

# Community REPORTER

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HITS 10-YEAR  
LANDMARK  
Page 5

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out how you can help

VOL. 51 NO. 12

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CIRCULATION 13,000

## DISTRICT PERSPECTIVES Investing in creative solutions to Minnesota's housing shortage



SEN. SANDY PAPPAS  
columnist

Housing is a human right. But too many of our neighbors in St. Paul and across Minnesota are struggling to afford their rent, pay their mortgage or even find stable housing. We can fix Minnesota's housing shortage, but it will

take a series of innovative solutions to make progress.

I have led on the issue of housing during my tenure at the Senate, helping to secure \$100 million in housing infrastructure bonds and \$16 million for public housing rehabilitation in 2020 alone. I was also pleased to support the Catholic Charities' Dorothy Day building downtown, now known as Higher Ground Saint Paul, with state funding approved by the legislature. Additionally, I supported the use of the former Bethesda Hospital in Downtown St. Paul to house those who were without shelter last winter. But these short-term fixes must be paired with long-term solutions to fully address the housing shortage and affordability crisis that we're experiencing in Minnesota.

In the five years that followed the 2008 recession, the U.S. lost 50% of all new residential home building companies, leading to a sharp decline in the number of new homes that were built over the past decade. As the number of new units plummeted, the cost of existing units rose promptly, leading to the issue we're dealing with today: over 10,000 Minnesotans are sleeping on the street on any given night, and over half a million Minnesotans are cost-burdened, meaning they are paying more than 30% of their household income on housing. Many renters and homeowners are experiencing this cost burden because their incomes have remained stagnant or decreased relative to the increasing cost of their homes. According to the Minnesota Housing Partnership, the median renter's income increased by just 1% between 2000 and 2019, but their median gross rent increased by 14%.

The housing crisis is complex, and it will take a multitude of creative solutions such as an increase in production of manufactured homes, enhanced availability of tiny houses, and a surge in federal investment in section 8 housing to adequately address the size and scope of the problem. There is so much that the government can do to improve housing affordability, and every level of government must act. The federal government can pass the Build Back Better Act, which would allocate \$15 billion to the Housing Trust fund, \$25 billion for rental assistance, and \$65 billion to build and maintain public housing as it stands today. The state government can make sweeping investments in affordable housing through the passage of millions of dollars in housing bonds. The state government can also do more to support homeless juveniles, domestic violence survivors and formerly incarcerated individuals by meeting their unique housing needs to provide stable shelter during periods of personal instability. Local governments can expand multi-family zoning, allowing homeowners and landlords to create additional units where there was previously only a single unit.

HOUSING, PG 2

## West 7th Businesses Sue Listening House

BY CASEY EK

A collection of West 7th area businesses and property owners has sued the City of St. Paul and the Listening House, the organization that runs the Freedom House, over issues they believe are linked to the homeless day shelter located at 296 West 7th St.

The suit filed by Tom Reid's and the Art Farm, among other property owners, alleges that Freedom House and city staff haven't adequately responded to over 100 disturbances listed in the suit. Included are instances of littering, open drug use, assault and trespassing, among others. The lawsuit further argues that an uptick in crime in the West 7th neighborhood is higher than the city average uptick because of the shelter.

"Freedom House guests are invited there by Freedom House and are permitted to cause disruption, damage and safety threats to neighbors and businesses without intervention by Freedom House or the City, including remaining overnight in an area that is not zoned (even temporarily) as an overnight shelter," the lawsuit states.

In November 2020, the city passed an emergency ordinance that allowed for the Freedom House to occupy its current location. The so called "Freedom House Ordinance" was passed in part to quell tent colonies of unhoused people that had cropped up around the city as winter began taking its hold.

Now, about a year after the original ordinance was passed, winter is again returning, and Freedom staff are noticing an uptick in guests.

Listening House Executive Director Molly Jalma, who refrained from commenting on the specifics of the suit while the case is open, said that while the lawsuit is a blow to the organization, "It's not hard to sleep at night knowing the work is needed."

Ultimately we need to be open so people can be warm this winter."

The lawsuit, which was filed Nov. 5, came



Halisi Ross (right) is among the growing number of guests who frequent the Freedom House day shelter at 296 West 7th St.

days before the city by a 7-0 vote adopted a new ordinance that will allow homeless day shelters to operate in more neighborhoods around St. Paul. The ordinance stipulates that day shelters can house people overnight in extreme weather events. It also states that facilities 7000 square feet or larger must obtain a conditional use permit. The Freedom House falls within that category, and Jalma added that the Freedom House will continue providing services for as long as possible, stating that the newly adopted ordinance will help usher in more options for the city's unhoused.

Jalma added that while outcry against the day shelter has been plentiful, support has not been

hard to find either. A recent example of this was the Listening House annual fundraiser that drew in around \$50,000, and counting, from St. Paul's business and civic leaders.

The lawsuit is not the first time the Listening House has faced community backlash over its nearly 40 years of operation. When the organization opened its Dayton's Bluff location, neighbors raised similar complaints as those raised by West 7th businesses. The backlash her organization has faced, Jalma said, comes with the territory and helps her empathize with those she helps serve.

LAWSUIT, PG 6

## CELEBRATING 50 YEARS: 1971-2021

### Another look back: News from the 2000s Part 2

**Editor's Note:** In the last issue of the *Community Reporter*, Margaret Kinney gave us a look at the first five years of our new century. Today, we focus on just three major stories that the *Community Reporter* covered in the latter part of that decade.

