Community

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VOL. 53 NO. 3

MARCH 2023

CIRCULATION 13,000

CITY PERSPECTIVE

Ramsey County commits to bold vision of RiversEdge in downtown



RAMSEY COUNTY COMMISSIONER, DISTRICT 5 RAFAEL ORTEGA columnist

In 2020, the COVID-19 global pandemic brought many things to a screeching halt, including the RiversEdge redevelopment in downtown St. Paul. Over the last couple of years, Ramsey County has been working with developer AECOM

to refine a vision for the RiversEdge development to revitalize our capital city's historic riverfront, expand public access to the Mississippi River and create new housing and job opportunities.

One of the most innovative parts of this project is the Park at RiversEdge. The nine-acre park would be constructed over Shepard Road and the adjacent railway, extending from downtown St. Paul directly to the river, doubling the usable area of the site. Altogether, the projected \$800 million development represents a once-in-a-century opportunity to transform an urban tract of land into a destination that would better connect residents, workers and visitors with the Mississippi River.

After Ramsey County selected AECOM as the developer for the site, we asked their representatives and our staff to do significant research and due diligence to make sure that the vision they put forward for RiversEdge would work in the marketplace. In August 2022, AECOM provided an update to the county with updated market outlooks that showed both housing and office uses as viable. In December 2022, the Ramsey County Board recommitted to RiversEdge by renewing a preliminary development agreement with AECOM and committing \$26 million to the design and construction of the Park at RiversEdge. As the 2023 legislative session is underway, Ramsey County is seeking a matching state investment of \$26 million for the Park at RiversEdge.

RiversEdge is an opportunity to develop a great civic space, create jobs, catalyze affordable housing and increase the tax base. I am confident that AECOM will be able to execute this bold vision and that our investment in this site will bring significant long-term returns for the entire metro area. I look forward to seeing how this project will transform our downtown and the way residents, workers and visitors connect with the Mississippi River.

Keep up with the latest news on the project at RamseyRiverfrontProperties.com.



Rendering of RiversEdge public plaza concept

Justus Ramsey House in pieces following disassembly

BY CASEY EK

fter months of controversy, the 170-year-old stone Justus Ramsey House that once sat on the patio of Burger Moe's is no longer—at least for now.

After laser scanning the limestone house, crews in February disassembled the structure, labeling its pieces for future reassembly at a to-be-determined site.

The St. Paul City Council acting as the Housing and Redevelopment Authority on Jan. 25. authorized \$84,000 for deconstructing and storing the structure after Ward 2 Councilwoman Rebecca Noecker sponsored a last-minute resolution in the face of the structure's at-the-time imminent demolition.

The resolution initially called for \$115,000 **JUSTUS RAMSEY HOUSE, PG 2**

Do you have something to share

> about the Justus Ramsey House?

Send us your thoughts at editor@ communityreporter.org





(above) Crews deconstruct the Justus Ramsey House, labeling the structure's stones that will eventually be reconstructed at a to-be-determined site. (right) Labeled stones from the Justus Ramsey House on pallets

McKeown to step down as Keystone CEO

BY CASEY EK

After 20 cumulative years with Keystone Community Services President and ČEO Mary McKeown will be stepping down from her role in June.

"It has been an honor to lead Keystone over the last seven years and an even greater honor to have spent more than two decades of my career working at Keystone," said McKeown. "There is something truly special about community center-based work; seeing the impact that can be made when neighbors help neighbors is powerful. Our community - colleagues, volunteers, participants, and supporters - has enriched every one of my days at Keystone. I look forward to remaining a part of the Keystone community and know I'm passing the baton to an incredible person and leader in Adero Riser Cobb."

McKeown has been in her top leadership role since April 2016, and her retirement comes after 40 years of work with communitybased organizations, including 20 cumulative years working at Keystone. During McKeown's tenure, Keystone expanded programming and services to meet the increased needs in the community. Today, Keystone supports 40% more neighbors than just seven years ago, according to the organization.

Asked about what she feels are highlights of her Keystone career, McKeown pointed to the community engagement she has fostered with neighborhoods. In 2019, she led a multi-level effort to survey the Keystone community, including volunteers and those they serve. This exhaustive effort to understand their own work just before the pandemic and the community's support, MeKeown said, was pivotal in Keystone's success over the last few years as needs have grown.

"We simply can't do this work well if we aren't doing it with a 'we' mindset," McKeown said. "People really do care about



Mary McKeown (left) and Adero Riser Cobb

their communities and the people in their neighborhood. Whenever we put out a call for help people respond."

McKeown will continue to work part-time as CEO Emeritus through the conclusion of the Opening Doors to Food Security Campaign to open the new Keystone Community Food Center.

With her first grandchild on the way in July, McKeown plans to devote the next portion of her life to spending time with family and enjoying some much needed rest and relaxation. Those closest to her won't be surprised to learn that she plans on spending a good deal of time on a rocking chair on her porch.

McKeown said that she will always stay connected with Keystone and plans to

volunteer with the meals on wheels program when the time is right.

