The Power of History: Mapping Prejudice

BY JERRY ROTHSTEIN

Sue Nichols is a long-time West End resident and a realtor with Coldwell Banker. In her career, she has helped many people buy and sell homes, often with the excitement of the first-time buyer’s preparation to settle down and provide their families (or families-to-be) with a solid foundation.

The original Owning Up! display was created by a team for an exhibit at the Sabathani Center in Minneapolis last January. Advice was sought and received from by “Mapping Prejudice,” a team of geographers, historians, digital humanists and community activists from Augsburg University and the University of Minnesota seeking to expose structural racism in Minneapolis. Their study of property deeds in Minneapolis revealed the extent of racial prejudice built into the system.

After many St. Paul Area Association of Realtors (SPARR) members had seen the exhibit, the SPARR Diversity Committee commissioned a mobile version of Owning Up! to educate real estate professionals and the general public on the use and impact of racial covenants. They wanted to tell this story graphically and include original content plus additions specifically about redlining in St. Paul. “Actually seeing the deeds was an eye-opener,” Sue remembers. The display was created by Kacie Lucchini Butler and Gerrie Pike, two Public Historians who recently received their Masters degrees from the University of Minnesota.

The deeds showed a systematic, overwhelming and successful effort to prevent African Americans and other minorities from buying property in specific, well-defined areas of the city.

The first step toward this goal was to prevent developers placing restrictive covenants on the property, preventing its sale to African Americans and other minorities from buying property in specific, well-defined areas of the city.

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“…you could be asked to, ‘ weren’t there laws about this?’ And the development and real estate industries fought consistently and successfully to maintain the covenants. It was a shock to literally see the broad red lines on the old maps,” Nichols added. They are the source of the term “redlining” — long known in the Black community as the key element in preventing African Americans from owning their own homes.

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Covenanted House
generically “non-European”, and even if an existing property owner was willing to sell to someone from these groups, the second step saw the lenders — banks, mortgage companies and even the federal government’s housing arm — refuse to lend or issue mortgages to these properties, effectively preventing most sales. Yes, you would be correct to ask, “ weren’t there laws about this?” And the development and real estate industries fought consistently and successfully to maintain the covenants. It was a shock to literally see the broad red lines on the old maps,” Nichols added. They are the source of the term “redlining” — long known in the Black community as the key element in preventing African Americans from owning their own homes.

The earliest use of redlining in the country was here in Minnesota, and the long-term effects are as well. Minnesota’s racial gap in homeownership is among the worst in the nation, according to a report by Twin Cities Habitat for Humanity, with 76% of white households owning homes compared to 27% of black households.

Owning Up! is open to the public at SPARR Monday through Friday. Contact SPARR at 651-776-6000 for specific hours of availability. SPARR is located at 325 Rosetown Avenue East, Maplewood. There are plans to have the exhibit placed in different community locations, to increase its impact. Interested organizations can contact SPARR to arrange for a loan. Gov. Walz recently signed a bill to allow homeowners to dissolve racist covenants in their deeds. Homeowners across the state who have racial covenants in their deeds may ask their county to attach a statement to the deed expressing opposition to the language. We often asked why removing the covenants completely would not be better, members of Mapping Prejudice argued that exposing them is a more powerful learning tool that eliminating them altogether.

Meanwhile, many people are hoping to move the project ahead to work with St. Paul’s records, a process that has been delayed by a lack of digitized records.
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 creative things. We have correspondents, reporters, and general writers involved, so feel free to write to the editor on a topic we have written about, or in response to one of our columns, or a longer "Neighbors Speak Out" piece.

West End HEALTHLINE
Stressed at Sixteen: Rising Teen Pressure, How to Help

By ABIGAIL HUGHES-SCASELLACE, PHD, UNITED STATES AIR FORCE RESERVE

"I'm so stressed out. How many times a day do you hear this phrase? Stress is common and, if it is expressed in many different ways. Some feel pressure exclusively. Some are nervous about society's impact on stress. Stress can make people feel anxious and worried, as though their thoughts are moving too quickly and difficult to control. It can also make people more short-tempered, with others and with themselves.

