

Community REPORTER

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



OVERCOME
YOUR FEARS!
Page 6

STEVE GASWAY

IN THIS ISSUE

Healthline • Pg 2
Federation Update • Pg 2
Arts & Culture • Pg 4
In the Community • Pg 5
Birds in Particular • Pg 6
Keystone & Library • Pg 6
Bulletin Board • Pg 7

VOL. 51 NO. 4

APRIL 2021

CIRCULATION 13,000

COUNCIL PERSPECTIVES

A Greener St. Paul



ST. PAUL CITY COUNCIL MEMBER REBECCA NOECKER columnist

When you think of city government, what comes to mind?

For most of us, it's mundane acts of daily public problem-solving—sweeping the streets, cleaning up trash, filling potholes, fixing park benches.

Increasingly, though, cities are starting to tackle much bigger problems, the solutions to which will determine how we, our children and their children experience life in St. Paul. Local government is more nimble and closer than the federal or state government to the problems Americans face on a daily basis, and cities are increasingly the primary engines of social, economic and environmental innovation in response to daunting challenges.

One of those challenges is how to grow in an environmentally sustainable way. The Metropolitan Council estimates that St. Paul will add 54,000 new residents and 19,000 new jobs by 2040. The prospect of that growth is exciting. However, it will take thoughtful planning and policymaking to ensure that we can welcome new people and jobs while minimizing the impact on the environment and our quality of life. In departments across the city, we're doing a lot of that work now.

New residents and workers will need homes and offices—but as we construct space for them, we must do so knowing that buildings are the city's biggest source of carbon emissions. To ensure that new construction is as efficient as possible, we've passed an energy benchmarking ordinance requiring building owners to monitor and report on their water and energy use. We also created Energize Saint Paul, a program that provides resources for property owners and residents to make their buildings more efficient and reduce pollution and utility costs.

Cars also have an enormous impact on our environment, so we need to make it easier for all of us to get around without them. Traffic and parking in some of our neighborhoods is already congested, and it will only get worse if we welcome thousands of new residents without multi-modal transit options. To expand travel options, we're creating new bike lanes and trails, like the recently completed Robert Pira Trail from Harriet Island to South St. Paul, the Capital City Bikeway in downtown, and The Grand Round, which will provide 30 miles of off-road bike paths around the city. We're also collaborating on several substantial transit projects, including the Gold Line along I-94E; the Rush Line connecting White Bear Lake to downtown St. Paul; the Riverview Corridor from downtown St. Paul to the MSP airport and the Mall of America; and three new bus rapid transit lines which will serve the Selby/Marshall, Rice/Robert and Como/Maryland corridors.

Driving will still be necessary at times, so we're reducing pollution by facilitating car-sharing and investing in hybrid technology. The City's new Evie Carshare fleet will be powered by renewable energy and will expand into neighborhoods that historically lacked access to car-sharing and robust transit service. In addition, by replacing City vehicles that had old, high-polluting diesel engines over the last three years, we've achieved a decrease

ST. PAUL, PG 3



Jonathan Hatch (left) stands outside the office at 506 W. 7th St. with creative director Tasha Klettenburg (center), Rosie the office pug, and Julianne Raglund, the company's lead

"When your social beliefs align with the organizations you work with, that's really special, and that's something we've always tried to keep in mind as we've scaled up."

Websites with Purpose: Inside Saint Paul Media

BY DAVID LAMB

Jonathan Hatch grew up in the northern Minnesota city of Bemidji, a picturesque crossroads situated near the 400 lakes of the Chippewa National Forest and between the tribal reservations for members of Red Lake, White Earth and Leech Lake.

Beneath the area's pristine backdrop, as Hatch found, lurked a vein of bigotry. "People didn't realize my native ancestry," he told the *Community Reporter*, describing his life as a teenager, and they would make racist jokes in his presence that at times angered and other times repulsed him.

In 2007, having saved up the funds to move, Hatch looked to build his life in a place that he hoped to find more inclusive. He moved to the West End, and after two years of honing his web development skills launching content-driven websites and earning income from their ads, he eventually decided to start a

business in the neighborhood as well.

Hatch founded Saint Paul Media (506 W. 7th St.) in 2009, aiming to create a website studio that could serve the area's budding nonprofit sphere while reflecting the values that drew him to entrepreneurship in the first place.

"We started working with a few organizations that were conducive to our values, then the others started coming," Hatch said, citing current clients he proudly helps such as We Are Still Here Minnesota, a group that hosts an annual conference advocating for American Indians. Soon, most of the upstart's client base was composed of local nonprofits. "When your social beliefs align with the organizations you work with, that's really special, and that's something we've always tried to keep in mind as we've scaled up."

For Hatch, being a responsible business owner meant ensuring a culture of diversity and involvement. Before he started Saint

Paul media, he had become interested in large refugee groups in Minnesota such as Karen, Hmong, and East African people. In 2010, Hatch organized a trip to the camps and nearby small villages in Thailand that such refugees travel through, where he built computer labs. When he planned a trip with the same goal the following year, his creative director, Tasha Klettenberg, joined the effort.

Saint Paul Media has grown in the years since. It now also includes Julianne Raglund, the lead developer, and Sean Froyd, who works remotely in Bemidji, specializing in complex tech support tools. Raglund joined in 2017 as an administrator, but Hatch soon found that she was passionate about development. He mentored her at the process for two to three years until, by his own admission, her skills surpassed his own. The fact that women comprise half of the small company's staff sets it apart from its

WEBSITES, PG 3

BUILDING AN ANTIRACIST COMMUNITY

George Floyd and America's Racial Caste System



TIM JOHNSON columnist

It felt like I had won the lottery. The flight attendant had informed me that my international flight was overbooked and wished to know if I would be willing to take a seat in business class rather than remain in the main cabin. This was not a difficult decision. In short order, I was offered an array of alcoholic beverages as I relaxed with much-improved leg room and a wider, more comfortable seat. My warm meal was served on a ceramic plate with silverware and a cloth napkin. From my place of comfort, I could look back into the main cabin and see the majority of passengers crammed into stiff seats while eating their meals out of a box. I could also peer ahead, around the edge of the curtain separating us from first class, and see some of the added perks provided to those receiving the highest level of comfort and service.