BY PAUL BARD

#### The Cost of War

The cost of war hit home in our neighborhood on Jan. uary 9, 2007, when National Guard Sgt. James M. Wosika, age 24, was killed by a bomb while on foot patrol in Fallujah, Iraq. Nearly 2000 people attended his funeral at the Cathedral, which was covered on the front page of the February 2007 issue of the *Community Reporter*. Attendees included Gov. Tim Pawlenty, Mayor Chris Coleman, Rep. Betty McCollum, and numerous classmates from Wosika's Highland Park Senior High class. Archbishop Harry Flynn presided at the funeral mass.

Jim Wosika was remembered as a hero by the men under his command on the day he was killed. One of them, Sgt Jon Goldstein wrote, "The only reason I am here today to write this is because of your heroic actions on that patrol." Wosika was leading a patrol when he became suspicious of a vehicle on the side of the road and ordered his men to stay back. As he approached the vehicle to investigate, the bomb went off. Sgt Goldstein continued, "I would gladly change places with you in a second, but we both know that you wouldn't have any of that. That's what defines you as a



A horse-drawn hearse at Nick Mancini's funeral

hero to me. Your leadership, your strong will and your genuine caring for your men. I will miss you and think of you all my days."

A plaque honoring Wosika is installed at the base of the flagpole at Palace Community Center.

#### Passing of a Neighborhood Icon

Restauranteur Nick Mancini was a larger-than-life figure in the West 7th neighborhood and his funeral on June 5, 2007, was a grand affair that he no doubt would have enjoyed.

The headline of the July 2007 issue of the *Community Reporter* read "A Fond Farewell" and the accompanying story recounted his funeral at the Church of the Assumption. A picture showed the procession that followed his casket, which rode in an antique hearse "pulled by six beautiful charcoal-grey Percheron horses," the story read.

The story included a timeline of Nick's life, where readers learned that the man who came to be known as "Mr. Hospitality" was born in St. Paul's Little Italy on

the Upper Levee in 1926. He later moved with his family to a house at 165 McBoal St., which still stands. (Editor's note: The restoration of 165 McBoal was featured in the October 2019 issue of the *Community Reporter*.) Nick attended Monroe High School, served in the Army at the end of World War II and founded the restaurant that bears his name in 1948.

THE 2000S, PG 3



FEDERATION UPDATE  
fortroadfederation.org



**Mary Cutrufello to lead Federation**  
Turn to page 6 to learn more about the Federation's new Executive Director and Community Organizer.

**Wanted: West 7th Recipes**  
We're collecting recipes of West 7th, from you, for a West 7th / Fort Road Federation cookbook which will be sold as a fundraiser for the organization. Tell us about your recipe for consideration to be in the neighborhood cookbook at fortroadfederation.org/cookbook.

**Upcoming Meetings, via Zoom**  
Info: fortroadfederation.org/calendar  
• **Transportation & Land Use Committee**, Wed, 12/1, 6:30 pm  
• **Board Meeting** Mon, 12/13, 7 pm  
• **Community Engagement and Outreach Committee** - Thu, 12/16, 6:30 pm

**Stay in touch**  
"Like" us on Facebook. Subscribe to its e-newsletter fortroadfederation.org.

**Contact**  
Mary Cutrufello, executive director, 651-298-5599; mary@fortroadfederation.org; 882 West 7th, 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.  
-- Casey Ek, Editor, *Community Reporter*



WEST END HEALTHLINE

Health Lessons from a Matriarch

BY JONATHAN DICKMAN, MD

At the end of October, my family lost our matriarch as my grandmother died from complications following a car accident. My grandmother would have been the first to tell you that she never had any groundbreaking accomplishments in life. And yet, physicians, lawyers, teachers and scholars kept coming to mourn the loss of Miriam Dickman. In witnessing this outpouring of support for my family, I started to ask: What could make this unassuming person so cherished? In this reflection, I discovered that she had many important lessons to teach us that seem basic but are essential to living a healthy life. I will share a few of the lessons she taught us:

**Lesson 1: Care for others.** My grandmother was a selfless caregiver. When younger, she raised a family, made sure everyone felt comfortable at her home. When older, she cared for her husband when he was sick. Later in her 90s, she was still preparing food for her guests, making sure they were nourished and entertained. Beyond her family, she welcomed people from the community whenever they felt like stopping by her home. After her passing, no one forgot how special it was to visit her house.

**Lesson 2: Listen.** You would never find

my grandmother distracted by a smartphone during conversations. When she conversed, her focus was on you. She made you feel important. Despite her difficulties with hearing later in life, she listened, asked follow-up questions and would be honestly interested in your life. She would sit on her couch and the conversation was always about you (as she did not want to talk about herself). Now that technology and social media is everywhere, it seems that we find ourselves searching for someone like her to truly listen to us without distraction. Now that she is gone, my family realizes how rare it is to have someone want to understand us completely. Her ability to listen was a reason why so many people felt connected to her.

**Lesson 3: Be supportive.** My grandmother supported the hopes and dreams of her friends and family. She would make donations to help others pursue their dreams. Perhaps more powerfully, she would verbally express her support during conversations. Her support never hinged on success or winning. Even if you failed, she was there to support you. She inspired others to reach for the stars and be OK with landing on the moon... or earth for that matter. Whatever the outcome, we knew that she would always stand in our corner. Thus,

although she would never claim to have any significant accomplishments in her own life, my grandmother was indirectly responsible for the success of others around her.

