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30th Annual Czech, Slovak Festival

On Sunday, September 15, from 11 a.m. to 5 p.m., Sokol Minnesota celebrates its 30th annual Czech and Slovak Festival. It will again be a gala event, with ethnic food and beer, music, folk dance performances by the children, teen, and adult groups, a gymnastic exhibition, vendors and exhibitors, jugglers, kids' games and activities, and our annual fabulous silent auction fundraiser. Performances will be on both the indoor and outdoor stages.

On the menu are jiternice (Czech sausage), veprový karbanátek (pork burger), párky (hot dogs), and three entrees: halusky a kapusta (Slovak dumpling-cabbage-bacon dish), Segedin gulas (pork and sauerkraut stew), and kure na paprice (chicken paprikash). There will also be a Czech salad for a tasty vegan side. All food this year will be outside in the Grill area. The Sweet Shoppe will offer kolace with poppyseed, prune, apricot, cream cheese, and raspberry fillings to choose from, as well as assorted pastries. Beer, pop, and water will be available. Inside, in addition to the bar, there will be Coldstone ice cream, and the Gift Shop will be open.

Two exhibits on loan from the National Czech and Slovak Museum and Library, Cedar Rapids, Iowa, are featured. The **Leaving Czechoslovakia** exhibit will be displayed on the third floor, consisting of six panels and projecting DVD of preserved stories of 20th century immigrants who fled communist Czechoslovakia. The personal drama conveyed in these stories brings this oral history to life. In the first-floor classroom, the exhibit **Sokol Through the Years** discusses the stifling of Sokol and development of Spartakiadaat (mass gymnastics events) during the communist years, and the return to Sokol in 1989. The exhibit also covers the creation of Sokol in then Czechoslovakia and its development in the United States. Both exhibits will also be supplemented by personal artifacts and stories of our Sokol members.



This event takes lots of happy volunteers to make it happen. If you would like to help at the festival or getting things set up and organized, call Joyce at 612-822-6147 or e-mail Festival@sokolmn.org.

We also welcome items for the silent auction, such as tickets to a concert or event, a week at your cabin, or cooking a Czech or Slovak meal. Everything welcome!



St. Paul Oktoberfest 2019 at Schmidt Brewery

Produced by the Germanic-American Institute (GAI), the St. Paul Oktoberfest is just like the Munich original — held in September — with beer imported directly from Munich and food from local German restaurants. With fun for the whole family, it's a two-day celebration of German heritage and culture at the historic Schmidt Brewery.

Open on Friday, September 13, 4–10 p.m. and Saturday, September 14, 10 a.m.–10 p.m. at Schmidt Artist Lofts, 900 West Seventh, admission is FREE. ID and \$5 wristband required for alcohol purchases. Kinder Carnival admission is \$8. Proceeds support GAI's mission to foster appreciation and understanding of the culture, language, arts, and on-going history of the German speaking

OKTOBERFEST, PG 2

Church of St. Stanislaus Fall Festival

Sunday, September 8, 11 a.m. to 5 p.m. Live Music, Games and Turkey Dinner, Raffle Auction and More! 398 Superior Street; ststans.org

neighbors speak out

Overcoming Racism

BY TIM JOHNSON

Growing up in Braham, Minnesota, a small town north of the Twin Cities, few people if any gave thought to what it meant to be white in this country. Although, it was never addressed directly, whiteness was taken for granted and therefore there was no need to name it. The theme of this year's Overcoming Racism Conference, "Dismantling White Supremacy: Its Power, Structures & Culture," would have made no sense. The Overcoming Racism Conference now in its 11th year and held at Metropolitan State University on November 15 & 16 is intended to address an issue that many folks in Minnesota felt no need to consider. Now, of course, being white is in the news, sometimes elevated by people who feel threatened by the growing diversity in our state and nation.

If you are interested in learning more or deepening your understanding as to how the notion of being white has shaped our history, culture and structures, registration for the Conference opens on September 1. Simply go to Overcomingracism.org, click on the conference and follow the link. This year's keynote speakers are Winona LaDuke, a member of the White Earth Nation and internationally known activist, and Joe Feagin author of many books on racism including the highly influential "The White Racial Frame." The Saturday morning plenary will be a performance by Exposed Brick Theatre presenting an adaptation of "American as Curry Pie," followed by a facilitated discussion with the audience. Afternoons provide an opportunity to choose from more than 50 workshops addressing the racial justice goals of the conference. There is room for approximately 400 people and registration always fills early.