Stepping into McKeown's role will be Adero Riser Cobb. Riser Cobb earned a BA, MA in Organizational Management, and Master of Business Administration (MBA) from Concordia University. Before joining Keystone, Riser Cobb held leadership positions at Olu's Homes Inc./Olu's Beginnings, Gillette Children's Specialty Healthcare and other organizations and businesses in the Twin Cities. Riser Cobb joined the Keystone senior leadership team as Director of Human Resources and Operations in 2019 and has served as COO since 2021,

KEYSTONE CEO, PG 2



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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

Spiders and the Hierarchy of Caste



TIM JOHNSON columnist

We called him Spider.
He was thin and gangly,
not unlike many spiders,
particularly the one most
familiar to us, the daddy
longlegs. "Hey spider,"
someone would call out
and he would turn and
acknowledge the name he
had been assigned by his
peers. It was only later that
I learned he disliked the
name, but at the time he

never spoke out in opposition. He never said, "my name is Gary."

Spider was a far cry from popular. He was a bit awkward, physically and socially. Mostly, he was easy to ignore, which many of us did. His silence was our complicity. We felt no need to bring Gary's voice into the conversation. In the process, we missed out on getting to know him, his thoughts, his hopes and the things he might have added.

Spider did play a useful role. As long as he was the odd person out, not quite fitting into the group, it inherently felt like the rest of us were a little safer. We were welcomed into the group while Spider stood on the outside. Our gifts were recognized, while Spiders were ignored. Our voices were welcomed, while Spider's was silenced. Spider was our insurance that there was a place for us in the group.

In many respects, this is how a caste system functions. It provides a comfortable place in a social hierarchy that, for those who are fortunate, is, at a minimum, a step up from those below. Spider was our

below. The rest of us had no desire to be in the place to which Spider had been assigned.

In her work Caste, author Isabel Wilkerson makes the case that what we did to our peer Gary is the essence of the caste system upon which our nation is founded. A vital distinction is that what we did to Garv we did to him as an individual. A caste system makes it possible to create Spiders out of whole groups of people based on the color of their skin. Wilkerson writes, "A caste system is an artificial construction, a fixed and embedded ranking of human value that sets the presumed supremacy of one group against the presumed inferiority of other groups on the basis of ancestry and often immutable traits...favoring the dominant caste whose forbearers designed it." Wilkerson argues there are three historic caste systems in history; the vanquished caste system of Nazi Germany; the millennia-long caste system of India and "the shapeshifting, unspoken, race-based caste pyramid in the

Wilkerson astutely notes, "the hierarchy of caste is

not about feelings or morality. It is about power – which groups have it and which do not. It is about resources – which caste is seen as worthy of them and which are not." None of us disliked Gary. He simply had found a lower status in our local context that the rest of us wished to avoid, and so Spider and Spiders become a convenient way of hanging on to whatever status and position we have managed to achieve. Like with our peer Gary, once established, this system can often be maintained by doing very little. Racial caste goes a long way to explaining the persistent inequities in education, healthcare, and housing to name a few. One need not be actively racist. Often simply doing nothing is all that is required to maintain the status quo. Our silence is our complicity.

A caste system is deeply grained, often hidden. But, it is human created and therefore can be changed. Our treatment of Gary was hurtful, and he missed out. In retrospect, we missed out as well.

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

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WEST END HEALTHLINE

Navigating body piercings safely

BY LYDIA TORTORICI, MD

Piercings for decorative, religious, spiritual, and cultural purposes have been used for thousands of years. Given their current surge in popularity, here is some important information you should know before getting one.

Most common piercing locations: Ear: lobes, helix cartilage, tragus; Nose: septum or nostril; Navel (belly button); Nipple.

Is getting a piercing safe?

Yes, piercing is safe if done correctly. Risks include minor localized infections, improper placement or poor healing causing cosmetic damage. These risks can be minimized by good piercing technique, but the piercing industry is not well-regulated. Different states and individual businesses will have different standards for training, cleanliness and jewelry quality. The best way to ensure a piercing salon is adequately trained in good technique and cleanliness is to check if they are members of the Association of Professional Piercers (APP). The APP has established standardized minimum guidelines for safe piercing that is required for all members.

Choosing the right jewelry

When choosing jewelry for a piercing, the two main things to think about are material and fit. Your body will swell around your new piercing, so piercers may initially put a looser piece of jewelry in to accommodate swelling and later exchange it with a more fitted piece. This is to avoid loose jewelry that may snag, migrate, or cause irritation and prolonged swelling.

Metals used in jewelry should be approved by the American Society for Testing and Materials Standards or International Standards Organization, to ensure appropriate quality and safety. Metals not approved for use in jewelry run the risk of causing allergic or irritating reactions, discoloration or infection. Keep a record of the jewelry material as this may matter should you need medical imaging (CT scan, MRI scan) in the future.

Some examples of commonly used safe jewelry materials: ASTM F138 Steel (often contains surgical-grade nickel), ASTM F136 Titanium, Niobium, Gold (14k or higher solid gold or gold-plating are not suitable for initial piercings), Platinum, Certain types of glass.

What can go wrong?

