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



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VOL. 51 NO. 7

**JULY 2021** 

**CIRCULATION 13,000** 

### **COUNTY PERSPECTIVES**

### Combatting the housing crisis from all angles



COMMISSIONER, RAFAEL ORTEGA

In the Ramsey County government, we have been addressing the housing crisis for decades. Unfortunately, the COVID-19 pandemic has increased the number of people experiencing homelessness - and many of them are still navigating these challenges today.

Over the past year, the county invested mil-

lions in providing food, counseling, and finding long-term and short-term emergency housing for people who are experiencing homelessness in our communities. In the process, we added more than 500 beds to the shelter system.

When the pandemic hit last March and social distancing became critical at shelters, we knew that we would need to move quickly to create additional capacity within our system. We worked with the City of Saint Paul and other partners to identify vacant and underutilized buildings that could be converted into shelter space, including two in my district. Ramsey County is currently leasing Bethesda

Hospital from M Health Fairview as an emergency shelter for those experiencing homelessness through spring 2022. The facility – which opened in December 2021 - offers more than 100 beds and 24/7 services provided by the Salvation Army. I worked closely with neighbors and other organizations to improve the security provided by M Health Fairview and develop a neighbor-led working group that interfaces directly with law enforcement.

In March 2021, the Project Home family shelter at the Provincial House opened and began serving approximately 20 families with children experiencing homelessness. Located in Highland Park, the building was previously used as offices and a residence for the Sisters of St. Joseph of Carondelet for nearly 100 years. (Since the residence closed in 2010, the site has been underutilized.)

Project Home at the Provincial House, paired with the shelters at synagogues and churches (which will all re-open post-COVID), could significantly reduce or even eliminate the waiting list of families seeking shelter. And I deeply appreciate how Highland Park and Mac-Groveland residents have welcomed these families and this facility with open arms

This additional shelter space was critical to ensuring that everyone in Ramsey County had access to a warm bed during the winter. While summer is in full swing, we are already thinking ahead to our next winter and anticipate a continued and urgent demand for shelter space. Our priority remains having enough beds available for everyone who chooses to come inside.

Emergency shelter is a short-term solution. We are always working to pursue longer-term solutions that connect shelter users with stable housing, and we remain focused on expanding access to more permanent and affordable housing. In addition, we are also actively pursuing a variety of solutions at the state and federal levels, including supporting legislation that allows organizations to build and support "tiny houses."

Perhaps most crucial for our ability to expand future housing supply is a new 2020 Housing and Redevelopment Authority (HRA) levy to preserve and create more affordable housing for Ramsey County residents. This would provide another long-term resource to address the existing housing crisis. An HRA levy in Ramsey County could raise up to \$11.5 million each year, while only adding an average of \$45 to a median property's annual property tax. This would seed many future affordable housing developments.

Much still needs to be done. With an emergency as immediate and challenging as the housing crisis, no single initiative can solve the problem on its own. I am proud of the work Ramsey County continues to do to combat this challenge from every angle.

Please contact me with questions or ideas. I always appreciate it.

# **Inside Freedom House**

### West 7th's Daytime Homeless Shelter

Listening House, a nonprofit based in St. Paul that provides hospitality and resources to homeless people during the day, a time when most shelters shut their doors, opened in a new location last January in the St. Paul Fire Department's "Freedom House" building (296 *W.* 7th St.)

Molly Jalma, executive director of Listening House, joined the organization in 2020 after working in housing and social services outreach throughout the Twin Cities.

What drove you to get involved in working serving homeless people? I was a political science major in college, unsure the direction I wanted to take. I had been working part time for a political affairs firm, doing polling and advanced teamwork with organizations like the White House and



MOLLY JAMA Executive Director

Secret Service. It was exciting, but I found I didn't have time for anything else that was important to me, so I decided I wanted to get a job I could punch in and out of while I made up my mind about what I wanted to do with my life. I got a job working the front desk at the Hotel Continental in downtown Minneapolis, which was transitional housing for single adults experiencing homelessness.

That was a transformational experience. I saw that the difference between my situation and the people living there was financial—it was \$1,000 to get your car fixed or access to a basement to crash in. Without that help, people often end up



Hygeine products such as combs, tampons and soaps await distribution to Listening House guests

homeless. And then everything else slips away. It's difficult to maintain a sobriety program, for example, or to take your meds, if you don't have a home. I transitioned after that to working as a property manager for a building called the Archdale which offered services for homeless people and runaway youth, then worked in the disabilities sector. Eventually, I went back to school for a masters in nonprofit management, and I saw how much I liked the business side. I decided I wanted to

have a hand in building institutions that were good to work and volunteer at and in making sure nonprofits didn't fall into traps of paternalism and repeat cycles of white supremacy. I learned from my experience that people need autonomy, they need choices, and it's not up to people like me to decide what those choices are and how much autonomy you get. I wanted to be a part of a model to help people that could be

FREEDOM HOUSE, PG 3

"[T]he showers, the food, the coffee, the clothes and laundry machines, they're all secondary to the human interaction—to looking someone in the eye, remembering their name and asking how they're doing."

### **BUILDING AN ANTIRACIST COMMUNITY**

# **Defunding History**



**TIM JOHNSON** columnist

The life of Emily Goodridge Grey and the many other women who had an outsized influence in Minnesota and its communities are stories that most folks have never heard Grey is the first person one encounters in the new Minnesota History Center exhibit, Extraordinary Women.

In 1857 Grey traveled by train, stagecoach and steamboat to St. Anthony Falls, where she made her home with her two-yearold son. Carrying on the tradition of her father, a formerly enslaved man who went on to be a businessman and activist with the Underground Railroad, Grey became a leader in the Abolitionist movement and other civic engagement groups that helped build the Twin Cities.

