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Nov. 16, 2023

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COUNCIL PERSPECTIVE

Thank you for the privilege of representing you



ST. PAUL CITY COUNCIL MEMBER CHRIS TOLBERT columnist

As my time representing our neighborhoods that make up Ward 3 ends this year, I want to take the opportunity to thank you.

It has been an absolute honor to be a Councilmember for the city and neighborhood that raised me. This is a

city that I love with absolute bias, a city that continues to evolve and change, a city with even brighter days in its future, but more than anything, this amazing city is the one that we all have the privilege of calling home.

In November of 2011, the same month that voters first elected me to the council, the last Ford Ranger rolled off the Ford Assembly Plant. From that moment until today, the transformation of the Ford Site to Highland Bridge has occupied a substantial portion of the Ward's, the City's and my focus and time. The transformation of this site from an industrial plant to the 21st century neighborhood that is rising today will likely be the most visible accomplishment of my time on the council; however, the last 11 years have been busy with victories for St. Paul and our shared future.

As you know, I never shied away from the toughest issues, instead, I leaned into them and sought to bring people together to find common ground to move St. Paul forward. And, together we accomplished a lot— too many victories for St. Paul to name individually—but I am especially proud of a few that I helped lead, that I'd like to highlight:

**Right Track:** In 2013 we created this professional youth internship and jobs program. In the first year we had 23 internships, and every year since the program has grown. Today we have over 1,000 youth participating in internships and career pathway options.

**Full Stack St. Paul:** In 2018, we founded this economic development initiative aimed at attracting, retaining and growing innovative jobs in St. Paul. The initiative exceeded our initial goals within a year and continues to evolve and succeed at engaging and promoting our business community and bringing innovative companies and people to St. Paul.

**Lead Free SPRWS:** As a Councilmember and St. Paul Regional Water Board Commissioner, I was able to start this initiative. This program will not only remove all lead pipes within St. Paul in the next 10 years, but is also a barrier free jobs program with a career pathway to a living wage career in our water department.

These successes, and the many others that I had the privilege to lead or be involved with, would not have been possible without the support of my colleagues, the community and public and private sector employees — all of which partnered with us to bring these innovative ideas and visions for our city to fruition. I have no doubt that these programs will only get stronger and will continue to contribute and pay daily dividends for St. Paul's bright future – and the future is only brighter.

I am excited to see that bright future as our neighborhood gains a new

THANK YOU, PG 2

Justus Ramsey House finds its new home

BY DAMIAN GOEBEL

Minnesota Transportation Museum tapped to host the historic structure.



The Justus Ramsey House may be in pieces at the moment, but it will soon have a new home.

The Minnesota Transportation Museum was announced on Friday, October 19 as the winner of the bid to host the historic building. The house will be reconstructed at the Jackson Street Roundhouse at 193 Pennsylvania Ave.

The decision was reached after a months-long process to identify the best proposal for the future of the house, led by The Fort Road Federation and Historic St. Paul.

"I am excited that it is going to be restored," said Frank White, a member of the selection committee, Historic St. Paul Board member and historian. "I was very sad that we were losing another piece of history."

White said that what stood out most from the Minnesota Transportation Museum's proposal was the uniqueness and sustainability of their plan along with the historical interpretation that will happen at the new location.

"They are already doing history and have an exhibit on the Pullman porters," he said, referring to the historically black men hired to work as porters on rail cars. "It seemed to me there was such a natural connection."

Gibson Stanton, who, along with White, is a member of the selection committee and on the Historic St. Paul Board, reinforced the Minnesota Transportation Museum's commitment to history as key to their winning proposal.

"As a historical institution, they have already demonstrated the ability to restore buildings and interpret history," she said.



Justus Ramsey House

"It's exciting how they can take a deep dive into the history and tie it into their ongoing work," saint Julia McColley, Executive Director of the Fort Road Federation who also served on the selection committee.

McColley said what stood out most was the Museum's history of rehabilitating historic infrastructure and their plan for interpretation of the 170 year-old house.

"The Museum has a long history of stewardship of other buildings," McColley said.

Members of the committee said that the selection did not come without challenges, however.

The first challenge was what to do with the house itself. The home has been in storage since February after it was painstakingly

disassembled after a months-long battle to save the crumbling building.

"It is a bittersweet celebration," said Stanton. "The house should never have been in a position to be disassembled."

Stanton said that, despite multiple historic designations on the home, the previous owners and city officials were not able to properly care for it.

After the home was disassembled, the group hoping to preserve it in its original location went to work on creating a plan for finding the right place for it to be restored.

"We wanted to make sure there was a public process for reconstruction of the house," Stanton said.

That resulted in a "Request for Proposals," which

NEW HOME, PG 6



Seven candidates vie for four School Board seats

BY DAMIAN GOEBEL

In addition to picking their next City Council member and deciding on whether to approve a 1% sales-tax increase in the city, voters in St. Paul will be electing four members to the St. Paul School Board.

Seven candidates are running for the four at-large positions. Voters can select up-to four candidates on their ballots, with the top four vote-getters being elected to the Board.

The *Community Reporter* has surveyed the candidates to help you make your decision in the upcoming election. Due to space constraints, we weren't able to include all of the candidates' answers in this month's print edition. Full candidate profiles are available at [communityreporter.org](http://communityreporter.org).

