

DISTRICT PERSPECTIVES

Why We Supported Ramsey County Transportation Plan



RAMSEY COUNTY COMMISSIONER, DISTRICT 5
RAFAEL ORTEGA
columnist

On June 10, the Ramsey County Board voted unanimously to support improving transit and transportation in Ramsey County by adopting the Ramsey County Transportation Sales and Use Tax Capital Improvement Plan.

Its adoption identified the initial set of eligible projects and, as a living document, it will evolve over time as projects are completed and new projects are added.

Improving transit and transportation in Ramsey County will be done through countywide investments in projects that prioritize those who walk, bike, roll and use transit consistent with our All-Abilities Transportation Policy. In many cases this will involve investments in county roadways allowing them to better meet the All-Abilities Transportation Policy, better support regular route transit and provide priority for hi-frequency and premium transit services like arterial bus rapid transit (ABRT) and the METRO Green and Gold Lines. An additional focus of transit and transportation investments will be on advancing economic competitiveness and climate equity.

This is a change from the county's previous approach solely on particular transit corridor investments. Ramsey County originally identified over \$700 million to match federal funds for the Riverview Corridor Streetcar project. This project would have improved mobility and economic vitality in the corridor while rebuilding West 7th Street, adding streetscaping and replacing the Hwy 5 Mississippi River bridge. In September of 2024, the county made the difficult decision to stop work on the project, but didn't end its commitment to spend its funds to improve transit and transportation facilities in Ramsey County or to help if there was a solid plan to improve transit on West 7th. In fact, every commissioner committed to helping improve West 7th when we voted on June 10.

In June, the legislature provided funding flexibility for the St. Paul, Metro Transit and MnDOT led West 7th Arterial Bus Rapid Transit (ABRT) project by agreeing to let the Metropolitan Council loan MnDOT up to \$250 million to the project. This funding will allow Metro Transit to advance its ABRT project and MnDOT to reconstruct its roadway.

I've really appreciated recent meetings with district councils and state and city leadership where we spoke specifically about a safe and accessible route to the river on Randolph Avenue, a county road, and I am committed to making necessary improvements in consultation with the community and our city partners.

If you're interested in the county's work in these areas, please visit the Ramsey County website to learn more:

- The All-Abilities 2050 Transportation Plan | Ramsey County
- The Economic Competitiveness & Inclusion Plan | Ramsey County
- The Climate Equity Action Plan | Ramsey County

I remain focused on making Ramsey County's transit and transportation system work better for residents and businesses. I welcome your comments and appreciate your support at Rafael.e.ortega@co.ramsey.mn.us

School Board Approves November Referendum

BY DAMIAN GOEBEL

Facing a \$51 million deficit this year, and ongoing deficits projected to be over \$35 million annually, the St. Paul Public Schools (SPPS) Board of Education voted unanimously July 15 to place an operating referendum before voters this fall.

The measure, which will be on November's ballot, will be asking St. Paul residents to vote on whether to increase the district's operating levy by \$1,073 per student, per year. If approved, this levy would generate approximately \$37.2 million per year, and would extend for 10 years with annual inflation increases.

SPPS says that, without this funding, they will need to make at least \$37 million in budget reductions for the 2026-27 school year, with more cuts in future years, to maintain a balanced budget.

"Our Board did not make this decision lightly. Expenses have gone up not only for our school district, but for St. Paul families," SPPS Superintendent Dr. Stacie Stanley said in a statement. "We also know that without more resources, we will not be able to provide our students with the high-quality education and diverse array of opportunities that they deserve."

Stanley said that, with cuts to both federal and state funding, and an unclear picture of future allocations from either, the district's only option for additional revenue is to ask the St. Paul community to consider this levy.

"I am not being dramatic when I say that without appropriate resources, we'll be forced to compromise the very essence of what makes St. Paul Public Schools a district of choice for our students, families and staff alike," Stanley said in her presentation to the School Board on July 15. "The good news is that our community believes in us."

Stanley cited survey data conducted by an outside contractor to SPPS which found that, by-and-large, St. Paul voters would support additional taxes to support SPPS.

"Substantial majorities 78%, 77%, and 74%, respectively, would support property tax increases to maintain educational programs, provide for staff and ensure financial stability," Stanley said. "Based on this information, we can confidently and humbly say that our



St. Paul Board of Education Members (front row, from left) Yusef Carrillo, Halla Henderson, Erica Valliant, Jim Vue, (back row) Uriah Ward, Carlo Franco and Chauntyll Allen approved a \$37.2 million referendum to appear on this November's ballot.



SPPS Superintendent Stacie Stanley

community is ready to invest in their schools and our students."

During discussion of the potential referendum, SPPS Board member Carlo Franco stressed the importance of working to find a balance between the cost burden of St. Paul residents and providing the district with the funds needed to operate fully.

"The reality is, we can't cut our way to better outcomes for our students," Franco said. "I

SCHOOL BOARD, PG 2

THE BALLOT QUESTIONS CURRENTLY READ AS FOLLOWS:

SCHOOL DISTRICT QUESTION
Approval of New School District Referendum Revenue Authorization

The board of Independent School District No. 625 (Saint Paul), Minnesota has proposed to increase the School District's general education revenue by \$1,073 per pupil, subject to an annual increase at the rate of inflation. The proposed new referendum revenue authorization would be first levied in 2025 for taxes payable in 2026 and applicable for ten (10) years unless otherwise revoked or reduced as provided by law.

YES/NO

Shall the new referendum revenue authorization proposed by the board of Independent School District No. 625 (Saint Paul), Minnesota be approved?

By voting "yes" on this ballot question, you are voting for a property tax increase.

Passage of this referendum will result in an increase in your property taxes

LOCAL ENHANCEMENT

Federation Launches New Sustainable Business Grants

BY DAMIAN GOEBEL

The West 7th/Fort Road Federation announced a new grant opportunity aimed at helping small businesses in the West 7th neighborhood reduce their environmental footprint while making site improvements.