Continuing through the exhibit you, in short order, encounter numerous others largely forgotten to Minnesota history. Sarah Berger Stearns, a suffragette from Rochester, challenged the state constitution that said every "male" had the right to vote, ultimately paving the way for Minnesota women's right to vote in 1919. Amanda Lyles, a business woman, was a founding member of St. James AME Church and a leader in the National Association for Advancement of Colored People as well as numerous

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local civic organizations. Marie Bottineau Baldwin, a member of the Turtle Mountain Band of Chippewa, fought as an activist for native rights. Nellie Francis, a champion of woman suffrage and anti-discrimination, almost single handedly got the State of Minnesota to pass an anti-lynching law following the horrific lynching of three Black men in Duluth on June 15, 1920.

The history of these women who have for too long gone overlooked, along with the many other women lifted up in the Minnesota History Center exhibit, are the kind of stories that some Minnesota state senators are now seeking to suppress. Senator Mary Kiffmeyer of Big Lake and her Republican colleagues are seeking to defund such history by removing control and financing for numerous historical sites now run by the Minnesota Historical Society, placing them directly under the control of the state. This is the second time in recent vears that Kiffmyer and her colleagues have sought to defund history in Minnesota. The first time was in 2019 when the Minnesota Historical Society had the audacity to add a single word to the name of Fort Snelling; "Bdote," a Dakota word for "where the two rivers come together." The addition of Bdote reflects a broader understanding of history, one that includes the Dakota people whose civilization and culture predates non-Natives by thousands of years.

Defunding history is born out of the desire to maintain a white, male identity history that tells the story of heroic men (along with the occasional woman) who brought Christianity and "civilization" to a land that was uncivilized. It was a "Manifest Destiny" blessed and virtuous in every way, with any blemishes like maltreatment of Native people or slavery having long ago been rectified. For many, many years, this was indeed the story told by the Minnesota Historical Society. The problem for Kiffmeyer and her colleagues is that the Historical Society has begun waking up to the incompleteness of this whitewashed version of history and begun giving voice to people like Emily Goodridge Grey, Sarah Berger Sterns, Marie Bottineau Baldwin and many others. These women's untold histories often remind us of a part of our state history that many prefer to forget, ignore or straight out deny.

Kiffmeyer's initiative to defund history is firmly in line with other efforts to silence and deny a fuller accounting of our nation's history by passing laws prohibiting the teaching of critical race theory in schools, which at its core is an effort to look truthfully and honestly at the role racism and white supremacy played in our nation's founding and continue playing to this day. Emily Goodwin Grey, with her disruptive abolitionist history, represents a fuller picture of who we are as Minnesotans. Grey's story, and others like it, can either be perceived as a threat we must ignore or welcomed as a voice reminding us of our potential and who we might yet become.

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

# FEDERATION JUPDATE

### fortroadfederation.org

### **Board Update**

At the Board's June 14 meeting, they appointed co-chairs to committees:
• Transportation & Land Use: Casey Carmody

- Community Engagement & Outreach: Tanya Beck and Julia McColley
- Fundraising & Development: Sara
   Fleetham

### West 7th Discussion and Recommendations: Homeless Services Zoning Proposal

Join your neighbors for a facilitated discussion resulting in recommendations to the City about zoning for standalone homeless services in different zoning codes throughout Saint Paul. By the end of the evening, we will reach consensus on recommendations to the City Council on the zoning proposal.

Wednesday, July 14, 6-8 pm Palace Community Center - Outside weather permitting, 781 Palace Ave • RSVP at FortRoadFederation.org

### Upcoming Meetings, via Zoom

- Info: fortroadfederation.org/calendar
   Transportation & Land Use
- Committee, Wed, 7/7, 6:30 pm
  Joint W7BA/FRF Riverview Task
  Force Thu, 7/8, 6:15 pm
- Board Meeting Mon, 7/12, 7 pm
- Community Engagement and Outreach Committee - Thu, 7/15, 6:30 pm

#### Stay in touch

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

#### Contact

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

# Editorials & Opinions

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

### Your involvement is requested

As a nonprofit organization we are governed by a Board of Directors, and we have openings for community members to join.

We encourage your involvement in the creative side of things. We have correspondents, reporters, reviewers and general writers involved. You can write a letter to the editor on a topic we have written about, or in response to one of our columnists, or a longer "Neighbors Speak Out" piece.

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

-- David Lamb, Editor, Community Reporter



## WEST END HEALTHLINE

### **Home Sweet Home**

### BY HIMANSHU SHARMA, MD

As a family physician who specializes in geriatrics, one of the most valuable services that I offer is the home visit. This provides more information than a clinic visit as a home visit allows the physician to gain a better understanding of what affects patients' health and what is most important to those individuals. To illustrate the power of a home visit, I want to tell you about a patient whom I will call "NH," a 98-year-old gentleman that came with his next-door neighbor to see me in the clinic.

He looked at me and said, "Doc, I was working in my backyard on my car. Pardon me for my dirty hands." During our discussions, I learned he was a World War I veteran who lives by himself, having never married. He had one sister, but she lived in California in Stockton and he had not talked to her in 15 years as he did not have her phone number. I called directory assistance and was able to get her phone number. We called her and and put the siblings in touch. They talked for forty-five minutes. When NH was done, he mentioned that he had not been this happy for decades. He now after such a long time found her baby sister and they had set up a time to talk to each other.

At this time, I felt that I had a good understanding of NH. He was socially

isolated but eager to reconnect with family. We already made progress at that by reconnecting him with his family. Oftentimes the full understanding of a patient stops here, but I decided to complete a home visit and this helped me better understand him so much more.

At his next appointment, we decided to complete a house call and I went to his place with my colleague. I was surprised to find that this 98-year-old veteran lived in a thinly insulated home in St. Paul—what some might call a "shack"— with an outhouse toilet. A dim light bulb in his room was the only light source. He accepted some cooking help and other home care help and had a social worker. Although it was not much, I learned that he was quite content at his place. He liked his home and loved his routine of reading the daily newspaper there, sipping coffee and working on his old car. He wanted to continue to living at his home for as long as possible. Now I had a better understanding of what was needed to help him with that goal.

