

Community REPORTER

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



LOCALLY-BASED ART FOR A BETTER FUTURE
Page 4

MAYUMI AMADA

VOL. 51 NO. 6

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CIRCULATION 13,000

Looking Back 50 years of hyperlocal reporting

BY MARGARET KINNEY

Editor's note: In this issue and the next, we are featuring a series of articles exploring the newspaper's history. See also: Tim Rumsey's history of the Healthline column on page 6.

As the nonprofit *Community Reporter* marks its 50th anniversary, I have revisited the history of community journalism and involvement that formed the local institution. What I found is that the history of the newspaper closely mirrors the history of the West Seventh neighborhood in which it is based.

"This is disgusting, they are making poor people from different areas of the city fight over crumbs." This quote from a resident began the lead story in one of the first issues (March, 1971) of the *West 7th News*, the forerunner to today's *Community Reporter*. The front-page article was reporting on the Ramsey Action Program (RAP), which targeted the West End as one of St. Paul's areas of poverty. Using Congressionally-allocated urban renewal monies, the RAP funded quite a few West End community programs being established by individuals wanting to make a difference in the quality of life for West End residents. But for the progressive voices of the *West 7th News*, the funding wasn't nearly enough.

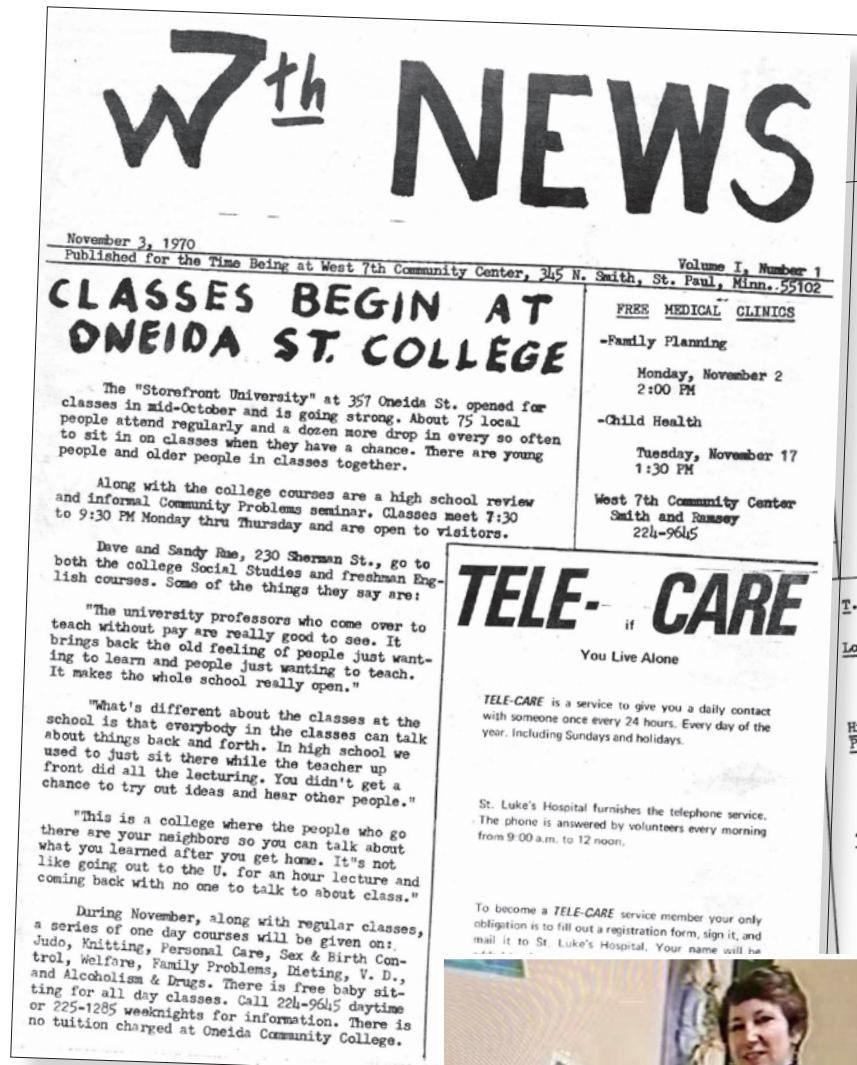
Services for seniors, single mothers, and teens were established, as well as health clinics and programs for legal aid, food distribution, homelessness and affordable housing. The *Community Reporter* kept residents of the West End informed about the progress being made in each program, updating readers with status reports penned by the founders of the service organizations. The tradition of community and resident-written stories remains a central pillar of the newspaper, centering local social service agencies and grass-roots organizing.

Most of these local organizations that began in the 1970s morphed into what is now the Keystone Community Center, the Fort Road Federation and the United Family Medicine (1026 W. 7th St.) and Allina Health United Family Physicians (233 Grand Ave.) clinics. The dedication of the individuals in these programs and the services they offer to maintain and improve quality of life in our section of St. Paul continues to be a focus of the monthly newspaper.

Some original concepts for the newspaper haven't changed in 50 years. The original newsletter and subsequent *Community Reporter* have always sought more funding and volunteers, as well as advertisers and contributors. It had a Bulletin Board, as it does today. It was free then, is free now and remains committed to never erecting a "paywall." It has always striven to provide a voice for members of the community who wanted to see our neighborhood thrive.

Back then, the language was friendly and informal. 2-line classifieds (some hand-written) appeared here and there, where space permitted. It had a Sound Off page, dedicated to airing folks' gripes about circumstances

50 YEARS, PG 3



(left) The inaugural issue of the *West 7th News*, published just over 50 years ago, featured a hand-drawn logo and was printed in the West 7th Community Center. (right) Kathleen Vadnais, the second editor of the *Community Reporter*, prepares an issue in the 1970s by cutting the typeset articles with an Xacto knife and pasting them together. Vadnais passed away last month (see page 6). (Top right) The first Bulletin Board, which became a recurring feature that continues to this day.

"While the projects and debates in the neighborhood have changed since then, the newspaper's role in representing residents' perspectives has remained the same."