This list is not exhaustive, but here are some of the more



common issues experienced with piercings:

Rejection: There is always a possibility that your body will reject a piercing, pushing the jewelry out over time like a splinter. Some of the more common rejection sites are eyebrow, belly button, surface piercings, hip piercings. Excessive movement of the jewelry or mechanical stress on the piercing site increase the chances of rejection. Signs of rejection include jewelry looking like it's moved or gotten "shallow", chronic irritation, or skin changes around the piercing (flaking, thinning, etc).

Infection: Infection risk is primarily from contamination by bacteria that already live on your skin or by spread of hardy viruses like Hepatitis B and C. Risks of infection are greatly mitigated by appropriate sterilization of jewelry and equipment used and with attentive aftercare. Infections can become serious if you have a medical condition which causes immunosuppression, such as lupus or diabetes. If you have a heart condition, especially a history of endocarditis (infection in the heart) or a valve replacement, talk to your doctor before getting a new piercing. Such conditions should not necessarily prohibit piercings, but should be discussed beforehand so the piercing client knows what to expect and can make an informed decision.

Scarring: Some amount of scarring is inevitable with piercings, but snagging or excessive moving of the jewelry during healing can cause temporary "bumps" to form next to piercings during healing. Folks with a genetic predisposition to excessive scarring, such as people who form keloids (excessive fibrous tissue with wound healing), are more likely to have unsightly scars after a piercing is inserted or removed. Depending on the severity and type of the scar as well as the individual's

desire to change it, changes in aftercare and at-home treatments may be sufficient. Keloid scarring should be assessed by a medical professional.

Difficult removal: Jewelry, especially during the initial swelling period, if not fitted properly, or in people who form scars/keloids, is at risk of your skin growing over it. Jewelry placed by piercing guns is much more likely to become embedded as it is often one-size-fits-all and the technique of piercing causes more swelling afterward. Surface piercings, where there is jewelry placed under the skin which the outside gem attaches to, may have particularly difficult removals if placed incorrectly or the outside gem becomes lost.

Improper placement or unsuited anatomy: If piercings aren't performed by an experienced or trained piercer, the piercing may look "off" due to being placed improperly. This is not a medical risk generally, but since we often get piercings for cosmetic reasons, this is a universally unwanted outcome of a piercing. Piercings performed on unsuited anatomy can lead to chronic irritation, delayed or impossible healing, and excessive scar tissue.

Piercing location-specific complications: Some tongue piercing placements, ill-fitting jewelry, or excessive play with the piercing can cause dental damage and/or gum erosion. Healing ear piercings can cause discomfort when laid on and can interfere with sleep. Nipple piercings can sometimes affect breastfeeding. Some genital piercings run the risk of making barrier contraception (condoms and dental dams) less effective, persistent erections or change in sensation.

Can I safely pierce myself or my friend?

In short, no. In addition to the risks associated with using non-sterile equipment and jewelry, piercings by untrained practitioners can result in longer term complications such as poor healing, excessive scarring and aesthetically unpleasing placements.

Do I see my doctor or my piercer to check on my jewelry? If you are experiencing signs of an infection, such as excessive or discolored discharge, radiating redness or heat from the piercing site or a sudden fever, see a doctor immediately. Typically if there is an infection present, jewelry should not be removed as piercings are draining wounds and allowing the piercing to close could lead to abscess. If you suspect there's a problem with your jewelry, such as it being too tight or too loose, or if you need it removed, contact your piercer. Professional piercers can help troubleshoot most piercing problems and in some cases it may be most helpful to have the input of both a piercer and a medical professional.

Dr. Tortorici is a family physician at Allina Health United Family Physicians, 233 Grand Ave, Saint Paul, MN 55102; 651-241-5200. Dr. Tortorici thanks Jasper Zephyr, an APPcertified piercer who proofread and edited this article.

JUSTUS RAMSEY HOUSE, PG 1

to remove and store the structure after Don Kohler and Rita Dalbec stepped forward was would-be caretakers for the house. In addition to providing the lot, the pair offered around \$300,000 of their own money to restore the interior of the structure.

Noecker called the potential partnership between the city and the pair a "win-win," but Council President Amy Brendmoen and Council Members Nelsie Yang and Chris Tolbert were not convinced when it became clear that the pair would be living in the home. The body then lowered the total to the \$84,000 figure before again changing the approved total \$34,000 following updated cost estimates in February.

Now that the structure has been dismantled several groups and individuals have expressed interest in playing host to the structure. The Fort Road Federation alongside Historic St. Paul will reportedly be opening up an application process for interested hosts for the structure. Kohler and Dalbec have been invited to apply.

The future of the house will be a key topic at the upcoming Little Bohemia Neighborhood Association slated for March 7

The structure will be kept at a storage yard where it will await its future home.

KEYSTONE pg 1

overseeing organizational operations, including finance, facilities, human resources, and IT. She has worked in human resources and business management with specialized and general focuses for more than 25 years.

Riser Cobb is a lifelong St. Paulite and her family has been connected to Keystone for 30 years.

"Adero exemplifies Keystone's values, advocating for our community, supporting our professional staff, and centering equity and our mission in all of her work," said Keystone Board Chair Diane Gerth. "Her focus on operational excellence will be important as we work on a critical part of our strategy for the future – building Keystone's Community Food Center."

