaccinations because many people are getting sick with other colds this time of year, so by coincidence people get sick shortly after

getting the shot. Another concern is that some patients tell me is that "I got the flu shot last year, but I still got the flu." It is true that the flu shot is not perfect and some years are better than others. It is clear, however, that the flu shot will decrease the intensity of your illness even when the vaccination is less than ideal. In the end, all people six months or older should be vaccinated to provide protection against the influenza virus.

What if you think that you have an influenza infection? The first step is to cover your cough and use good hand hygiene (in other words, wash your hands!). Sometimes it is helpful to use a mask if you are coughing frequently. The second step is to determine if you need to see a doctor. Not everyone who gets sick with the flu needs medications. People at high risk for getting very sick from this infection and may benefit from medication include people under five or 65 years or older, pregnant women, those living in nursing



homes or long-term care facilities and people with chronic health conditions that affect breathing, the heart, kidneys or your ability to fight off infections. If you fall into one of these groups (or are unsure) then call your healthcare provider for further guidance. If medications are prescribed, the earlier you start it the better it works. If prescription medication is not felt to be right for you, then drinking plenty of water and taking acetaminophen (Tylenol) for discomfort is generally safe.

When in doubt, call your doctor. If you do not have a doctor, call United Family Medicine at 651-241-1000, as we have same day appointments available. We can either give you the flu shot if you want to prevent infection or provide guidance if you are feeling unwell.

What if you think you have an influenza infection?  
**First step is to cover your cough and use good hand hygiene (wash your hands!)**  
Second step is to determine if you need to see a doctor.



WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

**BY CATE SERING, LIBRARY MANAGER**

As we enter the New Year, I would like to thank you all for welcoming me to the West 7th Library. I have truly enjoyed getting to know everyone and have been grateful for those who take the time to share their recent read or share their favorite coffee shop. Here's to a great New Year at the library!

The **West 7th Book Club** will be discussing *The Marrow Thieves* by Cherie Dimaline on Thursday, January 23 at 6:30 p.m. We are looking for more members, and everyone is welcome. For help finding copies of book club titles, give us a call at 651-298-5516 or find the e-book version on our Libby app with no wait during Read Brave!

West 7th is hosting **One-to-One Tech Help** on January 7 and 21 from 11:30 a.m. to 1:30 p.m. Call to make a 30-minute appointment with

us for help with your personal device (including smartphones, tablets and laptops), or a library computer.

Join us at the West 7th Library on Wednesdays @ 10:30 a.m. for Preschool Storytime. Enjoy time with your child while building a foundation for reading success. Storytime teaches social skills, letter/number recognition and vocabulary, all while moving, singing and having fun.

All Saint Paul Public Library locations will be closed January 1 and 20 (Rev. Dr. Martin Luther King Jr. Day).

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

FEDERATIONUPDATE  
974 West 7th | fortroadfederation.org

The Federation Board meeting was held Dec. 9. The next Board meeting is Monday, January 13, 6pm. [Note earlier time] with a holiday gathering to follow — 882 West 7th, Suite 6, second floor.

**BOARD UPDATE**  
The Board heard and approved a request for support from Irvine Park residents who are concerned about the safety of the retaining wall between their neighborhood and the railroad below.

Lily Thompson, MD, MPH from United Family Medicine is doing a residency project with the Federation with the goal of increasing walking and a sense of community. She presented her concept to the Board. Outreach to neighborhood block groups, schools, property owners, and other groups will start this winter and spring.

Also, during the Board meeting, City Planning and Economic Development staff presented on the HUD Consolidated Plan for St. Paul. A representative from the Minnesota Nurses Association spoke about the potential closing of St. Joseph's Hospital and a coalition forming to prevent the closure. The Fort Road Federation is concerned about the hospital closing.

