

# Community REPORTER

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MR. POSITIVE'S  
SNOWMAN  
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VOL. 53 NO. 1

JANUARY 2023

CIRCULATION 13,000

### CITY PERSPECTIVE

## Moms demand action



REBECCA NOECKER  
CITY COUNCIL  
MEMBER, WARD 2  
columnist

Firearms are the leading cause of death for children in the United States, according to data from the Centers for Disease Control. We have by far the highest rate of child mortality by firearm compared to similarly large and wealthy countries. In fact, 97% of all gun-related deaths of

children in wealthy countries occur in the United States, a report from Global Health Policy shows.

As a mom, a neighbor, a former teacher and a public official, I'm horrified by this situation and I'm committed to doing all I can to change it.

With increasing gun violence in our country, we hear tragically often about children being caught in the crossfire of violent public acts. But what's equally tragic, though less well known, is that many children die from guns they find in their own homes.

Thirty percent of these deaths are by suicide. Youth firearm suicide is at its highest rate in 20 years, and having access to firearms vastly increases the risk of suicide for children. The rate of suicide for children living in homes with guns is four times that of children who live in homes without guns.

Children are also dying more frequently from accidental shootings in their own homes. During the first months of COVID, from March to December 2020, there were 31% more accidental shootings than there were in the same months in 2019. Even our youngest children are affected by these horrible incidents. Among accidental shootings, the two age groups most likely to be both shooters and victims are teenagers, ages 14-17, and preschoolers, ages 5 and younger.

We can change these heart-wrenching statistics. One way is to make sure guns are stored safely. Safe gun storage means unloading firearms by removing all ammunition, securing firearms with a locking device such as a jacket lock, or in a locked location, like a safe or lockbox, and storing ammunition separately from the firearm in a secure location.

Unfortunately, many firearm owners are not practicing safe storage. Research suggests that over half of all gun owners don't lock all of their guns securely, and nearly one quarter of stolen guns are taken from cars and other vehicles.

When guns are stored safely, they are much less likely to fall into the wrong hands, and suicides and accidental deaths are much less likely. One study found that households that locked both firearms and ammunition were associated with a 78% lower risk of self-inflicted firearm injuries and an 85% lower risk of unintentional firearm injuries among children and teens, compared to those that locked neither.

If we can make sure all St. Paul residents safely store their guns, in their homes and cars, we can prevent these kinds of tragedies here.

I'm committed to finding a way for the city to take action on this issue. I'm grateful to be working with Moms

MOMS, PG 3

## HPC denies Justus Ramsey demolition permit

BY CASEY EK

Local preservationists celebrated a cautious victory when the St. Paul Heritage Preservation Commission on Dec. 5 denied a demolition permit for the Justus Ramsey House, one of the city's oldest stone structures.



Moe Sharif, who owns Burger Moe's, the patio on which the building is situated, applied for the permit after the building partially collapsed earlier this year. The structure is located at 242 West 7th St.

His attorney Brian Alton argued that the building, which was condemned on Sept. 21, 2022, is structurally unsound and would be too costly and dangerous to repair or relocate to a different site.

The HPC voted 8-1 against the demolition permit, citing expert reports that the building can be restored as well as the building's historic significance.

Community members over the last months have voiced their skepticism over the cause of the structure's damage. A report from Macdonald and Mack Architects recommended vibration monitors be installed within the structure because the damage observed did not appear natural.

"There may be those who want to taint the owner as having done this demolition by neglect, but that's not true," Alton said.



Justus Ramsey House

Sharif, who operates Burger Moe's and the Downtowner across the street in an animated address contended that the building poses an immediate risk to his customers and staff.

"I'm part of the equation here. I'm part of the community," he said to the commission. "Please, with respect, you do the right thing (and grant the demolition permit)."

Community members, including Elyse Jensen of Historic St. Paul, voiced frustration over Sharif's cancelling of multiple meetings with community organizations to discuss the salvation of the structure.

"Moe has made no secret that he's wanted

to develop this site for years...and I want to say that we are really excited if there is development for this site; we aren't against that," Jensen said. "We think this is an excellent opportunity to work together, but I think the behavior in the last month and the amount of time and effort that our groups have put in to try to meet with Mr. Sharif and the lack of response we've gotten from him just highlights how little he wants to work with us."

Jensen and other preservationists filed an emergency petition with the Minnesota Environmental Quality Board for a mandatory

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## West 7th Dental bringing warmth to patients

BY CASEY EK

When most people think of going to the dentist, they might conjure images of sterile lighting, stiff chairs and the smell of various chemicals. But Gina Hughs and Jennifer Iburg knew they wanted something different out of their patients' dental care, and so West 7th Dental was born.