The Sustainable Business Enhancements Grant, funded by the Minnesota Pollution Control Agency, offers up to \$10,000 per business to support energy-efficient upgrades, green infrastructure installations and sustainable façade improvements.

"This is an opportunity for local businesses to make lasting, visible improvements that save energy, manage stormwater and contribute to a greener, more resilient West 7th," said Julia McColley, Executive Director at the Federation. "We're excited to see creative projects that align with our climate goals and showcase the vibrancy of our corridor."

Examples of eligible projects include things like installing LED lighting, high-efficiency HVAC systems and solar shading, creating permeable pavement and eco-friendly façade upgrades.

Applications open August 1 and close at 5:00 PM on August 31, 2025.

GRANTS, PG 2



Nine Lives Thrift was one of the business who benefited from the previous round of Revitalize West 7th grant funding.



EDITORIALS & OPINIONS

ORIGINSTORIES

Origin Story, Part the Third: Native Lands

BY JOE LANDSBERGER

In the 1500s eight thousand years of Dakota way of life and territorial integrity in Minnesota was challenged by European colonial powers. Following Christopher Columbus’ voyage across the Atlantic to the New World in 1492, on May 4, 1493 Pope Alexander VI issued a Papal Bull, Inter Caetera-Among Other (Works) that established the “Doctrine of Discovery”. The Bull stated that any land not inhabited by Christians was available to be claimed and exploited by European ruling families.

In 1608 Samuel de Champlain founded Québec, New France. In the 1600s French explorers, traders and missionaries came to the Midwest via Canada and the Great Lakes. They established trading posts to control the fur trade. French youth lived with local natives and quickly assimilated with the tribes, adopted their customs and language and became translators and intermediaries for trade out of Québec.

French fur trade followed this model through a series of native agreements amid conflicts with the Dutch and English. The coureurs de bois-forest runners encouraged Natives to trap and trade in exchange for European technology. Trade was unregulated until 1681 when the Compagnie des Cent Associés-Company of the Hundred Associates was granted a monopoly in the fur trade in areas controlled by France—including Minnesota. A system of licenses gave rise to the voyageurs-travelers who displaced the coureurs.

Forts and trading posts were built and treaties negotiated with Native groups throughout the Midwest. Goods and furs weighing tons, ingoing and outgoing, depended on the network of lakes and rivers via canoe and portages. Trading trips lasted months, over thousands of miles, with outgoing goods (cloth, ammunition and firearms, metal goods, liquor) bartered for pelts. In the summer trading season, voyageurs paddled canoes 36 by 6 feet on the Great Lakes.



Canoes in Fog, Lake Superior. Image 1869 Glenbow Museum-Frances Anne Hopkins.

These could accommodate four tons (!) of fur bundles and trade goods that weighed 90-100 pounds each. During portages, voyageurs were expected to carry two bundles.

In 1659 French traders and missionaries first encountered the Dakota when they moved south with their Ojibwe allies into Minnesota via the Great Lakes. The French were interested in expanding the fur trade; the Ojibwe in Dakota hunting grounds; the Dakota in access to French trading goods. However the Dakota lost one of their sacred sites at Mde Wakan—Spirit Lake/ Mille Lacs.

In 1671 Nicolas Perrot (c.1644–1717), a French explorer, interpreter and fur trader, claimed lands around Lac Supérieur-Lake Superior and the Upper Mississippi River for France, and finalized an agreement at Sault Ste Marie with 14 native tribes including the Dakota. In 1686 he constructed Ft. Saint Antoine on Lake Pepin. In 1679 the Ojibwe and the Dakota formed an

alliance at Fond Du Lac at Lake Superior. Peace, trade and intermarriage lasted 57 years.

French employees were bourgeois (administration), engagés (logistics) and voyageurs. The last were hired specifically for their expertise in navigating waterways and handling canoes. Hivernants-winterers were voyageurs that wintered on the frontier. They courted and married Native women by Dakota customs, or a la facon du pays. They took advantage of the Dakota’s embrace of kinship based on strangers’ willingness to become Dakota, become kin, and provide for the Native family.

By the early 1700s, Native women were critical to the survival of the French. They were often from prominent families and provided tribal access as intermediaries in the fur trade. Their domestic skills included cooking, sewing, harvesting; processing furs and preparing meat; building shelters and repairing canoes. Their offspring, the métis-mixed blood, played an

important intermediary role in the economy and settlement of Minnesota, and emerged to become a distinctive community, particularly in Canada. Native networks helped to create kinship between tribes which benefitted the traders, and their offspring, the métis, came to dominate trade, with French as the language of commerce and early Minnesota.

The rendezvous was a great annual gathering of Natives, traders, trappers, voyagers, and administrators, particularly at Grand Portage on the north shore of Lake Superior. It connected Montreal to 120 furring posts west of Lake Superior. Aside from trade, the rendezvous was a great social gathering fueled by alcohol, feasts, dancing, gaming/gambling and merriment. Three camps included company agents and clerks, the voyageurs often métis, and Natives. The event provided trappers a social event as a break from their isolation on the frontier, and an occasion to exchange tales of adventure, and possibly find work with the trading companies.

As the dependency on the fur trade increased, so also pressures on native customs and resources. Between 1702 and 1763 the French and English fought a series of wars in Europe and in North America. Each was dependent on shifting loyalties of Native allies, Dakota and Ojibwe, Cree in the north and Fox south. France gave up its North American territories to the British in 1763 and its legacy of 200 years of interaction with Native tribes, and the métis.

With colonization, Natives, who had held real power in the fur-trade era, were marginalized, no longer crucial to the survival or profit of Europeans and Americans who entered the area. The métis would continue to impact Minnesota for years to come.

You can find a copy of “The Origin Story of Fort Road/West Seventh Street, the Township/City of Saint Paul, the Territory/State of Minnesota: Glacial Age Forward” at your local library. Learn more and find Joe’s upcoming conversations about the history of West 7th at josfland.com.