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

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

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

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# Community News & Events



## The 134th Saint Paul Winter Carnival: “Coolest Celebration on Earth™” Rice Park Jan. 23 – Feb. 2, 2020

Carnival activities and attractions include lively musical performances from local musicians, the ever-popular Ice Bar, as well as merchandise and food vendor sales. The Ice Carving Competition, will return its sparkle to Rice Park. Teams of four will transform 20 huge blocks of ice into beautiful masterpieces using a 48-hour timeframe Jan. 23-25. Then, on Jan. 26, individual ice artisans will create smaller works of frozen art in just six hours. Rice Park will be the culmination point for Winter Carnival’s King Boreas Grand Day Parade (Jan. 25) and Vulcan Victory Torchlight Parade (Feb. 1). New this year, Winter Carnival festivities will not only provide a cozy respite from the outdoors, but guests may enjoy assorted tasty signature cocktails, St. Paul craft beers, games, snacks, live entertainment from local musicians. A new, gold-medal-worthy attraction is coming: The Team USA Journey presented by OREO. This traveling vehicle, free and open to the public, will bring its one-of-a-kind social media experience Jan. 31-Feb. 2. Its multiple social interactive elements capture the energy and excitement of the Olympic and Paralympic Games Tokyo 2020 and will have several Team USA athletes in attendance. Landmark Center will host Winter Carnival events including the Memorabilia Display; an expanded Jigsaw Puzzle Contest Jan. 25; and Family Day Feb. 1.

The Saint Paul Winter Carnival was started in 1886 and is the oldest winter festival in the United States. For information, please visit [wintercarnival.com](http://wintercarnival.com).

training program and along their career path. Internet Essentials is a special program available at low cost to those eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, and others. See [internetessentials.com](http://internetessentials.com) for details.

Young women interested in participating in The Katherine Project are encouraged to contact Workforce Solutions at [ulead@ramseycounty.us](mailto:ulead@ramseycounty.us) or 651-266-6025.

**Nourish Your Need For Nature at Dodge Nature Center**  
**Winter Phenology Family Hike:** 1/11, 10-11 a.m. at Main Office Entrance 1, 365 Marie Ave W West St. Paul. Hike around to learn how plants and animals survive winter. Look for tracks and other animal signs as you hike through the woods and on top of the frozen Farm Pond. A special treat at the end of the hike! Pre-registration required. \$7 per person. Ages 2 and under are free.

**Women in the Woods — Winter Rendezvous:** 1/21 & 1/22, 7-9 p.m. Entrance 3, 1701 Charlton St. West St. Paul. Enjoy an evening with Dodge naturalist Pam Welisevich as you try snowshoeing or kick sledding, depending on snow conditions. Become more comfortable and knowledgeable about the natural world by joining other women interested in getting outside. Start with a glass of wine and social time before a hike through the woods. Comfortable boots and clothing please. For women ages 21+. Pre-registration required. \$20 per person.

**Love in the Wild Date Night:** 2/13, 6-8 p.m. at Farm Entrance 3, 1701 Charlton St. West St. Paul. Hosted by farmer Don Oberdorfer and naturalist Pam Welisevich. Animals celebrate Valentine’s Day all year round. Some mating rituals are wonderfully bizarre. “Love” secrets of a variety of animals will be revealed. Enjoy social time indoors with wine and cheese. After that, you will have time to snuggle up with your loved one in a picturesque horse-drawn sleigh. You will need a little more than love to keep you warm in February, so bring the right clothing to be comfortable on the sleigh ride. This experience has limited reservations so sign up soon. Adults 21+ to drink alcohol. Pre-registration required. \$60 per couple. Preregister at 651-455-4531 or [DodgeNatureCenter.org](http://DodgeNatureCenter.org).

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*Community Reporter* invites West Enders to write down some of their neighborhood memories in earlier years.  
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**U.S. Senator Tina Smith Recognizes West End Seniors Concerns**

"A study group of West End seniors, working with resident physicians from United Family Medicine, is forming to attempt to identify seniors in the community who are socially isolated due to age, mobility problems, lack of transportation, income, by a desire for solitude, or other issues. The project will explore the linkage among services currently available, the community health issues involved, the interface between doctors and seniors and whether or not recommendations for changes should be made for medical or community health practices." [Community Reporter, August 2019]

Senator Tina Smith has introduced a bill to improve mental and physical health outcomes for seniors, seeking more resources to address the growing problems of social isolation and loneliness experienced by many.