GET THE WHOLE STORY

You can find complete School Board candidates profiles, as well as information on the city council elections, the sales-tax ballot measure, ranked choice and early voting and more online at [communityreporter.org/2023election](http://communityreporter.org/2023election)

CHAUNTYLL ALLEN

Visit [COMMUNITYREPORTER.ORG/CHAUNTYLL-ALLEN-2023](http://COMMUNITYREPORTER.ORG/CHAUNTYLL-ALLEN-2023); [CHAUNTYLLFORSCHOOLBOARD.COM](http://CHAUNTYLLFORSCHOOLBOARD.COM)

What are your three biggest priorities if you are elected? Boost K-3 literacy by advocating for additional funding, educator training, staffing, and culturally relevant curriculum.

Fund technical education and trades to provide a broad set of options for students to pursue success.

Support additional pay for all educators through funding and formula changes.



Chauntyll Allen



Yusef Carrillo



Zuki Ellis



Carlo Franco



Abdi Omer



Erica Valiant



Gita Rijal Zeitler

YUSEF CARRILLO

Visit [COMMUNITYREPORTER.ORG/YUSEF-CARRILLO-2023](http://COMMUNITYREPORTER.ORG/YUSEF-CARRILLO-2023); [YUSEF4SPPS.ORG](http://YUSEF4SPPS.ORG)

What are your three biggest priorities if you are elected? Transform the culture of our administration to help them focus on transparency. Leading our schools from the bottom up rather than with a top down management structure.

Revitalize our schools by focusing our efforts on developing strong, resilient and healthy school site leadership teams, composed of Educators, Parents, Staff,

Students and Site Administrators.

Make sure that our board and district truly engage with the community and stakeholders in our decision-making, not to buy in support for already made decisions, but to build our district together.

ZUKI ELLIS

Visit [COMMUNITYREPORTER.ORG/ZUKI-ELLIS-2023](http://COMMUNITYREPORTER.ORG/ZUKI-ELLIS-2023); [ZUKIELLIS.COM](http://ZUKIELLIS.COM)

What are your three biggest priorities if you are elected?

CANDIDATES PG 2



Dear West End,

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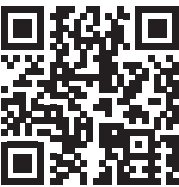
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Jonathan Dickman, MD, PhD  
Board Chair, *Community Reporter*



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BUILDING COMMUNITY Persistence



TIM JOHNSON  
columnist

Prudence would suggest finding a comfortable chair in a comfortable spot, and let younger, healthier members shoulder the responsibility of hosting this event so vital to the life of the community. Instead, Sharon circles the perimeter, stopping for an occasional embrace by the many that have come to know and love her, while maintaining a vigilant eye to ensure all is going as planned. Persistence is what keeps this special event going and persistence is what sustains the community even when odds are strongly against them. As Sharon says in her biography, *Stolen Culture, Traditions and Heritage*, "We will never give up – it is not in our vocabulary."

Sharon is hardly an Indigenous sounding name for the Tribal Chairwoman of the Mdewakanton Mendota Tribal Community. The same is true of her predecessors, Jim Anderson, a nephew and Bob Brown, her brother; both now deceased in body, but ever present in spirit. Their Anglo names come from those who colonized Minnesota rather than the Dakota lineage to which they lay claim and which brings the Tribal Community together.

Initially, the names coming from Europeans were

from the French fur traders, who according to Kirsten Delegard, in her work "North Country" created a unique blending of Indigenous and European cultures found only in the Minnesota territory, due to its isolation. This distinctive cultural blending lasted close to 200 years, prior to the onslaught of Easterners in the mid 1800s. Inter-marriage between the French fur traders and Indigenous people was a well-established tradition in both cultures for building peaceful relationships. However, as Delegard notes this balance of cultures was largely destroyed when "settlers moved in and individual ownership made land a premiere commodity, Indians became an obstacle to be removed, a policy justified by the creation of racial and cultural hierarchies." A policy we now know as white supremacy. The Mdewakanton Mendota Dakota were the Dakota who even in the face of growing hostility continued to establish relationships with the newcomers, including marriage, while all along striving to hold onto their culture and identity as Indigenous people.

The Dakota-U.S War of 1862 upended these relationships and the sustained presence of the Dakota as people of an Indigenous Nation in Mendota. Although most had no involvement in the war and were, in fact, known as the "friendlies" due to their relationship with the white colonists, they nonetheless suffered the same genocidal fate as all other Dakota. Most were forced from their homelands and those who remained often did so by hiding their Indigenous identity. As Sharon says in her biography, as a child she knew little about her

Dakota heritage. "Our mother never registered us at any reservation due to the shame she felt growing up and the messages," she wrote. Sharon's story is like so many others of Indigenous heritage, with children ripped from parent's arms and placed in boarding schools, punished for speaking their language, culture practices denied and in many places like Minnesota, illegal until 1978, when the American Indian Religious Freedom Act was passed by Congress.