In mid-December, his social worker called me concerned about NH in the cold, as his heat was not working. The outside temperature was subzero as it was a typical Minnesota winter. From our home visit, I knew that this was not safe for him. He came into the hospital and then later went to a transitional care unit. Our goal was to

get him to his home as soon as he got his heating back. He missed it very much. When I went to see him at the transition care unit, he said, "Doc, I think God is calling me to His sweet home, as I cannot go to my sweet home soon enough." The next morning, I got a call from nursing staff that he had passed away in his sleep. He had a veterans' funeral. When the county checked his place, it was found that he had saved 500,000 dollars, which he gave to a particular charity that he had attended regularly.

This experience with NH reenforced how a home visit helps me provide better, more comprehensive and compassionate care for my patients. In a clinic visit, we just see a person for only a little bit of time and do not get a chance to truly know them. We often see only a small portion of person's life, like the proverbial tip of the iceberg, whose fathomless depths float beneath the surface. Patients are also not usually themselves in the clinic, often not as comfortable as they would be in their homes. Home visits help physicians better understand what a patient needs to help them stay in their "sweet home" for as long as possible. I have been completing home visits with my patients for three decades and look forward to many more in the future.

To schedule an appointment to see Dr. Sharma, call 651-241-5200.

### LETTERS TO THE EDITOR .....

### **Public Schools for the Future**

Congrats to St. Paul Public Schools' class of 2033. The class of 2033 just finished what was for many their first year of school and did so in the face of numerous challenges. Let's just for a moment look back at their first year. The class of 2033 faced near constant changes in how their learning was provided (virtual or in-person class), many faced food insecurity, housing instability, the loss of loved ones, and all faced at least some level of family stress. In spite of it all, the class of 2033 pushed forward and made it through.

While I would like to think the worst challenges are behind the class of 2033, I know that not to be true. In particular, when we look at the planet's current path regarding climate change, we know those challenges will likely worsen. Let's for a moment look ahead as to what some challenges for the class of 2033 will be. Without bold and aggressive action to address our changing climate we know food insecurity will worsen, housing instability will increa health conditions for kids and families will deteriorate and extreme weather will disrupt their overall learning. Sadly, we all know that the class of 2033 already knows how weather can impact the school year, disrupt peer relationships, change end of year plans, etc.

The only positive to this bleak outlook for the class of 2033 is that it could still change. It could still be better. However, to make that outlook brighter, the class of 2033 needs the adults in their lives to demand historic change and movement towards

climate justice. In keeping things local and immediate, the SPPS class of 2033 need their school district (and communities) to be leaders in addressing this impending climate catastrophe. Many solutions are out there and it is up to us to show the class of 2033 we care by aggressively utilizing those solutions. One current solution available to SPPS is to embrace and develop community solar gardens on SPPS facilities. In doing this SPPS can take a tangible step to improve the environment for the class of 2033, along with providing (District and family) economic benefits, learning opportunities and so much more.

In summary, I wonder what the class of 2033 will say as they finish high school in June 2033. Will they say our parents, teachers and elders did EVERYTHING they could and acted quickly to give us a healthy future? Or will they say, our parents, teachers and elders were too slow to act and now we have to suffer? None of us know the answer to that question but each of us have a voice to influence that outcome. I encourage all of us to make that voice heard. If you have not already you can sign the SPFE petition for SPPS Solar at https://forms.gle/czNCUYt8QxRctmLL7. If you have not already you can speak to SPPS Administration and Board members about this and other climate actions. Whatever you do, we must remember time is short and the class of 2033 cannot wait for us any longer.

Tom Lucy is a member of the St. Paul Federation of Educators and a social worker at the St. Paul Public Schools.



None of us know the answer to that question but each of us have a voice to influence that outcome. I encourage all of us to make that voice heard.

# Community REPORTER

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

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# Community News & Events



### **Street Machine Summer Nationals**

The "Muscle Car Party of the Year," the Street Machine Summer Nationals, rolls into the Minnesota State Fairgrounds in St. Paul (1265 Snelling Ave. N.) July 16-18. The festival is a celebration of horsepower that draws some of the most unique muscle cars in the world. Awards will be handed out, after Pro-Judging is completed in a wide array of categories, including the new Modern Muscle class. Cost: \$12/online or \$17/door, free/12 and under. Info: streetmachinenationals.net.

#### White House Taps Twin Cities for Violence **Prevention Effort**

On June 23, the Biden administration announced the Community Violence Intervention Collaborative, which will be active in 15 US jurisdictions including St. Paul and Minneapolis, that will commit a portion of the cities' American Rescue Plan funding to rehiring police officers and boosting prosecution of gun crimes. Mayor Melvin Carter said he was eager to begin "working with the administration and partners as we continue working to build the most comprehensive, coordinated and data-driven approach to public safety our city has ever endeavored."

#### **SPPS Visual Art Exhibition**

The exhibition, which is on view from outside the building (the museum facility currently remains closed), celebrates the creativity of students from eight Saint Paul Public Schools (SPPS) high schools, is on view through July

17 at the Minnesota Museum of American Art (350 Robert). The artwork showcases a range of mediums and techniques. Visit mmaa.org.

Open through July 17, this exhibition at MMAA showcases potent collages reflects themes of Black identity and explores the intersection of art and activism. Visit mmaa.org.

### **Voters Petition for Rent Stabilization**

of petitions in June from residents petitioning for rent stabilization and began the process of counting and verifying signatures. Tenant advocates far surpassed the 5,000 needed to add an initiative.

