



VOICES AGAINST VIOLENCE 'I RAN'

Dad's rage and depression meant daughter never felt good enough, and feared his explosive anger

By TESHAM. CHRISTENSEN

At 25, Sarah* doesn't speak to her dad. And she points the finger squarely at him and how he treated her before and after her parents' divorce.

She knows that people often blame mom when a child doesn't want to see a father or have a relationship with him, and they accuse the mom of 'parental alienation.'

"He is the person that alienated himself from me," she said.

THE 'PERFECT FAMILY'

They looked like the perfect family. She was her dad's adventure buddy.

But beneath the image lay a dark truth.

"I felt unsafe," said Sarah *(whose name along with everyone else's in this article has been changed for their protection).

Yes, she was the child who was her dad's canoe partner from a young age.

Yes, she was his biking partner.

Yes, everyone thought they had an enviable father-daughter relationship.

"I felt like it was the only way to get this dad to care about me," Sarah said.

She remembers biking from St. Paul to Hudson, Wis. when she was in second grade. Her dad Keith knew that her bike was broken but he didn't take the time to fix it before they left. She rode the entire way with a brake on. "I just suffered through," she said.

"If we didn't do what he wanted, there would be hell to pay.

"It was just normal. Either he was blowing up or things were OK."

'WALKING ON EGGSHELLS'

She's still unraveling all the ways her dad's temper, mood swings, bullying and manipulation affected her. She finds herself unlocking memories sometimes, things she had long forgotten but give her clues about the environment that shaped her.

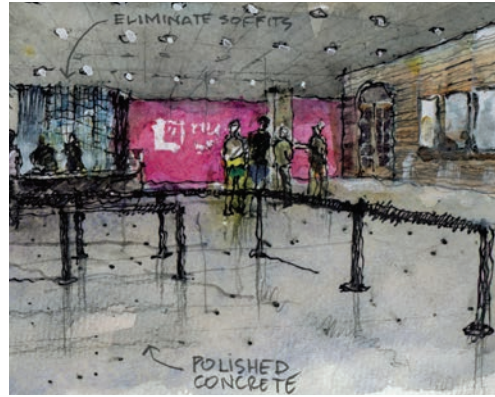
"Violence is harming another person," said Sarah. "It doesn't have to be a physical assault of any kind."

She added, "Cultural norms say you can't hit your wife and kids. So they use other ways to control."

Being an abuser didn't fit Keith's idea of himself. "He would never have labeled himself an abuser," remarked Sarah. "He did everything else he could up to that line of physically hitting us so that then he couldn't be an abuser in his mind. It's intentional that they don't hit."

'I RAN' >> 6

MSP Film reimagines St. Anthony Main Theater



This rendering by architect Marcelo Valdes shows a renovated lobby at the St. Anthony Main Theater.

By JAN WILLMS

A long-time dream of the Minneapolis-St. Paul Film Society (MSP Film) is about to come to fruition. The site of the MSP Film Society at St. Anthony Main Theatre, 115 SE Main in Minneapolis, has closed, but will reopen its doors in April to an expanded film experience for its viewers. It will also be open for the MSP International Film Festival slated for spring, which was held virtually in 2021.

Instead of the one auditorium available for showings during the year, all five auditoriums will have MSP Film offerings as the organization takes over operation of the entire theater, relaunching it as MSP Film at the Main.

"We have had a lot of theaters close in the last couple years," said Susan Smoluchowski, executive director of MSP Film, "including Edina and the Uptown. The owners came to us and asked if we might think about moving (to those theaters). It seemed very clear to us that we would prefer to stay where we are, on the river.

"So we started on making this happen in earnest. It came as the result of many factors. We wanted to create a real foothold for ourselves in Minneapolis."

The fact that 2022 is MSP Film's 60th birthday as an organization was an added inspiration, according to Jesse Bishop, director of programming.

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TECH DUMP REPAIRS AND REUSES



Tech Dump desktop technician Damonte Newbill sanitizes a desktop computer, the last step in the refurbishing process. "Since we opened our doors in 2011, our team has processed more than 35 million pounds of e-waste. We adhere to the highest standards of data security, while prioritizing our environmental and social mission," said Emily Mauter, director of advancement at Tech Dump. "We have a track record of providing seamless electronics recycling services for businesses and organizations of all sizes, as well as community members. We are a 501(c)(3) nonprofit organization and social enterprise that provides jobs and training for persons facing barriers to employment. We believe that every person has value." >> Story on page 9. (Photo by Margie O'Loughlin)

PREPARE AND PROSPER

Nonprofit offers free tax preparation, financial mentoring and more

By JAN WILLMS

Finances and tax preparation can be challenging for even the most experienced. For many families and individuals who are also living on a low to moderate income, the challenges can be enormous.

Enter Prepare and Prosper (P&P), a nonprofit dedicated to providing free tax preparation and financial coaching and mentoring to bring financial wellness to everyone. Minneapolis locations include Hope Community (611 E Franklin Ave.) and Sabathani Community Center (310 E 38th St Ste 200).

"P&P started decades ago," said David Langley, the organization's engagement director. It was founded in 1971 by a group of accountants. "The past 15 years P&P has become more than just a tax preparer," Langley said. "We have ascended into the realm of critical financial programming. We offer coaching programs and creative sponsorships with other partners, giving people opportunities for accessible banking."

Langley said P&P helps participants get bank accounts and avoid overdrafts, having to use money orders and relying on check cashing businesses.

According to Pew Research, 70% of households in the United States are constrained by income, have limited savings and/or are challenged by debt. About 1 in 4 households are excluded from the financial mainstream.

PREPARE AND PROSPER >> 14



Ward 1 council member Dai Thao is entering new year with new ideas

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Local community centers are combating hunger in the neighborhood

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How to handle summer camp questions during a pandemic

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Congrats, small businesses

Ginkgo Coffeehouse and Lip Esteem honored by St. Paul

By JANE McCLURE

Owning and operating a small business is seldom easy. The COVID-19 pandemic of the past couple of years has added to the challenges, and not every small business has made it through the tough times.

Four St. Paul small businesses, including two with Midway roots, are winners of the 2021 St. Paul Small Business Awards.

The St. Paul City Council presented the awards Jan. 12. The council honored businesses, calling out their “resiliency and commitment” to being part of the community. About 50 businesses were nominated for the 2021 awards, with 25 deemed eligible.

Council members Mitra Jalali and Nelsie Yang presented the awards.

GINKGO COFFEEHOUSE

Ginkgo Coffeehouse, 721 N. Snelling Ave., won the Peoples’ Choice Award. The business has been a fixture in Hamline-Midway neighborhood for more than three decades, and has had satellite venues ranging from area hospitals to CHS Field to the Science Museum. Jalali coted Ginkgo’s hospitality and local touch when presenting the award, and also cited its status as a community anchor.

The Snelling location was honored for its years as a community gathering space, with offerings including coffee, tea, baked goods and meals. Owner Kathy Sundberg has provided food and beverages for countless community events over the years. She has also mentored many new business owners.

Sundberg said she and her employees were pleased with the recognition. “It’s



Kathy Sundberg earned the Peoples’ Choice Award from the city of St. Paul.

really an honor to receive this award,” she said. The longtime Hamline-Midway resident called out her staff members and their commitment to their jobs, as well as customers and the community.

LIP ESTEEM

The other winner, receiving the New Kid on the Block Award, is Lip Esteem. The award is for a business that has opened in the past five years.

Owner Tameka Jones recently moved the business to a storefront at 876 Selby



Local women entrepreneurs have won awards from the city of St. Paul. Lip Esteem owner Tameka Johns, shown with her daughter, Kijana, won the New Kid on the Block Award.

Ave. She launched the business in the Midway area after the 2020 civil unrest. She calls her business “a unifier for all people.” Jones gives out products to women going out on job interviews, to help them look their best.

Lip Esteem’s products are plant-based, gluten-free, cruelty-free and vegan-friendly. She uses the motto “Changing the world one tube at a time.”

Her product names reflect St. Paul locales. Lip Esteem has won local and national media attention.

The program is in its fifth year. Nominations were taken last fall, and the winners chosen by the selections committee.

Other winners are from the East Side. Golden Harvest Foods received the Traditions Award, honoring a business active in the city for at least 20 years. Hoa Mei Market and Deli received the Good Neighbor

Award for its efforts to support and improve its community.

All of the winners received gift bags.

The 2021 selection committee was largely composed of past winners over the past five years. They are Nate Houge, Brake Bread; Milissa Silva-Diaz, El Burrito Mercado; Jamey Flannery, Flannery Construction; Abdiwali Ali, Karibu Grocery and Deli; Brianne Hamm, Securian Financial and Jill Pavlak, Urban Growler Brewing Company. Several city departments, groups and staff members help with the awards, along with the city’s 17 district councils.

See the awards presentation at https://stpaul.granicus.com/player/clip/3893?view_id=37&redirect=true

See a video about the winners at <https://www.stpaul.gov/businesses/open-business/saint-paul-business-awards>

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By CHLOE PETER

An interview with Ward 1 City Council member Dai Thao

NEW YEAR, NEW IDEAS

Dai Thao has been representing Ward 1 on the St. Paul City Council since 2013. With new challenges coming up in 2022, Thao aims to navigate the best possible outcomes for the communities of Frog-town and Summit-University. He weighed in on the pandemic, climate emergencies, and affordable housing debates.

Q: What are your plans regarding the pandemic in 2022?

A: As a city we need to do more along with the county and the state to help the small businesses get back on their feet. Whether it be through forgivable loans or grants, we have to do that because some of these small businesses are not coming back. These small businesses are the ones providing jobs for young people and communities of color.

Q: What are some projects in the works to help these small businesses in Ward 1?

A: We had a couple of housing projects in the Midway by Allianz Field, but those have been canceled due to the rent stabilization ordinance. I think that this sets us back a little bit, but we still have other folks who are willing to do other smaller housing projects in the ward. We have the regular “mom and pop” shop who are still struggling with tenants paying their rent. We have given out grants, but we still need to do more. Coming up soon, we’ll have a grant and loan program. It’ll be a low interest loan that I really encourage folks to apply for and to show that they have a need for it.

Q: What will neighborhood scale housing look like and how would that help development?

A: We’re changing the ordinance and allowing for more density like duplex, triplex, and fourplexes. Easing some of these codes will allow for smaller players to

build. Any type of housing is good for St. Paul right now. Another aspect that is important though and I don’t think gets talked a lot about is that the city, the county, and even the state needs to provide a financial resource so that small businesses who want to expand may do so. If we want to create more wealth, we need to also create an equitable chance at being able to build and expand.

Q: What will this type of housing bring to St. Paul?

A: I think it’s important to have affordable housing and it’ll help to create a welcoming and diverse community. Housing has a lot of impact on education, jobs, and the community as a whole. Families who don’t have good housing tend to move a lot and that affects their education. Housing is a basic human right and I think we need to make sure that we have that. One of the goals of the government is to stabilize neighborhoods and stabilize the economy to create a sustainable place.

Q: What is your opinion on the vaccine mandate in St. Paul?

A: As far as the vaccination, I think it works. I have personally experienced COVID-19 myself, and I know that the vaccine helped me. At first I was skeptical, but I think that we should think about our family members. As individuals, we may not like the vaccine or the mandate, but sometimes we have to think about family and community. Whether it be the people we go to church with or our own grandparents, they’re the ones that need protection. We may not want it for ourselves, but we should be thoughtful of what may put others at risk especially those with underlying health issues.

Q: What are some of your plans coming into 2022?

A: Economy stabilization and affordable housing are both big on our agenda. The other thing is public safety. I think that we need to work together with the county and state to respond in a way where we put repeat offenders on a path that can help them, so they don’t continue to hurt the community. However, some people will hurt others time and time again and I recognize that there are victims, so if we need to put offenders away, that’s just the reality we live in unfortunately.

Working with young people that steer them away from the correctional system is also very important as that can be very devastating for them, especially young people of color. I think we spend a lot of time and money on the correctional system, but that money could be diverted to job creation. Making sure that they have jobs is a way to compensate the young people and teach them responsibility and leadership for their future.

Q: The St. Paul City Council recently declared a climate emergency. What does this mean and what is next?

A: One reason [to declare the emergency] is to communicate clearly with the public and to the state that St. Paul is taking responsibility for creating a sustainable future. Personally, I believe that there is no other home for the human species until proven, and I don’t think science has proved that there are other options outside of Earth. So, I think it’s important for us to advocate and take care of our home. This localizes this mission and addresses how to take care of our land, our water, and create clean energy. These little steps



need to be taken and I think that we’re on the right path.

Q: What can the community of Ward 1 be doing to help this issue? Are state funds coming?

A: I think the most basic thing we can do is recycle and then be really conscious about what we purchase. We can ask businesses to use more environmentally friendly options like paper straws, less plastic bags, and no styrofoam. As a community, we can demand more green options. We do not know yet if more money is coming from the state, but we’ll continue to ask for it. I hope that the state will do the right thing and fund clean-ups, like with Pig’s Eye Lake, because the longer we wait, the more polluted it will get. If we clean up these areas, it’s a win for everyone, not just St. Paul.

Q: Is there anything else that you would like to add for our readers?

A: I would like to say that I’m very proud of St. Paul and the people, the neighborhoods. I know that the pandemic is hard, but let’s stick together and do what we do best: be united and look out for each other. We can continue to make St. Paul a good place to work, live, and play.



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Meet a few members of *our OLP family...*



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We honor the person and let them know that they matter, and the world would have been and will be different without them. They matter.



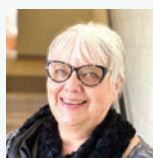
Kathryn Capouch, Home Care Supervisor
The home care nurses, and I are dedicated to loving our patients. We all go above and beyond to make sure they feel our gentle care and comfort, as well as their families.



Rossana Ackerman, Food Service Director
We do our part for the mission of compassionate care by providing comfort food to patients. This gives us great joy and satisfaction every day!



Ruben Chaca, Groundskeeper and Maintenance
I feel very passionate about my job because it’s important to keep things clean, beautiful, and comfortable for everyone. The people who work here are like family to me.