COUNCIL PERSPECTIVES A Time of Restoration



ST. PAUL CITY COUNCIL MEMBER CHRIS TOLBERT WARD 3 columnist

Happy June, St. Paulites! I hope that everyone has had an opportunity to get out to our St. Paul Parks and Rec centers to take advantage of our park trails, play areas, tennis courts and more during these warmer temps.

I'm also feeling optimistic given the wide availability of options for St. Paul

residents to get vaccinated for COVID-19, including some of younger residents! Ramsey County Public Health will be offering vaccination clinics in the St. Paul area throughout the summer. You can visit their website at www.ramseycounty.us/covid-19-info/covid-19-vaccine or call 651-266-1190 for clinic locations and how to make a vaccination appointment.

The Minnesota Department of Health is also providing vaccinations at several locations in the St. Paul area. You can sign up and learn more at mn.gov/covid19/vaccine/find-vaccine/community-vaccination-program/index.jsp. You can also

RESTORATION, PG 7

BUILDING AN ANTIRACIST COMMUNITY Sacred Ground



TIM JOHNSON columnist

It was a short bike ride down the country road from our family farm to the cemetery. My great grandfather and great grandmother were buried there. So too was a grandmother I never knew, who died after giving birth to a child who in turn died a couple days later.

Nearby was the resting place of my young brother, who was killed in a farm accident at the age of four.

Throughout the summer, each of my siblings and I took that short bike ride so we might mow the cemetery grass. Beginning with me, all of us took on a season or two, eventually passing the responsibility to the next in line. The family tradition was kept alive until my sister, eleven years younger than me, finished her stint. I remember the cemetery as a place that invited meditation if only in the quiet when the mower's engine was stilled.

My siblings and I have all moved away from the family farm and our hometown. The only family we have remaining in the place we grew up are those who reside

in the cemetery. The circle of loved ones buried there has grown. It now includes my grandfather, father, mother, and several aunts and uncles. One of those uncles lived with us on the farm.

A few years ago, I discovered a self-watering plant container that enables me to keep potted flowers on several of the grave sites. Sometime before Memorial Day, like many folks, I make the trek to the ground which holds the remains of those with whom we are forever connected. It strikes me now as a family reunion of sorts, one which I expect I will someday join.

From this spot, I recall the bike ride, look down the road toward the farm which holds so many memories and enjoy the quiet. But it is a quiet that is different than when I grew up. There is a presence in this small piece of earth that I was unaware of then. This place, which always invited meditation, now feels like sacred ground, where there are connections one senses nowhere else.

Most, if not all of us, whose ancestors immigrated to this place we call Minnesota, can name some place, some spot where there is a portal to something else, a presence bordering on what we might name as sacred.

It is tragic that for so long many of us

failed to recognize the sacredness of land for the first inhabitants of our state. Fort Snelling was built on ground considered sacred by Dakota people, the Bdote, where two waters come together, a place of origin and birth. Pilot Knob Hill, across the river from Fort Snelling, was a place of burial for the Dakota and as its Native name suggests, remains a place that is sacred; *Wotakuye Paha*, "the hill of all the relatives." Minnesota is filled with places that Native people consider sacred because they find in those places connections that can be experienced nowhere else.

The seasons come and go. The bike rides we took as children now live as memories. Yet the time is always right for recognizing and honoring the truth that the first inhabitants of this place we call Minnesota have a deep and rich understanding of the sacred. Whether it be renaming a lake such as Bde Maka Ska or saying no to Line 3, the oil pipe line running through this land of treaty rights, the Indigenous people of Minnesota have a mighty claim on the ground which we now share.

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

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.

FEDERATION UPDATE

fortroadfederation.org

Board Update
At the Board's May 10 meeting, they heard a request to support variances which would allow building 4 housing units (2 duplexes) at 300 Banfil. The board approved supporting the variances, following a recommendation from the Transportation and Land Use Committee.

Members of Housing Equity Now Saint Paul (HENS) presented information about a rent stabilization ballot initiative for which they're collecting signatures; if they are successful the policy would be on the ballot in November for Saint Paul voters. The proposed policy would limit rent increases to 3% in a 12-month period, with some exceptions for larger increases. The Board voted to endorse the ballot initiative, likely hosting future community and education events about it.

After hearing a request by ROK Eatery at 882 West 7th Street to support their liquor license, the Board approved waiving the 45-day notice period for the public hearing for their liquor license (a public hearing still takes place, but with fewer days' notice) and voted to support their liquor license application.

The Board also heard a presentation about Riverview Modern Streetcar by Ramsey County, which will be having an open house in June.

Upcoming Meetings, via Zoom
Info: fortroadfederation.org/calendar

- Transportation & Land Use Committee, Wed, 6/2, 6:30 pm
- Joint W7BA/FRF Riverview Task Force Thu, 6/3, 6:15 pm
- Board Meeting Mon, 6/14, 7 pm
- Community Engagement and Outreach Committee - Thu, 6/17, 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

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

Easing out of pandemic restrictions

BY MARQUISE HOPSON, MD

We've all heard it on the news and some have seen it with our own eyes: COVID-19 cases, hospitalizations and deaths are trending down within our state. So much so that on May 13, Minnesota aligned with the new Centers for Disease Control and Prevention (CDC) guidance on face masks, with Governor Walz announcing an end to statewide face covering requirement for fully vaccinated persons indoors or outdoors. These evolving changes are undoubtedly an exciting signal that the end of this nearly eighteen-month pandemic may be in sight. But with important public health changes, come important questions about what might be safe or recommended this season. Below is information to serve as a basic guide to easing back into "normal" activities this summer based on what we currently know from the CDC and the Minnesota Department of Health (MDH).*

What can I do differently now with a vaccine?
According to the CDC, if you are fully vaccinated, you can resume activities that you did prior to the pandemic. Fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance.

What does it mean to be "fully vaccinated"?
You are not fully vaccinated until 2 weeks after the 2nd dose of a two-dose vaccine or two weeks after a one-dose vaccine. This is the time it typically takes for the body to build protection (immunity) against the

virus that causes COVID-19. Protect not only yourself but also your loved ones who cannot or may not be vaccinated. Delay travel until you are fully vaccinated.