The Minnesota Multi Housing Association, which represents property owners, has condemned the St. Paul effort and argued that rent control could worsen the city's

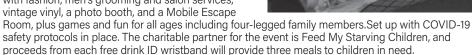
### Wise, Gifted and Black: Art by the **Magnificent Golden Anglers**

Ramsey County election officials accepted a box

affordable housing shortage. "Should the

### **Food Truck Festival**

The popular Minnesota Food Truck Festivals roll back into St. Paul's Union Depot July 17, 11am-9pm in Lot D. New offerings: traditional New Orleans favorites ranging from beignets to gumbo; Spanish paella; Salvadoran pupusas; and Ethiopian heritage-infused Nashville hot chicken. Live music and non-food trucks with fashion, men's grooming and salon services,





### FREEDOM HOUSE, PG 1

### How to you view the role of Listening House in St. Paul?

Showers and sleep are two crucial parts of our role, though there is a lot more to it than that. Many homeless people have overnight jobs, and since shelters typically close during the daytime hours, there isn't another place for these people to go to sleep and get ready for the next shift. The more places that exist like Listening House, the better off we are. If more places like this opened, the volume and activity would go down here. People come to St. Paul from all over the state and region to get these resources. It would help homeless people enormously if they didn't need to travel from, say, the town in which they live in South Dakota—or Edina or Bloomington—to the Twin Cities so that they can get a shower, charge their phone, and wash their clothes.

But as essential as the tangible things we offer are—the showers, the food, the coffee, the clothes and laundry machines they're all secondary to the human interaction, to looking someone in the eve, remembering their name and asking how they're doing. We believe in radical hospitality, which means we aim to say yes. We want to take people at their word

in a world where they are too often met with distrust and help them problem solve.

There have been residents and local

business owners raising voices in recent months about increases in crime in the blocks surrounding the Freedom House location since it opened in January. How do you respond to those complaints, and what should be done about them? I see those as important concerns. During COVID, the people who were out and about did not have any place to go during the daytime before we were here. For these people, everything is highly visible, everything is public—their relationships, their maladaptive behaviors, any chemical dependency or mental issues they might struggle with. The biggest difference between these people and anyone else is that they don't have the money to have options to go places. I think some of the concern in the neighborhood was because of seeing an increase in nuisance activity and crime related to the pandemic. What

the neighborhood has experienced over

the past year may not be an increase in

statistics so much as in the visibility of

certain behavior, with skyways, fast food

restaurants and libraries closed. Obviously,

FREEDOM HOUSE, PG 5



rent control ordinance be on the ballot we are confident that the voters of St. Paul will reject this extreme measure," the group said in a statement Tuesday. "The proposal will only discourage investment in St. Paul, especially in housing, and make rental housing less accessible for new residents.

### JFS Therapist Receives Award

The Jewish Family Service of St. Paul (JFS) therapist Beth Johnson, LMFT, recently received the Founding Mother's Award from Minnesota Women in Psychology, an organization of women in the field of psychology established in 1977. The award is given to a person who has "made a difference in the field of psychology, in the MWP organization and in the lives of women or children." Beth is a board member and editor for the organization.

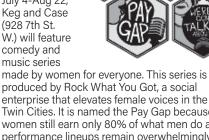
#### Landmark Center's Music on the Porch

The free outdoor music series will continue Wednesdays from July 14-Aug. 4, 12pm. Lineup includes Lena Elizabeth on July 14, a singer/ songwriter based in Minneaptellise who has been influenced by folk storytelling and blues rhythms; Michael Monroe on July 12, called "MN Acoustic Music Master" by the Star Tribune; the Red Hot Django Peppers on July 28th and more. Visit landmarkcenter.org.

### St. Paul Ranked 12th Best Cycling City

The lawnstarter.com ranking, which examined factors including the length of bicycling lanes, the share of workers who bike to work, access to bike stores and air quality found St. Paul to be among the top cities in the nation. Minneapolis also ranked highly, coming in 5th place.

Pay Gap Comedy and Music Summer Series Each Sunday, July 4-Aug 22, Keg and Case (928 7th St. W.) will feature comedy and



produced by Rock What You Got, a social enterprise that elevates female voices in the Twin Cities. It is named the Pay Gap because women still earn only 80% of what men do and performance lineups remain overwhelmingly male-centric. This spotlight on hilarious female comics claps back at the pay gap in society one show at a time. The comics and musicians are paid, the entertainment is PG-13 and the admission is free. For Pay Gap Summer Series information visit rockwhatyougotlive.com







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PRODUCE + COMMUNITY FOOD DISTRIBUTIONS at the West 7th Community Center

Keystone's drive-through food distribution events are back this summer at the West 7th Community Center!

WHEN: Fridays, July 9, August 6, and September 3 from 10:00 a.m. - 12:00 p.m.

WHERE: 265 Oneida St, St. Paul, MN 55102 **HOW**: No registration is required, just drive up!

Visit keystoneservices.org for more information

www.keystoneservices.org

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# **Community Nourishment**

# The Origins and Sustenance of Community Reporter

Editor's note: In recognition of the 50th anniversary of the Community Reporter, this issue continues our series of articles exploring the newspaper's history. See also: Paul Bard's history below of the some of the most significant stories of the newspaper's history.

by Neal Gosman

About fifty years ago, the West 7th

community was being invented.

The West End, built along the road from downtown to Fort Snelling was the oldest area of European-American settlement of what is now the city of St. Paul. Around 1838, Pigs Eye Parrant set up camp in Fountain Cave by the Mississippi River, downstream from the Fort - where the foot of Tuscarora Avenue would be if it reached that far today. His bootlegging operation had been banned from the military settlement.

At the other end of the West 7th community was Irvine Park, the oldest neighborhood stand of houses in the state – first platted in 1849 and with homes dating back to the 1850s.

By the early 1970s, the West End had become the site of a number of tightly defined, separately established neighborhoods – including communities of homeless people and other suffering souls. Strong roots to the area's history remained in institutions such as the various churches, the CSPS Hall, and unions such as those representing the Schmidt Brewery, the Omaha railroad shops, and other craft workers – but many were facing challenges.

In 1970, the West 7th area was divided between two different state representatives. Even within the St. Paul government, it was fractured, with city council members then being elected city-wide rather than based on local Ward representation. Neighborhoods were defined as Jefferson and Adams, based on the existing elementary school boundaries. The hospital complex along Smith Avenue had not yet displaced the residential rooming houses. Seven Corners was still a viable small business district, the Xcel Center only on the drawing boards.

But the main determining boundary of what was to define "West 7th" was cut into the earth – the home-displacing roadbed of what became I-35E beginning in the 1960s. Once the neighborhoods were cleared and the trench cut open, West 7th became disconnected from the rest of St.

