

Community REPORTER

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CITY PERSPECTIVE

Wonky policy changes make biggest impact



REBECCA NOECKER
CITY COUNCIL
MEMBER, WARD 2
columnist

One of the ironies of local government is that the really important stuff rarely makes the news. Ribbon-cuttings, program launches and controversial tweets dominate the headlines, but it's often the mundane, wonky policy changes that make the biggest impact—and don't garner much attention.

One such change is happening now, as we revise the city's Class N licensing process. Class N licenses require public notice because the business requesting the license is likely to have more of an impact on its surroundings. Businesses that require Class N licenses include auto body repair shops, gas stations, health clubs, venues that sell liquor and more.

I got interested in our licensing processes after hearing from small business owners about how complex and burdensome our requirements are, especially compared to other cities. Owners shared with me how many of them faced months of back and forth messages with city planners, paperwork, appeals and other obstacles just to open or expand.

When businesses have trouble getting licensed, it's not just a problem for our economy—it affects our neighborhoods too. Some of the most precious places in our city are the coffee counters, barber shops and sidewalk cafes where we go to meet neighbors, celebrate special occasions or just see friendly faces. When we think of what gives our neighborhoods their unique character, it's often these small, local establishments.

Right now, our Class N licensing process is a serious obstacle for small business owners. Businesses applying for a Class N license have to petition neighboring properties for support—a process that was burdensome and inequitable before the pandemic and now has become even tougher since. Businesses trying to open in neighborhoods where people work more outside of the home or speak a language other than English have an especially hard time. After petitioning, aspiring business owners have to wait 30-45 days to see if there are any objections to their application. To avoid this onerous delay, many businesses apply to their district councils to waive the waiting period, creating more work for overburdened district council staff.

We're proposing to improve the process in a number of ways—most notably, by eliminating the petition requirement and shortening the waiting period to 15 days. This means it will take the average business half the time to get a license and start serving customers.

There's always a risk of going too far toward deregulation and removing important safeguards that ensure businesses will be good neighbors. So we've added a requirement that businesses notify their district councils before their license application is deemed complete and notifications will still be mailed out to neighbors so residents have a chance to register objections. Should a business become a public nuisance or otherwise endanger public health or welfare, the city can impose additional license conditions to correct the problem at any time.

LICENSING, PG 2

Mayor Carter calls for 15% property tax hike for 2023

St. Paul Mayor Melvin Carter is calling for a 15.34% property tax levy increase as part of his 2023 \$782 million 2023 proposed budget. The proposed property tax levy totals \$202.3 million.



This increase would amount to roughly \$19.25 per month, or \$231 per year, increase for a median value home in St. Paul.

On Aug. 18, Carter outlined his budget to a crowd of St. Paul city leaders and the general public at the Harriet Island Wigington Pavilion. Overall, the budget is a \$41 million increase from the \$741 million 2022 adopted budget. Carter offered that the majority of the property tax levy increase (about 7.74%) is due to the transfer of the street maintenance program to the general fund.

Carter's budget calls for adding 53 full-time city department employees. This includes 19 new employees for the police department—which constitutes 30.2% of Carter's overall budget—and eight for the fire department—21.1% of the overall budget—to meet increased public safety needs in the wake of the pandemic.

"The nationwide surge in violent crime we saw after the onset of the pandemic has brought some of the most traumatic experiences our city has ever endured, including a record number of homicides in 2021," Carter said. "We have



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St. Paul Mayor Melvin Carter outlines his proposed 2023 budget at the Harriet Island Wigington Pavilion Thursday, Aug. 18, 2022.

invested heavily in our police department to address these challenges."

The climax of Carter's address came as he announced a proposal for a new "Inheritance Fund," a program backed by the city's existing affordable housing trust fund that would allow for up to \$100,000 in forgivable loans for income-qualified descendants of those displaced

by the construction of Interstate 94 through the Old Rondo neighborhood to use for home buying and remodeling.

Visit bit.ly/3QRpjCR for a full breakdown of the budget.

Share your thoughts on the budget: editor@communityreporter.org.

Jazz Fest seeking new leadership as Hecklers plan exit

BY CASEY EK

After about 25 years, Twin Cities Jazz Fest luminaries Steve Heckler and Kristine Heckler will be stepping down following the 2023 season. Steve is the organization's executive director, and Kristine is its project coordinator.

Next season will mark the festival's 25th year, after which the pair will make their exit. The festival is seeking a replacement executive director. Those interested in the role can submit their resumes, cover letters and three professional references to hshrhits@msn.com with the subject line Last Name, First Name ED Applicant. The new executive director is expected to phase in beginning this November and will switch to full-time next November. Interviews are expected to begin Sept. 20.

History of the Jazz Fest

The jazz festival's story begins in 1999 in Minneapolis when Steve Heckler and Steve Adams, with the help of the Minneapolis Downtown Council and Jazz88FM's Kevin Barnes, brought to life a primordial version of the festival to Peavey Plaza where 3000 guests showed up.

The makings of the festival's eventual permanent move to St. Paul began in 2003 when Steve Heckler and Barnes were driving around the city to scope out spots for a prospective site for a St. Paul wing of the then thriving Minneapolis festival.

"We both slammed on the brakes when we saw Mears Park," Steve said.

So, for the next five years, the festival ran in both cities until it became clear amid waning support in Minneapolis that pivoting to St. Paul was the best option. In 2009, with the help of Joe Spencer, director of arts and culture with Mayor Chris Coleman's office, who connected the festival with sponsors, the Twin Cities Jazz Fest made its St. Paul-only debut.

Organizers expected the 2009 festival (headlined by Allen Toussaint and Esperanza Spalding) to draw several hundred people; instead around 8,000 people showed up, and it became clear that St. Paul was the rightful home for the festival for good.



Kristine and Steve Heckler at KJ's Hideaway, 408 St. Peter St., St. Paul

Today, Kristine and Steve get satisfaction knowing they played at least some role in revitalizing St. Paul's Lowertown area of which Mears Park is the center. When the festival first came to St. Paul, all-day parking was \$1 and some buildings abutting Mears Park laid mostly vacant. While there is a fair amount of vacancy in the area today, the jazz festival has remained a draw, and as the city continues to claw back from COVID, the festival will no doubt play a major role in filling the empty spaces in Lowertown. In addition to the main stage at the park being a centerpiece, the two-day festival that kicks off summer brings audiences to nearby businesses to hear youth ensembles and join seminars led by headliners.