But Sharon's story, and the story of the Mendota Mdewakanton Tribal Community, is also one of persistence. It was persistence of the Dakota who would never give up which enabled Sharon to embrace her Indigenous name "Good Thunder Woman." It is persistence that enabled the Mendota Dakota to once again assemble after years of dispersal with their first Pow Wow; this year being the 26th. It is persistence that causes the Mendota Dakota to pursue Federal recognition, granted to the four other Dakota Tribal Communities in Minnesota following the 1934 Federal Indian Reorganization Act. It is persistence that brings Sharon, members of the Community and friends of Mendota to share in an annual remembrance each February at Fort Snelling for the hundreds of Dakota who were forced into a concentration camp at this very spot. Standing together in the cold, ancestors who survived and the hundreds who died in this place are remembered and celebrated. There are a host of other examples that might be given, but persistence is a common thread that keeps the struggle alive.

The Mdewakanton Mendota Dakota have much to teach the rest of us, but for anyone who is interested in the questions of what makes community possible, most certainly leaders who persist, who refuse to give up, must be part of the equation.

The Pow Wow (Wacipi in Dakota) this past September was once again an opportunity for people coming together to dance, drum, sing, share in meals and reclaim the heritage of the Dakota people with this land we now share. Especially given Sharon's ongoing struggle with cancer, it would have made sense for Good Thunder Woman to simply grab a comfortable chair and quietly take in all that she and many others have worked to make possible. But, persistence beckoned with its call, "never give up."



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THANK YOU, PG 1

Ward 3 Councilmember starting in 2024. I look forward to working with the new Councilmember to ensure a smooth transition and that person's future success. After that I'll still be as dedicated to our saintly city as I have been since I was a kid.

Thank you to the people of Ward 3, for voting three times to trust me with the responsibility and privilege of representing you at City Hall.

Thank you to all the wonderful people I've partnered with, collaborated with, disagreed with and met through this privilege.

Thank you to the thousands of hard working, smart and professional city employees who make the city so great, and the elected officials look good.

Thank you to Kelly, Natalia and Dylan for being a loving and supportive family.

And thank you to the StP!!

CANDIDATES, PG 1

We need to increase student achievement so our young people have access, opportunities, and resources for the best academic outcomes.

We need to increase critical support services for our students so they come to school mentally and physically ready to learn.

We need to find more ways to effectively engage our students and families making them full partners in our educational strategies.

**CARLO FRANCO**  
Visit **COMMUNITYREPORTER.ORG/CARLO-FRANCO-2023; CARLOFRANCO.ORG**

**What are your three biggest priorities if you are elected?**  
A budget that centers and prioritizes direct service and direct impact for our students' future outcomes in literacy, college and career readiness and life.

Development of a stronger in-school and out of school time partnership between educators and out of

school time providers, where our public infrastructure is accessible to the community and programming is maximized to provide the highest quality services to our youth.

Strengthened partnership with families, educators, frontline workers, students and community members to ensure our budget, our school policies & procedures, and culture reflects the needs of all members, while centering our youth and their education.

**ABDI OMER**  
Visit **COMMUNITYREPORTER.ORG/ABDI-OMER-2023**

**What are your three biggest priorities if you are elected?**  
Number one priority for me is how to increase overall achievement of our district versus other districts and remove the problems that are the underlying that. I am also concerned about the achievement gap of some groups of our community.

**ERICA VALLIANT**  
Visit **COMMUNITYREPORTER.ORG/ERICA-**

**VALLIANT-2023; VALLIANTFORSCHOOLBOARD.COM**

**What are your three biggest priorities if you are elected?** Working to make sure our students are graduating with strong financial literacy skills while exploring wealth justice.

Investing in ensuring access to quality early learning education and pre-k for all children

Addressing critical thinking skills and practice in the age of artificial Intelligence and addressing school culture and safety

**GITA RIJAL ZEITLER**  
Visit **COMMUNITYREPORTER.ORG/GITA-RIJAL-ZEITLER-2023; GITA4SCHOOLBOARD.COM**

**What are your three biggest priorities if you are elected?**  
My three main priorities are education excellence with more choices of advanced and catch up classes, recruitment and retention of science, math and English teachers in urban schools and more involvement of parents and community members.





# Community News & Events

## CAFFEINE CONSUMPTION

### A stimulating conversation about a commonly used drug

BY RACHEL NEWINSKI, MD

As we head into the end of the year the days get shorter and more people (myself included) will be turning to their favorite caffeinated beverage to get a boost of energy for the day. Caffeine is the most widely used psychoactive drug in the world. The attention and energy boosting effects can propel people through the fog of fatigue and sleepiness. Caffeine, however, is not without risks, especially when consumed at high amounts. Before you have another sip of coffee, here are some important facts about caffeine:

#### What is caffeine and how does it work?

Caffeine is a naturally occurring compound found in many kinds of plants, including coffee, cacao and guarana, and has stimulating effects on the brain and nervous system. It works by blocking adenosine receptors in the brain which decreases signals of fatigue and sleepiness, and therefore promotes wakefulness and attention. Your body will adapt to regular caffeine intake and you can start to feel tired without consuming it. In other areas of the body, blocking adenosine can reduce relaxing signals on things like the heart and blood vessels. This can result in elevations in pulse and blood pressure.

#### What kinds of products contain caffeine and how much?

Coffee is the most commonly used caffeine containing product, with tea following it in second. But caffeine is also present in other beverages such as soda and energy drinks. It is available in supplements like pills and pre-workout powders. Also, chocolate contains a small amount of caffeine in it as well.