In 1967, LBJ's Great Society came to St. Paul. The Ramsey County Citizens Committee on Economic Opportunity, thereafter Ramsey Action Programs (RAP)—and now called Community Action Partnership of Ramsey and Washington Counties—was set up as the local body to administer the federally funded anti-poverty program in St. Paul. It was controlled by a large voluntary board of directors which was mandated to include "citizen participation" from among the populations to be served.

That meant that one-third of the board had to be from among the "poor people"



Neal Gosman lays out the Community Reporter by hand in the 1970s.

targeted by the programming. The concept of citizen participation was a value carried on from the days of the Progressive movement of the early 20th century. RAP identified four "target areas" in St. Paul based on census identified low-income areas. The portion of West 7th inside the I-35E boundary was one of them.

A Target Area Advisory Council (TAAC) was set up and staffed at an old recreation building at the corner of what is now Smith and Grand. (The site is now part of the United Hospital campus.) This was the origin of the West Seventh Community Center, now part of Keystone. A number of federally funded staff and programs operated out of there. Some VISTA volunteers (so-called "domestic Peace Corps" workers) were based there. From 1970-'71, I was one of the VISTA

I had just graduated from college back East, and the War on Poverty position gave me a temporary deferment from the military draft that would send me to fight a more violent war in Vietnam.

My role was to assist the anti-poverty, community development efforts happening in the West 7th target area. I put my time into a number of interlocking efforts of the era by many other people. Results of some of those early efforts can be seen in the community today: the West 7th Community Center, the Fort Road Federation, the United Family Medicine Clinic, the Oneida Education Center College Scholarship, the 45 mph speed limit on I-35E as well as the sound barriers along that road, and the Community Reporter newspaper.
From the seeds of the West 7th TAAC,

planted in the rocky soil of the West End and cultivated by the sustained struggles for local control and citizen power over fifty years, we have connected this neighborhood as it has grown up.

A number of structural reforms cemented

that community spirit: In 1972, Legislative District 65 was established to cover all of the West 7th. In 1975, the area was formally recognized as a planning district by the St. Paul District Council. In 1983 Ward 2 was established, allowing direct local representation on the City Council.

The various community-based interest groups and improvement organizations coalesced under the umbrella of the Fort Road Federation. Over the span of decades, it sustained dedicated community activists and paid organizers to plan, advocate and develop for neighborhood needs.

One little seed I planted was a primitive, hand done, typewritten community newsletter then called W7th News. After I left for military service in 1971, the effort was picked up by Kathy Vadnais and others and remade into the newsprint paper you hold in your hands.

Vadnais was a young mom transplanted to the neighborhood's affordable housing. She brought with her a family of four little kids along with a background in journalism. The Community Reporter was a way for her to actively contribute to the need for community improvement while being able to stay at home with her children.

Over the years, the Community Reporter has been a main source of communications for the many conversations and actions needed to maintain community control and a sense of place and belonging. Growing with the St. Paul neighborhood press movement of the 70s and 80s, the Community Reporter is a survivor depending on the efforts and support of local resident volunteers, a small cadre of paid professionals and a steady core of local advertisers.

Long may it live.

Neal Gosman, a granddad of many and husband of Minnesota Senator Sandy Pappas, is currently a union officer at MSP airport.









### **Lessons from our Past**

BY PAUL BARD

In the June edition of the Community Reporter, Margaret Kinney wrote about this newspaper celebrating 50 years of giving voice to the residents of St. Paul's West End. Kinney mentioned some of the parallels between issues facing the neighborhood in those early days and the issues that we face today. This article returns to the archives for another look back - and some thoughts about moving forward.

### FROM FREEWAY TO PARKWAY

As to physical changes in the neighborhood, nothing had a bigger impact over the last 50 years than highway construction. Interstate 35E cut a wide swath through our neighborhood in the mid-1970s, just as Interstate 94 had cut through downtown St. Paul and the Rondo neighborhood a decade earlier. The result was the loss of hundreds of homes, dozens of businesses and a significant part of our history. The Community Reporter followed the efforts of neighbors who formed Residents in

Protest-35E (aka "RIP35E"), a community group that tried to halt construction. While they failed to stop the freeway altogether, this group did succeed in achieving the "parkway" designation and in mitigating some of the freeway's harmful effects by reducing the speed limit, adding landscaping and lowering the grade of the freeway at the base of Ramsey Hill. Neighborhood involvement made these beneficial changes possible in the same way that neighborhood involvement today is driving changes - we hope – in the Riverview Corridor LRT project.

### **BEAUTY VS. THE BULLDOZER**

As people stroll through picturesque Irvine Park today, few probably realize the severely dilapidated state it was in back in the early 70s. They'd be surprised to learn that the beautiful Victorian fountain was not even there; the current fountain having been replicated from photos of the 19th century original. In fact, every one of the homes on the park faced the very real possibility of be-

LESSONS, PG 7





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# In the Community

### The Other Epidemic

### BY TIM RUMSEY, MD

On the day we discovered that his colon cancer had returned, the first thing Mr. Thomas Mitchell asked was how my 96-yearold dad in hospice was doing.

Mitchell's cancer declared itself in a 2004 colonoscopy that removed the offending polyps. Twelve inches of colon were

taken out in a 2010 surgery.

On the day, Thomas had returned to the clinic to test his resurgent cancer, he was in to get a CAT scan, blood tests and biopsy results of a new colonoscopy finding.

Thomas was grateful for the good health insurance from his job at Johnson Bros Distributing down West 7th off Shepard Road.

In a previous "In the Community," piece (May 2021), I reflected on how Mitchell took extraordinarily good care of each and every one of his 24 health conditions. He beat diabetes, TB, a brain aneurysm, prostate cancer. Even COVID in the months before a vaccination was available. But sadly, his life was altered

by another epidemic, both national and local: gun violence. On a Monday evening, June 28, 2018 Thomas' 16-year old son, Denzel, was sitting in a rocking chair on his grandmother's porch in Chicago talking with friends. Suddenly, out of the dark, four youths opened fire. A fatal bullet pierced his heart, continuing through the wall of the house and shattering his grandmother's curio cabinet.