Jazz, Steve said, has a unique power to unite

the community because of the freedom it allows the musicians and audiences to feel. It's part of the reason he feels people have come back to the festival year after year.

"It [jazz] allows a musician to go into places you usually couldn't go. In a nutshell it's a freedom of expression. The boundaries are not quite what they are in rock or blues," Steve said.

The road ahead

Now over a decade since the St. Paul pivot, the husband and wife pair have seen just about all there is to see in the world of St. Paul jazz. That's largely because for the last 24 years, the festival and its behind-the-scenes goings on have consumed their lives morning and night,

JAZZ FEST, PG 2

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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*

BUILDING AN ANTIRACIST COMMUNITY

An Infant's Choice

TIM JOHNSON
columnist

He is only 4 months old, yet even at this early age he has already discovered a lesson that can guide him through his life. First, his head sways one way and then another. Pretty soon his body is joining in the movement. A few days earlier, he had discovered he could move by himself from his tummy to his back. Now he wanted to do it again. The first try was not a success. Nor the second, but he kept going and on the third try he was lying face up. This is the privilege of being a grandfather, having the time to observe and ponder the realization of a 4-month-old that he has agency, the ability to choose and act.

Harnessing our agency is a lesson we need to relearn and reclaim throughout our lives. Many of us come to believe, and are often encouraged to believe that we have no such agency. It is our lot to accept things as they are. We feel powerless to address or make a difference with concerns and issues that impact our lives, our communities and nation. From gun violence to climate change, from police reform to racial inequities, from potholes to fair housing, the message many folks absorb is there is nothing you can do to make things better. This orientation feeds cynicism about our common life, disengagement and ultimately powerlessness.

You have no agency; you have no capacity to act is a message of oppression. It serves the interest of those with power, authority and access to resources they would deny to others. No one knows this more than those who from birth are systematically told you will be acted upon, but you

must not act. In her book, *State of Emergency*, civil rights activist Tamika Mallory identifies the rules Black women are taught to follow: "1. Do not raise your voice when faced with any challenge...3. Never ask for help... 4. Don't talk back...6. Don't protest unjust abuse...." She goes on to innumerate numerous ways in which African American women are told 'you have no agency; you have no capacity to act.'

For Tamika, and for all of us who on any level and in any context have absorbed this disempowering message, the antidote, the means of resistance, is to reclaim the power we knew as infants. Persist. Do not give up. Believe in your own capacity to act and make a difference. Trust your own ability to roll over.

In a recent interview on Minnesota Public Radio a young Indigenous college student was one of several Indigenous youth being interviewed about his college experience and education experience in general as an Indigenous youth. He shared how a white teacher sought to silence him when he corrected her about what she was describing as the experience of native people. He refused to be silent, because he had been taught by his Indigenous community that his voice was to be valued. He had agency. He had the capacity to speak up and speak out.

Having agency, the capacity to act is never something that exists in a vacuum. It needs support from the community, and it needs to be guided by values that deeply inform the type of people we seek to be and the world we hope to build. There are plenty of selfish and cruel acts that have agency. Community and values matter when it comes to the choices we make. But, it all begins with awareness we have the capacity to choose.

Austrian psychiatrist, Victor Frankl spent three years experiencing the horrors of Nazi concentration camps. In his highly influential memoir *Man's Search for Meaning*, Frankl says this about our capacity to choose: "The experiences of camp life show that man does have a choice of action. There are enough examples, often of a heroic nature, which proved that apathy could be overcome, irritability suppressed....Everything can be taken from a man but one thing: the last of the human freedoms - to choose one's attitude in any given circumstance, to choose one's own way." My grandson chose to roll over. He discovered his agency, his capacity to act. I hope it is a lesson that stays with him throughout his life.

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

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WEST END HEALTHLINE

Health Benefits of Being Outside

BY NATHAN HINRICHS, MD

Over the last century, more and more people in the U.S. are moving to large cities for work opportunities and socialization. One consequence of living in the city has been a decrease in time spent outside. This may not seem like a big deal, but research has shown that spending more time outdoors, particularly in green spaces, improves health as this reduces blood pressure, heart attacks, strokes and stress. In other words, getting outside may result in needing less medication and getting your body feeling better.

The reason for why increased time outdoors improves health is likely related to many factors, including increased physical activity, social interaction and decreased stress. Spending even 20-30 minutes outside a few days per week reduces stress hormones, improves mood, focus and attention and decreases rates of depression and anxiety. As doctors, we recommend all adults get at least 30 minutes (and kids 60 minutes) of physical activity every day. There is no better place to get this done than outside. Spending time outdoors is also a way to get vitamin D from sunshine in the summer, which helps with bone growth, immune system health and improves mood. Parks

and green spaces improve social interactions among neighborhoods and communities, leading to decreased rates of crime. This makes outdoor spaces important not only for your health, but also your safety.

Living in Minnesota, we are fortunate to have many green spaces to enjoy, even amid our largest cities. In St. Paul and Minneapolis, we have numerous parks and trails to enjoy that offer a wide range of healthy outdoor activities such as walking, hiking, biking, tennis and pickleball, baseball and softball, soccer, basketball, as

Spending even 20-30 minutes outside reduces stress hormones, improves mood, focus and attention and decreases rate of depression and anxiety. This makes outdoor spaces important not only for your health, but also your safety.

well as playgrounds and pools for children to enjoy. Winter parks also offer plenty of activities for those willing to brave the cold. These include ice rinks, cross country skiing trails, downhill skiing/snowboarding hills and others. Look around where you live and see if you can find these places to enjoy the outdoors.