What about wearing a mask?
As mentioned above, Gov. Walz announced an end to statewide face covering requirement for fully vaccinated persons both indoors and outdoors. However, Minnesotans who are not fully vaccinated are strongly recommended to wear face coverings indoors. Private businesses or municipalities may still have in place face masking requirements. Also, keep in mind that locations deemed high risk such as healthcare settings currently require workers and patients/visitors to continue to follow masking and physical distancing guidelines determined by the healthcare network as a private business.

Is there anything else I can do to protect myself from getting sick?
Keep washing your hands, especially before touching your eyes or mouth. And continue to refill and use the alcohol-based sanitizers that you've carried around for the past year. If you are feeling unwell at all, stay home and delay travel until you are feeling better.

Miscellaneous tips

- Remember there are plenty of other infections that can mimic or even overlap with COVID-19 symptoms. Seasonal allergies, strep throat, sinus infections, colds, influenza and more conditions are still out there and you may experience them when you begin exploring more outside of pandemic lockdown. Some of these conditions have been decreasing since most of the public have been masking, distancing and washing their hands since last March, but with little herd immunity built up they



are likely to spread more quickly as people return to normal social activities.

- As we return to public pools and crowded beaches, we must remember the importance of sunscreen for preventing skin cancer, no matter your complexion or the duration of your exposure. Some complexions are more vulnerable to skin problems than others, but, skin cancer can affect us all any time we are outside and is preventable.

If you have health questions or concerns, check in with your primary care doctor. Don't have one? Call your insurance provider to find one in network. Don't have insurance? Visit your local community clinic to establish care.

Need a COVID vaccine? Call the MDH Appointment hotline 833-431-2053 or visit <https://bit.ly/3wnFKfl>.

**Disclaimer: The CDC, MDH and local municipality recommendations are evolving. Information may be updated since this article was sent to press. Be sure to check for the most recent advisories published by each of these entities, especially if you are traveling soon.*

Marquise Hopson, MD, is a family physician at Allina Health United Family Physicians. To schedule an appointment, call 651-241-5200.

LETTERS TO THE EDITOR

Unkind neighbors

We have new neighbors in West 7th, and some are not being kind to us.

As you may know, Freedom House, a homeless services drop-in center, opened in the former fire station building at 296 West 7th St. in January. The program is operated by Listening House, a local non-profit which has been providing services to the homeless in St. Paul at various locations in and around downtown since 1983. Freedom House--like Listening House--is not a homeless shelter in the usual sense, instead focusing on daytime services, which it provides from 8:00 a.m. to 8:00 p.m, seven days a week. It offers food, bathrooms, showers, cots for daytime sleeping, donated clothing, and referral services for up to 100 people per day. For the most part, it is a valuable and generous service. But, as some neighbors have learned, it also draws people who engage in antisocial--and unkind--behavior.

West 7th has a long history with the homeless population. During the 60s and 70s the blocks between Kellogg and Grand, were thought of as the skid row of St. Paul. There was a large population of homeless people, some of whom were known to

frequent the local bars and liquor stores. As time went on, the neighborhood changed, and United Hospitals' parking ramps and other construction displaced those who lived on those streets. The low-end liquor businesses were replaced first by antique shops and later by upscale bars and restaurants. But homeless people maintained their presence at the important institutions in the neighborhood. For 20 year there has been a daily procession of people from Dorothy Day to the Salvation Army for breakfast. Eccentric behavior has not been out of the ordinary. But most of the residents lucky enough to live in our own homes felt no reason to complain.

Things are different with Freedom House. Everyone who lives and works on the blocks surrounding it has experienced trouble since it opened. Drug transactions, public urination and defecation, vandalism and threatening behavior have become commonplace. Tom Reid, the owner of the eponymous Hockey City Pub, said that his customers have faced combative and assaultive people. Cars parked during the day in the old DQ lot--including my own--have been damaged. Parlour has reported dine-and-

It's time to take play seriously

There is no question that the pandemic has had a significant impact on children over the past year. As kids have returned to school, there has been a necessary focus on catching them up academically, but what about catching them up socially?

As we continue to monitor and discuss the impacts the past year has had on kids from a learning perspective, we can't underestimate or ignore the fact that our kids have missed out on many key social interactions that contribute to overall mental health and development--specifically those that happen at school. Case in point, because of the pandemic, many kids do not even know the names of students in their own classroom, let alone know how to behave in social situations that may be new to them, which could present some issues in the future.

The solution? It's time to take play seriously.

Playworks is the leading nonprofit in Minnesota that works directly with schools to build their capacity to create a safe and inclusive environment through the power of play. We are passionate about educating both parents and schools about the

importance of play and how critical it is to a child's overall development and well-being.

"When children experience stress and trauma, it is difficult for them to access the portions of the brain that support thinking and reasoning, making play a needed ingredient of a successful learning environment," Will Massey, assistant professor in the College of Public Health and Human Sciences at Oregon State University said in EdSource.

Before we approach recovering from lost learning, we must ensure kids feel emotionally safe and cared for. Helping them feel safe involves ensuring they feel included in the community, they have built trusting relationships, and feel comfortable being their most authentic selves.

Social relationships, in particular, provide a context for emotional support, enjoyment, creative play, physical activity and the development of social identities--all of which contribute to overall development and well-being.

Studies have shown time and again that regular access to play makes kids healthier

PLAY, PG 7



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Community News & Events



Landmark Center's St. Paul Walking Tours Return
Tours return in June for residents and visitors. Tour participants can explore the Rice Park neighborhood and the beautiful Mississippi riverfront on alternating Wednesdays at 10am, June-August. The tours are free with required pre-registration. The Rice Park Tour, held the first and third Wednesday of each month, beginning June 2, circles one of St. Paul's most iconic parks, and observes the surrounding buildings that gave the park its central role in city events and celebrations. The Great River Tour, held the second and fourth Wednesday of each month, beginning June 9, walks along the mighty Mississippi, highlighting buildings and locations that helped make St. Paul the city it is today (note this tour gathers in Upper Landing Park, not Landmark Center). The tour groups are limited to 10 participants, and Covid-19 guidelines will be observed. Reservations can be made online at landmarkcenter.org/saint-paul-walking-tours or by calling Sydney at 651-292-3063.