Generally speaking, Americans have adapted themselves to the notion that we live in a class-

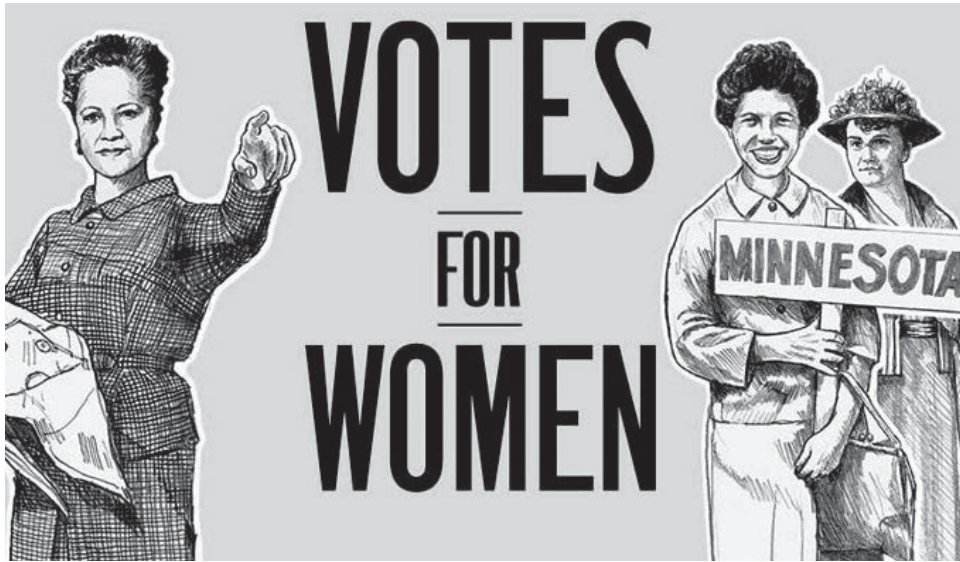
based society, with most of us, rightly or wrongly, claiming to be part of the middle class. The strongest and most consistent marker of class is wealth and income, which determine where you are likely to sit on an international flight. As Americans, we make peace with our class structure through our belief in a merit-based system, where those who work hard can move into a higher class. In reality, sociologists have demonstrated that there is actually little mobility between class groupings in the U.S. But just as the hope of winning the lottery raises billions of dollars a year for the states who run it, the allure of upward mobility makes the existing economic system palatable for many.

Much less palatable is the idea that the U.S. not only has a class system with economic mobility that is limited at best, but also a caste system like that which has long existed in India. Isabel Wilkerson shines a bright light on the U.S. caste system in her bestselling and insightful book *Caste: The Origins of Our Discontent*. As Wilkerson states, a caste system is "a fixed and

GEORGE FLOYD, PG 2

"What does the horrendous video of former Minneapolis Police officer Derek Chauvin's knee, held with such apparent disregard for Floyd's life, say about us as a people—the challenges we face and the unfinished work we must address if we are to be whole?"

Community News & Events



Extraordinary Women Exhibit at the Minnesota History Center
Walk among Minnesota women who changed their communities—and learn how featured objects reflect pivotal moments in their lives—in the new *Extraordinary Women* exhibit at the Minnesota History Center. While you're at the museum, make time to visit Our Home: Native Minnesota, where you can explore stories of survival, resilience, and adaptation shared by Native communities in Minnesota. Visit the History Center's website: <https://bit.ly/3r5Nxxv>.

Resources for Residents and Businesses in case of Civil Unrest

As people prepare for possible unrest as the trial of former Minneapolis Police officer Derek Chauvin moves ahead, the City of St. Paul has collected resources for residents and launched a series of "Business Owner Safety Sessions," helping people make plans to keep businesses and customers safe. The city is connecting business owners with the Twin Cities Community Rebuilding Coalition, which offers building materials and consulting services to impacted businesses and additional information regarding community healing and racial accountability. Browse available resources: bit.ly/3r94ncC.

Riverview Corridor Seeks Community Artists

The mass transit project is seeking up to three artists with experience using artistic and creative means to build relationships and engage communities and are interested in making a difference. The landscape architectural firm 4RM+ULA will hire the selected artists will work alongside lead project artists, planners, engineers, architects and designers. Together, the team will engage the community in consensus building around the locally preferred alternative for a modern streetcar. The artists will also help build relationships with the neighborhood residents, local businesses and organizations along the 12-mile stretch of the Riverview Corridor.

The ideal candidates will have demonstrated backgrounds with community-engaged art, live and/or work along the Riverview Corridor, and have experience working within diverse communities. We strongly encourage applications from people who identify as members of marginalized and underrepresented communities. This is a part-time independent contractor position, funded through 2023. The average stipend is \$4,000 per year. Apply at bit.ly/38ZELZn. Questions can be directed to riverview.corridor.artists@gmail.com with the following subject heading: "Community Engagement Artist - Question."

Series Focusing on Name Change and Restoration in Public Places

Explore the public process of renaming and why these efforts matter in a new series, presented by the Minnesota Historical Society, of Shared Spaces & Public Places virtual programs that focus on topics of legacy through naming at public spaces. On March 18, moderator and former MPR news host Tom Weber and community members launched a conversation about the process of reclaiming the Dakota name *Bde Maka Ska* in Minneapolis, the first in a 4-part series of Shared Spaces & Public Places conversations using case studies to provide a common language on renaming and name reclamation. Future case studies will include Justice Page Middle School, University of Minnesota's Coffman Union and Henry Sibley High School. These free discussions will be offered on the MNHS Facebook and YouTube April 15, 29 and May 13. For info, visit mnhs.org.

This ongoing series of programs is meant to help provide context for the public on topics of public memorialization. They take place as the Capitol Area Architectural and Planning Board (CAAPB) continues to seek public input on the process for adding, altering, or removing monuments, memorials, and artwork displayed on the Minnesota State Capitol grounds. Learn more about the CAAPB at mn.gov/caapb/

2021 Celebration of JFS Service Honorees
5th Annual Jewish Family Service of St. Paul (JFS) Celebration of Service event can be streamed live on the JFS Facebook page May 13, 7-7:30pm.

Rena and Barry Glaser are scheduled to receive the Community Service Award for their outstanding, ongoing commitment to JFS and the community. Their accomplishments serve as inspiration for the Celebration of Service fundraising goals. All proceeds raised will benefit essential JFS programs with a focus on services for seniors. Visit jfssp.org/celebration to access the link to the event, donate or leave a virtual greeting for the honorees.

Minnesota Sen. Pappas leads 24 DFL Legislators to End LGBTQ+ Panic Defense
Senator Sandra Pappas (DFL) has led 24 members of the Senate DFL caucus in a letter to Senate Majority Leader Paul Gazelka and Senator Warren Limmer, urging them to take up Senate File 1512, a bill to end the LGBTQ+ panic defense. In addition to the letter, Sen. Pappas (DFL-Saint Paul) released the following statement:

"There should be no room in our legal system for anti-transgender discrimination. Yet, the LGBTQ+ panic defense is a legal strategy that allows for discrimination against transgender individuals who are victims of assault and other violent crimes. We must eliminate the use of this offensive criminal defense strategy so that members of the LGBTQ+ community are entitled to the same rights as all Minnesotans."

Two decades ago, a 21-year-old openly gay student named Matthew Shepard was brutally tortured and murdered for his sexual orientation. Judy Shepard, President of the Matthew Shepard Foundation, shared the following statement in support of SF 1512:

"The LGBTQ+ panic defense is a direct affront to the memory of Matt and all the other LGBTQ+ victims of hate crimes because this so-called defense upholds in court the notion that violence, even homicide, is a reasonable or understandable response to a life lived openly. The LGBTQ+ panic defense allows perpetrators of violence to avoid facing the full legal consequences of their crimes, and it subjects LGBTQ+ individuals to violence two times over: first, in the terrible physical and psychological suffering that they endure at the hands of their assailants, and again in an outdated legal system that denies equal justice."