The Overcoming Racism Conference is organized the by the Facilitating Racial Equity

RACISM, PG 6

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 preparing 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 (SPAAR) members had seen the exhibit, the SPAAR 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 Butcher and Denise Pike, two Public Historians who recently received their Master's 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 saw property developers placing restrictive covenants on the property, preventing its sale always to Negroes, and often, with a variety of language, to Jews, Gypsies, Middle Easterners, Hispanics or



Covenanted House

generically "non-Europeans."

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 those properties, effectively preventing most sales.

Yes, you would be correct to ask, "Weren't there lawsuits 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 consequences are here 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 22% of black households.

Owning Up! is open to the public at SPAAR Monday through Friday. Contact SPAAR at 651-776-6000 for specific hours

of availability. SPAAR is located at 325 Roselawn Avenue East, Maplewood. There are plans to have the exhibit placed in different community locations, to increase its impact. Interested organizations can contact SPAAR to arrange to borrow the display.

Gov. Walz recently signed a bill to allow homeowners to disavow racist prohibitions 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. When 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 here.

PREJUDICE, PG 2

"When you own your home, you have the potential to build equity, which you can then use for helping your family grow, go to school, start a business, meet unexpected costs or improve your community."

– Sue Nichols

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New Ideas in the Community

West Seventh Parking Study BY KENT PETTERSON

In August, Biko & Associates and Greenway Transportation Planning released its final report for the West Seventh Street Parking Study. The report was commissioned by the city in response to a request from the Fort Road Federation to take a look at parking concerns raised by neighbors and businesses in the corridor. The study boundaries were from the western edge of downtown along West Seventh to St. Clair Ave. and bounded by 35E to the northwest and the river to the southeast. A digital version of the study is available at both the Fort Road Federation and West 7th Business Association websites (fortroadfederation.org or w7ba.org).

The recent trajectory for our neighborhood land use, both in existing and new residential and business uses, has put pressure on available parking to fill expanding need. The study does a good job explaining the existing parking supply found on public streets, private surface lots and parking ramps, and offers historical context and detailed descriptions of the three current Permit Parking Areas 7, 13 and 30. Metered areas and parking restrictions are mapped street by street. Existing parking is inventoried, and details are provided on what time of day it is available, when it is used and usage specifically in relation to large events.

Local respondents during interviews and community events held over the study period starting last fall and into late spring 2019 felt that large events had a significant impact on parking availability, but the study did not support this conclusion in various data offered.

A large portion of the study area, primarily in Little Bohemia, has been restricted to permit parking for residents only [No Parking 7 a.m.-8 p.m.] since 2007. In 2018 affected residents petitioned for an expansion of Permit Parking Area 7 No Parking to include areas along Goodrich Ave. as permitted parking only. After discussions with businesses along West Seventh, which depend on the availability of customer parking along Goodrich, a compromise was reached to set the parking at two hours maximum with permits available for residents in the area. This compromise was seen as recognition by all that street parking was a resource that needed to be shared to serve neighbors, their visitors and business customers.

The study came up with seven big ideas that are discussed in detail with supporting drawings and information.

1. Increase utilization of existing off-street parking supplies in privately owned parking ramps near the Xcel Arena.
2. Increase the supply of on-street parking within the study area.
3. Improve the parking turnover rate.
4. Refine Permit Parking areas and revise time restrictions.
5. Improve parking regulation enforcement.
6. Encourage shared parking.
7. Establish a Parking Improvement District.

All of these big ideas have potential to mitigate our parking circumstances. Specific actions may or may not come from further discussions at the Planning Commission and City Council and as discussed in the neighborhood. A significant part of the action could be determined in the neighborhood.

I would add that parking enforcement policy at the city mentioned in #5 has been changed to be mostly complaint-driven. This means that the city parking enforcement officials may not be actively seeking to find violators. Enforcement will go where complaints indicate violations are occurring. In that regard, to borrow a phrase, "If you see something, say something." If you have a parking enforcement complaint call 651-266-5585.

OKTOBERFEST, PG 1

peoples.

Opening Parade (Friday, 5 p.m.): St. Paul Oktoberfest begins with a horse-drawn beer wagon parade (der Festzug) to the festival grounds followed by a keg-tapping ceremony with local dignitaries (der Anstich) to officially kick off Oktoberfest. The parade leaves Mancini's Restaurant at 5 p.m. and travels up West 7th Street to Schmidt Brewery. After the parade, the Pittman Percheron horses will be available for petting and photo ops until 8:30 p.m.

Steinheben (stone lifting) strong man competition



265 Oneida St. St Paul, MN 55102

AD DEADLINE & MEETING
Copy Deadline/Meeting: September 16. **Ad Deadline:** September 18. Third Monday of each month. Articles should be typed, double spaced. The editor reserves the right to edit submitted copy. We can design your ads, camera ready, tiff or jpeg files on disk.