A growing amount of research is demonstrating that social isolation can cause negative mental and physical health effects and accompanying economic consequences for seniors and their families. More than 8 million older Americans experience social isolation, and nearly half of older adults feel isolated, alone, or left out. Socially isolated seniors face a 29 percent increased risk of mortality. And federal Medicare spending is \$134 more per person per month for every socially isolated older adult. This is compared to Medicare spending on chronic conditions.

Sen. Smith’s Older Americans Social Isolation and Loneliness Prevention Act calls for revising the Older Americans Act (OAA) so that there are supports and services in place to allow states to better coordinate to address social isolation and loneliness among older Americans.

Senator Smith is a member of the Senate Health Committee. She describes her hopes for the bill:

"The bill I’m introducing would make it possible for states to pursue projects that address social isolation and loneliness, set up a working group with stakeholders about this issue, and support prevention and other supportive services for seniors in Minnesota and across the country."

Sen. Smith shared her legislation with the Minnesota Department of Human Services for input, and her bill would allow relevant state departments and agencies — including regional area agencies on aging, the Minnesota Department of Human Services and the Minnesota Board on Aging — nonprofit agencies, institutions of higher education, and other organizations to pursue grants for projects that address social isolation and loneliness among seniors.

To learn more about the effort and read a copy of the bill go to [smith.senate.gov](http://smith.senate.gov).

**Ramsey County Receives Women’s Economic Security Act Grant**  
Ramsey County received a \$155,500 Minnesota Department of Employment and Economic Development Women’s Economic Security Act grant to support The Katherine Project. This grant program encourages Minnesota women to enter and continue in high-wage, high-demand, nontraditional jobs.

The Katherine Project provides career training and professional experiences for young women of color and indigenous women, ages 18-24, in the information technology and computer coding fields. In partnership with St. Paul Public Schools and New Vision Foundation, digital literacy, computer coding training, and support services such as child care will be available to participants.

Following 14 weeks of training, young women will be provided with paid internship opportunities, including within Ramsey County departments, to help them take the next step into their career, and ultimately enter living wage employment in the technology industry.

All Katherine Project participants will receive one year of **Internet Essentials** from Comcast, to ensure access to needed services during their

**SOLIDARITY, PG 1**  
It was out of this experience of solidarity that the Facilitating Racial Equity Collaborative (FREC: see [overcomingracism.org](http://overcomingracism.org)) was born, an open and loose-knit coalition of individuals and organizations committed to overcoming racism. The mission of FREC is to work collaboratively and democratically toward just, equitable and antiracist communities throughout Minnesota. Building on the impulses of the first conference at Cherokee Park United Church, FREC has hosted ten annual overcoming racism conferences with more than 600 in attendance each year.

In 2019 the communities of Bemidji and Rochester sponsored satellite conferences, live-streaming the keynote presentations. In 2018 and 2019 FREC gave out grants of up to \$2,000 for racial justice work in communities across the state. In addition, a one-day Leadership

Institute is offered to schools and educators designed to address systemic ways in which racial inequity persists in educational systems. All of this is possible because of a commitment to collaboration, community building and the lived experience of solidarity.

There are many ways we are divided and encouraged to experience ourselves as separate from one another and the earth itself. Inevitably these divisions lead us into feelings of powerlessness, even despair. Solidarity, coalition building and community breaks through all of that, offering the tangible hope things can and will be different. Solidarity is the embrace so essential to the change for which we long.

[Editor’s postscript: We invite community members to contribute to this series. Please contact [editor@communityreporter.org](mailto:editor@communityreporter.org) or call 651-587-8859 to discuss possibilities.]



# Community Arts & Culture

## West End Artist Profile: Jeanne Ross

**BY JERRY ROTHSTEIN**

LocalColor Artisans' motto — “Always Making Something” — is the literal truth. Artist Jeanne Ross has opened her storefront and artist studio on Randolph (next door to Triple 8 Collectibles — see page 5) offering a cornucopia of her work in many media over many years.

She comes from Czech (maiden name Stasny) and Irish stock, grew up in the Macalester-Groveland neighborhood (St. James, Derham Hall) and studied commercial arts at St. Paul Vo-Tech, leading to a designer job with 3M. Using the company's education reimbursement benefit, she earned a degree at St. Thomas in computer science and software engineering.

