

# Community REPORTER

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VOL. 53 NO. 8

AUGUST 2023

CIRCULATION 13,000

## COUNTY PERSPECTIVE

### Ramsey County introduces new nurse training program



RAMSEY COUNTY COMMISSIONER, DISTRICT 5  
RAFAEL ORTEGA  
columnist

In late April, I chaired a workshop where we learned about an innovative new program called the Public Health Career Pathways (PHCP) Program and I want to share it with you. Ramsey County created this program with American Rescue Plan dollars, and you will see that it would be hard to target

those dollars more wisely to address the immediate health emergency that COVID represented and to address the long term needs of our county. In fact, President Biden himself recognized this program by name at a recent National Association of Counties (NACO) meeting.

We are training current county health employees so they can become Community Health Workers and Registered Nurses.

We pursued this project for three reasons:

The US and Minnesota Public Health workforce infrastructure is declining. Baby boomers are retiring from nursing. Many nurses of all ages are leaving the profession because of stress and burnout. This is a crisis and we need to address it.

We also need to address the racial and health disparities in our community. No matter what measurement you use, the differences in health outcomes for white people and people of color are staggering. In Ramsey County, infant and maternal mortality rates are highest in the Native American and African American communities. During the worst days of COVID, we struggled because we didn't have enough outreach workers from several of our ethnic communities.

We need to lift motivated Ramsey County employees at the bottom of the career ladder up out of poverty.

#### Differences in Education and Professional Achievement

We have a diverse health workforce, but the diversity is not evenly spread through our different professions. Most of our employees of color are Nursing Assistants or Home Health Aides, while very few are Community Health Workers and Registered Nurses which require more education and open up opportunities for considerably more pay.

#### How It Works

The Registered Nurse Pathway leads to a Bachelor's in Science Nursing Degree (BSN). Community Health Worker students receive the Community Health Worker (CHW) Certificate, which is an on-ramp to other health professions.

All participants work a reduced schedule which provides them time to study and complete coursework. A wage supplement is provided to cover the hours participants would normally work. The wage supplement is the game changer that allows employees to get the education they need to advance without having to sacrifice the dollars they need to feed their families.

This fall, Nursing Students got a GPA of 3.67 while the CHW Cohort excelled with a 3.9 GPA. CHW students who complete the program must stay for 1 year. Registered Nurses must stay for 3 years.

For LaSherion McDonald, on the RN track, this was the answer to her prayers. When she took a job with the county, she thought she'd never get her nursing degree. For Hlea Her, she can keep caring for her 5 children, complete the degree and be reenergized about life. For the University of St Catherine, who is our education partner, this achieves key goals for them.

We plan to expand the Public Health Career Pathways (PHCP) Program in the coming years and I'm glad.

## West 7th businesses oppose SPDID expansion

BY DAMIAN GOEBEL

**B**usiness owners along West 7th near downtown have asked the city to put the brakes on a proposal to expand the downtown St. Paul Downtown Improvement District (SPDID).



The proposed expansion area includes businesses bordered by Kellogg and Grand Ave. to I-35E and Exchange Street.

Dave Cosetta, owner of Cosetta's at 211 West 7th St., said in public testimony on July 19 that he would like the issue held over by the City Council until the business owners have a better understanding of what they are being asked.

"The Majority of the landowners are not aware of the details of the proposal," he said, adding that at least two property owners have withdrawn their support of the expansion.

Along with Cosetta, some of the building owners who've submitted formal opposition to the proposed expansion have tenants like Tom Reid's, Downtowner Woodfire Grille, Patrick McGovern's, Apostle Supper Club, the Downtown St. Paul Holiday Inn and Maharajah's.

At issue is the exact area the expansion will encompass and the cost calculations for the property owners.

The SPDID was launched in 2021 as a self-imposed, self-managed effort, led by the private sector, to increase safety, vibrancy and cleanliness in downtown. The program is voluntary, with participating businesses contributing based on their building's square footage and street frontage.

Cosetta said he would need the formula for how their contribution was calculated, including how their square footage and



Proposed expansion area of the St. Paul Downtown Improvement District.



Dave Cosetta, owner of Cosetta's, gives public testimony on July 19, 2023.

street frontage were calculated, before he'd be willing to consider the expansion.

"We are requesting a layover until September to understand what we are paying for," he said.

In May of 2023, the SPDID expanded into the

West 7th area with support from the businesses. The initial expansion was funded through a grant from the Knight Foundation.

Participation in the SPDID provides additional services to the area, from trash and graffiti cleanup to having street team ambassadors providing directions to visitors and being an extra set of eyes and ears for public safety.

Because it is a voluntary program, at least two-thirds of businesses in a district must agree to participate. Some of the businesses included in the proposed expansion include Allina Health, Children's Hospital, Hampton Inn and Suites, Maharajah's, Patrick McGovern's and Tom Reid's.

The City Council agreed to layover their public hearing on the issue until the July 26 council meeting to allow additional time for business owners time to assess their interest in participation.

"This is a voluntary program," said Council President Amy Brendmoen. "If the support's not there, the support's not there."

## West End youth star in Circus Junventas's "Excalibur"

BY DAMIAN GOEBEL

Three West End residents, Rosie Mickelson (17), Ariana Forsland (16) and Gwendolyn Forsland (16) are set to star in Circus Junventas' summer production of "Excalibur," from July 28 to August 13.

The production interprets Arthurian legends, with all of its intrigue, romance, chivalrous knights and betrayal. The trio of West Enders are some of the most committed, highly advanced young artists in the troupe.

Rosie Mickelson, a student at the Academy for Science and Agriculture, said she cannot wait to showcase her talent in her first summer production. Mickelson specializes in the Russian swing, used to launch performers into acrobatic flight, the mini vault and the wall trampoline.

Sisters Ariana and Gwendolyn Forsland, both 16 of the St. Paul Conservatory for Arts, joined the circus for different reasons. Ariana, who has been with Circus Junventas for eight years, said that, after seeing her first show, she knew she wanted to be an inspiration to other kids.