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 Stressed at Sixteen: Rising Teen Pressures, How to Help

BY ABIGAIL HUGHES-SCALISE, PHD, UNITED FAMILY MEDICINE RESIDENCY PROGRAM

"I'm so stressed out." How many times a day do you hear this phrase? Stress is common and normal, and it is expressed in many different ways. Some feel stress physically: increased tension, nausea, jitteriness, and headaches are common. Others notice the emotional impact of 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 specific to teens in the current "Generation Z." College is more expensive than ever before. School shootings are a tragic and frequent 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 physical 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 are having a difficult time coping with stress. Approximately 12% of adolescents in America are clinically 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 are more likely to get sick, report sleep problems, and develop chronic health conditions if they feel habitually stressed.

Helping teens cope with stress can have enormous benefits for their emotional and physical wellbeing. A first step is to help teens set up a routine in which they get adequate sleep (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. Teens also need something in 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 release 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 coping when you are stressed (e.g., I'm so glad I went for a walk tonight after a really long day, I needed that time to re-set).

It is also important to notice when a teen may need more than a good night's sleep to decrease stress. Teens at risk for anxiety and depression often isolate themselves from their friends and family. They may avoid schoolwork or shy away from activities they used to enjoy. Avoiding stressful things feels good in the moment. However, teens who make a habit of this often create more stress for themselves in the long run. Academic assignments may pile up, and it may feel impossible to turn them all in before the end of a school term. Their friends and family may become irritated and stop reaching out, making a chronically stressed teen feel even worse.



WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

BY LESLIE SPRING, LIBRARY MANAGER

Did you know that West 7th Library hosts a monthly West 7th Book Club? This past year we have read a mix of genres, including fiction, mystery and non-fiction. New members are always welcome, and we enjoy talking about other titles we are reading, too. Our meeting dates (Thursdays from 6:30-7:30 p.m.) and book selections for the rest of 2019 are: Sept. 26: *Baby Teeth* by Zoje Stage. Oct. 24: *The Cuckoo's Calling* by Robert Galbraith (J.K. Rowling). Nov. 21: *Milkman* by Anna Burns. Dec. 19: *The Ocean at the End of the Lane* by Neil Gaiman.

For help finding a copy of these titles, give us a call at 651-298-5516.

West 7th is hosting One-to-One Tech Help on Tuesday September 3 & 17 and October 1 from 11:30-1:30 p.m. Call to make a 30-minute appointment with us for help with your personal device or a library computer. We can also provide

an introduction to the library's website and features including tracking what you have read and placing and pausing holds.

It is back to school time once again! Saint Paul Public Library offers support to students and families including: Homework Centers, online homework help (1-11 p.m. daily), and Reading Together (one-to-one tutoring for grades 1-5). Also, students who attend a partner school can use their student ID to check out materials through Library Go. For more information give us a call or visit sppl.org/back-to-school.

All Saint Paul Public Library locations will be closed Aug. 31 — Sept. 2 for Labor Day weekend.

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

(Saturday, 6 p.m.): The only competition of its kind in the US. Strongmen and women compete to see how high they can lift a 508-pound concrete "stone."

Dachshund races (Saturday, 4 p.m.): Adorable dogs compete in hurdles and dashes. This surprisingly bold and tenacious breed was developed to flush badgers out of their burrows. Kinder Carnival (Friday, 5–8 p.m. and Saturday, 10 a.m. to 8 p.m.): A kid-friendly carnival, complete with attractions by Affordable Inflatables. Admission: \$8 per child for unlimited fun including performers and free face painting.

Beer Hall contests (Friday and Saturday): Held on the main stage.

19th Annual Bed Races (Saturday, 1 p.m.): Assemble a team of at least four people (one per bed post) and race the official bed.

Live music (Friday and Saturday): Traditional polka music by the Bill Koncar band, Dale Dahmen & The Beats. Other entertainment includes The Concord Singers, a traditional men's chorus from New Ulm, the Edelweiss Dancers, and concertina virtuoso Josh Eidsor. Full entertainment schedule at stpauloktoberfest.org

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FEDERATIONUPDATE 974 West 7th | fortroadfederation.org

The Federation held no Board meeting in August. The next Board meeting is Monday, September 9 at 7 p.m. at 882 West 7th Street, Suite 6 on the second floor. Saint Paul Oktoberfest will be at the Schmidt Brewery on Sept. 13-14. See Page 1 for full details.

STAY IN TOUCH

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

WE HAVE MOVED to 882 West 7th Street, Suite 6, in the Rathskeller Building.

CONTACT: Emily Northey, FRF executive director + community organizer emily@fortroadfederation.org; office: 651-298-5599.