Located at 106 Douglas St., the clinic grew out of the pair's desire to give patients comfort while giving them quality care.

"That's the way we've always practiced. We tend to have a lot of empathy for our patients," Iburg said.

"We want patients to feel like they're in control of their treatment," Hughs later added.

Hughs and Iburg cut their teeth at the University of Minnesota School of Dentistry, graduating in 2011. Then for the next decade, they learned the ins and outs of the profession at chain dental clinics until in 2019 they got the idea of a homey, comfortable clinic unlike their former workplaces.

They knew that in order to pull off their vision they would need a space more or less from the ground up. Before opening their clinic, their portion of the building at 106 Douglas was an unkempt apartment disparately in need of a facelift. Contractors told them it would be easier to tear the building down, but that wasn't an option.

"We really thought it was important to keep the historical aspect," Iburg said.

After overhauling about every aspect of their space, they opened their doors October 2022. Since their opening, they have been working to cement their reputation as the coziest dental clinic around. While receiving treatment, patients can expect blankets, noise canceling headphones and ceiling-mounted televisions for entertainment. In the waiting room are comfy seats and refreshments.

The comfortability of the office, the pair says, is not just for the patients.

"We were trying to make it a very employee



Doctors Jennifer Iburg (left) and Gina Hughs photographed from within the West 7th Dental waiting area.



(above) West 7th Dental, 106 Douglas St. (right) The dental office renovation required almost complete gutting of the building.





# Community REPORTER

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## 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*

## BUILDING AN ANTIRACIST COMMUNITY Norms and Difficult People



TIM JOHNSON  
columnist

One of the challenges often faced by voluntary community organizations, including congregations, is working with difficult people. As a young pastor, fresh out of the seminary, one of my first tests of leadership was working with a person who had a reputation for explosive anger. During my first year at the church I helped organize a weekend work crew of largely older members who were willing to help tackle the lack of insulation in the church building. A half dozen men or so all had their tools laid out in the sanctuary, and they were eager to put them to good use. It was as they were setting up that Dora (not her real name) came into the sanctuary. In less than half a minute all those men had vacated the room. I had never seen elderly men move so fast. As I got to know Dora both in person and by reputation, it became clear why all those men fled: None of them wished to be the recipient of Dora's anger.  
This situation with Dora and her explosive, often abusive use of anger gets to the heart of the controversies presently surrounding Elon Musk and his ownership of Twitter. Elon Musk essentially insists that there is no need to worry about people like Dora; that trying to restrain or limit the way in which she interacts with people is to limit Dora's freedom. However, the sad truth is that Dora's freedom of expression came at the considerable expense of many other people losing their voice and capacity to contribute. Rather than subject themselves to abuse, most people choose to stay away or vacate the space.

In December of 2022, Elon Musk dissolved Twitter's Trust and Safety Council, which was composed of dozens of civil rights leaders, academics and advocates from around the world who volunteered their time to help improve safety on the platform. In so doing, Musk gives free reign to expressions of anti-Semitism, racism, sexism and in general, abusive behavior. It creates freedom for the loudest, angriest, most hate-filled voices, and it causes many who wish to avoid such abuse to flee the space.  
The counter to the Doras and Clydes who fill spaces with anger and animosity is to establish norms and guidelines for communication that makes room for everyone's voice. In her book, *Welcome to the Wisdom of the World*, author Joan Chittister observes "Some people call that lack of commitment to clear norms or goals "freedom." The problem with that attitude is that it's not true. There is no such thing as unbounded freedom.... No one is really absolved of public constraints. We owe order to one another, for the sake of our own personal security on public highways, if nothing else." If Twitter,

our community organizations, including congregations are to be places where everyone feels their voice is welcomed, then agreed upon norms and guidelines for how we are together are essential.  
Without those shared guidelines what we end up with is empty rooms or a room full of loud hostile voices because many other people have opted to flee rather than face abuse in the many and varied forms it can take. Guidelines or norms, of course, are not created only for the Doras and Clydes who consistently spew out their anger. Norms exist for all of us who can get caught up in the moment and find ourselves doing the very thing we find troublesome in others.  
There will always be difficult people and on occasion we are among them. Shared norms exist to remind us and encourage us to be the type of people, the type of community we hope to be.