Dating back to the 1800s, policymakers in London recognized the positive health benefits of having easily accessible outdoor green spaces for its citizens to enjoy, referring to these parks as the "lungs" of the city. The World Health Organization defines a healthy city as "one that continually creates and improves its physical and social environments and expands the community resources that enable people to mutually support each other in performing all the functions of life and developing to their maximum potential." Many cities in the U.S. today contain green spaces, but access to these parks can sometimes be challenging depending on where you live. Lower income neighborhoods

tend to have less access to green spaces, and this can be detrimental to the health of that community. Encouraging our district councils and local government to increase and support places to be outside will benefit everyone. Promoting the creation and use of parks and green spaces is an important way to improve the health of your community.

As this summer comes to a close, make sure to spend plenty of time outdoors. Start planning on how you will enjoy the beautiful fall colors by being outside. Gather your friends and family for a walk or hike, or even consider picking up a new hobby or activity such as gardening, biking or tennis. Encourage people all around you to enjoy the outdoors. Your body and mind will be glad you did, and you will live a healthier and happier life.

Nathan Hinrichs, MD is a family medicine doctor at Allina Health United Family Physicians, 233 Grand Ave, Saint Paul, MN 55102, 651-241-5200

LICENSING, PG 1

Taken together, these changes reflect a fundamental and important shift in how we view our small businesses. Rather than assuming they'll create problems and requiring them to jump through hoop after hoop before they ever put out their shingles, we're now operating on the assumption—backed up by evidence—that most businesses are good neighbors and they should be given the chance to prove themselves without spools of red tape from the very start.

These changes may not make the news, but they should make it a whole lot easier for businesses to open and thrive in St. Paul—which is good news for all of us.

Rebecca Noecker, Ward 2, 15 Kellogg Blvd. W 310-B City Hall, St Paul, MN 55102; 651-266-8620; ward2@ci.stpaul.mn.us

JAZZ FEST, PG 1

the couple said.

What began as one whiteboard in their home to help track the logistics of the jazz fest grew to two then three over the years. When Steve is busy finding discovering the next up and coming acts like Henry Berberi, a 17-year-old sax player out of Morris, Minnesota, Kristine might be hiring volunteer coordinators and making sure electronic ticket sales are going smoothly.

With the festival having occupied the last two and a half decades of their lives, the couple is ready to step out of the limelight. They feel assured that their exit will go smoothly because of who they believe are strong leaders within the jazz fest's ranks and the loyalty of the festival's sponsors.

Sponsors' loyalty was put to the test during the 2020 lockdowns when the jazz fest was forced to pivot to virtual shows.

These virtual spots got the attention of the national AARP (formerly American Association of Retired Persons) offices who then partnered with the jazz fest. This sent viewership of their weekly casts to over 80,000 worldwide viewers for some shows. The sponsors held strong even before this exponential success, Steve said.

KJ's Hideaway, which opened last year, became a main host site to this concert series, which has continued since 2020 and is expected to go until at least this December. The establishment is a proper venue for Jazz—though acts of all kinds light up the stage there. A full flight of craft cocktails might leave the hands of a suspenders-clad barkeep. Dim, nearly blacked out lighting gives way to the spotlights on a stage that was unambiguously the focus of the establishment's layout. On that stage is a proper Yamaha grand piano. Adding to it's

allure is the fact that it is tucked on the lower level of St. Paul's historic Hamm Building just off Rice Park.

Kristine and Steve were one of dozens of live audience members—there were nearly 1000 remote viewers—at Henry Berberi's show on Aug.18. There, the pair caught up with the *Community Reporter*.

When asked about their plans after they exit the Jazz Fest's official ranks, the former social workers said they'll spend time with their granddaughter and will find volunteer opportunities, likely with other St. Paul nonprofits. As for what they expect for the 2024 jazz fest, which will be the first that they won't have a hand in planning, they plan to sit back and enjoy themselves.

"I'm going to be looking at the VIP [lounge staff] and making sure they get me another drink," Kris said with a giggle that blended with the sounds of musicians warming up on

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Community News & Events



history across generations. The festival is also encouraging contributions that speak more broadly to the topics of trauma, adopting, healing and rebuilding lives, families, and communities. Finally, the festival is looking to salute the resilience of our community at large as we all long to emerge from the COVID pandemic and return to some form of normalcy. Visit solidaritystreetgallery.org.

Downtown Alliance aims for local recovery
Building off of its 2021 Welcome Back Saint Paul campaign, The Saint Paul Downtown Alliance announced the second phase of its recovery efforts for the downtown area. The latest "Let's Grow" campaign aims to bring new life to empty storefronts by hosting local businesses and boosting community engagement in public spaces through events, art installations and activations, all while continuing to promote downtown Saint Paul. "Thanks to our incredible business community, city elected officials and the Knight Foundation, we have been able to nimbly and effectively respond to the pandemic's impacts downtown," said Saint Paul Downtown Alliance President Joe Spencer per a release. "As workers return to their offices, new restaurants open their doors and events come back in full swing, we are seeing downtown Saint Paul return to the vibrant place that we love so dearly. This next phase of work is aimed at continuing to build on that positive momentum, bringing new activity to our downtown spaces." The Alliance plans to host five to 10 businesses in currently empty retail spaces across downtown Saint Paul for six-month stretches of time. Lee Krueger, former president and CEO of the Saint Paul Port Authority and current president of Krueger Real Estate Advisors, along with D'Angelos Svenkeson and his team from NEOO Partners, have been hired by the Alliance to lead the effort. So far, two businesses – Ramadhan Designs and 2043 SBC – have signed leases to set up shop in the Treasure Island Center and Wells Fargo Place, respectively. Learn more at stpdowntownalliance.org.

Nominations for business awards
The St. Paul City Council will be accepting nominations for the 2022 Business Awards through Sept. 28. The awards are open to all St. Paul businesses. The winners will be recognized at a St. Paul City Council meeting in October 2022. Winners will be selected by a committee made up of past business award winners and/or members of the community. Information and nominations, visit stpaul.gov/businesses/open-business/saint-paul-business-awards.
Award Categories: Alice O'Brien Award – Honoring a women-owned business that is committed to equity and empowerment; Good Neighbor Award – Honoring a business that shows a dedication to improving the community; New Kid on the Block Award – Honoring a business that has been opened in Saint Paul within the last five years; People's Choice Awards – Honoring a business that is recognized for its excellence by Saint Paul residents; and Traditions Award – Honoring a business that has been active in Saint Paul for at least 20 years

Apply now for MRAC's Artists' Futures grant
Metro Regional Arts Council, with the help of the McKnight and Ford Foundations, is providing financial support of \$35,000 to individual

artists along with additional resources for support, including skill building and professional development. Artists' Futures provides resources directly to artists and culture bearers of African, Afro-Latinx, Afro-Caribbean, Latinx, Chicana, Asian/Pacific Islander and SWANA (South West Asian and North African) descent residing in the seven-county metropolitan area (Anoka, Carver, Dakota, Hennepin, Ramsey, Scott and Washington counties), and artists who are Native American/American Indian/Native Alaskan residing in Minnesota and the 11 Tribal nations that share the same geography. Apply by Oct. 3. Visit mrac.org/grants/artists-futures/.