Taken together, my grandmother understood something that can take others a lifetime to realize - that a fulfilling life is not about individual achievements, but rather about what we can accomplish together as a community. As physicians, we are humbled when we realize that our influence over the health of our patients is much smaller than the influence of the surrounding community. Thanks to the community building she did in her life, the 97 years my grandmother lived were vibrant. When we care for, listen to and support our family, friends and neighbors, we build a community that enhances the health of everyone involved, including our own. To keep her in my memory, I plan to take her lessons and incorporate them into how I interact with others. Through this effort, I hope to make my grandmother proud. I have realized that sometimes those who live ordinary lives can leave the most extraordinary impressions on others.

Jonathan Dickman, MD, PhD is a family medicine doctor at Allina Health United Family Physicians, 233 Grand Ave, Saint Paul, MN 55102. Phone: 651-241-5200

Riverview Corridor Progress: Bad to Worse

by Greg Struve

In the recent Policy Advisory Committee meeting and subsequent public presentations, the Riverview Corridor Plan has gone

from bad to worse. In determining that the existing tunnel on Highway 5, under Fort Snelling, is the only route available, either one or two tracks will be added to the tunnel. This tunnel is now a four lane 50 mph (at minimum) busy roadway connecting St. Paul to the airport, the Mall of America, and the prosperous southwest metro.

Required lower speed limits and additional signals to allow safe passage of the Light Rail Transit (LRT) streetcars will reduce capacity of this important St. Paul access to a crawl. It is also time to expose the "Big Lie." The "Modern Streetcar" is actually an LRT system that shares stations with the Blue Line and Green Line at both ends of the alignment. The name "LRT" was vehemently opposed on West 7th way back in 2013, so the name was changed to be more acceptable.

An LRT "Streetcar" will also require LRT stations of more than 180 feet in length and station frequency of only every half mile. The vision of streetcar access at every existing bus stop or street corner is another myth, or perhaps a memory of times gone by. An LRT Streetcar on West 7th, without dedicated Right-of-Way (LRT use only), is proposed to mix in with existing traffic. This is the worst possible scenario in good weather, let alone during Minnesota winters. One delivery truck, stopped on the LRT track, can cause total disruption of all traffic.

The current Riverview Corridor Plan has managed to combine the worst parts of the existing Green and Blue Lines and is jamming them onto West 7th Street and through the Highway 5 Tunnel. The Riverview Corridor Project should be stopped dead in its tracks, sent back to 2013 and restarted with new alternatives that will work in 2021 and beyond.

Greg Struve is a member of Citizen Advocates for Regional Transit (CART).



BUILDING AN ANTIRACIST COMMUNITY  
Will the Circle Be Unbroken?

*Will the Circle Be Unbroken* is the song and refrain that played in my mind on a continuous loop as my siblings, my wife and I stood together at the cemetery near our hometown. Generations from great-grandparents to a brother killed in a farm accident at the age of 4 are buried here. A few weeks prior, I had made my intentions known that this is where my wife and I would like our final resting place to be. To my surprise, all my siblings said "We want in." We gathered next to where our parents were buried to pick out the plots into which our cremains would someday be placed. Will the circle be unbroken? It is both a haunting and comforting melody expressing the longing and hope for the deep bond of family that transcends time and place.

We have entered a season where the idea of family moves front and center. Still loosening our belts from Thanksgiving, we turn our attention toward a time of the year in which the claims of family only deepen. Whatever our tradition, be it religious or not, we find the call of family beckons. At its best, this beckoning fosters what Celtic theologian John O'Donohue refers to as a deep sense of belonging, through which the soul knows unity. Theologian John Philip Newell refers to this unity as an often forgotten ancient harmony that knows the relationship of all things.

The deep sense of belonging toward which family can point is what the Buddhist spiritual leader Thich Nhat Hanh refers to as "inter being". Hanh says, "We cannot just be by ourselves alone. We have to inter-be with every other thing". Hanh is, of course, pointing to an idea of family that is expansive, going well beyond the nuclear relations from which we trace our family tree.

Will the circle be unbroken? Many First Nations people have long known and claimed an expansive notion of family with the expression often used by the Dakota and Lakota as "all my relatives". It is an affirmation making

space for not only people from all corners of the world, but as Ohiyesa (Charles Eastman) says in the book *Soul of An Indian*, also "with our brothers and sisters of the animal kingdom." Often forgotten by Christians, St. Francis of Assisi calls for an expansive experience of family in his *Canticle of Brother Sun, Sister Moon*. Episcopal theologian Karen Armstrong strongly argues that at their best, all the world religions have compassion at their core, which is vital for an expansive view of family.

Will the Circle be unbroken? Tragically it has been broken. This expansive view of family was broken by harm done to First Nations through genocide and broken treaties. Family was broken when slavery was rationalized and, in more recent days, when the Rondo community was torn apart to make way for a freeway. Racism is a denial of family. So, too, is unwillingness to deal with climate change and the harm it does to all of life.

For all of us, family is aspirational. It is an ideal toward which we reach. We come up short both with the smaller circle of family with whom we gather at this time of year and the expansive family to which we all belong. We come up short, which is why we experience hurt, resentment, even hatred, ultimately feeding the divisions from which we suffer. We come up short, yet we keep asking the haunting question because at the end of the day we know we need each other. We need to care for all our brothers and sisters, including, as St. Francis says, sister water and brother air. Will the circle be unbroken? It is a question at the core of any community that hopes to thrive. Will the circle be unbroken? It is a question we must continue to ask.

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



TIM JOHNSON  
columnist

HOUSING, PG 1

These ideas are just a sample of the many steps that we need to take to improve housing affordability for the people of Minnesota. If we want to make sure that every

Minnesotan is housed in a safe, warm, affordable home that they can rely on, then we will need to think outside of the box. If you have an idea that you think could help Minnesotans better access affordable housing, I would love to hear about

it. Please contact my office at sen.sandy.pappas@senate.mn or give me a call at 651-296-1802. I welcome your input and look forward to working together as a community to make sure all of us can keep Saint Paul home.