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

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*Community Reporter is a nonprofit, and donations are tax-deductible.*



## WEST END HEALTHLINE

### New Year Brings New Motivation to be Healthier

**BY JONATHAN DICKMAN, MD, PHD**  
Goodbye 2022, hello 2023! With the New Year comes familiar resolutions to improve health. Every time January comes around, the desire to eat better and be more physically active intensifies. The gyms fill up in the first few weeks of January and there is excitement that this year will be different. Oftentimes, however, people return to previous habits and the gym becomes more vacant a month or two later. How can we break this cycle and build healthy behaviors that last year round? Here we review a few tips to keep you feeling better through 2023 and beyond.  
**Tip #1: Gradually move towards your goal**  
Everybody knows that you cannot immediately go from couch potato to marathon runner. We all need to realize, however, that this concept applies to smaller goals and our newfound motivation to get better. Instead of drastically changing your life suddenly, take small steps towards your goal. Start something that is sustainable for you and that you build upon over the long term. Instead of suddenly going to the gym 90 minutes every day, start with increasing your physical activity by a smaller amount, such as 15 or 30 minutes each day. As this becomes a new habit, then gradually increase your physical activity over time towards your goal. This decreases the risk of injuries and seems less daunting to complete each day. The same can be said about your diet. Start by picking one thing, perhaps drinking less juice or soda, and start there until it becomes a habit. You can then continue to gradually improve your diet over time. Although we all want to have perfect habits immediately, remember that it takes time to develop bad habits, so it will also take time to develop good ones.  
**Tip #2: The more the merrier**  
Improving yourself can be more enjoyable when done with friends and/or family. Try discussing and developing your goals with someone else. This can make physical activity more fun and get you both healthier together. You will also have another person to hold you accountable and to talk to when modifying goals or plans is needed. Doing healthy activities with others can keep you motivated and keep you working towards your goal year round.  
**Tip #3: Be flexible**  
Going for a 30 minute walk in the morning might be your favorite option for physical activity. Sometimes life stressors happen and there is not enough time to walk 30 minutes in the morning. Do not ditch your physical activity



altogether, instead consider walking 15 minutes in the morning and 15 minutes in the afternoon. This will still give you significant health benefits. Be creative and plan ahead for when life gets busy or the weather is not cooperating. Maybe you can exercise indoors somewhere (at a gym, recreation center, etc) when the ice makes it too slippery outside. Consider a non-painful form of exercise such as biking or elliptical when you are struggling with injuries. Planning for how you will manage times when life throws curveballs can keep you moving towards your goal, even if you are taking a route that you did not expect.  
**Tip #4: When in doubt, ask a professional**  
Maybe you do not know where to start. These are good times to discuss with a professional about how to reach your goal. Your primary provider can often provide the advice and resources that you need. Sometimes they will recommend that you work with a dietician, physical therapist or other professional to help get you healthier. Always know they want you to be healthy and happy to talk about how to improve your lifestyle and reach your goal.  
In 2023, it is fine to dream big about becoming a healthier you. Just remember that getting healthier is a journey that takes time and starts with small steps. Find a family member or friend to join you in this journey and take time to plan ahead for how you will keep moving forward when life gets busy. When in doubt, talk to your primary provider. We are here to help and look forward to seeing a healthier you in 2023!  
*Dr. Dickman is a family physician at Allina Health United Family Physicians, 233 Grand Ave, Saint Paul, MN 55102, phone 612-590-9190.*

### PERMIT, PG 1

environmental assessment to halt the building's demolition, the *Pioneer Press* first reported.  
The Justus Ramsey House is listed on the National Register of Historic Places, and the St. Paul City Council has designated the house as a protected heritage preservation site. Tom Schroeder, a neighborhood preservationist and owner of Waldmann Brewery helped guide the most recent designation process.  
He said that funding is available for the building's restoration, but it may be a race against the clock. He said that if a restoration project is to take place now that the demolition permit has been denied, it will have to wait for winter to end. For now, it's just about the building surviving the season.  
"I mean, if I could get in the building with a 4-by-4, I'd [stabilize it]. Basically, that's what we need to get it through the winter," Schroeder said.

The house also represents substantial African American history. The home once housed George and Maria Perkins, former slaves from Kentucky and South Carolina respectively. The married couple lived and worked in St. Paul and represented a long succession of Black St. Paulites who resided in the house from the late 1890s to the 1930s.  
The name "Justus Ramsey" comes from a mid-20th century historian's focus on land speculator Justus Cornelius Ramsey, younger brother of Gov. Alexander Ramsey, who partially owned the area surrounding the house.  
"If we make this decision to demolish it, it will really put a tarnish on our community and erase really important history that I think makes us really unique," said Maria Sarabia of the Fort Road Federation.  
Sharif, according to Alton, appealed the HPC's decision to city council on Dec. 16. A date when the decision could be considered was not available in time for publication.