Balenger to Serve as Interim Councilmember

Russel Balenger will serve as the Interim Ward 1 St. Paul city councilmember, filling out the remainder of the term vacated by Dai Thao. Born and raised in Saint Paul he has also lived in Chicago and Ann Arbor. He is the founder and director of the Circle of Peace Movement, whose mission is to end violence and promote racial healing. Through his life's work, Balenger has partnered with the Saint Paul Police, community organizations and residents to build positive relationships and strengthen neighborhoods. "I am looking forward to the opportunity to further the work of making Ward 1 a strong and lasting example of a great place to live. My life's work has lead me to this role, and I will deliver for the people of my community."



Russel Balenger

Kourageous Karter "Race for Robot Legs"
The fundraising event Sept. 24 on Harriet Island will raise funds to purchase medical technology that helps kids with disabilities walk. Put on by the Kourageous Karter Foundation, the event is inspired by Karter, the child of foundation leaders Kole and Tiffany Goodchild, who was born with a severe brain injury that left him without the ability to walk, talk or eat. An in-person or virtual event, so anyone can participate! Register before Sept. 10 and receive a t-shirt and swag bag with various items. Visit kourageouskarter.org for registration and sponsorship info and more.

Waldmann Brewery Oktoberfest
From Sept. 23-25 and Sept. 30-Oct. 2, stop by 445 Smith Avenue St. Paul, to enjoy live music and traditional dances, a tented biergarten, German food, specialty beers, ceremonial fifth anniversary steins and much more. \$5/adults and \$2/ children 12 and under. Space is limited, come early. Visit waldmannbrewery.com/oktoberfest/.

Are you participating in the Minnesota State Fair and want to be the first star of the Community Reporter's YouTube Channel?
The Minnesota State Fair is returning once again from Aug.25- Sept. 5, and with it will come a

showcase of Minnesota's culture and talent. To celebrate, the *Community Reporter* is inviting our readers who are participating in the state fair to show off to fellow readers in the form of video via our newly launched YouTube channel: bit.ly/3yTwUJa. Interested in being featured or know someone who might be interested? Email editor@communityreporter.org.

Twin Cities Veg Fest returns Sept 18

The Fest is now the biggest free plant-based festival in the Midwest, according to the event's website. Past years at Harriet Island Regional Park have hosted 120+ exhibitors and welcomed 10,000 attendees. More info: tcvegfest.com.

United Theological Seminary Turns 60

To celebrate its anniversary, the Seminary, 767 N Eustis St #140, St. Paul, is hosting a special event for students and alums, current and former faculty and other members of the community on Sept. 28. The theme is "Many Voices United." During the day-long celebration (8:30 a.m. to 3:30 p.m.), participants can tour our Saint Paul campus, worship with Rev. Elizabeth Macaulay ('99), and enjoy special intergenerational theological conversations between current and retired faculty members. Option to view program online. Registration is due Sept. 16. Visit content.unitedseminary.edu/60th-anniversary-reg-form.

Apply through Sept. 16 to serve on the Neighborhood Safety Community Council

Applications are now open through Sept. 16 to serve on new Neighborhood Safety Community Council, which will help shape St. Paul's Office of Neighborhood Safety's strategies and investments. "Thousands of residents have leaned in over the past several years to inform our Community-First Public Safety Framework," said Mayor Carter per a release. "The purpose of this Council is to center those voices in this work for good." This 15-member group will work with the Director of the Office of Neighborhood Safety to develop an annual strategic plan that identifies, recommends and prioritizes public safety initiatives, establishes areas of focus, and monitors justice and violence prevention metrics and indicators. This work will also include reviewing and reporting on the effectiveness of activities and initiatives undertaken by the Office of Neighborhood Safety. Apply: stpaul.gov/departments/neighborhood-safety.

Arab Film Festival

Mizna's 16th edition of the Twin Cities Arab Film Fest returns Sept. 28-Oct. 2 in hybrid format. Films represent movement and resist displacement, challenging conventional narratives that depict life in diaspora. In-person screenings will take place at Trylon Cinema in Minneapolis. The online screenings will be hosted through Mizna's virtual cinema platform. Early rate until Sept. 12 at mizna.org/event/2022-twin-cities-arab-film-festival.



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Arts and Culture

The Violence Project illuminates culture of mass shootings

By Margaret Kinney

Our country is in the grip of a mass shootings epidemic. It is unique to our country and to our times. The USA experiences mass shootings at a level that is unique to our country and to our times. As citizens, we shake our heads in sadness and anger, and sometimes we point fingers. As citizens, we shake our heads in sadness and anger, and sometimes we point fingers. Two St. Paul professionals have gone to great lengths to explain why neither despair nor finger-pointing will solve this complex social and political public health issue.

The Violence Project written by Jillian Peterson, PhD, a professor of criminology and criminal justice at Hamline University, and James Densley, PhD, a professor of criminal justice at Metropolitan State University, is a handbook for every one of us. Together the authors run a nonpartisan and nonprofit research center called the Violence Project, located on East Seventh Street in St. Paul.

With mass shootings and death counts on the rise, the authors point out early in the book that the perpetrators of mass violence are not the other; they are always one of us. This means it can become our opportunity to intervene when we sense that something is not right with a person we know. The book gives numerous ways that ordinary people can help prevent a shooting in many cases.

