Midway Como Froglown

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THE PRISON DOULA PROJECT:

Instead of giving birth with just three guards present, doulas help women during labor to reduce trauma for mom and child

By JAN WILLMS

Giving birth to a child can be both a wonderful and challenging experience. But when you are incarcerated, the challenges can be even greater.

Acknowledging this fact and trying to provide a more humane experience for incarcerated women going through pregnancy, the birth of their child and then separation instigated the start of the Minnesota Prison Doula Project (MnPDP).

A doula is a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.

"Erica Gerrity was in the master's program in social work at St. Kate's in the early 2000s," said Raelene Baker, di-rector of MnPDP. "She was able to talk with incarcerated people and see what was offered at the time. She realized there was just no support for those pregnant and coming back from having babies. She connected with me and other doulas to see what a program might look like.

After a couple years of program development, MnPDP began in 2010. "We looked at what they needed, what they were missing and how we would be able to help," Baker explained.

"At the beginning, doulas were fairly well known in the Twin Cities but not PRISON DOULA PROJECT >> 6

BRITTANY SEAVER HOLDS HER NEWLY BORN INFANT. SHE USED THE DOULA **SERVICES IN 2011 WHEN** THE PROGRAM WAS QUITE NEW, AND IS NOW A **DOULA HERSELF.**

"YOU HAVE NO CHOICE OF WHERE YOU GO OR HOW **MUCH MEDICAL CARE YOU RECEIVE. YOU FEEL LIKE** YOU ARE NOT **HEARD OR RESPECTED**," SAID SEAVER. (Photo submitted)



24,000 Circulation

HAMLINE MIDWAY LIBRARY What do you think? Share feedback about library options at April 23 open house

By JANE McCLURE

Building design concepts and "design direction" for the Hamline Midway Branch Library are the focus of an open house 3-5 p.m. Saturday, April 23 at the library at 1558 W. Minnehaha Ave. The open house is a chance to provide more feedback on updated building design concepts, and gather more feedback. There will also be what is described as "high-level" cost information on options, with a decision to be shared with community members in May.

But whatever the decision is on the library's future, there is likely to be opposition. Community members remain very divided as to whether a new library should be built, or the existing library renovated. Others have suggested that a larger building be combined with a recreation center at a different location, similar to other city projects.

Information from the meeting, as well as a form to provide additional feedback, will be posted online at www.sppl.org/transforming-libraries from April 25-April 29.

The group Renovate 1558 is asking that any final decision about the design direction and future of the Hamline Midway Library be postponed for at least six month to allow for a more open process. The group also wants library officials to stop publicly suggesting demolition as the preferred alternative for the future of the library. Members are raising concerns about the library planning process, contending that library administration has altered community engagement timelines so it could make a unilateral decision on renovation and expansion of the existing building as soon as April, shortening what was to be a longer community engagement proves. WHAT DO YOU THINK? >> 5

Questions roil around redistricting process

Common Cause proposes maps that would have 'strengthened voting rights of people of color'

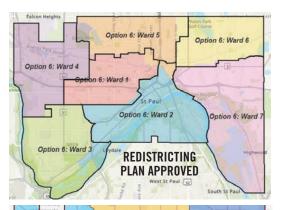
By JANE McCLURE

St. Paul's new ward boundaries are in place for the 2023 city council elections, with charter commission approval in March. But do those boundaries

despite a late appeal by the advocacy group Common Cause, Concordia University professor and economist Bruce Corrie and Hamline University Professor David Schultz. The Common Cause redistricting plan was seen as creating greater opportunities for BIPOC communities.

be heard.

Schultz, an expert on elections law, also weighed in in support of the Common Cause plan. "The city of St. Paul is a majority non-white municipality with distinct residential racial housing patterns," he said. "A fair redistricting plan and map is one that enhances representation for communities of color and residents the best protection for their right to vote The Common Cause plan recog-



create opportunities for BIPOC office seekers and for wards to have greater economic viability? And what does it mean when a predominantly-white commission is making decisions? Those are other questions are roiling around the process.

The boundaries adopted differ little from lines drawn in 2011.

The commission adopted the boundaries on March 16 on a 12-1 vote,

Common Cause objected to the lack of time for community input, as well as the fact that commission and committee meetings were held during the day. Executive director Annastacia Belladonna-Carrera said that Common Cause had worked with BIPOC organizations to conduct community mapping, and that there wasn't time for their comments to nizes this racial residential pattern and proposes a map that strengthens the voting rights of people of color better than any alternatives proposed."

The Common Cause map extended Ward One from Allianz Field to CHS Field in Lowertown, creating a ward economy that is sports-based. It moved Ward Five more into the East Side. Ward

REDISTRICTING PROCESS >> 5





DRIVE & RIDE Advice and tips from Steve & Bobby's Auto World

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HOME & GARDEN Tiny spaces live large for home and office





Como Park High School building basketball power, competes at state

PAGE 16



Wallin Education Partners President and CEO Susan Basil King remarked, "It's a wonderful, hands-on approach." (Photo submitted)

By JAN WILLMS

"A Minnesota story" is the description president and CEO Susan Basil King uses when she tells about the beginnings of Wallin Education Partners, an organization that makes college possible for those in financial need.

"It reflects my experience with leadership in Minnesota," King stated in a recent interview. "It begins with Win Wallin spending about 35 years as an executive at Pillsbury, then a CEO at Medtronic. He had found himself as a person who could help others."

King said Wallin, like many of his generation, went to school on the GI bill. He attended the University of Minnesota, where he met his wife, Maxine. "During his time at Pillsbury, he became very involved with the U of M as a booster," King said, "and he had really powerful philanthropic goals." Those goals were to assist students with high potential but lower finances, making sure they had access to a

WALLIN HELPS STUDENTS RISE

college degree.

"He started working with one high school, South High, that he had attended," King recalled. "Today that partnership has grown to 58 schools." She said Wallin came from a modest background, growing up on a farm in Hastings. "He was a person who just had a strong view of what he could give back, and he made it happen. That's why I call it a Minnesota story.

The foundation's high record of college graduates is based on its threepronged system, according to King. That consists of one-on-one as well as group advising, financial help and access to internships and networking. "We're successful because we don't offer just financial aid, but also support," she said.

Career counselors with master degrees are assigned by the Wallin Education Partners to work with each scholar throughout their college experience. King said the counselors stick with the students in an advisory capacity, and the youth get help with resumes and internship pipelines. The scholars are also encouraged to get to know fellow Wallin recipients.

Another reason for Wallin's success with its scholars is the partnership between the organization and the 58 high schools. High school student counselors are made aware of the scholarships and get a weekly report on which of their recommended students have applied and how close they are to finishing the application. "It's a wonderful, hands-on approach," King said.

'We have a graduation rate of 91 percent," said Jean Carlos Diaz, manager of marketing and alumni relations at Wallin Education Partners. He said that typically a graduation rate for students with barriers can be as low as 11 percent. "At Wallin, when donors give, they can see the impact.



When students in our community lack the support they need to pursue an education, we all lose. When students are seen. supported, and set up to succeed, we all win.."

wallinpartners.org

College is one of the original three schools we used to pilot that program.'

We are commit-

ted to see our

scholars not only

get to college, but

King said Wallin's basic

program sup-

ports students

attending four-

year colleges. A

few years ago the

foundation started working with

students plan-

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community col-

leges. "St. Paul

graduate.'

She added that Wallin is looking at a program this year with 171 students attending community college for two years and then transferring to a four-year university. It is called the Two Plus Two program.

Diaz said Wallin currently has 269 students in St. Paul, with 34 of them at St. Paul College. "We also have a great relationship with Dunwoody. Wherever a student may go, there are many pathways, and we are here to provide that," he said.

EQUITABLE AND NEEDS-BASED

Wallin Education Partners has just completed its 30th year and last August moved its offices from Minneapolis to 451 Lexington Parkway in St. Paul. King said that at its inception, the program was funded by Wallin himself. But others wanted to help. "In 2007, the program became a foundation," King explained. She said many might ask why the public would want to give to a wealthy organiza-



"We are commited to see our scholars not only get to college, but graduate," stated Jean Carlos Diaz, manager of marketing and alumni relations at Wallin Education Partners. (Photo submitted)

tion, but she said that although the Wallin family supports 50 scholars every year, this year there are 300 students being funded just in the freshman class.

"Wallin Education Partners is funded by all sorts of donors," King said. "We are exclusively funded by donations and receive no public money.'

King reflected that the pandemic has affected Wallin in the same ways it has affected other service organizations, although she said the staff was able to move from in-person meetings to remote meetings pretty easily.

"A signature of Wallin is the in-person meetings, but we had to change that and for the past two years almost all connections with students have been remote. But our retention remains strong." King said statistics have shown one million fewer students in college from the fall of 2020 to the fall of 2021. "We were anticipating that, but have not seen it. We really stuck

WALLIN HELPS STUDENTS >> 3



Questions regarding funeral



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number of donors."

Saulog described herself as being super excited. She took a job also, but when she had so many classes it was difficult, she was able



Wallin saw every scholar as a whole person, and now that I am on the alumni board, I hear that over and over again. It makes such a big difference."

Minette Saulog

to quit the job and rely on the scholarship. "Just having that comfort level was so great," she said.

She said having an advisor through Wallin as a component of the scholarship was very important to her. "I had two advisors; when one left, I was given a new one. They both helped me so much and were

there for me."

Saulog said she was changing majors and in "decision paralysis." Saulog remarked, "Just having that support system was such a big deal to me.'

Saulog said she also participated in job fairs with other Wallin participants and various school events. "It was really cool, and you felt like you were in this little club.

One thing that Saulog emphasized was that she never felt the pressure that if she had one bad semester or one failed class, her scholarship would be dropped. 'I took calculus three times," she said. "The first time it was the wrong calculus class, so I dropped. The second time I couldn't do it and dropped so it would not affect my grade point. The third time, I passed. Even when I was struggling, I did not feel like if I fail this one time, they will pull the rug out from under me."

She said that the stressors of being the first one in her family to go to college in the United States and coming from another country and being on her own for the first time were eased by her Wallin supporters.

"Wallin saw every scholar as a whole person, and now that I am on the alumni board, I hear that over and over again. It makes such a big difference," Saulog said.

When she graduated, Saulog did not have immediate plans for graduate school. She had felt prepared to go to college and had become very involved with activities on campus, but she did not know how to easily transition after graduating. "You work from 9 to 5, and it gets to be routine, and maybe your friends have moved away," she said. "I wondered how to spend my time and how to make friends."