COMMUNITY VOICES

Thank You, West Seventh Pharmacy, for 110 Years of Care

TO THE EDITOR

On June 30, our neighborhood said goodbye to a trusted friend, West 7th Pharmacy. After 110 years of service to the people of St. Paul, it closed its doors for the final time.

For so many of us, West 7th Pharmacy was more than a place to pick up prescriptions. It was a thread in our neighborhood’s history and a constant in daily life. During Jeff Johnson’s 25 years of ownership, it became an especially familiar and deeply valued presence. Jeff and his team remembered your name, asked about your family and made sure you had what you needed. Their kindness and consistency made the pharmacy feel like home.

On behalf of Riverland Community

Health, I want to express our heartfelt gratitude to Jeff and the entire West 7th Pharmacy team. Your commitment to this neighborhood has been extraordinary, and your presence will be deeply missed.

In recent weeks, some community members have found themselves navigating a gap in care. We’re grateful for the trust Jeff has shown in pointing several of his longtime customers our way. That trust is not taken lightly, and we’ll do our best to honor it with care that feels like home, as he did for so many years.

With appreciation,
David Thorson, MD
Chief Executive Officer and Chief Medical Officer, Riverland Community Health

SCHOOL BOARD, PG 1

believe that the power of an additional \$37 million plus per year can help us get there, but I know the alternative of that will never help us get there.”

SPPS Board Chair Halla Henderson said she was cautiously optimistic that passing the proposed referendum will move the district in the right direction, but will not solve all of their funding issues.

“It does not solve the tension and the fear that we are also feeling and moving into with our federal dollars,” she said. “We will need to pass this and continue to think about the ways in which we can both better utilize the dollars that we have and advocate and push for as much support from our state partners as we can.”

According to a report in the Monitor, St. Paul Federation of Teachers, the union representing teachers in St. Paul, is supportive of the levy, saying “The levy referendum would provide St. Paul Public Schools with much-needed revenue to stabilize district

GRANTS, PG 1

The current grant opportunity is part of the Federation’s Revitalize West 7th Program, which awarded micro grants to five businesses in the neighborhood for facade improvements in March of this year.

Interested businesses must be located within St. Paul’s West 7th neighborhood (District 9) and can access application materials and program guidelines at fortroadfed.org/revitalize-west-7th.

The Federation says that priority will be given to independently owned businesses and projects that demonstrate clear environmental and community benefits. It will also take into account if a business has received past Revitalize West 7th funding.

The Revitalize West 7th project is part of a broader effort to strengthen the corridor’s economic and environmental resilience in the face of climate change, rising utility costs and aging infrastructure.

For more information or to apply, visit fortroadfed.org/revitalize-west-7th or contact McColley at julia@fortroadfederation.org

finances, retain and attract high-quality educators, and preserve essential programs that support student success.”

Currently, SPPS is making up their \$51 million deficit in the 2025-26 school year through a combination of cuts and expending over \$35 million in their reserve funds.

SPPS estimates that the average cost to St. Paul homeowners would be about \$26 per month, or \$309 per year, based on an average home value of \$289,200 if the levy is passed.

Visit spps.org/vote for the latest information.

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COMMUNITY NEWS & EVENTS



MR. POSITIVE MEMORIAL

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SUNDAY, AUGUST 3
1:00-5:00 P.M.

INSTY PRINTS MERGING WITH ALLEGRA EAGAN
Long-time West 7th print shop Insty Prints announced last month they would be shutting down their operations on West 7th and merging with Allegra print shop in Eagan.

Co-owner Michelle Hovde said she decided to make the change when her business partner, Jim Elm, decided to retire this year.

Hovde said she and Elm bought the business in 1997 from their original owner, Frank Schochet, who developed the concept of quick print franchises and started them in Minnesota. She said that Elm was one of the original employees at the first location.

The business has been operating out of 1396 West 7th since 2014. Prior to that, it had been located on West 7th for several decades.

"Our previous location was 2365 West 7th, a repurposed gas station, a location Frank Schochet selected," Hovde said. "That became very cramped as our business grew and the owner sold the building before our lease ran out. We then purchased the building and re-located to 1396 West 7th summer of 2014."

She said she and Elm would be selling the building and all of the equipment in the coming months.

In addition to Elm's retirement, Hovde said she had been considering a change for a while because of changes in the area, including taxes and access to her existing customer base.

"Eagan has a lower sales tax. Many of our clients had already left St. Paul and a majority of those migrated to Eagan," she said.

In her new role as a Senior Account Manager with Allegra, Hovde said she will miss the creative aspects of her job as she will be more focused on customer relations.

That said, there are a few things she won't miss about being a small business owner.

"I no longer have administrative duties. I no longer do the cleaning and lot maintenance," she said.

Hovde said that, since the merger, she has been reaching out to folks she's worked with in the past to ensure they don't miss a beat for their printing needs.

"I've been working hard since the merger to add all of West 7th Insty clients to the Allegra system. I have all of the digital art files, physical art files, printed samples and our pricing system so when a client needs to order I have immediate access to everything," she said, adding that the new facility allows for additional resources like high volume printing and in-house mailing services.

CITY OF ST. PAUL/FORECAST PUBLIC ART LOOKING FOR ARTISTS TO SPRUCE UP UTILITY BOXES

Forecast Public Art invites Minnesota-based artists of all experience levels to submit qualifications for the digital design of utility boxes to be installed near and adjacent to two of Downtown St. Paul's signature parks: Mears Park and Kellogg Mall Park. Selected designs will be professionally wrapped onto utility boxes, transforming everyday infrastructure into captivating public art that reflects the identity and vitality of St. Paul. This opportunity seeks artists who are excited to explore themes of the Mississippi River, Minnesota land, St. Paul's rich park systems, local history, culture and the diverse residents who shape the city. The deadline to apply is August 7.

Selected artists will receive a \$4,000 stipend for their designs. Each selected artist will be assigned no more than 4 utility boxes. Designs must be digitally rendered and suitable for vinyl wrap production.

