

Community REPORTER

SERVING WEST END NEIGHBORHOODS, DOWNTOWN ST. PAUL TO FORT SNELLING SINCE 1972



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NEIGHBORS SPEAK OUT

Transit News

BY KENT PETTERSON

The joint Transit Task Force of the West 7th Business Association and the Fort Road Federation has continued to meet monthly. Within the context of transit improvements, one of the group's first tasks has been to get a better understanding of neighborhood concerns through asking the question – "What does an improved West Seventh mean to you?"

The Task Force has developed suggested operating principles in the following areas: Support of current businesses; Housing; Streetscape; Transit needs; West 7th traffic; Mississippi River; Parking; Bicycling and Pedestrians. We would like to expand the input to these and your added principles.

On January 30 of the New Year an open meeting to help guide our neighborhood future will be convened by the Federation and the West 7th Business Association. Details of time and location will be available in January. In the meantime, please save the date and be ready to bring your thoughts and ideas.

In other news affecting transit improvements, the City of St. Paul has announced a public hearing for December 5 at City Hall, Room 300, at 5:30 p.m. to take comment on the Preliminary Design Study for Canadian Pacific Ford Spur. The spur owned by the Canadian Pacific Railway has been abandoned in part through the neighborhood and on to the Ford site. New uses for walking, biking and transit have been proposed. If you have questions you can call Mike Richardson at 651-266-6621. You can make comments at the hearing or in writing to mike.richardson@ci.stpaul.mn.us

The Ford Site Plan proposed by developer the Ryan Cos., has been in the news. The plan does not contain a central focus on transit. Instead it has a water feature that flows to Hidden Falls and the Mississippi River. The daylighting of water to Hidden Falls is a significant feature of the 2013 Great River Passage Plan adopted in the City of St. Paul Master Plan.

News out of Ramsey County indicates that completion of the proposed streetcar transit improvements for Riverview is not expected until 2032, including four years of disruptive construction.

There is little dispute of the need for transit improvements in the West End. At the start of the Riverview Corridor Transit Study in 2014, we were told it was a long ten-year process to reach a studied conclusion and build even the least ambitious of options. We are now faced with a projected additional eight years of delay. This is unacceptable. Please join us on January 30 to discuss our vision for the future of the West End that includes transit that works for everyone.



Back to the Sources Cossetta's Goal: To Master the Art of Panettone and Pan d'Oro

Chefs Ron, Jaime, Marco and Charlie

BY JERRY ROTHSTEIN

Cossetta Alimentari is much more than a St. Paul landmark and destination for all things from the Italian kitchen. Within its West Seventh headquarters is the equivalent of a block of shops in any Little Italy [mine was on Arthur Avenue in the Bronx]. A fine restaurant; a relaxed dining area, cafeteria style; pizzeria; Pasticceria with pastries and gelato; Italian Market with meats, breads, prepared foods and salads, and imported specialties. Down the block, Cossetta Eventi offering individualized menu planning and catering for gatherings of two to two thousand.

But when you look deeper into the Cossetta culture and its highly trained cohort of more than 300 staff, you find that Cossetta never rests on its laurels.

This year, the team involved in bakery and pastry production spent the time needed to plan, learn, gather resources and produce Cossetta Panettone, the traditional Italian sweet-dough Christmas cake. Its tradition of more than 500 years originated in passion, and continues today with a passion for quality that this team holds close.

Inspired by Dave Cossetta, the team consists of Charlie Schwandt, Executive Chef of Production;

In the 1800s the Cossetta family came to St. Paul from Calabria, Italy, and settled in a little Italian neighborhood called "The Levee."

By 1911 they had opened a tiny food market called Cossetta's, which drew customers from far and wide who appreciated their quality foods and genuine hospitality. Cossetta believed that "Good food is the Quality of Life" and to this day this remains Cossetta's motto: "Qualità di Vita. Cibo Buono."

Ronald Bohnert, Executive Chef-Retail/Culinary; Jaime Martinez, Executive Chef of Bakery and Pastry Production; and Marco Failla, a Pastry Maestro from Catagna, Sicily, here for a year as a consultant to assist with the Panettone/Pan d'Oro project.

Each of these chefs brings fascinating histories to the work. Charlie studied and performed opera; Ronald was chef at the Radisson downtown for 23 years, followed by 18 years at the Stone Ridge Golf Club; Jaime started off as an engineer and explored Animal Husbandry, before coming to Chicago to cook in an Italian restaurant and then to the Cities to open one at the Mall of America — he has been with Cossetta's for 19 years; and Marco assisted the world-renowned Ignio Massari at his school, Cast Alimenti in Brescia, when discovered by the Cossetta team, who were there to learn as much as they could about Panettone. [Massari has garnered countless honors and prizes in his career — perhaps the most telling of his mastery is The Master of Master Yeast Masters Award.] Marco is affiliated with a group of chefs in the areas of pasta, pastry, bread and general Italian cuisine, with whom

COSSETTA'S, PG 3

West Enders Making a Difference: Joan Rodman

BY PAT TUPPER

When Joan Rodman, avid gardener, fisherman, outdoor enthusiast, and activist retired from the nursing profession, she had already determined that she wanted to stay busy. She also wanted a variety of jobs and did not shy away from doing something that she had never done before.