Riser Cobb was not available for comment



Community News & Events



St. Patrick's Day Parade

Join in one of St. Paul's most beloved traditions since 1967 as the city's Irish and non-Irish alike get together to celebrate St. Patrick's Day March 17. The annual parade, which starts at noon and proceeds from Rice Park to Mears Park. Visit stpatsmn.org for a full list of events.

St. Patrick's Day Irish Celebration at the Landmark. Join Irish Arts Minnesota (IAM) to celebrate their 41st Annual St. Patrick's Day, March 17. 10am-5 pm) and Day of Irish Dance (March 19, 11am-5pm) celebrations. Catch more than 500 dancers from eleven local Irish dance schools and groups.

St. Paul Recovery Act Reparations Commission accepting applications

The newly established, permanent, standing commission will serve as an advisory body to the mayor and city council on matters related to repairing the damage caused by public and private systemic racism in the city, which resulted in racial disparities in generational wealth, homeownership, health care, education, employment and pay and fairness within the criminal justice system among the American descendants of slavery, ultimately resulting in boosting the economic mobility and

opportunity in the Black community. The St. Paul City Council plans to appoint 11 members to the body. The application form states that "preference shall be given to candidates who demonstrate lived experience as it pertains to the work of the commission, are engaged in the local community, and understand the role of reparations in addressing the impacts of slavery." Learn more and apply: bit.ly/3YZUpfu.

Twin Cities Women's Choir presents "Hot Water" Concert on March 11

A collaborative concert between Twin Cities Women's Choir, Twin Cites Girls' Choir, and

The Wild Rumpus at Park Square

Ballet Co.Laboratory's new ballet explores the journey to understand the various bubbling émotions inside us all. This ageold quest has been the subject of countless books, but iconic children's book author Maurice Sendak may have found the best answer – imagination. The Wild Rumpus is inspired by Sendak's outrageously popular children's book, Where The Wild Things Are. This original ballet created by Ballet Co.Laboratory's 2023 Laboratory II Emerging Choreographer Hannah MacKenzie-Margulies will be performed by the upper-level students of The School of Ballet Co.Laboratory at Park Square Theatre, 20 W 7th Pl., March 11-12. Tickets: balletcolaboratory.org/season





ENCORE! Washburn High School Auditorium, 201 W 49th St, Minneapolis. They will perform alongside Twin Cities Girls' Choir and ENCORE!, their 24-voice a cappella choir. Music highlights the tenacity of women who have lived through struggle, survived and thrived. Tickets: hervoiceproductions.org/buy-tickets

Crosby Farm Regional Park Winter ToursAs the Great River Passage Conservancy and its partners prepare for the next phase of the Mississippi River Learning Center and the River Balcony projects, tour river sites to get more acquainted with the waterway. The public is invited to attend winter walks at Crosby Farm Regional Park through two programs: Hike with a Ranger, March 4, 10am-noon. Register: bit. ly/3lqYFO8, and Parks after Dark: Owl Prowl, March 7, 7:30-9pm. Register: bit.ly/41n61L2.

37th Annual Citywide Spring Cleanup The Saint Paul Parks & Recreation and Public Works teams are hosting cleanup Saturday, April 22, rain or shine, 9-11:30am. Join forces with your neighbors to clean up our parks and neighborhood streets. Visit bit.ly/3YdXM1j for a full list of sites and to volunteer. This event does not collect household items. For more information on how to dispose of household items, visit bit.ly/3SoxXKw.

PSA Demo Starting in MarchDemolition of the City-owned Public Safety Annex (PSA) building, located at 100 10th Street South, will begin in March. This is the next step toward the expansion of Pedro Park. There will be temporary impacts to the neighborhood during the demolition. Demolition is expected to last through April. The city is considering three design concepts for the future expanded Pedro Park, but funding still needs to be secured. Learn More: stpaul.gov/psa-faqs.







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St. Patrick's Day Irish Celebration March 17, 10am-5pm

SUNDAYS At LANDMARK: An Irish Day of Dance March 19, 11am-5pm



ECOLAB RAMSEY COUNTY



LANDMARK

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o learn more about how to volunteer as a Meals on Wheels driver, visit keystoneservices.org!



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Community Heritage

A look inside the C.S.P.S. Hall

Have you ever been inside the CSPS Hall? Anyone who's driven past the intersection of West 7th and Western will have seen the handsome, three-story red brick building at 383 Michigan St. that houses the Pajarito restaurant. A red neon sign identifies the building as the CSPS Hall. But even if you've patronized the Pajarito (or its predecessor, the Glockenspiel) you may not have been inside the upper floors of the building or know very much about its history. More importantly, you might not know about its ongoing life as a center of Czech and Slovak culture in Minnesota and about the many activities it offers to people in the neighborhood, whether of Czech-Slovak ancestry or not.