Moe Sharif, who owns Burger Moe's, the Patio on which the Justus Ramsey House is situated, delivers an impassioned plea to the Historic Preservation Commission to allow him to demolish the deteriorating structure. Citing the apparent ability for the historic structure to be repaired, the commission denied Sharif's demolition permit application.



# Community News & Events



## 1st Annual Fort Road Federation Holiday Decor Competition

Do you have a neighbor that wows you every year with their holiday decor? Think yours are the best? Nominations are now open for the Competition! Submit your nomination via Google Form by Dec. 31, 2023. Voting will take place at our January Board Meeting and the winner will receive a Cossetta's gift card: [forms.gle/BaQs5uUEQngqSTGz6](https://forms.gle/BaQs5uUEQngqSTGz6)

### Chat with Dave Pinto

Join Rep. Dave Pinto for an informal conversation about the upcoming session of the Minnesota Legislature. Jan 7, 1:00pm to 2:30pm at Highland Park Community Center, 1978 Ford Parkway.



### Next Chapter Series at Jewish Family Services

All women navigating the mid-life journey are invited to join the popular Next Chapter Series on Sunday, January 22, 10-11:30 a.m. at JFS, 1633 W. 7th St., St. Paul. The series is designed to help women re-imagine new possibilities for the future and take the first steps in moving forward. This month's topic will be "Creating Happiness Through Quality Relationships." RSVP your attendance to JFS Community Programs Coordinator Anne Myers at [amyers@jffssp.org](mailto:amyers@jffssp.org) or call 651-359-7775.

### Keystone Community Services raises 70% of total needed for new facility

Keystone has earned most of what they need to construct their new 20,000 square foot food and crisis service facility at 1800 University Ave. Since starting their *Opening Doors to Food Security* project, donors have given \$5.8 million of the \$8.5 million needed to open the doors to Keystone's Community Food Center. Learn more and donate at [keystoneservices.org](https://www.keystoneservices.org).

### American Indian Community Gathering: Reimagining the Mounds

Save the dates for these American Indian community gatherings at Metro State, 700 East 7th St., focused on Indian Mounds Regional Park in St. Paul.

**Gathering #1 Jan. 10** will focus on the history and archeology of the site.

**Gathering #2 on Feb. 16** will focus on repatriation and how the Indian Mounds site in St. Paul can play a role.

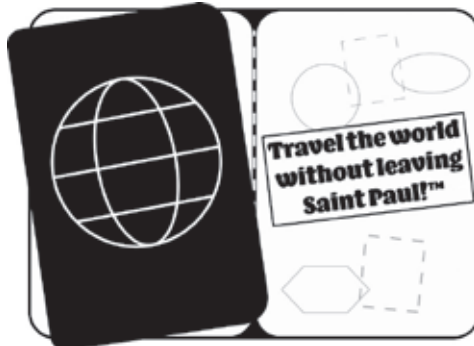
**Gathering #3 on March 14** will be a guided community conversation answering the question, "What does this mean for the future of our community relationship with this site?" Dinner will be provided. This event is designed and intended for an American Indian audience. Additional events will be planned for the broader community in the Spring/Summer of 2023.



Mounds Park had walking paths, ornamental vegetation, gas lights, and drinking fountains, Minnesota Historical Society, 1905.

### Cracking the genealogy case

Are you looking for next steps in the process? Bring in newspaper clippings, pedigree charts, death and marriage records, family photos and a notebook to help crack your genealogy mysteries. Genealogist Mica Lee Anders will present a process of building a foundation and strategy for identifying vital documents that will help with your ancestry's puzzle. The workshop is for high beginning to low intermediate researchers. Pre-registration is required. Cost is \$25; MNHS members save 20%.



### Sundays at the Landmark: Urban Expedition—Mexico

The 18th season of Urban Expedition begins! Be sure to get your Urban Expedition passport, and collect a stamp at each Urban Expedition event. Because for the first Urban Expedition we will be visiting Mexico. Landmark Center, 75 5th St. W.