Selected artists should reside in Minnesota, have the ability to complete a digital design for a medium scale application, have an interest in public art and love St. Paul. Priority will be given to artists who live or work in St. Paul. No prior public art experience is required.

To apply, artists should submit a letter of Interest (250-500 words) including their connection to St. Paul, why they're interested in this opportunity and which themes they would like to explore in the design, their resume or CV and work samples.

Find more information, including how to apply, at forecastpublicart.org/stp-utility-box.

CITY OF ST. PAUL TO APPOINT FIRE CHIEF BUTCH INKS TO SECOND SIX-YEAR TERM

Mayor Melvin Carter announced the reappointment of Barton "Butch" Inks as St. Paul Fire Chief, who recently celebrated his 40th year serving the City of St. Paul. Chief Inks continues the department's legacy as a national leader in emergency response, workforce development, and community engagement.

"Chief Inks' leadership and deep commitment to our city has strengthened our Community-First Public Safety vision, reaffirming that effective emergency response begins with trust," said Mayor Carter. "He's helped shape a department that's not only ready in crisis, but also connected to our residents and neighborhoods every day. I'm proud to reappoint Chief Inks and continue building the future of public safety together."

Chief Inks was first hired by the City in 1985 as a

teenager through a city youth employment program, eventually becoming a firefighter in 1994. Before his appointment as Fire Chief in November 2019, he held several key leadership roles and helped redefine the department's commitment to public safety and community service.

Throughout his tenure, Chief Inks has led the department through historic growth and transformation, while advancing critical public safety initiatives that improve response times, promote equity, modernize fire and EMS services citywide, and support the city's Community-First Public Safety framework. His second six-year term will commence on November 13, 2025, following the completion of his first term.

DNR ADDS EIGHT COUNTIES TO DEER FEEDING AND ATTRACTANT BAN

The Minnesota Department of Natural Resources has added eight counties to a deer feeding and attractant ban to reduce the risk of chronic wasting disease spread, after CWD was detected in wild deer in new areas of the state last year.

"The feeding and attractant ban is one tool to reduce unnatural congregating of deer and lower the risk of CWD spread," said Paul Burr, acting big game program coordinator. "We use this tool where it provides the greatest benefit to the health of Minnesota's white-tailed deer."

Added to the feeding and attractant ban are Anoka, Clay, Ramsey, Sherburne, Steele, Traverse, Wilkin and Wright counties.


The ban now includes 32 Minnesota counties and remains in effect for Aitkin, Beltrami, Carver, Cass, Crow Wing, Dakota, Dodge, Fillmore, Goodhue, Hennepin, Houston, Hubbard, Itasca, Le Sueur, Mower, Norman, Olmsted, Polk, Rice, Scott, Sibley, Wabasha, Washington and Winona counties. A map of the feeding and attractant ban area is available on the Minnesota DNR website.

The wording of the ban was clarified to prevent it from covering natural or manufactured products that do not have attractants added. This change allows hunters to use items such as non-scented ropes, mock scrapes with no scents added, and other items that were never intended to be covered under the deer feeding and attractant ban.

In areas outside the ban, the Minnesota DNR recommends that the public not feed deer. People interested in helping deer should focus efforts on improving habitat to provide long-term food resources and shelter. For more information on how to improve private land for the benefit of deer and other wildlife, visit the dnr.state.mn.us/privatelandhabitat/index.html.

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Downtown Action Series Meetings Announced

Join fellow neighbors for the launch of the Downtown Action Series, a new initiative led by Council President Rebecca Noecker to bring community members together around the future of downtown St. Paul.

The initiative kicked off on June 26 with an initial meeting, which saw updates from several key downtown stakeholders on plans for improving downtown, including issues of public safety, streetscape and public space improvements, development opportunities and economic revitalization efforts.

The upcoming series of public meetings is designed to keep downtown stakeholders informed and engaged in the progress of St. Paul's Downtown Investment Strategy.

All meetings are held at Union Depot (214 4th Street East) Thursdays from 4:30 - 6 p.m. August 21, October 16, and December 11.

Learn more about the Series, including information on the Downtown Investment Strategy, and RSVP for the conversations at stpaul.gov/department/city-council/ward-2.



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COMMUNITY NOURISHMENT

NOTEBOOK RECOLLECTIONS
The Big Yellow
Dumpster

By Tim Rumsey

July 5, 2025. 5:25 p.m.

I just returned from outside Carl “Mr. Positive’s” St. Clair home. He is six months gone from the West 7th speck on the old earth ball. His house is empty. There is a huge boxcar-size dumpster alongside his curb. Bright, canary yellow. Industrial. 10 feet deep, clean, shiny. You would need sunglasses to hold any gaze upon it.

Carl would approve. And it’s full-to-overflowing with his life-effects. A quick peek over the top revealed a folded, white ironing board and a light blue plastic, upright, vacuum cleaner. Two big, recently rain-soaked red rugs. Three push brooms and one straw kitchen classic.

More inventory to follow. Then there is Carl’s always beautiful, putting green, front lawn. It’s gone. Prairie. Three foot high grass.

And an unfortunate human presence. Several 7- Up cans, scattered, blown-in candy wrappers. Three empty red McDonald’s french fry pouches.

His five big beach-ball sized plastic pumpkins are whitening. The front yard table, where he sat most every day nodding to the world passing by, is wobbly and unreliable. It’s green table cloth is frayed, torn. The whole scene is Carl-disgraceful.



The yellow dumpster on St. Clair Ave. containing most of Mr. Positive’s worldly possessions.

A week later, another dumpster peek revealed at least a dozen American car manuals, new gardening tools, several rakes and a scatter of plastic silverware and plates. Carl’s famous canvas-topped adult tricycle was not in the trash. Friends have it now. It belongs in a museum. Carl has been described as an angel on earth and a great neighbor to all of West 7th. He has been known to expertly cut peoples’ grass and snow plow entire alleys. I once followed a one-and-a-half mile snow blown public sidewalk trail that Carl had launched up to Kowalski’s Grocery. The final half block was only the wheeled trail of his snow blower. He ran out of gas. There were legendary Carl Halloween stories.