St. Paul Winter Farmer's Market
The tradition has remained open throughout the pandemic, connecting customers with fresh mushrooms and micro-greens, root veggies, humanely raised meat, farm fresh eggs, artisan cheeses, baked goods, and many other specialty foods. Open Saturdays, 9am-1pm, 290 5th St



Virtual Roundtable on Trans Equity in Military
The Hennepin Theatre Trust recently hosted the newest installment of our virtual roundtable series, featuring local photographer Ryan Coit discussing trans equity in the military, which is available on its website at bit.ly/3f0BXyX. Ryan is joined by his portrait subjects: Britt Sickmann, Vice President for Twin Cities T-Rexx and US army career counselor, and Ashley Scott, Vice President for Twin Cities Spectrum, public speaker and US army veteran.

Openings to Serve on St. Paul Commissions
The City of St. Paul actively seeks applicants with diverse backgrounds and experiences to reflect the views and effectively represent the diverse communities of the city. Appointments are generally made when serving members have reached their term limits or when members leave the committee, board or commission for other reasons, such as resignation. Applications are accepted on a rolling basis and will be considered as openings become available (as current members resign or reach the end of their terms). Apply online, visit www.stpaul.gov/departments/mayors-office/committees-boards-and-commissions.

ST. PAUL, PG 1
in pollution equal to taking over 20,000 vehicles off the road.
When people are less car-dependent, new buildings don't need to dedicate as much space for parking. City staff are currently studying whether we can reduce or eliminate minimum parking requirements, which will allow us to use land more efficiently and reduce climate unfriendly surface parking lots.
These are a few of the ways in which the City is preparing for a future that is both denser and greener – and there's much more we can do. I'm grateful to those of you who contact me with ideas on this subject, and I hope you'll continue to share your thoughts on how we can grow into a greener St. Paul.

WEBSITES, PG 1
competition in an industry—technology—where men have been measured to outnumber women three-to-one.
As COVID-19 shut down workplaces around the nation in March, St. Paul Media experienced a two month lull. While Hatch worked to help set up at-home workstations for his two employees previously stationed in the office, he wondered what he might do to drum up more business. Then, in July of 2020, new development requests began flooding in. As businesses had also discovered, websites had become the primary venue for nonprofits' work amidst the pandemic. "Suddenly, we were getting way more than we could handle," Hatch said, "and

we were seeing money being invested in websites that we never expected."
Now, he is looking to hire a new project manager to take some of the load off his existing employees.
As he continues to grow the business, Hatch wants to do so in a way that continues to fulfill the mission he set out on in 2009. "The success is rewarding," he said, "but I have mixed feelings about the fact that we're making money, because we're working with organizations that serve the underserved, the economically stressed. The organizations that come to us usually tell us that the people who need them are having trouble using their services, and if we take their project on, I want to be sure that everything we do is going to help that accessibility."



A TOUCH OF ANDREA

Hair Cuts • Foils
Perms • Color

1081 W 7th • St. Paul
651-665-0716
Call for Appointment

Serving GREAT FOOD at Reasonable Prices for 25 Years!

GOLDEN CHOW MEIN

Eat-in or Take-out
Mon-Sat 11-8
Closed Sundays



**1105 W. 7TH ST
651-228-1276**



pleasant dog

Walking and Sitting

Reasonable rates

Call, text or email Nate
612.558.2027
pleasantdog@gmail.com

RUG Cleaning

Free pick up and delivery
Free Sanitizer application
Cleaned with non-toxic products

NatureWise ChemDry

651-341-0933
Text or Call
www.naturewisechemdry.com
West 7th Locally Owned

ADVERTISE TODAY!

JERRY 651-587-8859
info@communityreporter.org



OUTDOOR CRAFT AND FLEA MARKET

Saturday MAY 1 2021
9a.m. - 6p.m.

- new and gently used treasures
- food
- handmade items

C.S.P.S. Hall

383 Michiqan St., St Paul, MN 55102



St. Paul Automotive

Committed to Excellence
Foreign • Domestic



Tune Ups • Brakes
Oil & Lube • Tires
Engine Diagnostics

651-298-0956
910 Randolph Ave • St. Paul

HOURS: MON-FRI 7AM-5PM

Arts & Culture

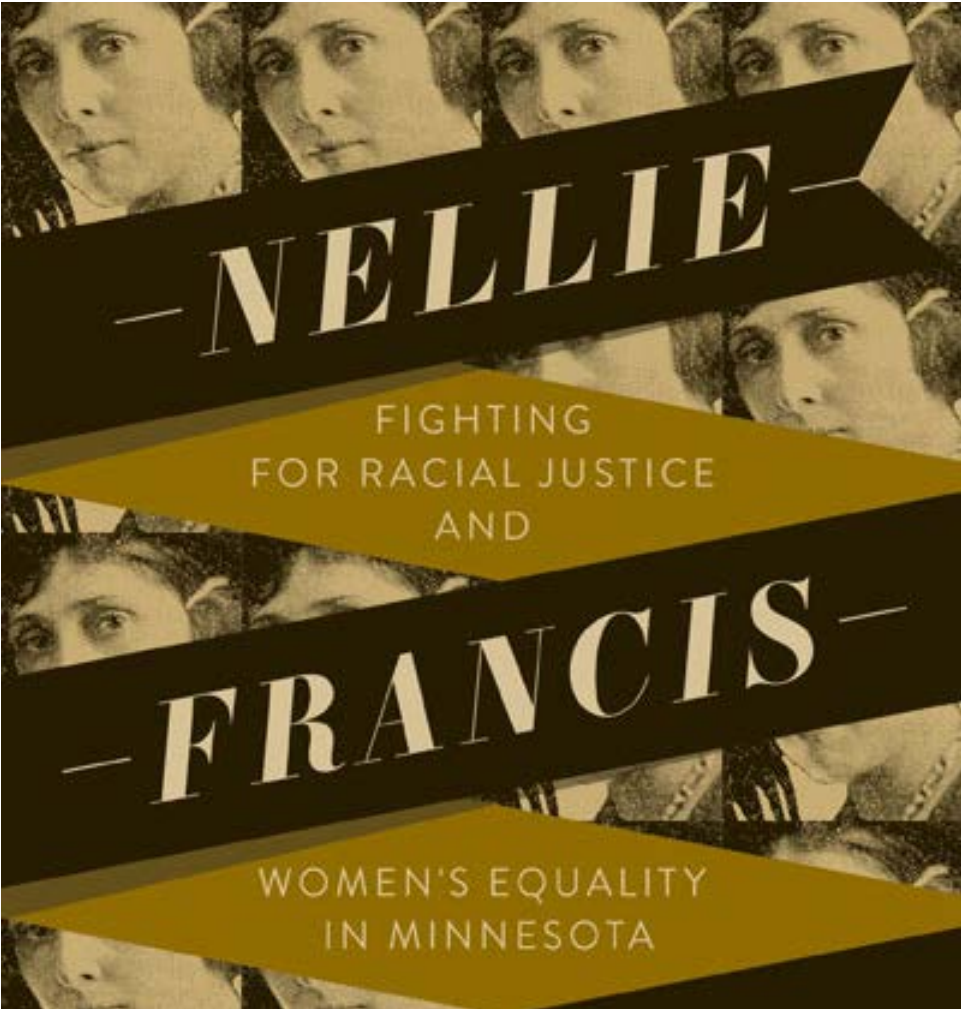
The Intersectional Feminist of Early 20th Century St. Paul

BY DAVID LAMB

In many of the histories of the period that mention her name, Nellie Francis, the subject of a new exhaustive biography by William D. Green (*Degrees of Freedom, Children of Lincoln*), is identified only as the wife of William T. Francis, the U.S. minister to the Republic of Liberia and the first Black diplomat in Minnesota. But as *Nellie Francis: Fighting for Racial Justice and Women's Equality* confirms, such assessments ignore the stunning contributions of a local trail-blazer of civil rights, who, perhaps because she sometimes obscured her own feelings in service to the causes she pursued, has gone astonishingly overlooked.