Saulog had attended a couple of alumni workshops and enjoyed them. She met some members of the alumni board at Wallin and stayed in touch with one of them. In the spring of 2019 the alumni board member reached out to Saulog, who joined the board. "It's a welcoming experience, and I feel like I can give back, Saulog said. "It's the dream of many scholars to be able to at some point be a donor or partner." She said she is very passionate about her position as president, and is pleased with all the friends she has made on the board and the networking opportunities. "I am trying to remind people we are here for you as you do life things, and there are so many ways you can stay connected. We recognize that everyone has a story, and Wallin does an amazing job of honoring that." Diaz said the Wallin Education Partners has a large alumni community that provides a lot of opportunities for graduates. And many scholars become staff members. "One-third of our 28 staff members are former scholars," he noted. According to Diaz, Wallin has three times as many applicants as it can provide for financially. "We would like to be serving as many students as we could, because we know it works."

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HAMLINE HEADLINES

Hamline Commencement Is May 14

Hamline University congratulates the Class of 2022, which will hold commencement exercises on Saturday, May 14.

We're proud of all our students, undergrads and grad students alike, and we thank them all for a wonderful year on campus.

WALLIN >> from 2

with it and assumed our scholars would be successful. Part of it is attitude."

King said the most recent class of Wallin scholars includes 89 percent who are students of color. Seventy-one scholars are first-generation college students. "I think even though it was not spoken of in the early days, the nature of the program has been for low-income students even 30 years ago," she said. "We did not think of it as equity building, but really that is just what we are doing. We are speaking of it more clearly now, but it has always been the driver since the beginning."

King joined Wallin eight years ago. Her career has been half in the nonprofit sector and half in the private sector. "I was a management consultant for about a decade for companies that wanted to grow, and I helped them move in that direction," she said. "I come from a family of educators, so Wallin felt right. If you have a program that is clear, that is best. Wallin was working well when I got here." King said she has been in Minnesota for most of her career life, but she grew up in Detroit.

She said selecting applicants for the program is totally equitable and needsbased. "A lower-income category is the common denominator, but the application process is multi-dimensional. It does not just consider grades, but merit in a variety of ways. We no longer require the ACT, and we look for commitment to family, other things involved in high school and outside of school, essays and recommendations.

King said the number selected could easily be doubled, and she knows they would be successful. So far Wallin has served over 6,000 scholars with 1,300 currently enrolled. The success rate is not just limited to high graduation rates.

"We have 96 percent employed, and 40 percent goon to graduate school immediately," King said.

MINETTE SAULOG: ALUMNI BOARD MEMBER

One of the students who has benefitted from a Wallin scholarship is now president of its alumni board and has been the recipient of the counseling and networking opportunities offered, as well as the financial assistance.

Minette Saulog was born and raised in St. Paul, the older of two children. Her parents were educated in the Philippines. She attended Central High School.

"When I was a senior, I got this slip from my counselor about my GPA being high enough to apply for a scholarship from Wallin Education Partners," Saulog said. "So I applied, did all the essays and everything, went for it and got it. I got a general scholarship from the Wallin Foundation. This was in 2014, and it pales in comparison to what it is now with the

You did it, graduates -- and we salute you.

Check our website to stay up-to-date on campus happenings: hamline.edu.

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THE MOTLEY CONVERSATION

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

SPRING HAS SPRUNG

You may have heard the phrase from a certain famous local singer that sometimes it snows in April (and if you haven't, check your social media feed literally every time a snowflake falls this month). While this is the time of year Minnesota tries to shift out of the long winter into the warmer months, it's natural to look for reasons of optimism and what to look forward to over the next few months.

At this time last year, many of us (myself included) felt optimistic about the COVID-19 numbers decreasing. We were right to feel good, but we also saw more waves hit us as new variants hit our community in the coming months. Once again, we are at a point where cases have gone down and as the weather gets warmer there are also more opportunities to be outside - where studies have proven the virus is less likely to spread.

One form of entertainment easier to do now is attend concerts. Many shows were postponed last year that are now being made up and many more are being booked. The Turf Club, arguably the most well-known concert venue in the neighborhood, reopened August 2021 and now has a full schedule of upcoming shows.

Restaurants, bars, and taprooms have had to endure many restrictions, some-



times with the rules changing quickly. Currently there are no longer any rules regarding face coverings or vaccination status, unless chosen by the establishment. In my unscientific view when I go out, it definitely feels like more people feel comfortable dining out in public.

As we wrote about in the annual Midway Chamber directory, 2021 was a year of many openings, reopenings, and expansions. This trend continues in 2022 as we see expansions from places like the International Institute of Minnesota and Elsa's House of Sleep. Located at 1694 Como Avenue near the fairgrounds, the International Institute of Minnesota helps new Americans acclimate to their new home. They are open but still finishing up construction. At Elsa's the renovations at 1441 University are part from their participation in the TV show



Look for the 2022 Midway Chamber Directory with your paper this month, at local businesses, and at www.MonitorSaintPaul. com.

Small Business Revolution and part was already in the works. Renovations should be complete this spring.

Two much anticipated openings for 2022 are Black Garnet Books and Lip Esteem. With plans to open near Hamline and University this year, Black Garnet Books will be the only bricks-and-mortar Black-owned bookstore in Minnesota. Prior to its physical opening, customers can check them out at their website:

blackgarnetbooks.com. Like Elsa's House of Sleep, cosmetics business Lip Esteem was also featured on the past season of Small Business Revolution. At the time, owner Tameka Jones was operating in the Griggs Midway Building at 1821 University, but will be opening up her store at 876 Selby Avenue on April 15.

The Minnesota United FC have begun their new season, once more bringing fans to the Midway for their home games at Allianz Field. But this year there is the added bonus of hosting the Major League Soccer All-Star Game. The game will be played Wednesday, Aug. 10 and a week full of festivities will occur. Unlike when other big games have been played in town, this one will focus in on the Midway community (even if some of the programming is elsewhere and we know the national broadcasters will say "Twin Cities" or even "Minneapolis" when describing Saint Paul).

If you are feeling inclined to help make our community cleaner, the city of Saint Paul arranges an annual spring cleanup at several locations. The Midway Chamber is asking members to volunteer again this year. For more information, please go to the city website: stpaul.gov/ departments/parks-and-recreation/natural-resources/volunteer-resources/citywide-spring-cleanup

Enjoy the nice weather once it arrives, as we all know it won't last. Our community has much to offer and the businesses who have made it through the pandemic are eager to welcome you back.

A CALL TO INCLUSIVE LEADERSHIP

Inclusive leadership is more important than ever, and includes more than recognizing cultural, ethnic, and gender differences. It is critical for companies and organizations that want to attract and retain the brightest and most innovative minds to meet future challenges in a world of global business, economic, and societal change. How are you taking action to lead inclusively? This is an invitation to embark on a leadership journey. My latest book, "The Inclusive Leader: Taking Intentional Action for Justice and Equity," serves as a guide on this journey. It provides key tools and strategies for building a more just and inclusive society

To be inclusive leaders, we have to be rooted in our core values. Inclusive leadership is a values-based approach. It is based upon the core principle that all human beings have the right to be valued, respected, and appreciated. This value is manifested by honoring human dignity.

We need to think about the skills needed to be an effective leader and keep in mind what we hope to accomplish. The book supports the development of fundamental leadership skills which include building a collective vision and engaging in strategic planning. In the book, I provide the four essential stages for being an inclusive leader in my Leadership Framework for Action. This includes: intrapersonal, interpersonal, organizational, and societal. All of those elements must be present for



effective and inclusive leadership. This will help you develop a collective vision, shared goals, and a strong team to pursue justice in the workplace and in the world.

Each of the four stages of learning provides an opportunity to pause, reflect, and grow

The intrapersonal dimension focuses on a process of engaging in self-discovery. You will explore your leadership story, which is shaped by your cultural values, socialization, and beliefs. This story serves as the foundation of your leadership platform since it informs why you lead and how will make a difference in the world.

The interpersonal stage aids in developing and strengthening effective teams. This stresses the importance of cultivating diverse talent with the goal in mind of unleashing the power of innovation. Research indicates that diverse teams outperform less

diverse teams through revenue generation.

It begins with a clear vision for your organizational purpose and goals. My Strategic Action Plan outlines how to create inclusive organizational policies and evaluate your diversity, equity, and inclusion efforts.

The societal dimension promotes the values of our shared humanity and common destiny. It is a clear call to action to address the most pressing social justice challenges of our time, from ending mass incarceration to bridging the wealth gap. Inclusive leaders are innovators committed to the betterment of society.

Inclusion is a call to action each and every day. It requires deliberate and intentional action in order for inclusion to materialize. The words of retired Minnesota Supreme Court Justice Alan C. Page can serve as inspiration for your leadership journey: "How we act today, and every day for the rest of our lives, will define who we are." Today, make a commitment to serve as an inclusive leader. Define yourself as an innovator, community builder, and agent of change.

You can download a free reading discussion guide here: https://www.artikatyner.com/the-inclusive-leader

"An insightful, wide-ranging blueprint for building better, more diverse workplaces." ~ Kirkus Reviews

"Dr. Tyner's book is at once an effective wake-up call, a strong cup of coffee to get people moving, and a set of clear, concise calendar prompts to help them move in the right stra-

Letter

RELOCATION NEEDS TO BE ON THE TABLE

"Studies show that have three options to a problem yield better results, than having only two." This admonishment from one of my professors, when I was studying for my MBA, came to mind when reading about our Hamline Midway public library. He went on to say that this was because, when not locked into dichotomy decision making, people got more creative. I also believe it means that people start asking the questions that should be ask in the first place.

Like, what do we want this structure to do? What are we going to need from the library 90 years from now? How can we make the library better serve our community now? I certainly have not received these queries from the SPPL.

Have you? SPPL please ask us what we want not just renovate or rebuild. Relocate needs to be on the table.

Judy Gibson, Midway



An organizational framework provides a roadmap for transforming your organizational culture and improving performance.

tegic directions." ~ Resmaa Menakem, New York Times best-selling author of "My Grandmother's Hands"

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News for you!

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Story ideas always welcome.

Keep in touch with the Monitor. Letters to the editor under 200 words and news releases for publication can be sent via e-mail to news@ monitorsaintpaul.com. Unsigned letters will not run

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responsible society that hears, helps and heals the customers and communities we serve

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What do you think?

"With a subtle change, St. Paul Public Library reduced your opportunity to have a say in a project that could affect our neighborhood for the next century," said group leader Tom Goldstein.

Renovate 1558 members contend that library administration and project architect LSE Architects have walked away from past commitments. "We call on SPPL leadership and its board, composed of the city council, to postpone any final decision about the design direction of the Hamline Midway Library until September. That would allow time for the robust community engagement and decision-making process promised to the neighborhood."

The group points out that there have been only two community outreach events about the library over the past 12 months. Another criticism is of non-public meetings of so-called "Project Ambassadors." This group was picked by library staff to weigh in. More than half are city employees, and most don't live in Hamline-Midway

Library administration disagrees with those arguments, noting that the community input process has gone on since 2018 and that the \$8.1 million in funding has been in place since 2021. Stacy Opitz, library spokesperson, said that input was used in both a facilities plan and in a 2022 strategic direction plan to invest in spaces that are "safe, inviting, affirming,



As the city considers tearing down the historic Hamline Midway Library building, members of Renovate 1558 are concerned the city shortened what was to be a longer community engagement process. Most of the engagement was done while in-person meetings were restricted because of COVID-19. (Photo by Tesha M. Christensen)

and comfortable for people of all cultures, abilities, and communities."