DEVELOPMENT, PG 1

The power of research to help change people's understanding of how we got to where we are is evident in *Ownning Up!* SPAAR is raising funds to support further research and to make the exhibit more widely available. It is worth a trip to Roselawn Avenue to see it for yourself.

Community News & Events



Great River Greening Offers Restoration Events

Great River Greening Offers Restoration Events

GRG, 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-12:30 pm), and a planting event at Lilydale Bluffs on Saturday, October 5 (9am-12pm). Volunteers and supervisors are needed for both events.

Info & registration are available. Use these links:

- greatrivergreening.org/events/threes-for-trees/ Volunteers will help plant trees on uneven terrain to enhance the floodplain forest and provide natural habitat for wildlife. Located in the Mississippi National River and Recreation Area and also has an extensive trail system which is connected to Fort Snelling State Park and other parks, Crosby Farm Regional Park is the largest natural park in St. Paul with 736 acres of floodplain forests, wooded slopes in oak forest/savanna, and natural wetlands.
- greatrivergreening.org/events/lilydale-planting/ for the October event.

SubText Book Events

Susan Steinberg for *Machine* (her first novel) in conversation with Graywolf Press's Steve Woodward at SubText Books, 6 West 5th St. Sept.13: Reception 6:15pm; reading 7pm. Info: subtextbooks.com/events/2019/9/13/susan-steinberg-for-machine.

Susan Bartlett Foote for *The Crusade for Forgotten Souls* at SubText Books, Sept. 19, 7pm. Foote recounts Minnesota's reform movement that broke the stigma surrounding mental illness, publicized the painful truth about the state's asylums, and resulted in the first legislative steps toward a modern mental health system. More info: subtextbooks.com/events/2019/9/19/susan-bartlett-foote-for-the-crusade-for-forgotten-souls.

Dodge Nature Center

Shinrin-Yoku (Forest Bathing): 9/25, 5:30–7:30pm at Farm Entrance 3. Participants will be given a series of suggested ways to connect to their surroundings. Mostly silent, honor each participant's personal space, and cover just about a mile and-a-half over generally flat surfaces. Evening concludes with a short tea ceremony. The walk will be guided by Leigha Horton, a Certified Guide and mentor with the Association of Nature and Forest Therapy Guides and Programs, and Co-Founder of Silvae Spiritus Nature & Forest Therapy. Adults only. Pre-registration required. \$30/person.

Nature Trivia (Adults 21+): 9/26, 7-8:30 pm. Farm Entrance 3. Test your knowledge of plants, animals, geology, and other intriguing aspects of nature during Dodge's Nature Trivia game. Compete by yourself or in a team of up to six people. Enjoy a glass of wine or beer during our award ceremony. Adults 21+. Pre-registration required. \$20/person.

Born on the Battlefield: International Humanitarian Law

World Without Genocide presents International Humanitarian Law program— Sept. 7, 9am-noon 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/IHL. Cost \$10 general public, \$5 students and seniors, \$25 for 3 Standard CLE 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.

Housing Support Approved as New Medicaid Benefit

Minnesota seniors and people with disabilities soon will have more help finding and keeping housing, thanks to new services coming to the state's Medicaid program next year.

Minnesota received federal approval of housing stabilization services as a basic Medicaid benefit. The new services will be available to seniors and people with disabilities — including mental illness and substance use disorder — who are homeless, living in institutions, or at risk of becoming homeless or institutionalized. The benefit will start in July 2020. When fully implemented, an estimated 7,600 people will receive these services. The addition to the Medicaid program gives Minnesotans more ways to find and keep housing.

In 2017, the Minnesota Department of Human Services asked the federal Centers for Medicare and Medicaid Services to add Housing Stabilization Services to the state Medicaid plan.

Most current housing services provide short-term assistance only during a crisis or transition. The new services will increase long-term stability by supporting people to plan for, find and move into their own homes, while also helping people stay in their own homes in the community.

Minnesota Housing Commissioner Jennifer Leimaile Ho welcomed news of the housing benefit and the positive impact it will have. "Far too many people are experiencing homelessness, and there is a lack of housing that's affordable," she said. "This

new benefit will help build a stronger link between where people want to live and the services they need to have stability in their lives."

Advocates will help people with disabilities and seniors find and keep housing, addressing potential challenges such as budgeting, interacting with landlords and neighbors, and understanding leases.

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HEATED PATIO FOR CHILLY FALL DAYS

Community Arts & Culture

HISTORY

الفن والمتخيّل العربي

HISTORY

IS NOT

HISTORY

HERE

HERE

Art and the Arab Imaginary

September 12, 2019 – January 5, 2020

MINNESOTA MUSEUM
of AMERICAN ART

mizna **مِزنا**

History is not Here: Art and the Arab Imaginary

Mizna, an organization devoted to promoting Arab-American culture, providing a forum for its expression, and Minnesota Museum of American Art (the M) 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 and questions the ways in which the region has been historicized.