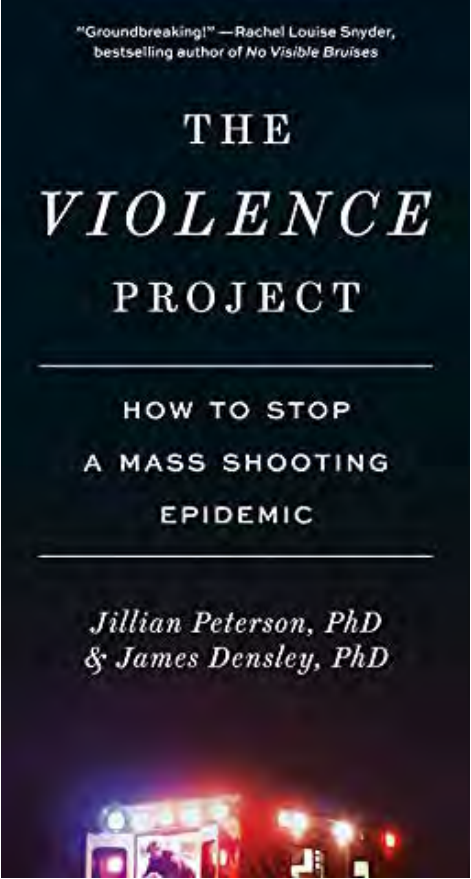
Shooters are often students in the schools, and/or members of the communities where the violence has taken place. (A mass shooting is defined for this article as when one non-military person shoots more than three people in one setting. It includes domestic violence.)

The authors call students born since 2000 members of “the lockdown generation,” having grown up with school shootings being somewhat normalized. With comprehensive research and interviews, the authors have yhs shooters before they ever pick up a gun.” Peterson and Densley understand from working in the justice system for many years, that “you can’t prevent violence from occurring unless you fully understand its roots.”

There are four factors (identified by the authors) which show up in the lives of the mass shooters: -childhood trauma; -an identifiable crisis point; -a script to follow and someone to blame; and -opportunity.

(Recent federal gun legislation may decrease the availability of some automatic firearms to some potential shooters.)

The book acknowledges the complex social, familial and cultural factors that are present in the shaping of a person who perpetrates mass killing with guns. There is not one simple cause



or solution. Historian Randolph Ross is quoted from his book *American Homicide*: “When we lose faith in our government and political leaders, when we lack a sense of kinship with others, ... it affects the confidence with which we go about our lives. Small disagreements, indignities and disappointments that we might otherwise brush off may enrage us.... and in some cases give way to violence.”

According to the authors, early childhood intervention from trauma is necessary to stop the epidemic of desire for violence to oneself and others. Early detection and intervention is crucial and can largely resolve the impact that trauma has.

In the book, we learn that The National Alliance on Mental Illness has begun to expand its school-based mental health services because they have been shown to be successful in offering assessment, treatment, case management and individual therapies. Current federal legislation being hammered out in Congress could have a vital impact on resources available for mental health services in schools. It is suggested that schools and doctors could adapt automatic universal mental health screening of all children, thereby neutralizing mental health care stigmas. The

book quotes educational psychologist Katie Eklund: “We do screening for vision and hearing. And for academics. Why don’t we do the same for social-emotional and mental health?”

Many schools have implemented social and emotional learning, which involves helping children develop their skills in communication, problem-solving, conflict management and emotional regulation. The adults in the lives of children play a crucial role. “According to the Harvard Center for the developing child, the single most common factor for children who are resilient in the face of trauma is a stable, committed relationship with a supportive adult in their lives,” the authors write

Also found in the book are in-depth descriptors as to what it means to be in a crisis, (factor number two in the lives of mass shooters) and how citizens, family members and friends can recognize and intervene when someone is in crisis mode. “We have a tendency to think crisis intervention can be done only in a counselor’s office, but the right person to step in often has a previous relationship with the person in crisis. In one averted school shooting we studied, it was the janitor who stepped in to de-escalate the student,” the authors write

The book is not a dry or detached statistical manual. It addresses and supports gun control but does not focus on any one simplistic or political solution. What makes the book compelling is the passion for nonviolence displayed by the authors and the number of included personal accounts relayed by the shooters and the people who knew them.

The book offers us hope in turning around our epidemic of mass hopelessness and despair, which, on an individual and collective level, often ends in violence. “After every mass shooting, the media like to fixate on motive, but in reality, the pathway to mass violence is long and winding,” the authors write.

The authors write, “As individuals, as institutions, and as a country, we can break the cycle of violence, and this book offers a world map for how, because the power to change lives and the course of history in our schools, workplaces and communities lies with us.”

The Violence Project organization offers training videos and programs for people who are interested in holistic violence prevention. Their website gives immediate references to interviews with the cofounders, at theviolenceproject.org.

Margaret Kinney, MA in Human Development and retired LADC, is a West End artist and writer. She serves on the board of The Community Reporter.

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Schmidt Art Crawl returns this fall

By Lark Gilmer

Art Lives at Schmidt Artist Lofts. For the last several years, we have not only created art but also produced unique events to display and sell local artworks. This fall we are offering something more—a chance to see art from a new perspective: Watch Art Happen at our Open Palette during the Schmidt • West 7th Art Crawl October 7-9.

An ‘Open Palette’ is like an ‘Open Mic’ for visual art. One right after the other, in succession, each artist will have 45 minutes to create a work of art evoked/inspired by their musical playlist, live accompaniment or other creative means in front of a live audience.

“It’s a wonderful way to understand process and technique in a manner that is creatively challenging for the artist,” said MaryBeth Garrigan, Open Palette Coordinator. “The work produced is often aspirational.”

Finished works will be hung in the Landmark Gallery and offered for sale during Art Crawl weekend and the rest of October.

Throughout the Schmidt Brewhouse, over 50 artists—popular favorites and new residents—will be exhibiting their work during Art Crawl weekend. Come browse, chat with the artists, or get a jump on your holiday shopping. Other local West 7th Art District businesses, such as Friedli Gallery and the Center for Lost Objects, will also be hosting Art Crawl events. Make a day of it with food and libations conveniently available on the Schmidt campus at ROK and Keg & Case Market. Or, amble down West 7th Street and Randolph Avenue for more F&B options—Shamrock’s, White Squirrel, A-Side Public



House and the Burger Dive are local faves. There is always something unique and new at The Schmidt. Begin your Art Crawl here at the Schmidt on West 7th.