Fortunately, two Community Reporter board members were invited to the CSPS Hall in January for a traditional roast duck and dumplings dinner, as guests of Marit Kucera, the Honorary Consul of the Czech Republic for Minnesota, Iowa, North Dakota and South Dakota. Kucera has an office in the CSPS Hall, and during our visit she was kind enough to share some of the building's history as well as information about its ongoing programs and activities. So, now we'd like to share just a bit of what we learned and tell how neighbors can take

advantage of this great resource.
The CSPS Hall (the initials stand for Czech-Slovak Protective Society) was built in 1887 as the home of Sokol Minnesota, an organization that has its roots in a gymnastics group founded in Prague, Czechoslovakia, in 1862. The Sokol Minnesota website notes that the CSPS Hall is listed on the National Register of Historic Places and is "the longest serving national hall in Minnesota as well as the longest serving Czech-Slovak hall in continuous use in the United States."

The CSPS Hall has witnessed over a century of West End history. In the February 2023 issue of the Community Reporter, regular contributor Tim Rumsey recalled visiting with neighbors on Michigan St. who grew up at a time when virtually the entire street was home to families of Czech ancestry. In fact, it's that long history that gives this portion of our neighborhood its nickname, "Little Bohemia." (Bohemia, in case you're fuzzy on your Eastern European geography, is a region that constitutes roughly the western half of the present-day Czech Republic.)

Today, Sokol Minnesota helps preserve Czech and Slovak history and culture by offering a range of activities, including dinners featuring traditional cuisine, folk dancing for children and teenagers, craft and bake sales, online language classes, book clubs and presentations by actors, historians and others.

In keeping with Sokol's origins, there are youth gymnastics programs offered for boys and girls as young as 4 years old. The gymnastics program also offers opportunities for young people to gain experience in coaching and earn college scholarships. The organization's Slovo



A wedding celebration at CSPS Hall

newsletter recently highlighted three neighborhood high school graduates who became instructors. There is even a Kolo Sokol Bike Club, which organizes rides during the summer months that start from the CSPS Hall (See sokolmn.org/bike for information on rides coming up this summer).

Finally, the high-ceilinged second-floor auditorium, which once hosted famous Czech composer Antonin Dvorak, is available for rental and makes a beautiful venue for weddings and other events. With 2,500 square feet of floor space, it offers seating capacity for up to 300 people, plus a large stage for musicians. In addition, the upstairs hall is handicapped accessible via the elevator at the parking lot entrance.

This is just a small sample of what's available at the CSPS Hall. We'd be remiss, of course, if we didn't mention the annual Czech & Slovak Festival, which is held every September. But don't wait until then to get involved. Visit the sokolmn.org website to

learn about upcoming events. As they say in Czech, Vítejte! Welcome!





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TAKE PART IN OUR EFFORTS **ENHANCE** the beauty of the neighborhood **IMPROVE** conditions for business **ADVOCATE** for issues that require local action and global thinking!



Community Nourishment

ABBY'S ANGLE

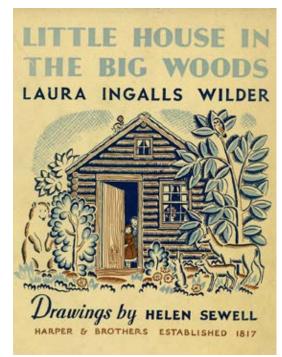
Little House in the Big Woods explore themes of love, kindness

BY ABBY HORTON

★★★/5 Stars

Little House in the Big Woods by Laura Ingalls Wilder, originally written in 1932, is a children's fiction novel reflecting on the author's life beginning in 1871. We as readers get introduced to the author's 4-yearold self who lives in a log cabin on the edge of the Big Woods of Wisconsin. She lives with her Pa, Ma, her sisters Mary and Carrie and of course, their lovable dog, Jack. However, life in the big woods isn't easy for the Ingalls family. They make the best of what they have. From fashioning homemade toys and treats for Christmas, doing their spring planting, harvesting in the fall and preparing for the harsh winter to come, nothing comes easy for the family.

Little House in the Big Woods is the essential introduction to Laura Ingalls Wilder's Little House series. In some ways, life seemed so much easier back then, no distractions like



Original book cover, 1932.

electronics and the hustle of the roaring city outside. Hard work was necessary and valuable for life and there was nothing much you could do. Children had chores and responsibilities that added to the survival for the whole family. I think that the image that Wilder was trying to portray in this book was not only reflecting on her life as the world knew it, but also showing a glimmer of that secret life that wasn't very well documented. It's very easy to compare everything in this book to our lives now and how we do things differently.

Overall, I think that this was a wonderful book, and I deeply enjoyed the story and have plans to finish the entire series. I admire the themes of love and kindness shown throughout the Ingalls family, and I believe that is something truly special. Times when everything was slow and the children were falling asleep to the faint hum of Pa's Fidel were my favorites.

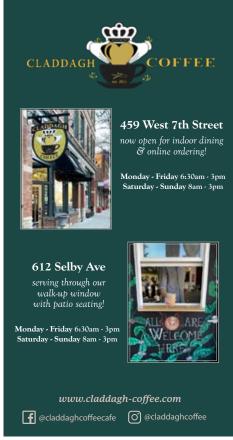
I would highly recommend this book for every audience. This book is truly a book that you need to read at least once in your lifetime, but I would especially recommend this book to children.

in the neighborhood for 35 years!