The final proposal supported exploration of two options: renovation plus addition or new building on the same site. The priority to expand the footprint of Hamline Midway Library emerged from community engagement sessions for the facilities direction plan, which made it clear that community members' wants and

needs from their library are bigger than the current footprint can accommodate.

"The current phase of community engagement, which is focused on schematic design, has begun. Hundreds of people have participated, including more than 750 respondents to the recent online survey. Many opportunities remain for community members to shape the design of a transformed Hamline Midway Library, including an upcoming open house," Opitz said. She added that there are many neighbors whose input is still needed, including groups that have historically been left out of engagement processes.

The decision to be shared in May will be based upon community input, building assessments, project budget, and a number of St. Paul strategic goals. That will launch more schematic design work and the chance for the public to weigh in on building features, finishes, and look and feel of a transformed library.

City council members, who serve as the library board, have been following the process. While there's agreement that it has been challenging to gather public input during the past two years of COVID-19 pandemic, there's not agreement on the issues raised by Renovate 1558. Ward Seven Council Member Jane Prince, who chairs the library board, said she is concerned about the issues being raised by Renovate 1558

Ward Four Council Member Mitra Jalali said she can support either direction that is taken for the library.

But Jalali said that she is concerned about misinformation, and that while she can empathize with people wanting more time for input, the library public engagement process has gone on since 2018. She is also concerned that the library is in poor condition. "There are access issues, ether gets into the basement and there are mold issues," she said. That creates urgency to get changes made, to get a decision made and a project started sooner rather than later.

GOT AN OPINION? JOIN THE CONVERSATION. TAKE A POLL ONLINE @ WWW.MONITORSAINTPAUL.COM Got an opinion to share about climate, transportation, local leaders, the library, or the future? Let us know what you think. Letters should be under 200 words and can be emailed to news@MonitorSaintPaul.com.

Questions roll around redistricting process

>> from 1

Four would have extended into more of Macalester-Groveland and Como neighborhoods.

Corrie, a former city department of planning and economic development director, said the Common Cause map provides a transformational opportunity, and that the notion of "least change" undermines decades of progress.

Longtime Charter Commissioner Bridget Faricy, who cast the lone no vote, resigned from the commission after the meeting. She said that leaving ward boundaries largely unchanged "continues the systemic racism that has underserved our communities of color and immigrant communities.'

In her resignation letter, Faircy said, "The census data bears out that Saint Paul is no longer a majority White city. Considering that the census was conducted during a pandemic and was politicized by

the Trump Administration (significantly impacting the count of college students and immigrant communities) the diversity is likely even greater." Faricy also said the Common Cause plan would have strengthened the political clout of communities of color.

Another complaint many people had is the tight timeline the commission worked under. Faricy noted that in the 2011 redistricting process, the Charter Commission actually worked with mapping tool to draw lines, and met for several months. She said an extension should have been sought, as did Frogtown Neighborhood Association representative Danielle Swift and community residents. But state officials said that isn't possible. The statutory deadline was March 29 for cities.

Commissioners began their work in mid-February after a judicial panel decided legislative districts. They held three public hearings between March 10-17, and had an additional charter review committee meeting before the final vote.

Late 2020 U.S. Census results pushed redistricting back at all levels. Legislative and Congressional district boundaries weren't announced until Feb.15. The Charter Commission only had a few weeks to act on ward boundaries, working with the consulting firm of Park Street Public

St. Paul must have new ward and precinct boundaries in place by March 29, or 19 weeks before the primary election for 2022

Charter Review Committee Chairman Matthew Freeman and Charter Commission Chairman Brian Alton said the commission had to have a plan in place by March 23 so the city council could act on precincts. "If I had had my druthers, I would have had more hearings and more time," said Freeman. Alton also acknowledged that the commission had much more time in the 2011 process.

When contacted after the March 16 commission vote, St. Paul City Council President Amy Brendmoen said the council was willing to call a special meeting. "I made it very clear to the chair that with notice, the council can call a meeting anytime, so it was not appropriate to use as an excuse to rush through the process," she said. "We were more than happy to meet at another time."

The map approved by the charter commission makes several boundaries changes. Ward One will include the neighborhood around Oakland Cemetery, which was in Ward Five. Ward One extends into the Irvine Avenue neighborhood below Summit Avenue, which was in Ward Two. Ward Five moves east into part of what was Ward Six and west to include all of the area around Lake Como, which had been in Ward Four.

Several maps were considered. David Heller of Park Street said the approved map keeps the wards with about 44,500 residents each, or within about 83 people or 2/10ths of 1 percent apart. He emphasized the need to follow the principle of one person, one vote.

None of the new ward boundaries put council members into the same ward. Ward lines drawn in St. Paul will affect the 2023 city election.

During National Volunteers Month in April, Lyngblomsten wishes to acknowledge its volunteers for everything they do to enhance the lives of older adults.

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THE PRISON DOULA PROJECT

>> from 1

everywhere across the country. We did a lot of explaining about what we wanted to do, especially in a correctional setting. And now so many more correctional facilities are reaching out to the doulas. Currently the group works with the state prison at Shakopee and several county jails throughout the state.

"We have seen a culture shift over the years, and we want to bring this to our facilities," Baker said. "We have seen a change in how people are treated at the hospital, while they are in care and once they are back in incarceration. Leadership is changing in our state, and we see a lot more 'people first' language.

She said the word offender is not being used, and she is glad to see that shift. "Lots of people are coming together in leadership, and it is all positive," Baker noted. "It sets Minnesota apart from other places.'

MnPDP has had a long-term relationship with the University of Minnesota, with Rebecca Schlafer as director of research. Data results have shown a higher rate of healthy babies and healthy pregnancies with women who are part of the doula program than average prison births.

Key partners on the Minneapolis-based program include Ramsey County, Anoka County and Pine County.

'ANYBODY CAN BE INCARCERATED'

Brittany Seaver has been a recipient of doula services and now is a doula herself. "There had been no support for incarcerat-ed women giving birth," she said. "Nurses tried to support as much as they could, but there was no one to rub the mom's back, or provide essential oil. A mom usually spent two days with her baby and then returned to incarceration. There was no support during that separation as well, before the arrival of the doula program."

An anti-shackling law was not in place until 2015 when Minnesota passed anti-shackling legislation. As a result, incarcerated women cannot be restrained during pregnancy and in the post-partum period, with rare exceptions. However, Seaver said the law is not consistent and in some instances, the practice continues.

Seaver used the doula services in 2011, when MnPDP was quite new. "I was going into jail knowing I was four months pregnant and would have to be there during my pregnancy," she said.

"You have no choice of where you go or how much medical care you receive," Seaver said. "You feel like you don't have a voice and if you do, you are not heard or respected by many staff since you are just a number." She said knowing there was someone there who would hold her hand and be there for her and not judge her was so important.

Baker was her doula and came with her to the hospital. But Seaver arrived first, and there had been some communication problems, so she was waiting for Baker to come. "I was waiting for the doula to get there before I pushed my daughter out," Seaver remembered. "When Rae came, she took a ton of pictures. It was a life-changing moment for me in that moment." Seaver's mom came to take the baby, and the doula was also there for the separation. "I got out when my daughter was 18 months old," Seaver said. "I got out in two years instead of six. People often say incarcerated mothers do it to themselves and have only themselves to blame for the situation they are in. Anybody can be incarcerated. It depends on who you are with; it can be the company you keep. "For Rae to be there with me and not judge me was amazing." Seaver said she got pregnant again a year after she hadbeen released, and she wanted Baker with her as a doula again. "She had touched such a spot in my heart," Seaver explained.

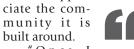
"I always knew I wanted to work with the doulas and stay connected with them. I have been working with the doulas for four years.'

Seaver said she would like to see the doula program implemented in all jails and facilities. "We are always striving for ways we can be of support, and make sure nobody gives birth alone."

ANXIETY AND DEPRESSION COMMON

Autumn Mason has also seen the MnPDP from both sides, as a participant and later as a trained doula.

"I came as a client in 2014 when I was incarcerated at Shakopee," she said. "At the time of my sentencing I was seven and a half months pregnant, and I received doula support. I continued to work with a doula through a parenting program and came to appre-



"Once I was released, Most women are in I worked with prison for non-violent the doulas on a crimes, bad choices in volunteer basis, a partner or drug and in 2020 I was brought addition, which on as staff. I shouldn't be a have undergone the doula training, lacta-

said that fairly often, both parents are incarcerated. "We offer parental support with fathers, but our care is primarily with the mother," she stated. Mason said the doulas try to connect with the mom as soon

as possible, but MnPDP is optional, and some expectant mothers may choose not to participate.

She said every case is different, and it is not uncommon for the incarcerated moms to remain connected with unin-

giver and the

child," Mason

said.

BY THE NUMBERS

• A total of **278** pregnant women were sentenced to serve time in prison between 2013 and 2020.

 \bullet 34% of the pregnant women were native, 12% black, and **53%** white.

• **77%** were in prison for technical violations of supervision.

• 84% had non-violent governing offenses.

• **77%** were sentenced to prison while pregnant for less than nine months.

• The median length of stay for a pregnant woman in Minnesota prison is **4.5** months.

• 41% of mothers who gave birth while incarcerated reached their release date within 90 days of giving birth;

54% released within 6 months of giving birth;

67% within 9 months;

and 76% within 1 year.

Data from MN Department of Corrections

Based on the health conditions of the mother and baby, those settings can vary, according to Mason. "If medical issues or complications are expected, it is more of a specialty hospital," she said. She said that in her experience, the medical staff has always treated the patients with the same dignity as an unincarcerated mother.

"As a doula, our focus is the birthing mom," Mason continued. "We don't provide any medical care, but instead emotional, mental and physical support. We try to meet the need of the birthing mom and help her enjoy or at least find peace and comfort in her birthing experience."

She said she starts working with the mother before the birthing process, holding conversations about personal preferences so she can best represent her. "We start with stretches and activities and go through the pregnancy to postpartum, as well." Since most mothers are separated from their child within a couple days after birth, support during that separation is essential.

Most of her clients maintain custodial rights with their children, arranging for family, relatives or friends to provide care for the child. "Some may choose not to continue with custodial care; it is the mom's decision," Mason said. She said the doulas provide emotional support for any pregnant client, no matter what her decision is. "We do not make any preference or judgment on decisions," she said. "For the clients who may choose not to continue with their pregnancy, the ongoing services may differ because postpartum may look different, by choice." Mason said each part of the pregnancy has its individual challenges. "A woman who is pregnant and coming into prison is in a high anxiety situation. Weighing out options of placement for the child could also cause a great deal of stress. There is no way we can change the situation for them, and it's a very delicate process to build trust. A lot of clients are completely foreign to what the criminal justice system

looks like from the inside.