Kim Perez, Volunteer & Environmental Services
Patients and their loved ones are top of mind in all that I do. I try to say “yes” as much as possible to anything that may benefit them, and also support our staff that cares for them.



Carole Joncas, Staffing, HR & Nursing Dept. Assistant
I am so richly blessed with so much more than I deserve. I find true joy in my work at Our Lady of Peace.



Tom Cassidy, Hospice Nurse
I try to emulate the devotion, compassion, and spirit of the founding Dominican Sisters of Hawthorne’s mission in my daily work. They inspire me and I’m humbled to be a part of their legacy.

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Join the conversation, and let us know your diverse and varied thoughts on the issues that affect your neighborhood. Send letters and guest commentaries to news@MonitorSaintPaul.com.

WHAT DOES 'UNBIASED' REALLY MEAN?

What does it mean to be impartial? Unbiased? Credible?

Is a juror unable to be impartial if they have family or personal experience with police brutality?

Or, does having experience with something give them an edge up because they have inside knowledge that others don't? Do they know not only how it should be but how it actually is?

Is a police officer or neighborhood association worker or city employee compromised in their ability to make decisions for the good of all if they live where they work? Are they more prone to bribery or favors? Are they held to a higher standard because their kids go to school with the people they're serving?

These are questions our community is wrestling with.

They are questions I ask myself every day as a community journalist.

What does 'unbiased' really mean?

I was trained that the highest standard a journalist could hold themselves to was reporting the facts without bias. It begs the question: what does 'bias' really mean? And also, is that what our highest standard should be?

We all know that our own thoughts and ideas influence our word choices. It plays into who we opt to talk to for articles and what part of the conversation we choose to include.

We've tried to get past that by saying there are two sides to every story, and so we need to make sure both sides make it into an article. But aren't there actually more than two sides? We do a disservice to ourselves and others by pretending there is merely a pro side and a con side. If we dig in, we actually learn that those in

TOO MUCH COFFEE

BY TESHA M. CHRISTENSEN
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"favor" of a project often share concerns with the "anti" side. And vice versa. It is rare to find whole groups of people that are so much the same that all their reasons are exactly the same. If that happens, we can likely point to a propaganda campaign or a totalitarian government.

These were things we were already thinking about. And then Donald Trump happened. When one source is telling lies, should those mistruths and half truths be part of a news article? Should they be given equal weight? Or is the reporter then perpetuating fake news items?

When one side is backed by power and authority, when they pay lobbyists and staff whole departments of communication staff and information officers, should we give them the same weight as a community member working to get their voice heard?

I've wrestled with these questions for some time, and I've landed on the side of amplifying community members.

I appreciate questions that come to my in-box asking why we've made an editorial decision. Why did we run a story featuring public comments about reopening George Floyd Square to traffic without getting a comment from the mayor's office?

For one, it is pretty easy for them to ignore a small neighborhood operation like us, and to not get back to us when we reach out to them. (Note: this wasn't the case with the public comment article.) We're working on pointing that out in articles so that you know we tried, and they didn't reciprocate.

Many times (as was the case with the public comment article), you've heard what they have to say because they hold press conferences and have a big pulpit to speak from. This isn't something we all have access to. The folks who live around George Floyd Square don't have their own television stations or the ability to call a press conference that is attended by every media organization in the Twin Cities. But they did send in comments on a comment card to their city with the belief that they would be read and paid attention to.

We believe that those voices are valuable and important, and we're working to amplify them in our pages. We believe in grassroots efforts, and consider them foundational to our democracy. We ignore them at our own peril.

I don't think that makes the story biased or impartial. And it doesn't mean the reporter or the newspaper itself is biased either. We're not stating in the article what our opinion is about the issue. It's not a blog or a commentary (like this piece is). What we are doing is getting the word out there about something we know most people haven't heard about. We are stepping outside the echo chamber to bring you specific local coverage.

We live and work here. We talk to other people who live and work here.

Those are the folks you'll see in our news articles and feature stories, and they

are the people writing columns. You can check the bylines because we are transparent.

Recently, the city insisted that to access funding, Nokomis East Neighborhood Association had to agree that they won't hire a person who lives in the neighborhood as their executive director. Becky Timm is leaving, and NENA is looking for a replacement this spring. If there is a high-quality candidate who lives in Nokomis East, they won't be able to apply for the job.

When I talked to all the new executive directors coming into our neighborhood organizations and asked if they lived here, the answer was becoming a common "no." It was something I had been wondering about as it seemed a little strange to me. At the same time that we're having a larger community conversation about whether police might operate in a more ethical manner if they lived and worked in their own communities, our community leaders were increasingly coming from outside the neighborhoods they were managing. Now, I know why. It's a city directive tied to whether they get funding.

But it's not one I agree with.

I believe that the threads that bind us to each other make us stronger. They help us make decisions that build community. I'm going to write respectfully about the people I run into at the grocery store. We ask people to use their names on letters they submit and comments they leave on our social media channels. We seek to point out problems and talk about possible solutions.

And it's all because we strive to be considered credible by the people we live near and work with and care about.

We're part of this community.

Have an opinion about this? I'd love to hear it. Email tesha@MonitorSaintPaul.com.

REIMAGINING THE MIDWAY

For the past year, the Midway Chamber of Commerce has been working on an initiative called Reimagine Midway. The thought behind this effort came after civil unrest in May 2020, as we looked at potential threats and opportunities to our neighborhood. On one hand, there was an opportunity to renovate and rebuild buildings in need of repair, which could serve the community better than in the past. But there was also a threat that future development would not have the best interests of the community. Ultimately, our intention is to find what works best for the current residents and businesses who make up the Midway, with as much input as possible from as many residents, employers, community groups and others who help build a stronger Midway. The word "Reimagine" is used because we don't view this as a rebuild to exactly what it was like, but to hopefully create a neighborhood which works better for more of us.

To help with this effort, we contacted a professor at Concordia University, Renata Mayrhofer. She is the Department Chair of Undergraduate Business and charges her seniors with working on a se-

BUILDING A STRONGER MIDWAY

BY CHAD KULAS,
Midway Chamber of
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mester-long project with a particular organization. Usually a small business, the students work on a specific issue of concern, and offer solutions in a final presentation- this is their capstone project.

While not one of their usual assignments, Mayrhofer agreed Reimagine Midway would be an interesting challenge for one of her classes. The class had two student leaders designated as the project leads, with the rest of the class divided into three categories based on their major: management, financial, and marketing. At the end of the semester, they presented to our task force as the president of Concordia University and other campus leaders also watched.

Their work is intended to set our task

force off on the right direction, thinking of ways we can bring the community together, identify grants and facilitators, branding, effective outreach, data gathering, and more.

Going into the semester, I did not know what to expect. Would these young adults, who have only lived in Saint Paul less than four years and were born after I first started spending time in the Midway, be able to deliver the perspectives we needed?

The short answer is yes, they did. It was fascinating to watch them think from a younger adult, outside perspective. As you can guess, views and opinions can be hard to reimagine if you've spent years living and/or working in a community. They were able to offer a fresh outlook, and perhaps also give us a glimpse of what could be more important for future generations. Like many others, the Midway Chamber strives to get a diverse collection of perspectives. We think about different cultures, community organizations, business size, and other ways we can find a unique voice. But I must confess, we have not looked enough at a youthful voice.

In the research, the class was able to create a SWOT analysis (Strengths, Weaknesses, Opportunities, Threats) of the Midway. Some of the strengths they discovered were our diverse community, tran-

sit options, density, and location in the middle of the Twin Cities. The proximity to universities was an opportunity, which we have seen when we've heard of businesses choosing to locate in the Midway to be closer to younger talent. The Reconnect Rondo project, while not directly in the Midway, was also an opportunity.

As for weaknesses and threats, the perception of safety haunts many and the students realized it. They also picked up on how, through major projects and decisions at the city level, not everyone in our community agrees on the major issues. While this is a weakness and a threat to the future, it is also part of why we have created Reimagine Midway - the hope we can bring more people together.

Perhaps the most exciting idea from the class was to create a Big Idea. This Big Idea would be something which is an amenity to the neighborhood which could also attract visitors. Think of the Como Zoo or Harriet Island. What would this Big Idea be? That remains to be seen, and perhaps it isn't just one site but many. Many of the examples given have a lot of green space; is it a park or other outdoor space? How could it be ensured it is used by the community for good, and often?

There are a lot of questions as we start to visualize next steps. The work, like the students, have a bright future.

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Black History Month 365: Nine children's books on celebrating culture and history

PLANTING SEEDS

BY DR. ARTIKA TYNER,
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Black History Month provides an enriching learning opportunity for children, families, and the community. The month of February can serve as a catalyst that sparks a daily leadership challenge to learn about the contributions of the many great African American heroes and heroes who shaped American history. Renowned historian and founder of Association for the Study of African American Life and History (ASALH®), Dr. Carter G. Woodson had this vision in mind when he founded Negro History Week in 1926. The celebration was held in February since it was the birth month of two champions for racial justice, President Abraham Lincoln and Frederick Douglass. Lincoln was born on Feb. 12, and Douglass' birthday was celebrated on Feb. 14. Fifty years later, President Gerald Ford named February "Black History Month." He challenged all Americans to honor the overlooked and neglected accomplishments of African Americans in shaping the course of history.

One of the best ways to teach children about the achievements of African Americans and inspire them to become leaders who make a difference is through reading books. Children's books that introduce youth to unsung Black heroes and heroes like artist Emory Douglas, civil rights attorney Dovey Johnson Roundtree and educator Mary McCleod Bethune provide children with the inspi-



ration to serve and lead in their communities. At Planting People Growing Justice Press and Bookstore (PPGJ), we have assembled a bookstore of children's books that celebrate the rich culture and history of the Black community.

One of our award-winning books, "Justice Makes a Difference: The Story of Miss Freedom Fighter, Esq.," teaches the valuable lesson that you are never too

young to make a difference. It's about a little girl that learns from her grandmother about the contributions of African American leaders who planted seeds of social change.

A young boy, Samuel, learns about his grandfather's homeland in "Ghana: A Place I Call Home." They experience the essence of Sankofa as his grandfather imparts lessons about his history, culture,

and roots.

"Amazing Africa: A to Z" is an award-winning visual journey of images and facts about the African continent. Children learn about the rich cultural history of the African Diaspora.

"Kwame Votes" introduces children to the basics of civic engagement. Kwame learns that everyone plays a key role in building strong families and safe communities.

"Stand Up and Be Counted" is the first of its kind picture book that teaches children about the U.S. Census and serving their community through the story of Nia and her Aunt Geneva.

"Jaheem's First Kwanzaa" introduces Kwanzaa as a family tradition of celebrating heritage and cultural roots.

I have written two books in "Gateway Biographies" series. These biographies highlight the accomplishments of two pioneering African American women, Stacey Abrams and Amanda Gorman.

"Gumbo Joy" celebrates the rich cultural history of the African Diaspora, from West Africa's shores to the bustling streets of New Orleans, Louisiana.

The books in our bookstore celebrate the culture, heritage, and accomplishments of African Americans not just during the month of February, but year-round. Our book collection invites readers of all ages to learn and grow each day. These books foster anti-racist education, encourage collective engagement, and aid in building a more just and inclusive society. Learn more: bit.ly/PPGJBOOKS

Through her organization, *Planting People Growing Justice Leadership Institute*, Dr. Artika Tyner seeks to plant seeds of social change through education, training, and community outreach.

HCPA's new middle school and skyway bridge raise serious questions about financing

GUEST COLUMN
by Michael J. McGibbon

As students return to Hmong College Prep Academy (HCPA) in February, school officials may very well be highlighting the completion of its new middle school building, and the skyway bridge that connects it to the charter school's main facility. They might even see it as an opportunity to divert attention from the recent resignations of HCPA's founders, Dr. Christianna Hang, and her husband Pao Yang.

But whatever the school may say about the \$33,000,000 project, it should be noted that it was only made possible because of the failure of Dr. Hang and HCPA to disclose an illegal \$5 million investment while negotiating with the city of St Paul in 2020.

THE WOODSTOCK HEDGE FUND INVESTMENT

On Oct. 20, 2021, Dr. Christianna Hang, submitted her letter of resignation to the HCPA Board of Directors. While citing health concerns from "stress due to the pace and breath of my work with HCPA," the events of the past two years clearly show her resignation was due to negative attention from the school's decision to make the Woodstock Investment.

Dr. Hang's three-page resignation letter mentions the "Woodstock Investment" three times, but with no detail as to what it was, or why it is such a serious concern. Only that the investment was contributing to her "health issues" and causing negative attention for the school.

But the Woodstock investment was a seriously flawed, and illegal, \$5 million hedge fund investment of the charter school's operating assets. Such an investment "did not comply with Minnesota law regarding permissible investment of public funds." Furthermore, it caused the publicly financed school to lose \$4.3



million.

During the past year, the Woodstock investment has spawned numerous investigations regarding the actions of Dr. Hang, HCPA, and a national and international cast of characters from the suburbs of Milwaukee and Newark, to Sweden, Great Britain, and the Cayman Islands.

It remains to be seen what will result from those investigations. But enough has been revealed about the investment to have caused the school's two longtime leaders, and the two highest compensated charter school executives in Minnesota, Dr. Christianna Hang and Pao Yang, to resign.

HCPA'S \$33 MILLION MUNICIPAL BOND PROJECT

But a question about HCPA's Woodstock illegal investment has not received enough attention. And that is, why did it not influence the ability of the charter school to receive \$33 million in conduit revenue bonds from the city of St Paul in August 2020?

On Aug. 26, 2020, the St. Paul City Council voted 4-3 to approve \$33 million in municipal bond financing for Hmong College Prep Academy. It was the fourth time since 2006 that HCPA had received conduit revenue bond financing through the city of St Paul's Housing and Redevelopment Authority (HRA).

Municipal bond financing through the city of St. Paul has been a major reason for the rapid growth and expansion of HCPA since it moved to St Paul in 2006.