"I wanted to be one of the performers on stage with little kids looking up to me," she said.

Gwendolyn, on the other hand, said that she wanted to be involved to improve her flexibility and to tell people that she was in the circus.

"I stayed because of the community here. If you want to join, the community is one of the best things here," she said.

Ariana will showcase her skills on the Spanish web, straps and dance while Gwendolyn will be performing dance, contortion and theater scenes in this year's show.

The production itself promises to be a spectacle.



Promotional image for Circus Junventas "Excalibur."

Telling the story of a magical quest for peace throughout Medieval London, "Excalibur" is the story of one unsuspecting boy destined to become the once and future king.

"We will have knights jousting on horses created by puppet artist Christopher Lutter-Gardella, along with dragons and a floating boat transporting Lady of the Lake as she delivers the sword, Excalibur, to Arthur,"



Rosie Mickelson



Ariana Forsland



Gwendolyn Forsland

said Betty Butler, Circus Junventas Co-founder, and artistic director. "We imagine the medieval forests surrounding Merlin's cottage may feel so real, people will be reaching for their sweaters to ward off the chill."

This year's production will feature new acts such as fire foot archery and flying pole, as well as old favorites like a dragon-fitted Russian Cradle, duo Russian Swing and stage combat. Rehearsals and special training started last fall, with more than 65 performers rehearsing long, dedicated hours to perfect their acts in preparation for the three-week-long show run.

"We will be showcasing new thrills as our audiences have come to expect from our

EXCALIBUR, PG 2





# Community REPORTER

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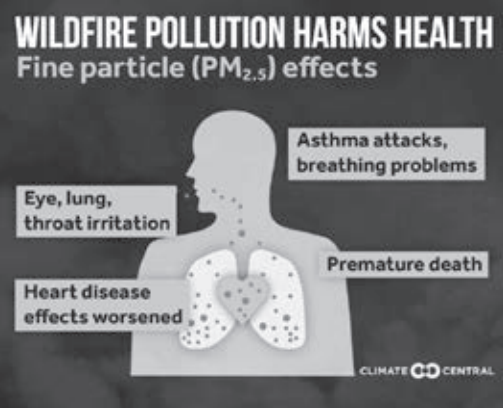
The power of a community newspaper is the community it serves. We need you, the people of the West End, to continue to tell the types of stories you want to hear. Give us a call, shoot us an email or leave us a message on social media to let us know what you want to know more about, what you are thinking about neighborhood issues or just to say “hi.” If you wanted to take it a step further, you could always

write a letter to the editor, pitch us an article you want to write, donate or learn more about joining our board. We are always on the lookout for people who want to join the *Community Reporter* community in whatever way they can.  
Thanks for your continued support and looking forward to hearing from you  
-- Damian Goebel, Editor, *Community Reporter*

## Poor air quality and your health

**BY JONATHAN DICKMAN, MD, PHD.**  
When it smells like a campfire outside this may bring back memories of setting up a tent at a local park. This, however, is not the ideal odor when you are only stepping outside your own home. This year our neighborhood has been hit with poor air quality from uncontrolled Canadian wildfires and is why you can smell, and sometimes see, smoke here in the city. In addition, the hot weather combined with city pollution has also resulted in days high in ozone which, although often not something you can easily see or smell, can also contribute to poor outdoor air quality. Thanks to global warming, we are guaranteed to have more days of poor air quality in the summer months in the future.

So what to do? First is to periodically check the neighborhood air quality to increase your awareness of this problem. This can be done by checking phone apps, the newspaper or listening to the local news. When the air



quality is poor, you want to maximize your exposure to indoor filtered air. We encourage everyone to exercise at least 30 minutes daily, but on these days plan to do this activity indoors instead of outdoors. Your body needs to use more oxygen and thus you breathe more air when exercising and this increases your exposure to the pollution if done outdoors. On better air quality days, avoid exercising near areas with a lot of car traffic and local pollution. Any time you are going to expend more energy, be mindful of where you do this activity to keep your lungs healthy!

In addition to exercising indoors, take extra steps of caution if you are more sensitive to poor air quality. This includes people with lung disease such as asthma, reactive airway disease or chronic obstructive pulmonary disease (COPD). If you have these conditions, your lungs struggle with irritants from poor air quality and you may find yourself needing to adjust your inhalers with your doctor if you have problems. Children also need to take extra

caution as they use a lot of oxygen to help them grow and be active. During poor air quality days people with lung disease and children may want to take extra steps to stay indoors to keep their lungs healthy.

Finally, while minimizing your exposure to poor air quality, also try decreasing the amount of pollution you create to improve the local air you breathe. Car pooling, walking and biking instead of driving and decreasing home energy use can all improve the air you breathe. Using battery operated lawn equipment instead of using gasoline can also be a good next step. Being “green” by minimizing energy use has always been a good idea, but now it seems more important than ever to keep the air we breathe safe. Do not burn leaves, wood or trash in your neighborhood as this also pollutes the air (similar to the Canadian wildfires!). Of course, quitting smoking or vaping is helpful in reducing direct pollution to your lungs and those around you. Stopping smoking or vaping is also the single most important thing you can do to improve your health!

While low air quality is frustrating, remember that there are ways of staying healthy. Keep a watch on the local air quality and move your activities indoors when the air quality is poor. In addition, any step you can take to decrease the energy you use at home and reduce your carbon footprint will also help the air you breathe stay safer. When in doubt, talk with your doctor if the air seems to be bothering you and they can help adjust your medications and help you breathe easy.

*Jonathan Dickman, MD, PhD is a family physician at United*



## BUILDING COMMUNITY

### Tell Me More



**TIM JOHNSON**  
columnist

“Tell me more.” Just three words. How hard can they be to say? “Tell me more.” It seems like they should slip off one’s tongue with ease. I have a close friend who often makes it look easy. A person is sharing a thought or an opinion and while I might be inclined to identify some flaw in the speaker’s thoughts, my friend

unhesitantly extends the invitation to say more.  
I first encountered the “tell me more” approach in conversation a number of years ago at an Overcoming Racism Conference. The speaker, who is white, was telling the participants in her workshop that she has made it a practice to engage disagreement with these three simple words. The speaker indicated that she was particularly resolute in the practice if disagreeing with someone who is Black, Indigenous or a Person of Color. She further strengthened her resolve if the speaker was challenging her personally.