Her first volunteer opportunity came when she noticed an ad in *The Villager* asking for people to help start a community garden. Volunteers were needed to turn a piece of former farm land into a productive garden. Duties would include working with other volunteers, recruiting people, clearing the land of weeds, dividing the area into 36 plots and assigning them to gardeners. That first year only about half of the plots were utilized; the following year word had spread and all plots were filled.

"People raised crops that they liked; one grandmother grew pumpkins for her grandchildren; another grew vegetables from her native area of Alsace Lorraine," she said.

After five years or so, Joan decided it was time to try something new. A news program on WCCO featured a nonprofit horse rescue and requested volunteers. Joan signed up. "At that time, all I knew about horses was what they looked like."



Joan and her new buddy

she commented. Undeterred, the ranch assigned her a mentor to teach her what to do and Joan became a groomer, arriving for her 1½ hour shift every week. "Those horses are just like big dogs. They love to be groomed, to be petted and talked to. And they roll in the grass just like dogs do.

One horse that I was grooming got so relaxed that he lowered his head and went to sleep while I worked." Joan is now in her third year as a volunteer at the ranch. "Anyone interested in the program can find more information at the website "This Old Horse" (www.thisoldhorse.org or 651-437-1889) she said. There are local ranches at Hugo, Hastings, Goodhue and other Minnesota locations. All are nonprofit and all are dedicated to providing retired horses, abused horses or horses that are victim to changes in their owner's life status with a safe haven to live out their years.

"The nonprofit receives horses from many states. Some are retired race horses, some retired polo ponies or police horses, and others whose owners are unable to continue to care for them. The ranch where I work received a small group of mustangs from North Dakota that includes animals that are blind. The university is now studying the mustangs to try to determine the cause of the blindness."

Since grooming horses is not full time, Joan continues as a volunteer at Joseph's Coat, the free store for low income and homeless persons. She has been part of the volunteer staff of 200 hundred or so for more than five years and enjoys the work and the camaraderie. "People really need

the items we have. When they come in we ask for an ID and enter that into our computers. We do this solely because the demand is so high the people are limited to coming in once a week. Right now, many of the formerly homeless are getting their apartments at the Dorothy Day Center and they need basics like pots and pans or dishes. Small items like toothbrushes that are still sealed in their plastic wrappers, soaps, etc. are also useful. Jewelry is prized."

"Yes, we provide clothing. If you want to donate, make sure the clothes are clean, free of stains, have all their buttons and belts. Baby clothes are particularly valued, but again have to be free of stains. Tents and sleeping bags can be used by homeless people."

"The best thing to do if you have questions about an item is to call and ask if we can use it. We accept donations on Tuesdays and Thursdays from 9 a.m. to 2 p.m." Joan currently has no plans to stop volunteering.

Editor's note: this is part of a series exploring seniors who have lived or worked in the West 7th area and whose lives make a difference. Pat Tupper is a West End writer.

Community News & Events

Minnesota Housing Supports 412 Goodrich Rehabilitation

A \$ 50,000 Minnesota Housing grant has been awarded to the Save 412 Goodrich initiative, the John Lewis House, coordinated by Historic Saint Paul. The funds, when added to community contributions through local efforts during the past year, allow the rehabilitation to proceed, with the goal of creating a viable and iconic single-family dwelling in the neighborhood.

For details and opportunities to participate in and contribute to the process, see historicsaintpaul.org/412goodrich.

(right) What it could be: the restored building shows its Greek Revival style.



DODGE NATURE CENTER
Preschool Information Session: 12/4, 9:30-11 am at Dodge Nature Preschool, 1715 Charlton St., West St. Paul. Prospective families are invited to tour Dodge Nature Preschool. Tours offer a chance to experience life in a Dodge Nature Preschool classroom first-hand, ask questions, and meet preschool staff. RSVP.

Ken'ya Believe Kenya: 12/4, 11 am-noon at Farm Entrance 3, 1701 Charlton St. Outwardly, Wisner, Livelier, Seniors! Dodge's O.W.L.S program invites you to warm up at the Nature Center to explore Africa through stories of wildlife and culture. Optional lunch starts after the program. Cost: \$15 program and lunch; \$5 program only.

For schedule and registration, contact Dodge Nature Center, 365 Marie Avenue, West St. Paul, MN 55118. Pre-registration is encouraged — phone 651-455-4531 or visit DodgeNatureCenter.org.

MINNESOTA HISTORICAL SOCIETY EVENTS
A Victorian Christmas at Alexander Ramsey House, 265 S. Exchange St. Experience During this guided tour, guests can experience the sights, sounds, and tastes of a Victorian Christmas in 1875. Discover how the Ramsey family, friends, neighbors, and servants prepared for and celebrated the Christmas season. The Carriage House gift store offers replica Victorian ornaments and holiday items. The 60-minute guided tour starts every 15 minutes, Thu-Sun through Dec. 30: Thu-Sat 10 am - 5:30 pm; Sun 12-4:30 pm. \$12 adults, \$10 seniors, veterans/active military, and college students, \$8 ages 5-17, free age 4 and under, MNHS members save 20%.

History Lounge: The Somali World & Minnesota, 12/4, 7-8 pm free at MN History Center, 345 W. Kellogg Blvd. Since the late 1970s, political turmoil has forced many Somali people to migrate to places as varied as South Africa, Sweden, the United Arab Emirates, and Minnesota. Hear from Dr. Cawo Abdi, professor of sociology at the University of Minnesota and author of *Elusive Jannah: The Somali Diaspora and a Borderless Muslim Identity*, about the history of the global Diaspora that connects Minnesota to

a larger Somali world. Find out more about the consequences this migration has had for Somali people and how refugees have navigated their lives and dealt with challenges and opportunities in their new homes.