"Closer to delivery or at the time of birth, it is a very precious experience. A new life is coming into this world and we witness the growth and empowerment of the mom in this situation. Separation is extremely challenging for any mom, and this is a very delicate time. The moms are going through a seesaw of emotions," Mason said. "Doulas provide the most emotional support they get in prison. Post-partum they suffer from a heightened sense of depression."

BIRTH WORK IS SPIRITUAL WORK

Jocelyn Brieschke has worked as a doula for 18 years, mostly in her Indigenous community. "I knew I wanted to work with MnPDP, but I wasn't sure how it would turn out," she said. "It's a lot different for mothers inside to have to give birth while incarcerated. There is the separation visit, and you can't be with your baby. That's very challenging, and I was worried and concerned about what you do."

But a friend convinced her to do it. "I feel like birth work is spiritual work when you are there to help that baby come to the world in a good way, and that's what is most important," Brieschke said.

She has been working for the prison project for over five years now. She also works for an Indigenous program and sometimes has private clients.

Brieschke said having a doula takes a lot of pressure off the expectant mom. "I have three kids, and I had a doula for two of them. It is a really nice experience, I think, when you find someone who is a good fit for your family."

According to Brieschke, if a woman is incarcerated she is not allowed to have her partner present at the birth. "You are with three guards, usually, and with your doula.

'You don't get to see your partner even if they come to pick up the baby. If your partner is there and caring for the baby, having to miss the birth is hard for a lot of people." Brieschke said this rule applies to all, and grandparents or relatives who are going to care for the baby are also not allowed to be present for the birth.

A lot of the birth mothers return to incarceration devastated and in shock. "You are supposed to have a nice period of time recovering, but you don't get that in prison," Brieschke said. "Most women are in prison for nonviolent crimes, bad choices in a partner or drug addiction, which shouldn't be a punishable crime as far as I am concerned.

CONSIDER THE KIDS

For some of the incarcerated mothers there has been a monumental change.

Gov. Tim Walz signed the Healthy Care Act into law in May 2021. This act enables incarcerated mothers to be moved to a halfway house or residential treatment facility so that they can bond with their newborn and not be separated from their child. MnPDP was a strong advocate for this law, with many of the doulas testifying on its behalf.

"This is something small and easy to do," Baker said. "The Healthy Care Act provides these

women with other opportunities to give birth out in the community and stay with their babies longer," Seaver added. "But women with longer sentences are not able to utilize it. You have to have only a year left to participate. So women who have a few years remaining on their sentences cannot at this time be with their babies. I hope we can have more influence on that and hope they change the stipulations." Brieschke noted that lack of housing is a big barrier in trying to get all incarcerated birth mothers covered by this act. Mason said an ultimate goal is to see moms not incarcerated. "I encourage everyone to consider the kids of incarcerated people. They are innocent but born at a disadvantage. It's worth considering how we can give them a fair and healthy start at life and not continue the cycle of trauma."

punishable crime as

far as I am concerned." **Jocelyn Brieschke** tion consultant





You are with three guards usually, and with your doula. You don't get to see your partner even if they come to pick up the baby. If your partner is there and caring for the baby, having to miss the birth is hard."

Jocelyn Brieschke

incarcerated mothers are in. Anybody can be

training, family trauma professional training, and I am a certified life coach. Mason

People often say

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Brittany Seaver

"Other than my own, every situation or client I have been blessed to work with is unique in its own way," Mason added. "For me, I think my experience resonates with me every time I attend a birth. So many experiences are unfavorable, and I want to make sure my clients don't have that."

Mason said that in particular, she wants her clients to feel a sense of pride and dignity. Births take place in a medical setting at local hospitals in the metro area.

DRIVE & RIDE



UNDER THE HOOD

BY SUSAN SCHAEFER

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

After a brutal winter, Minnesotans know it's time to tend to our vehicles. And for metro area residents there's no better place than the locally owned Bobby & Steve's Auto World, boasting a long and storied history, with eight convenient locations nearby all our readership neighborhoods - Downtown, South Minneapolis, West Minneapolis, Columbia Heights, Bloomington, West Bloomington, Eden Prairie, and the newest location remodel, in West St. Paul, scheduled to reopen in this month

Colorful Bobby Williams is founder, senior partner, and common owner. Growing up on a farm just south of Mora, Minn., Bobby attended the University of Minnesota, then bought his first gas station in the early 1960s. The ongoing success of his venture fueled his confidence to buy more stations around the metro area. In 1975, a fellow named Steve Anderson called with a tip about a Shell station for sale at 494 and France Avenue in Bloomington. Steve soon became Bobby's first partner, and by 1996, the two men opened the first Bobby and Steve's Auto World at that very location. The company now operates with four other partners.

MEET ALLEN SANDO

On chilly March morning, I sat down with Allen Sando, operations leader of Bobby & Steve's Auto World's iconic, two-story Downtown location on Washington Avenue. It's hard to miss this flagship station, highly visible from the busy intersection of I94 and I35W.

Sando grew up with the company, joining Bobby & Steve's Auto World in 2000, starting as a light service technician, and rising quickly to become the leader of that department. Promoted in 2004 to Service Leader, he explains that he ran the best service department in the company for several years. His hard work paid off when he was promoted to his current position.

'Under the Hood' literally goes under the hood



Technician Paul Edgar checks the tire pressure after testing the battery. "We have seen a large increase of people driving less during the pandemic. Letting your car sit for longer periods of time can cause it to fail. A battery not getting fully charged regularly can cause it to fail also." (Photo by Susan Schaefer)

it easier to recruit good people. "Our own team members recruit their friends and family, telling them how great a company this is to work for, and how much fun we have," Sando says. Notably, the company does a lot of promoting from within. "Additionally, a lot of our employees come from word of mouth - customers who say, 'well, this looks like a fun place to work,' and just apply."

Focusing on the future, it seems likely that the grease and lube work of the auto mechanic is increasingly in the rear-view mirror as more electric vehicles hit the roads, running on computer chips.

I ask Sando how the industry is preparing for servicing the surge of electric vehicles. "Our technicians are receiving ongoing training and education to adapt to the changing makes and models," he replies. "And we're installing two charging stations at our remodeled location in West St. Paul. In time, I'm sure you'll see more at other locations."

longer periods of time can also cause it to fail. A battery not getting fully charged regularly can cause it to fail also."

Full confession! That's exactly what happened to your columnist! I learned that my lack of driving over the past months had seriously depleted my new battery. Lucky for me, it was still under warranty, so I got to chat with technician, Paul Edgar, as he tested then replaced it. From now on I'll follow his recommendation to take my car for a spin for at least a half-hour each week to keep it fully charged!

Oh yes, it's essential to check your tire pressure at this time of year, too.

What about headlights? My older model Honda CV-R's plastic lenses seemed foggy. Sando explains that lights are another item inspected during their oil change service. "For foggy lenses we provide a service that restores headlight assemblies that have become worn from weather and road hazards to their original condition." I invested in this service and see a noticeable improvement. Another worthwhile consideration is to install newer LED lamps for better nighttime visibility.

April 2022 • 7

Moving down my list, I asked when we need new wiper blades and air filters? Sando suggests that wipers can be checked by simply lifting them away from the windshield and inspecting the rubber blade. He adds that a good rule of thumb is to replace the blade if it streaks when using the washer fluid. Air filters are inspected during the oil change, and it's recommended to replace them every 15,000 miles.

While not a requirement, it's wise to keep your machines clean. Winter's salt and sand can wreak havoc on your auto's finish. I topped my spring inspection off with Bobby & Steve's Auto World's car wash, which still features the personalized touch of humans who provide a smile and initial rinse.

HOW TO CHOOSE A REPUTABLE SERVICE STATION

One of the top questions on the minds of the average car owners having their vehicle serviced is how to determine that the service is reputable? Many people fear being oversold or scammed to replace things not needed, or worse, that the service isn't being performed.

I ask Sando for his advice for consumers. "Ask questions," he emphasizes. "If you are unsure about a recommended service, ask why it is important and what benefits it has. In our shop we use digital inspections. This allows us to take pictures of parts that need to be replaced. We also have the capability to send videos showing exactly what we are recommending. This helps build trust that what we are recommending is fully understood by our customers

He added, "Serving people is the most important part of Bobby and Steve's Auto World. We work hard every day to provide world class service."

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

SPRING TUNE UPS. WHAT SHOULD CAR OWNERS BE **DOING NOW?**

Minnesota's temperature extremes require servicing our vehicles regularly. Spring and fall are the right times, according to Sando. We discuss what regular maintenance auto owners should consider as we shift into spring.

Fluids are the lifeblood of your vehicle, Sando cautions. "When a fluid is low or out of specifications it can cause harm to the corresponding components. When we perform an oil change on a car, all fluids are inspected and topped off. If any fluids need changing due to condition of manufacturer recommendation, we'll recommend that." What about testing the battery? "We recommend you have your battery tested twice a year," he continues. "Before the heat of the summer and the cold of the winter - our extreme temps can cause a battery to fail. Also," he adds, "we have seen a large increase of people driving less during the pandemic. Letting your car sit for

Nick Nelson opened his first auto repair shop in tomers into the shop to look under the hood and 2007 with one goal. He wanted to bring back that hometown feel. Today, he owns three shops in Min- the East Hennepin shop, and has been there since

neapolis and is proud of his high customer retention. "It's all about building relationships," observed Nick. "Personal service is our number one thing."

After working for a big company, Nick quit to do repairs in his garage. His clients encouraged him to open a location, so he rented out part of the Purity Baking building at South 5th Ave. and 35th St. He was having fun fixing vans for a shop at 24th and Hennepin, added one at 2809 Lyndale Ave., and opened the East Nokomis shop at 5415 34th Ave. in 2016. He was local, and hired local folks to work on their neighbor's vehicles. He and his staff focused on superior customer service and quality without compromise. "It felt like we were on to something," he said.

check out exactly what broke. Tim is the manager of



YOU'VE GOT A GUY AT NELSON'S

it opened. Tony is the lead technician and Jay is the general technician. "They're an amazing group of guys,"

Tim, Tony and Jay recognize that most people enter an automotive shop on the defensive, worried they're going to get a raw deal. So they educate customers on the process and what it takes to fix a car properly. eet 11m. Ionv and Iav There are no secrets - and no traveling bands, but was ready to grow. Nick bought hidden fees, stressed Tony. "A vehicle is one of the most expensive things you own, and it's a big responsibility to be able to take care of it," observed Jay. They keep up with current auto technologies and trends, and don't stray from classical repair service fundamentals. At Nelson's, they fix a lot of commuter cars. "We get you to work. That's what we do," stated Tim.