Among the top five was the trick-or-treats night that he gave away 120 cans of root beer and two candy bars per kid. He ran out of supplies a half-hour before the end of trick-or-treating that night and gave away food from his refrigerator. The last kid of the evening got a half-full yellow plastic bottle of French’s Mustard. Carl was a good fellow. A great soul. He was goodness itself. He was embodied compassion. Hopefully a number of folks got some Carl relics from the yellow dumpster. But so many more will never forget how Carl made them smile or handed them a small plastic glass of ice water on a hot day from his front yard table. West 7th taxi driver Hall of Famer, William “Texan” Dubois, said Carl was a “one in a million human, the 7th Street Archangel.”

DOG DAYS
Tips for Safely Walking Your Dog This Summer

By Korinne Dennis

One thing I enjoy about the West 7th neighborhood is its walkability, especially with having two dogs. The summer season, on the less humid days, is perfect for long strolls down the Little Bohemia trail, to Irvine Place, or a large loop around the Xcel Energy Center/ soon to be Treasure Island Center! However, these beautiful walks can often be interrupted by a loose or unleashed dog, making for a traumatizing experience. Responsible dog ownership in St. Paul includes ensuring your dog is licensed, leashed or kept secure. Owners are responsible for cleaning up after their dog(s) and ensuring they have received the necessary vaccinations. It is a myth that dog waste is a natural fertilizer, and no one has ever said it’s fun to step in. Dog waste contains harmful bacteria that damage lawns and can pollute our waterways. I found this helpful website for your reading pleasure: projectcleanwater.org/doody.

It is true that just like humans, dogs can have bad days. Having a reactive dog myself, I know and have experienced this firsthand. Here are a few lessons I’ve learned and thought to share with you all:

- **Lead with confidence and mind your business.** Stay focused on your walk and do not give in to other dogs that may be barking at you and your dog. Consider purchasing Halt to deter off-leash dogs that may approach or to stop a fight.



Korinne and her two dogs live in the Little Bohemia neighborhood.

- **Leash up!** Minnesota state law requires dogs to be on a leash in public areas. It’s for everyone’s safety.
- **Embarrassing moments happen,** but they will pass. I promise, we’ve all been there.
- **Muzzles are okay** and can be sexy, and not always mean your dog is reactive! Some dogs are muzzled because they never say no to “free” sidewalk treats.
- **Consider one dog at a time** if you have

multiple dogs. Give your reactive or spicy dog all of the attention they need so you can learn how to walk together peacefully. If your dog has a trusted friend, invite that dog and its owner to join you.

- **Test the sidewalk temperature.** If it’s too hot for your hand after 7 seconds, it will be too hot for your dog’s paws.
- Most importantly, wear your sunscreen, stay hydrated, and have fun!

HEALTH LINE
Fueling Young Minds: Why High-Protein School Lunches Matter

By Natasha Vo, MD

As the summer is starting to come to an end and school is about to begin, preparing school lunches is about to be a daily occurrence. We learn about the food pyramid and know about having a good balance between vegetables, fruit, meat, dairy and carbohydrates, but let’s dig a little deeper into the importance of having more high protein foods in lunch for children during the school year. Protein is an essential macronutrient alongside carbohydrates and fats that our body needs for fuel and function. The main role of protein is for building and repairing tissues, which includes muscles, skin, organs and hormones. Protein is made up of 20 different building blocks called amino acids and 9 of those can only be obtained through food. There are many reasons why protein is such an important food item in our daily diet. It is essential for muscle growth and repair, especially for those who are athletes or perform daily activities that require energy. It is integrated into the body’s enzyme and hormone production as well as impactful for the function of our immune system. Our



hair, skin and nail health are dependent on protein. It is involved in many parts of the function of the human body, which is emphasized even more why we should focus more on it in our diet. Now, why is this important for kids? From infancy to adulthood, children are in a stage of rapid growth and development. They are actively forming new muscle, bone, skin and organs. As a child grows, the body is continuously expanding and protein

establishes that growth in a strong and healthy way. Not only is protein impactful for growth and development, but it is essential for building a stronger immune system and brain development. Protein is used to create antibodies, which help children fight off and protect against infections. They are involved in the production of neurotransmitters that are essential for brain signaling and function, making an impact on memory, learning and focus. With this knowledge, there is a greater need to include the appropriate amount of protein during school-age children. There can sometimes be signs that a child is not consuming enough protein. They could have poor weight gain and slowed growth, experience more frequent illnesses, have less energy and feel more fatigued or have delayed wound healing. Sometimes there are physical signs of low protein in the diet including thinning hair or brittle nails. Thus, make sure you pack some foods in their lunch that are higher in protein! Here is a list of good protein sources for kids. Animal-based: eggs, chicken, turkey, fish, dairy (cheese, milk, yogurt)

COMMUNITY TRADITIONS

Hidden Herald Tells the Secret Stories of St. Paul

By Abigail Horton

Beginning in early July, Wonderlust Productions started their second season of *Hidden Herald*, a series of immersive audio plays that reveal the hidden histories of St. Paul's downtown and Payne-Phalen neighborhoods. These plays, designed to be experienced on location, blend storytelling with place, allowing listeners to engage with the city in a new way.

"We were inspired by the streets of downtown themselves," says Wonderlust's Alan Berks. "We wanted to do something that would help create community and hidden stories and community happen to be our thing," he adds.

Creatively, the idea for *Hidden Herald* grew from Wonderlust's past projects involving audio based storytelling. "We had recently done a podcast and recorded a play specifically for audio so it was something we were definitely thinking about," Berks tells me. But the thing that pushed Wonderlust to pursue the plays the most was curiosity. "The idea that people can stand in a place they think they know and experience it in a whole new way was something that was very captivating to us."