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ADVERTISING

Jerry Rothstein, Administrative Director  
info@communityreporter.org

EDITORIAL

Casey Ek, Editor  
507-382-1903  
editor@communityreporter.org

Jerry Rothstein  
Administrative Director  
651-587-8859

LAYOUT/GRAPHIC DESIGN

In-Fin Tuan  
Graphic Designer

BOOKKEEPING

Ailie Deloia  
adeloia.cr@gmail.com

STAFF PHOTOGRAPHER

Elisha May Jacobsen  
elishamayart@gmail.com

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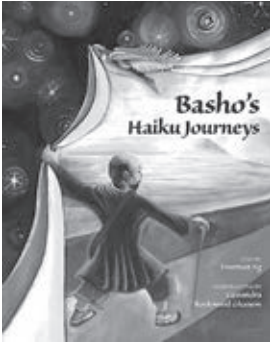
# Community News & Events



**Union Depot tree lighting**  
Don't miss the free annual holiday tree lighting celebration and movie night at Union Depot on Dec. 4. The event will feature the 2022 St. Paul Winter Carnival button reveal, photo ops and a showing of the movie *Elf*.

**Write a Haiku with Basho and Freeman**

Collaborate with the late haiku master Basho and author Freeman Ng on a unique poem you can take home. Also pick up the beautiful picture book *Basho's Haiku Journey*, a great gift for young readers this holiday season. The event will take place Nov. 28 from 2-4 p.m. at Magers & Quinn Booksellers, 3038 Hennepin Ave., Minneapolis. The book details the story of the first great Haiku master, Matsuo Basho, who gave up



his comfortable city existence for a wayfaring life, eventually making five famous journeys across the length and breadth of 17th century Japan. Written entirely in haiku and illustrated with lovingly hand-painted art by Cassandra Rockwood Ghanem.

**American Swedish Institute Solstice**  
The American Swedish Institute will host a winter solstice celebration at their 2600 Park Ave., Minneapolis, location. The Institute celebrates this powerful seasonal juncture with fun, festivity and performance. This year, North Mallow will be slinging their unique s'mores and cocoa to enjoy by the fire and, back by popular demand, reindeer will make another appearance in the courtyard. Tickets are \$10 for ASI members, \$15 for the public and \$5 for children under 18.

**Planet of the Apes at the Science Museum**  
Join U of M anthropologist Kieran McNulty and

explore the world of our earliest ancestors of apes and humans, using one of the most prolific fossil sites: Rusinga Island, Kenya. The event will be held Dec. 11 at 2 p.m. Tickets are available at [smm.org/tickets](http://smm.org/tickets).

**SPPS Launches Online Tutoring Services**  
St. Paul Public Schools has partnered with TutorMe to provide free online tutoring services to its over 33,000 K-12 students. Students will have 24/7 access to the services for the 2021-22 school year. Some students have already begun using the services. The platform offers 300 subjects in which students can receive tutoring.

**Jewish Family Service awarded Grant**  
Branching Out in New Directions has awarded St. Paul's Jewish Family Service a \$10,000 grant to benefit the latter's Employment Service Program. The grant will help JFS help people find immediate employment, which the organization believes will lead to stabler futures for clients and their families. In 2020, served 27 people who were searching for employment. "For 2021, we expanded the employment program from a half time to a full-time employment counselor," said COO Tim Gothmann. "JFS is committed to finding additional funding to further expand the program to meet our community need."

**Old National Bank Foundation Awards Grants**  
Old National Bank Foundation, a philanthropic arm of Old National Bank has announced it will donate \$87,500 to nine nonprofits, including two based in St. Paul. The Latino Economic Development Center received \$15,000 to for Latino entrepreneur and small business development, and Voyageur Outward Bound School received \$10,000 for community partnerships. "The Latino Economic Development Center is proud and honored to receive this generous grant from Old National Bank, as this investment will ensure more Latino small businesses and entrepreneurs receive the support they need in these challenging times," said Henry Jiménez, executive director of Latino Economic Development Center, per a release.



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**THE 2000S, PG 2**

The story also noted that the restaurant was the Community Reporter's first advertiser, a tradition that Mancini's Char House carries on to this day.

Nick Mancini was well known for giving back to the neighborhood and the story noted that "Sons Pat and John have taken to heart their father's tradition of hospitality by serving steak dinners to thousands of National Guard troops serving in Afghanistan and Iraq." We like to think that Jim Wosika might have enjoyed one of those dinners from home before that fateful day in Fallujah.

**2008 RNC Comes to the Xcel Center**  
Anyone's political preferences aside, it was a very big deal when St. Paul's Xcel Energy Center was chosen as the location of the Republican National Convention in the summer of 2008. Restaurants and bars downtown and along West 7th prepared for crowds of delegates as well as journalists from around the world. Their hopes were disappointed, however, by a heavy security presence and by the fact that most conventioners were bussed to their hotels in Minneapolis immediately after each day's business was concluded. "West 7th Business 'A Disaster' During the RNC" read the headline in the October 2008 Community Reporter. "Many restaurants had added staff, bought extra goods, and

## Help Community Reporter grow for the next 50 years!

- Send recollections or other editorial contributions to [editor@communityreporter.com](mailto: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](http://givemn.org/organization/Community-Reporter) or by sending a check to: The Community Reporter, 265 Oneida St., St. Paul, MN 55102.

extended hours for nothing," said the front-page story." A handful of businesses did well. "Law enforcement wanted to be caffeinated," said an employee from the Caribou Coffee on Shepard Road. Yet most shared the experience of Pat Mancini, who said, "It was a disaster for businesses. We embraced it for the city [but] West Seventh was turned into a security zone."