Citizens League Submits Community-Oriented Public Safety Recommendations

The 48-member Community-First Public Safety Commission submitted its recommendations via the Citizens League Mayor Melvin Carter and the St. Paul City Council on May 21. The commission's charge was to re-envision emergency response by making recommendations to the Mayor and City Council regarding:

- Alternative first response options to priority 4 and priority 5 calls for service
- Approaches for ongoing community involvement in the City's community-first public safety framework
- Consideration of the creation of a city staffed office to drive and integrate community-first public safety initiatives and strategies, i.e. office of violence prevention.

From this large and very diverse group of commission members, high-level recommen-

dations emerged with extremely strong support. The areas of impact that the commission focused on include the following:

- More appropriate responders for each situation who can best assist those in need
- More efficient deployment of law enforcement
- Decriminalize behavior & response, particularly for people and communities of color
- Focus on prevention and community safety
- Improve systems & increase accessibility

The final report is available at <https://citizensleague.org/saint-paul-public-safety>

Alzheimer's Association Minnesota-North Dakota Launches Education Programs

The free virtual classes, which are put on in partnership with Edgewood Healthcare, are presented on Wednesdays throughout the summer. Topics include "Healthy Living for Brain and Body" (June 9), "Dementia Conversations" (June 23), and "effective

Communication Strategies" (July 7). Register online at <https://bit.ly/3uaYbLR>.

River Garden Yoga Center Closes

The cooperative based on W. 7th St. offered a welcoming and peaceful environment for people from across the community to gather, relax, explore their bodies through yoga, and calm their thoughts through meditation. Jeffrey Austin, the director of the center, reflected on the decision to close at the end of May, citing challenges resulting from the pandemic and writing, "I am so grateful to have been able to share these past many years with you. To be a small part of something way bigger than myself. For me, and I think for many others, there was something very unique and special about this place, and what that unique and special quality was, is you - each and every one of you." Those looking to say farewell can reach out to him at jeffrey@rivergardenyoga.com.

Frozen Treats at St. Peter's Lutheran Church

Come grab a sweet treat to beat the summer heat! On Wednesday, June 16, 7-8pm, St. Peter's Lutheran Church (530 Victoria St. S.) will be handing out free frozen treats. In case of rain, the make-up date will be June 23.

Mancini's Building Back

Our neighborhood's iconic Mancini's Char House is coming back, and is asking potential staff to contact them for employment opportunities.

Once fully staffed, the West 7th patio will be opening around May 31/June 1. Until Gov. Walz lifts the orders prohibiting dancing and requiring 12 feet of social distance between live performers and audiences, they won't return to live music.

Mancini's will be open at the Minnesota State Fairgrounds with Mancini's al Fresco, located at Carnes Ave. & Nelson St. for MSRA Back to the 50s Weekend (June 18-20).



St. Paul Parks resumes Pre-COVID activities

Park shelter and pavilion capacities have returned to normal and reservations for the spaces are open (book one here: bit.ly/3ugFOcC). Golf tournaments, which can be entered at bit.ly/3wrmDkl have resumed, and outdoor dining at golf courses has returned to full capacity. Dry floor event rentals are also now available and can be made here: bit.ly/3ueYtrP

50 YEARS, PG 1

in the community. I wonder if some of those features should be brought back.

The newsletter's first editor, Neal Gosman, wanted the community newspaper to be written by, for and about the neighborhood. At the top of an early masthead, he printed, "William Randolph Hearst had nothing to do with the West Seventh News; isn't that a good reason for you to contribute?"

While the projects and debates in the neighborhood have changed since then, the newspaper's role in representing residents' perspectives has remained the same. In 1972, the *Community Reporter* newspaper conveyed recurring opinions about the construction of 35E, which ended up slicing through the West 7th neighborhood. (The West 7th Association was intent upon stopping the project from literally dividing our neighborhood into two parts. Members of the association thought the project was too hastily being brought forth and too expensive, calling it "haphazardly conceived.") More recently, the *Community Reporter* has aired opinions about the controversial LRT along West

7th Street, sharing perspectives from the Citizen Advocates for Regional Transit and from the West Seventh Joint Riverview Transit Task Force.

As part of *Community Reporter's* ongoing recognition of its history, we are seeking recollections of the agencies and programs of the early '70s, and the role that the newsletter played in their development. The West Seventh Teen Council, Oneida Community College, the Ramsey Rats boys' hockey club, the Family Planning Clinic and the Veterans' House were some of the onetime groups reported on regularly. We'd like to add your recollections to our history archives.

Margaret Kinney is a West End visual artist and writer as well as a board member of the *Community Reporter* newspaper.

Contribute to our ongoing mission:

- Send recollections or other editorial contributions to editor@communityreporter.com.
- Donate to our fundraising campaign and help us grow the newspaper for the next 50 years at givemn.org/organization/Community-Reporter or by sending a check to: Community Reporter, 265 Oneida St., St. Paul, MN 55102.



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ONEIDA SCHOLARSHIP OPPORTUNITY

APPLY TODAY - APPLICATIONS DUE JUNE 15

Scholarships are available to adult learners, age 18+, in the West Seventh neighborhood. You must be enrolled in a certificate or degree granting post-secondary training or educational program.

Funds must be used for education or training expenses only and grant amounts range from \$1,000-3,500.

Learn more at keystoneservices.org or by calling 651-645-0349.

Arts & Culture

Art for a Better Future: Marlena Myles, Mayumi Amada

A digital exhibition recently hosted by St. Paul-based Forecast Public Art in collaboration with the Hennepin County Multicultural Arts Committee brought together work by two locally based artists who use innovative forms to speak to social and environmental issues. (View the digital exhibition here: <https://bit.ly/3bDCNPO>) The *Community Reporter* sat down with each of them to discuss how they approach their work and craft pieces that speak to the challenges of our time.

Marlena Myles

Raised in Minneapolis, Marlena Myles is a Native American (Spirit Lake Dakota, Mohegan, Muscogee) artist based in the West Seventh neighborhood who focuses on digital illustration.