OCTOBER 7-9, Friday: 6-9 pm; Saturday: noon to 7 pm; Sunday: noon to 5 pm. Schmidt Artist Lofts, 900 W. 7th Street

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Community Nourishment

Flying High: An Interview with Author Emmett Zimmerman



BEATRICE COSGROVE reviewer

Picture this: May, 2022. What were you doing? For Emmett Zimmerman, an 8-year-old author, it was getting his book published. Plane Crashes is a fictional book that takes place on a plane about to crash.

“They were flying around and there was a little bit of turbulence and then they realized on the top floor there was a crack and eventually there were a few other cracks.” Emmett says about the adventure in his book.

The plane even goes through a wormhole and underwater, so watch out!

When asked about his inspiration, Emmett replied: “I just really like planes, so I wanted to write a book.”

Emmett has been interested in airplanes for most of his life. “They were just really cool to me.” And his extensive vocabulary and knowledge of planes definitely comes from this interest (His favorite plane is an airbus for those of you who are wondering). Writing the book and getting it published was a process that took around two months. “It took me a long time...I wrote one or two pages at a time...and I wrote it at school.” When asked if it was a school project Emmett replied: “It wasn’t a school project, I just really wanted to do it.” Now that’s commitment!

A cool fact about Plane Crashes is that Emmett was able to incorporate friends, family, pets and other important people into it.

“A few real people are in the book and few



real animals like cats and dogs,” he says.

The front of the book is illustrated by Emmett himself depicting a plane in flames. He used the app Notes for the illustration and really enjoyed creating the drawing. For other artworks, Emmett likes to use crayons. As well as drawing, he enjoys reading, Emmett’s favorite book being The Monster at the End of This Book by Jon Stone. When asked whether he likes to read about real or made up things, he replied “I read about both.” Other

interests involve science and engineering. I asked Emmett what he wanted to do when he grew up and his answer was: “Well, I have a few things I want to do. The first one is...a flight pilot, I also want to be an engineer and a scientist.” He is also very interested in the Titanic and has been writing a book recently with facts about cats!

It was a great experience talking with another writer and it was truly inspiring being able to meet with someone so accomplished in literature and with so many other fun hobbies and interests. A huge shout out to Emmett and to Terry at the West 7th Library for giving me this wonderful opportunity. There will be a book talk with Emmett on Thursday, September 15th, 6:00 pmat the West 7th Community Center to celebrate his literary accomplishment.



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Library Hours

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

Computers with internet access are available for up to two hours per day. Call 651-298-5516 for information.

- Terry Giinther, West 7th Library Manager

Brad Zellar’s latest novel is ready to roll



BY TIM RUMSEY

Full disclosure. I am a borderline Brad Zellar zealot. He’s been writing and editing among us Twin Citians for decades. He’s earned the attention of multiple key local publications and has been published in the New York Times Magazine, Paris Review and Aperture. The Merriam Park resident also has four published books and multiple collaborations with widely acclaimed photographer Alex Soth. And, he used to co-own the bookstore Rag and Bones.

The prestigious local publisher, Coffee House Press, just released Zellar’s newest novel, *Till the Wheels Fall Off*.

It is a coming back home novel. Main character, Matthew Carnap, is back from the Twin Cities to the fictional southern Minnesota town of Prentice. He’s looking for his step-dad Russ who managed a local skate place in Prentice, Screaming Wheels, which was, as Russ said, an amazing opportunity to play music loud.

Matt Carnap had an unconventional upbringing. He never knew his birth father, bonded with Russ and couldn’t stand his mother’s last partner. Uncles, about-the-town characters and Russ were Matt’s true guiding lights. Russ connected the deepest. The rink Skating Wheels was their chance to create, or “curate,” the Gold Standard list: Dylan, The Clash, Joni Mitchell. CCR, Booker T, and the MGs. Johnny Cash. Lucinda Williams. Otis Redding.

Matt’s adolescence might have been unconventional. So too is this book unconventional, weird, energetic, deep and beautiful.

Russ said what he felt through the music he played for the skaters at Screaming Wheels. Matt learned at his side spinning the records and later selecting the tapes. They knew what kept people on the roller rink and what got them moving or what sat them down.

Matt and Russ separated for years. They

are brought back together by Rollie, one of the you’d-never-know-it but wealthy uncles who bought Gene’s United Skates in nearby Hollandale with only one business plan: to have Russ and Matt run it.

It’s all part of the wacky, beautiful moving story that is this novel. Also included is a touching, genuine love story - Matt and Veronica. Russ tells Matt that because of Uncle Rollie’s backing, they don’t have to worry about the bottom line. “It’ll be a public service...retro entertainment.” We’ll have it all. A new “window rattling” sound system, refinished rink surface, lighting that gets the “gloaming vibe associated with the best rinks.” And then “the gold standard” playlist.”

Veronica said it could all be something like a really good church. Russ said that’s the “spirit of the living creatures in the wheels forever or when the wheels fall off.”

Till the Wheels Fall Off ends with more of Russ: “who’s ready to get turned inside out? Who’s ready to vibrate and levitate? Who’s ready to roll?”

This book is ready. This book rolls.

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In the Community

The results are in Primaries reveal St. Paul's general election candidates

The Aug. 9 primaries whittled down the field of candidates slated to face off at the November general election. Here's a list of who to expect on the ballot and how they fared at the primaries.

Governor

Incumbent Gov. Tim Walz and Lt. Gov. Peggy Flanagan handily beat out Ole Savior and Julia M. Parker (416,973 to 14,950) to secure the Democratic nomination. The incumbents will face off against Republicans Scott Jensen and Matt Birk, who beat out Joyce Lynne Lacey and Kent Edwards and Bob “Again” Carney Jr. and Captain Jack Sparrow (288,499; 21,308; 13,213). Steve Patterson and Matt Huff will represent the Grassroots-Legalize Cannabis Party and James McCaskel and David Sandbeck will represent the Legal Marijuana Now Party.