The speaker acknowledged that her natural instinct, but truthfully the natural instinct for all of us, is to grow defensive when we hear something with which we disagree. If the challenge is one that affects us personally then the defensiveness grows in intensity. This is what makes conversations about race, racism and white supremacy so difficult. Our defenses go up, like the great wall of China, or virtually any wall intended to keep out the unwanted or perceived threat.

This defensive response, of course, is not limited to issues of race. It manifests in the most personal of relationships, in community life, congregations, virtually

any context where people gather and there is potential for disagreement.

It does help if we recognize our defensiveness when it occurs. A good clue is our bodies. There is always somewhere in our bodies that lets us know we are experiencing a measure of threat. It may be our stomach tightening, our neck or shoulders, but invariably emotional defensiveness has a physical presence. There is, in fact, an entire field of study on this very thing called Somatics.

“Tell me more” is no panacea for some of the fundamental disagreements that we face today, but if we are to find common ground, building communities that make room for all, then “Tell me more”, will be an essential component.

I have done my best to take those three simple words to heart, but, I must confess there are times when I fail miserably. It may be because I am caught at a bad time with other concerns on my mind, I am physically tired or simply feeling extra defensive, but there have been times, more than I would care to admit, when “tell me more,” refuses to dislodge from the roof of my mouth. Instead, I offer a full throated explanation of why the speaker is wrong, somehow expecting that my sharp reasoning will win the day. Even my good friend, who I often look to as a model for this approach, found himself coming up short when confronted with an opinion that perhaps got too close to home. Virtually the first words he spoke were, “I disagree.” In my mind, I was wondering, what happened to “Tell me more”.

I may and likely will miss the mark again, but remain convinced that a response of “tell me more” is advice worth heading.

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

Circus Juventas presents “Excalibur”  
July 28 - August 13. Tickets: \$25 - \$50  
Children ages 2 and under on an adult’s lap are free.

Shows are at 1:00 p.m. and 7:00 p.m. and are three hours in length, including a 30 minute intermission. Learn more, check times and purchase tickets at [circusjuventas.org/summer-show-2023](https://circusjuventas.org/summer-show-2023)

## EXCALIBUR pg 1

summer show blockbusters,” said Dan Butler, Circus Juventas co-founder and executive director of Circus Juventas, a 29 year-old nonprofit, is the largest youth performing arts circus school in North America. The year-round program serves more than 2,500 children and youth with a diverse array of circus arts training and performance opportunities in a noncompetitive setting.

## BEA'S BOOKS

### Spare definitely worth a read



**BEATRICE COSGROVE**  
reviewer

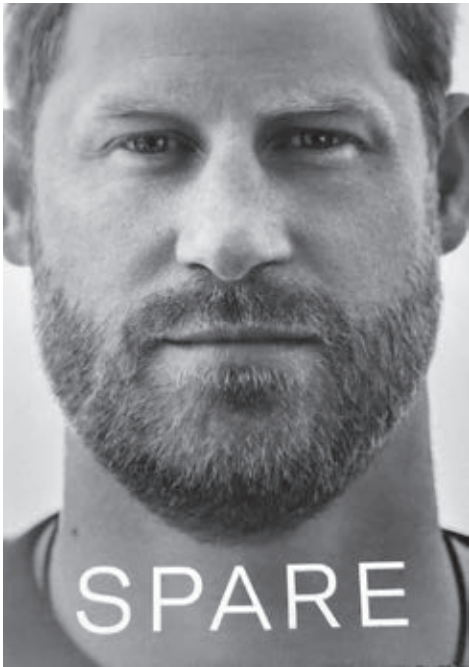
**SPARE**  
*Written by Prince Harry*

I admit, I am a British royal fanatic. When I was younger, I would go to the George Latimer Central Library and check out the huge (and very heavy) books filled with pictures of the royal family. I would go through the royal wedding albums and I loved

reading about Diana, Kate and (more recently) Meghan. Pouring over the captions, I would learn little tidbits of information, and from there my interest sprouted and grew. The royal family is confusing, it’s especially difficult to figure out their family tree, so I would pursue big books and read as much as I could until they were due back to the library. So when I checked out “Spare,” my first thought was: “How the heck am I going to read all of this?”

“Spare” follows Prince Harry throughout his life as he navigates relationships, mainly his father (now King Charles III) and brother, William. It opens up with an interaction between Charles, William and Harry after Prince Philip’s funeral, foreshadowing events to come, before switching back to Harry’s childhood. He enjoyed being at his family’s estate in Scotland, Balmoral Castle, as well as traveling with his mother and his mother’s “friend,” as he called Dodi Al-Fayed, Diana’s significant other who was killed in the same car crash she was.

As I got deeper into the book I saw how Diana’s death kept coming up. Obviously, there was a lot of trauma following it, which was never truly resolved because of, according to Harry, the royal family’s tendency to deal with grief in an unhealthy way. Diana’s death affected the rest of Harry’s life and was something that he and his brother, William, had in common but seldom spoke about. As the book continued to spiral into Harry’s teenage years, a recurring subject was the press. The paparazzi had chased Diana’s car into a tunnel where the driver crashed into a



column, killing the passengers, so Harry felt an extreme resentment towards them since he blamed them for his mother’s death. The paparazzi’s constant scrutiny of the royal family was both a learning experience and a taxing aspect of Harry’s life, especially when embarrassing moments and humiliating rumors were spread by the press.

A segment on Harry’s military career follows, detailing the many missions he was on and describing some of the issues being a royal in the military presented. I would say I was most captivated after Harry returned to Britain and began sorting out his affairs there, especially his relationship with Meghan Markle and the complications that it introduced.