### Ramsey County Racial & Health Equity Grants

Ramsey County Public Health has multiple grants available for community-led organizations to work on innovative new ways to improve community health. The Community Innovation for Racial and Health Equity grant program will invest up to \$30,000 in individual grants for capacity building, planning or implementation for organizations working to address common public health issues. All applications must be received by 5pm on Jan. 30, 2023. There are two Technical Assistance Support Sessions for grant applicants: Jan. 4, 10-11:30am Plato Building, 90 Plato Blvd. W., Saint Paul, MN 55107 and Jan. 5, 5:30-7 pm Rondo Community Library, 461 Dale St. N., Saint Paul, MN 55103. More information at [ramseycounty.us/communityinnovation](https://www.ramseycounty.us/communityinnovation)





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## 137th Saint Paul Winter Carnival

The 2023 Saint Paul Winter Carnival will kick off on Thursday, Jan. 26 at 5:30 p.m. with the inaugural "Light Up The Park" event in Rice Park. The Royal Family lead the festivities with the telling of the Winter Carnival Legend to confirm the start of the "festival in Old Saint Paul." A Countdown to Carnival will be conducted with attendees lighting up provided glow sticks and hot air balloon pilots will raise their flames to officially start the 10-day celebration. For the schedule of the 'Coolest Celebration on Earth,' visit [wintercarnival.com](https://www.wintercarnival.com).

## MOMS, PG 1

Demand Action, a group of organized, energized and knowledgeable advocates, in looking for solutions in St. Paul. While gun-related legislation is generally the prerogative of the state, meaning cities are preempted from enacting more stringent laws, we are exploring what actions are available for us at the local level, especially when it comes to safe storage.

Legislation is just one approach to this issue. We can also make our communities safer by practicing and promoting safe gun storage in our families and neighborhoods. You can learn more and get involved at [momsdemandaction.org](https://www.momsdemandaction.org).

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



# In the Community



St. Paul City Council Member Rebecca Noecker

## Noecker seeks re-election

St. Paul City Council Member Rebecca Noecker announced Dec. 15 that she will seek re-election to her Ward 2 seat in 2023.

“I’m running again because I love St. Paul, and I want to keep working to make it an even better place,” said Noecker. “I’m excited to keep working with residents to make our city a place where all children get off to a great start, housing and jobs are abundant, and families feel safe in neighborhoods they love.”

The filing period to run for city council runs from Aug 1-15, 2023. The election is Nov. 7.

Asked what she would prioritize if elected to another term, she pointed to affordable housing, early childhood education and

hedging gun violence, a topic that again emerged after the shooting deaths of 18-year-old David Johnson and 21-year-old Elijah Payne, both of St. Paul, in a building near the downtown Green Line Central Station Dec. 12.

Of the shooting, Noecker said “It’s a call to respond with urgency.”

Bolstering foot traffic and businesses in the downtown area, meanwhile, were among Noecker’s longterm solutions offered to curb violence in the area.

Noecker was first elected to the city council in 2015. She is a resident of St. Paul’s West Side, where she lives with her husband Shane and her two children.

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JERRY ROTHSTEIN

## MR. POSITIVE'S SNOWMAN

Carl “Mr. Positive” Bentson made the most of the late November snowfall, turning it into a snowman for all to enjoy.

## The M releases annual report

The Minnesota Museum of American Art, 350 Robert St. North, released their 2021-22 community report, which details the people, donations and, of course, the art that made 2022 the spectacular year it was for the museum. The report details the exhibits that came through its doors, the new staff members and more.

“Increasingly, the M is at the forefront of innovative arts programming, decisively centered on the ways in which partnerships and community involvement can create a new type of museum experience,” said The M Executive Director Dr. Kate Beane. “We’re focused on the future—construction on the expanded museum is right around the corner, and with it will come more co-curated exhibitions, more community programs, and more opportunities to engage with the M’s permanent collection.”

Read the report: [bit.ly/3Wh3iQu](http://bit.ly/3Wh3iQu).



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# Community Nourishment

ABBY'S ANGLE

## The Final Gambit is magnificent and a little controversial

★★★★★/5 Stars  
Oh my, where do I even begin?! Well, here's a start, I am once again on my journey of reading the *Inheritance Games* series and have just recently finished the final book. *The Final Gambit* by Jennifer Lynn Barnes is the third and final book in *The Inheritance Games* trilogy.  
Avery's fortune, life and loves are on the line in the game that everyone will be talking about. To inherit her \$1 billion fortune, all Avery Kylie Grambs has to do is survive a few more weeks living in the Hawthorne House. The paparazzi are tracking her every step. All that could save her are the Hawthorne brothers. Their lives are tied to hers. She knows their deepest secrets, and they know hers. But as the clock ticks down to the moment where she becomes the richest teenager on the planet, trouble arrives in a visitor that is seeking her help. It soon becomes clear that there is one last final puzzle to solve, and Avery and the Hawthorne brothers are drawn to a dangerous game against an unknown player. In this game, there is nothing more Hawthorne than winning.  
I really enjoyed *The Final Gambit*, and I know that that is a little controversial, but, overall I really enjoyed all of the characters, the plot, the puzzle. Everything. Everything that Jennifer Lynn Barnes writes is always spectacular, and I was once again blown away by her writing.  
This book motivated me to read some of her other works, which I have found great interest in. I also really enjoyed the continuing of the love triangle between Avery, Jameson and Greyson. Everything