Once the process began, it didn't stop. An open call for writers and actors was put out, and following Wanderlust's guidelines, whatever the writers sent in is what the audience will hear. "Wonderlust trusts writers," Berk says. "We like to call writers who care about the people in the community where they live, and who have the ability to reflect on that community," Berks tells me. "Once we find people like that, we trust them. That said, we work hard from first idea to final recording, collaborating with other writers and actors to make sure the final product an audience hears has reached its full potential."

After collaborative circles and conducting research, Wonderlust's writers turned to St. Paul itself for inspiration. They worked with the Payne-Phalen District Council, while actors contributed their own experiences of the city. The result is a series of plays that reflect both the historical and present stories of St. Paul residents.

The first season of *Hidden Herald* was already a success. Thousands of plays were streamed, and many listeners appreciated the scavenger hunt aspects of stories hidden around downtown. From that response, Wonderlust has expanded the project for its second season, featuring more locations, more playwrights, and more actors.

As for what he is most excited for, Berk tells me that, "There are a few series where you'll have to scavenger hunt and find the play in the first place." Wonderlust as a whole is also excited about expanding their historical outreach to tell the stories of often unappreciated neighborhoods, such as Payne-Phalen.

Looking ahead, Berks hopes this form of storytelling continues to grow. "The thing for those who make plays this way is that the work can run for much longer than a live performance," he says. With many of the plays marked by sidewalk stickers, listeners can find them at any time as well as listen from home. "They also live online so if people can't get downtown or to Payne Phalen, they can still be able to hear them."

Ultimately, Wonderlust hopes *Hidden Herald* encourages people to listen and see the city in a new way. "We just hope people tell others about the plays," Berks says. "Because sometimes, all it takes is a story to change the way you see a place."

Learn more

For more information, including a digital map and where to find an illustrated map of the plays, visit wlproductions.org/hidden-herald.



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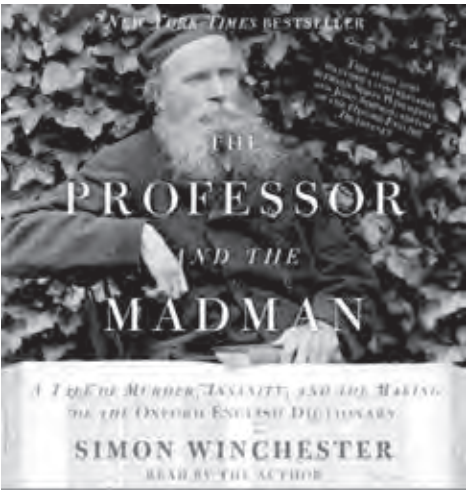
BEA'S BOOKS

The Murderer Who Wrote the Dictionary

By Beatrice Cosgrove

What does a murderer and the editor of the Oxford English Dictionary have in common? Well, everything, according to Simon Winchester. Earlier this summer, a *Community Reporter* reader kindly sent me “The Professor and the Madman: A Tale of Murder, Insanity and the Making of the Oxford English Dictionary,” by Simon Winchester. Immediately, it struck me as something new and extremely interesting. As I began reading, I found that its lexicographical theme drew parallels with a book I have previously reviewed (“Righting the Mother Tongue: From Olde English to Email, the Tangled Story of English Spelling”) and took it as a sign that my journey with English lexicography was not quite finished. Although there had been previous attempts at a dictionary, the OED’s sheer scale, in retrospect, is nearly incomparable. James Murray, a man that had amassed a great deal of philological knowledge, was appointed in 1879 to edit “The New English Dictionary on Historical Principles,” a project that would later be known as the Oxford English Dictionary. Now, onto the doctor-turned-murderer. William Chester Minor, after obtaining a degree with a specialization in comparative anatomy from Yale Medical School in 1863, went on to practice medicine in a time where wars were “fought with the mortar and the

musket and the minié ball, but not yet quite with anesthesia or with sulphonamides and penicillin,” Winchester says, emphasizing the conflict of modern warfare and the medical practices that could not keep up with it. In the summer of 1868, after the Civil War had ended, Dr. Minor’s already worrisome mental state took a turn for the worse, and, four years later, a man was dead, Dr. Minor the sole culprit. Dr. Minor was then admitted to Broadmoor Criminal Lunatic Asylum, where the delusions that had begun years before continued, Minor claiming people broke into his room nightly, causing him a host of repulsive delusions. James Murray’s call for volunteers to help the great dictionary effort eventually reached Dr. Minor at Broadmoor, prompting him to become an unlikely ally. Dr. Minor had quite a bit of free time and a knack for reading, dedicating himself to the effort and becoming one of the most valuable contributors to the OED. In a particularly powerful passage, Winchester describes the overlap of Murray and Minor, writing: “...pinioned as each was among great stacks of books, single-mindedly devoted to learning of the most recondite kind, each man’s only outlet his correspondence, in great daily storms of paper and floods of ink.” The intertwining of one of the seemingly most tedious undertakings and a convicted murderer is a topic I never expected to find myself



mixed up in, yet I found it a lovely addition to my own lexicographical journey. I do think Winchester could have mapped out the story more chronologically. It was a bit of a struggle to create a synopsis because the story skips up and down the timeline quickly and without much warning. I also think it could have done without some of the historical interludes that merely added more timeline confusion. All in all, this was such an interesting and unexpected read. Whether you have found yourself caught in the curious web of the English lexicon, wondered incessantly about the origins of the OED (as I know you have), or simply enjoy reading well-researched books about historical events, this book is for you.