Overall, “Spare” was an interesting read. I enjoyed seeing things from Prince Harry’s view, especially after reading so many other articles and books surrounding similar issues through a reporter or another royal biographer’s eyes. I

**SPARE, PG 7**





# Community News & Events



### LightWave Installation Unveiled in Rice Park

LightWave, an animated LED light installation by artist Jeff Bartlett, is now in place in Rice Park. This unique work adds the “final glow” to the redesign of the park, which was otherwise completed in 2019.

LightWave is an animated garland of decorative strands of LED lights mounted in metal panels, encircling the perimeter of the Rice Park fountain's inner and outer concrete bench. The design provides an interplay of light, animated in a color-changing display, with the intent of a dynamic, engaging feature to draw visitors to the park's center. The installation also provides a safe, outdoor space by further illuminating the park and the fountain. “The ideas behind LightWave originated decades ago,” said Jeff Bartlett. “I first imagined animating the Rice Park Fountain with light, especially during months when it has no water.”

LightWave is the final project of the Rice Park Revitalization effort that resulted in the redesign of Rice Park completed in 2019. As a public park in St. Paul, Rice Park is owned by the City of St. Paul's Parks and Recreation. Private funds in the amount of \$1.2 million for Rice Park Revitalization were raised by the St. Paul Garden Club, St. Paul Parks Conservancy and the Rice Park Association, augmenting public funding for the revitalization effort.

### St. Paul City Council 7th Annual Business Awards nominations open

The St. Paul City Council is once again accepting nominations to recognize St. Paul businesses for a Business Award in five categories.

Community members, residents, employees and business-owners are invited to visit [www.stpaul.gov/bizawards](http://www.stpaul.gov/bizawards) to nominate, apply, explore past winners and gain insight into the categories and criteria for submitting nominations or applications for the award.

The 2023 Business Awards nomination period is from July 3 through August 23. Applications and nominations are open to all types of businesses. Recipients of the Business Awards will be recognized at a St. Paul City Council meeting in September 2023. A Selection Committee made up of past award recipients will decide on the winners.

Nominations must be submitted no later than August 23, 2023, by 12:00 p.m. Find more information and nominate a business at [stpaul.gov/bizawards](http://stpaul.gov/bizawards).

### Join a Purple Line Station Area Working Group

The Purple Line is a proposed bus rapid transit (BRT) line that will travel between downtown St. Paul and East Metro suburbs. Ramsey County is looking for a diverse group of community members to share their ideas for areas around Purple Line stations in the City of St. Paul. The group's input will help shape these neighborhoods and inform future development decisions.

Station area planning supports development of housing and businesses near transit stations. It also identifies ways to make it safer to walk and bike to transit stations.

The St. Paul Station Area Working Groups will meet three times from August 2023 to July 2024. All Station Area Working Group members will receive \$25 per meeting. We will provide meals at in-person meetings.

To learn more about the Purple Line, station area planning or to express interest in participating, visit [metrotransit.org/purple-line-station-area-planning](http://metrotransit.org/purple-line-station-area-planning).

### Ramsey/Washington expands Recycling and Energy Center

On July 17, 2023, Ramsey/Washington Recycling & Energy (R&E), celebrated the completion of enhancements at the R&E Center, a 450,000 ton per year solid waste processing facility in Newport. These enhancements, which include a building addition and next-generation technology to sort more materials from the trash, will support the launch of one of the largest residential food scrap recycling programs in the country.

Food scraps, such as fruit and vegetable peels, eggshells and bones, make up 20% of the waste generated in Ramsey and Washington counties.

“We are excited to bring a second life to material that would have normally ended up in landfills or incinerators,” said R&E Board Chair and Washington County Commissioner Fran Miron.

The counties developed the food scraps pickup program, a free residential program aimed at recovering food scraps and transforming them into soil instead of becoming waste, to make progress toward their climate goals.

Funding for the facility enhancements was provided in part through the 2020 Minnesota State bonding bill, with \$7 million allocated from state funding. Along with supporting the food scraps pickup program, the facility expanded its recyclable recovery system. Together, the new processing equipment and the food scrap pickup program will divert a total of 60,000 tons of valuable material from landfills or incineration for recycling annually. To put it in perspective, that's enough recyclables and food scraps to fill Allianz Field three times.

The program is currently in its pilot phase and will soon be rolled out to residents in Ramsey and Washington counties in phases.

### Rethinking I-94 between Minneapolis and St. Paul alternatives released

Rethinking I-94 released their alternatives study to the public on July 18. These high-level suggestions are a combination of highway and transit ideas that reflect the basic design and number of lanes of the roadway, the type of transit service provided, and potential transit stop locations. More details will be developed as feedback is received and additional technical information is gathered.

Rethinking I-94 is a long-term process to engage community members who live, work, commute and play along the 7.5-mile stretch of I-94 located between Hwy

55/Hiawatha Ave. in Minneapolis and Marion St. in St. Paul. The objective of Rethinking I-94 is to address identified transportation needs while ensuring community members and stakeholders have a meaningful voice in the process.

Stakeholders are encouraged to review the identified alternatives and share your thoughts and insights via their online survey. The survey is open for feedback now through the fall. Input will be used to help shape the future of the corridor.

To view the analysis, take the survey or learn more about the project, visit [talk.dot.state.mn.us/rethinking-i94](http://talk.dot.state.mn.us/rethinking-i94)



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## Good News!

Younger generations are reading.

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# Community Traditions

## St. Francis de Sales plans 50th reunion

**BY LINDA (NEE DANDL) HARLEY**

On June 3, 1973, we eighth graders at St. Francis de Sales attended the 9:30 a.m. Mass; each of us all dressed-up and well coiffured. It was our chance to showcase our style without our customary uniforms. It was graduation day and all of our parents gathered outside to take pictures. While most students seemed elated to be moving on to high school, I felt a bit melancholy inside, knowing we were all leaving something very special behind.