Coinciding with the twentieth anniversary of Mizna's flagship art and literary journal, the exhibition's roster is selected from the artists highlighted in its pages.



Minnesota artist Osama Esid's "Suleiman's Tent."

14th Twin Cities Arab Film Festival

Mizna is an organization devoted to promoting Arab-American culture and providing forums for its expression. Its journal “Mizna: Prose, Poetry and Art Exploring Arab America” is published twice yearly, and the annual Twin Cities Arab Film Festival has opened the world of Arab filmmaking to our community.

From Sept. 26-29 the festival screens at Film Society's, St. Anthony Main Theatre, 115 SE Main St., Mpls.

Supporters who purchase all-access passes to the 2019 TCAFF will receive a one-year subscription to the journal.

Featured films this year: “Erased, Ascent of the Invisible” from Lebanon uses documentary footage, animation, and performance to ruminate on the thousands of people who disappeared during the Lebanese Civil War. *Four Sudanese Film Group Shorts Segment* from the founders of the Sudanese Film Group. Western Arabs| Denmark

mizna **مِزنا**

ARAB

فيلم

FEST

مهرجان

SEPT.

26 – 29

2019

PURCHASE

PASSES

/ Netherlands. Filmmaker Omar Shargawi wants to understand his father Munir better. Although

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Featured artists, including Osama Esid, Monira 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* rejects the idea of history as a fixed category and looks to alternative imagery and language structures from which new “imaginaries” can be generated.

The M, 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.

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In the Community

Rose Street Café, Bread Lab Open in Rathskeller Building

BY JERRY ROTHSTEIN

Just before your eyes are drawn to the rich pastries and crusty breads at the Rose Street Café now open in the Rathskeller Building, you sense 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, 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, five-diamond Wild Boar in Nashville, and as Executive Pastry Chef at Nashville's exclusive Magnolia Restaurant, and was known for his innovative delights as pastry chef at NoMI restaurant in the Park Hyatt Hotel, Chicago. In 1999, 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 lifeblood 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 every neighborhood involved, from Linden Hills (2016) to Selby and Snelling and to the first smaller stand in Keg & Case last year.

Elizabeth and John met in 2014 at Patisserie 46. With her experience in marketing, branding 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 21 culinary items; 3 chocolate desserts, 3 frozen fruit desserts, 12 identical deserts on a plate, and 3 artistic creations with each made from three different materials — sugar, chocolate and sculpted hydric ice. His many other honors include 2002 Pastry Chef of the Year (Paris Gourmet); 2005 & 2006 Top



Elizabeth Rose and John Kraus

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.

And as an echo of his own experience, in fact, pastry chef Kathryn Goodpaster is currently training at the facility for the Coupe du Monde de la Boulangerie, the world cup of bread baking, which takes place in Paris early in 2020. Kathryn is a St. Paul native, growing up at Fairmount and Victoria not too far from the Bakery Lab. She is responsible for breakfast pastries on the team, and won her spot after a round of demanding trials.

The Rose Street Café features breakfasts and lunches that capitalize on the many superior breads and pastries that the bakery produces. A large patio seating area supplements the inside space and help to make that part of the Schmidt property

much more cosmopolitan.

John explained how the brand evolved into Rose Street: "The Rose has been a pivotal flower throughout my life. It was the first sugar flower I ever made, my mother's middle name, my favorite flower, the queen's garden I have spent so much time walking through and now on this journey I have found my Rose as it happens to be my wife's last name. It sounds a bit silly but for something that has continually been a positive in my life it was the only thing that made perfect sense to name my next patisserie." He continued, "All our work is really about building a better community. We want to contribute to it, be nourished by it, grow together with it. So much is happening here in the West End that our decision to come here was really an easy one, and when the perfect spaces opened up in the Rathskeller Building for both the bakery and the café, we knew we were on the right path."

Rose Street Café: 882 W. Seventh St., St. Paul; RoseStreet.co; 651-556-4487. Hours: Tues-Sat, 7am-6pm; Sun 7am-3pm; Mon closed.

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Helping Our Aging Parents

Aiming to develop resources to help adults dealing with aging parents, JFS and Shalom are presenting "Mom, Dad... Can We Talk? Insight and Perspectives to Help Us Do What's Best for Our Aging Parents" on September 8, 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 agencies have teamed up again to offer **Conversations that Matter** with Dick Edwards, author, teacher and retired Mayo Clinic eldercare 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 Ds of growing older: dementia, drinking, depression, and driving.

Edwards has 36 years of experience working closely with older adults and their families at Lutheran Social Services, Methodist Hospital, Madsen 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.