And during all this time, in addition to raising her daughter, she made art. Her natural artistry produced work in painting, sewing, weaving, clothing design and construction and, really, anything that caught her eye as a possible work of art (see her small furniture creations out of old wooden boxes).

After her 3M job was outsourced she held some other jobs, while planning for the time she would be able to open her own shop and studio. One thing she already had was inventory!

She has made her space on Randolph a warm, full room of paintings and prints; hand-woven goods in pure American wool, including scarves, throws, blankets and shawls; apparel art — have a look at the carry bags she has formed from old men's suit (I wanted the one in worsted with the Nordstrom label and pocket on the inside); hand-sewn dolls; small furnishings reclaimed from old wooden boxes; hand-decorated eggs; soda-fired stoneware.



Jeanne paints en plain air all over St. Paul.

Jeanne's plein air paintings with St. Paul and river themes are there, and also sets of notecard Reflections: Mississippi, Dawn, Nocturnal are among the most popular.

Finding this location was a real sign, and Jeanne is creating a place for viewing, conversation, sharing art works and finding beautiful gifts. She will also offer design services, such as logo design, and hands-on

training in weaving, sewing, painting, traditional old-style stained glass, low-fire ceramics (she has a wheel and kiln available, and thousands of molds for slip-cast ceramics) and porcelain painting. Contact her to talk about individual instruction.

*LOCALCOLOR ARTISANS, 895 Randolph Ave. See localcolorartisans.com or call 612-237-7594. Hours Mon-Sat 12-7 p.m. and by appointment.*



The Blooming Saint Paul Awards is a collaborative initiative between Saint Paul Parks and Recreation, the Saint Paul Garden Club, and the Ramsey County Master Gardeners. The program is presented by the Saint Paul Pioneer Press and the Capitol Region Watershed District. The Awards help showcase residents and businesses who are dedicated to enhancing their local communities through landscaping. A yearly award ceremony is put on to recognize honorees.

For 2019, Supatra's Thai Cuisine in the heart of West 7th (967 7th St W., 651-222-5859) has been awarded the Business Category Silver Bloom Award for the exemplary work they have done on their patio and “greening” their small parking area. Blooming Saint Paul invites everyone to be

involved through the nomination process. In April, 2020, information for nominations for the 2020 awards will be available. Categories include gardens, landmark trees, youth groups or individuals that you feel goes above and beyond to help beautify the community.

Nomination criteria require (a) All gardens, trees and groups must be within St. Paul city limits; (b) All nominations on private property must be visible from the sidewalk, street or alley; (c) Alley gardens must have an address clearly visible from alley; (d) Gardens maintained by the City Parks Department are not eligible. There are seven award categories. See [stpaul.gov/departments/parks-recreation/natural-resources/arts-gardens/blooming-saint-paul/](http://stpaul.gov/departments/parks-recreation/natural-resources/arts-gardens/blooming-saint-paul/) to follow the process.

### KEYSTONE, PG 1

from an AmeriCorps Promise Fellow who uses the University of Minnesota's Check & Connect model to help older youth manage their schoolwork and plan for post-secondary opportunities.

All students participate in weekly evidence-based character education and violence prevention curricula that sequentially build social-emotional skills. A Youth Advisory Council engages youth in leadership roles. Community Kids also offers a wide variety of enrichment activities, including nutrition and fitness, Junior Achievement, youth internships, service learning projects, high quality arts experiences with teaching artists and arts organizations, and a wealth of STEM offerings including FIRST Lego League competitive robotics teams. Community



Kids' students are drawn from more than 50 public, private and charter schools. Parents actively participate in an Advisory Council and meet with teachers for conferences a minimum of three times per year. Community Kids is well known for excellence and recently completed its participation in a multi-state, five-year study of effective afterschool interventions for middle-school youth

### KEYSTONE, PG 7

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# In the Community



Back row (l-r): Terry McMahon, Wally Wescott, Mike Thill. Front row (l-r): Greg Mergens, Bob Busch, John Mancini, Snap Leitner, Tom Campion, Ken Nerud, Mike Campion. Original members from 1985 not pictured: Nick Mancini, Dennis Denning, Bob McMahon, Bill McMahon, Jay Salmen, Tom Cross.