For information, tickets see mnhs.org/calendar.

FRENCH RESISTANCE DURING THE HOLOCAUST
The Nazis invaded France in 1940 and targeted the 340,000 Jews in the country for extermination. From 1940 to 1944, the inhabitants of the French town of Le Chambon-sur-Lignon, a community of religious Huguenot Protestants in a predominantly Catholic region, saved an estimated 3,500 Jews.


On Tuesday, December 11, 7-9 pm at Mitchell Hamline School of Law, 875 Summit Avenue, St. Paul, World Without Genocide will show the film **The Weapons of the Spirit**, a documentary about this remarkable heroism. The film was made by Pierre Sauvage, a French Jew born in Le Chambon-sur-Lignon who was sheltered by the people of that town.

The villagers were inspired by their minister, André Trocmé, and his assistant, Edouard Theis. Nelly Trocmé Hewitt, daughter of Pastor Trocmé and now 90 years old, was a teenager in Le Chambon during the war. She will speak about the importance to stand up against tyranny today. The sheltering of refugees in Le Chambon-sur-Lignon continues, with migrants coming from war zones including Congo, Libya, Rwanda, South Sudan, Kosovo, and Chechnya.

Dr. Ellen J. Kennedy, adjunct professor at Mitchell Hamline School of Law, will discuss the extermination of the Jews of France and post-war trials of leading perpetrators.

The event is open to the public; no reservations are needed. General public: \$10; students and seniors: \$5; free to Mitchell Hamline students; \$25 for two standard CLE credits for lawyers. For information see worldwithoutgenocide.org/events-and-programs or call 651-695-7621.

World Without Genocide promotes education and action to protect innocent people, prevent genocide, prosecute perpetrators, and remember those affected by genocide.



SUBTEXT AUTHORS' SERIES

A series of readings, book signings and discussion at SubText, 6 West 5th Street at 7 p.m. More information at 651-493-2791.

December 1, 4 p.m. Jacek Dehnel for *Lala*. Presented by the Polish American Cultural Institute of Minnesota.

December 4, 7 p.m. Will McGrath for *Everything Lost is Found Again*.

December 6, 7 p.m. Diane Jarvenpa for *The Way She Told Her Story* and Lynette Reini-Grandell for *Wild Verge*.

December 13, 7 p.m. Barb Geiger for *Paddle for a Purpose* with Jim Landwehr.

CERENITY SENIOR CARE — HUMBOLDT TRANSITIONAL CARE UNIT HONORED
U.S. News and World Report is well-known for its efforts to provide quality ratings in a variety of fields, notably college and university education and health care.

Its 2018-19 health rating introduced a new category — overall quality of short-stay rehabilitation, often referred to as “transitional care” — and CSC-Humboldt Transitional Care Unit, part of the Benedictine Health System, received the top “high performing” recognition in the recently released Best Nursing Homes report. The ratings are based on U.S. News and World Report’s own in-depth analysis of data from the federal Centers for Medicare & Medicaid Services.

“We are excited to receive this award but the real honor is seeing people improve and on their path to recovery,” Erin Anhut, Director of Therapies.

“Staff at Cerenity Senior Care- Humboldt Transitional Care unit has acted to improve the quality of the care and services they provide. These results were achieved through high intention, diligent effort, intelligent direction and skillful execution,” said Jeri Reinhardt, RN, BHS vice president of clinical services and performance excellence.

Cerenity Senior Care- Humboldt is a leader in elderly care services. CSC-Humboldt has been serving our neighbors for over 50 years, offering different levels of care and housing options for aging adults, including assisted living, memory care, transitional care, skilled nursing, and therapy services. See cerenityseniorcare.org for details.

Benedictine Health System is a nationally recognized, award-winning, Catholic, nonprofit senior living system based in Duluth, Minn. Its facilities provide a full spectrum of health and housing services to aging adults. BHS owns and manages skilled nursing, assisted living and independent living communities across the upper Midwest and offers services in such areas as therapy, rehabilitation, memory care, home health care, adult day and transitional care. BHS is sponsored by the Benedictine Sisters of St. Scholastica Monastery, Duluth. See bhshealth.org for further information.



2018 WEST 7TH COMMUNITY SERVICE AWARDS

Tom Schroeder and Gary Brueggemann received 2018 West 7th Community Service Awards. Tom’s work in restoring The Stone Saloon and making it into the contemporary Waldmann’s Brewery and Wurstery, and Gary’s many years studying and promoting the history of the West End, as well as their on-going commitment to our neighborhood, were honored.

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COUNTY PERSPECTIVES

National Adoption Day



COMMISSIONER RAFAEL ORTEGA columnist

For many of us, the upcoming holidays will be filled with family celebrations and cherished time with loved ones. This holiday season, the homes of Ramsey County foster care youth who have found their forever families will be filled with even more laughter, love and celebration.

On National Adoption Day November 17, Ramsey County celebrated 22 adoptions that took place on this day. And with those finalized earlier in 2018, a total of 100 Ramsey County foster care youth found their forever homes this year.

Each National Adoption Day is joyful and momentous, but this year is particularly notable because many of the youth were adopted as sibling sets, and the majority were adopted by their own blood relatives. This shows the great lengths that our child foster care and adoption workers go to ensure that families stay together whenever possible.