At that time it was just a small, two-grade high school with 200 students.

Since then, HCPA has grown to become the largest single-site charter school in Minnesota, with a K-12 enrollment of over 2,300 students on its 14-acre campus southeast of the state fairgrounds. And \$90 million of municipal bond financing through the city of St. Paul has been extremely instrumental in the charter school's growth.

The Aug. 26, 2020 meeting to approve HCPA's \$33 million project was somewhat unprecedented. During the meeting, HCPA's superintendent, Dr. Christianna Hang, was questioned for nearly an hour by city council members. There were some contentious questions about the skyway bridge, Dr. Hang's salary, and why the charter school continued to come to the city for bond financing.

But those questions and concerns weren't enough to stop HCPA from receiving city council approval for the \$33 million project. And because HCPA officials had never disclosed the \$5 million Woodstock investment to the city of St Paul, no council member could have been expected to raise questions regarding the investment decision the charter school made one year earlier.

While it is understandable that council members would not have known of the Woodstock investment, with some due diligence the city should have raised concerns about another puzzling aspect of the bond application.

HCPA was seeking bond approval not only from the city's HRA, but also the St Paul Port Authority. While charter school bond financing has almost exclusively been through HRA, HCPA's 2020 application also involved a unique \$7 million, "bank-qualified" conduit revenue bond through the Port Authority.

HCPA's \$7 million "bank-qualified" bond was issued to Northeast Bank of Minneapolis. Coincidentally, an HCPA board member, Jason Helgemoe, was also the vice president of Northeast Bank. Greater due diligence by the city may have alerted them to that possible conflict of interest, a conflict of interest that very likely led to Mr. Helgemoe resigning his HCPA board position in June of 2021.

Surprisingly, while council members may talk about due diligence, they don't seem to practice it. Instead, they seem to prefer assigning that responsibility to someone else.

Since 1999, the city of St Paul has approved conduit revenue bond financing 30 times for 16 different St. Paul charter schools. In that time, the city council has never refused to approve municipal bond financing for a charter school. Not once.

There is little incentive for the city to hold charter schools to a greater degree of accountability, even when there may be some legitimate concerns. And that's because charter school conduit revenue bonds are a desirable, risk-free method of generating revenue for the city. And the city assumes no financial risk if a charter school defaults on the bonds.

One final thought. How should the city of St Paul address the fact that HCPA may have intentionally failed to disclose financial information from the city during its application for \$33 million in municipal bond financing last year? That's a question that the entire St. Paul City Council should be asking themselves.

VOICES AGAINST VIOLENCE
'I RAN'

>> From 1

Instead he painted himself as a helpless victim. "He would just say I'm a really sad guy and I'm doing my best and that should be enough for us," Sarah said. "He would apologize but there was no accountability and he wouldn't change. He'd say, 'I'm sorry you felt that way. I'm sorry if I made you feel unsafe.'"

He acknowledged he had a temper, but framed it as being passionate about things. He told them all he was diagnosed bipolar, and used it as an excuse for the rage and depression.

Sarah remembers listening at the laundry chute upstairs to hear what her parents were arguing about in the kitchen. Her mom, Teri, sent her away when they were arguing to try to shield her. But Sarah felt like she would be safer if she knew what they were fighting about.

Then she could adjust her behavior. Then she could try to make her dad happy. Then she could avoid getting yelled at.

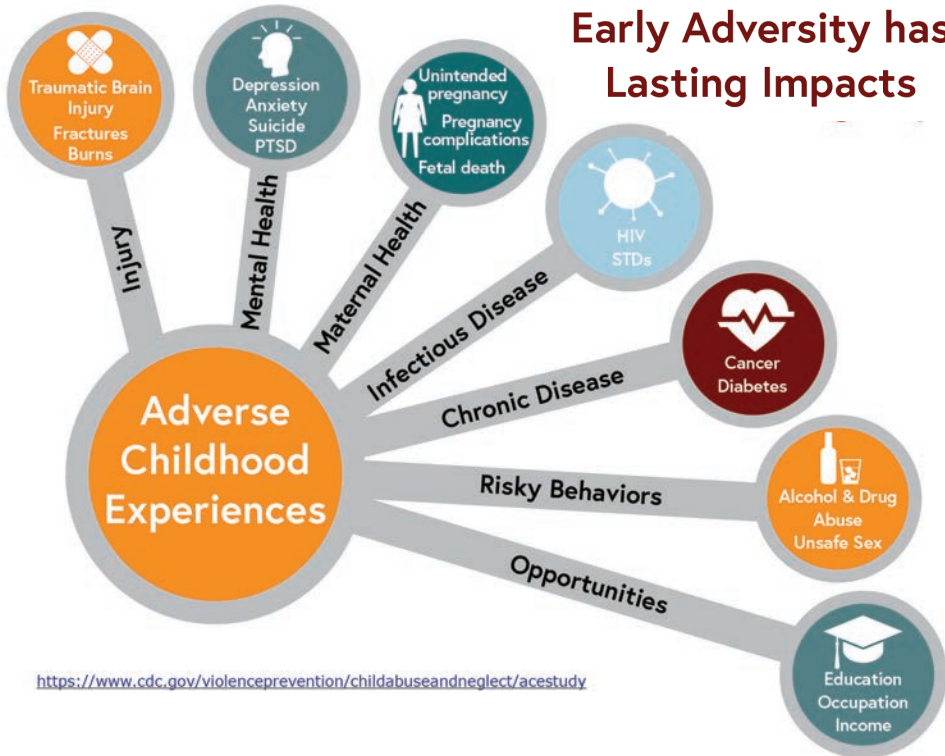
Except, she still got yelled at.

That's how her dad did things.

He didn't name call or swear. He considered himself a good Christian husband and father. But he made her feel like nothing she did was ever good enough. She was personally deficient.

That message was relentless.

"That has been the most damaging – to feel like you can never be in your own house without putting on a persona. To be walking on eggshells in your own house all the time. It's a long time to constantly be in fight or flight, reptilian brain," said Sarah.



<https://www.cdc.gov/violenceprevention/childabuseandneglect/acesstudy>

'I RAN'

It was her 13th birthday.

They were at her older brother's soccer game when her dad reached over to touch the necklace on her chest. She told him not to. "He was so pissed at me," Sarah recalled. He stormed off and left the game.

Back home, he started slamming pots and pans and cabinets in the kitchen as he argued with her mom.

Sarah had been in the basement for about an hour getting ready for her party that afternoon.

She was heading upstairs when she heard something different. This time he swore and called her a derogatory name coupled with a statement that he didn't

care what she thought.

"He had his hand drawn back to hit me," recalled Sarah. "I ran."

Five minutes later the first friend showed up for her party. She melted down, but pulled it together by the time the second person showed up.

"I do not remember anything from my birthday party," she said.

She found out later he had tried to kill himself that night.

This is the incident that Sarah thinks spelled the end of the marriage, although her parents didn't officially split up for another year.

He had raised his hand against a kid. Sarah and her brother were among the 14%, or about 10 million children,

who experienced some form of maltreatment from a parent or caregiver in the past year (data from FuturesWithoutViolence.org). Sixty percent of children experienced at least one direct or witnessed violent victimization in the previous year.

The landmark Adverse Childhood Experiences (ACES) study launched in 1995 found a significant relationship between childhood experiences of abuse and violence, and a host of negative adult physical and mental health outcomes, including heart disease, stroke, depression, suicide attempts, sexually transmitted diseases, and substance abuse.

'A PLEASER AND HYPER VIGILANT'

Sarah has never felt unconditional love from her dad.

"I don't think he does anything unconditionally," she remarked.

She recently took an assessment to pinpoint what her biggest saboteur is. What she read finally gave her the words to articulate what she has felt.

"I'm a pleaser and hyper vigilant," Sarah said, who also struggled with a disabling chronic illness. "The pleaser's origin story is this: They try to earn attention from helping others. This is an indirect attempt to get their needs met by putting other's needs above their own. I must give love and affection to get any back. I must earn it and I am not worthy of it."

She looked up from her phone screen. "This is from you, Keith. That's my biggest saboteur."

'I THINK HE'S NARCISSISTIC'

"I'm not sure at what point the reason goes out the window. You can have bipolar and not treat people like garbage," observed Sarah. "I think he's narcissistic. That's much more accurate for him."

'I RAN' >> 7

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Online Series: 2/2 - 2/23 | Wednesdays | 7:00 p.m.
thefriends.org/fireside

This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund and the generous support of Minnesota United.



ACES SHOW IMPACT

Abuse does not just affect the mom, it has both immediate and long-lasting effects on children resulting in high adverse childhood experiences (ACEs). ACEs, a term used to describe any traumatic event during childhood such as divorce, violence, emotional abuse, neglect, substance abuse or even an environment that undermines a child's sense of bonding or stability.

According to the Center for Disease Control and Kaiser Permanente ACE Study, "The economic and social costs to families, communities, and society total hundreds of billions of dollars each year. As one example, the estimated annual U.S. population economic burden of child maltreatment alone, a major contributor of ACEs, was \$428 million."

ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood.

ACES AND CHRONIC ILLNESS

The ACE studies show that childhood trauma is a critical and prominent factor affecting risk for chronic diseases of all kinds.

This is important to know not only because chronic disease is such a painful, challenging, costly and life-altering experience, but also because chronic illness accounts for 7 out of the top 10 causes of death in

the U.S., according to the CDC.

Furthermore, **half** of the adults in the U.S. have a chronic illness.

1 in 4 people have two or more chronic health conditions.

Nearly **1 child in 10** is limited by a chronic disease.

For every increase in the ACE score of 1 point, risk for developing an autoimmune disease such as type

1 diabetes, lupus, rheumatoid arthritis and many others goes up by 20%.

An ACE score of only 2 - which can happen if your parents divorced and one of your parents had to cope with a common mental illness such as anxiety or depression - increases the chances of being hospitalized for an autoimmune disease by 70 to 80%.

~ www.pacesconnection.com

'I RAN' >> From 6

Yes, he has ups and downs, but they occur only when he doesn't get what he wants.

He's always right.

Everything in the house was about what he needed. Everyone asked themselves how dad was going to react to something. "That's how we operated," said Sarah. "His volatility was unquestionable. Is he going to be angry and screaming for hours or crying or praying outloud? Who knows. It could be anything."

The worst times were holidays and events. Car rides were awful. And when they got where they were going, no one ever suspected they weren't a happy family.

Sarah and her brother didn't invite friends over but played outside with neighbors instead and went to other people's houses.

"I'm still dealing with so much of that stuff now. I can't handle conflict at all. I don't know what conflict can look like in a healthy environment," she remarked.

She remembers a therapist in middle school giving them a warning. "The person told my mom she needs to get us away from my dad as soon as possible because he was going to hurt us."

SHUT DOWN BY A THERAPIST

Sarah felt relieved when her parents told them they were separating when she was in eighth grade. She had been wishing he would move out for years.

"I remember feeling really guilty for being the thing that kept her tied to him," said Sarah. "I never felt pressure from her to not like him. I did not feel safe or comfortable around him."

Her mom brought them to the coffee shop where her dad was a regular. Looking back, Sarah sees that it was a deliberate way to try to control Keith's behavior. "My mom knew he wasn't going to cause a scene in his favorite coffee shop."

Despite their announcement, Keith remained in the house for a long time. Sarah remembers him laying on the couch reading devotionals out loud about being a good husband and father. When they drove somewhere, he blasted love songs and sobbed.

The people around them were surprised when Keith and Teri announced they were getting a divorce, and felt like it came out of nowhere. Keith started making the rounds of their friends, and soon everyone was feeling sorry for him and his struggles. Teri set things straight by laying out the facts that she had been reluctant to tell people before.

At 12 years old, her parents' marriage therapist asked her what she wanted to have happen if her parents split up. Sarah

replied "Just figure it out and stop talking to me. I'm exhausted."

The therapist turned to her mom and berated her for the "black and white thinking" of her daughter.

"I did not seek therapy for a long time after that. It shut me down," said Sarah.

'HE'S IRRATIONAL'

After Keith moved out, he had Sarah over once to bake brownies.

She found out he'd gotten remarried because he posted photos on Facebook.

"It made me feel horrible. He was just lying to me when he said he wants me to be a part of his life," stated Sarah. "If you're going to get married and not even telephone me to say what's happening, you don't have a leg to stand on."

He moved out of state, first to one and then another. He's lived in six in the last 12 years. Keith is a teacher but he can't keep a job for longer than a few years. When he leaves, he gives his boss a piece of his mind, and always positions himself as an advocate for his students.

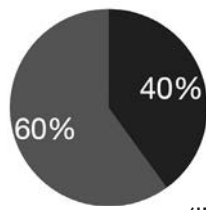
One day she was going down the street and saw her dad bike by. She had no idea he was visiting from out-of-state and he didn't stop to say hello.

It was in that moment that she realized she could never post on social media where she was because he might show up.

"I do not feel comfortable," said Sarah. "He's so irrational."

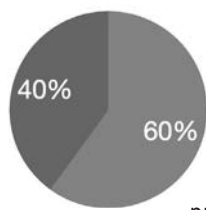
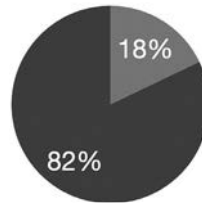
Another time, they learned he was staying with a friend a block away, but

KIDS EXPOSED TO VIOLENCE



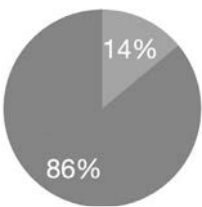
40% of US teens ages 14 – 17 have been exposed to at least one form of intimate partner violence (IPV) during their lifetimes.

17.9% of children of all ages have been exposed to physical IPV in their lifetime, or about 13.6 million children.



60% of children in a nationally representative survey had experienced at least one direct or witnessed violent victimization in the previous year.

14%, or about 10 million children, experienced some form of maltreatment from a parent or caregiver in the past year.



~ From www.futureswithoutviolence.org

hadn't reached out.