Secretary of State

Incumbent Democrat Steve Simon beat out challenger Steve Carlson (285,314 to 108,144) and will run against Republican Kim Crockett who beat Erik van Mechelen (190,156 to 110,940)

Attorney General

Incumbent Democrat Keith Ellison remained the top choice as he beat out Bill Dahn (378,367 to 45,110) to get the party nod.



Ellison will be up against Jim Schultz, who bested Doug Wardlow and Sharon Anderson (163,944; 108,537; 39,723).

District 4 U.S. Congress

Democrat incumbent Betty McCollum beat out challengers Fasil Moghul and Amane Badhasso (58,043; 997; 10,557) to retain the party nod. She'll run against Republican challenger May Lor Xiong, who bested Jerry Silver and Gene Rechzigel (9,574; 7,399; 4,753)

State Senate District 65

Democratic incumbent Sandy Pappas, beat out Sheigh Freeberg and Zuki Ellis (4,842; 1672; 872) to retain the party nomination and will run against Republican Paul Holmgren, who ran unopposed.

State Representative District 65B

Maria Isa Pérez-Hedges topped Anna Botz (3,613 to 809) to earn the Democratic nomination. She will run against Republican Kevin Fjelsted, who ran unopposed.

County Commissioner District 5

Longtime incumbent Rafael Ortega has some company in November as he was met with two challengers, Bill Hosko and Charles Barklind. The primary whittled the field of three down to two, and Hosko and Ortega will run head-to-head in November. Ortega came home with 7,512 votes, while Hosko took second with 1,713 and Barklind taking 517.

State Representative District 64B

Democrat Dave Pinto will seek to retain his seat against Republican Lorraine Englund, both of whom received their parties' nominations without primary.

Science Museum of Minnesota

The Minnesota Science Museum has an adventure at every turn. Spreading over three floors, the museum offers something for everyone as you learn about Minnesota history, science and discovery. The Science Museum of Minnesota has introduced “Great Tix” for families and individuals that qualify. They have also included Indigenous Museum Access which allows free admission and more to those visitors who identify as Indigenous.

Grand Oak Opry

Hosted in the backyard of 273 Goodhue under one of the most beautiful oak trees lies a stage, speakers, lights and simply... magic. On their webpage they highlight “Kids of any age are welcome. Many of the kids play in the front yard during the show. Others dance with their parents or on their own.” Next show is Sept. 3r featuring the Honky Tonk Jump.

Raising children along West 7th has been a fantastic experience. However, while West 7th is known for its places and spaces, asking my children you'll hear from them that the best part of the area is all of the wonderful people here.

John Horton is a teacher at J. J. Hill Montessori.

Is West 7th kid friendly?

By John Horton

“Is West 7th Kid Friendly?” I get asked that question often from visitors and others interested in the community. As a parent of two children, a Montessori elementary teacher in St. Paul Public Schools and a long-time resident of the West 7th area, I find the answer is just as dynamic as the question.

According to the 2020 Census Data around 15% of the population along West 7th are under the age of 18. For the downtown area, it is around 8%, the lowest percentage in the city. There are hundreds of personal factors that families consider when deciding where to live and raise children, and there are also factors that exist when you evaluate the entire community.

Some areas of our city are named after geographical reference points like Highland, Dayton's Bluff, Como Lake or the West Side. The West 7th neighborhood is named for a busy thoroughfare with numerous bars and restaurants. In fact, one way to tell if you are a long-time resident of the community

is if you use bars and restaurants as your reference point to navigate the area.

While this busy street and its attractions suit the high percentage of adults that live and work in the area, it can be a place for children as well. Like our namesake of a street that mischievously runs diagonally through St. Paul's urban grid, these conflicting aspects can coexist. Making, and keeping, West 7th kid friendly involves both the accessibility and the inclusivity of the events and places in our community. I wanted to highlight a few family friendly adventures that my family has enjoyed over the years here:

Crosby Farm

It's hard not to love an urban oasis where you can connect children with nature. A 100-year-old farm-turned regional park, Crosby Farm offers seven miles of paved trails along the Mississippi River. For children, simply throwing stones into the river or finding sticks can make for a great day of outdoor play.

Notebook Recollections: Walk This Way

Local icon Tim Rumsey walked to work most days from 1987 to 2000. He began as a form of exercise but kept at it for his love of local lore harvested through his interactions with people on the street. He began documenting his musings and eventually filled 53 pocketbooks with his observations. He continues writing about his observations to this day. Here is just one tale.

BY TIM RUMSEY, MD

Sept. 1998

One of the top five West 7th cab drivers of all time was not doing well. The majestic W.M. Texan Dubois.

Tex walked into United Family Medicine as a “fit in” with Dr. Ravi. He was as yellow as a lemon. He told Ravi his electrolytes were whacked and that rigor mortis was taking over every part of his body.

On good weather nights Tex chose to camp out. Though he kept his spot on the floor of Mary Hall shelter, his campsite at the “Terrace” kept pulling him back. He swore he wasn't drinking or using. And he was still driving the cab.

Liver failure was knocking at his door. Dr. Ravi set Tex up an outpatient liver biopsy at United Hospital the following week. Tex invited Ravi to the Terrace the weekend before his biopsy. I invited myself.

We went. It was 4 p.m. Sunday. Mid-September. Tex had a snapping campfire going just outside his teepee in the urban woods behind the old Ancker Hospital site. He bent over and twined together about a dozen still-rooted Aspen and Red Willow saplings with several old olive drab Army tarps thrown over the top. A smoke hole in the ceiling kept the small cooking fire alive in the tent.

It was a glowing summer - almost fall day. Tex was proud of his campsite. His Dakota ancestors honored the same spot which overlooked In-Yan-Ti-Pi (“House of the Great Spirit”) Later the white settlers renamed it

Fountain Cave. A large, deep cavern with crystal-clear running water flowed out Fountain Creek to the Mississippi. Pigs Eye Parrent, a notorious St. Paul bootlegger, had a whiskey still at the mouth of the cave from 1838-40. But, it was a tourist attraction for the next 100 years.

The cave tunnel covered three quarters of a mile and ended at an underground sink hole near current day Pleasant Avenue. The creek and cave entrance were both covered up by road construction in the 1960s.