That heavy security presence also produced some truly frightening tales of people running from tear gas fired by police in an apparent overreaction to a generally peaceful protest near the Xcel Center. "No one was hurt, no windows smashed," wrote contributing editor Maxine McCormick. "But at the end of the march, the police launched tear gas to disperse a few hundred of the lingering crowd."

McCormick vividly described her own experience. "The smoke stung my eyes and I could barely see. I walked on. Bang, another [tear gas cannister] landed three feet from me, my eyes began to flood with tears." McCormick made it home safely that night, but "felt a terror inside me that had never

been there before." She added, "Although ten people were arrested that evening, no crime was committed or reported as such. ... I fear the loss of our freedoms."

Our quiet St. Paul neighborhood can often seem removed from the events of the world. But when those events affect us directly, we at the Community Reporter try to report on them objectively and share those experiences with our readers.

*A lifelong St. Paulite, Paul Bard has served on the board of the Community Reporter since 2017.*



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# Community Nourishment

## Claddagh coffee reaches 10-year milestone

BY CASEY EK

Mary Hogan-Bard was known among her friends to make a mean cup of coffee—pour overs were her specialty. They would often tease her, asking when she might open a storefront of her own. The former special education teacher, who then spent 17 years as a stay-at-home mom, wanted to try her hand at her own venture and began seeking advice from successful St. Paul coffee shop owners to see if her idea for a shop of her own might stick. The rest, as they say, is history.

On Oct. 30, Mary, who sits at the helm of neighborhood staple Claddagh Coffee, located at 459 West 7th St., celebrated the business's 10th anniversary with a crowd of supporters, new and legacy. Among the tables set out at the celebration sat poster boards plastered with photographs throughout the years. Many photos were of former staff who have gone on to have acting and musical careers. One photo shows a pair of sisters who have tattooed the shop's logo on the backs of their necks. Another photo depicts a quieter moment of a patron reading a newspaper.

"Who knew I would go this long," Mary said. "For me it's been very humbling."

Mary likened the 10 months it took to get the establishment off the ground to carrying her fifth child. Between trying as many cups as possible of artisan coffee in St. Paul and practicing her own coffee making technique, she had her hands full.

Mary settled on an unlikely location for her store: a former adult bookstore. But the space was perfect. Leading up to opening Claddagh, Mary had visualized everything from how the space would be laid out architecturally, down to the conversations her patrons might have. All she needed was a name.

After struggling to come up with anything that captured the essence of her vision, Mary's son Liam finally said, "Mom, how about 'Claddagh.'" The name was so obvious that it eluded her.

The term "Claddagh", in addition to being the name of an Irish Village, is the name of the Irish symbol of folded hands holding a crowned heart that signifies friendship, loyalty and love.

These values have been on display on countless occasions over the last 10 years. One of the primary questions Mary asks new hires is what they think customer service means. Many customers have held birthday parties at the establishment. One family even held a funeral there. Some customers trust Mary with dating advice, and the store owner has on multiple occasions sneakily given the thumbs up or down on customers' dates reined in from dating apps.

Employees too, Mary said, have become like family to her. While she knows working at Claddagh is a steppingstone for most who aspire to life outside the coffee industry, she is inspired by the fact that she may have played some role in their future successes.

"I feel proud that I was able make a difference in the lives of actors, musicians and students of all types," Mary said.

Now at 63, Mary isn't sure how much longer she will keep at it. It wasn't too long ago that a back injury took her out of work for around a month, and since then she has learned to delegate tasks, including to her daughter Molly Bard, who now manages



Mary Hogan-Bard stands among dozens of photographs documenting Claddagh Coffee over the last 10 years. The poster boards were on display at the coffee shop's 10-year celebration Oct. 30.

Claddagh. Molly has her sights on opening Emerald, a wine bar next door in what was once the River Garden Yoga Studio. She is hoping to open around mid-December, Mary said.

As Mary looks back at the last 10 years at Claddagh, which has an additional satellite

location at 612 Selby Ave., there isn't much she would change.

"I thought to myself when I was opening, 'I'm going to live without regret,'" Mary said. "I didn't know how long the store would go on, and if it didn't work out, I could at least say I tried."



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# In the Community

## Keystone Responds to pandemic with creativity

BY JERRY ROTHSTEIN

Keystone Community Services is one of the organizations with which our community is blessed — devoted to looking for areas of challenge and creating programs to help meet the needs involved. In its decades of service, staff and board members have engaged in an ongoing assessment, leading to the complex planning, fundraising and executive activities necessary to create responsive and effective solutions.

In many ways, Keystone and its people represent a group that has long recognized the critical situations that many in our community live with every day, and the stresses that come with constant pressure to put a roof over one's head, food on the table, clothing for the family, health care and good education for the children. These represent the baseline of Maslow's insightful "hierarchy of needs," without which such goals as self-actualization and transcendence are not possible.

With the pandemic and measures taken to deal with it, now almost everyone sees that the crisis we are in now on a global scale is an expanded version of those critical situations Keystone and other agencies have been dealing with for years.

To learn how Keystone responded to the changes and intensifying needs, we spoke with President/CEO Mary McKeown. She began by recalling the growing shock experienced as the breadth of COVID-19 became clear, and its implications for every aspect of Keystone's work.