Francis spent her early years living “just beyond the shadow of the capitol” of Tennessee, then overseen by a governor that was a KKK member, later growing up in St. Paul, where she attended Central High School from 1888-1891. In a time when, as Green notes, faculty at the school “advised Black boys and girls to drop out,” Francis instead graduated the star of the debate team, having already shown a talent for winning hearts and minds for causes of racial equality. Pioneering the legal profession as an early woman in the field, she worked beside her husband in an independent legal practice while also advocating as an active leader in political groups.

The onetime honorary president of the Minnesota Federation of Colored Women's Clubs, Francis worked to convince nationally renowned intellectuals such as W.E.B. DuBois, Booker T. Washington, and Ida B. Wells-Barnett to campaign for the cause of women's suffrage in Minnesota. She navigated disparate worlds with uncommon ease. A Black woman described as so “light colored” that she could pass for white, Francis brought a cross-section of perspectives to her work as a suffragist. She recognized the interconnected nature of



social categorizations such as gender and race—what other feminists would begin to study 75 years later under new theories of intersectionality—starting a suffrage group for Black women in 1914.

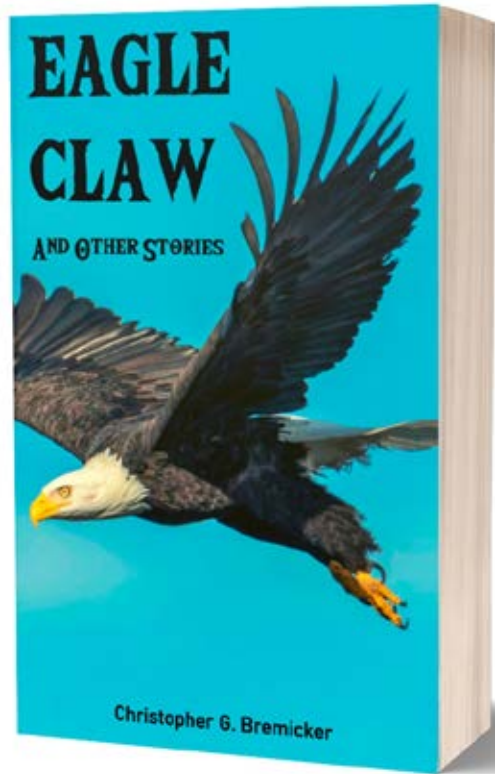
The circumstances of the women's suffrage movement, in which Southern

Democrats pitted white and Black women against each other, dangling offers to pass the Nineteenth Amendment so long as Black women were excluded, tested Francis' skills as a diplomat. Yet she found a way to,

NELLIE FRANCIS, PG 5

For a person who left behind an unparalleled legacy, Francis' personal reflections are, as a rule, scarce.

There is no confessional journal to bring her preoccupations to life, no letter written to her newlywed Billy Francis gushing over their love.



West End Artist Profile: Chris Bremicker

BY MIMI ROTHSTEIN

Chris Bremicker is a West End writer who resides at the Montreal Hi-Rise. He has now published his third book, *Eagle Claw and Other Stories*, a work of true stories well told. Before the pandemic, in the days when he was writing theater reviews for the *Community Reporter*, you might have run into Bremicker working on his laptop at one of our many coffee houses: Fresh Grounds, Claddagh or at Fran Gray's Mad Hatter.

Bremicker was a Special Forces medic stationed at Ft. Bragg, NC from 1968 to 1970. He has a BA in English and an MBA, both from the University of Minnesota. He is a newspaperman, downhill skier, grouse hunter, and he plays handball. He was also a sales associate at Walgreen's in St. Paul MN, his

forty-sixth job since high school. His hometown is Cable, WI, and he plays a mean game of handball.

"Eagle Claw and Other Stories is about my life after I outlasted schizophrenia," he explains. "It is characterized by an acerbic look at life, an askance view of people, and a faith in their innate goodness. It is how the world looks to someone who walked away from an airplane crash. For the first time in my writing career, I am selling life, not

BREMICKER, PG 6



(safely) serving coffee & bakery
through our walk-up window!



612 Selby Ave | 459 West 7th Street
www.claddagh-coffee.com
@claddaghocoffeecafe @claddaghocoffee

Community REPORTER

Community Reporter 50th Anniversary

Add **YOUR** name to our
**Honor Roll of Community
Supporters to help us
sustain the work**

Our “*Community of
Reporters*” provides the
West End with thoughtful,
progressive voices
supporting equity, learning,
creativity, engagement and
justice for our community
and all its members.

Please add your name
to our **Honor Roll of
Community Supporters** to
help us sustain the work
into the next half-century,
with a donation of any
amount. We will publish
and recognize our donors
throughout the year [if
you do not want your name
published, please let us
know].

Mail your contribution to:
Community Reporter, 265
Oneida Street, St. Paul MN
55102, or go to givemn.
org and enter Community

thank you!



919 Randolph St. Paul
651-291-0146
skinnermn.com
STOP IN FOR THE BOMB
ABOMB: \$3.25 Smirnoff Vodka
BOMB: \$4 Summit EPA pints



It's almost
GRADUATION TIME!
USE SKINNER'S CATERING
FOR YOUR NEXT EVENT
Graduations | Private Parties | Weddings
651-292-9228



2.99%^{APR*}
Remodeling Project?
At this rate it's time to start planning!

Member FDIC

 **BankCherokee**
Home Equity Line Of Credit
Lock in this low rate for 24 months.
Contact BankCherokee today!
BankCherokee.com 651.227.7071

*2.99% Introductory Annual Percentage Rate (APR) is available for Home Equity Lines of Credit (HELOC) up to 80% LTV (loan to value). The interest rate will be at 2.99% APR during the 24 month introductory period. Offer is available for applications submitted from March 17 - June 22, 2021. After the 24 month introductory period, the APR is variable and is based upon an index plus a margin. The APR will vary with the Prime Rate (the index) as published in the Wall Street Journal. As of March 4, 2021, the variable rate for Home Equity Lines of Credit was 3.25% APR. The rate will not vary above 21.75% APR or below 3.50% APR, the minimum floor rate. Minimum loan amount increase on an existing HELOC is \$10,000. Closing costs generally range from \$350-\$1,300. Loans are subject to credit approval and program guidelines. BankCherokee checking account required for automatic payment. Property insurance is required and must be owner occupied. Consult your tax advisor regarding the deductibility of interest paid. Other restrictions may apply.