A year or two ago, her mom was on the phone gardening in her front yard, when Keith and his second wife drove slowly by.

They were all rattled by the sudden appearances. "He's so creepy," said Sarah. "He still feels like this is 'mine.'"

His wife posted an item on Facebook about how children of divorced parents are heartless and manipulative because they pit their parents against each other to get presents.

Sarah sees it differently. Her dad offered to buy her a pair of tennis shoes and pierce her ears one day. Then afterwards, he guilted her into seeing his extended family.

'YOU DON'T DO THAT TO A CHILD'

The custody arrangement required Sarah to spend a month in the summer with her dad out-of-state. She went alone because her older brother was no longer required to go. "It was horrible," said Sarah. "I wanted to leave every single day. That was the worst our relationship has ever been when I was there. As a dumb 14-year-old that was the closest I ever got to suicide because I felt there was no way out."

Her dad didn't spend any time with her, she recalled. "He and his wife would be in their bedroom all day with the door closed. We wouldn't do anything."

She had always been a vegetarian and he didn't make meals she could eat. When they went out to the southern chicken

and BBQ joints, there was nothing on the menu without meat.

His wife ripped her iPad and phone out of her hands, and wouldn't let her talk to friends or even her mom.

"They made me feel like an absolutely terrible person," said Sarah. "I almost hit his wife when they took away my stuff. I couldn't control where I was, what I was talking to, or what I was eating."

Ever since, his wife has told people that Sarah is violent.

His new stepson won an award for an essay he wrote about his amazing stepfather.

Sarah told them she was never going back. Her dad owned \$10,000 in back child support at the time, but it was forgiven and she wasn't required to go again.

Sarah still can't get over what her dad's wife did to someone else's kid.

"You don't do that to a child," Sarah said. "How can you not like a kid?"

'IN SPITE OF HIM'

The last time she spoke to Keith was her junior year of art school. He sent her a text out of the blue. It said: "I'm so depressed today I can't even move because my daughter is not speaking to me."

Sarah doesn't understand why you would send your daughter a text like that.

But for her, it fits into his insistence that he is her father and she needs to respect that by giving him time and attention.

Sarah doesn't feel the same way. "I get to define what these relationships are," she said. "I have professors and mentors who have filled that role better than he has."

She hasn't seen him in person since her sophomore year of high school.

During her freshman year of college, Sarah thought she was grown up enough to have a healthy relationship with her dad. She called him four or five times. But every conversation centered around him and a project he was embarking on. He wanted her to help him make it work. He didn't ask about her life at all.

She told him that if he ever wants a relationship with her that he will stop texting or calling until she gets back in touch with him. She told him he needs to respect that boundary.

She's surprised that he has. "It's been two years and he hasn't bothered me."

She knows if she contacts him, he will feel pride in what she has accomplished. She explained, "It wasn't because of him. Everything is in spite of him."

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MSP Film reimagines St. Anthony Main Theater

>> From 1

"This helped give us the drive to continue to do the type of things we do in a broader and more intentional way," he said.

"The renovation is just beginning," Smoluchowski said. "We want to refurbish in phases. The first phase entails cleaning, spiffing it up, painting and getting rid of the old carpeting. No structural changes will be made just yet." She said they also want to address any technical updates that are needed to make viewers' experiences that much better.

While the theater is closed for the cleaning and painting, MSP Film will continue to offer films virtually for its film fans. "We are going to meet our audience where they are," Bishop said. "We have found many enjoy the virtual option, but of course we believe when it is safe to use the big screen, people will want to see films in person and react with friends, families and other film lovers."

He said the expansion is a really exciting opportunity. "There is no shortage of good cinema out there, and we've done a good job bringing it to audiences. We can look at the love of film from all new different angles, show retrospectives and delve into the culture of movies." Bishop said the expansion will provide far more opportunities for MSP Film to gather together with local cultural artists and activism organizations.

"We have had such great responses to our announcement from some of the groups we have long partnered with and also those we want to partner with in the



The renovation of St. Anthony Main Theater is just the beginning of what MSP Film Society envisions there. (Rendering by architect Marcelo Valdes)

future," said Smoluchowski. "We definitely need help from our community to make it work."

More staff will be hired as plans progress for the re-opening of the theater. "The experience of going to movies at the Main will be completely controlled by the Film Society staff," explained Bishop. "We will be hiring and training staff and gearing up for the festival."

Smoluchowski said MSP Film wants its staff to be diverse and "reflect the many cultures that our films present each year. This is a real opportunity to hire from the BIPOC and international communities. That is something we are very excited about, as well."

COLLABORATIONS

The various smaller festivals will continue to be shown at MSP on the Main, such as Cine Latino. "One of the benefits of having five auditoriums is that we can do things in a more deliberate way," Smoluchowski noted.

"We will see more voices and more perspectives throughout the year," added Bishop. "We'll be developing both educational and valued encounters similar to what we have done at the festival. There will be many more opportunities throughout the year for us to Zoom in directors and also do more with local filmmakers."

Current films scheduled virtually as of this interview include "Hives" from Kosovo and "France" from France. "Those were two of the best films of 2021," Bishop said. MSP Film will also continue its collaboration with the Capri and the Minnesota Historical Society to present films followed by discussion the first Thursday of every month at the Capri Theater.

"With the Great Northern Festival coming up, we are showing 'After Antarctica' at the Science Museum with Will Steeger in attendance," Bishop continued. He said MSP Film will also be showing "Hockeyland" and "Breaking Trail" at the Parkway Theater in February. "Breaking Trail" tells the story of Emily Ford, the first woman and first person of color to hike the Ice Age Trail in winter.

Bishop said MSP Film is also working with the Italian Film Festival, which will be held at the Landmark Center in St. Paul. "This will be our first year working with the Landmark Center," Smoluchowski said. "We had an agreement in 2020, but then had to cancel because of the pandemic. This year it will happen."

"This move is a great thing for our organization and our audiences, but also a great thing for the city," Smoluchowski said. "Most major cities have a film center, and we have an opportunity to bring this to this city in the 21st century to make a real splash on that side of the river." She said it would have both a cultural and economic impact for Minneapolis.

Bishop said that underlying the excitement is the chance for film viewers to come back into the theater. "I think of the movies as like going to a concert; it's something you're yearning to do. Once people get back out there and try it, they will realize what they've been missing."

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TECH DUMP RECYCLES ALMOST ANYTHING WITH A CORD OR BATTERY

Refurbishing electronics reduces e-waste, provides living wage jobs

By MARGIE O'LOUGHLIN

The non-profit electronics recycler Tech Dump just celebrated its 10th anniversary. With retail outlets now in St. Paul and Golden Valley, they provide an affordable, reliable source of refurbished computers across the metro. Their St. Paul location helps reduce e-waste by repurposing and recycling almost anything with a cord or battery – and they do all this while creating new job opportunities for people facing barriers to employment.

WORK READINESS TRAINING PROGRAM

Tech Dump Director of Advancement Emily Mauter said, “Each year, we provide tens of thousands of employment hours and over a million dollars in wages. Our goal for our two-stage, 18-month program is to address immediate stabilization needs for Work Readiness Employees (WREs). We offer training and paid employment, as WREs strive to become active creators of their own success.

“Our Work Readiness Program hires about 80 people every year. We estimate that 97% of participants have been incarcerated; and many have faced other challenges including homelessness, substance abuse, mental illness, and learning disabilities.

“Any one or more of these challenges make it difficult to get a job with most companies. The first phase of our training offers 500 hours of full-time employment, and is usually completed in three months. The program is focused on getting staff used to the work environment, maybe again, or maybe for the first time.

“Our WREs start out in the sorting area, where the electronics go after they’ve been dropped off. In addition to separating materials into their components and learning our work flow, WREs establish accountability through showing up on time, recording their hours properly, interacting positively with co-workers, responding well to guidance, and more.”



Both retail stores carry three main brands of computers: Dell, Hewlett-Packard, and Lenovo. Large quantities of computers are sold to schools and non-profits, but community members are welcome to shop, too. Wil James is the store manager of the St. Paul store. (Photo by Margie O'Loughlin)

SUPPORTIVE WORK ENVIRONMENT

The second phase of the Work Readiness Program is for employees who demonstrate interest in a longer term commitment, and are interested in other positions at Tech Dump. This phase lasts an additional 15 months.

Mauter said, “There are a lot of jobs out there right now. We offer many supportive services in addition to a paycheck. Because every job is a tech job to some extent now, we offer sessions on foundational computer skills. If you’ve been out of the workplace for a while, this is critical.

“Our Work Readiness employees start at \$13 an hour and can move up to \$16 an hour. Our supportive work environment includes on-site access to mental health therapy with a licensed social worker, and coaches who can guide employees through work situations like how to tell their story in a job interview.

“We have a goal of hiring 60% of our Work Readiness graduates as permanent employees; 20% of our leadership team graduated from that training program. At Tech Dump, we want everyone to move on



Members of the Work Readiness Program work in the tear down area, where electronics are broken down into their basic components. (Photo by Margie O'Loughlin)

Olson oversees is packed to the rafters. He said, “It’s not apparent always to the eye, but a lot of environmental harm can be done by dealing with electronics irresponsibly. One example is the old style televisions that contain cathode ray tubes. Those are the ones that were common before flat screen TVs were invented.

“If one is left on the alley for solid waste pick-up, scrappers may break the screen in search of copper wire in and around the cathode ray tube. Once the glass is broken, lead dust is released into the air. TVs and monitors containing cathode ray tubes are expensive to recycle – you really have to care about the environmental harm they do. They contain lead in the glass and shielding components that make them unsafe and illegal to dispose of in a landfill. We have the capacity to deal with them responsibly.”

Used electronics can be dropped off at St. Paul site, located at 860 Vandalia Street. A second location is in Golden Valley at 825 Boone Avenue North #100.

Excluding appliances, you can drop off almost anything with a cable, cord, or battery to be recycled or refurbished at the St. Paul Tech Dump location. To learn more about how Tech Dump is reducing e-waste while providing living wage jobs for people in the community, visit www.techdump.org.

Laptops, notebooks, desktops, towers, servers, iPads, tablets, hard drives, routers, and modems are accepted at Tech Dump at no cost. There is a cost for recycling most other electronic; current cost estimates can be found on their website.

to a job that suits them, is open to their circumstances, and provides a living wage. We help our employees rebuild confidence while developing resume-worthy skills.”

DATA SECURITY, ENVIRONMENTAL RESPONSIBILITY

Derek Olson is a network engineer who has worked at Tech Dump for nine years. He said, “It’s my job to identify what is valuable enough to be refurbished. When you recycle with Tech Dump, we guarantee all data is destroyed and your items will be responsibly refurbished or recycled. We are third-party audited according to strict industry standards.

“Tech Dump is an industry leader in electronics recycling, and one of the largest collectors of e-waste in the state of Minnesota.

“We are also a zero waste facility. We will not send your e-waste overseas. We repurpose and recycle as much as we can in our facility, and what we can’t use is sent to a downstream recycler who can.”

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UNDER THE HOOD

BY SUSAN SCHAEFER



Something under the hood is not immediately apparent or obvious. This column will uncover stories that span the neighborhoods covered by TMC Publications.

With its mid-month Valentine's Day holiday, February is synonymous with love. And countless

couples seal their love by entering committed relationships, whether marriage or domestic partnership.

A LITTLE HISTORY

Marriage as an institution goes all the way back to 2350 B.C. in Mesopotamia, where the first recorded evidence exists. Over the subsequent centuries, marriage evolved into a widespread practice embraced by ancient civilizations.

And while same sex marriage in Minnesota wasn't recognized until August 2013, it is documented that the Roman Emperor Nero took not one, but two hus-

bands in addition to his many wives!

Legal interracial union in the United States has a "loving" provenance. Richard and Mildred Loving wed in June 1958 but had to fight all the way to the U.S. Supreme Court to keep their marriage legal. Now, each year on June 12, "Loving Day" celebrates the historic ruling in *Loving v. Virginia*, which declared unconstitutional a Virginia law prohibiting mixed-race marriage – and legalized interracial marriage in every state.

BEATING THE ODDS – TWIN CITIES STYLE

Each year, 2.3 million couples wed

in our country, but the average length of a marriage in the U.S. is only 8.2 years! To celebrate this month of love, we asked three couples from each corner of our TMC neighborhood paper coverage who have been in long-term, committed relationships just how they've managed to outperform this indicator.

Susan Schaefer is a widely published independent journalist, creative writer, and poet. Her articles appear in the *Minneapolis Star Tribune*, *PBS' online magazine*, *Next Avenue*, *Next Tribe*, and beyond. She was columnist and features writer for *Minneapolis' Southwest Journal* and *Minnesota Good Age* magazine.

Connie Osterbaan
Herman Milligan: 
LONGTIME RESIDENTS OF SOUTH MINNEAPOLIS,
TOGETHER 41 YEARS

Long-hitched Twin Cities couples share secrets for success

LIFELONG VALENTINES

1. How old were you, and where and how did you first meet?

Herman: I was approximately 25 years of age and was a Ph.D. candidate in the Department of Sociology at the University of MN-Twin Cities Campus. We met through a group of mutual sociology graduate student friends.

Connie: I was in my late 20s, working on my doctorate in social psychology at the University of Minnesota. Herman was working on his doctorate in criminology. We had offices next to each other and had a lot of friends in common.

2. When did you know you wanted to marry each other?

H: I had been divorced from my first marriage several years before we first met; Connie was recently widowed. We were very attracted to each other and felt that marriage would eventually be an important thing.

C: I can't name a specific time. We lived together for a while before deciding to get married and at some point, we both knew we wanted to be married.

3. Describe your wedding.

H: We decided to get married on Connie's birthday, July 3, 1980, and have been married 41 years. We decided to get married by a judge at the Hennepin Court House in downtown Minneapolis to simplify matters. We had about 14 friends attend the ceremony with a reception lunch held at the now closed St. Anthony Wharf restaurant located on Main Street in Minneapolis and held a wedding party at our apartment that night. My foremost memory was having our wedding day celebrated with all our closest friends who were able to attend.