We would never again be inside those hallowed halls where we bonded, where right from wrong was clearly defined, and where we had grown into young adulthood. It all began when sixty or so of us walked into first grade the fall of 1965 with a blend of trepidation and excitement. There we were lovingly instructed to sit with our hands neatly folded upon our desks and to put on our “thinking caps.”

Yes, ours was the great fortune (thanks to our moms and dads) to be able to attend St. Francis de Sales School and to be taught by the School Sisters of Notre Dame along with a few extraordinary lay teachers. Each taught with dedication, placing the greatest importance on our education. Our days began with prayer, followed by the Pledge of Allegiance, before moving onto a full academic schedule. From Art Class to Science, English to Singing, Math to Physical Education, all the subjects, and with Recess to boot. All disciplines and academics were given their full measure; their full due.

Goodness and grace itself stood directly before us instructing us each day. Discipline, building character and spirituality were as much a part of the curriculum as anything else, if not even more so. Virtue and discipline were vital; no one was getting off the hook. Teaching each little soul was paramount to the good Sisters.

As the nuns made their way each day from the convent to the school and back again, I imagine the day’s events were played over meticulously, perhaps even graded. I am certain that every single student was remembered in their prayers each and every night too.

These nuns were accomplished grammarians and educators to the highest degree. To this day I believe any one of them, given a ruler, a chalkboard, and a good textbook, will out-teach anyone anywhere, and all without a single computer. If I could give them all a gold star I would. I can only say thank you with the deepest gratitude in my heart.

Our years at St. Francis de Sales consisted of glitter and glue, jars of caterpillars on old radiators, collected fall leaves, brown lunch bags with names upon them, single file lines to the restrooms, the Monsignor handing out report cards (just enough intimidation to keep the cobwebs out), clouds of white billowing from clapping erasers after school for the lucky ones chosen for the task, giant teeth and toothbrush demonstrations, strange powdery substance poured over the vomit of some poor soul by the janitor, a sense of pride and comfort in siblings inside the same school, mimeograph paper, milk monies, spelling bees, the giant playground alive with bouncing balls, shouts, jump rope, sing-songy hand-clapping games, Red Rover Red Rover, Farmer in the Dell, and Duck Duck Grey Duck. It was a time when being handed your paper back with a gold star on it really meant something. And it all happened between dignified processions to church as well as to the school library where you awaited your turn to check out books like “Little House on the Prairie,” and whatever books the boys checked out.

At that time many of the housewives wore dresses, cats-eye glasses, had perms, and snap-clasp purses. Many of the men wore suits and ties with shined shoes. Parent-teacher conferences were held and a science fair one year. Holidays were huge. We had a stage in the gym for Christmas pageants, talent shows, and the like! One year a symphony orchestra even came to school where we all sat in awe listening and



The 1973 class from S. Francis de Sales



1973 class alum Paull Herman

**Those years at St. Francis de Sales were filled with life, love and lessons. I believe every student carries in their heart a lesson from the good Sisters, or a special memory from St. Francis de Sales. It would be impossible not to. As we are all unique individuals some memories will be good and others perhaps not so good. Perhaps we’ll compare notes at the coming reunion.**

**LINDA HARLEY**

watching. During the Christmas season we sang carols in church with such enthusiasm and vigor that surely the Sisters must have beamed. Together we all received our sacraments and our lessons equally.

Fundraising was necessary to keep it all going. Booyas and bingos were held each year as well as the school carnival. The home-made cakes seemed iced and frosted with magic by housewives who really knew their way around the kitchen. Their baked goods would put Martha Stewart on high alert. Our mothers were instructed to save the box tops off certain food products that were somehow transformed into profit. That era also saw us selling candy bars door-to-door — World’s Finest!

We had a gym teacher who tested us all on national standards each year and who coached teams for many years. So great a teacher was he that, decades later, he was thanked by students as they handed him the keys along with their hearts to a brand-new car! He is none other than Jim Pachall who served in WWII and made a promise with his life to teach children. He resides in St. Paul still.

St. Paul’s neighborhood parishes consisted primarily of immigrants settling amongst themselves, finding comfort and familiarity in speaking the same language and a shared culture; all eager to embrace America. St. Francis de Sales was the German parish with names like: Funk, Schovanec, Rudolph, Dandl, Kautz, Bredemus, Leitner, and the like. Growing up on West Seventh Street it was common to be asked what nationality you were, making one feel proud even if some good-natured ribbing came along with it.

To honor this heritage, to this very day, at every Christmas Eve Midnight Mass, the choir director, (and classmate too) conducts the choir in the most beautiful rendition of “Silent Night” sung in German, “Stille Nacht”. It is incredibly moving. My own grandparents immigrated from Austria-Hungary and spoke German. It is a lasting, beautiful tribute (thank you Paul).

Sadly, in 2013, St. Francis de Sales grade school closed after 129 years. A celebration was held wherein a few students were reconnected. And now with the help of Facebook, our class of ’73 has slowly come together, trying to locate all our classmates for our 50th reunion to be held on August 26, 2023.

Those years at St. Francis de Sales were filled with life, love, and lessons. I believe every student carries in their heart a lesson from the good Sisters, or a special memory from St. Francis de Sales. It would be impossible not to. As we are all unique individuals some memories will be good and others perhaps not so good. Perhaps we’ll compare notes at the coming reunion.

Coming back together no matter how many the miles or the years, past any wrinkles, pains, achievements, successes or failures, we will all be able to see each other for who we truly are. For our very essence was already in place those many years ago.

As the 50th eighth grade class reunion of ’73 approaches, I find it is not what we left behind that day in June of 1973; but rather, it is what we took with us out into the world. For that we are blessed.



# Community Traditions

## How did your start at St. Francis affect your life in school, neighborhood and family?

I absolutely remember my very first day of first grade and Sr. Corrine Marie Dahlheimer greeting me. I also remember my 8th grade graduation and Sr. Jacinta Simones ( who passed away earlier this year) handing me my diploma. In between was reading, writing and arithmetic, and let's not forget history and science. The true foundation of who I am today, those seeds of faith, friendship and education, were planted for me at St Francis de Sales.