FILM REVIEW

The Gamble of “Sinners” Pays Off

By Zach Murphy

The word “awesome” is thrown around a lot when it comes to films, but Ryan Coogler’s “Sinners” resoundingly earns the honor. Part blockbuster with the blues, and part pulpy vampire flick, this genre remix emphatically stomps to its own beat. It’s set during the Jim Crow South in Clarksdale, Mississippi, and the story takes place over the course of one day, one dusk, one evening and a dawn. Michael B. Jordan plays a pair of twin brothers named Smoke & Stack, and the two roll into town like a hurricane of sharp suits, gold teeth and shady business deals. With their entrepreneurial aspirations on full display, they buy a sawmill and flip it into a juke joint meant for showcasing the talent of local musicians. The club’s grand opening turns out to be a party for the ages. And by “a party for the ages,” I really mean a party for the ages. One of the film’s most awe-inspiring sequences is a musical montage on the dance floor that conjures up the spiritual evolution of black music and culture, bridging the past, present and future in such a surreal and creative way. It’s a moment where I knew I was witnessing something truly extraordinary. Oh, and did I mention that there are vampires lurking about? The blood-sucking narrative turn can feel



Filmmaker Ryan Coogler

jarring, but that’s the point. The film’s mashup of genres is most reminiscent of HBO’s “Lovecraft Country,” where American history bleeds into horror and the supernatural. What unfolds is a tale of paranoia and survival—an old-fashioned ‘Avoid getting bit at all costs’ saga. “Sinners” is elevated by its all-around technical craft. The camera work is graceful, the script is full of quotable lines, and the score and music-driven scenes are lively and soulful. The film is just as much of an ode to music as it is to cinema itself. Even the editing choices catch a rhythm. Michael B. Jordan is such a great screen presence here, and Jack O’Connell delivers a fully game performance as the story’s bloodthirsty antagonist. Ryan Coogler’s films always don a sense of palpable passion on their sleeves, and “Sinners” continues on with that tradition. He takes a huge risk here, and the gamble pays off big time. “Sinners” is available to rent or buy on all major streaming platforms, and available to stream with your HBO MAX subscription. Zach Murphy is an avid enthusiast of cinema, theater and storytelling. He lives with his wonderful wife Kelly in St. Paul. You can read more reviews at his blog, Fade to Zach.

Celebrate the last of summer at your library

Savor the final stretch of summer with fun, flavor and festivity at St. Paul Public Library’s Summer Celebration! We’re celebrating the reading and learning St. Paul kids and teens have done all summer long — and everyone’s invited. Summer Reader Celebration Saturday, August 16 at 2 – 4 p.m. Sun Ray Library, 2105 Wilson Ave Drop in anytime for an afternoon of arts and crafts, face painting and a story stroll while enjoying delicious ice cream. Stick around for a performance from the Roe Family Singers at 2:30! Don’t forget to pick up your free Summer Spark book to take home while you’re here! West 7th Events Playdate: Tuesdays 3-5 PM. Storytime: Wednesdays 10:30 a.m.





HIGHLAND DISTRICT COUNCIL
For information, visit highlanddistrictcouncil.org/events

ENGAGEMENT COMMITTEE SEEKS MEMBERS
The Committee is responsible for programs, spaces, and events related to community outreach, safety, recreation, the arts and the environment. Typically meets in-person the fourth Monday from 7-8:30 pm. Find dates at highlanddistrictcouncil.org/calendar.

HIGHLAND PARK BIKE TOUR AUG 12
Meet at the Highland Park Community Center for a 1.5-hour bike ride throughout the neighborhood. Discuss recent and future projects to make Highland a better place to live, bike and walk. Pace will be slow with stops.

MUSIC AT WANDERING LEAF BREWING AUG 12
Live music from Walker Brothers Band and food trucks Cold Front Ice Cream, Highland Popcorn and Smash and Dash. Purchase beverages from Wandering Leaf Brewing Company. Thanks to our sponsors: Marvella, Minnesota JCC Capp Center, Paster Properties, TruStone Financial and Wandering Leaf Brewing Company. Weather-related updates will be posted on HDC’s Facebook page by 4 p.m. the day of the event.

UPCOMING COMMITTEES MEETINGS
No meetings in August.



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GET INVOLVED!
Fall is a great time to get involved at the Federation. Join a committee meeting, pop into one of our events, or keep an eye out for how to volunteer in the community. Subscribe to our monthly newsletter to keep in touch.

JOIN THE BOARD
Two vacant seats are open - Area 1 Coordinator (renter) and At-Large Coordination. Visit fortroadfed.org to fill out an application today.

UPCOMING COMMITTEE MEETINGS
• **Transportation & Land Use**, Sept 3, 6:30 p.m.
• **Board Meeting**, Sept 8, 7pm
• **Community Engagement**, Sept 23, 6:30 p.m.

STAY IN TOUCH
"Like" us on Facebook. Subscribe to e-newsletter. More information at fortroadfederation.org

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

Fresh, Free Produce Available All Summer

Keystone Community Services Free Farmers Market events is back this summer, offering fresh, healthy produce at no cost to anyone who needs it. These drive-through markets are open to all with no registration required.

Many families face increased challenges during the summer months when school meal programs are unavailable, and grocery and childcare costs remain high. Keystone’s Free Farmers Markets help fill this gap by providing nutritious fruits and vegetables to support good health and well-being.

The markets will take place from 10 a.m. to 12 p.m. at three convenient locations across the Twin Cities. In Roseville, the markets will be held at Roseville Covenant Church on August 1, September 5, and October 3. Also in Roseville, Galilee Lutheran Church will host markets on August 15, September 19, and October 10. In St. Paul, the markets will be at Allianz Field on August 8, and September 12.

Everyone is welcome at these markets. There is no sign-up or paperwork, and participation will not affect eligibility for any other food support programs. Each visitor receives a generous assortment of fresh fruits and vegetables.

Get in Gear with Express Bike Shop

Express Bike Shop, a nonprofit shop and social enterprise of Keystone Community Services, is open Tuesday – Saturday and we’re here for all your biking needs! We sell high-quality refurbished bicycles at affordable prices. We are a full-service shop so can tune up your bike or update it to make it more comfortable. We also sell a variety of accessories like seats, locks, helmets, and more. Whatever your bike needs, we’re here; give us a call at 651-644-9660 or stop by the shop at 1158 Selby Ave, St. Paul.