A Minnesota Vikings pre-season game was escaping from an old turquoise, portable radio as Tex adjusted the two and one-half foot, fully extended antenna for better sound.

The three of us sat on mismatched, rickety lawn chairs around the outside campfire. Tex served us Texas Select, one of the first “near beers” accompanied by a pile of day-old – or

several days old pastries– from the Dorothy Day Center on a cardboard tray.

“I do believe this is nicer than sitting in my own backyard,” Dr. Ravi said.

“Nicer than mine,” I said. Tex inspected the remaining baked goods when the tray got back to him and side-armed a rock-hard powdered sugar donut into the woods before finding one that was more pleasing to the pallet.

Tex told us that he dreams of people in their houses. Sometimes Ravi or me or nurse Aleda. In nice homes, sitting with their families for dinner. Hitting the same comfy bed every night. Cutting the grass and sweeping the sidewalk. Tex had not been in a real house since he was 16 years old.

Back in the '50s, when he was in his pre-teen

RECOLLECTIONS, PG 7



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Months in the making, the Fort Road cookbook is finally available for purchase. For \$25, you can get a hold of about 85 recipes from your neighbors. The book features appetizers, main courses, and desserts alongside salads and other treats. The cookbook also features a 1937 West 7th community cookbook assembled by the West End Commercial Club Ladies Auxiliary. Pick up your copy at Brake Bread or the Federation office.

Upcoming Meetings, via Zoom

Info: fortroadfederation.org/calendar

- Transportation & Land Use Committee, Thu 9/7, 6:30 pm
- Board Meeting - 9/12, 7 pm
- Community Engagement and Outreach Th, 9/15 6:30pm

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Contact

Mary Cutrufello, executive director, 651-298-5599; mary@fortroadfederation.org; 882 West 7th, Suite 6, Rathskeller Building.

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Join us at Keystone's signature Free Farmer's Market Drive-Through events. Our next event Friday, Sept. 9, 10 a.m. – 12 p.m. at Roseville Covenant Church, 2865 Hamline Ave. N, Roseville. Open to anyone in need, and no registration required. Everyone who attends will receive 5-7 varieties of fresh fruits and vegetables. We have Free Farmer's Market events set up all across Ramsey County. To see all dates and locations, please visit keystoneservices.org/events.

Make a Difference

Our volunteers help families get the food they need at our food shelves, deliver meals and groceries to homebound seniors, and ensure that kids stay on track to succeed in school. Visit keystoneservices.org/volunteer.

Annual Spaghetti Dinner

Keystone's annual neighborhood event is back. Join us at the West 7th Community Center on Thursday, Oct. 13, 4:30 – 7:30 p.m. for a delicious plate of spaghetti and time to support your community. Tickets will become available in mid-September and can be purchased at the West 7th Community Center. Ticket prices are between \$3 - \$8 (children, adult, and senior pricing).

RECOLLECTIONS, PG 6

years, several of his foster family mothers warned the children about travelers in West 7th. The visual was always the same: Travelers came every summer in big old black cars with lots of black haired black-eyed children. They camped in empty lots next to their vehicles. The fathers worked temporary jobs at Schmidt's or the Omaha Railroad shops. Then

one morning in late fall, they'd all be gone. And, as the story went, they left with more children than they came with. Ravi and I left Tex at dusk, and it was even prettier than when we had gotten there. It rained and blew cold for the next three days and if Tex didn't sneak back to Mary Hall, he would surely be slogging around in the muck and sure to die of pneumonia before any liver failure could get him.

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Ramsey County residents now have a free and easy way to recycle laptops, televisions, cell phones or other electronics. Ramsey County residents can drop off unwanted electronics (e-waste) to be refurbished or recycled into new products at Electronics (E-Waste) Collection Site, 860 Vandalia St, Saint Paul.

Become a recycling ambassador
Registration for Ramsey County's fall Recycling Ambassador Program training is open. Undergo a six-week training to learn more about environmental health. Ambassadors volunteer 20 hours or more annually to encourage others to reduce, reuse and recycle. The trainings via Zoom from 6:30-8:30 p.m. every Tuesday (9/13-10/18). Visit bit.ly/3Atg3ig.

Nine Lives fundraiser yard sale
Stop by this yard sale fundraiser to help Roxanne and Caitlin open their own nonprofit thrift store. Features goods for women, men and children. Sept 9-10, 9 am-2 pm, 828 Mound St (in the back).

Schubert Club at the Landmark
On Sept. 24-25, the multi-sensory installation Sound Sculpture, a musical instrument made up of illuminated building blocks, will be featured at Landmark Center in St. Paul. Created by Boston-based MASARY Studios, the program includes a free interactive component Saturday and two ticketed performances Sunday. \$33 Sunday concerts. schubert.org or 651-292-3268

Classic Rock Night at Shamrocks
Join Hollywood Blvd., the Twin Cities premier rock and roll party machine at 995 West 7th, Sept. 10, for an evening of classic rock complete with tight pants, stratospheric vocals, searing guitar solos.

St. Paul Oktoberfest at GAI
On the beautiful grounds of the Germanic-American Institute Sept 9-10. With non-stop entertainment and fun for the whole family, it's

a two-day celebration of German food, beer, and culture. Free parking. Alcohol wristbands for 21+ \$5, photo IDs required. Info: gaimn.org/oktoberfest.

Fiesta Latina
Enjoy this free, family-friendly community festival celebrating Latino culture with arts, music, dance food, health resources, raffles and prizes at CLUES, 797 East 7th St., Sept. 10, noon-4 p.m.

Selby Avenue Jazz Fest
Jazz Fest returns Sept. 10 11am-7:30pm. Stop by Selby Avenue at Milton Street for a day of good tunes and good times. Visit selbyavejazzfest.com.

Light the Night on Harriet Island
Leukemia & Lymphoma Society's Sept. 22 event on Harriet Island exists to find cures, ensure access to the best treatments for all blood cancer patients. lighthenight.org/events/twin-cities.

Intermediate Drum line Camp
Exciting new four-part drum series for adults at the Women's Drum Center: Intermediate Drum line Camp. Class size is limited. 9/12, 9/19, 9/26 and 10/3, 6:30-7:30pm. \$65. womensdrumcenter.org.

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