## West 7th Street Boys Club Takes Care

The West Seventh Street community started as an immigrant community of Italians, Bohemians, Germans, and Irish. It later evolved into a blue-collar community in St. Paul. Part of this rich community tradition was to take care people in need within the community. The community is now more diverse with people of color and millennials. The goal continues to be one of taking care of

others within the community. A group of long-time West 7th Street friends and Monroe Alumni started the West 7th Street Boys Club in 1985. The concept was to assist needy individuals and families with club members' time, talent and donations. Club members, as well as local churches and social service agencies like the West 7th Community

Center, identify recipients for services. There is no formal membership drive and members are invited to donate what they can. Also, there are no administrative expenses and no annual dues for the West 7th Street Boys Club. The Club now has 200 men and women who participate by volunteering at events, donating money and identifying recipients for services.

**Holiday Events Service**  
Thanksgiving and Christmas events are at the heart of the Club's activities. Each year, the Club provides groceries and gift certificates, toys and bikes, for families, seniors, and young adults.

**Safe Summer Nights Out Service**  
Besides the Holiday events, during the summer, the Club participates with the St. Paul Police Department doing 11 Safe Nights Out events. People come to local recreational centers within St. Paul to share food and games and meet police officers on an informal basis. Also, one of the Club members gets sponsors for all of the food for these events. A typical Summer Night Out event draws between 500-1000 participants. All Safe Summer Night outings are free.

**Individual Services**  
Working with referrals from churches, service agencies and individual Club members, The West 7th Street Boys Club addresses the specific needs of individuals and families. It could be the need for a wheelchair or other medical devices. Last year, a family of four needed a new van. The club located and donated a used van to the family that lives on West 7th Street. To learn more about how to get involved see west7thstreetboysclub.com.

## A Treasure Trove of Collectibles on Randolph

**BY JERRY ROTHSTEIN**  
Trever and Darlene Newcomb Bergman have arrived with a flourish, opening Triple B Collectibles a few months ago. The shop is just a few blocks from their home. Trever grew up in Minneapolis and worked at LUV Painting (owned by his dad) and eventually ran the company until about ten years ago. He had been a sports card collector early on, and around 2015, as he learned more about the modern world of card dealing and trading, he "got the card bug again" and decided he would go into the business himself. Darlene grew up in the West End (Adams, Monroe, Highland), and has lived in St. Paul all her life. She collected Wacky Packs, Topps' series of cards and stickers that imitated consumer product logos and packaging. Starting to trade on line, Trever learned about "box breaking" and other sales possibilities. As he became more comfortable and proficient, he also began to gain in reputation and status. Last fall he was certified as a Diamond Dealer for Upper Deck, one of the four major card manufacturers. He is listed on their site, and receives their new products as they are issued, giving him a head-start with collectors. Upper Deck specializes in hockey cards and the Marvel entertainment world. Trever also handles products from Panini (football, basketball and some entertainment); Topps (baseball, soccer and



Star Wars); and Leaf (various cards, autographed bats, balls and jerseys). People buy these products as both collectors and traders — it is a surprisingly big business. A site called Beckett is like the Kelly Blue Book for cars, reporting market values via their "Beckett Sports Card Price Guide." Trever has a loyal base of on-line customers, but it was important to have a physical retail outlet. This enables him to buy new products immediately (there's a six-month wait for on-line only dealers) and to receive distributor pricing.


He has stocked the store with a comprehensive mix of sports and entertainment cards, comic books, Star Wars, DC Wobblers and other collectible figures, t-shirts and collectors' supplies. The business is becoming more sophisticated, now featuring limited edition, numbered cards, making it possible for the market to develop real values. Trever and Darlene would love to welcome you to their world of collectibles. TRIPLE B COLLECTIBLES, 893 Randolph Ave., triplebcollectibles.com; 612-242-3904. Hours: M-F 10-7, Sat 12-7; Sun closed.



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with researchers from the University of Minnesota. Because of their participation in Community Kids, 150 St. Paul youth each year improve their academic proficiency, social-emotional skills, school engagement, college and career readiness, health and wellness, and positive connections to peers and adults.