BULLETIN BOARD



LANDMARK CENTER

CLIMB TO THE TOP (NORTH TOWER)

Enjoy a rare opportunity to get a behind-the-scenes exploration of Landmark Center’s North Tower. Get a bird’s eye view of downtown St. Paul by climbing the steps and walking through a secret door to get to the top. This is the one rooftop you don’t want to miss this summer. Don’t forget your camera! Free, Self-guided, No reservations required. Wednesday, August 6, 11:00am – 1:00 pm. The North Tower is accessible only via stairs, 61 steps total from the 6th floor landing to the top. Or skip the elevator all together and climb the 198 stairs from the first floor. Learn more at landmarkcenter.org/climb-to-the-top-north-tower.

LIVE MUSIC ON THE PATIO

Tuesdays through Sept. 23. 7-9 p.m. Skinner’s Pub. Free. Rain or shine. More at facebook.com/skinnerspub.

ST. PAUL WALKING TOURS

Wednesdays through August, 10 a.m. Various locations. Free (reservation required). Appreciate the rich history, architecture, and nature of downtown on four different tours: Heart of the City Walking Tour, It Happened Right Here: St. Paul’s Origins Walking Tour, Great River Walking Tour, Rice Park Walking Tour Free; reservations required. Info: 651-292-3063 or visit landmarkcenter.org/saint-paul-walking-tours.

LOWERTOWN SOUNDS

Select Thursdays, through Aug. 14. 6 p.m. Mears Park. Free. A live, local music plus food trucks and local beer and wine — benefiting Cookie Cart. Learn more and see the full schedule at lowertownsounds.com.

SUMMER NIGHTS IN RICE

Select Thursdays, 5-7 p.m. Rice Park. Free. A free outdoor summer concert series. Grab a hot dog in the park, visit downtown Saint Paul restaurants for happy hour, and head to Rice Park. Learn more at landmarkcenter.org/summer-nights-in-rice. Aug. 7: Café Accordion Orchestra (French flare, Latin heat and Bohemian attitude); Aug. 21: International Reggae All Stars (Reggae, dancehall and Bob Marley classics).

ROLLER SKATING FUN NIGHT

Aug 20. 6-8 p.m. El Rio Vista Rec Center. Free. A limited amount of skates provided, attendees encouraged to bring skates. Snacks and tons of fun provided! Free, all welcome. Visit stpaul.gov/summer-events

COMMUNITY CONVERSATIONS WITH COUNCIL MEMBER REBECCA NOECKER

August 21, 9-10 a.m. Minnesota Boat Club (Raspberry Island - 1 Wabasha St S). Join Council President Noecker for these informal opportunities to ask your questions or share your concerns. Learn more at stpaul.gov/department/city-council/ward-2.

DEPOT DANCE NIGHTS - BALLROOM NIGHT

Aug. 20, 6:30-9 p.m. Union Depot. Free. Ready to get your groove on? Each night features a different dance style and will begin with 30 minutes of free professional dance instruction followed by two hours of dancing to a live band. Dance lessons will be taught at all 3 events by professional instructor, Denny Hukriede. Live music from The Jerry O’Hagan Orchestra.

MUSIC ON THE MISSISSIPPI WITH ST. PAUL PARKS CONSERVANCY

August 3, 1 p.m. Upper Landing Park. Free. Enjoy music, riverside fun and the beauty of our riverfront parks. Family-friendly events. More info: greatriverpassage.org/music-on-the-mississippi.

CIRCUS JUVENTAS 'LUMIÈRE'

Through Aug 10, Circus Juventas. \$25-\$55. Join a lively crew of ghostbuster-style teens who, thanks to a lightning strike, find themselves transported to 1939, amidst the glitter and glamour of the Golden Age of Hollywood. Traverse the phantasmic fifth dimension, filled with celebrities, bellhops, gangsters, paparazzi, and studio heads as they navigate the bright lights and haunting shadows of the mysterious Hotel Hollywood. It’s an adventure you won’t want to miss! For tickets, showtimes and more, visit circusjuventas.org.



COURTESY CIRCUS JUVENTAS PHOTO BY DAN NORMAN

FOR MORE CALENDAR EVENTS, VISIT COMMUNITYREPORTER.ORG/EVENTS

LUNCH, PG 4

Plant-based: beans, lentils, tofu, nut butters, whole grains such as quinoa

For those who have picky eaters, try hiding the protein in sauces or baked goods such as using lentil pasta or adding Greek yogurt or cottage cheese to pasta dishes. Making the dishes more entertaining and fun can encourage a child to eat. This can be done by making meat and cheese sushi rolls or protein pancakes with cottage cheese or more eggs. Cottage cheese is a source of protein that can be used diversely in different types of food,

which can be savory or sweet. Making dips or dressing yogurt-based or using peanut butter can add a little boost of protein to the meals. Smoothies are also another easy trick to hide protein and nutrients into a child’s diet.

This school year pack some protein into your kid’s lunch. You may want to think about improving the meals you eat as well! When we eat better, we grow and feel better. Try taking some small steps towards adding some protein into the diet!

Here’s a fun quick and easy high-protein breakfast recipe that’s kid friendly.

PROTEIN PANCAKE BOWL

INGREDIENTS

½ over-ripe banana, mashed
⅓ cup egg whites
½ cup Kodiak Buttermilk Power Cakes mix
⅛ tsp cinnamon, optional
Optional Toppings: berries, slices banana, nuts, nut butter, maple syrup, greek yogurt, hemp hearts, cottage cheese

INSTRUCTIONS

Position oven rack to the middle and pre-heat to 350°F. Add banana and egg whites to your oven-safe glass bowl. Use a fork to whisk until combined. Add pancake mix and cinnamon. Stir until combined and smooth, being careful not to overmix. If you’d like any toppings baked in (berries, chocolate chips, sliced banana), you can add them here. Or, add right before serving. Transfer to the oven. Bake for 18-22 minutes or until the top is set and the pancake is cooked through. Your pancake bowl is ready when a toothpick inserted into the center comes out mostly clean. Let your pancake bowl rest for 5-minutes. Be careful because the glass may be hot to the touch. Then add toppings and enjoy!

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