



Uncertain futures

By JANE McCLURE

Midway area business continue to sort out their futures in the wake of late May 2020 unrest after George Floyd was killed. While many business have reopened and others are pulling construction permits, some still face an uncertain future. That's especially true for small business that leased storefronts and didn't own their spaces.

Bole Ethiopian Cuisine and Lloyd's Pharmacy are two of the highest-profile businesses that were destroyed. Lloyd's has opened an interim location at 694 Snelling Ave. N., while Bole seeks a new home. Both had successful fundraising campaigns.

But it's a different story for the Midway Center tenants. They are being forced to move out, receiving word June 25 that their leases were terminated. About a dozen business remain in what originally was the eastern part of the shopping center. A letter from property owner Rick Birdoff and RK Midway said that businesses must have items out of their stores by July 17.

The letter indicated that there may be opportunities for businesses as the Midway Center block is redeveloped, but whether business owners can wait months if not years to reopen is a question mark.

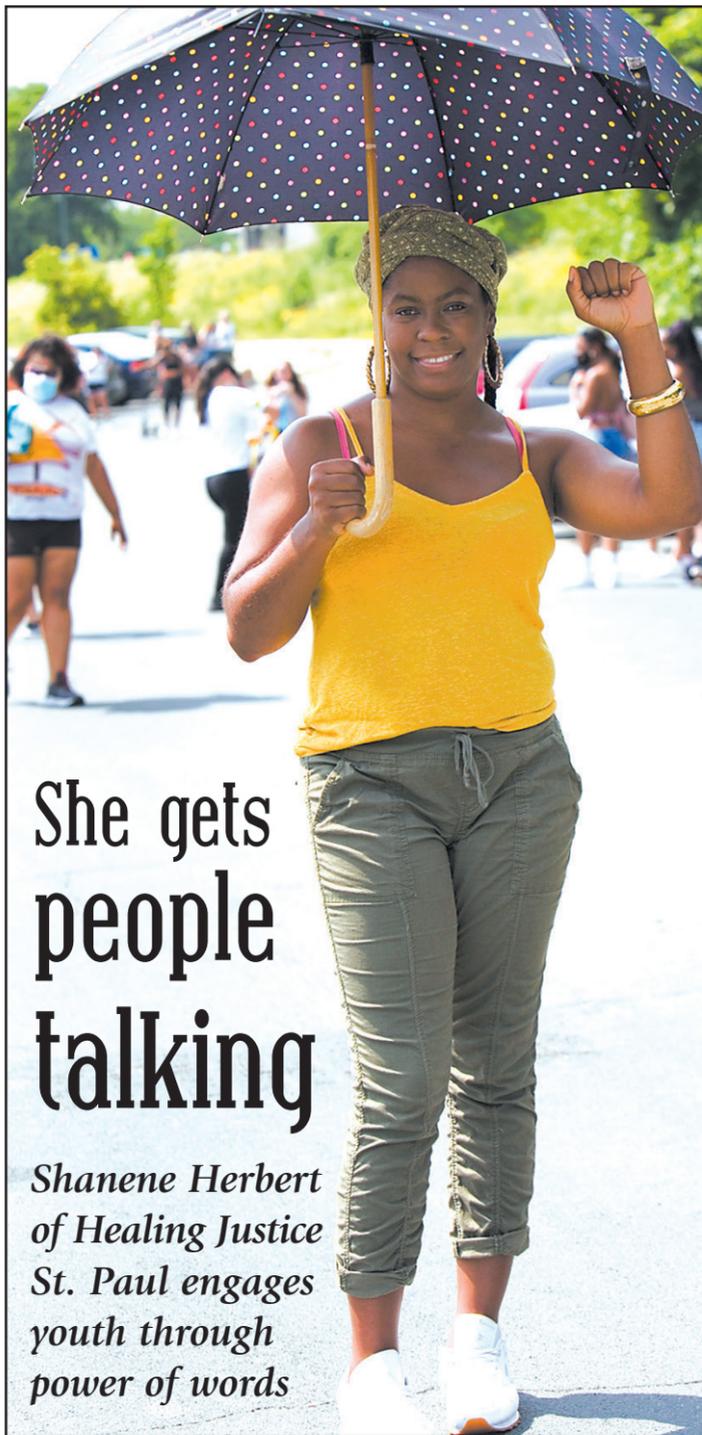
City fire officials in June revoked the occupancy permits for the shopping center. When the St. Paul City Council voted in June to make changes to Midway Center's tax increment financing plans, demolition plans hadn't been finalized.

The lease terminations affect longtime businesses including Golden Gate Café and Peking Garden. Golden Gate had been in business for about 40 years. Peking Garden had relocated to the strip mall in 2005, after losing its previous location near the University of Minnesota.

Businesses sustained varying levels of damage. Foot Locker and its immediate neighbors sustained the most damage due to fire and water damage, with businesses at the north and south end of the center only sustaining smoke damage.

Businesses had remained closed since late May. MidPointe Center had canceled all events.

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She gets people talking

Shanene Herbert of Healing Justice St. Paul engages youth through power of words

Shanene Herbert at the "Youth Will Rise" March on July 3, 2020 on the University of Minnesota Campus. Over 100 people gathered to celebrate the perseverance of youth of color, especially lifting up this year's high school and college graduates. They carried their message through the neighborhood despite punishingly high heat and humidity, ending with a celebration at Father Hennepin Bluffs. (Photo by Margie O'Loughlin)

By MARGIE O'LOUGHLIN

Shanene Herbert chooses her words carefully.

In her work as Healing Justice St. Paul Program Director, she helps Black and Brown youth find theirs. The program she leads is under the umbrella of the American Friends Service Committee: a Quaker organization devoted to service, development, and peace programs throughout the world. She works with Saint Paul Public

Schools administrators, teachers, and students to build community and repair harm.

She gets people talking.

Before COVID-19, participants in her group sessions would gather in a facilitated circle to talk about race and racism. Now it happens via Zoom, but Black and Brown students still have a chance to build their knowledge and language.

TALKING >> 7

You don't have to leave to seek help

Casa de Esperanza offers hope, resources to help families live free of violence

By TESHAM. CHRISTENSEN

Need someone to walk with you as you get out of domestic violence? That's what Casa de Esperanza offers women, children and men.

It's hard to nail down exactly what the Midway non-profit Casa Esperanza does because they do a little bit of everything.

Teresa Burns currently manages the Casa de Esperanza shelter, and worked as an advocate before that. "I have done everything from accompany a mom for her ultrasound to registering kids for school," she observed.

Domestic abuse overlaps with every aspect of life, she pointed out, including physical health, safety, mental health, public benefits, education, criminal court, housing, and more. So Casa de Esperanza does too.

"Domestic violence isn't an isolated topic. It impacts someone's entire life. So our advocacy



This series seeks to put a face on domestic abuse and intimate partner violence. Read past articles on our web site.

matches that," said Burns.

"I feel so blessed to have the opportunity to be part of an organization that has a dedicated group of advocates and other staff that give their all, each and every day. We believe community is the answer to ending domestic violence. We must all work together to make that happen," stated Casa de Esperanza CEO Patti Tototzintle.

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CHAUNTYLL ALLEN'S BIG WORK

School board member and activist strives to create a village to support families

By TESHAM. CHRISTENSEN

What is our collective responsibility of ending gun violence?

That's a driving question for Chauntyll Allen, who joined the St. Paul School Board in January 2020. And it's a question she challenges others with.

"It's about creating a society where people don't need to carry guns," she stated.

Allen pointed out that the drive for Black kids to protect themselves starts early. "These kids are dealing with safety issues," she said.

They set off trying to prove they're tough, wearing hoodies and their jeans low. They connect with a few other kids to move around with safely in their community. If they win a few fights, they'll be left alone. If they lose, next time they might bring a gun (which kids have told her is easy to buy for \$200-400) to protect themselves. It's a cycle that isn't

fixed by just telling them to put their guns down - because that leaves them vulnerable.

"Right now, we do have a gun violence problem," said Allen. She plans to pull together a group to learn gun shot first aid so they can respond fast to plug the holes and do CPR before an ambulance arrives. "The goal is the train many people to respond to gun shots they way they respond to heroin," she pointed out.

Guns Down, Love Up

Allen is involved in Guns Down, Love Up, a movement created after her friend and fellow activist Tyrone Williams was shot and killed on April 3, 2018 in North Minneapolis outside his mother's home. She helped organize a set of rallies on Friday,

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Chauntyll Allen



Midway YMCA steps in as community response hub

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Maxfield students, staff wrestle with COVID-19, George Floyd's murder

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Help kids through trauma with these tips from Dr. Ronald Bell

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Rebuild Repair Recycle

Senior checks, healthy meals, implicit bias trainings and more offered for free; childcare and fitness options available

Midway YMCA: community response hub

By MARGIE O'LOUGHLIN

When the pandemic first hit in March, it was clear there was going to be a huge need for child care for essential workers. Midway YMCA executive director David Dominick said, "We thought we were a natural to fill that void. There are several CEOs from hospitals and insurance companies on the YMCA of the Greater Twin Cities board. We knew we could count on getting the best advice for how to structure our childcare program with COVID-19 safety measures. We also worked closely with the Minnesota Department of Health, and the governor's office."

The YMCA fitness facilities at 1761 University Ave. W. closed before the COVID-19 Peace-time Emergency Executive Order went into effect. They quickly evolved into being a community response hub, and were among the first to offer childcare for children of essential workers ages newborn through grade six.

In the beginning, the definition of essential workers was limited to front-line health care workers, firefighters, police officers, and journalists. It would soon expand to include working parents responsible for keeping the city's infrastructure going: grocery store clerks, sanitation workers, mail carriers, and more.

The Midway YMCA has been able to offer childcare Monday-Friday from 6 a.m.-6 p.m. for a nominal fee. There is still room for more children to enroll.

According to Dominick, "Our childcare staff is masked. We meet the kids at the curb in the mornings and bring them out again in the late afternoon to minimize social interactions with parents or caregivers. We try to practice social distancing while giving the kids age-appropriate experiences, so they can have fun together safely."

Much more than a pool, gym

When he started as YMCA executive director 17 years ago,

Dominick could never have imagined how many hats he would be wearing. He said, "Not long ago, I realized I'd been working 16 days straight without a break. It's been very challenging, but I wouldn't want it any other way. If there's a chance to support our members and our neighbors, I want to be there. We are way more than a swimming pool and a gym."

While some Midway YMCA staff are busy caring for children of essential workers, others are reaching out to older members. The stay-at-home order brought social isolation for many, especially those who live alone.

Joan Schimml, the YMCA's senior communications and marketing director, said, "More than 130,000 wellness checks have been made to 44,000 Forever Well program participants across the metro area. We want members of all ages to feel supported. We have come to see each YMCA as a community response hub, providing multiple critical services."

Since the start of the pandemic, the Midway YMCA has been offering fresh, healthy meals to families in need at no charge. The corporate kitchens of United Health Group are being used to prepare 300 dinners each day, as well as 120 bag lunches for the Midway YMCA. They also make meals for many other YMCA locations across the metro. The local non-profit Loaves & Fishes is in charge of all deliveries.

Dominick said, "After the unrest last month, we really beefed up our essential needs supplies: toilet paper, diapers, baby wipes, feminine hygiene products and canned goods. Many of the YMCAs from throughout the metro area, and even other parts of the state, have brought donations here because our need is great in the Midway. Bix Produce is also donating 250 boxes of fresh produce to us every week."

He continued, "Many of the people who come here for meals

and other supplies have never been in a position to ask for this kind of help before. Everyone appreciates not having to supply proof of residency or other kinds of documentation. There have been 60,000 meals distributed here since the pandemic started. We will continue distributing food and other supplies through Labor Day."

In addition to providing childcare for essential workers, wellness checks for older members, and free food for anyone who needs it, the Midway YMCA has recently re-opened on a limited basis as a fitness facility. According to Dominick, the Midway YMCA is operating at about 30% capacity right now. He said, "Many of our members chose to keep their memberships active when we had to close. We'll be issuing statements for the IRS at the end of 2020, making it possible to claim the money spent on memberships during the closure as a charitable donation."