C: We were married on July 3, 1980. It was my birthday. We have been married 41 years, married at the Hennepin County Courthouse, with about a dozen close friends present. The ceremony was followed by a luncheon reception at St. Anthony's Wharf and a larger party at our duplex. A foremost memory for me is our honeymoon in Cuba.

4. When you said, "Until death do us part," did you think you would have a lifelong relationship?

H: Yes, I believed that and still do to this day. We have had disagreements, etc. throughout the marriage, but at the end of the day, we still love each other and our daughter very much and enjoy a diversity of activity in life even though we don't have to share the same enthusiasm for it. I have learned quite a bit over the years from various projects Connie has managed throughout her work career and now in her retirement.

C: Yes, I did. I find it hard to understand why someone would enter marriage expecting anything short of that.

5. What do you believe are the keys to the success of your lifelong relationship?

H: Truly loving someone even when there are periods of disagreement about life situations that are major and/or not as important. Learning to take the other per-

son's point of view and feeling comfortable to raise an issue that should be discussed as opposed to internalizing it and not discussing it at all. Sharing as much time with relatives from both sides of the relationship is important to achieve a better understanding of your spouse's family/historical background. Lastly, taking trips, near-by and afar, helps bring diversity as to how we as individuals live and our place in the world.

C: Getting married does not mean that you are going to magically eliminate your individual personalities. I believe it is important to make a commitment to support each other and to respect each other's different interests and personalities. It also helps to share similar values. For example, Herman and I have always both placed a lot of importance on family, on finding ways to give back to the community through the arts or other volunteer activities, on embracing diversity, and on continuing to stay engaged with the world as we age. Finally, I think you must be willing to accept that both of you will, and should, change over the course of your marriage. This is an inevitable and desirable part of individual growth and

part of loving someone is being willing to support their growth.

6. What advice do you have for our readers who may be just getting started?

H: Remember the important reasons why you love each other and why you decided to be with each other. Treat each other, your respective relatives, friends with respect and be prepared to make concessions for the common good of the relationship. Love each other even in the most difficult of times.

C: I think it is important to recognize that tension between independence and commitment is a natural part of loving someone, but that the commitment and sacrifices inherent in love are well worth it. You will experience a lot of things as individuals and as a couple over the course of your marriage. Just focus on what you have loved about your partner from the beginning, what you want to be as a couple, and let the day-to-day stuff go.

Herman J. Milligan, Jr., Ph.D.

Dr. Milligan is a managing partner with The Fulton Group, LLC, an independent consultant firm specializing in marketing research, competitive intelligence, non-profit organizational development, and culturally specific projects and initiatives, and is a retired Vice-President of Marketing Research/Competitive Intelligence within the Enterprise Marketing/Customer Insights and Analysis division for Wells Fargo and Company. Herman received his Ph.D. in sociology from the University of Minnesota-Twin Cities and his B.A. in sociology from the University of Wisconsin-Madison. He was as a Ford Foundation Fellow in Music at the Center for Contemporary Music at Mills College (Oakland, Calif.) and performed with the Cecil Taylor Black Music Ensemble at the University of Wisconsin-Madison (Tenor Saxophone) where he also served as a music reviewer for the school's newspaper, *The Daily Cardinal*. Herman is a photographer and art curator.

Connie Osterbaan, Ph.D.

Dr. Osterbaan earned her M.A. and Ph.D. in sociology from the University of Minnesota. She and Herman stayed on at the university to conduct post-doctoral research on race relations in maximum-security prisons. Connie went on to pursue a 30-year career in criminology and public policy research at Hennepin County focusing on race disparities in criminal justice, violence against women and juvenile justice. She also served as the research manager for the Hennepin County Research, Planning and Development Department where her staff conducted research such issues as mental health courts, teen pregnancy, education disparities, homelessness, and the implications of an aging population. Osterbaan continued to teach for many years as an adjunct professor for the University of Minnesota Department of Sociology. Since retiring in 2013, Connie has been active in OLLI (the Osher Lifelong Learning Institute) as a board member, board chair, and instructor of a course about research on police killings. She continues to write and present papers as a member of a women's study group called 'Peripatetics', belongs to a mystery book club, produces photography books on family history, and is and avid gardener, hiker, traveler. Connie and Herman have one daughter, who is a banking attorney in Chicago.



LIFELONG VALENTINES >> from 10

Carmen
Gutiérrez Bolger 
Richard (dik) Bolger:
LONGTIME COMO RESIDENTS,
TOGETHER 42 YEARS

1. dik and I met in August of 1978 when I was hired as a receptionist at Bolger Publications/Creative Printing. I was 21 and he was 23 and in charge of production. At that time, Bolger Printing was run by his father, John Bolger and mother, Genevieve, and located on North Washington Avenue in Minneapolis. It was in the basement of Genevieve's father's lutefisk business. I found out later that I got the job because they were trying to add diversity to their employee pool. You might say that it was love at first sight.

2. We started dating within a couple of months, and announced to John and Gen that we were going to be married the following year. That didn't sit well with Gen as they knew nothing about me, and employees were not supposed to date.

Almost immediately, the family (parents and two brothers), decided to take me out to dinner and "find out who she is!" Although it was uncomfortable, the family was really very sweet to me. Part of the reason for this is that I was born in Cuba and raised in southern Florida, so my immigrant background and lack of history in Minnesota must have been concerning.

3. We set the date 10 months into the future, for May 1979 and the location would be the Bolger family lake home, Meadowlawn, in Prior Lake. Because the house was at the end of a very long dirt road, Gen convinced me that we should change the date to June so that guests wouldn't have to deal with driving in the mud. My compromise was to set the date as June 2, 1979. I was 22 and dik was 24.

I was determined to have a private wedding, so the only guests were parents, siblings, their partners, my maid of honor and his best man. Tom Griffith, dik's cousin, crashed the wedding, which was great. We asked a local judge, Peter Albrecht, to marry us and wrote our own vows based loosely on the civil ceremony. The music was provided by Randy Davidson, a cellist with the St. Paul Chamber Orchestra, and his wife came and held the music for him. At our request, he played the Bach Cello Suite No. 1 in G Major, Prelude for the entrance music.

We were married on the lawn in front of the house, facing the lake. I placed a white ribbon on the grass in the shape of a huge circle with an aisle for each set of parents to walk us up to the center. My mom made my dress, a white summer-weight wool suit with a sleeveless silk blouse and I carried white roses. dik wore a blue shirt also made by my mother, and white pants.

dik came from a large family on Gen's side, so we invited about 200 people to a dance party on the lawn afterwards. His cousin Jay Scoggin had a band and played under a white tent with a wooden dance floor. We served wedding cake, wine, and



coffee.

My biggest memory is that part way through the dance I escaped and walked down a wooded path to the beach to be by myself for a bit. I was overwhelmed by the huge crowd of dik's family and friends. We've been married 42 years.

4. I don't think we had a clue as to how long we would be married, we just knew we were in love.

5. There isn't one thing that we would say is a key to a lifelong marriage, but there were a couple of ideas that we have passed on to newlyweds along the way. We made it a point early on to celebrate every holiday, birthday, and anniversary with cards and often with gifts. It allowed us to stop and connect in an intentional way. To say "I love you" as part of a celebration.

Additionally, a few times during our marriage, we created "retreats" complete with ground rules. Because we worked together, we had training in brainstorming and working on issues. We stayed at resorts out of town, took large sheets of paper, markers and tape and asked each other questions like: "What does the future look like for you? What should our finances look like in five years? 10 years? What is working/not working in our relationship?" These were usually about a day and a half of work and then sauna or hot tub afterwards. They were important to the relationship.

We are both headstrong which can create some amazing sparks!

6. Biggest advice: communicate about everything and don't ever lie.

Carmen Gutiérrez Bolger



Cuban-born Carmen Gutiérrez Bolger is a visual artist and former operations manager in charge of prepress at Bolger Vision Beyond Print. Her 20-year graphic arts career includes her role as a board of director in the National Composition Association (NCA), Typographers International Association (TIA), the International Digital Imaging Association (IDIA) and Women Venture. Additionally, she

was board chair of IDIA and most recently the Northeast Minneapolis Arts Association (NEMAA). Carmen has participated in invitational and juried shows in Minnesota, Wisconsin, and Washington including Katherine E. Nash Gallery and the Larson Art Gallery at the University of Minnesota, The Gorecki Gallery at the College of St. Benedict, The Minnetonka Center for the Arts, The Ordway Center for the Performing Arts, The Phipps Center for the Arts, The Textile Center, Grove-land Gallery Annex, the MSP Airport, and the Arrowhead Biennial at the Duluth Art Center. In addition to working in oil and collage, Carmen creates site-specific installations. Her work is inspired by her Latina culture, her love of the graphic arts and the enjoyment she gets from collaborating with other artists. Carmen works in her studio in the Casket Arts Building in Northeast Minneapolis.

Richard Griffith Bolger

Richard was born in 1954 at St. Barnabus Hospital in Minneapolis. Raised in Richfield, he attended Richfield schools up until the 10th grade. Disillusioned with his schooling, he co-founded Inward Bound Free School based on the principles of the Southeast Alternatives organization, an early leader in redefining how children learn best. When Inward Bound could no longer pay its two teachers, dik enrolled and later graduated from Marshall University High School in Dinkytown, moving on to Evergreen College, another alternative school. There, he studied education with the modest goal of changing America's educational system. Shortly after beginning student teaching, he discovered that teaching a room full of little children terrified him, left college, and joined the family printing business back in Minneapolis. Early on, he struggled with the concept of being a capitalist and discussed his ideals with a mentor, Ken Meter. Ken, without hesitation told him that a business owner had more opportunity to improve the lives of employees and his community, than someone in another profession. That was 45 years ago. After the death of his older brother, Jack, dik took over the role of sales manager, eventually becoming CEO, growing the business from \$800,000 to \$35 million.

In his 20s, dik began his involvement in non-profit boards beginning with Fresh Air Radio. When his brother died of cancer, he was invited to join the University of Minnesota's Cancer Research Center Board. He was their board chair for four years. His next board chair position was with the Minnesota Center for Book Arts, MCBA. While there he helped to hire a new executive director and to move them into their current location on Washington Avenue. He continued his board leadership as chair of the Playwrights' Center where he was involved in hiring the current executive director. dik enjoys gardening, making stained glass, sailing, rowing, cross country skiing, swimming, and saunas.

Julie O' Baoighill 
Giuliana Ciabo: 

LONGTIME RESIDENTS OF LONGFELLOW,
TOGETHER 31 YEARS

1. We met in the fall of 1990 when we were both in our late 20s on a camping trip with mutual friends in Wisconsin.

2. We fell in love right away and moved in together within two weeks, so almost immediately. We are each other's first girlfriend and neither of us had dated women before we met.

3. We have not gotten married and have been together for 31 years.

4. We fell in love so intensely that we both assumed that we would be together lifelong.

5. The keys to a successful lifelong relationship are: honest communication even when it's tough, kindness to each other even when you're annoyed, and a willingness to nurture each other's full expression of their true selves.

6. You are both going to grow and change. Let it happen. Be realistic, be compassionate, be excited. Keep the energy moving, try new things. Have spontaneous dance parties just the two of you.

Julie "JAO" O'Baoighill

Julie is a painter, performance artist and astrologer with a practice that combines modern and ancient techniques. She plays the banjo and enjoys bike-riding, badminton, and juggling. She grew up in Maine and still visits that rocky coast. Find her at www.jaoart.com or www.jaoart.com/astrology

Giuliana Ciabo

Giuliana grew up in Italy. She is a random artist and activist deeply committed to listening to the earth and becoming a worthy participant in the creative processes of nature. Giuliana desires to lessen her impact on the planet by using leftover materials and developing work that will gracefully decay. Community involvement is the heart of artmaking for Giuliana. She has participated in Barebones Halloween Extravaganza, Heart of the Beast Mayday, ArtCar parades and Center for Moving Cultures events. She has worked in puppetry, cement sculpture and clay, as well as movement and singing.



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OUTDOOR GARDENING IN FEBRUARY? YOU BETCHA.

By PATRICIA OHMANS, Frogtown Green

It's early February: time to start planting garden seeds!

That's right, no need to wait until Memorial Day to get started gardening. But forget the grow lights, heat mats and inevitable disappointment when your indoor seedlings get leggy or damp off. It's outdoor sowing season.

Garden educator Stephanie Hankerson, a Midway resident, has taught hundreds of folks the secret of winter sowing outdoors.

"It's basically just making mini-greenhouses out of old milk jugs or other plastic containers," she says. "A milk carton greenhouse can go outside, right now. It's exciting! Kids love seeing seedlings growing in the snow."

The process is simple: cut a plastic milk jug almost in half, fill with a couple inches of potting soil and seeds; water well and set outside. At first, the soil will freeze, but no worries. As the spring sunshine warms the container, the seeds will sprout and grow. Moisture will come from melting snow and rain. *SEE DIRECTIONS AT RIGHT.*

Intrigued? Want more winter sowing tips? Check Steph's blog stephaniehankerson.com/blog/wintersowingmethod or sign up for a free class sponsored by UMN Extension Service, Feb. 22 from 7 to 8:30 p.m. Register at umn.zoom.us/webinar.

Frogtown Green is a grassroots neighborhood initiative to grow a greener, healthier Frogtown, one which will withstand the impact of climate change. To get involved with our efforts, check our website (www.frogtowngreen.com) shoot us an email (info@frogtowngreen.com) or simply give us a call (651-757-5970).

Why wait for warm weather? Plant seeds in the snow now. All it takes to make a mini-greenhouse is a milk jug, soil and seeds.

TOP: photo by Rudy Hernandez, Frogtown Green. BOTTOM: photo by Stephanie Hankerson



YOU'LL NEED

An uncapped milk jug, a ruler, a sharp knife, permanent marker, some potting soil and seeds. Cool season seeds like kale, spinach, or cabbage work well. Herbs like sage, oregano, dill, and mint are good winter sowing candidates, too.