And while it might seem obvious or simple to do it that way, there is often a lot of work and preparation to make sure it's a successful connection. I myself have worked to make these connections and bring families together and it can be hard work. But the payoff of a loving supportive family that understands the child is so big, it's totally worth it.

While there was much to celebrate last weekend, the reality is that the need for youth foster care homes in Minnesota has increased 12 percent this year alone. Today in Ramsey County, there are more than 1,110 youth currently in foster care and 312 waiting for their forever homes.

In response, Social Services has made an intentional effort not only to increase the number of licensed foster homes, but also to find the right homes that meet the unique needs of the children, whether for language, cultural or religious reasons. To do this, Social Services has worked to engage the broader community by contracting with local organizations to find culturally connected foster parents within the African American and Native American communities. Additionally, they have increased connections within the LGBTQ2S and Gender Non-Conforming communities by participating in events like Pride and becoming the first agency in Minnesota to receive the Human Rights Campaign's All Children-All Families Seal of Recognition.

Keeping children together with their birth families is almost always our desired goal and what we are mandated to try to do by federal and state policies. Once it is determined through the judicial process that children cannot return to their homes, according to national statistics they can spend an average of two years waiting for adoptive families in foster care. I'm confident that our continuing efforts to engage people of all backgrounds in becoming foster parents will result in more children who are available for adoption, finding forever families quickly, and spending less time in foster care. This will lead to healthier children, families and communities in Ramsey County.

Successful adoptions can't happen without a network of committed foster care providers. Earlier this month, we recognized their vital role at our annual Adult and Child Foster Care Appreciation Luncheon. Our social workers and foster care and adoption staff also deserve accolades for finding temporary and permanent homes for children and adults in need. Their commitment to placing children and adults in safe and loving homes is essential in creating a thriving community.

If you know someone who may be interested in becoming an adult or youth foster care provider or adoptive parent/family, please encourage them to visit the links below to learn more. And may all of you, whatever your family situation, have a wonderful holiday season.

- Child Foster Care | ramseycounty.us/residents/assistance-support/support-families/foster-care
- Adult Foster Care | ramseycounty.us/businesses/licenses-permits-inspections/licenses-inspections/adult-foster-care-licensing
- Ramsey County Adoption | ramseycounty.us/residents/assistance-support/support-families/adoption

Editorials & Opinions

The letters, opinions, and editorials expressed on this page do not necessarily reflect the views of the Board of Directors of this newspaper or any of our advertisers or sponsors.

Your involvement is requested

As a nonprofit organization we are governed by a Board of Directors, and **we have openings for community members to join.**

We encourage your involvement in the creative side of things. **We have correspondents, reporters, reviewers and general writers involved.** You can write a letter to the editor on a topic we have written about, or in response to one of our columnists, or a longer "Neighbors Speak Out" piece.

You can also contribute story ideas: We aim to cover a wide range of interesting areas in the neighborhood. **Your ideas for stories and topics are always welcome.** Discuss the many possibilities with the Editor. Leave a voice message at 651-665-0068, or e-mail editor@communityreporter.org.

-- Jerry Rothstein, Editor, Community Reporter



West End HEALTHLINE

Getting Sober for the Holidays

BY JONATHAN DICKMAN, MD

The holiday season is here and it is a time when families get together. During this time, you may find that you have a relative who is struggling with the use of alcohol, opiates or other drugs. If this happens, know that you are not alone, and that United Family Medicine (UFM) is here to help. Accidental drug overdose is now the leading cause of death for people under the age of 50 years old in the United States. Many people know of a relative or friend who is struggling with substance use.

So you may be asking: What can I do? The first step is to let the person who is struggling know that you are concerned and to let him or her know that help is available. There is a lot of stigma surrounding this topic and it is important to recognize that addiction is now considered a chronic disease, similar to diabetes. Addiction is more than someone simply choosing to use drugs, just as diabetes is more than someone choosing not to exercise or eat healthy foods. As with other medical conditions, the approach to helping a person with drug use often requires both medications and behavioral health interventions to be successful. UFM now assists

people with medications, social work and behavioral health interventions needed to help one achieve sobriety.

Medications used for addiction treatment help to curb cravings and sometimes decrease withdrawal symptoms from the drug. Medications are used to stabilize a person and allow behavioral health and chemical dependency treatment interventions to happen. The most common medications used at UFM include:

- Buprenorphine (Suboxone, Sublocade): This medication helps people struggling with opiate (pain pills, heroin) use disorder by breaking the cycle of getting high and going through withdrawal. Suboxone (dissolved under the tongue) or Sublocade (once monthly injection) partially activates the part of the brain used by opiates to stop withdrawal and drug cravings. This medication also prevents a person from feeling high if they relapse on opiates.
- Naltrexone (Revia or Vivitrol): This medication can be used for both alcohol and opiate use disorders and works by blocking the parts of the brain that would be stimulated by these drugs. The oral medication (Revia) can be



used for alcohol problems and the once monthly injection (Vivitrol) can be used for either alcohol or opiate use problems.

Neither medication can treat addiction without the guidance of behavioral health interventions. We have therapists, psychiatrists and social work in house at UFM to assist with the process of working towards sobriety. Sometimes completing a Rule 25 (chemical dependency assessment) is recommended to allow insurance to cover more intensive outpatient or inpatient treatment and we can help people figure out how to get this completed.