Racial equity and systems change

Lastly, the YMCA has just received a \$5,000,000 grant from United Health Group to expand the work of their Equity Innovation Center of Excellence. Located in downtown Minneapolis, their educational experiences provide information and insights to advance racial inclusivity and system change.

Registration is currently open for three free online training sessions being offered in the next month on implicit bias, authentic community engagement, and transforming workplace culture. There are other educational experiences available for a fee as well as customized trainings for organizations.

For more information about the upcoming online sessions, contact equity@ymcamn.org or register at www.ymcamn.org.

Schimml concluded, "At the YMCA, we believe that, in partnership with our communities, we must eliminate racial dispar-



Children enrolled in school-aged childcare at the Midway YMCA enjoy swimming for an hour every day, a huge plus when beaches and pools are closed across the city this summer. (Photos by Margie O'Loughlin)



ities and injustice. Toward that end, we offer programs that build healthy spirit, mind and body FOR ALL. For nearly 165 years, we've been listening and responding to our communities. We're committed to pressing on with that - now more than ever."

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Uncertain futures

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Family Dollar had moved some employees to other locations. Bank of America, which had small storefront with ATMs, was already preparing to open at University Ave. and Fry St.

Other area businesses have slowly reopened or prepared to reopen. What could become controversial is that Taco Bell at 565 N. Snelling Ave. is seeking approval to replace its building, which was damaged during the unrest.

The longtime restaurant needs a new conditional use permit before that can happen. The St. Paul Planning Commission Zoning Committee is to hear the request at 3:30 p.m. Thursday,

July 16. Meetings can be listened to virtually and the public can present oral or written testimony.

This will be the second time in a year that restaurant owner Border Foods has sought permission to build a new facility. Hamline Midway Coalition and city staff recommended against the request in early 2020, and it was withdrawn by the applicant.

Neighbors raised concerns about ongoing noise and patron behavior.

Ax-Man Surplus reopens in Midway

By TESHA M. CHRISTENSEN

It's been a tough few months for Ax-Man Surplus, but the longtime University Ave. business is back up and running.

"We're excited to be reopen," said Ax-Man Surplus Store owner Jim Segal. "We're seeing familiar faces coming back. The boards are coming off."

He added, "Hopefully people come back to the Midway. Folks may have some negative feelings about the area - until they come and see everything is good. We've got great neighbors. It's a really diverse mix of businesses. Our business and a number of businesses that are unique draw folks to the area."

'A painful stretch'

Ax-Man Surplus was birthed in downtown St. Paul in 1965 when Jess Lieberman bought some second-quality items and sold them in his father's tailor shop. It took off, and he kept selling salvage deals for cheap. David Gray started working for his relative at Ax-Man when he was in college in the early 1970s. He was a real creative type, recalled Segal, and earned equity ownership in the business. When Lieberman died in 1994, Gray bought out the rest from the estate.

Segal bought Ax-Man 20 years ago. Today, there are three locations, with the others in St. Louis Park and Fridley. Segal has roots in Highland Park, where his mom grew up and where he previously owned the GNC health food store. He lives in the western suburbs where he was raised.

Segal was working in the office at 1639 University Ave. W. on Thursday, May 28 when looters came in and began damaging the store. The 53-year-old stayed locked in a bathroom until police responded and got him out of there.

"The police said there was nothing they could do to protect the facility, so I left," recalled Segal. "I came back later in the



Ax-Man has reopened for business at 1639 W. University. (Photo by Tesha M. Christensen)

evening and it was pandemonium."

The store wasn't boarded up until Friday.

"It's taken about a month to get things back together," said Segal. The damage amounted to \$150,000. He's hopeful it will be covered by insurance. However, some of the inventory was unique and will be challenging to replace.

The past few months have been "a bit of a painful stretch," said Segal.

Ax-Man Surplus closed on Friday, March 27 due to COVID-19. While he applied for PPP funds as soon as he was able, Segal choose to sit on the money until he was able to reopen on May 18. He lost nearly 100% of his business while closed, as very little business is done online. "You'd think getting quote-on-quote free money from the government would be a blessing, but there were elements of a curse," stated Segal.

While preparing to reopen, employees deep-cleaned the store. "No question the store is as clean as it has ever been," said Segal. While closed, they went through every bin. Plus, they're cleaning in between customers as a precaution against COVID-19.

He is hopeful businesses in the Midway will come back stronger and physically better than before.

"Hopefully, we'll see some real change as it relates to racism," stated Segal. "At the end of the day, I think we need to see positive changes in policing and community involvement. I hope that's what comes of this."



Tenants at the Midway Center, damaged by fire and vandalism on May 28, are being forced to move out. Their leases have been revoked effective July 17, 2020, but it is unclear what will happen to the building. AT LEFT Firefighters were still working at the back of the Sports Dome on Friday, May 29. Over 170 businesses were damaged in the Midway following the murder of George Floyd. (Photos by Tesha M. Christensen)

Will Midway Center be demolished?

City's first step preserves use of TIF for redevelopment

By JANE McCLURE

Before fire-damaged building at Midway Center can be demolished, steps must be taken to preserve possible use of tax increment financing (TIF) for redevelopment. The St. Paul City Council, acting June 24 as the Housing and Redevelopment Authority (HRA) Board, got that effort rolling with two actions.

The HRA approved a demolition and development agreement with Snelling-Midway Redevelopment, LLC, the partnership involved in redeveloping the superblock bounded by Pascal St. and St. Anthony, Snelling and University avenues. Midway Center owner Rick Birdoff and Bill McGuire, who has led Minnesota United FC's efforts to get Allianz Field built on the southwest part of the property, are the development partners. The soccer team starts its second season in Midway this month.

When the TIF request would come forward isn't known. City officials this summer are already waiting for the developers to request amendments to the redevelopment master plan. Any plan amendments will go to the St. Paul Planning Commission for review and a recommendation, and then to the city council for final action.

The superblock is governed by a master plan that won city council approval few years ago. It calls for a mix of uses including commercial/office, hotel space and housing. The plan was developed with input from a community/St. Paul Planning Commission task force.

McGuire met earlier this year with Union Park District Council to discuss mixed-use development in the form of two buildings west of the soccer stadium. He also described how plans for a movie theater likely won't

occur, but that a hotel and housing are still in the mix.

Metropolitan Council June awarded the United Village Midway Block B \$125,000 for clean-up on a 2.4-acre site that is currently a surface parking lot. Plans call for 234 market-rate apartments and 15,500 square feet of commercial space over structured parking.

But how those plans for redevelopment are affected by the fire damage isn't clear. One finding required under state TIF law is that structures be deemed "substandard" before a district can be implemented.

The HRA on June 24 also made certain findings, including the determination that the Big Top Liquors and Midway Center structures are substandard. The liquor store located in the former Perkins restaurant building at 1544 University Ave. and the northeast section of the shopping center at University and Pascal were extensively damaged during the unrest after George Floyd's death in May.

TIF is a mean of public financing that is used to pay for redevelopment costs including infrastructure, demolition and other development-related costs. Cities divert future property tax revenues that would be gained through redevelopment back into specific project costs. TIF districts can only be in place for a set number of years. It is controversial because it takes away potential property taxes for other local units of government. But in the face of fewer development tools, TIF is one of the remaining options.

TIF for Midway Center redevelopment has sparked controversy among city council members in the past, but the June 24 actions passed unanimously. Council members Dai Thao and

Mitra Jalai spoke to the need for redevelopment, and community members' eagerness to see something happen.

Interim St. Paul Planning and Economic Development (PED) Director Kristin Guild emphasized that the actions taken June 24 simply preserve the option to use TIF in the redevelopment project. It's not a commitment that the financing tool will be used. If the developers choose to use TIF, a separate application would be brought before the HRA and city council.

Nor is it even a commitment to demolish or restore the structures, Guild said. As of late June demolition permits for the properties hadn't been pulled. The sites are fenced off.

"The Big Top Liquor building is really severely damaged," Guild said. So too is Midway Center, with the worst damage centered on the former Foot Locker store. Fire, smoke and water damage spread to adjacent stores

In September 2017, the HRA made findings to qualify parcels within the Snelling Midway development site as a "renewal and renovation TIF district." That allowed for demolition of the first structures to move ahead and make way for the stadium and its nearby green space and parking. The longtime Big Top building on Snelling between Shields Ave. and Spruce Tree Dr., the former American Bank building at Snelling and University, and the western portion of Midway Center that included Cub Foods, Midway Pro Bowl and other businesses came down.

But the damage in June to Big Top and the rest of the shopping center meant that a new analysis and new findings should be prepared, Guild said.

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#PressIsNotTheEnemy - so why are the police acting like it?

Over 148 journalists were attacked by police in the United States between May 28 and June 4, 2020.

Yes. I said 148.

Yes, by the police.

Yes, in the United States.

Over 100 of those attacks happened between May 28 and June 1 as journalists covered the protests after George Floyd's murder by a white police officer here in the Twin Cities at Chicago and 38th.

At the investigative news website Bellingcat, senior investigator Nick Waters, who tracked the incidents jointly with the U.K. Guardian, said, "Although in some incidents it is possible the journalists were hit or affected accidentally, in the majority of the cases we have recorded the journalists are clearly identifiable as press, and it is clear that they are being deliberately targeted. This pattern of violence against journalists is replicated in several cities, but appears most intense in Minneapolis."

Yep. Right here.

Over one-third of these attacks against the news media happened here.

Attacks on the media were reported across 24 states and in Washington, D.C. Denver, Colorado and Los Angeles recorded the most attacks outside Minneapolis, with 10 incidents each, reported the Guardian.

According to the U.S. Press Freedom Tracker, there were more than 300 total press freedom violations during that time.

That's:

- 49+ arrests
- 192 assaults
- 42 equipment/newsroom damage

Assault category breakdown:

- 69 physical attacks
- 43 tear gassings

- 24 pepper sprayings
- 77 rubber bullets/projectiles

The majority of these violations were done by local police departments, but some were by state troopers and National Guard.

In comparison, only 11 journalists were injured by protesters.

"I've never seen so many incidents with police and reporters simultaneously in different cities. Tension between cops and reporters is nothing new. Aggression on reporters in multiple locations nationally at same time is something different," tweeted Maggie Haberman of the New York Times.

Veteran reporter John M. Donnelly tweeted, "CNN reporter on Lafayette Square says on air that a DC police officer struck the CNN cameraman with a baton, even though the cameraman was holding, um, a camera and a credential. These incidents keep piling up."

Journalists have compared their experiences in war-torn countries with what they experienced in Minneapolis. "I've covered protests involving police in Ferguson, Mo., Baton Rouge, La., Dallas and Los Angeles. I've also covered the U.S. military in war zones, including Iraq and Afghanistan. I have never been fired at by police until tonight," said L.A. Times reporter Molly Hennessy-Fiske.

As reported by Bring Me The News: *Many of the assaults on media were shown on live television, with reporters from FOX 9 seeing rubber bullets smash their station vehicle windshield, along with WCCO reporters Jeff Wagner and Mike Max seen on live TV running from tear gas and rubber bullets. Star Tribune reporters Ryan Faircloth and Chao Xiong were attempt-*

Too much coffee



By **TESHA M. CHRISTENSEN**,
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ing to drive home near Lake Street when Faircloth said they "mistakenly turned down a street that was blocked off at the end," and "before we had a chance to reverse, the "Guard/ State Patrol fired #rubber bullets at our car without warning." The shattered glass cut Faircloth's face and arm and left shards of glass inside their vehicle.

And then there's photojournalist Linda Tirado. Shot by a rubber bullet in the face, she is permanently blind in her left eye.

Yes. This happened in the Twin Cities. By those who are supposed to serve and protect. It didn't happen in a country that lacks a Bill of Rights.

Instead, it occurred in a place where freedom of the press is protected by the First Amendment.

At least, it is supposed to be.

I'm seriously questioning what happened, and what this means for our country.

For 231 years, this language has been the hallmark of the United States of America, and what sets this nation apart from so many others:

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

What does it mean for the country when this is violated?

When it is broken in very direct, very blatant, very violent ways by the folks who are supposed to protect it?

In Cleveland, Ohio, journalists were specifically forbidden by the police to be outside covering anything happening in the city on May 31.

What were they trying to hide? Those without anything to hide aren't threatened by folks with pens, paper and cameras.

I'm not the only one asking that question.

I'm not the only one outraged.