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BIRDS IN PARTICULAR

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HALLE O'FALVEY
columnist

This year, my remarkable yard bird was the hummingbird, they are three to five inches long. They come to draw nectar from cleomes, coral bells, monarda, salvia, and zinnias. Years past, I have been a layover station during migration and then for a few days in August. But then, one drizzly July night, I was weeding in the vegetable garden, wearing my lavender raincoat with the yellow cuffs and collar. I heard low buzzing. I looked up at the cleome to find a male hummingbird three feet from me at eye level; it hovered for about 15 seconds, then it came toward my face for a few seconds and flew away. I had three rows of red beads on my earrings that night; I think mister ruby-throat thought I was food.

While I was visiting one of our neighbors nearer downtown, we saw a hummingbird out her kitchen window. It stopped at the scarlet runner beans that hang along the trellis of the back porch. She gave me a head's up about its next flower, the scarlet red cannas. It flew further back into the garden

and stopped at the ascending meadow rue. She says this happens every day. "On your mark, get set, go!" We took a walk into her wilder, natural, produce and nature garden. She asked me if I had ever seen the day-flying hummingbird moth? Then it appeared, like magic.

The hummingbird moth (also called clearwings because you can see through them) is an insect, as fast-moving as the hummingbird, but only about two inches long. The moth's tongue is twice as long as its body which uncoils to reach the nectar as it hovers over flowers; bee balm is a favorite. The moths are brightly colored in olive greens, reds and a bit of black with a stout cigar type body and short tail. The female will lay her eggs on the underside of host leaves.

A field of rye is, to many a critter, a fine place to live — until harvest time. Add a few bird and suet feeders, a sunflower patch, aside radiant native flowers and grasses, and you have a perfect pollinator habitat. This yard is further down the river from our downtown neighbor. When I visited this neighbor, he showed me a close-up digital

image of a fledged blue jay that still had some downy greys on its crown, head, and nape. A hummingbird showed up several times while we were outside in the mist talking about the rye. A very large gardener snake can be seen, most often, atop a cyclone fence covered with branches and leaves. It patiently lays in wait for its meal.

While in Grantsburg, Wisconsin, a few weeks ago, I saw flocks of greater sandhill cranes feeding in fields and meadows. The young ones are almost fully grown but still had some downy feathers on their backs. Their red crown patch was quite visible from a distance, even better with binoculars. There seemed to be some flight-school training still going on with several attempts for take-off and landing. I love the way their long legs drop as they descend.

I will be leading a trip this October to Crex Meadows, along the south part of the refuge in Grantsburg. This will be when the sandhills are resting before they fly to The Gulf of Mexico and Florida. At peak, Crex can have more than 14,000 sandhills hanging out in the refugee and the wildlife area, which is 33,000 acres. They fly in just before dusk and it is a sight to hear and see. Join me in a caravan of motor vehicles with picnic dinners out the back of the trunks. I have a spotting scope this year, thanks to a good friend of mine who is sharing it with me.

RACISM, PG 1

Collaborative (FREC). FREC is an outgrowth of a conference held at and sponsored by Cherokee Park United Church in collaboration with Antiracism Study Dialogue Circles, another St. Paul based organization working to address the continuing legacy of racism. FREC is primarily volunteer-based and is open to anyone wishing to be involved with an organization dedicated to addressing racial justice. The keynote presentations for this year's conference will be live streamed to Bemidji and possibly Rochester, where folks are organizing their own afternoon workshops. The hope is to continue inviting folks in Greater Minnesota into the conversation.

As a 68-year-old white male, a conversation about dismantling white supremacy is a long distance from what I knew and experienced in my hometown of Braham. But I continue to learn that white supremacy, like all the other forms of hierarchy and domination, ultimately negatively impact us all.

For Information and Registration see
Overcomingracism.org.



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CHURCH BULLETIN

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**WHATEVER...KEEPING YOUR HEART IN
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Fellowship 8:30am, Bible Study, 9-10am St. Peter's
Lutheran Church, 530 Victoria S. 651-228-1482.**

**HUMBLE WALK LUTHERAN CHURCH: Worship
Sun 4:30pm. Art House N, 793 Armstrong Ave.**

**IMMANUEL BAPTIST CHURCH: Sun, 10am
Bible Study; 10:45am Worship. Wed, 7pm, Bible
Study/Prayer. 740 Watson Ave., 651-227-5075.
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**THE WAY CHURCH: Sunday Service 12:30 with
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Register for programs at least 1 week in advance.
Due to funding changes, providing free events is no longer feasible, and a small charge has been added to programs. With a \$30 yearly membership, these activities are free. If costs are a concern speak with a Seniors staff member.