This holiday season, remember that if you or your relative is struggling with drug or alcohol problems, there is help available to manage their chronic disease. Call UFM (651-241-1000) to schedule an appointment and to learn more about how we can assist with taking the next step towards sobriety. Have a Happy New Year.



FEDERATION UPDATE

974 West 7th St. See fortroadfederation.org.

At its meeting on Monday, November 12, the Federation Board heard two presentations. The first was from former Board member Dave Bredemus, about the Federation's history with Monroe/LMAP School over the decades. The second was from St. Paul Library Director, Catherine Penkert, about the proposed elimination of late fines, Read Brave program, and updates on the West 7th branch of the library.

The Board approved for the neighborhood to participate in the city-wide Neighborhood Honor Roll awards event. To nominate someone for

making the West 7th neighborhood a better place, go to fortroadfederation.org for more information and a nominations form.

The Board's next meeting will be on Monday, December 10 at 7 p.m. at the Federation's Office, 974 West 7th Street.

Stay in touch: We encourage neighbors to "like" the West 7th/Fort Road Federation on Facebook and subscribe to its e-newsletter on our website.

CONTACT: Emily Northey, FRF executive director + community organizer emily@fortroadfederation.org; office: 651-298-5599.

WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

BY LESLIE SPRING, LIBRARY MANAGER

As part of Read Brave Saint Paul, the West 7th Mystery Book Club will be departing from our usual theme in January and discussing *Evicted: Poverty and Profit in the American City* by Matthew Desmond, who is a professor of Sociology at Princeton University. *Evicted* is the winner of the 2017 Pulitzer Prize for General Nonfiction and tells the true stories of families struggling to pay their rent. Desmond lived alongside these families in Milwaukee and documented their day-to-day experiences as well as the policies that impacted them. We have a limited number of giveaway copies of *Evicted* for those who plan to attend the meeting, which is January 24 at 6:30 p.m. If you are interested in a



Lisa Hage

Early in November, we were sad to hear of the passing of Lisa Hage, a former West 7th Library manager. Thank you to everyone who shared their memories with us. We learned about her work in the gardens here at West 7th and how her dedication to them lasted long after she left her position. We heard how she generously shared her knowledge as a master gardener to make the plots thrive. You shared how Lisa filled the whole space at West 7th Library with her abundant energy and exuberance and how her engaging Storytime impacted your lives. She will be missed.

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COSSETTA'S, PG 1

Cossetta's already had a relationship.

Talking with this group, the word "passion" arises frequently, and it has taken passion and perseverance to create the Panettone they hoped for.

The process involved developing the recipe, sourcing the best ingredients and a lot of experimentation. Making a yeasted sweet cake involves developing the "mother" dough. It must have the right acidity and moisture content. The first mix develops the structure of the gluten, proofs the yeast, develops flavor. Second and third feedings, restings, risings, occur before the precisely measured dough can go into baking molds. An hour in the oven followed by three to six hours cooling. The entire process takes almost 60 hours with continual inspection, and between now and Christmas they'll produce 60 Panettone each day, for a total of 3,000.

The classic Panettone originated in Milan, and will be available in the original as well as chocolate and pistachio. The smaller Pan d'Oro, which originated in Verona, is also in production.

Dave Cossetta has a few more surprises in store for the new year. He'll be opening Frank's Levee Tavern on the second floor, a sit-down bar with food service. A hand-crafted bar is currently being made in the U. K.

The Rosticceria will also open, with a larger range of rotisserie meats and prepared foods.

And Roman-style pizza using a 24-hour raised dough baked in special pans, as well as Roman Pizza Bianco, will come to the Cossetta menu.

"Qualita di Vita. Cibo Buono."

The story goes...In the 15th Century a young Milanese noble, Ughetto degli Atellani, was sitting under a fig tree by a poor baker's shop. He was stricken by the baker's beautiful daughter, Adalgisa. To win her heart he worked at the bakery for free. He baked with only the best ingredients until, one day, he created the most amazing sweet bread to win Adalgisa's heart. He named it after her father, Toni: thus, Pan (bread) del Toni: PANETTONE. Ughetto and Adalgisa fell in love and were married. Leonardo da Vinci himself was a wedding guest.

Community REPORTER

SERVING WEST END NEIGHBORHOODS, DOWNTOWN ST. PAUL TO FORT SNELLING SINCE 1972

265 Oneida St. St Paul, MN 55102

AD DEADLINE & MEETING

Copy Deadline/Meeting: December 10. Ad Deadline: December 12
Third Monday of each month. Articles should be typed, double spaced.

The editor reserves the right to edit submitted copy. We can design your ads, camera ready, tiff or jpeg files on disk.

Community Perspectives

PLANNING IS IN THE AIR, EVERYWHERE
The Fort Road Federation's (FRF) board of directors is developing two documents that will inform and guide how we can help achieve neighborhood goals. The first is a new **Strategic Plan** for the organization. What is a strategic plan and why is it important? A strategic plan is a document that defines an organization's goals and direction for a time period, usually three to five years. It helps to set clear priorities, focus energy and resources, ensure that staff and the board are working toward common goals, and defines strategies to meet our goals. This is a plan focused on the Fort Road Federation as an organization and steps we can take to achieve our mission.

The second is the **Small Area Plan**. Each district council submits its Small Area Plan (SAP) to the city. The SAPs articulate a vision to guide growth and investment, provide a process for community engagement in setting priorities for the area, and guide the city in decision-making on a neighborhood level.