STEPS AT A GLANCE

For detailed instructions and pictures visit stephaniehankerson.com/blog/wintersowingmethod

- Cut the jug in half, at least 3 inches from the bottom. Leave a 1" hinge under the handle, to make a base container with a top that flips up.
- Poke four drainage holes in the bottom and a few holes in the top of the jug.
- Add 2 inches of potting soil in the bottom and plant several seeds in the soil
- Label the jug (discard the cap)
- Water the soil well and tape the two jug halves together
- Place outdoors, in a not-too-sunny spot
- When temperatures warm up and seeds start to sprout, tip the lid back; the jug can get surprisingly warm! If it gets colder, pop the lid back on.

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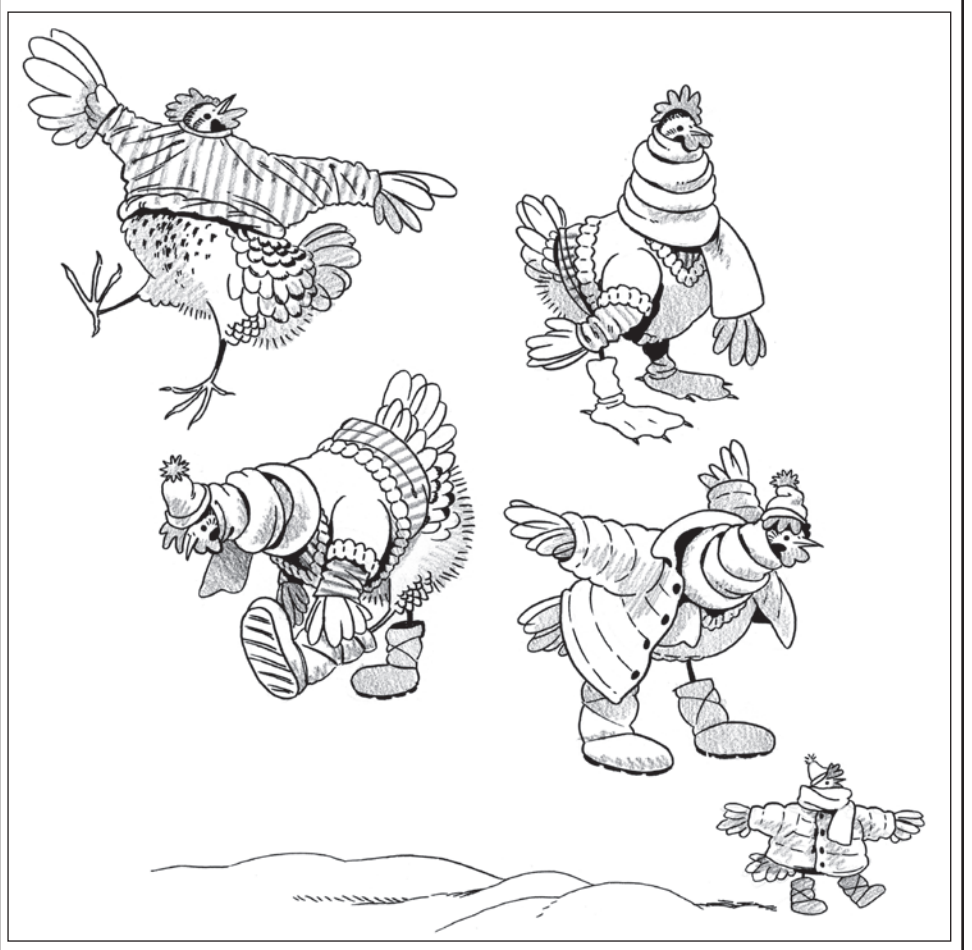
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7 of 10 people who get the Monitor at their front doors read it.

Study seeks to add 'missing middle' housing options

By JANE McCLURE

Zoning changes meant to make it easier to add dwelling units in single-family neighborhoods won unanimous St. Paul City Council approval Jan. 19, 2022. Now the second phase of work on the one- to four-unit infill zoning study is underway, with virtual meetings planned for community input.

Both studies are seen as helping to address St. Paul's housing shortage and allowing for smaller-scale additions to the city's housing stock in small ways. City staff have described the effort as meeting a "missing middle" type of housing, and to add housing in ways outside of building larger-scale apartment buildings.

The public can attend any of the meetings, although meetings are planned in different parts of the city for geographic focus. One session is 6:30 to 8 p.m. Thursday, Feb. 10, hosted by Hamline Midway Coalition, Como Community Council and North End Neighborhood Organiza-

tion. The third is 6:30 to 8 p.m. Wednesday, March 2, hosted by Dayton's Bluff Community Council. Links for the online meetings will be posted at engagestpaul.org/1to4housingstudy.

The city will also use the Engage St. Paul web pages to seek additional feedback on changes, and the public will be invited to weigh in there.

Changes approved Jan. 19 will make it easier to add accessory dwelling units or ADUs in existing homes, above a garage or on a lot now zoned for a single dwelling unit.

Several changes approved Jan. 19 apply to ADUs. One key change is that a property no longer needs to be owner-occupied to have such a dwelling unit added. Size restrictions on units are also eased.

Other changes also allow physically smaller houses and allow more than one dwelling unit on a lot, in so-called cluster developments.

New houses will now be allowed to be smaller than the current 22-foot mini-

mum width. Changes to setbacks and distance requirements between buildings are also seen as making it easier to add new dwelling units. Changes could be helpful in older neighborhoods, including parts of the West End where small lots left behind due to housing demolition didn't meet the zoning code.

The first phase of the study has found widespread support throughout the city, with several district councils weighing in with support and suggestions for more changes. The advocacy group Sustain St. Paul had three members testify in support at a Jan. 12 public hearing.

"We need to make it easier for our entire community to participate in development," said Sustain St. Paul member Luke Hanson.

Most of those who testified and wrote letters in support of the zoning changes asked that the second phase of the study be done more quickly. City council members agreed and urged planning staff to get feedback and make changes as quickly as possible.

Planning Director Luis Pereira and other planning staff have explained that

the first phase of the infill zoning study was meant to address easier changes to the zoning code, instead of focusing on longer-term policy issues. The second phase of the study will focus on the potential to further change zoning and other standards to increase the amount of housing options and allow more types of single-family homes, such as cluster developments, townhomes, and ADUs. Making it easier to convert larger homes for multi-family use is one idea that is drawing interest. Another focus will be to allow duplexes, triplexes and fourplexes in more places.

Tied to these changes is the Planning Commission decision in late 2021 to discontinue use of its longstanding duplex and triplex conversion. Versions of the guidelines have been in place since 1981, developed largely to address the illegal conversion of units. In recent years the guidelines have been seen as preventing property owners from using added dwelling units that meet zoning and property code standards. Planning staff will still use zoning and building codes to make decisions, but will no longer have to deal with guidelines that some view as anti-density.

POWER OF SOLIDARITY

"It's only when we truly know and understand that we have a limited time on earth – and that we have no way of knowing when our time is up – that we will begin to live each day to the fullest, as if it was the only one we had." Elisabeth Kubler-Ross

"You don't fight racism with racism. The best way to fight racism is with solidarity." Bobby Seale

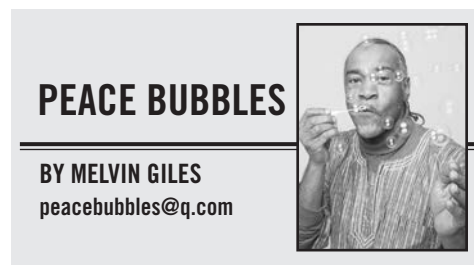
Hello Monitor readers,

This has been an easy January for hibernating and preparing for another interesting roller coaster year of navigating through our pandemic perils of COVID 19 prevention and intervention, repairing racial disparities and inequalities, and acting responsibly regarding climate change on our beautiful planet. January also has been a month of saying the mournful goodbye to our known and unknown s/ heroes, friends, and family members who graced and gifted us with their talents, teachings, smiles, and their love of life and their desires to make our world a better place for all creatures, great and small.

I want to repeat George Takei's thoughtful and truthful quote from last month's issue: "These days, a premium is being placed on whether White kids might feel bad about their own heritage after learning about things like American genocide, slavery or internment. But no one asks what it's like for minority kids to learn about these things. When I was growing up inside internment camps, my parents tried to shield me from the horror of what was happening. I even recited the Pledge of Allegiance daily from a classroom inside the barbed wire. 'With liberty and justice for all,' I said, not grasping the irony."

I ask you to ponder and reflect on his words. Does it make sense; does it ring true or false to you; what buttons do his insights push within you? Please read his words slowly and maybe, when you are feeling ready and able, start talking with your families, neighbors, and/or friends about the truth of his quote.

I recall another quote that pushed a few of my buttons regarding dismantling our current 'isms' policies and structures such as housing redlining, job discrimination, and the awful wealth/salary gap. It



PEACE BUBBLES

BY MELVIN GILES
peacebubbles@q.com

was Upton Sinclair's great Depression-era statement that "It is difficult to get a man to understand something when his salary depends on his not understanding it." Although, it made sense to me, it took weeks for it to ring true for me and months for me to accept it as a truth that upholds our dysfunctional status quo. However, since first digesting Sinclair's words decades ago, I now use this quote to ease my frustrations and anger about people and lawmakers who cling to outdated thinking and who intentionally cultivate divisive fears and false narratives that perpetuate discriminatory systems, threatens the breath of Mother Earth, and encourages profits over people.

I also use the power of solidarity and working with others for self and collective healing and cultivating joy and understanding with compassion.

DR. IRINA FURSMAN AND MINNESOTA INNOVATION LEAGUE

This month I asked Dr. Irina Fursman to share about a group that I started engaging with during the critical and unsettling times of 2020.

We have been in a culture that has traditionally viewed leadership as "top down" practice, where empowerment is something we are given permission to activate rather than execute as followers, not leaders. Having this mentality not only creates distrust within an organization, community, or business environment, but within ourselves, which ultimately stifles creativity, productivity, growth and abundance. The need for a paradigm shift is more apparent than ever, especially as we exit one of the largest global crises in decades.

We need a fundamental shift in the dynamics of power by addressing the very idea of leadership and how public services are designed and implemented. This shift is going to require the will and the capacity to bring together and engage experienced, new and future leaders from all sectors to unlearn, co-create and ultimately build the trust needed to

effectively address our interconnected challenges. It is going to require a "league of innovators" and the operational supports they need to discover new ways to harness and utilize their collective resources.

In early 2020 a group of over 20 cross-sector leaders started such a league. With the stated mission of "cross-sector collaboration for equitable and just public service delivery," and nearly two years of learning from and engaging with each other, the Minnesota Community Innovation League is now poised to convene and support current and future community and public sector leaders to work collectively to improve the services needed to address our shared challenges.

For more information, contact Irina at irina.fursman@hue.life

AND, NOW PART TWO OF 'THE GREEN DAWN' BY KIERAN MORRIS

In her novel, "Parable of The Sower," Octavia Butler wrote: "All that you touch, you change. All that you change changes you." The quote speaks to the immense power of small interactions, of proximity and detail, the way that every thread of life is woven together to create a bigger picture that we each interpret in our own way.

Part Two

And yet, hope is never totally absent. In following these issues through my professional and personal lives, I have seen practical change, and spiritual growth. I have seen thousands of volunteer hours dedicated to feeding families, protecting and providing for the unhoused, and creating balances and protections against colonialist threats facing communities.

The revolution in the information age is a beast with many heads. The movement has no singular name or brand. It argues with itself, it is flawed and imperfect, spans party lines and demographics. And yet it provides access to food and community, a place to vent your sorrows, a ray of unconditional love for the little guy. It shares with itself, and if you look hard enough, it'll show you a seat at the table, no matter who you are.

At the heart of all of this, I have ubiquitously noticed one thing. Rather, many things, many delicious, beautiful, green-crowned, growing things. Vegetables, fruits, herbs, trees, mushrooms and vines. In a very direct sense, produce grown by the community, for the community provides a source of nutritious food, grown with your people's needs and sensibilities in mind. More broadly, it creates a natural gathering space through the establishment

of a garden. Here, people share knowledge and preserve culture. They invent and improvise ways to grow in a changing climate, ways that just might save lives someday, if supply lines break down as they are wont to do.

... Part three, the conclusion of "The Green Dawn," continues in the March issue. Kieran can be reached at organizer@tcalt.org

A CLOSING ASK

I normally end my column with please send a note to our Governor and Lt. Governor to halt and stop operations of Pipeline 3. We do have alternative green and clean resources, assets, and methods other than relying on our depleted fossil fuels. Please also send a note to lawmakers to pass the Voting Rights Bill, which should be a no-brainer if we are a democracy or a republic. Likewise, urge lawmakers to support legislation that will assist and support all Americans, regardless of if they live in the rural, urban, or suburban areas. Without getting too political, it is safe to say that the top 3% of the wealthiest people can afford to take home 1% less earnings for a few years for the benefit and greater good of all people in America, which would also have powerful positive ripple effect globally. Thank you.

Stay optimistic!! Happy Year of the Tiger!!! Have a fruitful Black History Month!!!

REST IN PEACE

Archbishop Desmond Tutu, bell hooks, Betty White, Bob Saget, Buddhist Monk Thich Nhat Hanh, Calvin Simon, Cheslie Kryst, Christian Cabrera, Clyde Bellecourt, Dick Halligan, Donald Berry, Dwayne Hickman, Fred Parris, Howard Hesseman, Jessie D Jordan Cashmyer, Louie Anderson, Maria Ewing, Marilyn Bergman, Max Julien, Meat Loaf, Michael Lang, Moses J. Moseley, Ronnie Spector, Rosa Lee Hawkins, Sidney Poitier, Sister Janet Mead, Vachik Mangassarian, Wavy Navy Pooh, Yvette Mimieux

May Peace Be In the Rondo, Frogtown, Hamline/Midway, Como, & Surrounding Communities...

May Peace Be In Our Homes & Communities...