"Even while we felt fragile, we used our strengths — some familiar to us and some new — to help us through the challenges," McKeown said.

Keystone's core strength begins with the genuine desire to look at and to reflect on real-world situations. Looking away may be momentarily easier, but it's a luxury we can't afford. Mary added, "Depending on its core values of building relationships and being there for the community, Keystone has shifted and changed every one of its programs since Covid began."

In the process, Keystone has learned a lot about new ways to offer its programs.



A volunteer with Keystone Community Services packages food at a recent event.

**VOLUNTEERS NEEDED!**  
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**Food support is critical.** Linking with the food rescue movement, Keystone has increased its distributed food to include more than 50% of rescued food, up from 10%. To take advantage of this, new infrastructure was developed. A new community food site will add capacity for food that needs preservation. The drive-up food service, and monthly free grocery delivery program, join Meals on Wheels and have reached new clients.

**The low-income population is a remarkable and somewhat unknown asset to society.** Qualities of creativity,

resiliency, networks of mutual support, ability to use limited resources effectively, can be enhanced when an agency like Keystone pays attention. Keystone offers a range of resources that includes social work support, friendly visiting phone calls, the Active Seniors program, many types of exercise, social and learning activities, the Cyber Seniors group with free courses on learning to function with computers, smartphones and social networking.

KEYSTONE, PG 6

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# In the Community

## Mary Cutrufello to Lead Federation

By JERRY ROTHSTEIN

When Mary Cutrufello plays a music gig at The White Squirrel [you can see her there with Trevor McSpadden on Nov. 30, 6-8 p.m. at a free event and every Tuesday] she is in the building where decades of West 7th/Fort Road Federation activity took place, in the years when Betty and Ed guided the organization through challenging times, and retired with a proud record of successes defending and enhancing the neighborhood.

And now, Mary has taken on the Executive Director/Community Organizer role for the Federation after the departure of Emily Northey, whose four years at the job also brought much progress.

Among the special West Enders who bring music to the work of community development, Mary joins Dr. Tim Rumsey, pioneer in community health, and Dave Thune, whose service on the city council was outstanding, both of whom have popular local bands.

Mary brings a fascinating combination of interests, experience and skills. She grew up in Connecticut and earned her undergraduate degree at Yale in American Studies. After graduating, she moved to Texas and during the next decade built her music career as a singer and guitar player, touring, on television, and recording for Mercury Records. In 2001, she was looking to make a move, and the Twin Cities music vibe and musicians she had met



Mary Cutrufello

attracted her to move here.

By 2012, she had come to West 7th, buying a house in the Palace Rec area. She was supporting her music by driving for FedEx Ground but got hurt on the job. Workers' compensation allowed her to shift into graduate school, and because she had been so interested in seeing the ways people interacted with their environments — neighborhoods, organizations, government — she decided to go into urban planning at the Humphrey School of Public Affairs.

“It seemed like it spoke to things that had fascinated me all my life,” Mary said

While there, she was part of a five-person group doing a capstone project with the City of Medina, working with the public on the train station that was concerned with community history.

Since graduating with her master's degree, Mary has worked as a planner for the City of Oakdale, working with the city council and learning about the dynamics of a small city government. She joined the Federation board in 2020 as Area 1 Coordinator and became First Vice President this year.

When the position opened, Mary decided to apply, seeing it as an opportunity to get things done in her own community with an organization she had already begun to know and work with. Dealing with the changes that will come to our community is a challenge she appreciates.

Mary wants to work toward engaging a wider swath of neighborhood people and develop a continuing dialogue on community issues with all of us.

Looking back on her graduate school experience Mary recalled: “I learned so much there that I didn't even know needed learning.” Let's wish her the same possibility as she begins her complex responsibilities for the Federation.

Mary can be reached at mary@fortroadfederation.org.

## Recollections: A Case of Brotherly Love: November 1997

By TIM RUMSEY, MD

Frank Heller's older brother Raymond was hospitalized at United with metastatic prostate cancer. He did not look good. Frank stayed with him in his hospital room for 12 hours at a stretch. I was making rounds one day and heard an emergency overhead page for a code blue in 4902, Raymond's room. I hurried down from the sixth floor. I busted into Raymond's room. Two of our resident physicians were CPRing Frank on the floor where he had collapsed in mid-sentence while talking to his brother. Ray was still in his own bed, white as a lab coat. His nurse had a hand on his shoulder.

“Let's get a backboard,” I yelled. “And lift this Mr. Heller to the bed!”

Ray's nurse helped him to a chair and the residents, and I hoisted Frank onto the bed. We hooked him up to Raymond's cardiac monitor. Frank's tracing was all squiggles and sharp triangles.

Frank and Raymond were lifelong bachelors still living in their family home on James Avenue. Their parents were long gone, but two older sisters lived in houses just a couple of blocks away. Gerry Lauer and his wife, Marcella, lived across the street from Frank and Raymond. They all lived in the German part of West 7th. St. Francis parish, where church services were in German until 1932 was a staple in the neighborhood. The

Hellers and Lauers went to St. Francis grade school together.

Mrs. Heller lost her first three pregnancies and was told she could never have a child of her own. In 1914, two days after her last miscarriage, she took the Randolph streetcar three miles west to St. Joseph's Home for Children and pledged 10 cents a month in hopes of someday adopting a baby boy. Four months later, she was pregnant. Raymond was born in the spring of 1915, their miracle baby. Frank was born a year later. Mrs. Heller sent St. Joseph's 10 cents a month until she died.