As City Pages reported:

The American Civil Liberties Union of Minnesota filed a class-action lawsuit Tuesday, June 2 on behalf of reporters targeted by law enforcement while covering protests. The respondents include the city of Minneapolis, Minneapolis Police Chief Medaria Arradondo, police union president Bob Kroll, Department of Public Safety Commissioner John Harrington, and State Patrol Colonel Matthew Langer.

The lawsuit demands an injunction to stop police from attacking journalists, a declaration that they violated multiple constitutional amendments, and damages.

"Law enforcement is using violence and threats to deter the media from vigorously reporting on demonstrations and the conduct of police in public places," said ACLU-MN Legal Director Teresa Nelson.

"We depend on a free press to hold the police and government accountable for its actions, especially at a time like this when police have brutally murdered one of our community members, and we must ensure that justice is done. Our community, especially people of color, already have a hard time trusting police and government. Targeting

journalists erodes that public trust even further."

Linda Tirado has filed her own lawsuit.

Minneapolis also faces a class-action lawsuit brought by protesters.

"Journalists have always been targets of criticism and back in the 1960s they were also targeted by police," said Robert Mahoney, the deputy executive director of the Committee to Protect Journalists. "But there was an understanding that journalists were necessary and it was incumbent on police forces to allow them to do their job. That has changed."

Why? Why has it changed?

Is it because of President Trump's constant attacks on the press? He has tweeted the phrases "Fake News" and "Enemy of the People" over 800 times since getting elected. As I've been saying for years, just because you don't like what's in the news doesn't mean it is fake. Just because you wish someone was doing something else and you read about it in the newspaper doesn't mean there's something wrong with the newspaper. In fact, you should be thanking news sources for the information.

I hope this marks a turning point in America. I hope we've been sufficiently shocked by where our policies and attitudes have brought us, and we're dedicated to real change.

There's a lot for us to be shocked about these days, and much to work to change. This is one of those important issues. I hope you start talking about it, reading about it, and working in support of journalists.

Oh, and you might see me out and about wearing my #PressIsNotTheEnemy shirt. You might find my kids sporting their own #DemocracyDiesInSilence t-shirts. Maybe you need one, too.

Reopening the Midway

Over the past month you have probably noticed more businesses reopening, leading to more cars on the road and fewer people staying at home. In the Midway, particularly along University Ave., businesses are reopening due to fewer restrictions for COVID-19 and are returning after the civil unrest led to boarded up buildings. While we have been reopening in Minnesota, it is hard to ignore the headlines from other states where they opened earlier and are now closing again after a spike in new COVID-19 cases. It can be hard to predict

our future - in a month or two are we going to be more open than now, or less?

We can all do our part in helping keep businesses open by wearing masks. A mask is uncomfortable, but not as bad as a ventilator. It is important to remember now that the reopening must be handled with care - continue practicing proper social distancing, wash your hands, be careful what you touch and wear a mask.

The Midway faces another challenge as it attempts to reopen: The businesses impacted by the damage caused during the

Building a stronger Midway



By **CHAD KULAS**,
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civil unrest in late May. Even for those who didn't sustain their own property damage, they are faced with concerned clients and customers wondering what's open amidst boarded up windows.

For many of these business-

es, they have gone through a lot of thought about their future. If they suffered damage, do they have insurance. If they have insurance, what does it cover? Do they want to reopen? As businesses discover what is and is not covered by insurance, they get a clearer picture of their needs.

The Midway Chamber of Commerce, in partnership with the Saint Paul Area Chamber of Commerce and the Saint Paul Downtown Alliance, have created a fund to support those impacted with property damage. These businesses, nonprofits and building owners are encouraged to apply for funds at <https://www.saintpaulchamber.com/welovestpaul.html>. Funds

have begun to be awarded and will continue so for many more weeks.

Other businesses and individuals are stepping up to help by utilizing their skills. Some companies have offered support by working with insurance companies, while others have equipment they can use or a product that can help. For example, some companies can remove graffiti and helped beautify the Midway by cleaning buildings, signs and transit platforms.

We have our work cut out for us, but thankfully we also have a strong community and other friends willing to do their part. Together, we are working on safely reopening the Midway.

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is both black and white, both/and. As a media company, we work to highlight issues, solve real, meaningful problems, and repair existing social systems. We are working with our readers and advertisers to create a more just and responsible society that hears, helps and heals the customers and communities we serve.

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We can feel *both-and*: Support protests and grieve loss of local businesses

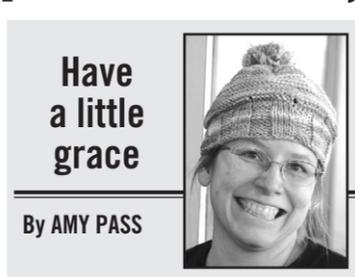
There was a saying that was repeated so often when I was in graduate school that we all used to groan when our professors would say it. It was a deceptively simple phrase that went like this: "It's a Both-And." We used this phrase to refer to situations that seemed like they had to be one way or all another, but somehow were **BOTH...AND**. Both things. This **AND** that.

The last several weeks have been a practical lesson in holding two (or sometimes more) seemingly conflicting truths at the same time. As humans we are quick to see things as one way or another. If I am right, you cannot also be right. It is uncomfortable to think that two things that seem conflicting might both be true at the same time. Either-Or is much more comfortable than Both-And.

For example, consider this

truth: Riots are justified when an entire people group has been largely unheard for more than 400 years, when no other method of communication has worked, not marches or kneeling or sit-ins or holding signs or writing letters or voting. Literally, nothing else has brought about the necessary systemic changes. The murder of George Floyd pushed many people beyond the threshold of peaceful protest, and that makes sense.

AND this truth: The destruction on Lake Street, University Ave., and elsewhere in Minneapolis and St. Paul hurts the people who live here, many of whom are Black, Indigenous, People of Color, and/or immigrants. Businesses that employed local residents and supplied necessary services are gone, impoverishing already struggling neighborhoods. Some people have lost their en-



By AMY PASS

tire livelihood. The destruction is breathtaking.

BOTH positions can be true.

We don't have to pick a truth, take sides, or negate one thing in order to prove the other.

We can hold both truths, though it is uncomfortable and hard to do.

When we hold both truths, it moves us beyond focusing on which thing is the problem and pushes us toward solutions. We need justice and equity for peo-

ple of color. The question right now is not what types of protest are ok, but where do we go from here? How do we deconstruct and reconstruct? Where can we participate in systemic change and where can we participate in "boots on the ground" relief for our neighbors and community members.

As a white woman, I've spent the last few weeks with my ear to the ground, listening to the people who haven't had a voice. If you're white, I suggest that you sit back a little bit and do the same. Make space for others to take the lead. Be conscious of taking up all the space in a conversation. Consider that your concerns have often (always?) taken precedence over those of others. We can't have a just and equitable system if we can't hear that our answers have historically only kept white people safe.

None of us want a repeat of the last month, not another murder, not fires, not curfews or police wearing riot gear or the National Guard.

So listen.

Pay attention.

Follow the lead of your non-white neighbors, friends, and community members. They know systemic racism from the inside.

Until the voices on the inside are heard, there will be no peace, only silence.

Until silenced voices are heard, there can be no justice, no equality.

No justice. No peace.

Amy Pass earned her master's degree in marriage and family therapy from Bethel Theological Seminary. But perhaps her greatest lessons have come from raising two children and maintaining a 21-year marriage.

Help an older neighbor

So many have asked us recently in light of Covid 19, and then neighborhood unrest, "How can I help seniors in areas affected?" The outpouring of generosity and community concern has been deeply moving. Our older neighbors are proving themselves to be resilient and resourceful, yet again. That said, we are also talking to many people who miss usual activities and connections, as well.

To answer the "how to help" question, we could use volunteers to do the following things:

- "Adopt" a senior's home this summer for mowing and weeding and/or raking and shoveling in other seasons
- As clinics reopen, we will need volunteer drivers for medical appointments who are at less risk for Covid-19 transmission than older drivers, some of whom have had to take a break
- Weed a senior's yard and/or remove volunteer trees, or prune shrubs. Some lifelong gardeners with new limitations feel discouraged.
- Paint a garage, clean a garage, or wash windows at a senior's home
- Deliver from a food shelf or grocery store to a senior's home regularly
- Handyperson skills? Change a lock or install motion detector lights at a senior's home
- Have a pickup? Haul trash, compost, or waste to the appropriate place. This is a morale booster and stress reliever. (Homeowner will cover disposal fees, typically).

Direct service to seniors - in their yards or as a volunteer driver - requires a background check and short volunteer application. To complete the background check, and begin the volunteer intake process, email Service Director Monica Gallagher at monica@hmelders.org. (If you are serving with a group outside, we ask that the group leader complete the background check). She can send you a link to complete the background check right away. There is also a volunteer application. Volunteer drivers must also show proof of valid insurance, driver's license, and complete a 30-min. volunteer intake over the phone.

There are other ways to support seniors in our neighborhood, short of becoming an "official" volunteer:

- Introduce yourself, or simply leave a note, for your older neighbors. Leave your contact info if you feel comfortable. Many people we



Hamline Midway Elders

By MONICA GALLAGHER
monica@hmelders.org
651-209-6542

talk to are disappointed they don't know their neighbors anymore.

- When you are going to the store yourself, ask an older neighbor if they need something.
 - Even if you are young and healthy, wear a mask in public and take hygiene precautions - you will be indirectly protecting senior neighbors
 - Donate to the rebuilding of Lloyd's Pharmacy or other damaged businesses - links on the Hamline Midway Coalition page.
 - Identify local reliable, friendly, affordable mowing services, favorite handyperson, electrical, plumbing, or housecleaners to add to our Aging Well resource list. These should be contractors willing to accept checks, phone calls, and to complete a background check including references.
 - Be aware of handicapped parking spaces, sidewalks, etc. when you park in the neighborhood. Open doors for those using walkers, canes - or anyone, really!
- Please call our office with any questions or concerns. We remain grateful to serve a community-minded neighborhood!

I can't breathe

I watched his last breath. Millions of people soon would as well. I can't breathe.

He was murdered on my block next to the bus I ride, in front of my children, in front of the world.

I can't breathe. Crowds gathered and my eyes glistened. Glistened with tears, glistened with light from the fires, glistened with hurt and fear and anger.

I can't breathe.

My city was burning, my people were scattering, my world was shattering. Yelling, cursing, crying. In one ear and out the other, or so it seemed. My senses overwhelmed, my grief inexplicable.

I can't breathe.

The haze drifted like fog, blocking the view of the city, clouding the hearts of the oppressed. The unheard were here, they were pleading. I was pleading. Let them be heard.

I can't breathe.



Capturing moments

By ABHA KARNICK

Flowers, thousands, lay on the streets. Graffiti lined the walls of the train and the businesses. "Fuck the 12" "Black Lives Matter" "Society awakens"

I can't breathe.

This is my city. My city. I ache as history again repeats, never letting up as injustice hits the streets. Ashes from the fires settled on lawns and houses, asking to be seen, needing to be seen.

I can't breathe.

When will future history books remove the white-authoritative narrative and choose truth? Oh, Minneapolis.

Oh, Minneapolis. I can't breathe.

Abha Karnick is a south Minneapolis resident with East Indian roots who graduated from Hamline University in 2019. She grew up in the Twin Cities and found her passions in music, photography, and writing. She has pieces published with CAAL, MNAsianStories, and HER Online Journal, and her passion lies in storytelling and finding the moments to capture.

A collection of photos by Abha Karnick from the first few weeks of the protests can be found on the Longfellow Nokomis Messenger Facebook page.

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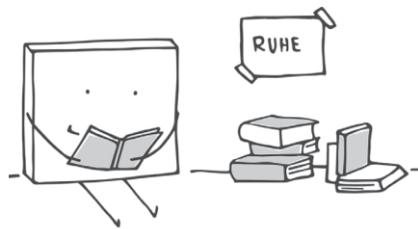
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RATE INCREASE NOTICE

NOTICE OF PUBLIC HEARINGS FOR CENTERPOINT ENERGY MINNESOTA CUSTOMERS

CenterPoint Energy has asked the Minnesota Public Utilities Commission (MPUC) for permission to increase its natural gas rates for distribution service. The requested increase is for about 6.8 percent or \$62.0 million per year. The requested increase would add about \$4.79 to a typical residential customer's monthly bill.