in that situation felt very moving and unexpected at the same time with the addition of new characters. The plot felt like a very good extension of *The Inheritance Games* (Book #1), and *The Hawthorne Legacy* (Book #2) as I was a bit confused on where the plot could go after reading *The Hawthorne Legacy*.  
I was so shocked at the dramatic plot twist at the end of the book, I did not see that coming! But really, I didn't expect anything else from Avery as she is just a wonderful and kind person, and that is something she would definitely do. My only nitpick would be that it felt like too much had happened to get to that point for it to end just like how it did. Avery was waiting so long for that fortune and went through so

much that I was very much shocked on what she chose to do with it. I did really enjoy, however, that all the Hawthorne brothers were not involved in the situation as they were just as shocked as us as readers were.  
After all of that, I would definitely recommend this book (and this whole series!) to anyone who is ages 12+. This book didn't have many flaws, and I think anyone would enjoy this as it's suitable for any age range and any interest. But make sure before you read this book that you have read the whole series or else you will be confused! But specifically for readers who enjoy mysteries and puzzles. But yes, overall I would definitely recommend this book to anyone 12+ as it really is that magnificent. Thank you so much for reading.

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A cappella group the Mistletones perform at the Union Depot as firework ignite the sky at the annual holiday tree lighting Dec. 3, 2022.



Shannon, who did not provide a last name, blows snow between two houses on Oneida St. Dec. 22, 2022. Frigid temperatures and blowing snow slammed the neighborhood, leaving disgruntled locals to battle the elements.

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# In the Community

## 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**  
One sees stuff when one walks to work.

**Jan 3, 1998**  
Some mornings after crossing 35E I'll cut over from St. Clair to the amazing Michigan Street and walk the four blocks past the homes of Mary Pesek, Ed Koci and Mabel Knutson. Then it's a left at the CSPS-St. Stan's corner and down 7th to the salt mines.

I keep getting pulled over to Michigan. It's parallel to and one street north of St. Clair. It was platted in 1857. The entire street was originally Czech. The alley it shares with St. Clair, Mr. Positive's alley, is still dirt. Carl says it's like a country farm road. Many of the 120+ year-old Michigan Street houses are re-sided and look much younger. There are several newer homes from the early '70s. But it's still a living, breathing remnant of settled West 7th's first days.

Ed Koci, Mary Pesek, and Mabel Knutson all grew up in their family's original houses and lived here their entire lives. Ed was born in his house.

Gerry Lauer, who lived on James, delivered the a.m. Pioneer Press and the p.m. Dispatch to the residents of Michigan Street when he was in the eighth and ninth grades. 1934 - '35. The Peseks were one of his few customers to get both the morning and evening editions.

**January 6, 1998**  
On my walk to work today a downhill car skidded to a wrong-way stop on the packed snow on my side of St. Clair. One wheel

jumped the curve. I startled backwards. The driver door flew open and a man flew out.

"Doctor!" the frightened guy said. "Please look at my wife's finger." The passenger window rolled down. I walked to that side of the car. A young woman's left index finger was severed at the tip.

"I have the end," her husband said, holding up a baggie. "We were on our way to United."

"Let's put some snow on it," I said. I scooped up a handful and made a flattened snowball and set the baggie on top of it. "Keep going to United. Drive right into their emergency entrance. It looks like a big garage door."

Off they slipped and slid down St. Clair. At the corner by Mr. Positive's, seven kids waited for their school bus. Two black, one white, and four Hmong. None of them talking or looking at each other. Puffed up, checkered-squared, down jackets looking like hand grenades.

The temperature today actually got colder as the day went on. When it hits minus 12 degrees at noon, at the clinic Ravi distributed his supply of soap bubbles to Aleda and me and three residents and brought us all out back of the clinic. A bubble blowing frenzy followed. We hooted and hollered over the instantaneously frozen bubbles that wouldn't break. Most of them landed intact on the snow around us. The broken ones crinkled like Saran wrap. The rest of them took off in the wind and we watched them fly away like escaped helium balloons. I imagine some of them making it to Duluth.

"Is this a great clinic or what?" Aleda asked.

**January 9, 1998**  
A snowstorm on West 7th is a beautiful thing. Sometimes from on top of the WPA steps I witness a scene of such beauty that I have to stop and take it all in.

Today the WPA steps are as clean as a whistle. Right down to the cement. If it's not Mr. Positive it must be some elves with flame throwers.