Frank always appeared thin and anemic, but it was Raymond who got polio at age 7. He spent 10 months in the contagion building at Ancker Hospital, three of those months in an Iron Lung. He almost died. Raymond finally came home with braces and crutches. He developed into a robust youngster with a powerful upper torso. He even pulled Frank around in a wagon; crutches and braces looking like a harness. Frank remained thin and anemic.

Frank was, and still is a near genius. Gerry Lauer said he had a photographic memory and was always bookish and a little bit different. The schoolboys at St. Francis made fun of Frankie with his high voice and white, white skin.

Raymond became an accountant and did the neighbors' taxes. He ran his business out

of their home. Frank was his assistant and delivery man, but mostly Frank hung out at the Minnesota Historical Society or the main branch of the St. Paul public library looking up anything to do with West 7th. Newspapers, photos, street directories, letters and local histories were all in his purview. One hundred years of microfilmed St. Paul newspapers all became part of his memory bank

Frank's EKG tracing went flat, and the residents electro-shocked him twice. Frank rose off the bed, levitating as if to capture his escaping soul. Anesthesia arrived to intubate him. Two IVs were started. Cardiac drugs were injected, and Frank was brought back from the edge of a trip to heaven.

Poor Raymond could only watch all this from a chair in the corner of his room. Raymond saw Frank all wired and tubed and IV'd. But he saw that he was alive. He reached over from his chair and grabbed Frank's hand and cried.

Frank was transferred to cardiac intensive care on the 3900 wing, directly under Raymond's room. Bunk beds Their sisters sent the exact same get-well card and box of dusty pastel mints to each of them. On rounds, I'd see Raymond's card and candy; then I would go downstairs to see Frank and his.

A week after his collapse, Frank had cardiac bypass surgery and Raymond was transferred to the hospice at Our Lady of Good Counsel.

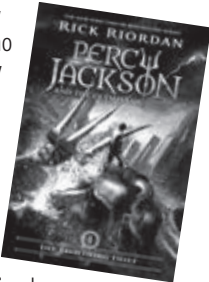
## BEA'S BOOKS Percy Jackson and the Lightning Thief



BEATRICE COSGROVE reviewer

**Percy Jackson and the Lightning Thief** by Rick Riordan is about Percy, a kid living in New York. He goes to Yancy Academy. His favorite class is Latin with Mr. Brunner. His most hated class is math with Mrs. Dodds, a cruel woman, whom he accidentally vaporizes at a museum with a ballpoint pen. The whole thing seemed dreamlike. Finally, when a long-awaited summer arrives, Percy gets swept up into an adventure that could determine the fate of some sort of World War III. After another mysterious battle with a monster (this time no ballpoint pen), Percy gets to Camp Half-Blood, a camp for children with one parent who is a god, and one who is mortal. The camp is concealed from view to all mortals, ensuring that no mortal knows what's actually happening in the 'strawberry fields' inside. After spending some interesting time at Camp Half-Blood, Percy is sent on a quest to retrieve Zeus's lightning bolt, his most powerful weapon, from Hades with two of his friends, Grover and Annabeth. They face odd looking garden gnomes, monsters, a weird mattress salesman, monsters, an abandoned water park, monsters and much more (Did I mention monsters?). But not all their journey is bad as genuine kindness and friendship are shown several times. Once when Annabeth, Grover and Percy find themselves in the back of a truck with three animals, a zebra, an albino-lion and some sort of antelope, (thanks to Ares), the three friends give the animals water and the right food. This quest teaches Percy the importance of cooperation and friendship, and that no matter what, true friends are always by your side, cheering you on, making you smile. Percy narrates the story in a convincing and funny way that got me laughing. I have to admit I hadn't thought I would like Percy Jackson, but here I am giving you a recommendation to read The Lightning Thief. Readers, here I've learned you must try new things no matter what your brain is telling you. Hey, that's how I discovered asparagus.

*I recommend this book to ages 11 and older.*



By Terry Giinther, Library Manager

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If you have any questions, please call the West 7th Library at 651-298-5516 or stop in and see us. We are happy to help.

### Library Hours

The West 7th Public Library, 265 Oneida Street is open Mondays, Thursdays 12:30-8pm, Tuesdays 11:30am-5:30pm and Wednesdays, Fridays 10am-5:30pm. The library is closed Saturdays and Sundays.

## LAWSUIT, PG 1

“For a lot of people, they conflate us with our guests. We get treated in the same way. For us, it [community backlash] gives us a tangible feeling of what our guests are going through. We've been through it before. We'll probably go through it again,” Jalma said.

For the time being, Freedom House will stay its course on West 7th. Jalma said the facility is actively seeking volunteers and donations, both material and monetary, as they prepare for the harshest months. Donations can be made online at listeninghouse.org/make-a-gift. Checks can be made to Listening House of St. Paul, 464 Maria Ave., St. Paul 55106. Jalma also continues to urge the public to tour the Freedom House facility so they can get a sense for the lives of its guests.

“Ultimately we need to be open so people can be warm this winter.”

Listening House Executive Director Molly Jalma

Keystone

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Holiday Closures

All Keystone Community Services programs and locations will be closed on December 23-24, and 31 so that our staff can enjoy the holidays with their families.

Support Express Bike Shop this Holiday!

Are you dreaming of a bicycle under the tree this year? Shop local and support community youth by shopping at Express Bike Shop. Our staff can help you find the perfect refurbished bike, and if they don't have exactly what you need, they'll build it for you. You can also find accessories like helmets, bells and baskets that make great gifts. And don't forget to donate your old bike or bike parts so our mechanics can transform them into a spiffy new set of wheels for our community. For more information, visit [www.exbike.com](http://www.exbike.com).