BankLocal. BankBetter. 



In the Community

GARDEN VIEWS Growing Your Sustainable Lawn



KENT PETTERSEN
columnist

A reader named Paul sent me a question about the grass on his boulevard—or should I say lack of it. As he noted and many other readers will find, Kentucky Bluegrass is not the best choice of plant for the inhospitable environment at the edge of our streets. In Paul's case, living on a major roadway, the municipal use of sand and salt during the winter season and the heat sink of summer blacktopped roads combined with low-soil fertility kills a lot of lawn grass. More tenacious and prolific plants such as dandelion, crab grass and quack grass take over.

The University of Minnesota has been doing research on the commercially available "alkaligrass" that is advertised as salt-tolerant. Testing has indicated these are not performing well in our northern climate. Researchers have, on the other hand, found success with a mixture of fine fescue grasses. For details I would recommend consulting <https://turf.umn.edu> for recommendations for your specific situation. Seeding may be the best option, but as an option it might be worth checking with a turf company to see if they are

[L]iving on a major roadway, the municipal use of sand and salt during the winter season and the heat sink of summer blacktopped roads combined with low-soil fertility kills a lot of lawn grass. More tenacious and prolific plants such as dandelion, crab grass and quack grass take over.



A kind of mondo grass like others researchers are studying for their sustainable properties.

offering salt-tolerant sod. Spring is here. It is the second-best time to be seeding lawn grass in Minnesota. (The best is the cooler weather of late summer or early fall.) Go ahead and take this opportunity to overseed or patch small problem spots or to renovate your entire lawn.

Mowed grasses do not go to seed. If

allowed to, in the case of ornamentals, the seed they produce is wind pollinated. Grassy areas are cover habitat for insects, but grasses are mostly a food desert for insects. Insect food is found at plant flowers.

Recent interest in insect pollinators has raised awareness of their relationship to wild flowering plants. Many gardeners have been working, some gradually over time, others all at once, to convert their lawns into habitat for insects that provides both cover and food. Wildflowers do that the best because insects have evolved over time with wild plants. The interdependent insect and flower relationships are striking and important. Learn more about it here (<https://bit.ly/30Prjmk>) and you could be able to retire the lawn mower!

NELLIE FRANCIS, PG 4

as Green recounts, "motivate her sisters to push beyond long memories of abandonment by white allies during race riots and unchecked terror that had erupted every decade since ratification of the last voting amendment fifty years earlier."

The celebration of the passage of women's suffrage would prove short for Francis. Thirteen months later, a mob lynched three Black men in Duluth, one of the deadliest such killings in U.S. history. Francis, who had already been fighting the rising tide of bigotry encapsulated by *The Birth of a Nation*, a racist movie that had become a popular sensation at the time, began her campaign for an antilynching bill, eventually drafting the law that the Minnesota legislature adopted.

For someone who left behind an unparalleled legacy, Francis' personal reflections are, as a rule, scarce. There is no confessional journal to bring her preoccupations to life, no letter written to her newlywed Billy Francis gushing over their love.

Instead, one of the oddest—and ultimately most thrilling—aspects of reading



Nellie Francis

this biography involves marveling at how Green reconstructs Francis' psyche by exploring the themes and events that swirled around it. Ultimately, he reveals her to be a strategist of the highest order, who sacrificed many things—the human desire to share one's personal world, perhaps even pursuing a more emotionally compatible marriage—in order to move social causes forward.

In showing her purposes for lingering at times in the background, Green has moved Francis back to the center of the frame where she belongs.

WEST 7TH

REAL ESTATE EXPERT!

Representing West 7th & Surrounding Communities Since 2001
Buying • Selling • Investing

COLDWELL BANKER

JOHN GLADIS
612-743-3024

Fix your home. We can help.

Affordable, Flexible financing to help you repair or improve your home.
Call 651-348-5080 or visit nwhomepartners.org
NMLSR#363923

Open for Takeout Only

ROOSTER'S BBQ-DELI

DAILY SPECIALS

TUE	1/2 Chicken.....	\$11.39
WED	12pc Box w/fries.....	\$22.45
THU	1/2 BBQ Chicken Dinner....	\$12.29
FRI	3 piece Haddock Dinner...	\$9.53

EVERYDAY SPECIAL
Small BBQ Sandwich w/fries \$10.21

"Best Fried Chicken 2011/Best BBQ 2010"
Mpls-St Paul Magazine

Open Tue-Fri 11am-8pm • Closed Monday
979 Randolph | 651-222-0969
www.roostersbbq.com

ADVERTISE TODAY!

JERRY 651-587-8859
info@communityreporter.org

WeWest 7th

WEST 7TH / FORT ROAD FEDERATION

2021 ANNUAL MEETING

FEATURED GUEST: SEAN KERSHAW

West 7th neighbor, co-host of Grand Oak Opry, and City of Saint Paul
Director of Public Works

TUESDAY, APRIL 20, 6:30-8:30PM

VIA ZOOM - REGISTER AT
FORTROADFEDERATION.ORG

• BREAKOUT SESSIONS

• BOARD ELECTIONS

• STRATEGIC PLAN UPDATE

Vote for Board of Directors:

• Online at FortRoadFederation.org: April 13 - 20 at 6:45 pm

• Curbside at 882 West 7th, call our office at 651.298.5599 and we'll greet you at the door: April 13-16, April 19-20. 11 am - 4 pm.

Schedule outside of those hours by calling our office.

West Seventh
Business Association

It's time to renew
or begin your 2021 membership!

Take part in our efforts

ENHANCE

IMPROVE

ADVOCATE

the beauty of the neighborhood

conditions for business

for many issues that require local action and global thinking!

CONNECT

BUILD

ENRICH

W7BA.ORG

20% OFF*

membership fee

Visit w7ba.org

click JOIN tab

*If you introduce a new member for 2021!

Community Nourishment



ERIN BRANDEL DYKHUIZEN
columnist

BEING WELL Snakes!

There are snakes inside my walls! I wake up some mornings with the thought, wishing it was merely a metaphor. But the snakes are real. At least the one skin we found recently was all too real, when it plopped to the floor from a hole our plumber had cut in the wall to thaw a frozen pipe. A non-West End resident, he was pretty freaked out to find a snakeskin inside the wall. Me? Not exactly.

I would not always have handled finding a snakeskin in my wall with such aplomb. Snakes don't bother me quite as much as they used to when I first moved to our neighborhood -- not after almost stepping on a knot of about 12 of them one spring day, having one slither into the house through a window air conditioner tube, and having my cat deliver one to me in her mouth as a present (she found it in the basement, which is even more horrifying than the delivery method).

I have even started to build relationships with a few of them -- last spring I tore up some landscape fabric that a tiny snake was hiding under. The whole summer long he hissed at me whenever I walked by. I made disparaging comments about his size. It was our thing.

So, why is it that my life-long dislike (okay, fear) of snakes is fading the longer I live in our neighborhood? This is the principal of habituation at work. Habituation happens over time when you are exposed to the thing you are afraid of. The more experiences you have where the thing you are afraid of proves to not be an actual threat, the less fear you experience when you encounter the previously feared thing in the future.