- Bridgette Startz nee Cook

St. Francis was a true neighborhood school. We walked to school with our friends and neighbors. Though my family only moved into the area at the start of my 7th grade year, it was at St. Francis, that I met some of my lifelong friends.

- Lori Larson

Mary Kay Werner nee Funk, one of the event organizers, in her uniform

**Spirituality & Faith:** through the great foundations taught by Father Gillen and Father Eishens our parish priests and SSND: Jacinta, Timona, Stephanie, Corine Marie and Marilyn.

**Physicality:** Great fundamentals through Jim Pacholl.

**Family & Neighborhood:** Great presence of dedication and loyalty examples performed by many parents of the parish and provided the social formation of community.

- Richard Rudolph

Richard in grade school at St. Francis de Sales

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**Position Announcement: Executive Director**

**Dignity and Respect**  
Joseph's Coat is a free store providing goods and service to those in need within an environment of dignity and respect. Joseph's Coat maintains an inclusive philosophy toward the community's neediest and often most marginalized members. People of all ages, ethnic and cultural backgrounds, abilities, and challenges are welcomed and served.

**Our Strength in Volunteers and Donors**  
We strive to foster a sense of community between those facing hardship and our volunteers and donors who are the strength and energy of Joseph's Coat. The nonprofit was founded in 1989 in response to the need for no-cost clothing, personal and household items by homeless people in St. Paul's inner city. Joseph's Coat was conceived as a place where volunteers would donate their time and resources to provide the needed items and would join with the people they serve to create a storefront community that extended welcome, acceptance and respect for all. Joseph's Coat operates under the direction of one full-time staff member and serves the community with 70+ hours of part-time support and over 440 volunteer donated hours per week.

**Position Overview**  
The Executive Director manages the organization to ensure effective operations of a free store in line with our mission, creating an empowering and collaborative work environment for staff and volunteers alike. The Executive Director leads day-to-day operations, volunteer management, stakeholder communications and financial oversight to ensure the long-term sustainability of the organization.

**Primary Areas of Responsibility**  
The successful candidate will have significant experience and skill in the following areas: Leadership and Vision; Hospitality; Community Relationships; Operations; Communications; and Financial Oversight.

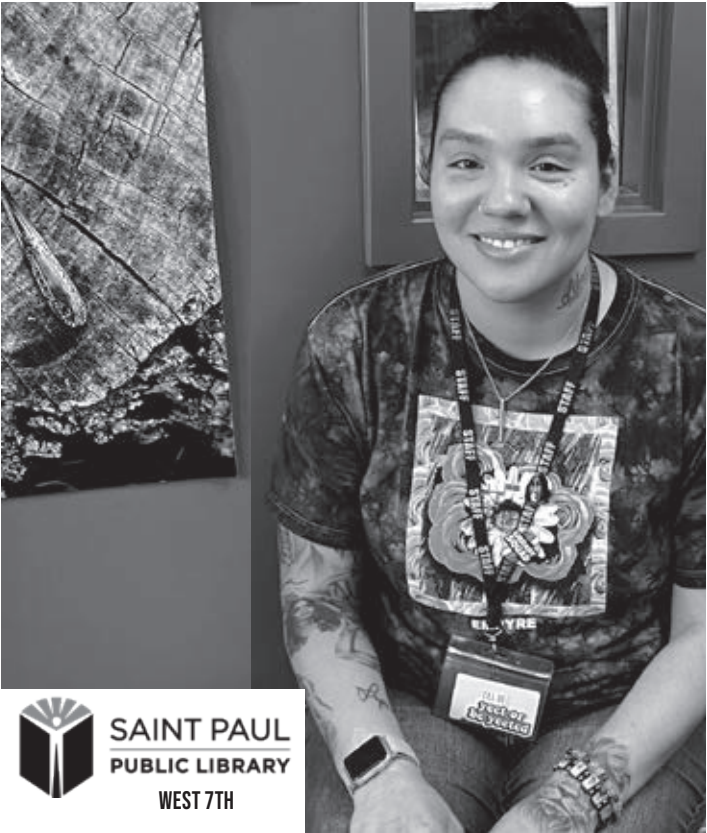
**Qualifications**  
The ideal candidate will bring an understanding of Joseph's Coat's operation and volunteer-based service model and be able to effectively engage our diverse communities in support of the people we serve. They will bring proven experience in operations with a firm commitment to building and supporting a collaborative work environment. A detailed summary of the requirements can be found at <https://mightyconsulting.org/wp-content/uploads/2023/06/Josephs-Coat-Executive-Director-Job-Posting-Draft.docx.pdf>

**To learn more, visit [bit.ly/josephscoatjob](https://bit.ly/josephscoatjob)**





# In the Community



## Welcome the new West 7th Library manager, Donicia Soliz

By Donicia Soliz, Library Manager  
Hi West 7th Community!

My name is Donicia Soliz and I am the new West 7th Library Manager. I recently worked at the Rondo Library, and it is exciting to now be serving the West 7th community and getting to know everyone who visits our cozy space by the park at 265 Oneida Street.

I started working for Saint Paul Public Library in summer 2007 as a Right Tracker Worker at Merriam Park and then worked at Highland Park before moving to Rondo.

When I'm not at the library, I like to read books, spend time with my five pets and enjoy being outdoors watching sporting events.

If we haven't met yet, stop by the library and say "hey!" or visit us at a Play Date for families with young children on Tuesdays from 3-5 p.m., Family Storytime on Wednesdays from 10:30-11:00 a.m. or at "Comedy Magic with Brodini" on August 30 at 3:00 p.m.

Summer Spark for ages 0-18 continues through August 31, so encourage your kids and teens to keep reading and marking off their progress. When they complete their reading milestones, they can bring their reading log to the library to get another free book for your home library. Haven't started Summer Spark yet? Stop in and we can get everyone set up with a reading log along with a free book to get started! I'm looking forward to meeting you and connecting you to books, resources, and more!