The MPUC may either approve or deny the requested changes, in whole or in part, and may approve a lesser or greater increase than was requested for any class or classes of service.

The MPUC will likely make its decision on our rate request in the first quarter of 2021. If final rates are lower than interim (temporary) rates, we will refund customers the difference with interest. If final rates are higher than interim rates, we will not charge customers the difference.

If you move before a refund is issued and we cannot find you, your refund may be treated as abandoned property and sent to the Minnesota Department of Commerce, Unclaimed Property Unit. You can check for unclaimed property at www.missingmoney.com. To make sure we can send you any refund owed, please provide a forwarding address when you stop service.

PUBLIC HEARINGS

Administrative Law Judge Eric L. Lipman is holding public hearings on the company's proposal. Any CenterPoint Energy customer or other person may attend or provide comments at the hearings. You are invited to comment on the adequacy and quality of CenterPoint Energy's service, the level of rates or other related matters. You do not need to be represented by an attorney to provide comments during the public hearings. To maintain appropriate physical distancing and prevent the spread of the COVID-19 virus, public hearings will be held remotely (over the telephone for audio and over the internet for video). The hearings will begin at their scheduled time and adjourn after everyone has had an opportunity to share comments.

Bad weather? Find out if a hearing is canceled – call (toll free) 855-731-6208 or 651-201-2213 or visit mn.gov/puc.

You can participate in the hearing over the telephone. Or you can watch the hearing (without sound) over the internet. To see the public hearing panelists, and hear what they are saying, you must join the public hearing using both the telephone connection and the internet link. The video on the internet does not include sound from the public hearing.

To listen to the hearing and to be able to provide your verbal comments, follow the directions below to access the hearing over the telephone.

If you are interested in providing verbal comments on the proposed rate increase during the public hearing, you must join the hearing by telephone.

JOIN BY TELEPHONE

An operator will assist you. To watch the hearing over the internet on a computer or smartphone, follow the directions below (video only – no audio).

Date	Time	Call Information
July 28, 2020	1 pm	Phone: (866) 609-6127 Conference ID: 9995165
July 28, 2020	6 pm	Phone: (866) 609-6127 Conference ID: 1145418
July 29, 2020	5 pm	Phone: (866) 609-6127 Conference ID: 8248824
July 30, 2020	6 pm	Phone: (866) 609-6127 Conference ID: 6867206

JOIN BY INTERNET (video only – no audio)

Date	Time	Event Information
July 28, 2020	1 pm	Event Number: 146 794 5570 Event Password, if needed: RPeYSppt428
July 28, 2020	6 pm	Event Number: 146 887 5134 Event Password, if needed: eqHKA33BTN5
July 29, 2020	5 pm	Event Number: 146 550 7231 Event Password, if needed: fhQSC4e3uWV6
July 30, 2020	6 pm	Event Number: 146 900 0371 Event Password, if needed: mtGbCcCF425

Navigate on your computer to: <https://minnesota.webex.com>

If you wish to watch the video stream with audio, you will need to join by both phone and internet. Written comments may also be submitted during the comment period after the hearing. Follow the instructions below in this notice.

Please contact Charley Bruce at 651-201-2251 or charley.bruce@state.mn.us if you have questions on how to participate or have trouble accessing the public hearing using telephone or internet.

YOU CAN SUBMIT WRITTEN COMMENTS TO THE MINNESOTA PUBLIC UTILITIES COMMISSION

Comment Period

Comments accepted through August 21, 2020, at 4:30 p.m.

- Comments must be received by 4:30 p.m. on the close date.
- Comments received after the comment period closes may not be considered.

Online Comments

Visit mn.gov/puc and select the Comments icon on the top menu to go to the Public Comment page, where you will find a list of ways to comment.

U.S. Mail Minnesota Public Utilities Commission, 121 7th Place East, Ste. 350, St. Paul, MN 55101

For assistance in submitting comments, or if you have questions, contact the Commission's Consumer Affairs Office at: **Phone:** 651-296-0406 or 800-657-3782 **Email:** consumer.puc@state.mn.us

Be sure to reference Docket Number 19-524

Important: Comments can be reviewed by the public on the MPUC's website, except in limited circumstances consistent with the Minnesota Government Data Practices Act. The MPUC does not edit or delete personally identifying information or any other information from comments received.

The table below shows the effect of both the interim and proposed rate changes on monthly bills for residential, commercial and industrial customers with average natural gas use.

Customer Type (usage in therms)	Avg monthly usage in therms	Avg monthly bill: current rates	Avg monthly bill: interim rates	Avg monthly bill: proposed rates
Residential				
	75	\$55	\$59	\$60
Commercial/Industrial				
- up to 1,500/year	69	\$57	\$61	\$63
- 1,500 to 5,000/year	249	\$164	\$172	\$174
- 5,000 or more/year	1,519	\$891	\$929	\$919
Small Volume Dual Fuel Sales Service				
- up to 120,000/year	3,896	\$1,709	\$1,783	\$1,752
- 120,000 or more/year	13,901	\$5,861	\$6,092	\$6,092
Large Volume Dual Fuel Sales Service				
	38,836	\$15,298	\$15,796	\$15,968
Large General Firm Sales Service				
	53,808	\$24,796	\$25,644	\$25,804
Demand charge (per Peak Day)				
		3,490		

Note: Figures above are rounded (to the nearest whole number).

EVIDENTIARY HEARINGS

Formal evidentiary hearings on CenterPoint Energy's proposal start on September 9, 2020, and will be held online. The purpose of the evidentiary hearings is to allow CenterPoint Energy, the Minnesota Department of Commerce – Division of Energy Resources, the Minnesota Office of Attorney General – Residential Utilities and Antitrust Division, and parties who have formally joined the contested case to present testimony and to cross-examine each other's witnesses on the proposed rate increase.

If you wish to formally intervene in this case, as a party to the litigation, please contact Administrative Law Judge Eric L. Lipman, P.O. Box 64620, St. Paul, MN 55164-0620.

TO LEARN MORE

CenterPoint Energy's current and proposed rate schedules are available at:

CenterPoint Energy

505 Nicollet Mall, Minneapolis, MN 55402

Phone: 612-372-4727 or 800-245-2377

Web: <http://www.CenterPointEnergy.com/RateCase>

Minnesota Department of Commerce

85 7th Place East, Suite 500, St. Paul, MN 55101

Phone: 651-539-1534

Web: <https://www.edockets.state.mn.us/Efiling/search.jsp>

Select (19) in the year field, type (524) in the number field, select Search, and the list of documents will appear on the next page.

Questions about the Minnesota Public Utilities Commission's review process?

Minnesota Public Utilities Commission

121 7th Place East, Suite 350, St. Paul, MN 55101

Phone: 651-296-0406 or 800-657-3782

Email: consumer.puc@state.mn.us

Anyone with hearing or speech disabilities may call through their preferred Telecommunications Relay Service.



She gets people talking >> from 1

They learn how to recognize racism, and they learn how to organize against it using direct action.

According to Herbert, making sure young people enter into intentional conversation around race and racism is crucial. She said, "People of color have been dealing with the pandemic of systemic racism for more than 400 years. Young people are enraged. They don't have the patience that their parents and grandparents did. Their generation expects things to happen quickly."

She continued, "We have to give them the tools to deal with their hurt, their anger, and their fear. Most of these kids don't have access to quality mental healthcare. How do we keep them from self-medicating with drugs at this time? How will they function with distance learning or with classroom learning in the fall? Will they be ready to take standardized tests when they do go back to school? What words can they find to describe this moment that we're in?"

'When we cry for help, no one is going to save us'

In the Twin Cities, we are living in the past and the present simultaneously. Racial injustice has been happening for years on end but people, especially young people, are reacting to it very differently now – as if a line has finally been drawn in the sand.

Again, Herbert chose

her words carefully. She said, "George Floyd was lynched in South Minneapolis, in what was historically a Black neighborhood. Notice that I said 'lynched', not murdered or killed. This is an important distinction for people of color. We need to be clear with our language."

She continued, "When you see historical photos of lynchings, there's a coldness in the killers' eyes – just like there was in former officer Derek Chauvin's. And the way he had his hands in his pockets, that was a power move. That image reminds us of all the power we do not have. It reminds us that when even we cry out for help, no one is going to save us."

Herbert sees this as the time for changing that narrative. She said, "If you have power, you're likely going to be comfortable all the time. If you don't have power, you're always living with a level of discomfort."

Getting uncomfortable is necessary step toward change

Talking about race and racism makes many white Minnesotans very uncomfortable, but feeling uncomfortable is a necessary step toward change. Herbert, who is from New York City, moved to St. Paul at 17 and graduated from Como Senior High School. She said, "Many Black and Brown people who live in Minnesota aren't from here; they moved from Chicago or Milwau-

"People of color have been dealing with the pandemic of systemic racism for more than 400 years. Young people are enraged. They don't have the patience that their parents and grandparents did. Their generation expects things to happen quickly."

~ Shanene Herbert

kee, or their parents migrated from the South. We're of a different make up. We're a more communal kind of people."

She continued, "With the pandemic, Black and Brown people were relegated to their homes just like everybody else – but because of our communal nature, we may have found it harder. Our jobs are more likely to be threatened by the pandemic, our family members are dying at disproportionately higher rates from COVID-19, and we were doing badly in this country already."

When Herbert looks back at her own evolution as an activist, she knows exactly when it started. Arriving at Como Senior High School as a senior, she signed up for an African and African American Studies class. To her surprise, the teacher was white. When she asked why he was teaching the class, the teach-

Disrupting cradle-to-prison pipeline

The harsh reality is that compared to all other states, Minnesota has some of the worst racial disparities in education, home ownership, and income. Healing Justice Program St. Paul works to disrupt the cradle-to-prison pipeline for Black and Brown youth through anti-racist youth organizing, restorative practices, and coalition building. A strong part of their mission is the Quaker principle of accompaniment or walking together with members of the larger community. ~ American Friends Service Committee website



Youth Undoing Institutional Racism posted this photo on their Facebook page of (You)th Will Rise March participants.

er said, "We don't have a Black teacher here who is licensed to teach it. I wish you would go out and get your degree, and come back and teach this class."

Herbert went on to the University of Minnesota, graduated with a degree in African and African American Studies, and has been working as an educator/activist ever since.

Name and identify

In the aftermath of the uprising, St. Paul and Minneapolis are busy picking up the pieces. Herbert said, "While the buildings can be rebuilt, we are left with the harder job of addressing race and racism where we live. This

work, this emotional labor, is exhausting. I believe that one of the good things that will come out of this time is true honesty, true transparency."

She added, "At Healing Justice Program St. Paul, we will continue to engage youth in the conversation, without talking around or about them. We will continue to help them name and identify what is happening to them."

For more information on the work of Healing Justice Program St. Paul, visit the website of the American Friends Service Committee at www.afsc.org/office/st-paul-minn, or email Shanene Herbert at sherbert@afsc.org.

STAY SAFE MN

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For more information, visit health.mn.gov

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m MINNESOTA

Minnesota Department of Health



This series seeks to put a face on domestic abuse and intimate partner violence. Read past articles on our web site.

You don't have to leave to seek help

>> from 1

Rights and options

Casa de Esperanza offers Minnesota's only 24-hour bilingual domestic violence helpline: 651-772-1611. Staff conduct an intake over the phone to help figure out what assistance is needed. In-person meetings are done at a location the caller identifies as comfortable and easy to access, observed Burns. Sometimes that is in their own house or that of a friend. Sometimes it is at a coffee shop that offers some privacy.

"The role of the advocate is to inform and to advocate," explained Burns. The advocate gives information on options, and helps think through pros and cons. The advocate shares resources and encouragement. "Once a decision is made, our job is to help," added Burns.

"Big picture, we make sure someone is aware of their rights and knows what their options are."

Advocates attend order for protection hearings, accompany people to appointments, and help them navigate the various systems out there.

Staff work within the Hennepin County Domestic Abuse Service Center in the basement of the government center in downtown Minneapolis, and at the Bridges to Safety office at St. Paul City Hall.