Usually with habituation you notice an increase in anxiety when you first encounter the object of your fear. But then, as you stay in the situation, you notice that the anxiety does not last. Over time, you build more confidence in your ability to handle the feelings, and with practice the initial anxiety abates.

You might wonder why habituation does not always work. After all, there are plenty of us in the neighborhood who see lots of snakes every year and still are terrified of them. The reason is typically that if we encounter something that we are afraid of only briefly, without allowing ourselves to experience the anxiety reducing while in the presence of the feared thing, we won't experience habituation.

Since our natural response to fear is to avoid the thing we are afraid of, we often do not have many opportunities to overcome our fears unless we consciously seek them out. Instead, by naturally avoiding the things we are afraid of, we make

the fear worse. The more experiences we have where we avoid encountering something that we are afraid of, the more we reinforce the idea that we can't handle it, sharpening our fear.

When you get too stuck in avoiding your fears, you sometimes need to force yourself to seek habituation. When we do this in therapy, it is called exposure therapy, and it is highly effective for addressing a lot of fears, including those related to traumatic experiences. One word of warning: if you have experienced a traumatic event, such as a situation where you felt violated or like your or someone else's life was in danger, do not try to induce habituation on your own, which could make it worse. Confronting intense trauma in this way should be done with a professional.

But when it comes to something like a fear of snakes, if you don't want to wait for the inevitable visits to your house or yard to gradually desensitize you to them, you might want to speed along the process of habituation on your own. You could start by learning more about snakes, looking at pictures of them, or talking about them. You could even ask your neighbors for their best snake stories. I'm sure they have plenty.

Erin Brandel Dykhuizen, MA, MSW, LICSW is a psychotherapist living and working in the West Seventh neighborhood. You can learn more about her work at www.erinbdlicsw.com.



HALLE O'FALVEY
columnist

BIRDS IN PARTICULAR Way, way up in the sky

I was driving home from Ely, MN and stopped in the town of Virginia at the food co-op. It resides in an industrial park -- not one tree to be seen for a mile around. As I finished shopping and was getting back into my car. I noticed something in the very large brilliant blue sky. It was a tiny glimpse of white, way, way up in the sky. Now, if it weren't for my trained brain that instantly reacts to any type of bird movement, I would not have seen that bird very high up in that sky. Now, I need only a glimpse, a nanosecond to catch their flight and feathers. I pulled out my binoculars to find the bird again. Refractions from the light gave my elder eyes tiny, translucent, double ringed circles but I saw white bodies swirling despite the intrusion. The birds were in a kettle; riding the thermals. As a bonus, one of the birds flew out to the East, verifying my suspicions, revealing black wing tips. They were American pelicans.

A Kettle is formed from a group of birds that fly together during migration, generally

birds of prey. When they find a column of warm air, they follow it up until it hits cooler air and dissipates. The birds then spread their wings and soar to the next column of air. Birders call it "riding the thermals." This is a very efficient method of travel.

COVID-19 is cancelling birding gigs across the country. Marietta, MN will host to the annual Salt Lake Birding Weekend in late April is among them. Minnesota's only salt lake. The lake touches an alkaline shoreline surrounded by a 20-acre prairie. Attracting many migrant birds, shorebirds, and ducks that would otherwise not visit Minnesota. Several birds nest in here, including the Wilson's phalaropes, which has a spectacular spinning technique on the surface of the water. In years with low water, the summer brings more shorebirds racing along the shoreline. This unusual ecosystem is home to sago pondweed, zooplankton, brine shrimp and red crustaceans. All that makes me remember stories from *Braiding Sweetgrass* written and narrated by Robin Wall Kimmerer, a member of the Citizen Potawatomi Nation, and published by Milkweed Editions, a

Minneapolis-based publisher.

This is from my jokester, and perfect for April. What did the big flower say to the little flower? Hi Bud.

Now that it is spring, we know there will be mud!!! So why not paint with it? You will need a small container, dirt/mud, dish soap, water, and some color: food coloring or tempera paint, plus, cardboard boxes (torn or cut to size) and paint brushes. Add the mud, water, color and dish soap in the container, and mix up to a paintable slurry. Any extra shipping cardboard boxes laying around awaiting the recycling bin can be used as your single piece of painting surface. You could make some paint brushes with conifer branches you find on the ground (it will help to wrap some twine around the end of the branch). Avoid removing branches from a tree, since once removed it will not grow back. The dish soap will help cleaning clothing, if necessary. The sidewalk would also make a great painting surface, sunshine or not.

If you are painting outside, don't forget to listen for the birds singing and look up at the sky. April Migration is divine.

BREMICKER, PG 4

a mental illness no one wanted to read about to begin with."

"Eagle Claw and Other Stories is a work of great variety. The title story is a fictionalized account of the aborted mission of the U.S. Army's Special Forces to free the hostages held in Tehran during the Carter administration. Stories of a rock concert that causes suicidal thoughts, a patriotic party at my hi-rise, and a dentist who ruins my teeth, express my unique voice."

Reviewers' Comments:

- Among other things, Bremicker is a life-long hunter and fisherman. A meticulous description of how to clean a shotgun and the proper way to operate the electric duck plucker—yes, it plucked ducks—are two of my favorites. I can now say without reservation, that I will never, ever be that close to a dead duck as long as I live. For sheer beauty and abundant detail, "Memories of Catfishing on the Mississippi River" is a treasure. Chris uses a full range of literary techniques in order to tell a truly compelling story of our stretch of the Mississippi from Downtown Saint Paul to Lock and Dam Number One.

Excerpt from "Fishing on the Mississippi":

Phil had a habit of setting the hook several times after he caught a fish and seemed to yank their teeth out of their mouths, even after he hooked them. Literally, he set the hook when the fish was already coming in. This was unnecessary but Phil could not be cured of it. We never mentioned it to him nor criticized him for it. Tim and I laughed about it but not in front of Phil.

- Bremicker possesses what he calls a photographic memory. He has formidable retention and recall. There is little that needs to be imagined or invented. Nor does his memory play tricks on him. For the most part, he simply writes down the things he has experienced in a stream of consciousness and then he backtracks with an editor's eye and scalpel. Be sure to study his piece "On Writing" for the low down on how he does what he does. "My Books" is a short course in World Literature, also a must read.
- Bremicker is a natural story teller. His

work is unashamedly personal, drawn from his own, often mundane, experiences. Whether autobiographical or fictional, true or made up, these stories are entertaining, informative, and just plain fun to read. For me Bremicker's writing is best seen in light of Hermann Hesse's century-old wisdom that "whoever has learned how to listen to trees no longer wants to be a tree but wants to be nothing except what he is."

Eagle Claw and Other Stories is available April 6, 2021 and can be preordered as an eBook from Unsolicited Press (www.unsolicitedpress.com).

WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

By Cate Sering, Library Manager

New expanded hours, changes to services
We are now open three days a week to provide you with more opportunities to pick up holds, browse and check out items, and use a computer. Visit us during open hours: Mondays 1-7:30pm, Wednesdays, 10am-5:30pm, and Thursdays 10am-5:30pm.

We have increased our internet and visit times. Visitors can now access the internet and use our print services for up to one hour per day. Library visitors can use the library branch for up to one hour.