**WEST 7TH PUBLIC LIBRARY**, 265 Oneida St. is open Mondays, Thursdays 12:30-8 pm, Tuesdays 11:30 am-5:30 pm and Wednesdays, Fridays 10am-5:30 pm; closed Saturdays and Sundays.

New West 7th Library Manager Donicia Soliz



## Notebook Recollections: The Walk

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.

Here is part two of last week's tale. Read the whole tale of Tim's walk at [communityreporter.org](http://communityreporter.org)

BY TIM RUMSEY, MD  
July 14

Our clinic doctors have been going to the Dorothy Day shelter every Tuesday morning to help with the homeless health care clinic since Dr. Ravi and Dr. Macken set up that arrangement in 1985.

Walking back from Dorothy Day to our clinic at 2 p.m. today, it was hot, hot, hot. 94 degrees. Street people stick to the shade. My shirt sticks to my back. I look down West 7th St. and see cartoon stink waves of heat coming off the asphalt. I stop at the Dairy Queen for an ice cream cone. The air conditioning is heaven. The nipple of my chocolate-vanilla swirl sags instantly as I step back into the heat.

**July 17**  
Daisy Taylor told nurse Aleda during clinic visit today that her son, Bobbie, was very depressed. Aleda helped arrange a psychologist appointment.

Daisy spent two years at Ag-Wah-Ching TB sanitarium way up north in Walker, Minnesota. 1939 to 1940. She was 24 years old. I knew a little bit about the place. It was designed by Clarence Johnston, the architect of Ancker

Hospital. For a sanitarium, it was actually a beautiful grouping of stone, log and brick buildings and cottages in the woods. That's what it looked like in pictures anyway. I asked Daisy if that was how she remembered it.

She said she wasn't there to sightsee.

She told me that while she was quarantined at Ag-Wah-Ching, her mother died suddenly and she wasn't allowed to return to St. Paul for her funeral. Then, Daisy's three year-old daughter died of meningitis at Ancker and her one year old daughter died of TB in the children's sanitarium at Lake Owasso. The last time she had seen the three of them was through the back window of the public health officer's car as he drove her away from her mother holding the two baby girls.

Daisy has been in her little house on Michigan since 1954. Her husband is long gone. Bobbie is in and out. She has three lovely white, west highland terriers who go to work with her 7 days a week at Family Style Boarding Home.

Sometimes cars honk hello on the work walks. When Ravi drives down St. Clair, he'll beep and wave as he sails by. Every now and then I wish he would stop and give me a ride. Especially when I'm gonna be late.

One morning, a cab pulled up from behind and parked on the wrong side of the street. Both the driver and passenger doors swung open.

"Get in, doctor. I won't tell anybody." It was Tex. "No charge."

I thanked Tex as he whiplashed down St. Clair. I moved across the backseat so I could see him better. He had an unlit cigarette in his mouth. I also noticed two phone numbers written on the back of his left hand. Tex noticed me noticing. "Clients," he said about the phone numbers.

"Not that it's any of my business, doctor," Tex said, "but why do you walk to work?"

I started in with my usual story about how beautiful it was to be part of the neighborhood and all of its history and then Tex cut me off.

"Do you have a car?"

"Of course," I said.

"Lexus? BMW?"

"No."

"Cadillac?"

"Rosemarie has a 1989 Toyota Camry wagon and I have a '92 Bronco."

"What?"

"Rosemarie has a..."

Tex interrupted again. "What kind of doctor are you?"

"Family doctor."

Tex went silent for a moment and then he asked, "What does Dr. Ravi drive?"

"A little old beater Mazda - with duct tape on it."

"At least he drives it," said Tex. Then he was quiet the rest of the way.

When we got to the Clinic, I thanked Tex again and exited.

"I'm gonna watch out for you and Dr. Ravi," Tex said. "I'm drumming up some business for

**THE WALK, PG 7**

### FEDERATION UPDATE



**WELCOME AREA 2 COORDINATOR**  
The Fort Road Federation is pleased to welcome Area 2 Coordinator, Hayden Kilkenny, a longtime resident of the West 7th neighborhood and comes to us with a wealth of board experience. Join us in welcoming Hayden!

**SEEKING AREA 3 COORDINATOR**  
To learn more or see if you live in area 3, visit [fortroadfederation.org](http://fortroadfederation.org). If you are interested, please contact us at [fortroadfed@fortroadfederation.org](mailto:fortroadfed@fortroadfederation.org)

**UPCOMING MEETINGS**  
The Board and committees will not meet in August. We will reconvene in September.

**STAY IN TOUCH**  
"Like" us on Facebook. Subscribe to e-newsletter.

**Contact**  
Julia McColley, [julia@fortroadfederation.org](mailto:julia@fortroadfederation.org);  
651-298-5599; 882 West 7th, Suite 6, Rathskeller Building.



## HIGHLAND DISTRICT COUNCIL

For more information, visit [highlanddistrictcouncil.org/events](http://highlanddistrictcouncil.org/events)

### Summer Thursdays

**Music at the Bridge August 10**  
Live music and food trucks August 10, 6 p.m. Civic Plaza (2219 Bohland Ave.) in the Highland Bridge development. Food truck: Brick Oven Bus (pizza), Cafe Cairo Food Truck, Cold Front Ice Cream. Music by The Space Force, a classic rock, folk and soul band playing hits from the early '70s.

### Sign up for e-newsletter

Get latest information about events, neighborhood news and development updates delivered to your inbox once a month. Subscribe at [bit.ly/HDCenews](http://bit.ly/HDCenews)

### Upcoming meetings

Meetings at Highland Community Center, 1978 Ford Pkwy or join online via Zoom at [highlanddistrictcouncil.org/calendar](http://highlanddistrictcouncil.org/calendar)  
**Community Development** - Tue, Aug 15, 6:30 p.m.