Stress levels are on the rise for Americans, and particularly for teens. There are many stressors for that age group. For the West "General Education" College is more expensive than before. School shootings may be an everyday occurrence. Social media introduces new opportunities for peer connection, but also for cyber-bullying and more constant peer pressure.

In this context, teens are also trying to cope with the social changes associated with puberty, the pressure to pick a career path, entering the dating scene, gaining independence from their caregivers, and answering the question of "Who am I?"

Given what adolescents are facing, it is not surprising that teens have a difficult time coping with stress. Approximately 12% of adolescents are being depressed at some point during their teenage years. Nearly one third of teens will meet criteria for an anxiety disorder. Stress and mental health issues also have a negative impact on physical health. Teens may have trouble sleeping, feel tired all the time, and develop chronic health conditions if they feel habitually stressed.

Rising young teens cope with stress have enormous benefits for their emotional and physical wellbeing. A first step is to help teens feel positive about it. Adolescents need to be taught to adapt to stress adequately (9-10 hours for teens), drink plenty of water, and engage in regular, moderate exercise (a few times per week). These regular practices can help prevent normal stress from turning into clinical anxiety or depression that can affect their life that allows them to relax. Yoga, reading, drawing, playing a musical instrument, taking walks in a park — these kinds of activities allow teens to slow down and reduce stress in a healthy way. Making stress a topic teens can talk about is also important. The more normal it is to acknowledge stress, the more likely it is that teens will reach out for help when needed. It can be helpful to ask teens more specific questions about their lives when trying to talk about stress. Instead of "How was your day," ask teens about their friends, an upcoming project, or an interest they pursue outside of school. Another way to make stress an acceptable topic is to verbalize your own experiences with stress. As a parent or mentor, I feel that going for a walk tonight after a really long day. I needed that time to re-set. Sometimes it helps to talk about how teens may feel less need than an adult’s experience is good. Adolescents might experience stress more than adults do and often have more control over their lives than adults do. They may have less access to adult support and may have more stressors at the same time.

If you see these signs in a teenager in your life, there are people that can help. The first person is a parent or a caring adult in the teen’s day-to-day life. As a family member, or a friend of a teen, you have the opportunity to acknowledge the behaviors and stressors that you see in that teen’s life. It goes a long way to let a teen know that their stress makes sense, and that there are people that can help them cope during stressful times. Another person that can help is a teen’s physician. These professionals are trained to screen for problems with mood and anxiety, and can help the family and teen navigate next steps, which might include going to a counselor or beginning treatment for an existing disorder. These supports can help a teen better tolerate the stresses of everyday life. Furthermore, a teen’s friends may even acknowledge that these stresses allow them new opportunities as they move through the teenage years.

Stress is an inescapable part of life, but it doesn’t have to be scary. If we can work with our teens to identify stressors and develop coping strategies, we can effectively help them next generation move towards better physical and emotional health.

FEDERATIONUPDATE
974 West 7th | fortroadfederation.org

The Federation held its Board Meeting in August. The next Board meeting is September 9 at 7 p.m. at 801 West 7th, Suite 6 on the second floor of the One-Eighty Building. The Federation’s Oktoberfest is September 13-14. For more information go to stpauloktoberfest.org or stpauloktoberfest.org.

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

WANT TO COMMENT? Email Editor-in-Chief to 707 West 7th, Suite 6, in the Rathskeller Building.

CONTACT: Emily Northrop, tiff executive director & community organizer emily@fortroadfederation.org or 651-969-7474.

DEVELOPMENT, Fundraising: Feedback and questions to help change people’s understanding of how we get to where we are is evident in Owning Up! SPAAR is raising funds to support further research and to make the exhibit more widely available. It is a worthy trip to Roseland Avenue to see for yourself.
Great River Greening Offers Restoration Events

GrGL, an environmental organization based in St. Paul, is hosting two public restoration volunteer events this fall—a tree-planting event at Crosby Farm Park on Saturday, September 21 (8:30am-12:30pm), and a planting event at Lilydale Golf Links on Saturday, October 5 (8am-12pm). Volunteers and supervisors are needed for both events. Info & registration are available. Use these links:

- greatrivergreening.org/events/lilydale-planting/
- greatrivergreening.org/events/threes-for-trees/

Info & registration are available. Use these links:

- greatrivergreening.org/events/lilydale-planting/
- greatrivergreening.org/events/threes-for-trees/

Guides and Programs, and Co-Founder of Silvae Spiritus Nature & Forest Therapy. Adults only. Pre-registration required. $30/person.