Advocates help fill out and get copies of police reports, and offer walk-in hours at the Midtown Safety Center, 2949 Chicago Ave. across from the Global Market. (This office was damaged in the Uprising after George Floyd's death.) They also collaborate with the Mexican consulate, the Immigrant Law Center of Minnesota, and the Tubman Center. They have staff at various



Local and national staff, along with Carmen Yulín Cruz (mayor of San Juan, Puerto Rico), and Teresa Rodriguez, from Univision, who served as the emcee of Casa de Esperanza's 35th Anniversary Gala, Adelante Esperanza in May 2018.

Bridges to Safety

>> Bridges to Safety provides personal and legal advocacy, filing of Orders for Protection, civil legal services, police and prosecution consultation, child care while participants are receiving services, and referral to shelter, permanent and transitional housing, employment, supervised visitation, personal counseling, and other community partners.

>> It is a collaborative of 18 St. Paul and Ramsey County agencies, bound together by a long and successful history of working together and by an interagency agreement.

>> It is located at the Saint Paul City Hall in the heart of downtown, 15 West Kellogg Boulevard, Room 140.

Helpful apps

Casa de Esperanza is developing an app. In the meantime, here are two others to consider:

>> DocuSAFE is a free documentation and evidence collection app recently released by the National Network to End Domestic Violence (NNEDV).

>> VictimsVoice provides a legally admissible way for victims to document abuse incidents in a safe, secure, consistent, and complete manner through an annual subscription. Financial help available. It can't be found in an app store but is available at victimsvoice.app.

high schools, including El Colegio (4137 Bloomington Ave.) and Longfellow High School in Minneapolis, and Agape High School in St. Paul.

Staff operate El Refugio, a 12-person shelter in St. Paul that is open to anyone in the state. While it is one of the smallest shelters in the state, it is part of the Day One network of service providers in Minnesota. They serve about 35 families each year in the shelter, and about 300 families overall through their programs.

Formed in 1982, Casa de Esperanza (or House of Hope) is recognized as the largest, most respected Latina organization in the country focused on ending gender-based violence and is increasing its capacity to respond to sexual assault and human trafficking. Through the National Latin@ Network for Healthy Families and Communities, they offer training and technical assistance across the country; advance public policy initiatives; and lead

community-based research on the intersections of domestic violence and Latina realities.

Casa de Esperanza staff work with clients to identify goals. They base their work on the belief that each person is the expert on their own situation. "I don't know this person that is using abuse against you. You know this person. I'm here to talk through it with you," said Burns.

COVID-19 effects

During the Stay at Home/Stay Safe order, phone calls have doubled, but most people are staying put for now. Domestic violence programs across the state are expecting an influx of calls after the order ends and people go back to work. They know they're not hearing from people who are isolated, and don't have the opportunity to make safe calls.

Calling for help is one of the things that sparks violence, Burns pointed out, and leaving is one of the most dangerous times for

a survivor and children.

Some are using COVID-19 as a threat against their victims, which includes refusing to exchange children, and exposing others to the virus. Some threaten that if a call for help is made, they'll say they have coronavirus so that no one will come assist the survivor.

If you're experiencing physical abuse or property damage, Burns encourages you to take a photo and send it to a safe location such as a Google drive or a friend, and then delete it from your phone.

Police reports can be filed after the fact, and having evidence of scratches, bruising or damage can be part of that.

They can also be used when filing an order for protection (OFP), used when there is a romantic relationship past or present, the parties live together, or share children together. Another option is to file a harassment

YOU DON'T HAVE TO >> 9

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A Community & Technical College

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This document is available in alternative formats to individuals with disabilities by contacting the Director of Access & Disability Resources at 651.846.1547 or AccessResources@saintpaul.edu. Saint Paul College is an Equal Opportunity employer and educator and a member of Minnesota State.

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Midway • Como • Fogtown

Sign up on our website www.MonitorSaintPaul.com

TIP: Get word out about your GoFundMe and talk about how you're rebuilding and fixing your business up so the community knows how to support you.

YOU DON'T HAVE TO >> from 8 order, which has broader criteria than an OFP, or a No Abuse order.

Burns stressed that even with the Stay at Home/Stay Safe order, people can still seek shelter, and domestic violence programs are still operating across the state. Casa Esperanza has a webpage devoted to COVID-19 resources.

Organizations are partnering with hotels to offer more social distancing and to boost the capacity.

One of the most common things an abuser does is isolate a victim and block their ability to connect with friends and family, so Burns urges people to reach out to someone they haven't heard from in awhile to check in.

'All of us know someone'

"Statistically all of us know someone in an abusive relationship," said Burns.

Domestic violence impacts all cultural and ethnic groups at the same rate of 28-33%, Burns said. "It looks different in every culture and country."

For Latinas in the Twin Cities, domestic violence often has a component associated with the threat of deportation. "There are a lot of misconceptions about people's rights, even when people have legal status and are doing everything according to the books," said Burns. "There are a lot of fears and stories," some related to the historic trauma migrant workers have experienced in Minnesota.

Language is also a barrier. Asking for help is hard, and asking for help in a language that is not your native language makes it even tougher. "The legal system across nations looks really different," Burns observed, and many refugees come with a distrust of state institutions. Many people don't know what their legal rights are, and don't know that some things are basic human rights.

Domestic violence is a pattern of coercive, controlling behavior that can include physical abuse, emotional or psychological abuse, sexual abuse, or financial abuse. Some abusers are able to exert complete control over a victim's every action without ever using violence or only using subtle threats of violence. Domestic violence is a pervasive, life-threatening crime that affects millions of individuals across the United States regardless of age, economic status, race, sexual orientation, gender identity, religion, ability, or education level.

In a 24-hour survey, NNEDV found that U.S. domestic violence shelters and programs served 74,823 victims and answered 19,459 crisis hotline calls in one day alone. ~ Information from NNEDV



"People are able to seek protection under the law regardless of immigration status," Burns said.

Why don't they just leave?

"There's not one specific reason," stressed Burns. It's a combination of factors.

Finances are one barrier, especially in an economic crisis when unemployment is high. "The idea of picking up and leaving - especially with children - may just be unrealistic," she pointed out. Within the Latina community, many people are already working two to three jobs to make ends meet. Plus it is often still expected that a woman will stay home, so she will need to build a whole new skill set to be formally employed. That might include language access, education and training - which costs money to get. Many Latinas had high-paying jobs in their home countries but can no longer work at those in the United States because they have to re-earn their certifications.

Throw in kids, school, and activities on top of the low-paying job and it can be very difficult. A two-bedroom apartment at market rate is \$1,100 a month, and to afford that a person needs

to make a liveable wage of \$19 an hour.

Women don't leave because things are not black and white, and there's a lot of gray matter, Burns observed.

"Life is complicated. Abusive relationships are not abusive all the time."

The partner who uses abuse isn't always like that, she stressed. It isn't that every minute has been miserable. There are genuine good times. So, the good memories and the idea that the person can change keeps women in a relationship. "We all have a desire to love and be loved. It's normal for a person to be torn," she said.

Burns continues to believe that people who use abuse are capable of change - if they want to and it is self-initiated.

That said, she thinks people instinctively know that leaving will be very dangerous, and they recognize there will be consequences to splitting up.

"A survivor once told me: 'The physical stuff, the bruises go away with time. What someone has said does not,'" remarked Burns.

Women are told, "You are too dumb to learn English. No one else will ever love you. I'll kill

you if you leave."

This emotional and verbal abuse, along with the physical, financial, and sexual abuse, also work against a survivor when they try to leave.

What is abuse? "It's power and control over another person," explained Burns. Much of this is achieved through fear, intimidation and threats. They may be told if they don't stay, their vehicle will be damaged. The partner may punch holes in the wall so that the other has to pay the damages, which affects their financial well-being and ability to get another apartment.

Those who do leave often suffer post-separation abuse when the children are used to manipulate and threaten the other parent. The person who uses abuse may also turn the extended family and church community against the survivor so that they are cut off from support and resources. They may harass them at work, via social media, through cyber stalking, and through text messages. Because

they are co-parenting, the survivor can't block the abuse.

You don't have to leave to seek help

Casa de Esperanza staff are mythbusters.

One of the most common swirls around the idea of "abandonment." If someone leaves the home in Minnesota, they will not suffer any consequences associated with "abandonment," which is common in other countries, said Burns. In Minnesota, property is owned jointly by both married parties and remains that way even if someone leaves.

On the other hand, if a child is born to an unmarried couple, the mother automatically has full legal and physical custody.

Those who don't want to get divorced for religious reasons can opt for a legal separation instead.

And maybe the biggest myth is that people don't have to leave a relationship to seek help.

More at casadesperanza.org or call the 24-hour bilingual helpline at 651-772-1611.



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'Minnesota must stand on the right side of history'

Q&A with Otis Zanders

By ELENA VAUGHN

Otis Zanders has had enough. As the CEO of Ujamaa Place (1821 University Ave. W. #187, St. Paul), an organization that serves the most marginalized population in society, African American men, aged 18-30, he serves on the front lines of the war on injustice by helping men navigate systemic poverty and racism, connection to the criminal justice system, homelessness and unemployment.

What is the current situation as you see it?

Our nation has been in crisis for decades. George Floyd's murder was where the world said enough is enough and [it] happened at a time when the world was stood still from the shock of the COVID-19 pandemic.

Why are we here? What factors brought us to this point in time?

Our hearts are broken from the generational trauma and human rights atrocities that our people have suffered for 400 years since the recording of the first slave ship's arrival in the U.S. We must allow the voices and

strength of our ancestors to guide us through these unprecedented times and the challenging waters ahead.

How can white people support the Black Lives Matter movement? Can you define what "ally" means to you?

Allies can support us by denouncing racism and inequality in all forms. An "ally" is a human being. There is one race, the human race.

What needs to change in Minnesota to address the systematic racism?

NOW is the time to strategize ways to confront systemic racism in every form of injustice that exists in Minnesota. We have to change. History is being written that will teach future generations that freedom and equality is not a given. We must fight for it. Starting NOW, Minnesota must stand on the right side of history.

What is your reaction to the peaceful protests and the looting?

As the son of sharecroppers from the Mississippi Delta, I witnessed firsthand at a very young



Ujamaa Place CEO Otis Zanders

age the clear connection between the legacy of slavery and American Capitalism. Today as a husband, father, and CEO of Ujamaa Place, I still see the ways in which the legacy of slavery lives on through systemic racism and plays out in the everyday lives of African Americans.

We pray that the solidarity we are witnessing from around the world is a sign that we are collectively ready to pluck the ugly root of systemic racism for good.

We regret that it took the murders of George Floyd, Philan-

do Castile, Eric Garner, Ahmaud Arbery and countless others for people to finally be fed up. We stand on mighty shoulders that taught us freedom and justice is not a given, and that we must continue to teach each generation to fight for equality.

Watch the YouTube video of Dr. Martin Luther King, Jr. explain why people protest, "A Riot Is The Language of the Unheard." There is no enjoyment derived from watching a city burned or looted.

In 1968, Martin Luther King asked "Where Do We Go From Here: Chaos or Community?" How do you see the impact of these protests carrying on King's legacy? Where do we go from here as a community?

The world witnessed George Floyd take his last breath as the knee of a white police officer lay on his neck restricting his airways, with members of the community pleading for his life. This was a reminder that we are not yet FREE from the bonds of slavery. The institution of slavery and its byproducts - racism, inequality, poverty and injustice are alive and well in our society today. This is why at Ujamaa Place, we focus on teaching our men to navigate systems of racism and ways to eliminate roadblocks that perpetuate inequality.

Briefs

Hiway to open Roseville branch

A new credit union with optional self-service technologies and a coffee shop will open next year in Roseville. Hiway Federal Credit Union broke ground at 2471 Fairview Ave. N. on June 25, 2020. "We offer great digital services that allow our members to do so many things remotely, but we continue to hear that they'd like to see more locations," said Hiway President and CEO Dave Boden. "Even in our digital age, people still want that face-to-face, personal service."

JAUM welcomes new leader

Gina Blayney retired on June 30, after a 30-year career with Junior Achievement (1745 University Ave. W.), 15 of those years as President & CEO of Junior Achievement of the Upper Midwest (JAUM).

Blayney's successor, Sara Dziuk, assumed the role of President & CEO of JAUM on July 1, 2020. Blayney and her husband will remain in the Twin Cities. They also are very excited to spend more time with their children and grandchildren.