Years before, when Thomas was 26 years old, an assailant had shot him in his left foot. That was nothing compared to Denzel. Or his 21-year-old stepson shot 10 times in North St. Paul in January 2020, who died 11 months later of complications.

In May 2021, following a two-and-a-half hour shooting spree involving separate incidents in St. Paul, seven people were injured

St. Paul recorded 2,300 reports of "Shots Fired" in 2020, a 78% increase to date in the first five-months of 2021. According to the Pioneer Press, St. Paul recorded its highest homicide rate ever in 2020.

Stacked atop each other, the statistics build an encyclopedia Similar trends have been reported nationally. A recent article

in the Daily Beast pointed to a historic spike in murder and gun violence that shows no sign of abating and defies any simple explanation.

There was a 66% jump in firearms sales in 2020, which now exceed a million guns per week. According to recent reporting in The Economist, this increase was due to widespread fear, COVID, and school and business closures.

There are no clear answers to the gun violence in Minneapolis where roughly four out of every five gun shot victims are Black men. While many—both urban white and Black people—do not

# **Guns Compared** to Cancer



43,000 ANNUAL DEATHS, BREAST CANCER



ANNUAL DEATHS,



40,000 ANNUAL DEATHS,

RD

trust police, most everyone wants some kind of response when gunshots ring out in their neighborhood.

What can be done? Community partnerships are one vital part

Mara Gottlieb, president of an antiracism training program called Talking Changes, documented the following: The St Paul Healing Streets Project provides outreach from the Ramsey County Public Health Department. The Coalition of Asian American Leaders in St. Paul focuses on housing, good jobs and access to mental health. The St. Paul Police Department employs a "Right Track" initiative to focus on the most prolific offenders who are often gang members. Two St. Paul groups, the African American Leadership Council and the Black Inter-Denominational Ministerial Alliance, are currently working on a group violence intervention program.

As a larger community, we must not allow ourselves to be intimidated by the big problems we need to tackle—like job opportunities, housing, education, mental health trauma and racial inequity.

Existential threats, from gun violence to cancer, have never held back Mitchell from achieving what he aims to. In fact, in part as a result of how he persistently sought out the care he needed, Thomas has contained his colon cancer. When he told me of that news, we celebrated together. And, I told him my father was doing better and said he needed to report himself as a hospice patient impersonator.



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### FREEDOM HOUSE, PG 3

that's starting to change now, which is a welcome sight for everybody.

I don't have any criticism for neighbors who are concerned—we all want to live in a place where neighbors are watching out for each other. Homelessness isn't something that's comfortable, and it's okay to find it uncomfortable. People who don't have enough money or services is not something that anyone wants in their city. We should be able to have enough resources in place to help people, and Freedom House is part of that. There's no arresting our way out of homelessness. Having chemical dependency or mentally illness or living in extreme poverty are not crimes. And if someone isn't committing a crime, they're not going to jail, and if they're not a threat to themselves

or others, they're not going to be sent to the hospital. The person who's in the middle of a crisis, maybe they're loud, maybe they're standing in traffic. That's disruptive, and we need to do something. These challenges require additional services—other organizations working to build relationships so that we can get these people inside and



A schedule highlights resource events to guests.

places like Listening House where they can get connected to those organizations. Sometimes it takes months for us to develop relationships and earn the trust of vulnerable people. That allows us to make inroads, to talk with a friend I've gotten to know for example and say, "Are you sure you don't want to try a shelter tonight?" Or "Are you sure you don't want to go to detox and try treatment again?'

We don't want to have adversaries in the neighborhood, and we want every business to thrive. We want to figure out how we can all coexist. And we think it's a good thing that people aren't comfortable with this level of need and homelessness. We shouldn't be scared, but if we're comfortable, we're going to stop looking for solutions.

> Sara Fleetham, external relations director at Listening House, joined the organization in January after more than a decade leading nonprofits based in St. Paul.

What do you view as some of the most important resources the Freedom House facility provides?

SARA FLEETHAM At the planning commission meeting at the end of May, one of the comments that the Radius case worker made was that Listening House was where they are able to meet clients and give them help. Part of us being here is allowing all the programs who work with homeless people to have a place to meet face-to-face with clients. Ramsey County isn't meeting face-to-face post-COVID yet. We are one of the only places in St. Paul where case workers can meet with clients privately to do things like chemical dependency or housing assessments. These are the meetings that allow homeless people to ensure they've correctly completed applications to get on the housing lists and to see where they are in the queue, to get their meds,

to get their paperwork in to get medical assistance or their stimulus checks. We can do this over a cup of coffee and a meal.

How have you worked to manage the challenges of serving a large population of homeless people, many of whom suffer from mental illnesses and other challenges, in this densely populated part of the city?

FREEDOM HOUSE, PG 6



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"[W]e think it's a good thing that people aren't comfortable with this level of homelessness. We shouldn't be scared, but if we're comfortable, we're going to stop looking for solutions."

# Community Nourishment

# BEA'S BOOKS Phoebe and her Unicorn \*\*\*\* (5 out of 5 stars)



BEATRICE COSGROVE reviewer

Have you ever wanted to meet a unicorn? Maybe even become friends with one? Well, in this series of graphic novels, Phoebe Howell does just that. *Phoebe and Her Unicorn* follows the fictional adventures of a girl named Phoebe and her unicorn best friend, Marigold Heavenly Nostrils. They meet goblins, dragons and even other unicorns. Some of the characters include Phoebe's friend Max, and Phoebe's 'frenemy', Dakota.

The books are very funny and interesting, they are a light read, and you may learn a new word or two thanks to Phoebe's large vocabulary (The words are defined in the glossary). There are 18 books, which are best read in order. If you enjoy humor and fiction, you might enjoy *Phoebe and Her Unicorn.* I recommend it to ages 8+.