An average 8-ounce cup of drip coffee contains 80-100 mg of caffeine. Espresso often contains slightly more caffeine in a much smaller volume. A 12 ounce can of cola or other caffeinated soda contains 30-40 mg of caffeine, similar to an 8-ounce cup of black tea at 30-50 mg. Energy drinks and supplements can vary widely,



averaging between 40-250 mg per container. Surprisingly, decaffeinated products, like decaf coffee still contain 8-15 mg per serving.

#### How much caffeine is recommended?

For healthy adults, the Food and Drug Administration (FDA) states that up to 400 mg of caffeine per day is an amount that is not commonly associated with negative effects. However, health conditions like pregnancy, breastfeeding and heart conditions may alter how much caffeine can be safely tolerated. If you are someone with one of these conditions, speak to your primary care physician about caffeine consumption.

#### What happens if I have too much caffeine?

Overconsumption of caffeine can lead to a variety of effects including: difficulty sleeping, anxiety, fast heart rate, jitters, upset stomach, headache and mood disturbances. The level of consumption at which these symptoms may occur will vary from person to person, but are less likely to occur at daily consumption levels of less than 400 mg per day.

Dangerous effects like seizures can occur at consumption levels around 1,200 mg. This is more commonly associated with products that are more highly concentrated like caffeine powder and dietary supplements. It is recommended to avoid highly concentrated caffeine products because of this, or to use with extreme caution.

#### Can children or teens have caffeine?

The FDA has not set a recommended level for children. However, the American Academy of Pediatrics discourages use of caffeine by children and adolescents.

In conclusion, caffeine is a widely popular substance which can be used for positive effects. But, overconsumption can result in negative side effects and can even be dangerous. If you have questions about caffeine and your health, please see your friendly primary care doctor to have a conversation about it!

Dr. Newinski is a physician at Allina Health United Physicians, 233 Grand Ave, St. Paul, MN 55102, 651-241-5200

## CITY COUNCIL UPDATES ZONING CODE TO ALLOW FOR GREATER HOUSING DENSITY

The St. Paul City Council approved changes in the zoning code to allow multi-family housing units to be built on lots previously limited to single-family homes on October 18.

The change updated the City's existing zoning from multiple single family only districts to two zoning districts that allow for a variety of neighborhood-scale housing options including, but not limited to, duplexes, triplexes, fourplexes, accessory dwelling units (ADUs), townhomes.

Additionally, the zoning changes increased the allowable size and number of accessory dwelling units allowed per lot, created bonus options for affordable housing, created incentives for keeping existing homes, updated design standards allowed in construction and allow for greater options for splitting lots.

St. Paul's Zoning Code controls how much housing can be built in certain parts of the city. Based on recommendations in the City's 2040 comprehensive plan, the City Council called for a housing study to assess conditions for allowing multi-family housing in traditionally single-family residential neighborhoods.

Phase one of the study was completed in March of 2022 and focused on small housing and parcels. The most current updates to the zoning code represent the completion of phase two of the study.

City leaders say these zoning changes will increase the city's overall housing supply and bring more rental and ownership opportunities for current and future residents. Learn more at [stpaul.gov/departments/planning-and-economic-development/planning/current-activities/1-4-unit-housing-study](http://stpaul.gov/departments/planning-and-economic-development/planning/current-activities/1-4-unit-housing-study)

## SUBMIT YOUR HOME FOR THE FIRST ANNUAL FORT ROAD FEDERATION HALLOWEEN DECOR COMPETITION

Do you have a neighbor that wows you every year with their Halloween decor? Think yours are the best?! Nominations are now open for the first annual Fort Road Federation Halloween Decor Competition! Submit a photo and address of your nomination by 11/3/2023. Voting will take place at the Fort Road Federation November Board Meeting and the winner will receive a spooky good prize. Learn more and submit your nomination at [fortroadfederation.org](http://fortroadfederation.org).

## ST. PAUL RECOGNIZES SEVENTH ANNUAL BUSINESS AWARD WINNERS

The St Paul City Council announced the winners of the seventh annual St. Paul Business Awards, including two from the West End.

The awards acknowledge and celebrate local businesses that offer essential services, actively engage and support the community, make investments in their workforce and

demonstrate a strong commitment to upholding the values of equity and diversity in St. Paul.

Businesses are selected for an award in several categories based on nominations from the community.

This year's winners are: Conny's Creamy Cone, 1197 N. Dale St. - Traditions Award: honoring a business that has been active in St. Paul for at least twenty years; Dabbler Depot, 1545 West 7th St. - Good Neighbor Award: honoring a business that shows a dedication to improving the community; InControl, 370 Wabasha St. N. - Alice O'Brien Award: honoring a women-owned business that is committed to equity and empowerment; Swede Hollow Café, 725 7th St. E. - People's Choice Award: honoring a business that is recognized for its excellence by St. Paul residents; and Wildflyer Coffee, 1362 West 7th St. - New Kid on the Block Award: honoring a business that has opened in St. Paul within the last five years.

The award winners will be recognized on October 25 at 1:00 p.m. in City Hall, 15 W Kellogg Blvd, St. Paul, Council Chambers - Room 300. Please join us in-person to recognize these exceptional local businesses.

Learn more at [stpaul.gov/business-awards](http://stpaul.gov/business-awards)

## JEWISH FAMILY SERVICES KICKS OFF ANNUAL B'YACHAD GIFT BAG PROGRAM

Jewish Family Service of St. Paul (JFS) will offer the annual B'Yachad Gift Bag program again this year. This program offers an opportunity for the community to support people who are experiencing financial, social and spiritual needs.