You draw from a wide range of skills and employ different mediums in making illustrations and animations, designing fabrics and books. How do you approach these different modes and tools? The underlying principle of everything I make is to educate people on Dakota stories that they may not have learned in school. That mentality informs the process and it is one of the reasons that much of my work is grounded in historical events.

The medium I've expanded into most recently is book publishing, where I launched an organization geared toward empowering other Native people to share their culture and stories. I'm looking to publish our first books in October. We just launched a mailing list that will highlight upcoming releases, you can sign up at wiyoukhipi.com.

What's your favorite place to spend time in St. Paul? Imníža-ská at the present-day Indian Mounds Regional Park. When I first moved to the city, that was the area my friends and I were always staying at. Growing up in Minneapolis, I didn't learn a lot about St. Paul and in fact didn't even know the burial mounds existed until I was an adult.

The mounds are powerful for me because they prove that Ingeneous people have a place here. I went to the now-defunct Four Winds American Indian magnet school in South Minneapolis, and we were never taught that nearby in Fort Snelling was a concentration camp for our people—it was described much more innocently, as a quaint settlement where people did things like churning butter. I don't want children to grow up as ignorant. This park is a symbol of our long history here and it shows how our history has been destroyed. There used to



(above) Marlena Myles. (top) Built from geometric fragments, *unǵídan Naǵi* (Fox Spirit) embodies the Nagi (spirit) as formed from *Taku Wakan Skanskan* (sacred motion of the universe). (bottom) Dakota 38+2 Prayer Horse responded to a controversy inspired by the Walker Art Center's decision to include a work in its sculpture garden that many found offensive.

be forty-some mounds and now there are only about half a dozen. Recently, community members have begun to work to restore the power of the place. The fact that we can learn from our history and work together to restore sacred spaces is a lesson we can learn from Burial Mounds Park.

One of your pieces, the Dakota 38+2 Prayer Horse, addressed a scandal at the Walker Art Center in 2017, when it constructed in its sculpture garden a replica of the gallows upon which 38 Dakota men were hanged in 1862, the largest mass execution in US history. Why do you think that museum featured a piece that many found so hurtful, and how did you want your art to respond?

The Walker has committees of Native people involved with the organization who they could have asked about this and would have told the leadership it was a bad idea, but for whatever reason they chose not to. The way in which they neglected to learn about how Dakota people memorialize this story and teach it to our children struck a chord as well as the fact that they kept us out of the frame while they invited a well-known white artist to tell this story. Given that Native artists are still here and doing award-winning work, allies need to

decenter themselves. I felt compelled to create the *38+Dakota Prayer Horse* to show that we have our own way of telling this history.

What's on the horizon? This year, I'm designing a mural with the Chroma Zone Art and Mural Festival (chromazone.net) in the Creative Enterprise Zone on University Avenue in the Midway neighborhood. I'm also working on a project to create an augmented reality experience in Indian Mounds Park called the *Dakota Spirit Walk* with MōMōVA: The Moving Museum of Virtual Art and Pixel Farm Creative, to be released this July. Using an app on your phone, you'll be able to meet figures from Dakota culture as you walk along the trail—the Grandmother Earth, the Grandfather Stone, the Underwater Serpent and the Thunder Bird. I hope it will open people's eyes to how to honor the land. I hope that I can illustrate these spirits in a way that some Native people see the land, offering a specialized lens that our world too often lacks.

FIND OUT MORE about the Dakota Spirit Walk at motionpoems.org/projects and find free learning resources to accompany the installation on Myle's website, marlenamyles.com.

Mayumi Amada

A Minneapolis-based artist who is interested in ancestry, the circularity of nature, and the environment, Mayumi Amada uses materials including synthetic rope, plastic tarps, light, and discarded goods to craft sculptures that speak to the role of art and beauty in the human life cycle.

What is the significance of recycled materials in your work? In contemporary society, mass production and mass consumption are the ways to sustain capitalism. Because of that, an enormous amount of still-usable and useful materials are poured into landfills every day. It's a waste of resources and those materials end up contaminating nature. I aim to spotlight the usefulness of materials that are thought of as waste.

How did you discover your passion and talent for art? It happened after I moved to the Twin Cities—I came here as an ESL student, coming from

a small town in Japan, where I planned to go back at the end of the year after learning English. Once I got my English to a high enough level, one of my advisors encouraged me to take any academic classes I could to shore up my language skills, so I started branching out. I took one art class, because I loved art as a child but wasn't able to explore making it myself in the rural town where I grew up, and I was hooked. It felt like a dam inside of me had toppled and my passion had been unleashed. Soon enough, I was studying to get a BFA at the University of Minnesota.

I read that in your work I wish I were THE mushroom, you made mushroom figures by crocheting strips of plastic shopping bags from Cub and Target. How did you choose the bags you would use? The color was important for this project—I wanted to select bags with the right tones to represent a mushroom—and I also wanted to use the bags you might see most often floating through the street or washed up on the shore of one of the

lakes in this region, so I chose the biggest local companies' bags. I thought using branded bags would help drive home that the large companies we often shop at are creating a huge number of plastic bags that end up in our environment.

Where do you go in the Twin Cities when you're looking for inspiration? I love antique shops, because they allow me to see people's lives through old vintage stuff. I also appreciate the wisdom embedded in old handmade stuff, crafts that have in many cases been lost. Sometimes I stumble on solutions in these analog creations for the problems I encounter as I work.

I have many crochet books and find myself inspired by the beautiful images and diagrams. I can study the diagrams for hours. The diagrams themselves are a form of art.

FIND OUT MORE about Amada's art at mayumiama-da.myportfolio.com.



(above) Mayumi Amada stands before *Doily of Foremothers*, a tribute to the lives of 2000 years of her maternal ancestors, represented by more than 100 skulls cut into a plastic tarp. (inset) The brown Cub Foods bags and white-and-red Target bags that Amada stitched into *I wish I were THE mushroom* are a familiar sight across the Twin Cities region.