Input from the West 7th/Fort Road community is very important to help define goals for the organization and ensure the SAP is aligned with residents' needs and wants. Our first task for both activities was to hear from residents. This summer we held or attended six events to get feedback, as well as had an online survey. We spent time handing out popsicles at Cooper's Foods, the West 7th Community Center, several National Night Out parties, and the Healthy West 7th Block Party and asked people to complete three statements:

- I want to live in a neighborhood that....
- One thing I love about my neighborhood is....
- If I could change one thing about my neighborhood, it would be...

We received more than 350 responses and really enjoyed meeting the diverse people who make up West 7th. Some of the themes that emerged were:

- People want to live in a neighborhood that is safe, has lots of activities that bring people together, has great parks and green space (a splash pad or pool was very popular!), where neighbors care for one another, has biking and walking infrastructure, and has housing that is affordable and well cared for.
- The one thing people love about their neighborhood is overwhelmingly their neighbors! People also love the parks, its central location, and the small businesses.



Beth Cleary, Maggie Kessell, Jan Mandell, Anne McDonough

DONATION CLASSES AT RIVERGARDEN YOGA CENTER

For these classes at River Garden Yoga, 455 West Seventh, nobody is turned away due to lack of funds. Instead, a voluntary donation (between \$5 and \$15 is common) is welcome. For detailed information on these and other classes see rivergardenyoga.com.

- Mondays, 6 to 7 pm: Loving-Kindness Meditation with Patrice Koelsch.
- Tuesdays, 8:30 to 9:30 am: SunMoon Vinyasa Yoga-All Levels with Paula Coyne.
- Tuesdays, 6 to 7 pm: Tai Chi with Andrea Sullivan.
- Thursdays, 5:30 to 6:45 pm: Community Yoga — Intro to Viniyoga with Beth Cleary/Jan Mandell.
- Fridays, 7 to 8:15 am: Mindful Flow with Bianca Matter.
- Fridays, 9 to 10 am: Vinyasa — All levels with Susan Schwartz.
- Sundays, 5 to 7 am: Aquarian Sadhana-Kundalini with various teachers.

Public Hearing: Ford Spur Design Study | Dec 5, 5:30 pm, City Council Chambers

The St. Paul City Council will hold a public hearing on a preliminary design study for the Canadian Pacific Ford Spur. More information about the study can be found on the project webpage: stpaul.gov/fordspurstudy.

The City of St. Paul is conducting a study to reimagine the use of the five-mile railway corridor originally used to serve the Ford Twin Cities Assembly Plant. The Canadian Pacific Railway has abandoned the line, but has not yet sold it. The corridor has the potential to be remade into a vibrant recreation and transportation resource that can serve St. Paul residents with pedestrian and bicycling resources, and considers potential uses for public transit. Land survey work began in April 2017, and community engagement and other analyses continued through March 2018.

This is an opportunity to repurpose the Ford Spur as a community asset, providing opportunities for trail-based transportation and recreation, as well as economic development. It has potential to be a landmark project in the city having positive, transformational impacts on the neighborhoods along the corridor. See stpaul.gov/saintpaul4all for background and resources.

- If people could change one thing they would have lower crime/more safety, less traffic and slower drivers, more businesses, and improved transit and biking/walking options.
- What's next? We need to turn this information into a strategic plan and SAP. What does "safe" mean and how can FRF help make that happen? What can we do to make our parks even better and have lots of ways for neighbors to interact and support each other? What does FRF need to do itself, like create committees or change bylaws, to sustain itself and include more people in neighborhood decision-making?
- The board has formed a strategic planning committee and a SAP committee to take on these tasks. The strategic planning committee is co-chaired by Dana DeMaster and Andrea McDonald Marboe and the SAP committee is co-chaired by Camille Morse Nicholson and Meghan Redmond. They have been meeting this fall and will share

draft plans with the community in early winter. To learn more, offer ideas or ask questions, contact: Emily Northey, FRF executive director + community organizer: emily@fortroadfederation.org; 651-298-5599.



SCIENCE MUSEUM OF MINNESOTA NEWS
The Machine Inside: Biomechanics is a new hands-on exhibit that showcases animals and plants as sophisticated machines that are built for survival — complete with pumps, pipes, insulation, motors, springs, and intelligence gathering devices. Now open, and running through January 6.

Mental Health: Mind Matters provides a memorable, impactful experience exploring mental health and its prevalence and impact in society. It has also provided a safe space to have important conversations about a subject that some see as taboo. *Mental Health* continues at the Science Museum this fall, building understanding and awareness by giving visitors the opportunity to see how mental illness has been treated in the past, as well as the chance to better understand what it's like to live with mental illnesses such as depression, anxiety and post-traumatic stress disorder. The exhibit also connects visitors to valuable resources to help them better their own mental health and support those with mental illness who are close to them. Through January 6, 2019.

Living in the Age of Airplanes is part of the Year of the Engineer. This Omnitheater film explores the wonder and grandeur of flying on the only screen large enough to convey it. Filmed in 18 countries across all seven continents, it features fascinating history, breathtaking visuals, and soaring sound. Through January 3. Reservations, directions and other museum information are available online at smm.org or via phone at 651-221-9444.