With the community's help, the program will deliver more than 200 gift bags to isolated people in need. Each bag will contain items to engage minds, hands and hearts, a sweet holiday treat, warm wishes in a holiday card and a gift card for groceries and home essentials to help them celebrate the holiday or purchase groceries.

There are three opportunities to support the program: donate to help cover the cost of a \$36 per gift bag; deliver the bags; or create holiday cards.

For more information, please contact Community Program Coordinator Anne Myers at [amyers@jfsp.org](mailto:amyers@jfsp.org).

## HPC APPROVES FOREPAUGH'S PORCH RECONSTRUCTION

On September 25, members of St. Paul Heritage Preservation Commission (HPC) approved the demolition and reconstruction of the front porch of the historic Forepaugh mansion, 276 Exchange St.

Thomas Duffy, the owner of Turn-Key Associates, the firm contracted to perform exterior renovation on the 152-year-old building, said in his testimony to the HPC that, while most of the exterior is able to be refurbished, the porch is completely

unsalvageable.

"The front porch is a total loss," he said. "The porch is in terrible, terrible condition. It's really not safe."

The demolition and reconstruction was unanimously approved by the HPC with nine conditions to ensure the work meets the City's guidelines for historic preservation.

Duffy said that, while he is only contacted for exterior renovations, there have been contractors cleaning kitchens and dining rooms in the building and that the interior is in "pretty darn good shape."

He said that he believes long-time owner and operator Taher, Inc. to be working toward reopening Forepaugh's restaurant, which shuttered in 2019.

Construction on the mansion was completed in 1871. It operated as a restaurant from 1976-2019, when it closed abruptly after the sudden death of their executive chef.

Learn more: [stpaul.gov/departments/planning-and-economic-development/heritage-preservation/heritage-preservation](http://stpaul.gov/departments/planning-and-economic-development/heritage-preservation/heritage-preservation)

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# Community Traditions

## Food, Fun at 34th Annual Czech and Slovak Festival



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Visitors take in an exhibit from Czech journalist Ondrej Kundra's book "Vendulka, Flight to Freedom" at C.S.P.S. hall on September 24.



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Young people take in traditional Czech and Slovak dancing at C.S.P.S. hall

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Traditional Czech and Slovak dance groups performed throughout the day at C.S.P.S. Hall

The sights and smells of the Czech and Slovak people were on full display September 24, 2023 at C.S.P.S. Hall, 383 W. Michigan St., for the 34th Annual Czech and Slovak Festival. A celebration of the region's culture, the event is put on annually by Czech and Slovak Sokol of Minnesota, a 105 year-old group dedicated to maintaining Czech and Slovak culture in the state.

In addition to traditional dance, music,

festive clothing and food, this year's festivities featured a visit by Czech journalist Ondrej Kundra and an exhibit about his book, "Vendulka: Flight to freedom: A Story of Czechoslovakia," chronicling a Czech Jewish person's story during the Holocaust. Learn more: visit [sokolmn.org](http://sokolmn.org) for information about Czech and Slovak cultural events in the Twin Cities, classes, the history of C.S.P.S. Hall and more.



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# Community Nourishment

## ABBY'S ANGLE Six days on the Superior Hiking Trail

BY ABBY HORTON

In July, I participated in a 6-Day Backpacking Trip across 28 miles of the Superior Hiking Trail (SHT) with Camp Northwoods. And I must say, it was an experience of a lifetime.

Winding from Jay Cooke State Park to the Canadian border, the SHT is a 310-mile-long hiking trail through rocky midwestern terrain. Split into 2 sections, the 52.8-mile southern segment is exclusive to day hikers along the Minnesota/Wisconsin state border to Duluth. The northern portion runs from Duluth to the Canadian border, offering 269 miles of trail. Along the way are incredible views - including the rocky ridge overlooks of vast Lake Superior.

For me, hiking the SHT was my first backpacking trip. So, allow me to take you along to see what my hike was like and the pros and cons of this experience.

Starting off, the trip really starts at the packing stage. When backpacking, it's important to have the right gear, such as proper footwear, breathable clothes and a sturdy backpack. One of my favorite items to bring along is a compact hammock. At one campsite, we were situated by a river with a stunning waterfall view. Unfortunately, most of the rocks by the water were wet and uncomfortable to sit on. Thankfully, the hammock was easy to set up between two trees, allowing us to enjoy the beautiful view while staying dry and comfortable.

With that, some items proved to be dead weight, such as books. On my trip, I bought three books. Two medium and one very slim. As an avid reader, this is hard for me to say, but the reality is that I didn't have enough free time on trial to read. Realistically, I should have brought one medium-sized book to indulge in those rare moments of rest. But for anyone looking to hike on the trail this fall, be realistic about how much you are going to read.

While hiking, I carried my gear, food, and personal belongings in my backpack. Every so often, we would take a "packs off break" (a break without your backpack on) or a water break (backpacks' on, usually standing). During these breaks, we had the opportunity to appreciate the beautiful scenery around us, the refreshing breeze and the gentle swaying of the trees. We would sit on the rocks and listen to the birds calling and whistling to each other, as if it were the most significant thing in the world.