### FREEDOM HOUSE, PG 5

We have consciously developed our ability to quickly pivot and respond when we encounter issues. One thing we've done in recent months to address complaints that business owners have aired is to create a new safety team. Members of this team station themselves on the street outside the building and do rounds of the neighborhood. Just last week, an ally from the apartment building across the street let us know something was going on with someone outside, which hadn't registered with the front desk yet. So I went out with Rashad, who works at the front desk and helps lead the safety team, and we took care of it. Last night as we were leaving, I noticed some police action, so we took a look at what was going on. It turned out that it was just a car accident, but we wanted to make sure we were there to help in case we could. In the beginning, we needed garbage picked up more frequently and we got a bigger dumpster. Whenever we've got something tangible, we've built a process that kicks in so that we can jump on it and find a good solution.

Originally from St. Paul, Trina Nunn, Listening House's program manager, spent her high school years in Texas before returning to Minnesota to earn her undergraduate degree in social services.

What brought you to this work?

It's been a long journey for me. I started volunteering in high school with the developmentally disabled. My second job was in a group home providing services for young adults dealing with homelessness. I got a degree in social services with an eye toward pursuing a career in direct care. Within a few years, I had worked in almost every area that social services allows: corrections, domestic abuse, sexual assault. My passion continued to grow. Not only did I give back, but I also learned from the individuals I was connected with. Two years ago, I made the transition to working with unsheltered guests, working at a shelter called Safe Space.

# What experiences in your day-to-day work at Freedom House have the greatest impact on you?

I had a guest that would come often and generate a lot of complaints. I already knew him and had built a relationship from my prior social services work, so I had a good rapport with him. Metro Transit's Homeless Action Team (HAT) came in looking for this individual a while back because he had a housing opportunity, and if he didn't accept it, he was going to lose it. I knew he was out and about, so I tracked him down and coached him into taking this opportunity. We had a great conversation about it, and he's still there. It's going well. I continue to check in with him every few weeks.

It is especially rewarding to let the people I work with know that they have a connection with me and are seen for the people they are. Earlier today, I was checking a guest in and because I knew him pretty well, I realized it was his birthday. So I went running after him and found him and wished him a happy birthday. He said, "How'd you know it's my birthday?" I told him about the big celebration we have on June 30th for people with birthdays in the month.

He said I was the only person who remembered his birthday and asked if he could give me a hug. I said, "of course."

A lot of these people's information is forgotten, so any little thing you notice has the potential to brighten their day.

The guests here—and even the organization itself—get judged a lot. As the expression goes, you can't judge a book by it's cover. I encourage people to open up the book and explore it—get involved if you can—because I can guarantee you, it's not what many people think.

Bekah Bailey, Listening House's program specialist, grew up in Minnesota with a deep-seated philosophy about the need to give back, instilled in her by her mother. In addition to managing Listening House programs such as its locker rentals, she works directly with guests to connect them with external programs that provide needed resources.

### What is the most surprising part of what you do?

Simply being a stable force, a constant in lives that have too few of them. A lot of homeless people do not have stable situations. It's incredibly rewarding to know that the people you help every day will return the next day, remember you just as you remember them and look forward to seeing you. For some clients, just seeing someone a few times a week who will remember them by name and the ins-and-outs of what they're going through is motivation.

### How did you decide to work in social services?

I grew up adjacent to unsheltered communities. My mom worked in Anoka County for an organization called Family Promise and her whole life philosophy was that we'd gotten so much from others and we needed to give back. She started me on my first volunteer positions working with unsheltered folks. Out of college, I dove into service work, working with refugee students to do a summer school immersion so they could learn US schooling. When I came back to Minnesota, I wanted something that would keep me tied into the community and allow me to give back in the way that I had been taught to.

# Are there any guests that you find yourself thinking about even when you are not working with them?

Many of them, but there is one guest in particular who was looking and looking for jobs for so long, and nothing was working out. I felt terrible. Eventually, he ended up getting one but it was a ten hours on your feet job, which he didn't have resources for. He didn't have comfortable shoes, for instance. We connected him with a partner organization and within a week he was hooked up with work shoes, a bus card. He's had that job for three months now. He comes in from time to time and lets me know how work is going.

Anwar, a guest of Freedom House and frequent volunteer from St. Paul, relies on its services for everything from housing applications to daytime sanctuary.

Of the various resources at the facility, what do you find most valuable? You get state IDs taken care of, housing taken care of, free food, shower, bed, hooks TV. Lot begins the consequences.

taken care of, free food, shower, bed, books, TV. Just having the community is the most important thing, though. I volunteer here, helping to clean tables, sweep floors, and in return they often give me metro tickets to go to work. This is a good place for people that are homeless and don't have food or a place to take a shower. I used to work a night shift at

Polar Plastics, and I needed something like this—a place to sleep during the day and shower—but it didn't exist. I think they should have places like this all over Minnesota. Other places that serve the homeless could learn a lot from Freedom House—how to treat people with respect and kindness and listen to their needs.

# What is the most difficult aspect of surviving as a homeless person for people who have not experienced it to understand?

How difficult every part of your life can become when you do not have a base that you can get to your job from. I was homeless for two-and-a-half years until two weeks ago, but I am not anymore, and already things are much easier. I got a bed in Mary Hall. Before that, one of the issues I was dealing with was finding a place that was accessible to where I needed to be. I wanted to find a place to stay in St. Paul because it is where I work and I love this city. The staff at Freedom House helped me with the paperwork.

I am not a good reader, but I can spend a lot of time with a document and figure out what it means. Some people cannot read or write, and they are never going to be able to fill out an application without help. Without this place, I do not know where I would be. I probably would not have that bed in Mary Hall. I probably would not have a job or food until payday.

### Now that you have a home, what keeps you coming to Freedom House?

I love it. It is true that I do not have to come here anymore, but I want to. They keep me occupied and away from danger, away from being locked up or being in trouble with other people. That is why I continue to come. I also come because this is like my second home, my family. They are not going to let anything happen to me, and I am not going to let anything happen to them. I volunteer here because I love it.