Sara Dziuk

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CHAUNTYLL ALLEN'S BIG WORK

>> from 1

July 10, one in front of Shiloh Church in North Minneapolis and the other along Maryland Ave. W. in the North End of St. Paul.

As she passed out flyers for the community rally and take-over the week prior at the Holiday on Rice St., she saw a man chasing two females around a car with a gun. Allen walked over to try to deescalate the situation. The man was trying to get his stolen car and tools back. Eventually, he left, still angry. Allen hopes to reconnect with him, and raise money to replace his tools and fix his ignition. She pointed out that his anger hasn't gone away. Things haven't been resolved, and the cycle will continue.

Marching down Maryland is an intentional move, one meant to support the family of 21-year-old Marquez Perry-Bank who was gunned down in the middle of the day on Friday, May 3, 2019 in the parking lot of the Maryland Supermarket at 444 W. Maryland Ave.

Allen was working at Como Park Senior High School last year, and was with Marquez's sister when she saw the live feed of her brother dying. "I happened to have her mom's phone number in my cell, so I picked up my phone and called her," recalled Allen. "She was in a panic." They helped her figure out what to do with her daughter while she was dealing with the murder of her son.

This is what public safety can look like, according to Allen. What would the school resource officer (SRO) have contributed to the situation?

The Como SRO isn't a bad guy, said Allen. "His salary costs so much. We could have two or three of me."

If they would have needed

to deescalate things and hold a kid down, it isn't going to be in the style of a police officer. It will be in the style of love with a hug, said Allen. "If you're stronger than me, two of us are hugging you. We want that style of response as opposed to a police-officer-pin-you-down style of response."

An SRO isn't going to be part of the healing process for this family and offer continued support, Allen pointed out. She was part of the effort to help the Perry family pay for a headstone for Marquez, and just saw his sister last week. The family is still waiting for his body to be released.

Recently, Allen lent her support to a group of teens from Central High who asked the St. Paul School Board to remove police officers from their schools. The board agreed on Monday, June 22 on a 5-1 vote (with John Brodrick against) to remove the officers in high schools, stop contract negotiations with the city and develop a new safety plan. They join Minneapolis and Winona, Minn. in this shift. It's a move that was a long time in coming, according to Allen.

Goal: create a village

The kids Allen worked with at Ramsey Middle School are about 20 now. "Some heard what I was saying but they're trying to find their own way," she said. "The bottom line is gun violence has plagued them. What is the start of this gun violence occurring? It was the lack of village in our community."

Folks are scared of little kids, she observed. They don't want to insert themselves and redirect.

"I am not that person," remarked Allen.

When they see Allen walk up, the kids pull up their pants, get themselves together, and talk



Marea Perry marches in the Guns Down, Love Up event in St. Paul on July 10, 2020. (Photo by Thaiphay Phan-Quang)

to her about the trade school they're considering. She wishes the whole community had this level of expectation for kids. But it needs to be tempered with the understanding that kids need access to resources, she pointed out. Some need help filling out applications. Others need financial assistance.

At her second job, working with Learning Dreams at the University of Minnesota, Allen does street outreach centered around talking to kids about their dreams, and helps figure out what steps they need to get there.

Allen thinks the K-12 push towards four-year degrees has been lacking and resulted in many kids disengaging from school. Not everyone wants to get a four-year degree nor do they need one to get a good job. They may not want to go in the corporate world and fight white supremacy for their whole lives, she observed. Ask the kids what success looks like for them.

Allen said she has seen many Black teachers, paraprofessionals, and leaders leave the St. Paul School District due to its unaddressed internal racism. Those folks are now leading the way in districts like Roseville, St. Louis

Park and Robbinsdale. She's also watching Black students get pushed out to charter schools.

Allen took a \$20,000 pay cut to serve on the St. Paul School Board. She had to step down at Como in order to run.

It's part of her goal to create a village.

Allen wants to see the "poverty pimps" cut out. Towards that goal, she's encouraged the city to cut ties with those who aren't really helping and put their money into programs that support kids. She supports sports programs, as they give kids a team to be part of, which also helps keep them safe because then they're known for being a baller and left alone.

She's watching to see how the Healing Streets Project performs this year after receiving funds from the city. Allen supports the Community Ambassadors Program of the North End, Midway, East Side and Frogtown - those folks wearing green shirts who work both in and out of schools.

"They don't have to call the police when they see someone acting up," said Allen. "They can call the auntie."

Big work

Allen graduated from Central High School, and earned her degree in African American students and psychology. She worked for 10 years in child protection services (CPS) before switching to schools. She's a fourth generation Rondo resident, and her mom is trying to figure out where to buy groceries and household items right now after the closure of shops in the Midway. She remembers when there was a bowling alley in the Midway, because that's where they had family nights, and she wishes there was a movie theater now.

"The goal is to create a village to save my community," she said. "No one is stepping up to do the work."

So she decided to. She is approaching it in an interconnected way, supporting individual families, making changes within the city and school district, organizing rallies, helping distribute funds through the Neighbors United Funding Collaborative, and pushing for the interruption of systems like CPS.

"It's a process. It's big work."

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{ Development Roundup }

By JANE McCLURE

Keystone eyes University Ave. for new food shelf site

As more people need help with food, Keystone Community Services plans a new community food site to replace aging facilities in Iris Park and North End neighborhoods. The land use committee for Union Park District Council (UPDC) voted unanimously June 15 to support Keystone's efforts to get a new \$5.8 million facility built.

The project June 24 received a \$100,000 Metropolitan Council Livable Communities Demonstration Account-Transit Oriented Development pre-development grant.

Keystone also has a request in to the Minnesota Legislature for \$1.5 million to acquire property along University Ave. The state funds would be used to purchase property and do pre-design work. The second phase of the project would be to construct the new facility.

Keystone is looking at a potential site in Union Park's planning district, with about 20,000 square feet of space. The Metropolitan Council application indicated the site could be near the Green Line light rail Lexington Station area.

The social services agency recently conducted strategic planning and extensive community engagement processes, during which it was determined that a new centralized food distribution center should be along University Ave. The need for an improved food site was heard over and over again.

"Our two sites are bursting at the seams," said Mary McKeown, Keystone's president and CEO. The Iris Park food shelf at 1816 University Ave. is in a former storefront. The Rice Street facility at Rice and Arlington occupies part of a former

heating and cooling business. Both buildings are showing their age.

Both facilities lack private space to meet with clients. Neither space holds more than half a dozen volunteers at a time. A new site will allow Keystone to serve more than 43,000 people each year with food, emergency assistance and connections to resources. It will also provide needed space for volunteers and for clients.

Keystone operates the largest food distribution program in the east metro area. Its location at 1916 University Ave. opened in the mid-1980s, moving there from a small food shelf at the Merriam Park Community Center.

Keystone also operates two Foodmobiles, which stop at more than 30 targeted, high-demand locations. The second Foodmobile began operating in the spring.

Modern food shelves allow customers to shop and pick the foods they want, from the selection on hand. Efforts are made to provide culturally-specific foods for customers to choose from.

In 2019, Keystone helped almost 12,000 low-income households with food shelf and crisis assistance support. That breaks down to the equivalent of 166,080 bags of groceries.

Keystone in 2019 provided 27,000 people with food shelf support, a 9.5% increase over 2018. Overall, Keystone provided services for 37,544 people. Keystone has facilities and West Seventh and Merriam Park community centers, and through a bike shop and technology workshop in Selby Ave.

Grants award for development

The Metropolitan Council awarded \$3 million in polluted-site clean-up grants and \$500,000 in additional grants that promote re-



The new Keystone Foodmobile II has more storage space and the capacity to serve 50% more people at every distribution, bringing shelf stable, fresh, refrigerated and frozen food to everyone. The organization is doing drive-through food distribution events, and started offering Free Farmers Market In A Bag in July.

development and economic opportunity in the region. The grant awards are through the Livable Communities Program.

Through the region, the latest round of grants will help clean up 33 acres, create or retain more than 600 full-time jobs, increase the net tax base by nearly \$2.4 million, help to produce and preserve more than 1,200 homes, including 767 affordable homes, and encourage millions more in private investment.

Information on grants for Midway Center redevelopment and the Keystone Community Services food shelf project appear elsewhere in this issue. Another clean-up grant went to developer Reuter Walton. The \$111,800 will be used for clean-up on a 3.2-acre site that currently houses four vacant buildings and surface parking, at the northwest corner of University and Fairview avenues. The development will include 280 affordable apartments with 2,440 square feet of commercial space with underground and surface parking.

Grants obtained through Metropolitan Council go through an application and approval process with the city. The St. Paul City

Council in June voted to accept grant funding for the 1222 University Ave. project, which would turn a former casket company into 62 affordable apartments.

The city council also voted in June to apply for more grants including \$500,000 for the Reuter Walton project.

Kimball Court assistance

The COVID-19 pandemic has added expenses for low-income housing providers, including expenses related to additional cleaning and property management. The St. Paul City Council, acting as the Housing and Redevelopment Authority (HRA) Board, unanimously approved operating reserves assistance for Kimball Court.

Kimball Court is a 76-unit congregate/single room occupancy property with 54 single-room units with shared bathrooms and 12 single-room units with kitchens located at 545 Snelling Ave N. It houses single adults who have experienced homelessness, and is owned and operated by Beacon Interfaith Housing Collaborative. Beacon acquired the property in 2011. It was previously owned and operated by Amherst H. Wilder Foundation.

The project doesn't generate cash flow. With its shared space, it also poses increased health risks during the pandemic. Residents face elevated risks of becoming sick, as many have underlying health conditions or disabilities.

Current tenants in some units may be unable to meet their rent obligations due to the economic impact of the pandemic. At the same time property owners may experience increased operating costs related to increased cleaning and other health measures. Federal Housing and Urban Development (HUD) officials are allowing projects like Kimball Court to set up capitalized reserves to preserve the financial viability of the housing.

The city is providing a \$92,750 forgivable loan to fund the property's operating deficit.

Vote in party primary election Aug. 11

Absentee voting is available through Aug. 7 in the party primary elections. To vote in person:

- Weekdays 8 a.m.-4:30 p.m. at the county elections office, 90 W. Plato Blvd.
- Weekdays 10 a.m.-4 p.m. at the Ramsey County Library in Roseville, 2180 Hamline Ave. N.; or at the New Brighton Community Center, 400 10th St. NW.

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There is also the option of printing the application form out and mailing it.

{ Monitor in a Minute }

By JANE McCLURE

Two bike projects roll ahead

Two area bicycle facilities improvement projects won St. Paul City Council approval June 17, along sections of Fairview Ave. and Territorial Rd. The improvements will be made later this year in conjunction with street mill and overlay projects. After the street sections are resurfaced, the signage, bike lanes and markings can be added.

The Fairview project extends between Minnehaha and University avenues. The street will be restriped to add bike lanes and narrow the vehicular traffic lanes. In a stretch north of Charles Ave. to Minnehaha, west side parking will be removed. About three dozen parking spaces, which aren't extensively used, will be eliminated.

The Territorial Road project extends from Berry St. to Raymond Ave. Bike lanes, signage and street markings will be added, and vehicle traffic lanes narrowed. About three-fourth of the project area's 110 on-street parking spaces will be removed.

Fairview's project area carries about 7,750 motor vehicles per day. The Territorial Road project area carries 5,500 to 6,000 vehicles per day.

The council received non objections to the Fairview project, and only one objection from a business owner about the Territorial Road work. The objection centered on loss of parking.

Supporters of both projects cited the need for both projects. Fairview was called out as providing an important north-south connection to area neighborhoods.

Conversion therapy banned

Conversion or reparative therapy for minors is banned in St. Paul, with unanimous approval June 17 from the St. Paul City Council. The controversial practice, meant to change a person's sexual identity or gender expression, has been compared to torture by opponents. The practice has support from conservative groups but is opposed by many medical organizations including the American Medical Association, American Psychological Association and American Academy of Pediatrics.

The hearing marked the first time since the COVID-19 pandemic began that the council could hear speakers testify rather than reading written testimony. In-person hearings ended in March with the onset of the COVID-19 pandemic, so testimony was presented electronically.