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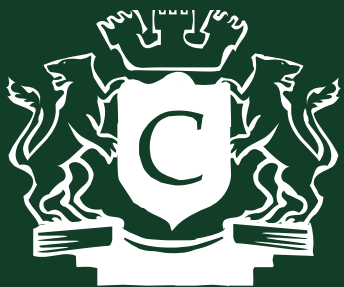
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Community Arts & Culture

Terrace Horticultural Book Week

BY JERRY ROTHSTEIN

Our neighborhood is blessed with one of the finest book stores focused on one topic, though it is a very broad one — horticulture as the art and science of growing, knowing and hoeing about the plant world.

Terrace Horticultural Books (THB) is the kind of place that a book lover and gardener would like to be locked into over a weekend, and even then she would not have made much of a dent in the thousands of volumes and hundreds of topics present. How to grow petunias? Biblical plants? Planning a vegetable garden? The questions could continue almost indefinitely.

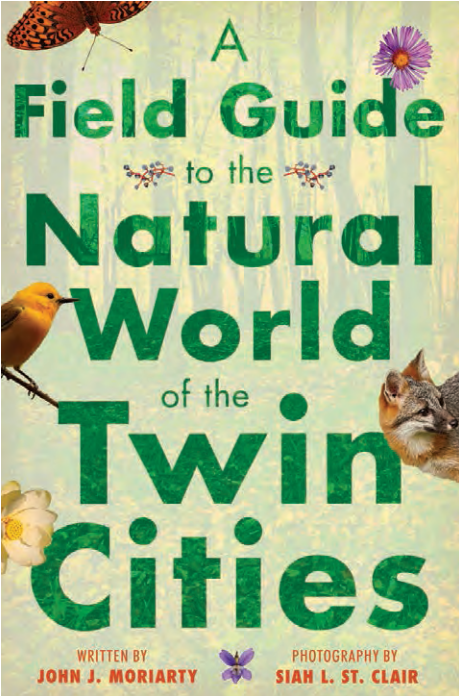
THB is also one of the richest on-line sources, and owner Kent Petterson is well connected with gardeners and scholars from the Twin Cities, throughout the state and Midwest, and beyond.

Twice a year Kent holds an Open House week. In the November example, he presented his annual Terrace Award — the twelfth — to Master Gardener Warren Banks. And at the other end of the week, author John J. Moriarty came to sign copies of his new book *A Field Guide to the Natural World of the Twin Cities* (with photographs by Siah L. St. Clair).

Warren Banks has worked and volunteered to help sustain home gardeners and anyone interested in horticulture. His efforts helped many to be more successful in their efforts to beautify their homes, businesses and public gardens. For thirty five years Warren has been a Dakota County/University of Minnesota Master Gardener. Warren has also served as a Tree Care Advisor for twenty five years. The Dakota County Test Gardens at U-More Park were one of his major projects.

John Moriarty is senior manager of wildlife for the Three Rivers Park District in the West Metro area. His intimate knowledge of those parks and many others (36 are featured in this book) is a fabulous gift to all nature lovers in our area. With beautiful color photographs by Siah L. St. Clair Director of Springbrook Nature Center in Fridley, the book will energize the reader's understanding of our local natural areas that can be visited in a single day trip.

After a brief orientation to the Twin City natural area with highlights and maps, the book is divided into color-coded pages for easy reference to the natural biomes that are featured — Prairie, Savannas, Big Woods, Oak Woods, Wetlands, Fens, Bogs, Lakes and Rivers. A final category calls attention to our major metro parks and leaving no



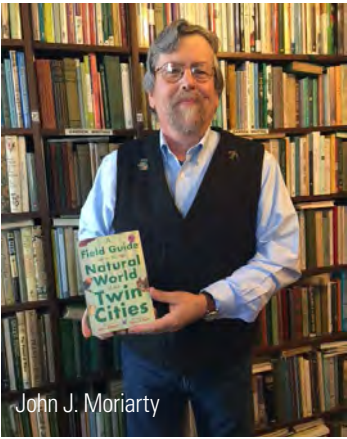
area unexplored, including your own backyard.

Within each biome, John has featured at least four significant natural areas you could explore. Each of these natural areas has a color map and a listing of animals and plants you could expect to encounter.

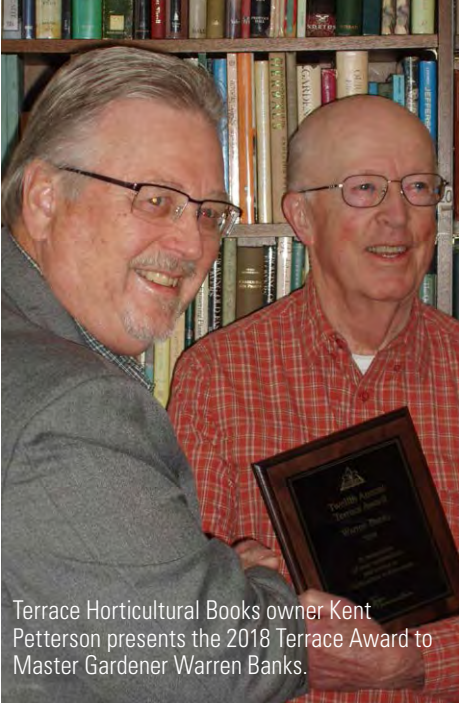
Older school-age children, their teachers and adults will find the book very useful in finding and experiencing the entire natural world that we have right here in and around the city.

Despite the long process of urban and agricultural development that has brought us so far away from the original environment, we still can find prairies, woods, and wetlands, along with pockets in the parks and open spaces throughout the cities and suburbs.