ADULT 55+

WELLNESS

Fit and Fabulous Exercise Class: M/W/F, 9–9:45am, \$10/month. [May be covered under Silver Threads.]

Heavy–Weight Yoga: Wed 10:45–11:45 am. \$10/class.

T'ai Chi Ch'uan: Thu 9–10am. \$12/class.

Foot Care: 9/5, 9:30am–2:30pm. \$28. Call for appt.

Caregiving Services: Contact Holly, ext. 206.

Block Nurse Program: 65+ in-home nursing & health aide through Recover Health. Medicare certified.

ACTIVITIES

Fiberazzi: Knitting & Crocheting Group Tuesdays: 1–3pm. \$1; free/members.

Family Law: 9/11, 8:30–10am. Dave Burns of Burns Law Office, LLC provides free one time consultations to assist with family law issues (divorce and child custody). Must preregister and served in order of arrival. Preregister: 651–298–5493.

Health Insurance Counseling: 9/12, 10am–noon. Call Senior Linkage 1–800–333–2433.

Retirement Income & Pension Counseling: 9/17, 11am–noon. Registration required

Ask the Lawyer: 9/19, 3–4pm. Melanie Liska of Tarrant & Liska.

Lunch 'n Bingo: 9/19, 11:30am–1pm. Subway sandwiches, chips and dessert, \$7 lunch; \$1 bingo cards. Vegetarian options available.

Cribbage: Mondays, 12:30–3pm. \$1; free for members.

500/65 Cards: Fridays, 12:30–3pm.

Movie & Popcorn: 9/25, 12:15–2pm, *Stan & Ollie* (PG–13, 2018, biography, comedy). \$1, non members

SPECIAL PROGRAMS

Square Dancing: Mondays starts 9/30, 6:15–8pm. Put on your dancing shoes; no experience, no partner required. All ages. \$5/session (First two sessions free).

TED Talks: 9/5, 11:30am–1pm; topic New Finds in History. Each month we watch a collection of pre-selected TED Talk videos with a common theme and then have time for discussion. Bring your lunch.

NEW: Bridge: Mondays starting 9/9, 12:30–3:30pm.

Calling All Bridge Players in the neighborhood. Weekly bridge in the Seniors' Lounge. \$1/non-members.

Coloring Jam: 9/10, 10–11:30am. \$1/free for members. Coloring is no longer just for kids. Enjoy calming benefits of coloring, as it helps reduce anxiety, creates focus and releases creativity. Coloring sessions for adults. Materials available, or bring your own favorites.

Family Movie Night: 9/13. Doors and concessions open at 6pm. Movie runs 6:15–8:15pm. **How to Train your Dragon 3** (PG). Family movies in the West 7th Community Center gym on the second Friday of most months. Free, with low-cost concessions for sale. Children must be accompanied by someone age 13+.

Seminar: Hang Up on Fraud: 9/18, 1–2:30pm. Stop fraud before it starts. We will cover many common frauds you may encounter and how to become a more informed consumer. \$1 for non-members.

Free Farmer's Market: 9/20, 9am–12:30pm. Produce from local farmers as available. Participants will receive a numbered ticket. May arrive 30 minutes prior to start time; bring grocery bag. Participants should have household income within 200% of federal poverty guidelines, but the event is open to everyone.

NUTRITION PROGRAMS
Fare for All Discount Groceries: 9/6, 10am-noon.
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YOUTH

Community Kids After School Program – free!
Students in grades K–10, M–F, 2:15–6pm. Homework help in reading and math, social skills, enrichment activities, STEM, sports and fitness, field trips, healthy snacks. Transportation may be available within the West 7th neighborhood. Register now for fall program beginning Sept 3. Contact Julie 651–504–2246 or jmurphy@keystoneservices.org.



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BULLETIN BOARD



Former Community Reporter Board Member Steve Dropkin stepping lively with his wife Teresa at the West Seventh square dance.

Beginner Square Dance Classes Starting: Dakota Grand Squares, a St. Paul area square dance club, will be offering weekly beginner classes from 6:15–8pm beginning Monday, Sept. 30 at the West 7th Community Center, 265 Oneida Street. First two lessons are free. Thereafter, \$5. Children under 17 are free when accompanied by an adult. Dress is casual. Pre-registration not required. Come check out these fun group classes. Bring a partner or come alone. For more information call 651-225-9709.

History Revealed: 9/12, 7:45pm at Waldmann Brewery & Wurstery, 445 Smith Ave. N. Doug Hoverson, "Wisconsin Breweries." Registration requested — see rchs.com.