City council members heard support for the ban from mental health professionals, a parent and someone who is a survivor of such therapy. Opponents of the therapy contend that it can cause lasting psychological impacts. No one spoke in opposition to the ban.

St. Paul city leaders have called for a statewide ban, but that effort stalled during the regular session of the 2020 Minnesota Legislature. St. Paul joins many other cities and states with bans in place. Minneapolis and Duluth last year passed similar bans.

It's not known how many conversion-therapy practices exist in St. Paul. The LGBTQ advocacy group OutFront Minnesota has indicated there are several practices around the state.

The St. Paul action prohibits its licensed medical and mental health professionals from practicing conversion therapy on anyone under age 18. The ban will be enforced by the city's Human Rights and Equal Economic Opportunity Department. Violations could incur fines of up to \$1,000.

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Como Hamline Midway

Former principal says goodbye

A leadership change has occurred at Como Park High School. Stacy Theien-Collins resigned from her position as Como's principal and accepted the principal's job at Richfield High School.

Kirk Morris has been selected as the new principal for Como Park High School. Morris has served St. Paul students as a classroom teacher, coach, assistant principal, and has been the principal of Benjamin E. Mayes IB World School since 2014. He is transitioning into his new role and is looking forward to working with the Como community.

For Ms. Theien-Collins, departing St. Paul is difficult. She spent seven years as a principal within the school district's "Area E" neighborhood secondary schools (five years as principal of Murray Middle School and two years leading Como).

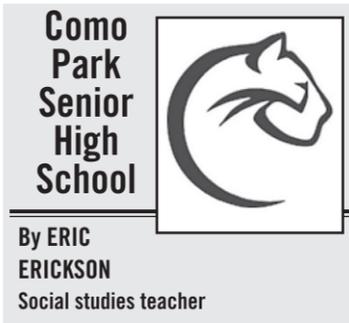
To share more perspective about the change, Ms. Theien-Collins responded to the following questions.

Why are you taking the Richfield High School principal position?

It is important for the community to know that this was absolutely not a push out of Como. I expected to finish my career staying a part of this strong school community. A community with supportive families, professional staff and top-notch students. I have very personal reasons that I have accepted the next challenge in my career and will grieve the loss of my Area E family. I do truly believe we created a community, both at Murray and at Como that feels like a family and the next principal will continue the important work for our students.

What have you enjoyed about your time as principal of Como?

There is much in my career that I am proud to have been a part of and I can honestly say that being a small part of Como has been a highlight of my career



By ERIC ERICKSON
Social studies teacher

so far. It is a school community that focuses on students, goes above and beyond to support students with programming inside and outside the classroom at the highest quality levels - a student wants to try something new and there is an adult in our community that will support it - every single time. I have been in education for 30 years, and I can honestly say, that the students and staff at Como are among the best. They will change the world. I cannot wait to hear about the continued success.

What does the Como and Murray community mean to you and what are its strengths?



Kirk Morris (at left) has been hired as the new principal of Como Park High School replacing Stacy Theien-Collins. She is leaving for a position as principal at Richfield High School.



The strengths are many. What rises to the top is students are welcomed for who they are and where they are. There is definitely work to do, but I really believe that the opportunities for students are within the walls of Como and Mur-

ray because of the caring staff and the supportive community. I want to express my gratitude to the community for supporting me for seven years and more importantly sharing your children with us. It truly has been an honor.

Five new board members, four re-elected

With record participation, District 10 residents elected five new members to the Como Community Council board, and re-elected four members in voting that ended June 16. All voting this year was absentee, either through mail ballots or online voting.

In all, 275 community members voted; that's more than double the highest number who voted in recent years, when elections were restricted to in-person voting at the district council's annual meeting. Because of state restrictions on public gatherings during the pandemic, the district council changed its bylaws to expand voting options in 2020. Elected to two-year terms:

Vice-chair: Olivia Morawiecki (Olivia previously was an At-Large board member)

Treasurer: Mike Ireland (re-elected)

At-Large: Melissa Brannon* (newly elected) and Jill Henricksen (re-elected)

Sub-District 1: Rebecca Calvo (re-elected)

Sub-District 2: Dan Edgerton (newly elected)

Sub-District 3: Jenne Nelson (newly elected)

Sub-District 4: Rachel Bowers (newly elected)

Also, Bob Jacobson was newly elected to fill the remaining 10 months of a vacant seat in Sub-District 4.

See our annual report: Because District 10's annual meeting took place remotely this year, board members recorded their annual report. Go to the Board News section of the Community Council's website to find the link. It's a roughly 20-minute video summarizing the past year's accomplishments and challenges, and the next year's goals.

Trail work at Como

Cancellation of the State Fair has at least one benefit: It opens a window for Saint Paul to rebuild all of Como Ave. this summer, between Hamline Ave. and the Raymond/Cleveland intersection.



Olivia Morawiecki



Jill Henricksen



Rebecca Calvo



Mike Ireland



Dan Edgerton



Jenne Nelson



Rachel Bowers



Bob Jacobson

Originally, work was going to be split between 2020 and 2021. Now, construction is scheduled to begin in July and finish by the end of October, says project manager Don Pflaum. Trees will be planted in spring 2021.

The reconstruction includes building the Como Ave. Trail along the entire 2.5-mile stretch on the north side of Como. The off-street trail for bicycles and pedestrians is part of the Saint Paul Grand Round. Federal funds are paying for much of the work. Reconstruction also includes sewer work and reconfiguring much of the road itself:

- Hamline to Snelling: On-street bike lanes will be eliminated, and the road will narrow. Otherwise, things remain functionally as they are now: parking on both sides of the street, and one vehicle lane in each direction.

- Snelling to the Transitway: The road will narrow and be reconfigured to handle one vehicle lane in each direction, a center turn lane, and an on-street bike lane in each direction. During the two weeks of the State Fair, this stretch will be restriped to handle two vehicle lanes in each direction, similar to what occurs now.

- Transitway to Raymond/Cleveland: The street will remain pretty much as it is now: one lane of vehicle traffic in each direction, parking on each side of Como,

and an on-street bike lane in each direction.

Beyond repaving parking lots

Better routing of pedestrians and bicycles near the Como Lakeside Pavilion is among initial ideas on the table when Parks and Recreation rebuilds parking lots near the pavilion and golf course next year.

Project manager Anne Gardner and her Parks and Recreation colleague, Cheeneng Yang, unveiled initial concepts for parking lot reconstruction during District 10's Land Use Committee meeting July 1. While rebuilding the three lots, Yang and Gardner say, they hope to do more than bring lot design, stormwater management, and traffic flow up to modern standards.

One idea does a better job of separating cyclists, pedestrians, and motorists near the pavilion. The separation would occur in the stretch from where paths now converge south of the pavilion (near Schiffman Fountain) to where paths converge north of the Pavilion (near Como Lake Drive and Lexington Parkway).

Existing paths closest to the lake would be for pedestrians only. Cyclists passing through would ride on the newly repaved, two-way path along Lexington. Cyclists visiting the pavilion would take a new, two-way path

District 10 Como Community Council

By MICHAEL KUCHTA,
Executive Director
district10@district10comopark.org



add your comments and suggestions - at District 10's website: www.district10comopark.org

Think you know neighborhood?

Como Community Council has created a Como Scavenger Hunt. This family friendly activity helps you discover our neighborhood (past and present); get some fresh air; and exercise your body and mind along the way. There are two hunts: one east of Lexington, one west of Lexington. Download the lists: www.district10comopark.org/you_think_you_know_your_neighborhood.html

* Editor's note: At press time, a photo of Melissa Brannon wasn't available.

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I AM SOMEBODY

Maxfield students, teachers wrestle with COVID-19, George Floyd's murder

By CHLOE PETER

School happening remotely has impacted students and families with more than just technical problems.

Maxfield Elementary School, 380 N Victoria St. in St. Paul, has a food pantry on site for students and families in need. They collaborate with Saint Paul Promise Neighborhood, an organization that works with families and students in the Frogtown, Rondo, and Summit-University neighborhoods to support their needs and approach the gap between education and opportunity.

Maxfield provides dental care, extra clothing, counseling, social work and mental health care to students and families. All of these have been greatly impacted by COVID-19.

"Some families lost employment, so access to healthcare became more challenging, access to food became more challenging. We've seen the current unemployment crisis that we've had in the city and our community, which was just exasperated by the pandemic," said Maxfield Principal Ryan Vernosh.

During school hours, Maxfield Elementary would normally be bustling with 300 students going in and out of the library, gym and classrooms. Teachers

would be preparing for another day of classes. Their rooms filled with colorful banners and encouragement for the students. But, for the last four months of school, the halls were mostly empty. COVID-19 had drastically impacted what Maxfield, and all schools around the state, looked like in their last stretch before summer break.

Four days to restructure

Vernosh has been principal at Maxfield Elementary School for three years now. He's overseen budgets and paperwork. He supports the students and staff - and makes sure they are doing well socially, emotionally, and academically. He's never had to deal with something like this before. Maxfield was tasked with changing an entire learning environment in just four days.

"Our staff really rose to it and we did the best that we could to connect with our kids and keep them learning and supported," Vernosh said.

The staff had meetings on a weekly basis in order to stop and assess how online learning was going, and to make any changes they felt was necessary for their students. St. Paul Public Schools has a one-to-one iPad policy, so everyone had access to online



Maxfield Elementary School Principal Ryan Vernosh had just four days to lead Maxfield into a completely different learning environment. AT RIGHT The poem 'I Am Somebody' is said each day by Maxfield Elementary students to encourage them through their day. (Photo submitted)

classes. The district provided hot spots for families without high speed internet, although, they still had many technology issues. Professionals came in for classes in order to instruct the teachers on how to use Schoology and Seesaw, two online learning platforms, to their full advantages.

They also had educators' workshops and presentations. During these workshops, teachers presented what was working and what wasn't to other educators around the school. Each teacher visited at least three other presentations in order to get ideas about how to better their online classroom. But, it was still difficult to keep students engaged with online learning.

"You just can't mimic in person instruction," Vernosh said,

I Am Somebody

I am Somebody!
I am capable and loveable.
I am teachable,
therefore I can learn.
I can do anything if I try.
I'll be the best that I can be.
Each day,
Each day,
Each day,
I will not waste time.
Because it is too valuable
And I am too precious and bright.
I am somebody.
I am somebody.
I AM SOMEBODY

"Our teachers did the best they could to carry on instruction, but it's just not the same."

Cocreating safe places

Vernosh wanted Maxfield to continue being a safe space for both staff and students to come to. Especially after the murder of George Floyd two weeks before school ended, students began to have more questions. The St. Paul Public School District sent out information in order to support teachers, and to help guide them through questions students may have or how to go about explaining the events happening. The staff had many conversations about how best to create a community of support for their students. They needed to keep things grade appropriate, as well.

Kindergartners may understand less of the situation than a fifth grader.

"Our kids are aware of what's going on whether it's COVID or the murder of George Floyd," Vernosh said. "Part of our role is to listen and be supportive; to cocreate a safe space for our students and families to be able to process these things."

Maxfield aimed to never shut down a conversation that brought up any questions about COVID-19 or the murder of George Floyd. In order to fully create this safe space, the school implemented things like a restorative morning circle. This was a time where students could sit and express themselves. It also included guiding questions, activities, or a review of what lessons would be taught that day. The school wanted to focus on community building along with mindfulness for the students. Through the Cultural Wellness Center, an organization that helps communities solve problems that come due to loss of culture, the students take African drumming and dance classes in order to make sure students see their culture in each area of the school.

"If our students don't feel seen and heard and loved, learning is not going to take place," Vernosh said.

They have a call-and-response over the intercom each morning to let students know that they are here and being heard. This daily affirmation poem, "I Am Somebody," is said to remind the students that they are teachable, loveable and capable.

A lovely justice day at 6 feet apart

These lyrics were jointly written by Megan P, Deon H. and Melvin G. The song is a tribute to Bill Withers.