LEADERSHIP IN AN EVOLVING INDUSTRY

Speaking of leadership, prominent on Sando's desk were leadership books that caught my eye. I inquired about the evolving role of the traditional service station in the technical age.

Sando explains that his shop holds weekly leadership meetings where staff discuss not only business opportunities and positive trends in the business, but also are encouraged to read leadership books and articles. "We discuss what we read, how it relates to our work, and how we can best develop our team members," he states. "I'm working to make our team the strongest we can be to serve our customers to the fullest potential."

That type of management creates an atmosphere of respect for workers, making

"I think transparency in the automotive industry is lacking and we try to break that open," remarked Nick. They operate as an "open book," inviting cus-

"Our motto is you've got a guy," said Nick. "We want you to feel like you want to tell someone about 118.



HOME & GARDEN

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By CHLOE PETER

Stephen Filing of Realty Group was looking to start a real estate business in 2014. He and his wife recently had a child and wanted to start something in the area. When Filing found the tiny office at 996 Front Ave., it was perfect for them. As a solo shop for real estate, he didn't need a large office. Now, Filing is building his own small home at only 486 square feet.

"I just believe, whether it's for business or personal, you don't need as much space," Filing said.

According to the Minnesota Department of Labor and Industry, "tiny houses" have become a trend within the past few years in Minnesota. A tiny house is loosely considered 100 to 400 square feet, although the jurisdiction must be consulted for specific building codes when planning on small home living. Already, countries like New Zealand have adopted some form of tiny living to address housing for homeless individuals. Here in Minnesota, a Forest Lake church is trying to build a "tiny house village" for homeless veterans in their community in partnership with Midwest Tiny Living. There is a settlement of five small homes in the Maplewood parking lot of Woodland Hills and another coming on the East side of St. Paul through Sacred Settlement. And Avivo operates a 100-dwelling indoor community in the North Loop of Minneapolis.

These are not the only benefits to tiny home living, however. A study done by ABC News showed that benefits may in-

TINY SPACES LIVE LARGE

Stephen Filing appreciates reduced costs and maintenance



At 576 square feet, this office space at 996 Front Ave. is considered a small working space. "I just believe, whether it's for business or personal, you don't need as much space," said building owner Stephen Filing of Realty Group. (Photos submitted)

clude less clutter, less time spent cleaning, more savings, and a lower carbon footprint. For Filing, small office living just made sense for his business.

"For example, if you're an insurance salesman, it's a great spot because you need a presence, but you don't need a lot of space," Filing said. "For a realtor like myself, you could work out of your home, but a physical space in the neighborhood allows you to be connected to the community.

Filing also mentioned that the cost to maintain is a lot less than what it would be if he had a larger office. With only a few workers, keeping up a 600 or more square foot space did not make sense. His taxes on the building are less than \$1,000. And for each month, it is less than \$200 to run his small office. However, this is also dependent on the fact that Filing paid for the building and does not have a mortgage

"I think with the higher cost of electricity, gas, water, insurance, all these pieces of the puzzle, it just makes doing business harder," Filing said. "And so, a smaller space allows you to combat these



things.

In 2022, St. Paul changed its zoning codes so that houses no longer need a minimum width of 22 feet and allow for multiple residential buildings to be on one lot. These changes will allow for an increased number of tiny homes and offices in the area. Although Filing believes that there must still be rules for housing in place, he also loves the idea that housing can be more catered to each person's needs.

"We need the government to help us make changes in society. I mean, it is expensive to run a business and if we can make our costs less, why wouldn't I want that for someone else?" Filing said.

Even though the small office worked for Filing, he also acknowledges that it may not be right for everyone. He believes that if you need a bigger space, if your business is growing, that the business is doing something right.

"If you have more business than can accommodate that space, that's fantastic. It means something is going good for you," Filing said.

Filing is moving his business from the Como area to Maple Grove this year. They moved to be closer to family when his wife was recovering from breast cancer but Filing still feels connected to St. Paul. It's where his daughter spent her first years and is a neighborhood that is incredibly meaningful to him, he said. Having a physical space in order to connect to the community was important from the start.

"It can expand the views of a lot of people and change people's perspectives about race, culture, and businesses," Filing said.





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HOME & GARDEN

Why you should care about bugs

BY ANNA LOVAT

Insect decline in the Midwest, the rise of pesticides, and what you can do

When I say I love insects, I'm normally met with a blank stare. Or worst case - a shudder. It's not a very popular take, but with insect populations drastically declining across the globe, it's necessary to learn how to coexist with insects and the vital importance of doing so.

You can probably name at least one insect species you don't like - and realistically, more like five. (Mine is cockroaches - no judgment here.) But every single insect in this world is integral to our way of life. Mosquitos are important food for fish, birds, bats, etc. - and some species are



pollinators! Wasps are predators of crop pests and important to global food security. And as for cockroaches... Well, they're great at nutrient cycling - aka, recyclers of dead animals and animal waste.

It's not just animals that depend on insects for food. We do, too.

Human and insect life are incredibly intertwined, especially when it comes to USA crops rely on pollination. Without pollinators, we wouldn't have coffee! Or apples, blueberries, chocolate, strawberries, tomatoes - the list goes on. As for dairy products, in the United States, the majority of cows eat alfalfa, which is pollinated by bees. We are fully dependent on insects, and they're in danger. And a future without ice cream and coffee looks pretty bleak.

Throughout the world, insect populations are rapidly declining. Species are going extinct, but without coverage and with little research. The first major study on insect decline was conducted from 1989 to 2016, throughout 63 nature preserves and protected areas in Germany. In those protected spaces, they found a decline in insect biomass by 76 percent. Seventy-six percent is an unfathomable decline, leading to this decline being called the Insect Armageddon. It's an outrageously high number and humans are one of the main causes.

Pollutants and loss of habitat are the

two key reasons for this, both factors especially prominent in the Midwest. We are known for our flowing fields of corn, soybeans, and beets, but with this production comes the lack of biodiversity that is essential to insect habitat. With the rise of "intensive agriculture" - the system of using large amounts of labor and capital relative to land area to cultivate crops - comes the increased renewal of pesticides, notably neonicotinoids. Neonics are being sprayed on hundreds of millions of acres of U.S. agricultural land.

Neonicotinoids are a new class of pesticides designed to kill insects. All of them, not just pests. The usage of neonicotinoids is causing a rapid "die-off" in wild bee populations while impacting many other species. Neonic pesticides are often used on corn and soybeans, causing them to be the main family of pesticides in the Midwest.

WHY YOU SHOULD CARE >> 13



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FROGTOWN

WHO CARES ABOUT LITTER?

By PATRICIA OHMANS

Have you noticed those people with blue and purple bags, picking up litter at the park on a Saturday in April? Are those litter-removers actually doing anything to help the environment, or are they just making our greenspaces a little prettier?

Good question! Litter bugs a lot of people, and in Frogtown, especially, there's a lot of it. But as volunteers flock to our city's Earth Day park cleanups, it's worth asking whether an hour or two spent picking up litter does much to fend off the most serious impacts of climate change.

After all, climate change is already hitting our neighborhoods pretty hard. Remember the heat wave and drought last July? Get ready for hotter summers, if we don't plant a lot more trees on our streets decimated by ash tree removals. Are you finding water in your basement this spring? Get ready for more of the same, unless the city installs more rain gardens and breaks up more pavement. And what about rising gas prices? They will continue to rise, if we don't slow our demand for fossil fuel.

Given all these worries, it's tempting to put litter pick-up on the low priority list. But here's why litter does matter. Reducing litter actually has a direct impact on climate change.

Proper disposal of litter...

• ...reduces global warming. Decomposing trash gives off harmful gases that hurt the atmosphere, like methane — a greenhouse gas that's 28 times more potent than carbon dioxide. Landfills have their emissions regulated by the EPA, and compost piles turn food scraps into useful soil. But there's no way to regulate methane from the carelessly strewn French fries and hamburger leftovers from a discarded fast-food meal.

• ...decreases plastic pollution. We've all seen those pictures of turtles

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A family group participates in the 2021 parks cleanup event at Frogtown Park & Farm. (Photo courtesy of Frogtown Green)

choked by six pack rings, or birds caught in plastic bags. Each year, an estimated 17 billion pounds of plastic flows into the ocean — the great majority is from landbased sources including plastic bottles, bags, and straws. One result? Micro-bits of plastic make their way back into our food supply and water, and eventually into our bodies.

• ...leads to cleaner soil and water. The arsenic and formaldehyde in one discarded cigarette butt taints the soil; an entire ashtray's worth of butts poisons the earth enough to stunt nearby plants.

• ... gives us purer air. Tempted to burn collected litter or yard waste? Don't

GRAB A BAG, Join Your Neighbors

Tired of seeing a winter's worth of trash in our parks and on the boulevards?

Join Frogtown neighbors and friends as we celebrate Earth Day 2022 on Saturday, April 23, from 9-11:30 am, by helping to get rid of the litter and trash that make our parks and streets less enjoyable.

Frogtown Green will have free fruit trees to give away, as well as information about spring and summer events. (Not to mention hot coffee and the supplies you'll need, like bags and gloves). Frogtown Park & Farm Cleanup is hosted by Frogtown Green and sponsored by the St Paul city parks department. Other neighborhoods in the Monitor's distribution area are also hosting cleanups; see the full lineup and pre-register at stpaul.gov/citywidecleanup.

be. For one thing, smoke from burning household garbage is dangerous to your health. Burning trash is also against the law in Ramsey County. Even those backyard bonfires we all love should be kept short and sweet.

The sad , post-pandemic truth is that items designed to keep us healthy can make us sick when they are discarded carelessly: This year's litter harvest is likely to include a bumper crop of face masks and plastic gloves, leftover signs of the pandemic months (and years) we are finally putting behind us.

Litter breeds more litter. Research shows that people are more likely to intentionally toss litter in an area that is already garbage-strewn. (They're also more likely to litter when there are no garbage cans nearby.) So, when you see those people with their blue and purple bags, this is the year to join them!

Frogtown Green is a volunteer-powered initiative to build green beauty in the Frogtown neighborhood. We plant trees, cultivate gardens and work toward a healthier environment. If you'd like to know more, our website is frogtowngreen.com and our phone is 651-757-5970.



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HOPE, PERSPECTIVE, AND VISION AS WE MOVE INTO SPRING

Women of the world take over because if you don't the world will come to an end and we haven't got long... - Karine Polwart

National Donate Life Month in April is a time set aside to honor the generous gifts of organ, eye and tissue donation. It's also the perfect time to register as an organ, eye and tissue donor and encourage your friends and family to do the same.

Faith is the first factor in a life devoted to service. Without it, nothing is possible. With it, nothing is impossible. – Mary Mc-Leod Bethune

Hello Monitor readers,

The winds of March highlighted the power of women and the power of brutality that a country can unleash. March also highlighted great high school state tournaments and, unfortunately, local school strikes. And, March also highlighted a beautiful full moon.