Bartlett-Foote for the Crusade for Forgotten Souls.

Sept. 13: Reception 6:15pm; reading 7pm. Info: info@worldwithoutgenocide.org; call 651-695-7621 or visit worldwithoutgenocide.org.

Sundays at Landmark

Check Events & Specials

Sundays at Landmark Center—Sept. 7, 9am-noon at Landmark Center. World Without Genocide presents International Humanitarian Law—Born on the Battlefield: International Humanitarian Law program—Sept. 7, 7am-midnight at Mitchell Hamline School of Law, 875 Summit Ave. in partnership with the Red Cross.

International Humanitarian Law seeks to limit the effects of armed conflict by protecting people who are not part of the armed conflict such as innocent civilians and those who provide humanitarian aid, and those who were once engaged in the armed conflict but no longer are because they have been wounded or taken prisoner. Open to the public. Registration is required by Sept. 1 at worldwithoutgenocide.org/PLC. Cost $10 general public, $5 students and seniors, $25 for 3 Standard C&L credits. Free to Mitchell Hamline students (diversity credits available). Space is limited, early registration is encouraged.

Information: info@worldwithoutgenocide.org; call 651-695-7621 or visit worldwithoutgenocide.org.

World Without Genocide promotes education and action to protect innocent people, prevent genocide, prosecute perpetrators, and remember those affected by genocide.

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History is not Here: Art and the Arab Imaginary

Minnesota, an organization devoted to promoting Arab-American culture, providing a forum for its expression, and Minnesota Museum of American Art (Mia) are opening the exhibit "History is Not Here: Art and the Arab Imaginary" on September 12, running through January 5, 2020, presenting the work of U.S.-based and international artists who engage what can be termed the "Arab imaginary" as a strategy for examining various social, cultural, and political positions. Best understood through a framework that recognizes the so-called Arab world and its diaspora as multi-form, made up of 22 countries with distinct histories as well as diverse ethnicities, languages, and religions, this exhibition explores questions of ways in which the region has been historicized. Coinciding with the twentieth anniversary of Minnesota's flagship art and literary journal, the exhibition's roster is selected from the artists highlighted in its pages.

14th Twin Cities Arab Film Festival

Featured artists, including Osama Esid, Mona Al Qadiri, Walid Siti, and Emily Jacir, make connections between contemporary geopolitics and the histories that inform them. Their works address challenges in representation, including the misunderstandings and missteps, and the limiting and problematic terms that are often used to define the region, especially in the U.S. History is Not Here respects the idea of history as a fixed category and looks to alternative imagery and language structures from which new "imaginaries" can be generated.

The Mia’s St. Paul’s oldest major art museum, is dedicated to inspiring people to discover themselves and their communities through American art. The museum’s collection of approximately 5,000 works of art emphasizes American art from the 19th century to the present, and in particular, attempts to diversify the notion of what constitutes “American art.” Its exhibitions, public programs, educational offerings, and community initiatives distinguish the M as a responsive museum committed to bringing the visual arts to new audiences. The exhibition will be accompanied by a calendar of public programs, including artist discussions and journal readings that provide opportunities for audiences to engage with the images and ideas. It is supported, in part, with generous funding from the John S. and James L. Knight Foundation, St. Paul Cultural STAR, Marbrook Foundation, and the Andy Warhol Foundation for the Visual Arts.
In the Community

BY JERRY KROHNEN

Just before your eyes are drawn to the rich pastries and crusty breads at the Rose Street Café, Bread Lab open in the Rathskeller Building, you see the light. This is a high-ceilinged space with natural light pouring in from the two long sides of the room, bringing its own richness.