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COMBATING HUNGER

Two community centers offer resources to those in need

By CHLOE PETER

In each county and district in Minnesota, people face the difficulties of figuring out where their next meal may come from, or if it will come at all. According to a study done by Feeding America, a nationwide non-profit organization that provides a network of over 200 foodbanks, more than 400,000 people in Minnesota are facing hunger. Two local community centers are trying to combat these numbers.

HALLIE Q. BROWN COMMUNITY CENTER

The Hallie Q. Brown Community Center (HQBCC) at 270 N. Kent St., has been serving the community since 1929. The HQBCC focuses on six core service areas: early childhood education, basic needs like a food shelf and clothing closet, youth enrichment, seniors, historical archives and multi-service hub programming.

"Organizations like ours provide services and access to resources that people need, as well as programming and opportunities that improve their quality of life," said Hallie Q. Brown Community Center Executive Director Jonathan Palmer. "What makes the HQBCC unique is that while we serve everyone, we are the only multi-service center of our kind in St. Paul with an African American identity and focus."

Their food shelf provides culturally specific foods, allergy/diet restricted such as gluten free and vegan, religion restricted



At the Hallie Q. Brown Community Center food shelf (270 N. Kent St.), folks can get culturally specific foods, allergy/diet and religion restricted and pet food. (Photo submitted)

such as kosher or halal, and pet food for those in need. According to Palmer, the services they provide aim to bring security. They are a place that people can always connect with when they are in need and know that their challenges will be addressed and they will be treated with dignity and respect. Each of the programs that the Hallie Q. Brown Community Center provides are structured to reduce need, so families and individuals are able to devote their income to other necessities.

"We help individuals and families break the cycle of poverty and empower them for a better life. And we all do better when we all do better," Palmer said.

As a part of their six core service areas, the HQBCC also includes a community archive which is a repository of the records, photographs and history of the Rondo Neighborhood and the African American community in Saint Paul. This aims to help address families and individuals with history in mind and includes culture as an integral part of how they address needs in the community.

Readers can donate money via their

website at <https://www.hallieqbrown.org/site/index.php/get-involved/donate/>. In addition to donating, readers can donate time through volunteering, organizing a food or resource drive, and sharing the Hallie Q. Brown Community Center's story.

"The services we provide have a cultural fluency that uplifts and empowers BIPOC communities, ensuring that we're addressing the whole person and not simply one need," Palmer said.

OPEN HANDS MIDWAY

Open Hands Midway (436 Roy St.) has been serving the community since 2003. Every Monday and Wednesday, Open Hand Midway provides meals for those in need. On Tuesdays once a month, they have a food shelf for individuals and families who need groceries. While they do not always provide specialty foods for their hot meals, they will often provide an alternative option for that meal. Readers can view what the hot meal will be on the calendar events page of Open Hands Midway's website at <https://www.openhand->



Open Hands Midway (436 Roy St.) offers meals every Monday and Wednesday. On Tuesdays once a month, there is a food shelf. (Photo submitted)

[smidway.org/what-do-we-do](https://www.openhandsmidway.org/what-do-we-do).

Their mission states, "Our mission is to serve the St. Paul Midway and surrounding area by leveraging contributors' gifts in providing a means for those who are economically challenged to obtain nutritious meals, groceries and personal supplies, along with access to an array of community resources."

Open Hands Midway also offers other essential services like pet food so that people do not have to choose between feeding themselves or feeding their pet. They aim to provide a holistic care approach that addresses more than just food, but also services like getting people in touch with help finding housing or help figuring out how they'll pay rent this month. At each meal program, a registered nurse is present in order to check blood pressure and assist individuals in any way that they can.

"Food is a basic life necessity and we are providing that for free so that people can use their limited financial resources for other things," said Kay Kuehn, executive director of Open Hands Midway.

The entirety of the staff besides Kuehn and a part-time cook are volunteers. They offer referral connections with many organizations such as Hope Dental Clinic, Open Cities Health Center, and more. Readers can get information about volunteering and donating via Open Hands Midway website at <https://www.openhandsmidway.org/get-involved>.

PREPARE AND PROSPER

>> From 1

As cited by the FDIC, this amounts to more than 194,432 households in the Twin Cities. When broken down by race, statistics show that this affects 1 in 7 White households compared to 1 in 2 Black and Latino households.

P&P has a small number of staff and a very large number of volunteers, who do tax preparation or serve as mentors to participants.

"In a typical year, on the tax side of things, which is the program we most work with, our volunteers work with 11,000 to 12,000 people, coming to get their taxes done for free," Langley said. But like almost every business, organization or nonprofit struggling to be effective during the pandemic, P&P has had to be adaptable. "COVID has affected our delivery model, and has cut that number to about half," Langley noted. He said mentors, who provide one-on-one coaching on the banking side, are working with about 200 individuals.

"Many things, including working with FAIR products, such as checking and savings accounts and a credit builder, have been happening online the past year and a half," Langley said. "But there are a few things where a personal meeting is better." P&P offers participants the opportunity to get more control over their financial needs by working with FAIR products, backed up by Sunrise Bank, N.A.

The nonprofit has been as flexible as possible during the pandemic. There have been pop-up sessions, where P&P will go to some of their partners' locations and have 30- to 40-minute tax sessions.



Prepare and Prosper volunteers meet with individuals on low to moderate incomes to provide free tax preparation. (Photo submitted)

But there are also tax drop-off opportunities, where people can make an appointment and then drop off their documents, get them copied for the IRS-approved volunteers to work on, and later pick them up. Documents can be sent online, as well. Participants can have a combination of hybrid and virtual services if they wish, according to Langley.

He said P&P offers many options for getting tax returns done. "People need the confidence to get over their fear of filing," Langley stated.

The organization also sends representatives out to nonprofits in the community to teach basic financial literacy to their clients. This can be done virtually or in person.

To qualify for free tax preparation with P&P, participants must have an in-

come of less than \$35,000 per year as an individual. A family with an annual income of \$55,000 or less qualifies.

Langley said that most people want to get free help with their taxes, especially when they may get a refund. "That provides a natural incentive to come in," he said. "But to get people more interested in financial coaching or banking is a lot harder."

"There are many reasons for that," he continued. "There is a lot of generational trauma around money. Human nature being what it is, they are less inclined to talk about their finances or work on them."

He stressed the importance of people getting banking information. "Working with those who have financial problems is challenging, but also most rewarding,"



David Langley points out that Prepare and Prosper has become more than just a tax preparer. (Photo submitted)

“

To get people more interested in financial coaching or banking is a lot harder. There are many reasons for that. There is a lot of generational trauma around money.”

David Langley

Langley said. He said he has always been happy working with people and creating community and relationships, something he is able to do in his job at Prepare and Prosper.

As well as volunteers working with taxes and as coaches and mentors, Prepare and Prosper has ambassadors, people who have gotten back into banking and are hired on a temporary basis to help spread the word about P & P's services to their friends and neighbors.

"We want to build our relationship with the community," Langley reiterated. He said that anyone who wants to help spread the word or volunteer or have their organization or business be a partner in some way can contact him at

david@prepareandprosper.org.

HOW TO HANDLE SUMMER CAMP QUESTIONS IN THE PANDEMIC ERA

Choosing a summer camp is not always so easy, and it is especially tricky as the world continues to manage the COVID-19 global pandemic. The following are some tips for parents as they consider if camp is a good idea this summer.

Consider your comfort level.

It's understandable if parents are hesitant about sending their children to camp this summer. In fact, some camps may still be closed while others may only offer limited camps. Some are offering mostly outdoor options, while others have set up safety protocols for indoor camps that mimic how schools have managed things. Camp organizers continue to remain flexible and pay attention to latest recommendations from the

CDC. Without state or federal mandates, individual protocols can vary greatly. Parents should consider their comfort levels before enrolling kids in camp. Vaccines have proven effective, but COVID-19 hasn't gone away, and vaccines also have yet to be offered to children under 4. Parents can ask themselves how comfortable they are sending kids to camp, and if they're hesitant to do so they can explore their alternatives.

Ask children if they want to go to camp.

Everyone is experiencing some measure of pandemic-related burnout, and that includes kids. Kids may be sick of wearing masks at school all day and, even if they have loved camp in the past, may not be looking forward to wearing masks all

day at camp this summer. Others might not be experiencing such burnout and may see camp as a way to quell boredom at a time when boredom has seemingly lingered over every day. Either way, solicit kids' input and let them know their feelings matter regardless of which side of the fence they're on.

Inquire about safety protocols.

When researching summer camps, ask about the safety protocols each camp will have in place. Will masks be mandatory for both campers and staff? How much direct interaction will campers have with each other? Have staff members been vaccinated? What measures are being taken to keep kids safe? Camps should have detailed

protocols and share those protocols with parents upon request.

Ask about alternatives.

If parents and/or children are hesitant about attending camp in person, ask camp officials if there will be any virtual events or programs this summer. Some camps may be organizing activities like craft projects online, and that can help kids overcome the boredom of being stuck at home all summer.

Summer camps may not be fully back to normal in 2022. However, families can pick and chose from offerings to find options that work for them.



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Students consider real-world issues, think critically on debate team

**COMO PARK
SENIOR HIGH SCHOOL**



BY ERIC ERICKSON
Social studies teacher

For a second straight season, Chikamso Chijioke and Sam Skinner qualified for the Minnesota State Debate Meet. Competing in the policy division, the duo advanced to the quarterfinal round of the virtual event held Jan. 14-15. Overall, they won three of five debates in the state tournament.

Debate teams prepare arguments for both sides of a policy issue. This year's resolution focused on the environment: The United States Federal Government should substantially increase its protection of water resources in the United States.

Chijioke and Skinner started debate as novices in ninth grade. The two state tournament qualifications during their junior and senior years reveal the development of their talent. More than "being good" at debate, they both enjoy the process.

"I like engaging in an activity that makes me think about real-world issues



Sam Skinner and Chikamso Chijioke will represent Como at the National Speech and Debate Tournament. (Photo by Como debate coach Deb Hansmeier)

and stimulates critical thinking," Chijioke said.

Unlike most competitive high school activities, there is a national tournament for debate and qualifying is done independently of state meets. Last December at a district tournament, Chijioke and Skinner seized their opportunity to qualify for nationals. They'll travel to Louisville, Ky. in June for the National Speech and Debate Tournament.

"I am proud of us because we have really improved," Chijioke said. "I'm pretty excited for nationals and I think it'll be a good conclusion to my high school debate career."

MIA: 'RACISM AS A PUBLIC HEALTH CRISIS'

Sydney Wilcox brought her painting classes to the Minneapolis Institute of Art (MIA) for analysis of a new exhibition. What made the field trip personally impactful was seeing the paintings of 13 Como Park students whose creations were selected to be in the gallery.

The exhibit showcased student art from three urban schools that collaborated with the MIA on the theme of "Racism as a Public Health Crisis." Professional artists mentored Como students during the fall, helping connect complex social issues to their painting lessons and address racism through art.

ism through art.

CAREER FAIR

A Career and Trade Fair at Como Park High School is planned for Wednesday, Feb. 23 from 10:45 a.m. until 1:30 p.m. Como staff organizing the event are seeking volunteers from the community to participate and share experiences and information from a variety of professions and trades.

The event is a collaborative effort by the school's Career Pathway Center, Counseling Department, and Get Ready program. Plans include having a rotational schedule for students who visit the fair and to have students register ahead of time in order to participate. To accommodate social distancing and provide more personal interactions, each session will be capped with a limit of 50 students.

Event coordinators are particularly interested in finding volunteers who are women in male dominated professions and BIPOC professionals to share their career experiences. If you have personal or professional connections who would be willing and able to share their careers with Como students, please email Mai Chue Moua at mmoua.getr@spps.org

JOIN DISTRICT 10 COMO COMMUNITY COUNCIL BOARD IN 2022

**DISTRICT 10 COMO
COMMUNITY COUNCIL**



BY SHEVEK MCKEE
Executive Director

Here's your chance to tackle that new year's resolution to get more involved: Eight seats are up for election in April to the District 10 Como Community Council board.

The board recently made a change to designate board seats for renters, youth (16-24), and seniors (62+). That change begins to roll out in April's election with one renter seat and one youth seat on the ballot. If you fit these criteria, please consider running, we're holding a seat for you!

Board seats up for election in April:

- One representative each from the neighborhood's four sub-districts
- Two representatives from the neighborhood at-large
- One representative from the neigh-

borhood at-large who is a renter

- One representative from the neighborhood at-large who is a youth (age 16-24)

These positions serve two-year terms, through April 2024. To get on the ballot, apply now at <https://bit.ly/D10Application>. That's where you can also learn more about the roles and opportunities of board members. The filing deadline is Sunday, April 3. The election is April 19. If you have any questions or would like to know more about being a board member you can reach out to district10@district10comopark.org.

D10 HOSTING WINTER WEATHER DONATION DRIVE

D10 Como Community Council is hosting a donation drive to help the unsheltered community this winter. We will be set up in the parking lot of the Como Historic Streetcar Station (1224 Lexington Pkwy) on Saturday and Sunday, Feb. 12 and 13 from 10 a.m. to 2 p.m.

We will be collecting new: gloves/mittens, socks, fleece gaiters, hand warmers, cough drops, and travel tissues. Donations will go to Minnesota Community Care and its partner organizations. More info at district10comopark.org/communitydrive.

COMO COMMUNITY BLOOD DRIVE DATES

D10 Como Park is again partnering with the American Red Cross and the Como Zoo & Conservatory to host a series of community blood drives at the Zoo. Reservations required. More information on our website.

Upcoming drive dates:

- Tuesday, March 1, 2022 – 9am-3pm
- Thursday, May 26, 2022 – 9am-3pm
- Tuesday, August 2, 2022 – 9am-3pm

With the pandemic lingering and so many still working from home, workplace blood drives have all but vanished, affecting the Red Cross' reserve levels. Community blood drives are the perfect opportunity to take a break from the home office or start a trip to the zoo!