So what about April? What will this beautiful spring month shower us with? I have no clue, only the desire to keep hope alive that the arc of justice is bending forward even in our challenging and divisive times. I am looking forward to finally having a Black woman appointed as a Supreme Court judge and seeing a Black man who should never have been appointed a Supreme Court Judge resign! This month, I'm offering three different expressions or food for thought from readers whom I've reached out to or who gave me support in rising above my fears (False Evidence Appearing Real) and keeping hope alive within me.

GET TO KNOW PRODEO ACADEMY

Recently I was invited by a Bethel University graduate and former garden work-study student to visit an elementary school where she is working. I was impressed with my visit, which included chatting with some of the school staff, learning about the school's creative interactions with the students and their families, and meeting the school's Principal. Of course, I asked if I could share about the school with the *Monitor's* readers.

Get to Know Prodeo Academy: Prodeo Academy is a public school with campuses in Saint Paul and Columbia Heights. The Saint Paul campus opened its doors at 170 Rose Ave W in 2018. Starting with a few kindergarten classrooms, it has grown, and in the fall, it will have grades PreK through fifth. Prodeo will keep adding a grade each year until they reach eighth grade in 2025.

Prodeo exists to eliminate the opportunity gap for children and families by removing barriers that prevent children from experiencing an excellent education. Their curriculum and school culture focus on developing critical thinkers and reflective leaders, strengthening character, and expanding opportunities so students can contribute positively and productively to society.

"Our school offers support to families in many ways. We are most proud of how we



have continued to learn from and adjust to our families' language and cultural needs. We offer school-wide communication in three different languages and ensure that we properly staff our school to support multilingual families," said Prodeo Academy Principal Liz Ferguson.

They also support families through supportive students' services and a full-day Pre-K. All students receive free breakfast and lunch. Free transportation is provided for all students in their bussing zone.

"Understanding our students' needs has helped us, as teachers, adjust our instruction to teach students not only what they need to know academically but also the skills to navigate learning and to be successful in life." Ferguson continued.

Prodeo Academy is accepting applications for the 2022-2023 school year, and they encouraged families to apply now at www.Prodeoacademy.org to avoid the waitlist.

Prodeo invites you to come and learn more about their school, take a tour, and connect with our staff. Please contact us at (612) 361-7837, enrollment@prodeoacademy.org, or visit www.ProdeoAcademy.org

A WORD FROM A RUSSIAN-UKRAINIAN-AMERICAN

I've been fortunate over the years to cross paths with a wonderful MN Facilitator, Irina, from a different Country whose work weaves in & out of my work. She and her husband and her close colleagues have grown to be a few of my Community Soul-Mates. I asked Irina to share some insights regarding what we are seeing in Ukraine in & on the traditional and social media outlets. These are her expressions:

I am Dr. Irina Fursman, Russian-Ukrainian-American, in that order. I have experienced, first-hand, the vast human suffering and upheaval forced upon people at the hands of corrupt government during my youth. I grew up in Far East Russia, learning from my parents and the military community the value of hard work, importance of words, and the power of relationships. My father was a casualty of the Soviet Union collapse. When he and his colleagues did not agree, he was silenced. My mother became a widow at 36, I was 14 and my younger sister was 10. We journeyed back to Crimea, at the time recognized as Ukrainian territory, to re-join my mother's family in lieu of instability and uncertainty in the Far East region. We survived the chaos, the migration, and collapse of all systems: political, economic, and social.

As an adolescent and a young adult growing up during the 90's in Ukraine, I learned what freedom really feels like. It is hard work. During this time in Ukraine my worldview expanded, my entrepreneurial spirit was released, and passion for education ignited as the Ukrainian people embraced and supported me and my daughter. My daughter had just turned three when we watched in horror as 9/11 happened, and once again our fragile world was shaken. There was a deep sense of sadness and shock as we watched the beacon of democracy under attack. It was as if our own hopes and dreams of what we may someday be as a nation were being scorched. We all knew if America fails, we are all doomed to fail with her.

As America responded with resolve, our fragile nation struggled with self-determination. A corrupt, semi-authoritarian regime run by criminals was smothering our freedom, much as we see in Russia today. I personally experienced injustices, witnessed violence against young women who were forced into prostitution, and ultimately was "educated" on how a shadow system of government works. Then, act by act, inch by inch, Ukraine began to live up to the ideals only a free people can imagine.

Now, as a US citizen, I am grateful for all those experiences and life lessons of what oppression does to the soul. When I walked the grounds of the Statue of Liberty recently, I was overwhelmed with pride to be an American; I found my home. I love America and grateful to be part of the American story. It is from this place of love and passion that I express my concerns and call for more aggressive actions toward the Russian government while considering with warmth, the Russian people who long for peace.

POSTSCRIPT

Russia and Ukraine took two different paths forward: Russian president Vladimir Putin focused on restoring Russia's image as a world power, building on people's nostalgia over the past "good days" and the overall sentiment of superiority. Whereas Ukrainian people, although struggled in the earlier years with corrupt government systems and hard to break ties with Kremlin, were determined to join the European Union and pursue democratic way of life. Ukrainian political leaders, who stood against the influence of Kremlin, were threatened, poisoned, or imprisoned. (Former president, Viktor Yushchenko and prime -minister Yulia Tymoshenko are among the most visible figures.)

The conflict between Russia and Ukraine is not ethnic or ethnically motivated. Millions of Russians and Ukrainians share family ties. This conflict is an ongoing struggle of Ukrainian people for political independence, preservation of their cultural identity, and home. This conflict is fueled by ideology difference: autocracy vs. democracy. This war reaches beyond Ukraine, impacting many struggling democracies around the world and encouraging dictators to tighten their grip. Will Ukraine win? It depends. What do we

mean by winning? Ukrainian army is winning battles, Ukrainian people are winning our hearts, Ukrainian president is winning on global stage. Ukraine will win if we all stand together against aggression, violence, and tyranny. If we fail to stand together, this war is far from over.

HOW TO FAST

I close with the reminder that fossil fuel is outdated and that Pipeline 3 investors can transformed and reinvested into clean and earth-friendly energy for the 21st century. Here are words of hope from Paul Hoffman, a Como Park neighborhood resident:

We all need hope, perspective and vision to move ahead in our lives and improve. both ourselves and the world around us. This has been even more important these past two years of upheaval and trauma due to the pandemic, social discord and now war... Spring is a time of rebirth, opportunity and sunshine. This year we have a convergence of Lent/Easter, Ramadan, Purim and Passover, all framed with spectacular full moons and the first days of spring bathed in life-giving sunshine. Connected with some of these religion practices is the tradition of fasting, which is not about deprivation and sacrifice but rather an opportunity to reflect, re-focus, align and integrate. To that end, I am [sharing] "How to Fast," which my mother gave a few years ago, which contains simple, concise and powerful perspectives on how to direct our consciousness in the direction of improvement, tolerance and healing.

HOW TO FAST

by William Arthur Ward

Fast from judging others; Feast on Christ dwelling in them.

Fast from apparent darkness; Feast on the reality of light.

Fast from thoughts of illness; Feast on the healing power of God.

Fast from words that pollute; Feast on phrases that purify.

Fast from anger; Feast on patience.

Fast from worry; Feast on unceasing prayer.

Fast from negatives; Feast on positives.

Fast from complaining; Feast on appreciation.

Fast from hostility; Feast on nonresistance.

Fast from bitterness; Feast on forgiveness.

Fast from anxiety; Feast on hope,

Fast from yourself; Feast on a silent heart.

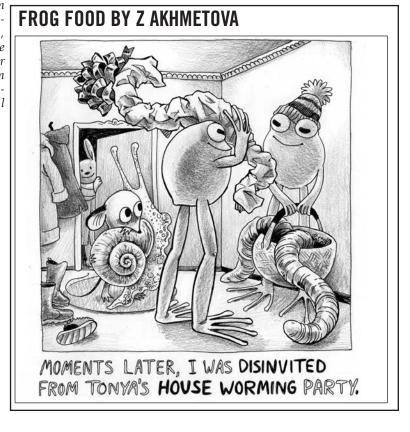
Keep the positive vibrations flowing, stay optimistic, dream, and visualize the world you want to see and live in, now and in the future!

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May Peace Be In Our Homes & Communities...

May Peace Prevail On Earth (MPPOE)!

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Students check out options during career fair

COMO PARK SENIOR HIGH SCHOOL

BY ERIC ERICKSON Social studies teacher



Following months of preparation, and after a two-year hiatus caused by the global pandemic, Como students finally had the chance to shine on stage with three performances of Disney's "High School Musical.

The Friday night debut performance on March 18 drew a large audience who gave a standing ovation to the hard-working cast and crew. It was a joyful night with a nostalgic vibe as the students' revived well-known songs and characters from their childhood.

A matinee performance on Saturday, March 19 with another evening show later that evening resulted in a peak experience for both experienced and first-time theater participants.

Music Director/Producer Siri Keller appreciated both the dedication of her performers and the community support.

"I could tell from week one of rehearsals this was a special group of kids," Keller said.



The Como Theater Department's production of Disney's "High School Musical" was staged on March 18 and 19 in the Como auditorium .(Photo by Como senior Soren Sackreiter)

were there to put their best foot forward during the entirety of the process. All the stress and late nights were worth it seeing so many people turn out to support us."

Prominent roles included junior Emerson Spencer who stepped up to play Troy Bolton, and junior Ellen Chinema who brought humor to every one of her scenes as Sharpay Evans.

Senior PaNra Lee starred as Gabriel-"They really all loved each other and la Montez. Lee is a talented singer in the Como Choir, but this was her first opportunity to be part of a musical.

"I feel like I really wanted to explode with energy," Lee said. "With everything cancelled and postponed during the pandemic, the chance to be on stage was a way for me and all of us to bring about some positivity.

"We were truly 'All in This Together' (as the song goes). We put all our laughs and mistakes into creating Como's own

High School Musical with the help of the cast, crew and directors. I can't wait to see what Como's next musical will be!"

STATE HISTORY DAY QUALIFIERS

Five Como students with exemplary History Day research projects advanced from the St. Paul Regional level to the Minnesota History Day State Competition. The students who will be representing Como at state in their categories include:

Group Documentary - Paw Htoo and Ywa Hay Paw for "Nuclear Disarmament."

Group Virtual Exhibit - Jairo Cayetano Rodriguez and Tran Ho Tran for "The Mexican-American War."

Paper - Sundus Ali for "How a Single Conference Decided Africa's Fate.'

FRENCH FIELD TRIP

Como students enrolled in French 2 and CIS French (College in the Schools co-enrollment course through the University of Minnesota) took part in an enriching cultural immersion experience at Alliance Francaise de Minneapolis/St. Paul last month.

Students rotated through three workshops led by instructors from France, Guadeloupe, and Tunisia. The workshop sessions were followed by an authentic French lunch and a lively game of French Scattergories.