John Kraus and Elizabeth Rose are now co-owners of the Rose Street Café, Bakery Lab and Patisserie 46 enterprises. John began his career in London, UK, at the Dorchester Hotel, and began to observe the intricacies of crafting pastry. He then contributed to the opening of the Michelin-starred restaurant, Fleur de Sel. Returning to the U.S., Kraus worked at the five-star, diamond Wild Wild Bear in Nashville, and as Executive Pastry Chef at Nashville’s exquisite Maggios Restaurant, and was known for his innovative delights as pastry chef at N’awlins in the Park Hyatt Hotel, Chicago. In 1995, Chef Kraus was invited to join the French Pastry School in Chicago, where he worked and taught for a decade until he moved to Minneapolis to open his own bakery, Patisserie 46, which opened its doors in 2010. With Patisserie 46, John created a neighborhood gathering place that reflected his belief that “the method of a patisserie is the neighborhood.” From the first location to the recent opening of the Rose Street Café and Bread Lab in the Rathskeller Building, the path has enriched many neighborhoods; from Linden Hills (2010) to Selby and 3rd to the first smaller stand in Kaye & Can last year. Elizabeth and John met in 2014 at Patisserie 46. With her deftness in marketing, her selling and administration, she soon began working with the company to help prepare the ground for John’s desire to expand — to bring other neighborhoods their own patisserie. Her ideas and ability to analyze each potential market helped focus and develop a plan to work with. In 2015 John was a member of the three-person U.S. team competing at the Coupe du Monde de la Pâtisserie and winning the Bronze Medal. The remarkable demands of this international competition included completing 27 culinary items; 3 chocolate desserts, 3 frozen fruit desserts, 12 dessert items on a plate, and 3 artistic creations with each made from three different materials — sugar, chocolate and sculpted hydric icy. His many other honors include 2002 Pastry Chef of the Year Paris (Gourmet); 2015 & 2006 Top Ten Pastry Chefs in North America (Pastry Art & Design); 2010 Top Ten Chocolatiers in America. John is also the first American-born Relais Dessert member, the exclusive order of about 100 pastry chefs throughout the world that is dedicated to excellence in the field and passing collective wisdom to new generations.

The Bread Lab, besides being the main production bakery, also serves as the heart of an apprenticeship program for which Kraus is designing a trade training curriculum. He is working with Saint Paul College on course work that will be delivered there and at the Bakery Lab. He also has a program at Southwest High School in Minneapolis that introduces students to the world of baking and helps them to decide whether to pursue it with further education. Elizabeth Rose and John Kraus

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Helping Our Aging Parents

Aiming to develop resources to help adults dealing with aging parents, 55+ and 80+ are promised: “Mom, Dad. Can We Talk? Insight and Perspectives to Help Us Do What’s Best for Our Aging Parents.” On September 10, 10:30-11:30 a.m. at the St. Paul JCC, 1375 St. Paul Ave.

With 75 million Americans between ages 40 and 60 dealing with the needs and concerns associated with their aging parents, the demand for ideas and information is huge. To meet this demand, the organizers have teamed up again to offer Conversations that Matter with Dick Edwards, author, teacher, and Mayo Clinic endocrine specialist. His book, Mom, Dad…Can We Talk: Insight and Perspectives to Help Us Do What’s Best for Our Aging Parents, has been acclaimed as a “read-me-first” for adult children dealing with the concerns and issues of aging parents. It contains personal stories and quotes from adult children and practical advice for initiating caring conversations, such as “Mom, we’re worried about you living alone,” or “Mom, Dad, we need you to tell us what you want us to do.” There are also helpful hints for managing the Big 3 of growing older: dementia, drinking, and depression, and driving.

Edwards has 36 years of experience working closely with older adults and their families at Luthern Social Services, Methodist Hospital, Madison Corporation and Mayo Clinic’s Charter House, a nationally recognized model for excellence in retirement living and long-term health care.

The cost of the event is $18 per person and includes refreshments. Seating is limited. Advance registration is recommended at stpauljcc.org or 651-698-0751.

Rose Street Café: 882 W. Seventh St., St. Paul, Rosestreetcafe.co, 651-556-4871; Hours: Tues-Sat, 11am-9pm; Sun, 7am-9pm, Mon-closed.

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VINCENT CASTANEDA, PASTOR


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RACISM, PG 1

Collaborative (FREC). FREC is an outgrowth of a Methodist church. It is primarily volunteer-based and is open to anyone wishing to be involved with an organization dedicated to addressing the issues of racism. The keynote presentation for this year’s conference will be live streaming to the community.

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