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BEA'S BOOKS

Discovering the Little Creatures Among Us

BY BEATRICE COSGROVE

Ann Hobbie, an author and personal trainer in St. Paul, recently wrote a book called *Monarch Butterflies*, illustrated by Olga Baumert. A gardener who loves exercising outdoors, Hobbie was inspired to write the book when she started noticing the butterflies and discovered surprising facts about monarchs.

"I was building all this knowledge," she told me, "and I kept coming across books about monarchs that either weren't very exciting or didn't have a lot of information—and then there were some that were filled with errors."

She discovered that monarchs, with their striking patterns and long migrations, could be a gateway to learning about the environment. "I want readers to want to do something to help monarchs," she explained. "Not because I think monarchs matter more than any other insect, but because if you care about monarchs, you will probably care about all the little creatures who live among us."



Ann Hobbie and I sat down to discuss how *Monarch Butterflies* came to be. (left) book cover

The book was originally going to take eighteen months to two years, but with delays because of COVID it ended up taking about three years to get published. The result explores all aspects of monarchs, their life cycle, migration, and how you can help them, along with lots of other facts and details. To learn more, go to www.goodreads.com/book/show/54110513-monarch-butterflies

If you are interested in getting involved in preserving habitat for monarchs, you can learn about Monarch Joint Venture, a non-profit organization based in St. Paul, where Hobbie chairs the board of directors, at <https://monarchjointventure.org/>



KENT PETTERSON columnist

GARDEN VIEWS

So Long from This Garden

It has been fun, and I've learned a lot preparing these monthly columns for the *Community Reporter*. I hope that you learned a lot too. We have lived through 14 fruitful growing seasons since Maxine McCormick asked me to try my hand at a gardening column. Two more editors and many bushels of produce later, I have decided to retire my garden-themed contributions to the paper.

This year's garden, for some, is mostly planted and growing larger. For others, maybe it is just beginning. The process of making your "garden" varies each year. Whether it's a container on your patio, a Gertrude Jekyll perennial flower border, or a community vegetable garden plot, tending your garden is forever a new adventure.

We gardeners are a lucky bunch. We get to see up close, the cycle of life play out each year. From a tiny seed to a beautiful flower or a nourishing vegetable, our view of the cycle is spectacular! Well, sometimes it can be frustrating, when plants die before their time or unforeseen troubles intervene (I've complained about my rabbits over the years). Even so, one of the rewarding features of your garden is that you define it the way you want. I like to think of it as valuable therapy that nourishes both soul and body.

GARDEN, PG 6

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ERIN BRANDEL DYKHUIZEN columnist

BEING WELL

Reclaiming Boundaries in the "After Times"

This year, I got into an awkward situation that taught me something about myself. It started when I contacted a breeder about wanting to adopt a kitten (which needed to be hypoallergenic for my daughter). There was a long wait for the kitten, and each time I inquired about the status of the kitten, the breeder told me a bit more about her health problems. Having never met this person, I was uncomfortable hearing the details of her personal life. At the same time, I found myself inquiring about her health in the emails we exchanged with increasing frequency, since I worried that avoiding the topic would offend her. I found it surprisingly hard to stop myself from continuing to engage in interactions that I did not want to be having.

As we adapt back to the world of social interaction, we are increasingly finding our boundaries tested in similar ways. With working-from-home and a lack of child care at times collapsing the work and domestic spheres, we may feel unsure

"[P]ay attention to **what you feel in your body when you think about a certain person or situation**...you may notice a tightness in your chest or tension in your shoulders."

how to reestablish the divide—or how to reinvest in social relationships that have gathered dust or maintain the distance that the pandemic has finally allowed us to create with particular family members who for years made our lives difficult. Many of my clients have mentioned that they have at least some hesitation about not having the justification of a deadly pandemic to keep people at arm's length. For some of us, the social distancing requirements have provided a convenient reason why we can't, for example, hang out with that friend who often takes more

than he gives, why overbearing family members are not welcome inside our homes, or why we can't visit a relative out of state who has not been accepting of some aspect of our life or identity.

While it may be easy to judge ourselves as callous for erecting boundaries between ourselves and those who we find to "overshare" or otherwise irritate us, our misgivings can be worth engaging. Boundaries can get at far more than what we deem appropriate to disclose in a

AFTER TIMES, PG 6



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In the Community

The Healthline Tradition

BY TIM RUMSEY, MD
Forty-four years ago, seeing the value of the *W7th News* that had launched earlier in the decade and looking for a way to add to the newsletter health information that would be relevant to readers, I launched the *Healthline* column. Though it has changed hands several times in the past decades, it has been a thrill to watch it grow and see other healthcare providers in the neighborhood carry the torch.

1977 – 1986

The very first *Healthline* column dealt with the work that my colleagues and I did at the free clinic, Helping Hand Health Center. Common medical conditions with a self-care focus were highlighted. Deeper topics presented included crib death, drug use and mental health challenges.

Helping Hand nurses and our dentist, nutritionist and psychologist contributed guest columns. *Healthline* received a runner up in the Page One Awards’ “Best Twin Cities Community Paper” health column in the early 1980s.

1995 – 2008

Healthline took a break before reappearing in 1995 as a joint venture between United Family Medicine and Helping Hand. There were multiple contributors – physicians such as Dr. Chris Reif, Dr. Ravi Balasubrahmanyam, Dr. Jerry Montie, Dr. Kate Vickery as well as nurse practitioners such as Tamson Morgan, outreach workers such as Connie Walsh, and psychologist Paula Coyne. Even neighbors like Gina and John Lotzer sometimes contributed. Topics included homelessness, lead toxicity, HIV/AIDS, chronic pain and living with Bi-Polar disease.

2009 - 2016

In 2009, the *Community Reporter’s* incoming editor, Jerry Rothstein,

"Rothstein wisely continued the column’s title, despite a certain doctor-writer’s insistence that it should evolve into an off-the-wall name like 'What the Health?'"

resuscitated *Healthline* with vigor and new guest columnists. Dr. Ian Grunberg, a chiropractic doctor, and Cora Peine, a physician assistant, as well as family practice residents at the United Family Medicine clinic wrote about how we could help families without insurance and helped readers make sense of the health care reforms that became known as “Obamacare.”