Once we arrived at our chosen campsite each day after hiking, we would unpack and set up tents and we began making our dinner. We would then eat, clean up, pass out mail and retreat to our tents due to the dreaded mosquitos. Around 10 p.m. we would go to bed falling asleep to a roaring river or the quiet chatter of the grasshoppers. At 7 a.m. the next morning, we woke up, packed up our gear from our tents and put those away before making breakfast which was always my favorite part of the day, with one day starting with pancakes before going off onto the trail.

While that might sound unexciting, spending time on the trail proves to be an excellent bonding experience with the people you chose to go with. During the 6-day trip,



Hiking along the Superior Hiking Trail.

we talked extensively while also sharing meals, sleeping arrangements and overall experiences. By the end, I discovered that I knew my companions better than I ever thought possible, and they knew me too. It's amazing how a hike created such strong connections.

Speaking of connections, being on trail means disconnecting from screens. During my backpacking experience at Camp Northwoods, I didn't have my phone with me. Phones were mainly stored in a safe but I kept mine at home for those two weeks. If you choose not to go through a camp, you will naturally have your phone with little to no internet. However, it was a unique experience for me to be without my phone and disconnect for a while. Being at camp and on the trail without my phone allowed me to connect with others and nature. It was one of the reasons I felt so present and centered. If you plan to go on the SHT this season, I suggest taking some time to be without your phone and experiencing life through your own eyes to really enjoy the beauty.

### PROS

- During a rest day, there were many options for day hikes off-trail, which mostly led to towns that could supply food, which was essential to other hikers (we packed all of our food beforehand).
- The SHT has incredible vistas. Whether it was the rapid rivers, deep gorges, mountain overviews or the frequent overlook of Lake Superior, the trail always had beautiful sights to enjoy which was a pick me up after a long day of hiking.
- The campsites were regularly empty during one of the busiest times of the season and most offered amenities such as latrines, a moving water source and a private trail to each campsite.
- Unlike most trails, SHT is less crowded and you irregularly see anyone unless you stop at a popular landmark on the trail.
- The helpful trail markers were essential for

finding our way on a trail, especially if we were at a cross section between two paths. These appeared as blue, painted or plastic rectangular "Superior Hiking Trail" signs.

- The trail was extremely well-kept thanks to SHT trail maintenance, which made sure any branches or trees were out of the way of the trail.
- While I was not on trail for the autumn season, I have heard and seen photos of the beautiful fall colored trees which in itself is a reason to visit the trail.

### CONS

- The mosquitoes were quite terrible in the summer. During my time on the trail, regardless if we were close to a standing water source or not, the mosquitoes would be harsh, even with layers of bug spray on. There will not be much, if not any, if you choose to go in the autumn.
- The trail can have very harsh inclines and downhill along the way, fluctuating between 602 and 1,829 feet, and climbing a total of 37,821 feet. Jarring downhill are just as frequent, most being steep and rocky. My group did one of these inclines and it was very difficult.
- During my time on trail, the trail became very hot and humid but would be perfect in this autumn season.

All in all, the SHT was a perfect trail for me as a beginner in backpacking to indulge in. It offered easy access to wilderness, solitude, and prime camping spots. I would recommend this trail for any beginner backpackers or if it's more accessible to you, take the day hiking option because it certainly is a once-in-a-lifetime experience. Although I only completed 28 out of the 310 miles, I can't help but look forward to when another opportunity to hike this trail comes along because it was truly unforgettable.

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# In the Community

## Things are heating up at the St. Paul Public Library this fall

By Donicia Soliz, Library Manager

It may be getting colder and darker outside, but it's warm and bright at St. Paul Public Library with programs for all ages. Local elections are happening November 7, and if you have not yet voted, library staff can help you find out what is on your ballot this election day, where you can go to vote and how ranked choice voting works. This November St. Paul residents are voting for new City Council and School Board members, as well as on a proposed sales tax increase.

At West 7th Library, we're offering one-to-one Tech Help on Tuesdays and Thursdays, 2-4 p.m. where you can learn how to use your smartphone, e-reader or tablet. We can also help you set up email, format a resume and more! Drop in or call to set up an appointment.

Our popular outdoor family storytimes have moved inside for the season. Bring your kids for stories and fun Wednesdays 10:30-11:30 a.m.

At the downtown George Latimer Central Library, 90 W. 4th St. Teens can enjoy video games, arts and crafts and more Wednesdays from 3-5 p.m. Families with young children can enjoy MiniMaker hands-on STEAM activities on Saturday, November 25 from 11 a.m.-Noon.

**WEST 7TH PUBLIC LIBRARY**, 265 Oneida St. Hours: Mon, Thu 12:30-8 pm, Tue 11:30 am-5:30 pm and Wed, Fri 10 am-5:30 pm; closed Sat-Sun.



### NOTEBOOK RECOLLECTIONS

## The greatest West 7th bicycle ride in the history of the world

*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

Sunday, October 5, 2010. 75°, mid-morning. Blue, blue sky. And Bruce Peterson needed Mississippi Market produce.

It was a nice day for a bicycle ride. Bikes were a means of transportation for Bruce. He didn't wear colors or bicycle shorts. His bikes were always crusty but trusty.

His loyal, green, 90s touring bike stood at the ready. Tires no thicker than his thumb. No battery packs like now. Twin, back-wheel wire baskets. And 10 shiftable speeds awaiting his feet.