A Parent's Appreciation

Hello! My son and I have been involved with Keystone since 2016. My son is seven and a half years old. This is his third year attending the Community Kids after school program. When we immigrated to Minnesota from Ethiopia, I knew I needed an after-school program for my son. I do not have family nearby to help care for him after school or during the summer so I like that he can ride the bus to the community center after school and he will be safe until I can pick him up after work. My son really likes going to Community Kids. He enjoys the swimming lessons and field trips. He is always learning and his English levels have greatly improved. I love that he gets to experience new things, learns how to get along with others, and his education has been supported by Community Kids.

Without Keystone, I would be very stressed.

I would not have anywhere to go or anyone to help me take care of my son while I am working. I would not have had the assistance I needed to get the education required to get the job I currently have, so I would not be making enough money to support myself and my son. The Community Kids program means so much to me and my son. You are all a blessing to me.

A Student's Experience

Hi, I am writing this to tell how I feel about Community Kids. I have been going there since first grade and now I'm in eighth. Over the years Community Kids has done a lot for me. They have taught me empathy. Empathy is when you are in someone's shoes metaphorically. It basically means to understand the feelings of someone. Community Kids also helped improve my reading skills when I was younger. Tutors would come in and read with students for as long as we needed and helped us with homework. During each season, we would take a reading test to see how far we grew over the months and based on results they would help us improve our skills. If you could have the chance to come to Community Kids I would recommend it 100%. They provide fun activities and field trips for students to attend. Community Kids is a good place for students to attend and feel safe with caring staff and a good education source for students.

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1/7, 2/11 & 3/10 — seating at 6pm, trivia 7-9pm, FREE. Test Your Rock and Roll Knowledge with host Ryan Cameron of Let It Be Records and special guests from the Twin Cities music scene. Team up for rounds of trivia with clues that include audio, photo, and video clips. Musical guests: January, Dan Israel; February, Katy Vernon; March, Impaler with Bill Lindsey. This program is offered in conjunction with the exhibit “First Avenue: Stories of Minnesota’s Mainroom.”

**UPCYCLED JEWELRY WORKSHOP AT CENTER FOR LOST OBJECTS:** Every Wednesday from 5:30-8:30pm at 957 W. 7th St. Learn how to create jewelry from a large selection of old pieces. Make earrings, necklaces, bracelets, sculptures or anything you can think of. Convert clip-on or screw-back earrings to pierced, with many clasps to choose from. Visit [centerforlostobjects.com](http://centerforlostobjects.com) to reserve a spot: cost \$25 includes all supplies. Call Amy for information, 612-382-8100.

**“ONE IN THE LAND”** — Paintings by Heather Friedli: through 1/4/2020 at Frameworks Gallery, 2022A Ford Parkway. Within these colorful works, Heather explores the spiritual world through the lens of culture and lived experience of place. Heather’s work is creative, soulful, bold, and powerful. See [friedliarts.com](http://friedliarts.com).

**POWER-UP LEGAL CLINIC:** 1/9 & 23, 1-4pm at 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](http://interfaithaction.org/legalclinic).

**HISTORY REVEALED AT EAST SIDE FREEDOM LIBRARY:** 1/9, 7pm at 1105 Greenbrier St., St. Paul. No registration needed. Dr. Will Cooley: *Moving Up, Moving Out: The Rise of the Black Middle Class in Chicago*.

**HAND DRUMS FOR BEGINNERS:** 1/10, 5:30-6:30pm: a women’s beginning class in hand drum technique using West African Drums. Basic technique will be taught using patterns and rhythms to build the skills to play layered pieces. No experience necessary. Women’s Drum Center, 2242 University Avenue W., St. Paul. Instruments provided. Cost is \$10. Register at [womensdrumcenter.org](http://womensdrumcenter.org). Women’s Drum Center is a nonprofit organization providing opportunities for women and girls to learn, teach, and play percussion together and to energize the community at large through performing.

**NEXT CHAPTER SERIES:** 1/12, 9:45am-noon at Jewish Family Services, 1633 West 7th. Women who are undertaking a mid-life journey are invited to work with psychologist Ruth Markowitz exploring aging and friendships. Class limited to 20; register with Jodie Saltzman at 651-313-6623 or [jsaltzman@jfssp.org](mailto:jsaltzman@jfssp.org).