Rothstein wisely continued the column’s title, despite a certain doctor-writer’s insistence that it should evolve into an off-the-wall name like “What the Health?” or “How Bad do you Want to Feel Good?” which, in retrospect, might have been a risky mistake.

The column grew, with new topics often about age-old health challenges, advanced directives, centering pregnancy, community engagement and trauma.

2017 - Present

After completing his residency in family medicine, Dr. Jonathon Dickman has led the *Healthline* column into new territory. He approaches resident physicians to write about their areas of expertise and interest, helping guide them in writing columns such as “Little Women of Color” by Dr. Jene Carter, “How to Sleep Better” by Dr. Emily Friedrichsen and “Racism in Medicine,” by Dr. Jenny Zhang.

In Memoriam

Kathleen Marie (Berg) Vadnais



Kathleen Vadnais

Vadnais (1944-2021) passed peacefully in May. She was a journalist, writer, and peacemaker. The editor of the *Earth Sheltered Living Magazine* and the *Community Reporter* newspaper as well as president of the Twin Cities Community Newspaper Association, she enjoyed collaborating on writing projects with her beloved husband, Donald Empson, including on the second edition of his book, *The Street Where You Live: A Guidebook to the Place Names of St. Paul*. Vadnais was a professional mediator who assisted in solving disputes peacefully through the Washington County Courthouse. She was also an advocate of healthy living who served as president of the River Market Community Co-op.

Kathleen brought joy and love to all occasions. She will be remembered for her intelligence, compassion, quick wit, and how she made this a better world.

Thank you to the loving care from Mayly Collins and Our Lady of Peace Hospice.

A celebration of her life will be held with family and friends this summer.

GARDEN, PG 5

It has been a troubling time for everyone recently—though for many the troubles began long before the pandemic—and we could all use such nourishment. I am eager to continue watching the sun rise above

and the rain fall upon the gardens that are what we each build of our lives.

You may not see me in the paper every month, but I’ll be around, tending my garden and bookstore (TerraceHorticulturalBooks.com). Maybe I’ll see you in the garden. The views are great!

AFTER TIMES, PG 5

particular context — they are also about our own understanding of what is congruent with our values and needs, and how much emotional labor we undertake in our relationships.

Now that we are able to engage in more activities than before, it makes sense that we might be at a loss when we think of how to manage our boundaries with difficult people whom we have not recently come into close contact with. During this mandated pause, we may have also realized that the relationships that we took for granted were never as healthy as we once thought.

How are we to deal with this? First, acknowledge that you may be having feelings about the people that you are expecting to reconnect with, and begin to identify those feelings. This may be harder than it sounds. A lot of us go through life rather disconnected from our feelings.

There can be various reasons for this disconnection: you may have gotten the

message that your feelings do not matter, so why bother. Or maybe you think it would be too disruptive to acknowledge difficult emotions -- it can be inconvenient to confront unhappiness because that may lead us to think we need to do something about it, which at times feels impossible. It can feel easier to push our feelings away. However, when we disregard the signals that we’re in distress, we miss out on valuable information for our emotional health. Often, those feelings end up coming out in other, more destructive ways, such as road rage.

One way to begin to reconnect with your sense of boundaries is to pay attention to what you feel in your body when you think about a certain person or situation that tests them. You might notice a tightness in your chest or tension in your shoulders. Maybe you notice your jaw feeling tighter on one side than the other.

Whatever you find yourself feeling, consider what emotions you associate with this feeling in your body. It could be

NEIGHBORS, PG 2

dashes. During a recent public meeting with Councilmember Noecker, the local police commander reported a spike in crime during the first four months of 2021, ranging from felonies to “quality of life” crimes.

Every business owner in the neighborhood has taken measures to increase security. Locks have been added to previously unlocked doors in the interiors of buildings. New security guards have been hired. Exterior security cameras have been beefed up. But the problems continue.

I took a tour of Freedom House in May to try to identify how it might be part of the solution to the problems it has magnified in the neighborhood. What I found is that the building itself is not a good fit for this type of use--without enough bathrooms or showers--but it serves its purpose. The programs it offers are worthy of support and certainly are needed. But

that need should not override the facility’s responsibility to be a good neighbor.

Freedom House’s neighbors have a right to expect that those who use its services will treat us with the same respect that we have shown to homeless neighbors for decades. This is not happening. It may be impossible for the staff to control the behavior of specific individuals, but if those bad actors are a necessary part of offering homeless services, then residents have a right to object.

Freedom House is taking steps on its own to increase security. Off-duty police are present every morning and every evening. Local ambassadors will be present during the day to keep eyes on the place and pick-up trash. But it’s clearly not enough.

Freedom House is operating under an emergency ordinance adopted by the City Council in November 2020 as part of its response to the COVID-19 crisis. A permanent amendment to the Zoning

"[W]hether it's a container on your patio, a Gertrude Jekyll perennial flower border, tending to your garden is forever a new adventure."

anxiety, sadness, fear, frustration, or even anger. Then it’s time to dig a little deeper: in which situations have you experienced this emotion with this person? Does how you responded fit with your values? What do you wish you would have done or said differently? How might that information help you in future interactions with others who test your boundaries?

As we enter this season of increased socializing, it is normal and healthy to reevaluate our relationships. It is also healthy to pay attention to your feelings in relationships and use them to guide you. If you have trouble identifying what your feelings are, you are not alone. It may take patience, practice and/or the help of a professional, but with time you can learn to tap into this vital source of information for leading a fulfilling life.

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.

Code has been proposed which will create a new use classification known as “homeless services facility,” which would be a permitted use in the T2 (traditional neighborhood) district. Adopting this change would assure that Freedom House would become a permanent fixture in our neighborhood, without conditions. As neighbors, we have an opportunity—I would venture to say an obligation—to advocate for our interests in preserving the peace and stability of our neighborhood. We should either oppose the amendment entirely or insist on enforceable conditions that will limit the impairment of our quality of life.

We are entitled to have our new neighbors treat us with the same respect that we extend to them.

Mike Black has practiced law on West 7th Street since 1979 and has been active in various community organizations over the past forty years.

WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

By Terry Giinther, Library Manager

West 7th Library Expanding Hours

Starting June 7, you can visit the West 7th Library to browse and checkout books, DVDs, and more Monday–Friday; closed Saturday and Sunday. Hours are Monday and Thursday 12:30–8pm; Tuesday 11:30am–5:30pm; Wednesday and Friday 10am–5:30pm. Computers with internet access are available for up to one hour per day.

Summer Spark

This summer, West 7th Library invites kids and teens to make us their destination for summer fun and learning. Summer Spark, the Library’s summer learning and reading program, kicks off on June 1. Summer Spark encourages youth up to age 18 to stay active and read for fun all summer long with outdoor and virtual events, reading challenges, and book giveaways.

Starting June 1, kids and teens can stop in to sign up, pick up activity and reading logs, and grab a book to keep.

Readers who complete 10 activities or 10 hours of reading to earn a color-your-own bookmark. Readers who complete an additional 10 activities or reading hours earn a journal and pen.



Read Brave Kids coloring contest winner Violet, age 5



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Apply for scholarship funding today! Oneida scholarships are available to adult learners, age 18+, who live in the West 7th neighborhood. You must be enrolled in a certificate or degree granting post-secondary training or educational program to be eligible. Funds must be used for education or training expenses only, and grant amounts range from \$1000–\$3000. Applications are due by June 15. For more information, visit www.keystoneservices.org, email info@keystoneservices.org, or call (651) 645-0349.

Fare for All

June 11, 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

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Oneida Scholarship Available for Adult Learners in the West 7th Neighborhood
Applications are due June 15 for Oneida scholarships, available to adult learners, age 18+, who live in the West 7th neighborhood and are enrolled in a certificate or degree granting post-secondary training or educational program. Funds can be applied to textbooks, tuition, a laptop, and other education or training expenses. Grants range from \$1000 - \$3000. Visit www.keystoneservices.org to apply.

St. Paul's Face to Face Now Hiring
Face to Face, a nonprofit that focuses on helping youth access medical and mental health services, is hiring for multiple positions. Face to Face is an Equal Opportunity Employer, and offers benefits that include health, dental, short-term disability, long-term disability, life insurance, and a 403b account, as well as PTO and paid holidays. Visit their website to apply: face2face.org/about/careers/

Fitness Center at Palace Park Now Open
St. Paul's public fitness centers and walking tracks have reopened, including the facilities in the Palace Park Community Center, which is

open M-F 9am-1pm and 5:30pm-8:30pm. Masks, memberships and advance reservations (call 651-298-5677) are required.

Gyil Drum Class
The Women's Drum Center (2242 University Ave. W.) will be launching a Gyil drum class in June. The Gyil is the primary traditional instrument of the Dagara people of northern Ghana and Burkina Faso; it is a forerunner of modern marimbas and xylophones and is sometimes referred to as the African xylophone. Alyssa Moffat will be teaching traditional songs and rhythms; no music experience necessary. Registration is required. Standard COVID-19 protocol will be followed. Classes will begin on June 19 for 6 weeks (skipping the week of July 4). Email Info@womensdrumcenter.net to register. Enrollment in the 6-week course costs \$100.

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Holy Presence Catholic Community
Pastors Colleen Woodley and Joan Flood of the Holy Presence Catholic Community, which was formed last year, will host an in-person Mass at the chapel of St. Paul's United Church of Christ (900 Summit Ave) Saturday, June 12, at 4:00PM. All are welcome. More info at www.holypresence.org.



St. Paul-based Mizna Expands Film Series
The nonprofit that offers a platform for contemporary literature, film, art and cultural production centering the work of Arab, Southwest Asian and North African artists, recently made its first venture into year-round film programming, offering a monthly selection of programs called the Mizna Film Series. Upcoming screenings focus on surveillance, Beirut, police violence and politics. Purchase a pass to the series here: bit.ly/3oJ2CTR.

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RESTORATION, PG 1
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you to do so for your own health, for the health of your family and for the health of your neighbors.
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PLAY, PG 2
and happier, more successful in and out of the classroom and better prepares them for adulthood. And play at school—aka recess—is a pivotal time for all children. Either kids love it, or they dread it.
Playworks Minnesota works directly with schools to leverage play inside the classroom and at recess through on-site support, training and development of 4th and 5th grade Junior coaches who mentor and support younger students at recess. Playworks brings joy back to the playground and reduces wasted classroom time after recess dealing with injuries, meltdowns, etc.
The importance of play and the physical, social and emotional benefits it offers

children, as well as the advantages it brings to the classroom, cannot be ignored. Play brings diverse groups of students together and helps improve the overall school climate. While this school year is almost over, administrators and teachers need to be thinking about what students will need when they return in the fall. Because decisions about funding allocations for the next school year are happening now, educators and parents need to take a critical look at how schools are investing in bringing joy and healing back and reconnecting students with each other.
Shauna McDonald is the executive director of Playworks Minnesota.



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SERVING WEST END NEIGHBORHOODS, DOWNTOWN ST. PAUL TO FORT SNELLING SINCE 1972

Celebrating 50 years
connecting, informing and entertaining our community

The Providers and staff of United Family Physicians
233 Grand Ave. | 651-241-5200

Allina Health United Family Physicians Clinic is a community-based clinic serving a diverse population while welcoming all who seek care. The clinic provides primary care for all ages, including mental health and addiction services, obstetrics, prenatal care and geriatric care.

The clinic is also a clinical practice and training site for the United Family Medicine Residency, a program dedicated to expanding access to comprehensive health care for the medically underserved and underserved residents of St. Paul.





LIQUOR BARREL
WEST 7th ST. PAUL

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

BREAD & BUTTER ROSE
\$9.97
750ML

MUST PRESENT COUPON AT TIME OF PURCHASE. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 6-30-21. VALID AT LIQUOR BARREL, WEST 7TH, ST. PAUL ONLY.

CHAMISAL VINEYARD STAINLESS CHARDONNAY
\$9.97
750ML

MUST PRESENT COUPON AT TIME OF PURCHASE. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 6-30-21. VALID AT LIQUOR BARREL, WEST 7TH, ST. PAUL ONLY.

NORSEMAN SMALL BATCH GIN
\$22.97
750ML

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