GOLDEN CHOW MEIN

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The first annual tournament will welcome seven teams of first responders from all over the region to TRIA Rink in St. Paul. Participating teams: St. Paul Fire, St. Paul Police, Duluth Fire, Des Moines Fire, Rochester Fire, Minneapolis Fire, Beloit Fire. Event proceeds will go to the St. Paul Fire Foundation. Learn more and sponsor at team: bit.ly/3kCbDR5.









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In the Community

#RightTrack100 Employer Challenge encourages local business to host youth interns in fun, accessible way

The City of St. Paul's youth employment and training program Right Track announced the #RightTrack100 Employer Challenge – its new initiative aimed at encouraging local employers to commit to hosting Right Track interns in 2023. Designed as a fun, accessible way for organizations to connect with Saint Paul's up-and-coming talent, the #Right-Track100 Employer Challenge also celebrates the program's 10-year anniversary.

"For a full decade, Right Track has led the way in building a diverse future workforce by connecting young people to meaningful career opportunities," said Mayor Melvin Carter. "This program showcases how publicprivate partnerships can invest in our young people and nurture a strong workforce. I encourage all Saint Paul employers to join the city in this important work and take on the #RightTrack100 Employer Challenge today!"

The #RightTrack100 Employer Challenge is open to employers across all sectors in the Twin Cities metro area, with all participants required to commit to hosting one or more Right Track interns in 2023. Once employers commit to hosting their interns, Right Track staff will work with them to navigate any specialized internship programming logistics. The first 100 employers who participate in the #RightTrack100 Employer Challenge will have the opportunity to attend a Right Track partner networking event with Mayor Carter, as well as enter to win a round of golf for four of their employees at the Highland National Golf Course, a rental of a Saint Paul picnic



pavilion for an outing with their team or a behind-the-scenes tour of the Como Park Zoo and Conservatory.

As of February, 65 employers representing organizations and companies of all sizes across all sectors have already committed to the #RightTrack100 Employer Challenge by pledging to host 2023 interns. Learn more about the program and see a full list of employers who have committed to the challenge at bit.ly/3IlKLMU.

Since 2013, Right Track has provided

beneficial exposure and professional development opportunities to thousands of motivated youth who live in a cost-burdened household or have a barrier to employment. In 2022, Right Track connected 704 interns to local employers, with 80% of employers reporting they would hire their intern full-time if they had an opening. If you're interested in participating and hosting a 2023 intern, reach out to Nardos Tesfalidet at nardos.tesfalidet@ci.stpaul.mn.us. Applications to host a St. Paul intern are due March 15.

FEDERATION UPDATE fortroadfederation.org



Join our board

We are currently seeking board candidates for our annual meeting in April. If you are interested in learning more, please send us an email fortroadfed@fortroadfederation.org

- Board Info Sessions for prospective members: 3/4, 10 a.m. via zoom and March 8, 6:30 p.m. at Shamrocks, 995 West 7th.

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

- Virtual Zoom Workshop: Why are **Energy Costs So High and What Can** I Do? Guest: Citizens Utility Board of Minnesota. 3/2, 6 p.m.
- Transportation & Land Use Committee, Wed, 4/5, 6:30 pm.
- **Board Meeting** Mon, 3/13, 7-9 pm. **Community Engagement/**
- Outreach Committee Thu, 3/16, 6:30

Stav in touch

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

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

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

June 1997

Johnny Paul lived at Family Style Homes. He was 42 years old, from Ortonville, Minnesota. A high school grad, two years of college. He said his main hobbies were watching TV, drinking cold water and smoking Chesterfield cigarettes. He smoked four packs a day.

Johnny suffered from chronic paranoid schizophrenia.

West 7th all-star cab driver, William Texan Dubois, knew J.P. very well. They weren't exactly friends. Tex would say J.P. was one of his best customers.

Family Style Homes was a collection of 24 old houses by the Schmidt brewery with four or five folks with a mental illness in each cottage. Our clinic provided medical care for the 120 residents. Front desk Gloria gave them daily-life items. We all became intimate with the wrestling matches in the minds of all those souls. Tex cabbed Johnny Paul into clinic today.

Johnny was first up on my list. I opened the exam room door. The air was smokier than night. I was surprised the fire alarms didn't go off. Three cigarette butts were flattened on the floor in front of Johnny.

"There's no smoking, JP," I said pointing to the offenders on the linoleum.

"I wasn't smoking," he said.

"Who was?"

"The nurse who took my blood pressure, Aleda."

I laughed to myself at the image of a squinty eyed Aleda trying to hold a long ash hanging from the corner of her mouth as she pumped up the blood pressure cuff on Johnny's arm.

"Aleda doesn't smoke," I said. Just then Aleda opened the door. "Emergency in the parking lot, doctor! Come

Johnny jumped up ahead of me and ran down the hall after Aleda,

While Aleda and I tended to a patient, I caught sight of Tex trying to calm Johnny

Then the paramedics charged into the

Tex once opined on Family Style Homes, "A lot of people, me too, thought the place was full of nuts and nincompoops. Peeing

on front lawns and generally messing with the image of West 7th Street. I learned they were basically nice folks. They suffered. They couldn't always help themselves, and besides we're all a little mental."