The field trip was fully funded by the Nancy Solo-Taylor Scholarship Fund. Madame Solo-Taylor was a beloved French teacher at Como for over 30 years.

• The Essence Event Center (1217 Bandana Blvd): Liquor and entertainment licenses are up for renewal May 6. Anyone with input should email the Como Community Council or contact the office of Ward 4 Council Member Mitra Jalali: ward4@ci.stpaul.mn.us.

ZOOM OR CALL INTO D10 MEETINGS

Renters, homeowners, and other community members are always welcome to participate in District 10's board and committee meetings. You can join either by video conference or by phone.

To find meeting links and call in numbers go to our website calendar at district10comopark.org/calendar. If you have questions you can email district10@ district10comopark.org. Or, call 651-644-3889.

UPCOMING MEETINGS:

• Environment Committee: Tuesday, April 12

Board Meeting: April 19

• Neighborhood Relations Commit-

tee: Tuesday, May 3 • Land Use Committee: Wednesday, May 4

• Environment Committee: Tuesday, May 10

• Board Meeting: May 17

All meetings begin at 7 p.m. unless otherwise noted. Whenever possible, agendas and other relevant documents are posted in advance on District 10's website: www.district10comopark.org

CLEAN UP COMO PARK TOGETHER APRIL 23



D10 Como Park is co-hosting the Como Park portion of the city's Regional Parks Clean-up Day, Saturday, April 23, 2022 from 9-11:30 a.m. Individuals and groups of all ages come together to pick up litter that has recently become exposed due to the melting snow. Look for our table near the Como Pavilion around 9 a.m. to check in and pick up bags and gloves. Borrowed equipment should be returned by 11:30 a.m. Registration is not required, but it helps us plan and communicate with volunteers in the event of poor weather, etc. Registration and more info at district10comopark.org/como-clean-up

CELEBRATE SPRING! EVENT

Come and celebrate spring at the North Dale Recreation Center, April 30, 10:30 a.m.-noon. The Como Community Council is partnering with Parks and Recreation for a morning of fun that any outdoor enthusiast (even the smallest) can enjoy. There's something for everyone -

a garden/outdoor themed resource fair, kids crafts and seed planting, light refreshments, games and a gently used clothing drive to help kick off your spring cleaning goals. Find the latest info at District10ComoPark.org/sd3event/

COMO GARAGE SALE - MAY 12-15

D10 Como Park is once again coordinating a community sale weekend from Thursday, May 12 to Sunday, May 15. If you would like to be included in our sale map, please fill out the Como Community Sale Form on our website before May 5. We will be promoting this effort in our weekly newsletter, Facebook, and flyering some local establishments, directing people to find the map here: District10Como-Park.org/GarageSale.

PICK UP & PARTY EVENT - JUNE 4

The Como Community Council will be hosting a Pick Up & Party event at Orchard Rec Center (875 W. Orchard Ave.) on Saturday, June 4 from 2-5 p.m. Whether you come with your neighbors or come to meet your neighbors, we would love to see you there! We'll kick off the event with a neighborhood clean up from Front to Como and Dale to the railroad tracks. Check in at the Rec Center between 2-3 p.m. for your supplies and the location to start the pick up. After the clean up, we'll meet up back at the rec center for live music, snacks, yard games and more!

Everyone is invited to this free event - find out more at district10comopark.org/sd4event.

If you'd like to help us keep hosting events like this, please consider a donation to our Neighborhood Events Fund (givemn.org/story/D10events) or becoming a volunteer (district10comopark.org/ volunteer).

D10 COMO COMMUNITY COUNCIL ELECTIONS

Residents of District 10 who are at least 16 years old, representatives from businesses, non-profits, or other organizations with a physical presence in District 10 are eligible to vote in our April elections. If you have questions, you can email info@district10comopark.org.

 Online ballots must be requested by Monday, April 18 at 5 p.m.

• We will send out ballots beginning Monday, April 11.

 We must receive your completed ballot at the District 10 office no later than 5 p.m. Tuesday April 19.

The election is April 19. Find out more information here: District10Como-Park.org/Elections/

COMO LICENSING NOTES

• Gabes by The Park (991 Lexington Pkwy.): Liquor, entertainment, and gambling licenses are up for renewal May 5. Anyone with input should email the Como Community Council or contact the office of Ward 4 Council Member Mitra Jalali: ward4@ci.stpaul.mn.us.



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REBUILD REPAIR RECYCLE





By JANE McCLURE

Gene Hartsock is stepping away from a cobbler's life. Gene's Hartland Shoe & Boot Repair winds down operations this month, after having a Midway presence since 1989.

"I want to say thank you to the many Midway customers who supported me," said Hartsock. "I also wish to say that customers think of shoe repairing as part of the reuse, recycle and repair cycle of sustainability. If your footwear can be reconditioned or repaired, people should really look into making that choice."

He stopped taking in new jobs in March, much to the disappointment of customers who stopped by with shoes in hand. Before everything was packed up, shoelaces, polishes, brushes, insoles, stretchers and other shoe and boot needs lined the walls of the cluttered shop. A clock advertising Vibram soles hung on one wall.

Most of the machines went to Iowa, Hartsock's home state, the second weekend of April. "In a way this is nostalgic," he said. "A few years ago I had looked into the possibility of moving back to Iowa City, with my machines. So it's going without me." He joked that visiting the equipment is another reason to attend his 50year reunion at Iowa City West High in 2023.

Gene and wife Anne were longtime live-in caregivers. Their client's death last year means they are also moving to a new apartment at the same time the shop is closing. "It's a literal three-ring circus," he said.

Of retirement, Hartsock said simply, "It's time." He's had kidney transplants,

Why you should care about bugs » from 9

Neonicotinoids have a hidden side effect – they "trickle-down," killing all insects who are unfortunate enough to encounter it. "This is the problem with water-soluble pesticides like neonics," says Professor Christian Krupke, an entomologist at Purdue University, in an NPR article on neonicotinoids. "It's very hard to predict where they'll go and what will happen when they're out in the environment."

A SHOE STORY

Gene's Hartland Shoe & Repair to close after 33 years fixing shoes in the Midway

hip replacement surgery and a bout with COVID-19. In February, he slipped on ice and broke pelvic bones. "This past injury was harder to cope with due to a lot of work coming in at about the same time. While past surgeries were planned, the fall was not."

Customers didn't seem to understand his recent need to recover from injury and illness, and were not patient. "That hurt," he said.

Hartsock walked into the shoe repair business as a teenager. His family raised chickens. Fat hens were killed, plucked and dressed for the Big 10 restaurant in Iowa City. One customer loved fresh chicken in his chicken soup so much, he wanted to buy chickens directly. That customer was in the shoe repair business.

It was a good arrangement as the family took shoes to him to be repaired. "Dad wore a size 14, and Mom tended to 'walk' her shoes over, so we needed a good repair shop." Hartsock gave up his paper route to work in the shop.

After high school graduation, Hartsock came to Minneapolis to attend North Central Bible College and work in shoe repair. Downtown department stores had shoe repair shops – Dayton's, Donald-

and incorporate the toxin into all of their tissues: stems, leaves, pollen, nectar, sap. It also means neonics are in the plant 24/7, from seed to harvest, including dead leaves," according to National Geographic. Due to this, the toxins pass through the entire plant - and anything trying to chow down. When this happens, it will take an average of three days to kill the pest. Throughout this time, anything the pests may produce will be contaminated. Any insect that happens to have contact with neonicotinoids, no matter the amount, will die. Because of how incredibly harmful this family of pesticides is, three of the major types were banned from Europe in 2018.

son's, Powers and JC Penney. Hartsock thought he had a job but a miscommunication left him with no work, no place to live, \$50 in his pocket and car payments.

Hartsock began working for the Lucci family for his first job in the Twin Cities. One brother had a shop at Rosedale; another was in the B-Dale area.

"We weren't sure in the 1970s if shoe repair shops would still be needed because everyone was wearing tennis shoes," Hartsock said. But his work took him to Minneapolis and St. Paul Dayton's, Gokey's, Schuler Shoes and Apache Plaza. In 1989 he bought a shop at Minnehaha and Hamline avenues, moving to his current location at 591 Hamline Ave. in early 1992.

He reeled off a history of shoe repair changes – challenges of working with vinyl shoes, the change from stitchedon to molded boot soles, the specialty of leather dyeing, and defunct shoe brands. Birkenstocks and Florsheims stood the test of time. Many others have gone away.

Purses were trickier to repair than shoes, Hartsock said. Saddle repair was a sideline.

St. Paul had almost 50 shoe repair shops when Gene's opened. Downtown

bees than DDT was," reports Kendra Klein, senior staff scientist at Friends of the Earth US.

This may seem like another horrible inevitable that is impacting the world. But you can take important steps to make your lawn and community an insect and pollinator friendly space, and it's super easy.

• First – learning! You're reading this article, which is a great first step. Another great resource is the University of Minnesota bee lab, whose website is chock full of great resources.

St. Paul had seven shops alone. With Gene's closing, fewer than half a dozen shoe repair shops are in the St. Paul area.

Many stories stand out. At Minneapolis Dayton's Hartsock once repaired a pair of singer Prince's high-heeled shoes. At Gokey's he helped make footwear for then-President Jimmy Carter and Vice President Walter Mondale.

Gene's was always closed Mondays. One Monday in 1985 he stopped in and the phone rang. "Dare I answer this phone on my day off or not?" He did. It was wardrobe staff from the "Grumpy Old Men" movie. Hartsock wound up putting Cat's Paw heels on more than 60 cast members' shoes for traction while walking on ice.

Work for other movies included "Jingle All the Way," "Feeling Minnesota" and "The Proposal." Watch reruns of the TV show "Coach?" Hartsock worked on Craig T. Nelson's shoes, too.

One customer, then-Minnesota Attorney General Skip Humphrey, helped Hartsock get measures in place to help repair shops. Customers would leave items and then not pay and pick up. Regulatory changes made it easier to divest of such items.

Shoes from around the world came in for repairs. Birkenstocks were a specialty, as were orthopedic lifts and shoes for Gillette Children's Specialty Hospital.

Closing the shop is bittersweet, although Hartsock is looking forward to more time with his wife, and his sons and their families. Three granddaughters will be glad to have more of his time.

"I'll miss my customers, but it's time," he said.

den, filled with flower stems and leaf litter makes a lovely home for solitary insects, who will return the favor by keeping your garden pest free. If the neighbors start giving you weird looks, you can simply explain that you're doing your part to save the world. At this point, you're practically a pollinator superhero!