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## WEST 7TH COMMUNITY CENTER

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

### Donate to Keystone Annual School Supply Drive

Youth will be heading back to school soon, which means that back-to-school shopping is near! For some families, shopping for school supplies can be daunting given their stretched budgets due to the rise of the food, gas and other items. Support youth this school year by donating to Keystone's Annual School Supply Drive! You can donate new school supplies through August 22. All donations can be dropped off at the Merriam Park Community Center, 2000 St. Anthony Ave., St. Paul, Mon-Fri 9 a.m. to 5 p.m. Info: 651-645-0349 or email [info@keystoneservices.org](mailto:info@keystoneservices.org)

### Free Farmer's Market

With the help of our community, Keystone provides fresh fruits, vegetables and non-perishable items. We will offer at three community locations - Roseville Covenant Church, the Rice and Arlington Field and the Allianz Field. All are welcome. Participants will receive free, fresh fruits and vegetables. All events 10 a.m. - 12 p.m. Visit [keystoneservices.org/food-shelves/more-food-programs/](http://keystoneservices.org/food-shelves/more-food-programs/)

### Fare for All at West 7th

Shop for quality, nutritious foods at a discount and budget-friendly prices. All are welcome. Events: Sept. 8, Oct. 6, Nov. 3 from 10 a.m.-12 p.m.

### Get Active with Keystone Senior Program!

Active Seniors is a year-round program of diverse activities designed to support independence and enhance quality of life. Designed for adults 55-100+ years old, Keystone offers a wide array of exercise, wellness and social/recreational programs to help older adults stay healthy, independent and socially connected. From pickleball to scrabble, we offer opportunities to gather in person at our community center and opportunities to connect virtually on Zoom. For more information about our Active Seniors program, please visit [keystoneservices.org/seniors/activities/](http://keystoneservices.org/seniors/activities/)



THE WALK, PG 6

you guys too. And I deliver the goods, if you know what I mean.”

**July 25, 6:30 p.m.**  
Walked home up Michigan before cutting back to St. Clair. Daisy Taylor was sitting in an old pale green metal backyard chair praying her rosary. Flowers genuflected in the late afternoon breeze. Her dogs were wrestling with each other. Her eyes were closed. The late afternoon summer sun warmed her face. I could see her lips moving, fingers sliding over the beads. She looked so calm and peaceful. I just passed by without saying a thing.

Everybody knows Daisy from her yard. Lots of flowers, perfectly cut grass, four

statues of the Blessed Virgin (one in a bouldered grotto), wagon wheels, animal figurines, a couple of bird baths and a Dutch windmill. I always thought Daisy’s yard looked like a clean, well kept miniature golf course. Daisy was an Olson. Born at Ancker hospital and raised on the Bohemian Flats along the river below the hospital.

I drive to the hospital for late night emergencies and during the weeks I’m on inpatient hospital service at United. But occasionally to the clinic too. It’s like watching a video as I drift in my car by The Walk houses and places.

One day when I drove, I walked home at the end of clinic, clear forgetting my Bronco back in Mancini’s lot.

SPARE, PG 2

didn’t like how Harry used the book as a platform for a tell all about his relationship with his father and brother. It felt as if he mostly blamed them and the press for his problems, which I felt was not entirely true. Y; yes, they played a significant role in many events in his life, positive and negative, but I think a lot of the difficulties he faced stemmed from unsolved trauma and more internal battles. I also felt that at times he could be slightly tone deaf, which I expected.

Being a prince comes with many drawbacks but wealth is not one of them. Harry is obviously extremely wealthy and

although his wealth did not necessarily need to be addressed, I felt a few sentences were almost funny because of how different his version of ‘normal’ is to mine.

I would recommend this book to anyone interested in a commitment, especially those intrigued by royal life. Altogether I really liked this book and was sad to finish it. In my opinion it’s definitely worth a read for anyone who has worked with unraveling the many mysteries of the British royal family. It was not a terribly difficult book to get through, but some content felt more mature, therefore I would recommend it to readers ages 13-113.

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**NATIONAL NIGHT OUT**  
Saint Paul’s National Night Out is on Tuesday, August 1, 2023. National Night Out is an annual nationwide event that encourages residents to get out in the community, meet neighbors, and partner with police. Events can be simple gatherings to large community events. National Night Out has participation across all 50 states. Learn more and see if your community is hosting an event at [stpaul.gov/departments/police/administration-office-chief/community-engagement-division/national-night-out](http://stpaul.gov/departments/police/administration-office-chief/community-engagement-division/national-night-out)

**“GRAND TOUR,” INSTALLATION AT FRIEDLI**  
Opening reception Aug 4, 6-8 p.m., Friedli Gallery. “Grand Tour” uses landscape painting to explore the relationships between tourism, representation, extraction, and ritual. Learn more at [www.friedliartsgallery.com](http://www.friedliartsgallery.com)

**COUNCILMEMBER NOECKER COMMUNITY CONVERSATION**  
Aug 10, 8:30-9:30 a.m., Wildflyer Coffee  
These events are great opportunities to drop by, ask questions, and meet your neighbors. Stay for a minute or stay the hour.

**FREE TOURS OF METRO TRANSIT PUBLIC ART**  
Come take a tour with a knowledgeable transit art expert through the interesting, inspiring and

quirky art installations along the line. When you RSVP, you’ll receive a pass to ride transit all day. Tours are limited to 15 people. All tours operate from 10 a.m. to noon. August tours are Thursday, Aug. 10 (Blue Line), Sunday, Aug. 13 (Green Line) and Thursday, Aug. 17 (Blue Line). Learn more and register at [metrotransit.org/public-art-tours](http://metrotransit.org/public-art-tours)

**IRISH FAIR OF MINNESOTA**  
August 11-13, Harriet Island Regional Park. Live music, Irish dance, Celtic sports, cultural exhibits, native dogs, children’s activities, food and drinks and a marketplace. Hundreds of talented musicians, dancers and performers will take to 6 outdoor stages on Harriet Island in St Paul. More info: [irishfair.com](http://irishfair.com)

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