Outdoor WiFi
In an effort to help all residents of Saint Paul have access to information, this new outdoor WiFi will be available outside of the library from 7am to 10pm seven days a week. To use the Outdoor WiFi: Choose the network named Library Guest. Open a web browser, click Agree to connect. No special settings, usernames, or passwords are required. Wireless network users agree to abide by the Library's Computer and Internet Use Policy.

Read Brave
Community members of all ages are invited to join "Read Brave," a citywide reading program! This year's topic, "Owning our Stories: Rising Together for a Better Saint Paul," centers books, conversations, and book-based events on themes of self-worth, racial healing, reconciliation, liberation, and accountability. This year's main book selection is *The Stars and the Blackness Between Them* by local author Jun-aida Petrus-Nasah. There's a no-wait e-book and e-audiobook options through its Libby app. Explore the books, events and activities for all ages at www.readbrave.org!



**WEST 7TH
COMMUNITY CENTER**
265 Oneida, St. Paul
651-298-5493
keystoneservices.org

Check the website for the latest information or call the Center.

Free Grocery Delivery

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

Foodmobile April 5

Monday, April 5, 10am-12pm. Keystone's mobile food shelf will be at the West 7th Community Center distributing FREE groceries to anyone in need. New participants need to register onsite by answering a few questions. Everyone will receive meat, dairy, produce, and mixed shelf-stable items. We have 8 other distributions around Ramsey County. Info: www.keystoneservices.org.

Fare for All

April 9, 10am-12pm, Drive-through for your low-cost, delicious packages of fresh food! Featured packages: hot food, produce packs, and meat packs. Packages \$10-\$30. Visit www.fareforall.thefoodgroupmn.org

Bike donations needed

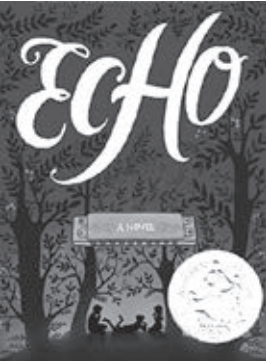
Express Bike Shop is prepping for a busy spring & summer, and we are in need of bike donations! Used bikes and parts will be put to good use as our talented staff and youth apprentices turn them into outstanding, durable, and affordable bikes. Donations are totally contact-free Tue-Sat during regular business hours just follow the arrows to the back of our shop at 1158 Selby Ave, St. Paul.

Echo ★★★★★ (5 out of 5)



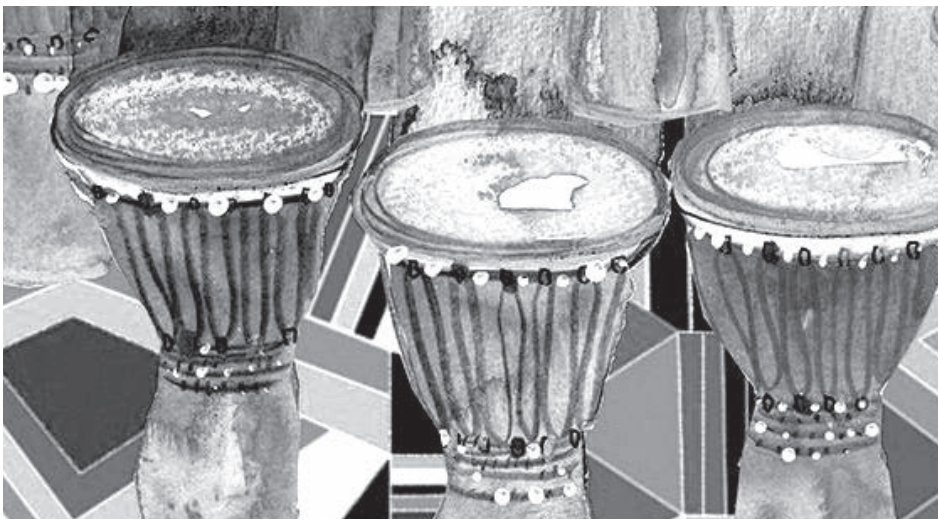
BEATRICE
COSGROVE
reviewer

Echo by Pam Muñoz Ryan starts off with a story about a boy named Otto playing hide-and-seek with his friends. Then the story branches into three parts about three kids: Friedrich is a boy in Nazi-occupied Germany, Mike an orphan in America living with his brother Frankie, and Ivy a girl in California whose brother is fighting in World War II. Each of them have their own struggles but music helps all three of them hope and dream--it carries them away into a distant world. An instrument



that frequently transports them into that world is a magical harmonica that enters each of their lives in surprising ways. As these three kids go through tough times in their lives, they continue to grow. *Echo* is a very heartfelt book with a little bit of mystery. It was a great book to sit down in a comfortable spot and read. It is written so well that you can just about feel what the characters are feeling, and I felt their pain, their joy, their nervousness and their anticipation. I recommend it to ages 9+.

BULLETIN BOARD



Rhythms of Loving Kindness

WDC has a wellness team of four dynamic women practitioners bringing complementary skills to workshops focused on self-care, relaxation and empowerment. The first event, "Rhythms of Wellness", received rave reviews from participants. Continuing in this vein, the team will be offering a one-day event entitled "Rhythms of Loving Kindness". Please visit www.womensdrumcenter.org/programs-2. These Wellness Events will give you tools for mind, body, and soul! Stay healthy with these amazing resources.

Schubert Club Virtual Courtroom Concerts

The series continues with free performances on April 1 and 8 at 12-1 pm. While you are at the Landmark Center, visit the ongoing exhibit, *Uncle Sam's New Deal* to learn about the programs that helped America recover from the Great Depression. Virtual Ballet Tuesdays will perform April 13, 12pm. Visit landmarkcenter.org.

Steppingstone Theater for Youth Announces Summer Programming

Registration is open for the St. Paul-based youth theater organization, with Spring Virtual Studios for pre-school through high-school-age students, which are pay-what-you-can. Visit bit.ly/3tFzd9A.

Powerful Tools for Caregivers Class Begins

Jewish Family Service of St. Paul educational lass meets Thursdays 4-5:30pm via Zoom (April 8-May 13). Learn self-care behaviors including increased exercise, relaxation and medical check-ups; emotion management to reduce guilt, anger and depression; build self-confidence to cope with care giving demands; and identify community resources. \$10/person. To register, call or email Bonnie at 651- 497-8248, or Tara at 763-300-3146.

Bill to End the Sale of Flavored Tobacco Products Advances

The Minnesota House Preventive Health Policy Division voted to advance Representative Cedrick Frazier's bill to end the sale of all flavored tobacco products in Minnesota. Advocates with Minnesotans for a Smoke-Free Generation—a coalition of more than 60 organizations that share a common goal of reducing youth tobacco addiction and ending tobacco's harm for good—testified in support of the bill. Removing flavored tobacco products from the marketplace is an important step to prevent youth addiction, improve lung health and encourage adults to quit. "Minnesota has been a leader in taking on tobacco addiction, but we continue to play catch-up with a deadly industry that spends \$100 million a year marketing their products in our state. Ending flavored tobacco product sales is an important next step in our efforts to reduce tobacco use and to protect kids from lifetime addiction. Let's put the health of our kids – and the health of our Black brothers and sisters – ahead of Big Tobacco profits, so that we all may live healthier and longer lives," said Representative Cedrick Frazier, chief author of the bill said.