Food Distributions

Fare for All will be back at the West 7th Community Center on Dec. 10t from 10 a.m. to noon. Stock up on low-cost holiday food packages for all of your parties and family gatherings. This event will be indoors in the West 7th Community Center gym, and masks will be required.



BULLETIN BOARD



**“Annie” a smashing success for Children’s Theatre**  
The Children’s Theatre Company’s production of Annie is in full swing with performance running until Jan. 9. Purchase tickets online at [childrenstheatre.org](http://childrenstheatre.org) or call the ticket office at 612-874-0400. The theater is located at 2400 3rd Ave. South, Minneapolis.

**HOLIDAYS ON THE HILL**  
From now until Dec. 31, Discover the Christmas traditions of the turn-of-the-century Hill family and servants at the James J. Hill House with Holidays on the Hill. Admission includes self-guided access to holiday-themed exhibits and a 60-minute guided tour. Tickets are available at [mnhs.org/hillhouse/activities/calendar?s=8472](http://mnhs.org/hillhouse/activities/calendar?s=8472).

**DRUM CENTER DJEMBE CLASS**  
The Women’s Drum Center is offering a beginning hand drum class on Wednesday, Dec. 8, 3:30p.m. to 4:30pm: Djembe Joy. Class members play djembes to explore pulse and rhythms. Easy, energizing exercises will be utilized to build skills. Join the drum center for the opportunity to explore an enriching musical experience. The focus will be on having fun. Instructor: Jo Klein. Drums are provided. Masks are required. Th event is \$10 per participant. Register at [www.womensdrumcenter.org](http://www.womensdrumcenter.org).

**43RD ANNUAL LANDMARK CENTER OLD-FASHIONED HOLIDAY BAZAAR**  
Landmark Center will open its doors for the 43rd annual Landmark Center Old-Fashioned Holiday Bazaar featuring 60 booths from local artists who offer handcrafted jewelry, décor, paintings, woven and wearable art, handmade lotions and soaps and more. The event will run from Dec. 2-4 from 10 a.m. to 7 p.m. Dec. 2-3, and 10 a.m. to 5 p.m. on Dec. 4. Landmark Center is located at 75 5th St. W., St. Paul.

**SUNDAYS AT LANDMARK: SANTA’S WORKSHOP**  
Stop by Landmark Center for a free photo with Santa Claus and find games, gift making and J.B Eckert reading classic children’s Christmas stories in the process. The event will take place Dec. 12, 1-3 p.m.

**FARE FOR ALL**  
Fare for All will be back at the West 7th Community Center on Dec. 10 from 10 a.m. to noon. Stock up on low-cost holiday food packages for all your parties and family gatherings. This event will be indoors in the West 7th Community Center gym, and masks will be required.

**HIKING INTO THE NIGHT**  
Visit the Belwin Conservancy, 1553 Stagecoach Trail S., Afton, for an exploration into the other half of day, when darkness envelops our world. The hike will begin inside with a brief overview of winter night

life at Belwin and will then head out to witness the beauty of the dark. Hikers will end the evening with light refreshments around a fire. Visit [belwin.org/](http://belwin.org/) events for more details and to RSVP. \$20 per family. RSVP required. Open to ages 12 and above. Minors must be accompanied by an adult.

**TALES OF THE TWINS**  
Join award-winning writer Tom Weber, and Local historian, Bill Lindeke, for a conversation centering on the whys and hows of the relationship between St. Paul and Minneapolis. The free event will take place at the Minnesota History Center, 345 W. Kellogg Blvd., St. Paul, from 2-3 p.m., Dec. 11.

**CARBON MONOXIDE DETECTOR MANUFACTURER REMINDS PUBLIC TO CHECK DEVICES**  
First Alert, one of the most prominent manufacturers of carbon monoxide detectors is reminding the public that the devices do not last forever. In 2007, Minnesota put forward regulations that required the installation of the devices in newly constructed single-family homes and multi-family dwellings, but alarms only last five to seven years, so alarms install seven years ago are now likely to expire.



**OUTDOOR PAINTERS EXHIBIT**  
From now until Jan. 8, the Frameworks Gallery, 2022A Ford Parkway, St. Paul, is hosting the Outdoor Painters of Minnesota Exhibit. Shop in person or online at [frameworks-gallery.com](http://frameworks-gallery.com). artworks can be picked up at the gallery or shipped to your door. Stop into the gallery to view items in person from Monday to Friday from 10 a.m. to 7 p.m. and Saturday from 10 a.m. to 5 p.m.

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KEYSTONE, PG 5

**For youth and families,** Community Kids after-school and summer learning programs are part of the 21st Century Learning Center, which offers programs and support to both the children and their families, and is an award-winning example of how much can be done to supplement the schools. Additionally, tutoring and academic support, career pathways and job readiness, the Best Buy Teen Tech Center, communication skills and enrichment activities have all been modified while COVID-19 precautions are necessary. **Seniors Programs** developed virtual options when in-person gatherings were not possible, and were able to serve more than twice as many older adults during the

pandemic. **What did we learn?** Mary reflected on the process that led to new insights: “We discovered a lot of different ways to do our work, which included virtual programs that participants like and want to continue when relevant, such as in winter. On-line youth employment training gave access to many new participants and will continue. We have challenged ourselves to find ways to create relationships, even when connections are virtual. “Our learning process from COVID as well as from George Floyd’s murder has heightened our understanding of what we must be known for: greater access; better service; equity; responsiveness. Shame on us if we don’t do things differently with all we have learned.”





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