Johnny Paul was in and out of United Hospital's ER and closed psych. His mother's health was very fragile. He considered her his "ace in the hole," but she was still in Ortonville. Johnny couldn't get there, and he wondered what he was going to do. When his mother died suddenly, he couldn't get out of bed for three days. And, he could not even go back to Ortonville for the funeral.

One midnight, Tex saw Johnny Paul pacing back and forth across the High Bridge. Tex was familiar with the look of terror on his face. He stopped his cab in the middle of the bridge and coaxed Johnny in. They drove around for a while Tex listened to Johnny's fears. Then Tex dropped him off at his cottage.

A week later, Johnny came to the clinic and front desk Gloria gave him a liter of Pepsi and a pair of socks. During his medical visit, he gave me a mortuary memorial card

in memory of his mother.

'Mr. Tex, front desk Gloria and Aleda are all I have now," Johnny said.

Before he left the exam room, I gave him a one-armed hug, and Johnny asked me for a

"What would happen if you gave me three dollars?"

August 1997

During his August visit, we talked about his mom. Then I had to give Johnny some bad news of his own. His blood pressure was

"I have the silent killer?" Johnny asked. He jumped up from his seat and reached for the exam room door handle. I told him it was early. We could treat it. He'd be fine. Johnny sat back down.

"Is it from too much pop?" he asked.

"Maybe a little," I said.
"I'll cut down." And, salt? Which is bad?

Too much or too little?" Johnny needed a dose or two of Aleda's health ed. Then he asked me for my pocket

I showed him a quarter and three Abe Lincolns.

WEST 7TH COMMUNITY CENTER 265 Oneida, St. Paul 651-298-5493 keystoneservices.org

Check the website for the latest information or call the Center.

Keystone is looking for **Meals on Wheels Drivers**

Volunteering for Meals on Wheels is a meaningful experience, and your time as a volunteer profoundly impacts older adults in our community. Volunteers are needed to deliver meals at lunchtime. Bring your smiles and give an hour with Meals on Wheels. To volunteer, please visit our website at keystoneservices.org or call 651-645-0349 for more information. Thank you!

MN FoodShare Month

MN FoodShare's March Campaign brings together businesses, faith communities, and individuals to help stock and support nearly 300 food shelves, including Keystone's. Host a food drive, contribute in-kind food donations or give generously to give Keystone the resources to fill our food shelves with quality items like eggs, meat, milk and more. Visit our website to see the complete campaign information, including a food drive toolkit.

Play Pickleball at Keystone!

For people age 55+. Novice and advanced Pickleball matches are played for fun and include similar levels of play. Merriam Park Community Center, Monday-Thursday, 9:15-11:45 a.m. Cost: \$2 per session. Call the Merriam Park Community Center at 651-645-0349 to sign up for your first game of Pickleball.

Fare for All at West 7th

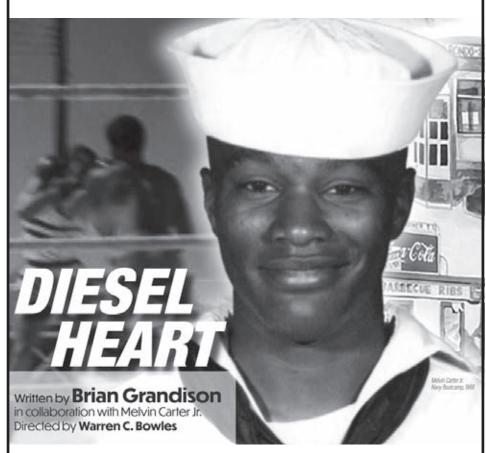
March 31, May 5 and June 2, 10am-12pm West 7th Community Center gym. The event will be held in the gym at the community center. Stop by to purchase lowcost and delicious food packages. All are welcome.





Longtime West 7th Library Manager Terry Günther is stepping out of his role to see the world. Specifically, Günther will be dedicating this next portion of his life to service work in Greece through Lighthouse Relief, a nonprofit aiding incoming refugees. Safe travels, Terry!

BULLETIN BOARD



DIESEL HEART

Written by Brian Grandison in collaboration with Melvin Carter Jr. Directed by Warren C. Bowles 1950s-1970s. Born and raised in St. Paul's Rondo neighborhood, the story of Melvin Carter Jr. begins at a time of racial tension in the 1950s and 1960s. During this time Melvin Carter Jr. struggles in school, questions his worth, and turns to fighting and trouble in the neighborhood. This play, inspired by Melvin Carter, Jr.'s book, DIESEL HEART, is a story that has you crying and laughing with joy. Melvin's story reminds us that the journey we take to finding our voice is never clean or straightforward. Tickets: 651-292-4323 or historytheatre.com. Groups 10+: 651-292-4320.

HAND DRUM BASICS MONDAY

Enjoy a relaxing and fun start to your week as the Women's Drum Center is now offering Hand Drum Basics every Monday from 5-6pm, beginning March 6. This class offers the opportunity to learn freestyle drumming on diembes (West African hand drums) and other percussion instruments in a low-pressure setting. All levels are welcome and drums are provided. 2242 University Ave West in St. Paul. Register at www.womensdrumcenter.org.