Mr. Positive's sidewalk is equally clean. Salted and perfect. I've seen him snowblow in the morning, on his lunch break, and at 9pm. All on the same day. I do believe he would like to intercept the snowflakes before they landed.

**January 19, 1998**  
7am. 15 degrees. There was a 10 inch blizzard last night. The snow is knee high and fluffy. The WPA steps are non-existent. I hold onto the railing and slip down. Mr. Positive is snow blowing at Mary Pesek's. I stopped for a moment and watched from St. Clair. Paul Johnson and Michael Lee are walking behind him. At one point, Mr. Positive lets each of them do about 15 feet of sidewalk.

**January 19, 1998**  
It got up to 45 degrees today at noon. The snow melt froze by the end of the clinic. I took a harmless, humiliating fall on the sidewalk ice by Cooper's and three people ran over to see if I was OK.

I drove back to the clinic at midnight and caught up on my patient dictation and nursing home orders. This was 1988, still paper charts in beige folders. Lots of paper charts in beige folders. I sat in front of the Leaning Tower of Pisa of paper charts, dictating for two hours straight. At 3 a.m. I went downstairs into medical records and looked up Mabel Knutson, Ed Koci, and Mary Pesek. These three 80+ year-olds, still in the houses where they grew up, on the same street where they spent the entire 20th century, had neighboring charts all within arms length of where I was standing. And this is a clinic of 12,000 patients.

One thinks of stuff when one walks to work.

## FEDERATION UPDATE

[fortroadfederation.org](http://fortroadfederation.org)



**2022 Volunteer of the Year**  
The Federation recognizes **Saintly City Snow Angels as our 2022 Volunteer of the Year**. They embody a spirit of giving, growth and made our community a better place to live, work and play.

**Preserve Justus Ramsey House**  
The Federation supports the preservation of the Justus Ramsey House. Thank you to neighbors and community members who showed support at the Heritage Preservation Commission Meeting on Dec. 5.

**Join our board**  
We have four board vacancies: Area I Coordinator (renter), Area I Coordinator, Area III Coordinator, and Treasurer. Info, email [fortroadfed@fortroadfederation.org](mailto:fortroadfed@fortroadfederation.org)

**Upcoming Meetings, via Zoom**  
Info: [fortroadfederation.org/calendar](http://fortroadfederation.org/calendar)  
• **Transportation & Land Use Committee**, Thu 1/4, 6:30 pm  
• **Board Meeting** - Mon, 1/9, 7-9 pm  
• **Community Engagement and Outreach** Th, 1/19 6:30pm (via zoom)

**Stay in touch**  
"Like" us on Facebook. Subscribe to its e-newsletter [fortroadfederation.org](http://fortroadfederation.org).

**Contact**  
Mary Cutrufello, executive director, 651-298-5599; [mary@fortroadfederation.org](mailto:mary@fortroadfederation.org); 882 West 7th, Suite 6, Rathskeller Building.

## Get crafty and creative

**By Terry Giinther**  
**Library Manager**

As the long Minnesota winter is setting in there are a lot of creative and cozy activities happening inside the Innovation Lab at George Latimer Central Library, 90 West 4th Street, across from Rice Park.

On Fridays from 2-3 p.m. learn the basics of 3D printing with instruction on our Ultimaker S3 and Lulzbot Mini 3S printers. No experience necessary.

On Saturdays there are sewing workshops from 1-2:30 p.m. Sewing machines, thread, and other notions are provided, or you can bring your own. From 2-4 p.m. you can learn laser cutting and engraving, or drop in from 2:30-4 p.m. at a knitting and crocheting circle. Winter is the perfect time to start a new project or continue working on one. Beginners welcome. Discover something fun and new every Wednesday evening from 6-7:30 p.m. Unwind at a meditative drawing and coloring circle



the first Wednesday of the month or join us the second Wednesday of the month for Game Night. Have fun with crafting on the third and fourth Wednesdays each month.

The Innovation Lab is a free creative and maker space for artists, small business



owners, and novice or experienced hobbyists on the 3rd floor of George Latimer Central Library and is open during regular library hours. The newly updated space includes new equipment such as a recording studio pod, upgraded 3-D printer, new video and DSLR camera, flexible furniture, and more. The upgrade also includes new public art by local artist, Miko Simmons. Learn more at [sppl.org/the-lab](http://sppl.org/the-lab).

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

### WEST 7TH DENTAL, PG 1

family friendly practice and a patient family friendly practice so that everybody who's here is happy and satisfied," Hughs said.