Bruce puts on his helmet, "high-ho-silvers" onto the 10 speed and heads out.

Today's route to Mississippi Market would be scenic. Through Crosby Park and literally along the Mississippi River bank. But first he weaves through Upper Town. West from

he and his wife, Amy's Banfil's, home, south on 7th to western. And then, just beyond the Keg and Case, the St. Paul Bike Path where it hugs Shepard Road another mile, until just beyond the underpass at 35E. There he descends into the Crosby Park scenic branch of the bike path into the river bottom forest and marsh of the Mighty Mississippi.

The scenic path does not disappoint. Asphalt first. Bruce can smell the beauty. Cottonwoods, Red Pines, Ash. Some Oak and Maples.

August and early October had been wetter than usual. The undergrowth was lush.

Closer to the river, Bruce swings onto a beauty of a dirt tributary of the path. He's 6 feet above the water. There's no beach here.

Bruce vividly remembers what's next...

He's smoothly rolling along, enjoying the warm weather and he sees the earth in front of him start to open up. He's still biking, the soil breaks around him and the ground gave way like "the calving of a glacier."

He never let go of the bike handles. He and the bike free fall and tip into the water 6 feet below. He repeats, "we (Bruce and bike) are falling into the river!"

Then they are five feet deep, helmet still in place, underwater. Upside down!

Bruce doesn't remember how he righted the ship but he was off the bike holding onto it with one hand. The river bottom was silty and sinking.

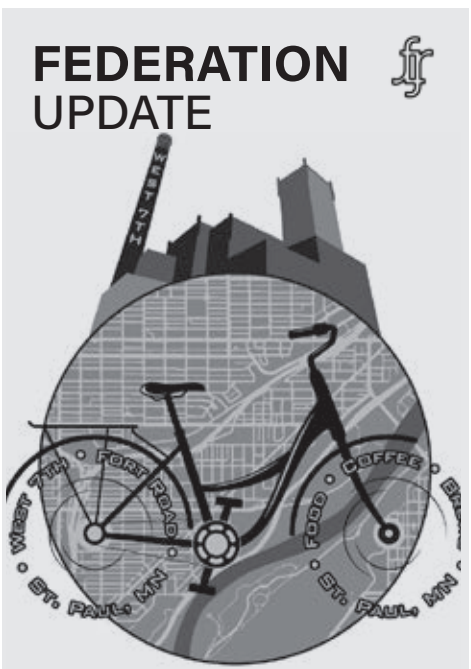
A big cruise boat of waving (cheering?) passengers passed fifty yards out. Bruce was ok. And they evidently thought so too because they kept on a-going.

Bruce said his "yoga-breathing must have kicked in" and he was able to grab a large tree root and with one arm flop the bike onto "terra-somewhat-firma."

The rest of the tale Bruce admits was just perfunctory. Even though he was able to walk the bike out of Crosby covered in gray mud looking like "the creature from the black lagoon."

He did a face-to-face with a dog-walking woman. They all sidestepped each other and kept going. She appeared unnerved but uninterested. Bruce was ok with that.

Back home, there was no one home. He hosed down the bike, showered and got into clean clothes. And got back on his bike and rode his slightly whiny, wheeled appliance straight down 7th Street to Mississippi Market. It was a spectacular day for a bicycle ride.

**FEDERATION UPDATE**

**WELCOME TO NEW BOARD MEMBER**  
Join us in welcoming our newest board member, Korinne Gerhart. Korinne was appointed as an Area 1 Coordinator at our October board meeting. Korinne comes to the Federation with over 15 years of nonprofit experience.

**SEEKING AREA 3 COORDINATOR**  
Interested? Contact [fortroadfed@fortroadfederation.org](mailto:fortroadfed@fortroadfederation.org)

**UPCOMING MEETINGS**  
Transportation & Land Use Committee: 11/1, 6:30 p.m.  
Board Meeting - 11/13, 7:00 p.m.  
Community Engagement/Fundraising - 11/16, 6:30 p.m.

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**CONTACT**  
Julia McColley, [julia@fortroadfederation.org](mailto:julia@fortroadfederation.org);  
651-298-5599; 882 West 7th, Suite 6,  
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**HIGHLAND DISTRICT COUNCIL**  
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**UPCOMING MEETINGS**  
HDC Board Meeting: 11/2, 7 p.m.  
Transportation Committee - 11/6, 7:00 p.m.  
Community Development - 11/14, 6:30 p.m.  
Community Engagement - 11/27, 7 p.m.



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**Fare for All at West 7th Community Center**

Shop for quality, nutritious foods at a discount and budget-friendly prices. All welcome! Upcoming events at West 7th Community Center are Nov 3 and Dec 1. 10 a.m. - 12 p.m. Visit [keystoneservices.org/events/](http://keystoneservices.org/events/)

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### NEW HOME, PG 1

went out wide to anyone in their network. Once the proposals started to come in, according to McColley, there was a preference to keep the structure as close to where it was originally built as possible.

"We wanted to keep it in West 7th, ideally," she said.

With that said, all three committee members agreed that the Minnesota Transportation Museum, who hopes to begin a capital fundraising campaign very soon to fund reconstruction, offered the best final destination for the house despite not being located on the West 7th corridor. Especially given the house's connection to how people first came to St. Paul in the early days of the city.