EMOTIONS ANONYMOUS

A 12-step program for emotional wellness and learning to live with unsolved problems, meets on Fridays at 7:00 p.m. Join in person at Twin Cities Friends Meetinghouse, 1725 Grand Ave. St. Paul, or by phone at 240-591-0215#, then 722360#. There are no dues or fees required to attend. EA is not affiliated with any other organization. Members attend for various reasons, among them depression, anxiety, relationship problems and other emotional difficulties. For information, contact Paul at 651-402-6774. Additional information, including other Twin Cities meetings, can be found at www.emotionsanonymous.org.

ST. MATTHEW'S CHURCH 34TH ANNUAL LENTEN FISH DINNERS

Dine-in (table service) or Curbside-to-Go. Baked and/or fried wild caught Alaskan Pollock, baked potato, vegetable, coleslaw, roll and brownie. Non-fish options: Spaghetti w/ garlic toast & brownie or Grilled Cheese w/ baked potato, vegetable, & brownie. Beer and wine available. Adult fish \$15. Adult non-fish \$13. Children 5-12 \$7. under 5 free. Curbside-to-Go enter off Humboldt Ave onto Robie St. Dinein is in the social hall, door 5, in back of 510 Hall Ave on St. Paul's Westside. Every Friday 4:30-7:30 through Good Friday April 7.

MILITARY MUSIC AT FORT SNELLING

Enjoy a repertoire of popular music from the 1770s through 1946 performed by two musicians from Historic Fort Snelling's Fife & Drum Corps. Music will include military duty calls as well as selections that entertained fort residents and visitors of the day. Hear about some of the history of the tunes and uniforms, and how instrumentation changed over time. Learn more about the Fife & Drum Volunteer and Intern Program. March 4, 11 a.m. to 1 p.m.

LET'S PLAY HOCKEY EXPO

March 10-11, take in the world's largest consumer hockey show at the St. Paul RiverCentre. Tickets and more info: letsplayhockeyexpo.com.

WILDFLYER GRAND OPENING

Enjoy complimentary cookies and the full range of Wildflyer drinks (for purchase) at the coffee shop at 1362 West 7th, whose mission it is to end vouth homelessness. The opening of the St. Paul location, which sits above and partners with RS Eden, marks a doubling of the mission's impact. Saturday, March 11, 8am-2pm.

MARCH EVENTS AT MANCINI'S

March 12: Paddy Wagon, 5-8 p.m. March 16: Worlds Worst Irish Tenor Contest Featuring Blarney Stone,6 - 9 p.m. March 17: Riverside Hitmen, 7:30 - 10:30 p.m.

BECOME A MUSIC IN THE PARKS PERFORMER

Music in the Parks is an outdoor music series taking place in St. Paul's parks during the summer months. St. Paul Parks and Recreation is seeking performers for the 2023 series. Apply today. Mears Park: bit.ly/3EljdQR, Como Lakeside Pavilion: bit.ly/41xghcX

ROLLER DERBY CHAMPIONSHIP

Season 19 Home Team Championships are here. Join PUMP UP THE JAM on Saturday, March 11, at the Legendary Roy Wilkins Auditorium. Arrive early to see the junior roller derby mixer pre-show. Doors open at 6. In the first game, the Maul Rats take on the Roller Vortex for third place, followed by a halftime dance party with DJ NOISE! Then see the Wednesday Warnings and Bodies of Water throw down in the championship game for the Golden Skate. First whistle is at 7.

CHAT WITH DAVE

Join Rep. Dave Pinto for an informal conversation about ongoing topics of the Minnesota Legislature session. Saturday, March 4, 1-2:30pm at Highland Park Community Center, Library 1978 Ford Pkwy. Community Room, second floor, adjacent to the library.

EMAIL CALENDAR ITEMS TO: INFO@COMMUNITYREPORTER.ORG

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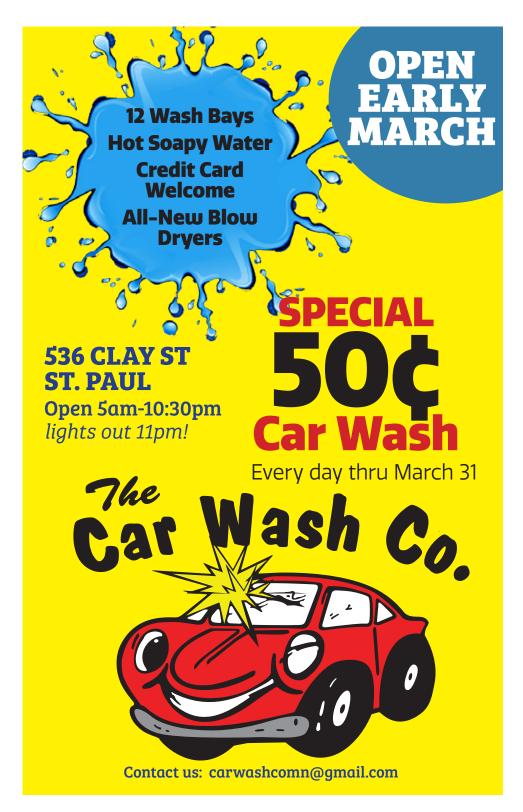
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