In their efforts to provide quality, affordable care, the pair offer annual plans starting at \$350 for youth. Additionally, Iburg speaks Spanish and is able to facilitate care to families who don't speak English.

Their hospitality has not gone unrewarded as they are forging relationships with the residents of the West 7th neighborhood. They estimate about 25% of their patients at one point walked in from the surrounding area.

"It's been such a welcoming neighborhood," Iburg said. "It's really cool."

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### Foodmobile brings food shelf to the neighborhood

Keystone's Foodmobiles (mobile food shelf) travels throughout St. Paul and the northern suburbs of Ramsey County to bring nutritious food to people in need. For more information about where our Foodmobile stops, visit our website at [keystoneservices.org](http://keystoneservices.org) or call us at 651-645-0349.

### Opening Doors to food security

Since 2019, we have been planning for long-term solutions that would help Keystone bring more needed food resources to our community. With the advice from so many community members and early generous gifts from many supporters, we developed plans for a new center that will support our community for years to come. The Opening Doors to Food Security Campaign will help us open the Keystone Community Food Center in 2023. To learn more about our campaign, you can visit our website at [keystoneservices.org](http://keystoneservices.org).

### Fare for All at West 7th

Jan 6, 10am-12 pm West 7th Community Center gym. The event will be held in the gym at the community center. Stop by to purchase low-cost and delicious food packages. All are welcome.



# BULLETIN BOARD



**CO-ED DRUM CIRCLE**

Announcing a co-ed Drum Circle on Jan. 20, 6:30 p.m. to 8 p.m., for persons 16 and older. Percussion, rhythm and freedom of expression will be explored through lively games and songs, leaving time for some exuberant, spirited drum improvisation. Drums provided. All levels of experience are welcomed and encouraged. Instructor: Jo Klein. Cost: \$15. Register: [womensdrumcenter.com](http://womensdrumcenter.com).

**PILATES FOR PEOPLE**

Saturdays this winter, stop by the Northwestern Building in downtown St. Paul, 275 4th St E, for an open-level class, open to all levels of experience, presented by ZE Moves. Build a strong core support system while experiencing in-depth embodied anatomy for your mental and physical well-being. Recover from your work day with breath work, invigorating movement, and gentle stretches. RSVP: [bit.ly/3Ystedo](http://bit.ly/3Ystedo). Cost: \$15

**TRIBUTE TO THE LAST WALTZ**

Tickets for the 18th annual tribute to The Last Waltz, Featuring Big Pink, at The Fitzgerald Theater 1/27: [firstavenue.me/3EQI1kL](http://firstavenue.me/3EQI1kL) 1/28 : [firstavenue.me/3VmdpCr](http://firstavenue.me/3VmdpCr)

**PAUL HARPER QUARTET AT METRONOME**

Hear the adventurous modern jazz stylings of Paul Harper at MetroNOME Brewery, 385 North Broadway St., Suite 104. Jan. 22, 4 p.m.

**WOMEN'S COLD CASH BONSPIEL • KILTS & SOCKS- IN THE SPIRIT OF NANCEE MELBY**

Ladies ... don your kilt and pull your socks up for this United States Women's Curling Association circuit event. Entry fee includes Friday buffet dinner, Saturday breakfast (with eye openers),

lunch and dinner with entertainment (menu: Nancee's Favorite Salmon En Papillote with Vegetables), Sunday breakfast. Jan. 6-8, \$380 per team. Register: [stpaulcurlingclub.org](http://stpaulcurlingclub.org).

**LAND O' LAKES KENNEL CLUB DOG SHOW**

More than 1,600 canines in 197 breeds will at its annual Dog Show at Saint Paul RiverCentre. [landlakeskennelclub.org/schedules/](http://landlakeskennelclub.org/schedules/)

**BABY AND TODDLER STORYTIME AT THE GEORGE LATIMER LIBRARY**

Targeted for ages 0-3, but older siblings are welcome as well. Read books together, sing songs, do baby bounces, and have age-appropriate toys to play with afterwards. A great opportunity for baby and toddler socialization! 1st floor. George Latimer Central Library, Youth Services Area. Jan. 9, 12 and 19, 10:30-11:30 a.m. Info: 651-266-7034

**SAINTLY CITY CAT CLUB CHAMPIONSHIP**

More than 170 cats from the United States and Canada will compete for the title of Best Cat January 28-29. Adults: \$10 Children (under 10) and Senior Citizens (over 65): \$7. Saturday 9 a.m. to 5 p.m.; Sunday 9 a.m. to 4 p.m. [www.saintlycitycatclub.org](http://www.saintlycitycatclub.org)

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