When I wake up in the morning light
I think about my day.
Two pandemics on my mind,
I start to lose my way!
Particularly, at 6 Ft. Apart Away

Then I try to think
Of all the things I'm grateful for:
Sun is shining bright,
My garden's right out my door...
And, I start my day! It's gonna be

A lovely day (repeat)

When the day that lies ahead of me

Peace bubbles

By MELVIN GILES
peacebubbles@q.com



Seems impossible to face
When someone else instead of me

Always seems to know the way
Even at 6 Ft. Apart Away

Then I look at you
And, the world's alright with me
Even when it's tough-out..
We can hold each other up
On this lovely day

A lovely day (repeat)

A cry for change is blasting now!
George Floyd's death is at the core.

Six feet apart seems trivial,
But covid's too big to ignore.
We all have to do our part

Then I start to think...
How do we navigate this fray?
Open up our hearts & listen to understand!

Do not look away!
It's still a lovely Day

A lovely day (repeat)

The time is NOW to make big Change,
It's long overdue!
It's like defying Gravity -
We need to push through!
Even at 6 Ft. Apart Away

The need is to Unite
Together in Minds and Hearts
We need to wear our masks,

At 6 feet apart
Yes, this is the WAY to...

A lovely day (repeat)

When this hate seems like a guarantee
It's hard to catch a breath
We must now remove that knee
We need to take a stand together
Yes, even at 6 Ft. Apart together

More are waking up
Black Lives Matter, can't you see

We'll demand and claim
A world where all can see
A LOVELY JUSTICE DAY

A lovely day (repeat)

View a video of new lyrics on the Urban Farm & Garden Alliance (UFGA) site on July 21.

View a video of original song at <https://www.youtube.com/watch?v=wEZ0yh9BVk> {LOVELY DAY Bill Withers (instrumental with text)}.

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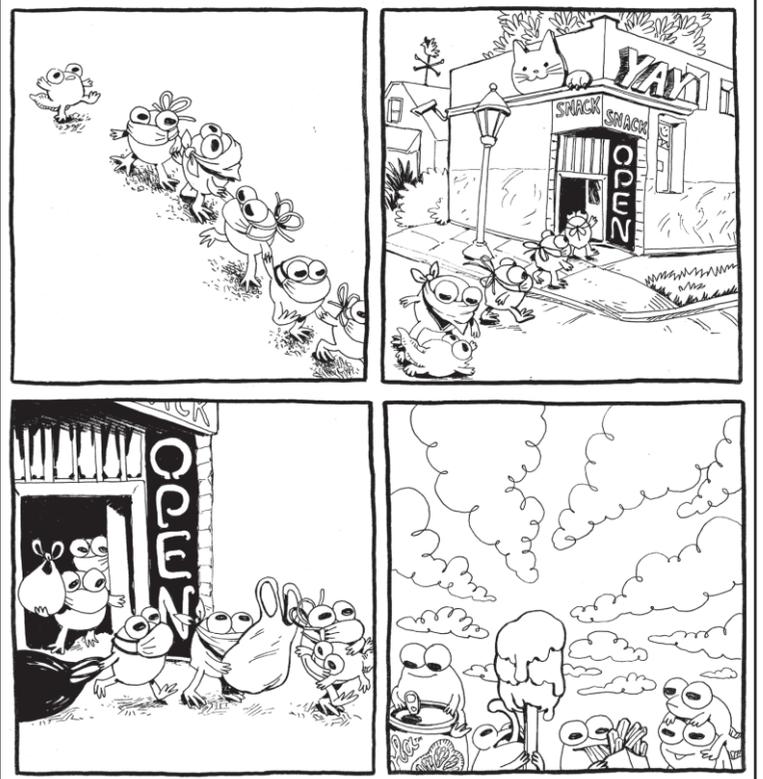
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- Free breakfast & lunch available
- Special education services
- English language learning services
- School culture that emphasizes relationships, community building, leadership and character growth.

Frog Food by Z Akhmetova



Fireworks complaints rise sharply

If it makes noise or flies, it is illegal in Minnesota

By CHLOE PETER

With COVID-19 still prevalent in Minnesota, most community fireworks were cancelled throughout the Twin Cities. However, fireworks have still been lighting up the skies with loud booms and cracks echoing off of neighborhood houses. Nationwide, illegal firework use went up 11 percent in the last few months of quarantine, according to Patricia Lammers.



Patricia Lammers has been a Crime Prevention Coordinator at the St. Paul Police Department for three years. This year, the Police Department has seen more than double of its fireworks complaints since around the same time last year.

Last year, the St. Paul Police Department received 191 complaints about fireworks from June 1 to June 30. This year, in the same time span, they received 664 firework complaints.

"Most of it is not designed to be destructive, but it sometimes can be," Lammers said, "particularly if we've had a really dry summer."

Lammers has worked at the St. Paul Police Department as a Crime Prevention Coordinator for three years. It's her job to inform and educate communities on how to reduce crime in their areas. Working mostly in the North End area, she teaches classes on things like personal safety. Lammers mentioned that these illegal fireworks were universal throughout St. Paul; no neighborhood was particularly worse than the other. However, there are no classes on firework safety or illegal fireworks at the department.

Illegal firework use normally

skyrockets around the Fourth of July. And, the St. Paul Police Department expected higher numbers this year due to it falling on a Saturday and fewer professional shows. The department dedicated one squad car solely to patrol the neighborhoods in order to watch out for illegal firework use June 26 to July 4, 2020. The department does not create checkpoints coming from other states, but they do look for noise disturbances or other complaints on neighborhood watch pages on Facebook. They also hand out pamphlets including information on

which fireworks are illegal in Minnesota.

"If it makes noise or it flies, it's illegal here in Minnesota," Lammers said.

Is it a gunshot or firework?

The Uprising has also been creating more tension and anxiety around whether what a citizen hears is an illegal firework or gun shot. More and more calls have been coming in as "shots fired" that actually turn out to be fireworks. However, Lammers encouraged people to still call the non-emergency number for the St. Paul Police Department, 651-291-1111.

Even though Lammers said that majority of the calls for illegal fireworks are non-violent, they can still have a negative impact. For those suffering from Post Traumatic Stress Disorder (PTSD), fireworks can set off panic attacks or other stressors. Lammers said there have been

cases where pets have had heart attacks or families will need to medically induce sleep for the night because they get too anxious. When these fireworks come as a shock, this can make it even more difficult.

"We try to educate people on: yes, it's fun for you, but it's not necessarily fun for everyone," Lammers said.

If people do have neighbors who are lighting off illegal fireworks, Lammers encourages using a neighborly approach before calling the number above. Often, it's families that aren't aware the fireworks they purchased in another state are illegal in Minnesota. Using fireworks to damage property or cause harm is very unlikely according to Lammers. But, of course, if the situation seems or becomes violent or dangerous, Lammers says that people should call the non-emergency number listed above.

Clean-up crew organized in Frogtown

Abu Nayeem, a community organizer in Frogtown, St. Paul, also agrees with the neighborly approach and mitigating harm. Nayeem has recently started working on a clean-up crew called the "Frogtown Cleanup Squad." This group is made up of volunteers from various neighborhoods around the area that keep the neighborhoods clean of trash.

Their GoFundMe page, [gofundme.com/f/frogtown-clean-up-squad](https://www.gofundme.com/f/frogtown-clean-up-squad), states, "The true value of the initiative is not the amount of trash collected, but our individual effort in giving back to our planet and community, and building relationships with neighbors."

This community-based organization is aimed toward empowering, connecting, and feeling community pride. They want



Abu Nayeem [middle] at one of the Frogtown Cleanup Squad events with the St. Paul Police Department. He and the rest of the Frogtown Cleanup Squad aim to work with communities directly to clean up their neighborhoods from trash and other debris. (Photo submitted)

to give an opportunity for a community to take back ownership of their own neighborhoods. Nayeem believes that illegal fireworks could harm neighbors and therefore harm the overall community. According to the Neighborhood Safety Network, 243 people attend the emergency room every day from injuries caused by fireworks in the month surrounding the Fourth of July. Nayeem also says that firework debris not properly taken care of can harm pets.

"I think what people may not understand is that the fumes from fireworks are rather toxic, and if not properly discarded, it may poison animals, such as cats," Nayeem said.

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HELP KIDS THROUGH TRAUMA



Reverend Dr. Ronald Bell Jr. with his wife, Dr. Eboni Bell, and his two sons. Bell encouraged them to keep moving and get out to help the community by handing out Trauma Bags in order to educate others on guiding children through trauma they have experienced. (Photo submitted)

Telling his own children about George Floyd's death was one of hardest things Rev. Ronald Bell ever did

By CHLOE PETER

When Reverend Dr. Ronald Bell Jr. sat down with his two sons (ages five and eight) to explain the death of George Floyd and the events that followed, one burst into tears and the other questioned why this was happening.

He wanted to know why a police officer would do this to anybody.

"It was one of the hardest moments in my life," Bell said. "I could see my five year old's faith in authority, white people and the system crumble in front of me as I tried to explain."

The death of George Floyd has impacted many – and especially, children and young adults who may not fully understand what has been going on throughout the United States or right at home the past couple of weeks. Bell is a pastor for Camphor Memorial United Methodist at 585 Fuller Ave in St. Paul. He studied ministry for young adults at Lancaster Theological Seminary in Lancaster, Penn. He believes that parents need to have a conversation with their children about what is going on.

"They are experiencing this fundamentally different than adults are," Bell said. "As a child, they don't differentiate that all police aren't bad, all white folk aren't bad, so we've got to help them get moving in a way that is healing."

Be vulnerable with kids and focus on truth

After explaining what happened to his boys, Bell had them hand out trauma healing bags in order to engage them physically in helping the community. These bags included things like toys, coloring books, information for parents about children who

have been through trauma and books with people of color as leads. All of these were aimed at helping children to heal from the trauma that they have witnessed and to begin to feel more like kids again. By the end of the day, they had helped give out more than 210 trauma healing bags to those in need. Donations for the bags and other resources can be made at the church's website, CamphorConnects.com.

"It was important to them [Bell's children] to hear me say 'Here's who we are as a family, we love people, we honor people, we serve, protect and help people. That's who we are,'" Bell said.

Bell believes that parents should be vulnerable when having this conversation with their children. And, to focus on the truth. Parents don't need to go into details but talk about what's right and wrong. His advice for everyone going through these difficult times is to remember that you are here in this very specific time and place for a reason, and to trust the power of time.

Trauma affects physical health

Immediately after watching the video of George Floyd's death, Bell reached out to find those who were recording. He hoped that he would be able to get counseling or help in general for the people who were there. Going through trauma not only impacts the emotional state, but also the physical being of a person, he pointed out. According to a study done by the Substance Abuse and Mental Health Services Administration, emotional trauma can set off the body's stress responses.

"These people [People of Color] are sitting with trauma that is undealt with, and because of this, their bodies become acidic and are more susceptible to diseases like COVID-19," Bell said.

"I think the danger of this moment is to stay stagnant."

~ Rev. Dr. Ronald Bell, Jr.

Although Bell believes that there are some things that can be done to start healing from the trauma, he believes that people should sit in the discomfort that these times bring. Bell encourages not only young adults, but everyone to get engaged physically in the healing of the community. And, to ask themselves how they can get out and serve.

"It can be as easy as going to a food kitchen and just serving or doing artwork, but how are you physically engaged in this moment?" asked Bell. "I think the danger of this moment is to stay stagnant."

'We weren't able to move away'

Bell observed that there's a cycle that must be broken. This time, there wasn't just a hashtag and march before people moved on. Protests happened globally and are still happening in many states. Four hundred National Guard troops were sent out to protect national monuments in Washington, D.C. on June 24, 2020. Protestors camped outside of New York's City Hall the night of June 23, 2020. Both the protests and trauma surrounding the death of George Floyd demand to be seen and heard.

"With George Floyd, we weren't able to move away," Bell said. "This is the first time that the globe has had to sit with and acknowledge that this problem is systemic."

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The Lloyd's Pharmacy building was destroyed during the riots last month, but we are pleased to announce that a temporary satellite location is now open at 694 Snelling Av. N., Suite A., where we can service all your pharmacy needs.

Lloyd's Pharmacy will continue to serve our longstanding customers from the Hamline Midway neighborhood at this new location while we start the process of rebuilding Lloyd's at the original site from the ground up.

We appreciate the many kindnesses and messages of support we have received in the past month. It makes us even more committed to this community. Rest assured, that Hamline-Midway is our home and we will be back to serve you at Snelling and Minnehaha once again.

- Jim Stage, Lloyd's Pharmacy

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