Minnesota Great River Road recognized as the best of the best – an "All-American Road"

The Minnesota Great River Road, which is part of a national scenic byway that runs 3,000 miles from Minnesota to Louisiana, has recently been awarded the highest of byway designations by the Federal Highway Administration: "All-American Road". To receive All-American Road status, a road must possess nationally significant qualities and have one-of-a-kind features that exist nowhere else – making the byway a "destination unto itself." Find out more about places to visit along the road at www.experiencemississippiriver.com/.

EMAIL CALENDAR ITEMS TO: INFO@COMMUNITYREPORTER.ORG
FOR COMPLETE CALENDAR LISTING GO TO: communityreporter.org

CLASSIFIEDS

TOP CASH PAID! Antiques, OLDER furniture, beer items, advertising signs, Red Wing crocks, MUCH MORE MISCELLANEOUS. Wescott's Station, 651-227-2469

SERVICE DIRECTORY

Lamp Repair
489 West Seventh
651-600-3470
modilumi.com

THERE'S A NEW KID IN TOWN!
893 Randolph Ave
St. Paul
651-502-5939
Triple B Collectibles
SPORTS CARDS
Hours: M-F 10-7
Sat 12-7pm
triplebcollectibles.com

NILLES BUILDERS, INC. #4690
ADDITIONS • ROOFING • REMODELING
CONCRETE • GARAGES • SIDING
651-222-8701
525 Ohio Street St. Paul 55107
WWW.NILLESBUILDERS.COM

ADVERTISE TODAY

CALL JERRY AT 651-587-8859
INFO@COMMUNITYREPORTER.ORG

LEITNER'S
GARDEN CENTER
FRESH FLOWERS
Naturally beautiful flowers & plants
Great Prices
Local Delivery
945 Randolph Ave • St. Paul, MN 55102
651-291-2655

MICHAEL C. BLACK

ATTORNEY AT LAW

651-222-2587

265 W. 7th St. • St. Paul, MN 55102
(2 blocks west of the Xcel Energy Center)

HANDY MR. LARRY FOR HIRE

I do painting, repairs and cleaning of homes and apartments.

651-399-4304

Insured • Gutter Cleaning & Repairs

Wills Trusts Probate

Guardianship Real Estate

Melanie Liska

Attorney at Law

651-699-5472

mliska@tl-attorneys.com

TARRANT & LISK, P.L.L.C.

1570 Concordia Avenue Suite 200
St. Paul MN 55104

SOCIETY OF ST. VINCENT DE PAUL TWIN CITIES

Hope in action.®

NOW OPEN!

Mon-Fri 10am-5pm & Sat 9:30am-3pm

DONATION HOURS*

Mon-Fri 10am-4:30pm

Sat 9:30am-2:30pm

*CALL FOR LIST OF ACCEPTABLE DONATION ITEMS

461 West 7th St • St. Paul

651-227-1332

ADVERTISE IN COMMUNITY REPORTER!

CALL JERRY 651-587-8859

OR EMAIL

info@communityreporter.org



It's the
impression we
leave behind
that matters
most. When the
Individual is
special,
the funeral
should be too.

KESSLER & MAGUIRE

Funeral and Cremation Services

651-224-2341

email: info@kesslermaguire.com

640 West 7th St. • St. Paul, MN 55102

FAMILY OWNED SINCE 1916



Mancini's
CHAR HOUSE & LOUNGE

A St. Paul Tradition That's Here to Stay

Steak • Seafood
Classic Cocktails
Old-Fashioned Hospitality

651-224-7345
mancinis.com
@mancinischarhouse

LORE, LEGEND & DEFINITELY LAGER



SMITH AVENUE AT THE HIGH BRIDGE



OPEN FOR LUNCHES, DINNERS, AND TAKEOUT
MORE AT WALDMANNBREWERY.COM

WALDMANN



LIQUOR BARREL
WEST 7TH ST. PAUL

OPEN MON-SAT 9AM-10PM SUN 11AM-6PM

CLEAN SLATE RIESLING
\$7.97 750ML

MUST PRESENT COUPON AT TIME OF PURCHASE. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 4-30-21. VALID AT LIQUOR BARREL, WEST 7TH, ST. PAUL ONLY.

MODIST BREWING FALSE PATTERN PALE ALE
\$9.97 4 PK 16 OZ CANS

MUST PRESENT COUPON AT TIME OF PURCHASE. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 4-30-21. VALID AT LIQUOR BARREL, WEST 7TH, ST. PAUL ONLY.

REBEL YELL KENTUCKY STRAIGHT BOURBON
\$11.97 750ML

MUST PRESENT COUPON AT TIME OF PURCHASE. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 4-30-21. VALID AT LIQUOR BARREL, WEST 7TH, ST. PAUL ONLY.

LIQUOR BARREL WEST 7TH - ST. PAUL 665 7TH STREET WEST ST. PAUL, MN 55102 651-222-6811 LIQUORBARREL.COM

HAVE AN OLD BIKE YOU DON'T NEED?

DONATE IT TO EXPRESS BIKE SHOP

We are a non-profit bike shop, specializing in sustainability and refurbishing bicycles. We accept donations of all bikes and bike parts!

BONUS: Your contribution supports youth in our community!




Donations can be made at our shop during business hours, no appointment necessary! The donation process is simple and no-contact.

1158 Selby Avenue, St. Paul, MN
www.exbike.com



EXPRESS BIKE SHOP

Express Bike is a social enterprise of Keystone Community Services



"For He is Risen."
Matthew 28:6


Easter is a time for new beginnings and through our rehabilitation programs and experienced staff, we offer fresh starts every day.

FIND YOUR NEW START WITH US.

Call 651-220-1700 to schedule a tour.

Cerenity Humboldt accepts a variety of payment options.
short-term rehabilitation | long-term care | assisted living

514 Humboldt Ave. | St. Paul | CerenitySeniorCare.org



WE ENGAGE/WEST END

Wishes the community a safe and healthy engagement with the challenges of 2021.



Honoring the lessons we have learned from the pandemic, the killing of George Floyd and many others, WE ENGAGE/WEST END will develop creative ways to meet each other where we are and encourage new ways of thinking about our community and its values.

To join the effort, email info@communityreporter.org



EXPERIENCED

ST. PAUL LAWYERS ON YOUR SIDE

INJURED?

PERSONAL INJURY • MOTOR VEHICLE ACCIDENTS
MEDICAL NEGLIGENCE • ACCIDENTS
OVER \$200 MILLION RECOVERED FOR OUR CLIENTS.

Free Case Evaluation.



Marcus Gatto
Swor & Gatto, P.A.
1177 West 7th Street
St. Paul, MN 55102
651-454-3600
marcusg@sworgatto.com
651-454-4827 (fax)

SWOR & GATTO IS COMMITTED TO SERVING OUR COMMUNITY
Advises students and administration at Mitchell Hamline Law School
Supports local Latino organizations
Committed to the revitalization of the West 7th corridor