• And last, stand up for insects. There are so many beautiful, unique species to appreciate or admire from a distance. Without working to protect insect life, we, who are dependent on insects, will forever be at risk. *Anna Lovat is a student at Como Park Senior High. She enjoys math, reading, and wasps. In her spare time, you can find her outside observing various creatures.*

Neonicotinoids are systemic insecticides, "which means plants absorb them "Neonics are like a new DDT, except they are a thousand times more toxic to J ---- ----

• The next step is keeping your lawn pesticide-free. A uniform lawn is horrible for insects – that clover is a great resting spot for honey bees and bumblebees. A hidden corner in the back of your gar-



THE COMMUNITY

PLAN II

LOOKING BEYOND THE HEADLINES **OF FIREARMS VIOLENCE ON APRIL 26**

The League of Women Voters St. Paul's upcoming April "Learn with the League" program will feature a discussion about firearms and society at "Looking Beyond the Headlines of Firearms Violence" on Tuesday, April 26, 7-8 p.m. The guest speaker is Marti Micks, Co-Chair of the LWV MN Firearms Update Study Committee and president of LWV Golden Valley. Ms. Micks will provide context and background to the League's update study on firearms. The common misconceptions of firearm violence will be highlighted, along with a review of statistical information the committee found and a discussion about possible solutions to reduce deaths from firearms. The event will be available via Zoom and on LWVSP's Facebook page.

MONTHLY BLACK MARKET

The Black Market, a monthly gathering place for community to connect with Black business owners, is entering into its second year of business. The Black Market's mission is to increase the visibility of Black-owned businesses in the Twin Cities. It's monthly markets have taken off over the last months, establishing the market as a central place for community to eat, shop, gather, and connect. "We currently host more than 50 vendors a month with selections that range from personal items to gifts, books, products for the home and more," said owner, Seanie Sheppheard. The market is located in the atrium of The Case Building and sponsored by The Lab Minnesota. Each month the market has grown, adding more vendors, food, games and art. "It's really a place where anyone can come and enjoy Black Culture," said Sheppheard. "There's games and music playing and a ton of soul food, desserts and drinks, it's a great way to spend an afternoon." The Black Market is open monthly on the Second Saturday of the Month 2 - 7 p.m.



LOCAL READING CORP MEMBERS RECOGNIZED

Minnesota Reading Corps is the nation's largest state AmeriCorps program. During AmeriCorps Week, March 13-19, the commitment of the more than 1.2 million Americans who serve their communities through AmeriCorps programs was recognized. Both Reading Corps and Math Corps are currently recruiting tutors for the 2022-23 school year to be placed in hundreds of schools throughout Minnesota. Shown are AmeriCorps Director Sonali Nijhawan (center) Yasmin Gelle, Pazau Vang, Kayleigh Kaminski and Meghan Erickson at Phalen Lake Elementary in St. Paul. (Photo submitted)

SPRING MARKET IS APRIL 23

Hamline Church United Methodist, 1514 Englewood, hosts a spring market 9:30 a.m.-3:30 p.m. Saturday, April 23. Come and buy handmade items and your favorite products from vendors. There will also be a cookies and quick breads sale, and a sale of books, puzzles, board games and craft supplies. Space is still available for vendors. Proceeds benefit Hamline Church Women. Contact hamlinewomen@gmail.com or 651-646-3473 with questions.

EGG HUNT IN NEWELL PARK APRIL 16

Resurrection City Church is hosting a Community Easter Egg Hunt in Newell Park on Saturday, April 16 from 10 a.m.noon. Kids aged 1-12 can join for an open house-style egg hunt. Come anytime ; check-in when you arrive, decorate a bag for your eggs, and then search for a specific color of egg based on age. Ages 1-3 will be in a smaller, blocked off area, and there will be allergy-friendly eggs, as well. Coffee and snacks will be provided.

CAFESJIAN'S CAROUSEL OPENS MAY 1

The historic and treasured merry-goround which delighted riders for 75 years at the Minnesota State Fair will open on May 1 for its 23rd season. Cafesiian's Carousel is gearing up to operate from May until October next door to the Marjorie McNeely Conservatory at Como Park. New volunteers are always welcome and are encouraged to apply individually, in pairs, or as groups. Training is provided for all positions. Parking is free and available near the Carousel. For information about volunteer opportunities, call 651-489-4628, e-mail at ourfaircarousel@outlook.com or visit www.ourfaircarousel.org.

IN BRIEF

FREE SUMMER CAMP FOR CHILDREN WITH IN-**CARCERATED PARENTS**

The Loppet Foundation is offering 30 free spots to youth affected by parental incarceration. Campers must be between ages 9 to 13 during camp, which is June 13-17, from 9 a.m. - 4 p.m. Adventure Camp is a weeklong day camp located at Theodore Wirth Park in Minneapolis. Campers try a range of outdoor activities, from mountain biking to orienteering. Campers will need to be dropped off and picked up each day at The Trailhead (1221 Theodore Wirth Parkway, Minneapolis, MN, 55422). CIC will provide lunch. To begin the process of registering, email outreach@cicmn.org

ROAD CONSTRUCTION PROJECTS BEGIN

Ramsey County Public Works will lead and participate in dozens of construction and maintenance projects during 2022. Major projects include reconstructing portions of Cleveland Avenue in Saint Paul and Falcon Heights, Lexington Avenue in Arden Hills and Shoreview, and South Shore Boulevard in White Bear Lake. Lexington Parkway will also be extended south to connect to Shepard Road. Public Works is responsible for maintaining the 300 miles of Ramsey County roads, including pothole repair.

MAKE A PLAN TO LEAVE AT POP-UP

Women's Advocates, founded in 1972 as the first shelter in the nation for victim/ survivors of domestic violence, hosts Pop-Up Advocacy every Tuesday from 11 a.m.-3 p.m. at the Rondo Community Library. Get in-person, community-based advocacy to help leave an abusive situation. Advocates help people make a plan for their safety, write up documents to break a lease, make connections to help with filing protective orders, and more. This is a unique program in the Twin Cities that helps keep domestic violence victim/survivors safe while they make a plan to get to a shelter.



Reimagining Justice May 7, 10:30 am

Exquisite Crankies May 22, 1 pm

MORE INFO linktr.ee/landmarkcenter

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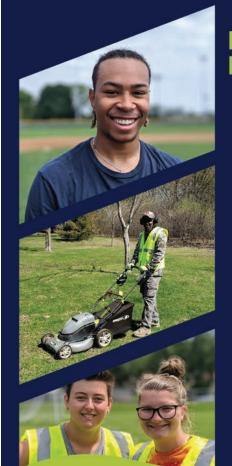


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Como Park building basketball power in St. Paul

By MATTHEW DAVIS

Como Park girls basketball head coach Olanda England believes her team's recent third-place performance at state is just the beginning.

The Cougars beat Mankato East 91-69 on March 19, 2022 for third place in Class 3A, which completed a 24-7 season and the program's best finish ever. Cougars senior and Wisconsin recruit Ronnie Porter scored 20 points, dished seven assists, and tallied five steals in the win. Kaylynn Asberry also scored 20 points and added three rebounds and three assists. Shakyla Walker scored 16 points, and Jada James added 12 points.

"It's a dream come true for them," England said.

Como Park reached the state tournament in 2016 led by Andrayah Adams, who went on to play Division I women's basketball. That team didn't win a game there that year though. Porter helped her team win at state for the first time ever on March 16 in a 76-57 win over Grand Rapids. Porter scored 22 points, dished seven assists, and posted five steals. James nearly hit a double double for the Cougars with 14 points and nine rebounds plus two assists and two steals. Asberry also had a strong performance for the Cougars with 17 points, four assists, two rebounds, and a steal.

Porter and company couldn't dupli-

SAINT PAUL COLLEGE GETS \$500,000 GRANT

Saint Paul College will receive \$500,000 to increase postsecondary access and success for American Indian and indigenous students and their families.

"We are grateful for the support of Senators Klobuchar and Smith," said Dee Dee Peaslee, EdD, Saint Paul College Pres-



Como Park High School's tournament team. (Photo submitted)

cate the results against Totino-Grace in the semifinals on March 17 with an 86-72 loss. She finished with 22 points, four steals and four rebounds in the loss.

Totino-Grace went on to win the state title in a 60-51 win over Becker on March

ident. "This congressionally-directed funding will make an immediate impact on the Four Directions Pathway initiative which is designed to aid in the success of the American Indian and indigenous communities in Minnesota by developing culturally responsive supports for students and families from high school through college. We appreciate our local partners, includ19. Como Park may find Totino-Grace standing in its way of a state title again in 2022-2023, but that wouldn't be anything new for the Cougars.

Como Park had to get past four-time state champion DeLaSalle in the Section

ing the Saint Paul Public Schools (SPPS) Indian Education Program, American Indian Family Center (AIFC), City of Saint Paul Right Track, and MIGIZI. Together, we will work to close the education gap for native students in Minnesota."

In collaboration with local partners, Saint Paul College piloted the summer bridge program in 2021 as the first step 3 championship game on March 10 at home. Porter hit a go-ahead three-pointer for Como Park in the 75-72 victory over the Islanders.

Private schools and suburban schools have drawn many talented players away from the St. Paul public schools for years. England believes that will change.

"It's a big issue in the city because if you look at like the Hopkins teams, a lot of those girls are from St. Paul," England said. "You'll get a lot of girls who will drive 45 minutes to a school instead of going to a school right down the street from them."

It hasn't been that long since the St. Paul City Conference had a state power in Central. The Minutemaids won back-toback state titles for 2007 and 2008 under head coach Willie Taylor, a coach whom England knows.

England noted that the excitement in youth basketball and in the broader community has grown since the Cougars' state tournament run. She credited Porter, Walker, and Asberry for working with younger basketball player in the community.

"They work out with them at the rec centers during the weekends," England said.

Como Park graduates five seniors, including Porter and James, but England said the cupboard isn't bare for the Cougars. She anticipates younger players such as Ahamni Crump will step up next season and beyond.

in the Four Directions Pathway Initiative. Four Directions Pathway summer bridge supported a cohort of 12 students planning to enroll at Saint Paul College. The federal funding will allow the program to expand from 12 to 200 students per year as they progress from high school through college.



Statewide Star Party Shared Sky, Open Minds

he event begins with a virtual kick-off on April 7 with special guest Dr. Annette S. Lee, an astrophysicist, artist, and director of the Native Skywatchers research and programming initiative. Then visit the Bell Museum or one of 17 host sites across the state April 8 and 9 for in-person star parties including make and take activities, star gazing, and more!

A Natural Curiosity: The Story of the Bell Museum April 20, 7–8:30 pm

Join us for a special virtual book launch event with coauthors Barbara Coffin and Don Luce. Hosted by the Bell Museum's Science Director Dr. George Weiblen, the event will feature brief presentations by the authors and a moderated discussion focused on the museum's leadership and innovation in public education throughout its long history.

Seeing Birds Now on view

Visit the Bell Museum and explore the beauty of birds in the Bell Museum original exhibition *Seeing Birds* now on view until October 2, 2022. The exhibition integrates art, science, and nature to ignite curiosity and wonder about the biology of birds, engaging visitors in an exploration of birds, their environments, and their evolution.