Even though I have a place to sleep, I am grateful that Freedom House is here because of the resources it hooks you up with. My phone and wallet got stolen last week. The folks here are helping me get my new state ID, social security card and food stamp card. I can get my own phone back by working, but those government programs are a lot more difficult. There is a ton of paperwork.

At most night shelters, you have to wait until the morning to get resources, and sometimes they do not come through like they are supposed to. You are constantly waiting and waiting. A person gets tired of waiting. At Freedom House, there is not so much waiting. Whatever you need, they get right to it. I am going in to get my state ID tomorrow because of them, and I will have my EBT card by Monday. When I heard that, I felt like I was going to cry. If every place could be like Freedom House, I don't think we would be in the predicament we're in.

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By Terry Giinther, Library Manager

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The West 7th Public Library, 265 Oneida Street, has recently expanded hours to five days a week.

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# **Keystone Reopening Plans**

Keystone's Merriam Park Community Center and West 7th Community Center locations will begin a small number of in-person activities for seniors on July 12th. These activities will require pre-registration, and spots will be limited. Visit www. keystoneservices.org or call 651-645-0349 for more information about how to sign up!

# Produce+Drive-Thru Food Distributions

Summer is here, and Keystone's free food distributions are back! We'll be distributing fresh fruits and vegetables along with other grocery staples. These will be drive-through events, so all you need to do is drive up, pop your trunk, and leave with your free food! These events will be at the West 7th Community Center at 265 Oneida St, St. Paul, MN from 10am-12pm July 9, August 6, and September 3. No registration is required, and we hope to see you there! For more food distribution dates and locations, visit www. keystoneservices.org.

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#### St. Luke's Farmers' Market

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#### St. Paul-based Mizna Film Series on Filmmaking in Beirut

The St. Paul-based nonprofit's film series centers on a retrospective of recently restored films by Jocelyn Saab, who uses the documentary form to demonstrate the effects of violence in Lebanon and challenge Western media perceptions of war in Beirut. To purchase tickets to the virtual series, visit https:// bit.ly/3A5nlq6.

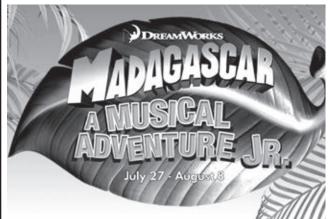
### **Suyao Tian Exhibition**

Ongoing at the Frameworks Gallery (2022A Ford

Parkway) through July 31, Tian's show combines watercolor, colored pencil, ink and a variety of pen marks to create layered images of bugs and other life forms. An artist, designer and independent curator living in St. Paul, Tian grew up in China during the 1980s before moving to the Twin Cities, where she received an MFA from the Minneapolis College of Art and Design and founded the fashion brand Modern

#### **Hand Drum Class**

A class in hand drums for beginners July 13, 5-6pm. The class uses djembes to explore pulse and rhythm and to learn the foundation for playing African songs. Proper playing technique will be taught along with fun exercises that build skills and energy. \$10. Drums are provided. Women's Drum Center, 2242 University Ave, To register, contact info@womensdrumcenter.org.



#### Madagascar: A Musical Adventure

July 27 through August 8 at the Steppingstone Theater (20 W. 7th Pl.), you can join Alex the Lion, Marty the Zebra, Melman the Giraffe, Gloria the hip hop Hippo, and (of course) those hilarious, plotting penguins! Four friends embark on a highstakes, international adventure and imagine the possibilities beyond the safety of their known world. Purchase tickets at https://bit.ly/3A0lwed.

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### LESSONS, PG 4

ing demolished by bulldozers in pursuit of the city's goal of "urban renewal." The Community Reporter covered the story of neighbors who fought city hall to prevent the loss of the historic homes, some even going so far as to picket outside the home of the director of the city's Housing and Redevelopment Authority. This stubborn group of neighbors brought attention to the long-term value of preserving these buildings, not only for the beauty and sense of place they bring to the city, but also for the economic value of retaining solid, well-built housing stock to meet the needs of a diverse mix of residents.

Thanks to their efforts back then, it's easier to make the case for historic preservation today. The Community Reporter followed the restoration of Forepaugh's and other historic buildings in the '70s and 80s, and in recent years has given front-page coverage to successful efforts to save historic structures such as the pre-Civil War Lewis House at 412 Goodrich Ave., the Hope Engine Company No. 3 on Leech St. (now the Hope Breakfast Bar) and, of course, the Schmidt Brewery. None of this could have happened without community involvement and countless hours of work by committed volunteers.

### HANG-GLIDING ON 35E

Amidst the controversies, some stories the newspaper featured captured the lighter side of neighborhood life. As the 35E right of way sat unfinished for several years, young people in the neighborhood took advantage of this long stretch of empty land. In June 1975, the *Community Reporter* observed, "We have been able to snowmobile 35E, ski 35E, slide 35E, motorcycle 35E, tube 35E, and now we can hang-glide off the Randolph overpass onto 35E!" The paper even featured

photos of the hang gliders. It looks like it was a lot of fun (although, truth be told, they didn't get too much altitude).

### **GASLIGHT AND HORSES**

Finally, the Community Reporter has shared stories and reminiscences of neighbors going back much further than 50 years. In an article from November, 1972, Ruth Heliste (born 1891) fondly recalled the era of gas streetlights at the turn of the last century: "Every evening at dusk the lamplighter went around on a little sulky (a twowheeled buggy hitched to a horse) to light reet lamps and returne the morning to snuff them out. Often we would sit around a street lamp at night with the other kids and tell ghost stories." It was a simpler time indeed.

### WHAT'S PAST IS PROLOGUE

The Community Reporter has seen many, many changes in its first 50 years. And we like to think that this little neighborhood newspaper had a role in helping to raise awareness, change attitudes and maybe even help steer public policy in a positive direction. We thank you for your continued support and we look forward to serving you for the next 50!

Paul Bard is a lifelong St. Paulite. He has served on the board of the Community Reporter since 2017.

### **CONTRIBUTE TO OUR MISSION:**

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