2021 COMO CURB CLEAN-UP RESULTS

Back in October and November, D10 Como Park partnered with Janna Caywood of ComoACN and the Capitol Region Watershed District to lead the Como Curb Clean-Up. Then in December participants were asked to report their cleaning efforts. With 61 participants reporting in, they've calculated how much invasive

algae was prevented with our community effort. Thank you to everyone who participated and shared your results!!

- Total responding participants: 61
- Total feet cleaned: 31,302 feet
- Number of miles cleaned: 5.9
- Equivalent football field lengths cleaned: 104
- Equivalent number of times around Como Lake cleaned: 3.5
- Number of times to the moon and back cleaned: 0.0000124
- Phosphorus estimated in 1 foot of curb: 0.0003125 pounds
- Total lbs. of phosphorus prevented from reaching Como Lake: 9.78lbs
- Pounds of curly leaf pond weed this phosphorus amount could produce: 4,891lbs!
- Tons it could have produced: 2.45

ZOOM OR CALL INTO D10 MEETINGS

Renters, homeowners, and other community members are always welcome to participate in District 10's board and committee meetings. You can join either by video conference or by phone. To find meeting links and call in numbers go to our website calendar at district10comopark.org/calendar. If you have questions you can email district10@district10comopark.org. Or, call 651-644-3889.

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FROM SCHOOL TO YOUTH CENTER

St. Paul City School middle school site will become innovative space for healing, and house 16 homeless youth through the Irreducible Grace Foundation

By JANE McCLURE

A longtime Frogtown school will be transformed into a youth center housing up to 16 young people.

On Jan. 21, 2022, the St. Paul Planning Commission Jan. 21 unanimously approved a conditional use permit for the project at 643 Virginia St. That decision wasn't appealed to the St. Paul City Council within 10 days so it will stand.

Approval allows the Irreducible Grace Foundation and its Black Youth Healing Arts Collective to convert the longtime school into an innovative space to support young people. It will be used for congregate care of up to 16 beds. Along with sleeping units there will be kitchen and dining areas, therapy space, training and teaching areas, staff and administrative offices.

The Minneapolis-based foundation is a non-profit focused on creating safe spaces with youth of color. It provides mentoring, life skills, employment, self-care practice, and safe space for teens and young adults. Through the use of visual and performing arts and movement techniques the foundation helps young people learn new skills for dealing with stress, trauma and fostering their voices. Foundation leader Darlene Fry presented plans to the Planning Commission Zoning Committee in January.

Irreducible Grace Foundation was started in 2012 by a group of educators, led by Fry, who saw the large racial disparities of on-time graduation rates between African American, American Indian, and Hispanic students to their Caucasian and Asian counterparts.

The foundation submitted detailed floor plans to the planning commission, along with information on the planned center itself. The center is seen as a way to provide needed space for Black youth to have a safe place to heal from generations

of trauma.

The center is to be operated with cooperative values. It will have residential leaders, services, activities and training opportunities for Black youth throughout the day. All of the program offerings will have a holistic, integrative health/healing-focused approach, to help young people make the transition to successfully living on their own.

Young people ages 16-26 will be from the ranks of people who are homeless. The organizers are looking at ways to being in more services for the residents, who will take part in healing arts activities.

Another focus will be on training opportunities for skills development, with community partners. The collective is looking into ideas including food preparation and culinary skills, a reading and therapy dog training program, and various community services programs such as neighborhood cleanup, home painting and minor home repairs, yard work and other services to assist neighbors.

The collective organizers have numerous steps ahead including raise more than \$6 million for property purchase, renovation and furnishing the building, and other work needed.

Planning staff recommended approval of the conditional use permit, indicating it meets all requirements needed for approval.

The school's oldest section dates from 1901, built as St. Vincent's Catholic School. A gym and community room space were added several years ago. The church is just to the north. It is on the block bounded by LaFond, Western and Blair avenues and Virginia St. It has served as a charter school for many years housing the St. Paul City School middle school. Before that it housed a Native American school, Red School House, which was started in 1972.

The permit allows for reuse of the



FIELD TRIP TO BASE CAMP

St. Paul City School second graders took a field trip to Base Camp where they got to rock climb. (Photo courtesy of St. Paul City School)

St. Paul City School has received a \$475,000 Full Service Community Schools grant (over 2.5 years). "This money will provide an opportunity to truly understand the needs of the community and resources to support families," remarked executive director Meg Cavalier. "The Family and Community Center in the new building will connect the school, families, and the community with access to health care, mental health support, food, legal, employment, and housing supports. It is truly our dream to be a wrap-around community school and we are thrilled that this is coming!"

20,795-square-foot school building for an arts and healing center/supportive housing facility. The property is zoned for residential/townhouse use so no zoning change is needed. A conditional use permit is needed for conversion or reuse of residential structures of more than 9,000 square feet gross floor area and permitted nonresidential structures such as churches and schools if several conditions are met.

The school has eight classrooms, making it small for some school uses but too large to be converted for single-family or duplex use, or for smaller-scale supportive housing for six or fewer people.

Exterior alterations or changes to the

parking area, which is accessed off of LaFond, aren't planned.

No members of the public spoke at the Zoning Committee hearing. Frogtown Neighborhood Association didn't submit a recommendation.

Three conditions were placed on the permit. One is that final plans approved by the zoning administrator for the use shall be in substantial compliance with the plan submitted and approved as part of this application. The applicant shall obtain a building permit to change the occupancy type of the structure and a certificate of occupancy. The number of residents receiving services shall not exceed 16.

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To reject the messaging of domestic violent extremists amplified by social media, Americans should "understand better what the information is that they are reading" and approach it with a "greater level of discerning skepticism."

— FBI Director Christopher Wray, during a hearing held by the Senate Intelligence Committee on April 14, 2021.

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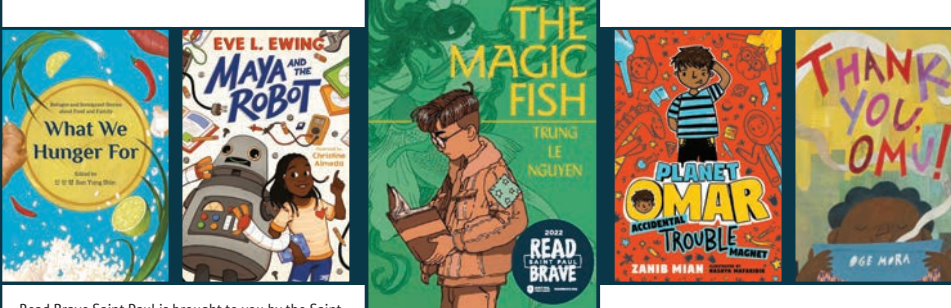


READ BRAVE COMMUNITY CARE


February 8 - March 31
www.ReadBrave.org

Read Brave is Saint Paul Public Library's citywide, intergenerational reading initiative that centers the power of books to ignite empathy and help us think of big ideas that build a better Saint Paul

READ. TALK. ACT. Read the books. Dive into their characters and themes. Join us for events and conversations about community care that move our city forward.



Read Brave Saint Paul is brought to you by the Saint Paul Public Library and The Friends of the Saint Paul Public Library. This program is funded with money from Minnesota's Arts and Cultural Heritage Fund, with special support from the Saint Paul Saints and Bernadette and Jeffrey Janisch.




MAYOR VISITS STUDENTS AT ST. PETER CLAVER

Scholars at St. Peter Claver Catholic School were treated to a lesson on leadership when Mayor Melvin Carter visited the school on Thursday, Jan. 27, 2022. Mayor Carter, whose dad is a St. Peter Claver alumnus, told middle school scholars anyone can become a leader and fielded questions on a wide range of topics. (Photo courtesy of St. Peter Claver Catholic School)

PLAN IT

PERSONAL CARE PRODUCT DRIVE

A personal care and paper products drive for the residents at Emma Norton Services will be held noon-2 p.m. Sunday, Feb. 27 at Hamline Church United Methodist, 1514 Englewood Ave. Enter from Simpson Avenue. Drive, bike or walk up to the church and drop off your donations.

Needs are paper towels, toilet paper, body wash, shampoo, conditioner, soap, deodorant, toothpaste, toothbrushes, household cleaning products and disposable menstrual products. There's a big need for hair products for a wide range of cultural groups. Current calendars (2022) are also welcomed.

The drive is sponsored by Hamline Church Women/United Methodist Women. Questions? Call 651-646-3473 or email hamlinewomen@gmail.com

GREAT RIVER REVIEW EVENT MARCH 1

The Creative Writing Program at the University of Minnesota is delighted to announce the establishment of the Walter Nathan Literary Initiatives. The inaugural Walter Nathan Literary Initiatives event, "Celebrating Great River Review," will take place at 7 p.m. on March 1, 2022, in the newly renovated Pillsbury Hall. This event will celebrate the release of Great River Review Issue 68, and feature readings by CMarie Fuhrman, the first annual Great River Review Walter Nathan essayist, and Stephen Scott Whitaker, the 2021 Pink Poetry Prize winner. This celebration is free and open to the public. Community members are encouraged to attend. More at cla.umn.edu/creative-writing.

IN BRIEF

NEW LIBRARY DIRECTOR

Jake Grussing has been selected as the Director of Ramsey County Library. Grussing will be responsible for overseeing 99 full-time employees working across seven locations and a \$12 million annual operating budget.



COVID-19 TESTING SITE IN FROGTOWN

Saint Paul - Ramsey County Public Health is offering COVID-19 testing at Frogtown Community Center, 230 Como Ave., on Tuesdays and Thursdays, 2-6 p.m., through March 3, by appointment only. Free COVID-19 saliva tests, for anyone age 2+. More information at www.ramseycounty.us/covid-19-info.

CR E AND OLD SNELLING AVENUE

A study is underway on the intersection of County Road E (Lake Johanna Boulevard) and Old Snelling Ave. in Arden Hills to identify a new design that improves safety conditions and traffic flow. An online survey is open through Feb. 16.

DAVE THOMAS FOR 66A


Dave Thomas has announced he is running for DFL House seat 66a, which (currently) includes Falcon Heights, Lauderdale, Roseville, and the Northwest Como/Saint Anthony Park neighborhoods of Saint Paul's North End. One of six siblings and half of an identical twin set, Thomas grew up in Saint Paul's Como Park neighborhood, and has lived in Falcon Heights for 10 years.

Clearing the Heart's Barriers to Compassion

Saturday, Feb. 26, 9 am
online with Christine Longaker
Learn steps to foster healing



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Jobs

FARM CREW

Frogtown Farm is a local farm committed to economic, social, and environmental sustainability. Crew members will tend to our vegetables and perennial crops. The season runs from April to October, and pay is \$12-\$18. Go to frogtownfarm.org/work-with-us-1 to learn more!

OFFICE SPACE

Quiet, professional office space with free attached parking. Single offices up to 10,000 sq. ft. Building information available at hamlinepp.com. Contact Eric with The Terrace Group at 651-621-2550.



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CRISIS HOTLINE

Call the Minnesota Day One Crisis Hotline at 1-866-223-1111 if you or someone you know is seeking shelter due to a dangerous relationship or needs to create a safety plan.

HANDYMAN

Carpentry/tile work. Rotted window repair. Bathroom/kitchen work. Garage racking. 25 years experience. Quality work. Reasonable rates. Fully insured/bonded. References available. Chadguerrero@hotmail.com 651-235-3967.

PAINTING

Painting, wallpaper patch. Interior, exterior. Small jobs wanted. Jim. 612-202-5514.

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For more opportunities, visit www.dnstpaul.com



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>> Want ads must be received by the Monitor by Monday, Feb. 28 for the March 10 issue. Call 651-917-4183 or email Denis@MonitorSaintPaul.com for more information. Your classified ad will also be automatically placed on the Monitor's website at www.MonitorSaintPaul.com



Celebrating 150 years at the Bell



Bell Museum 150th Anniversary

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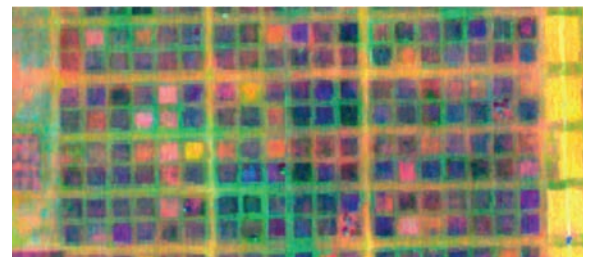
Join us all year long as we bring new experiences that showcase the rich and varied history of the museum. Learn more about groundbreaking research stories, the museum's extensive collection, new exhibits and original productions, and much more! We invite you to engage with each new experience as we commemorate this exciting milestone.



New Exhibit: Seeing Birds

Now on view

Explore the wonder and beauty of birds in the Bell Museum original exhibition Seeing Birds now on view. The exhibition integrates art, science, and nature to ignite curiosity and wonder about the biology of birds. Learn more about the world of research at the University of Minnesota and the impact of collections-based research on our world.



Spotlight Science: Spectral Biology

Visit the Bell February 26, 10 am - 2 pm

Join us as we learn how spectral biologists use light detectors on handheld instruments, aircraft, satellites and more to understand plant and vegetation diversity.



Calling All Green Thumbs!

We need YOU to be a Seedling Corps member.

Join other Hamline Midway neighbors and become a "Seedling Corps" member! Grow pollinator plants at home to be planted at Pierce Butler Meadow later this year.

This is an easy way to get involved in the local movement to restore native plants and pollinators while making a huge impact on our local environment.

Role of a Seedling Corps Member:

- Late spring receive 10-20 upcycled lettuce box containers of newly emerged seedlings.
- From spring to fall, monitor the plants and water daily.
- Repot plants into potting soil during the season at least one time.
- Your plants will be collected for planting at Pierce Butler Meadow. You will be invited to help!

Requirements to be a Seedling Corps Member:

- Some experience gardening or growing trees.
- 3 ft x 10 ft of yard space where you live or work for the seedling station.
- Water the seedlings or tree pots every day.
- Provide irrigation supplies and cover all water expenses (TBD).

For more information, or to sign up, email:

trees@hamlinemidway.org

Or click the QR code!



www.hamlinemidway.org