"When people migrated here, they generally came one of two ways, they either came up the river or on the railroads," said White. "When people came here, they looked for jobs and lived near them."

And that, according to White, is part of the historic and cultural significance of the house.

"It is a larger story of St. Paul history and the people who lived there," he said. "The land initially belonged to the Dakota people."

Stanton agreed, saying of the house, "It's not important who built it, but the people who have been through it in the past 170 years."

"That is one of the things in the history of St. Paul, not only black history," White said. "The house is St. Paul History and Minnesota history. The people who lived there are part of that history."



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Interested Saint Paul residents are invited to share their real-life financial experiences - interviews can take up to 60 mins. To schedule a virtual interview visit <https://calendly.com/samantharuth> or email Samantha at [samantha@10seven.com](mailto:samantha@10seven.com). For an in-person interview, please email Hannah Geressu at [hannah@10seven.com](mailto:hannah@10seven.com) to coordinate. You can also share your voice at <https://bit.ly/10sevenstp> which automatically enters you for a chance to win one of ten \$250 visa gift cards. We will not publish your name or individual responses. Your privacy is of the utmost importance and your information will be treated confidentially.

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**BRAKE BREAD SWEATER VEST FEST**  
Nov 2, 8 a.m.-12 p.m., Brake Bread Sweater vest cookies! New seasonal drink menu! Wear your sweater vest and get 10% off your order. Learn more: [brakebread.com](http://brakebread.com).  
**ONCE UPON A TIME GALA**  
Nov 3, 5:30-9:30 p.m., Landmark Center, \$150. The gala is a vibrant celebration in support of Landmark Center and its free and inclusive arts and cultural community programming. Embarking on a new age for their annual fundraiser, Landmark Center is transitioning from celebrating decades to immersing guests in the cultures of various countries and cities. Learn more, [landmarkcenter.org/once-upon-a-time-gala](http://landmarkcenter.org/once-upon-a-time-gala)  
**WOMEN'S DRUM CENTER ANNUAL CONCERT**  
Nov 4, 5:30-8:30 p.m., WDC's annual concert and silent auction at Buetow Music Center, Concordia University, 1282 Concordia Ave. This popular event showcases the best of dynamic dance. Learn more and purchase tickets at [womensdrumcenter.org/](http://womensdrumcenter.org/)  
**BALLET TUESDAYS**  
Nov 21, 12-1 p.m. Landmark Center. Join Landmark Center and Ballet Co. Laboratory, free ballet dance performances, demos, and crafts. Nov 21, Feb 13, Mar 12 and Apr 16. Learn more: [landmarkcenter.org/ballet-tuesdays](http://landmarkcenter.org/ballet-tuesdays).  
**"WE ARE STILL HERE" INDIGENOUS ART**  
Featuring native artists from across Turtle Island, "We Are Still Here" brings to the fore the life, histories and politics of what it means to be Indigenous in the 21st Century. Artists featured include Jennifer Adams, Armond Antonio, Tamara Aupaumut, Racquel Banaszak, Aiyana Beaulieu, Carly Bordeau, Jamie Z Brown, Awanigiizhik Bruce, Shaun Chosa, Robert

Desjarlait, Kent Estey, Gidinaty Hartman, Madeline Hernandez, Rayshela Kamke, Chanti Manon-Ferguson, Niki Pico, Abby Sunde, Tammy Villegas, and Sam Zimmerman. Opening Reception is Nov 3, 6-8pm. Learn more about this event at [friedliartsgallery.com](http://friedliartsgallery.com).  
**ST. PAUL COMEDY ALL-STARS**  
Nov 8, Laugh Camp, 7 p.m. St. Paul's finest comedians converge in downtown to Love/ Roast/Honor the city and its storied comic history. Features St. Paul comics, including Elise Cole, Jimmie Davis, Maggie Faris, Ali Hormann, Jesse Jacobs, Malory Manderfield, Tiffany Norton, and Jeff Pfoser. Learn more: [eventbrite.com/e/saint-paul-comedy-all-stars-tickets-712556133577](http://eventbrite.com/e/saint-paul-comedy-all-stars-tickets-712556133577)  
**FIGURATION AND FRAGMENTATION IN PRECLASSIC MESOAMERICA**  
Nov 17, 7 p.m., Hamline University. This talk explores the significance of acts of human representation in Preclassic Mesoamerica from 1800 BCE to CE 250. Learn more: [mayasocietyofmn.org/events](http://mayasocietyofmn.org/events).  
**HOLIDAY BREAKFAST/CRAFT & KOLACE SALE**  
Nov 19, 9 a.m.-1 p.m., C.S.P.S. Hall. Public welcome for a pancake breakfast with all the fixings. \$10 adult, \$6 child, \$30 family of four. Order and pay for kolace by Nov 11. \$2 each. To reserve a craft table, [activities@sokolmn.org](mailto:activities@sokolmn.org). Learn more: [sokolmn.org/fall-2023-events](http://sokolmn.org/fall-2023-events).  
**ART AT HIDDEN RIVER**  
Dec 2, 9:30 a.m.-4:30 p.m., Hidden River Middle School. Formerly Art at Ramsey, the free, juried holiday art fair of quality art and fine craft. This is the art fair's 28th anniversary show. Learn more: [artistscircle.org](http://artistscircle.org).



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