State Your Intentions: New Works in the WAM Collection: through Feb. 2020. The Weisman Art Museum (WAM) at the U of M is featuring notable recent additions to the collection with WAM's commitment to collecting women artists remaining strong, and important new areas for the collection, such as works by African American artists, contemporary international art, Minnesota art, video and other moving-image art being enhanced. See wam.umn.edu for full details.

Mary E. Klein at Frameworks Gallery: Through 9/28 at 2022A Ford Parkway; 651-698-3372 or frameworksmn.com. Mary is an artist and teacher who has explored representation drawing in the classic realist tradition.

Church of Saint Matthew Fall Festival (510 Hall Ave.): 9/14-15 for the entire community. Saturday, 9/14, 3-9pm; featuring a silent auction, bakery items, Grandma's attic items, tacos, expanded kids' games, jewelry and sandwiches with Bingo from 5:30 to 9 p.m. Sunday, 9/15, 11am-4pm with a chicken dinner, continuation of the silent auction, kids' and adults' games and Grandma's Attic. Bakery and jewelry tables will continue a second day. st-matts.org.

Hand Drums for Beginners: 9/17, 5:30-6:30pm: a women's beginning class in hand drums at the Women's Drum Center, 2242 University Avenue W., St. Paul. Instruments provided. Cost is \$10. Register at womensdrumcenter.org. No experience necessary. 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.

Power-Up Legal Clinic: 9/12 & 26, 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.

Caregiver Support Group: 9/19, 7 p.m. at Cerenity Residence, 514 Humboldt. Caregivers and family members of people with Alzheimer's and/or Dementia are invited to join this monthly meeting for support and information. Call 651-220-1786.

Mobile Menders: 9/19, 5:30-7:30pm at West 7th Community Center, providing FREE mending services. You can bring up to 3 clean items that need mending.

Ananya Dance Theatre Presents Sutraj: **Revelations of Gossamer (World premiere).** Friday & Saturday, 9/20-21, 7:30pm at The O'Shaughnessy at St. Catherine University, 2004 Randolph Ave. ASL-Friday, 9/20. A Women of Substance event. Tickets: \$19-\$32 (discounts for students, seniors, military, MPR, TPT, groups). Ticket Office: theooshaughnessy.com or 651-690-6700.

Waldmann's Oktoberfest: 9/27-29 at Waldmann Brewery & Wurstery, 445 Smith Ave. featuring The Jolly Huntsmen, Dale Dahmen Band, Brass & Body Works and several other German bands, along with the Bavarian Dance Group, Steve Ecklund's Alpine Horn, splash-openings of our Märzen Oktoberfest and great food all weekend long. See waldmannbrewery.com or call 651-222-1857.

Farmers Market at St. Luke Church: Ends October 5, 8am-1pm at 1807 Field Ave. corner of Edgcombe, 2 blocks west of Sibley Plaza. Visit with neighbors, soak up the sun, peruse the lovely vegetables of the season AND support your local farmers! We accept EBT, debit and credit cards. Hope to see YOU there!

Rose and Melvin Smith: Remembering Rondo: through 9/8 at Weisman Art Museum, 333 E River Road, Minneapolis, 612-625-9494. The exhibit explores the work of artists Rose and Melvin Smith's time spent in the Rondo neighborhood in St. Paul. From Melvin's witty, unflinching collaged portraits and three-dimensional models of Rondo buildings to Rose's touching portraits of family and joyful images of musicians, the work in the exhibition speaks to the complex gamut of life in Rondo and, by extension, the African American community writ large.

Prince: Before the Rain: exhibit opens 9/21 at the Minnesota History Center, 345 Kellogg Blvd. W. Minnesota photographer Allen Beaulieu was Prince's personal photographer and friend. From the late 1970s into the early 1980s, he charted the musician's progression from rising star to superstar. Through it all, Beaulieu had access to Prince that few photographers have had, before or since. The exhibit features 50 digital prints of Prince, The Revolution, Morris Day and The Time, and other artists as well as a handful of artifacts that speak to Prince's image. Beaulieu will take part in a panel discussion at the History Center's free program First Tuesdays/First Avenue: Prince Night, 10/1, 6-8 p.m.

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

Women for Sobriety: Meets 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 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. Shalom Home East, 740 Kay Street, second and fourth Monday of every month from 3-4 p.m. Contact: Chris Rosenthal 651-690-8920.

Depression & Bipolar Support Groups: Free, peer led groups are held at the Jewish Community Center, 1375 St. Paul Ave., 7 to 8:30pm. July 3, 17, and 31. No reservations needed. For information contact Jeff Simon at jsimon77@comcast.net.

West End Enhancement Coalition: 9/5, 11am at Terrace Horticultural Books, 503 St. Clair. Discussion items will be neighborhood beautification, transportation, issues of the day. Contact Kent Petterson at terrace@winternet.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.

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

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