**URBAN EXPEDITION AT LANDMARK CENTER:** 1/12, 1-3pm: Germany. Learn about other countries and cultures. Always free and features crafts, exhibits, music, dance and live animals, as well as foods representative of the featured culture available for purchase. Landmark Center, 75 W 5th St., landmarkcenter.org, 651-292-3225.

**CARONDELET VILLAGE MEMORY CAFÉ:** 1/15, 1-2pm at Carondelet Village, 525 Fairview Ave S. St. Paul, Private Dining Room, 2nd floor — No RSVP needed, free. Memory 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](http://actonalz.org/st-paul-neighborhoods) or call 612-871-3700. Future meetings: 3/19.

**JUNGLE THEATER REGIONAL PREMIERE:** *A Doll’s House Part II*: 1/15-2/23 at 2951 Lyndale Ave. S., Mpls. An acclaimed contemporary play based on Ibsen’s 1879 *A Doll’s House*, which examined the rules of society and gender. Tickets and more information are available at 612-822-7063 or [jungletheater.org](http://jungletheater.org).

**POWERFUL TOOLS FOR CAREGIVERS:** Thursdays, 1/16-2/20, 10:30am-noon at Jewish Family Service. Registration is open for a six-week educational series that has been shown to have a positive impact on caregiver’s health. Participants will learn self-care behaviors including increased exercise, relaxation and medical check-ups; emotion management to reduce guilt, anger and depression; building self-confidence to cope with care giving demands; and identifying community resources. Each week caregivers develop a wealth of self-care tools to reduce personal stress and help them take care of themselves while caring for others. Caregivers increase self-confidence, learn to balance their lives, better communicate their feelings and feel empowered to make tough decisions. The cost is \$25 per person. Each participant will receive a copy of “The Caregiver Helpbook.” To register, call JFS at 651-698-0767 or email [info@jfssp.org](mailto:info@jfssp.org).

**HISTORY REVEALED AT WALDMANN:** 1/16, 7:45pm. Dan Reed: *Saint Paul’s Historic Ramsey Hill: Salvaging a Gilded Past*. RCHS members and supporters are encouraged to come and enjoy a lunch/dinner/drink at Waldmann throughout the day, or time your dinner so that you can stay for the presentation immediately after. Registration requested: [rchs.com/event/history-revealed-ramsey-hill/](http://rchs.com/event/history-revealed-ramsey-hill/). Waldmann Brewery & Wurstery, 445 Smith Ave., Phone: 651-222-1857.

**MOBILE MENDERS:** 1/27, 5:30-7:30pm at West 7th Community Center, providing FREE mending services. You can bring up to 3 clean items that need mending.

**DRINKING PROBLEM?** Alcoholics Anonymous: Contact [aaminneapolis.org](http://aaminneapolis.org) (952-922-0880) or [aastpaul.org](mailto:aastpaul.org) (651-227-5502). You may call 24/7.

**WOMEN FOR SOBRIETY:** Meets every Monday, 10am, at 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](http://iimn.org) for schedules & details.

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

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

**SPECIAL EVENTS & PROGRAMS**  
**WEST END ENHANCEMENT COALITION:** 1/2, 11am at Terrace Horticultural Books, 503 St. Clair. Discussion items will be neighborhood beautification, transportation, issues of the day. Contact Kent Petterson at [terrace@winternat.com](mailto:terrace@winternat.com) or 651-222-5536. All welcome to this group dedicated to improving the West End.

**SUPPORT GROUP INFORMATION**  
**MYASTHENIA GRAVIS (MG):** 800-514-5454.  
**EMOTIONS ANONYMOUS:** A 12-step program for emotional wellness. Meets weekly on Friday, 7pm at Twin Cities Friends Meeting House, 1725 Grand Ave. For information contact Paul at 651-402-6774 and visit [emotionsanonymous.org](http://emotionsanonymous.org).  
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**ROCKIN' HOLLYWOODS** JAN 24-25

THU 7:30-11:30PM

**THE MIDAS TOUCH** JAN 2  
**JAVIER TREJO** JAN 9  
**RADIO JOE & THE JAZZBOS** JAN 16  
**DD & COMPANY** JAN 23  
**RIVERSIDE SWING BAND** JAN 30

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