This field guide invites readers to investigate the Twin Cities' wildlife — familiar and obscure, sun-loving or nocturnal, shy or easily observed. Here are snapping turtles, otters, and Cooper's hawks, the wild lupines, white water lilies, and sprawling white oaks, among hundreds of species



John J. Moriarty



Terrace Horticultural Books owner Kent Petterson presents the 2018 Terrace Award to Master Gardener Warren Banks.

found in the wild, the park, or even the backyard. Including notes on invasive species and a list of references and organizations, this book is a perfect companion and an unparalleled resource for anyone interested in discovering the rich natural world of the Twin Cities.

For more information, including the table of contents, visit the book's webpage: upress.umn.edu/book-division/books/a-field-guide-to-the-natural-world-of-the-twin. The authors will be discussing and signing the book on December

10, 7 p.m. at the Bell Museum of Natural History (2088 Larpenteur Ave W., St Paul), and on December 13, 7 p.m. at Common Good Books (38 Snelling Ave S., St Paul).

TERRACE HORTICULTURAL BOOKS, 503 St. Clair Ave., 651-222-5536; terracehorticulturalbooks.com.



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Minnesota Museum of American Art invites the community to Opening Day at the new M to experience a full day of fun activities, in-gallery performances, food and drink, and remarkable art around every corner in the museum's beautiful new home. For additional information on current and future plans for the new M, visit mmaa.org.

December 2, 2018, 11 a.m. - 5 p.m. at 350 Robert Street N. FREE and open to the public

Theatre Elision Returns to North Garden Theater with Two Shows

On Friday, December 7th, Theatre Elision returns with *Have Yourself a Jazzy Little Christmas*. This special holiday concert was very popular last year at North Garden. Once again, they will feature an ensemble of singers and jazz musicians performing the Christmas standards, with a "sing-along intermission." Both shows start at 7:30 p.m., with the doors and bar opening at 7:00 p.m. Tickets can be purchased online at elision.simplenetix.com. More information is available at elisionproductions.com.

Tamara Aupaumut and Jeremy Pomani at Two Rivers Gallery

Tamara Aupaumut (Stockbridge-Munsee Community Band of Mohican Indians, Oneida Nation of Wisconsin, and Brothertown Indian Nation) works in many mediums to convey deep explorations of life and death, survival and perseverance, and creation and destruction to provoke emotions and spark curiosity, thought, and dialogue.

Jeremy Pomani (Navajo and Chippewa) is an abstract painter, inspired by his travels and family adventures. He is a part of Rise's Art Speaks program where he works with an art therapist on a wide range of innovative and creative art projects. Rise is a private, nonprofit organization that offers people who have disabilities and other barriers, employment, housing support, and life in the community.

Exhibit runs through 2/8/2019 at Two Rivers Gallery (in the Minneapolis American Indian Center), 1530 E. Franklin, Minneapolis. It is free and open to all ages Call 612-879-1780.

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Great River Gallery: Art, Teaching and Health

BY JENNIFER VERBRUGGE

The neighborhood’s newest shop is heralded by an eye-catching mural, announcing Great River Gallery, Est. 2018 (1178 West Seventh). Walk into the storefront, and you may just catch potter and owner Jason Kaping wheel-throwing a perfectly symmetrical clay plate in his studio smack dab in the middle of the gallery. A blend of “nostalgic old St. Paul and a contemporary fine art gallery,” the former Video Lease retail space has been restored to its former glory of re-exposed original brick and tin ceilings — although it might be hard to notice the architectural details when your eyes

are so drawn to the gorgeous Pig’s Eye pottery and stunning Steve Wewerka photography that cover every flat surface and wall. In the back room, partner Rae Jae offers appointment-based Reiki sessions and other holistic healing services. Great River Gallery is a one-stop shop for great art and good juju.

Kaping is no stranger to West 7th. His mother grew up within blocks of the shop, and he still has family in the neighborhood. He attended Cretin-Derham high school, where his lifelong ceramics work began. After spending more than a decade working in IT, he decided to become a full-time

potter. About five years ago Kaping opened a studio in the Midway neighborhood and began offering pottery classes. Ideal for corporate, team-building, or large family events, each class runs about two hours and all participants keep their two



Jason Kaping at the wheel.

favorite pieces. (All are oven-, dishwasher-, and microwave-safe.) The cost is approximately \$50/participant. Now in his new West Seventh location, classes are offered by reservation only, requiring a minimum of six participants. With the classes, Kaping hopes to draw folks from around the metro into our neighborhood, and encourage them to explore all the restaurants, shops, and other small businesses it has to offer.

Ever community-minded, Kaping is interested in coordinating an Empty Bowls Project chapter in the neighborhood. Empty Bowls is a grassroots effort to raise money and awareness to end hunger. Through it, community artists create handcrafted bowls in which participants are served a basic meal of soup and bread. In exchange for a financial donation, guests are asked to keep the bowl as a remembrance of the many bowls that so often go empty of food. All project proceeds are donated to organizations that work to end hunger and food insecurity. Any interested artists, community organizations, and restaurants can contact Jason Kaping. The Great River Gallery website features a rotation of local artists. To be featured on the website, please visit for more information.

All are invited to stop in to meet Jason and his business partners, to learn more about pottery resources in the metro area, and to shop their variety of one-of-a-kind holiday gifts.

GREAT RIVER GALLERY, 1178 West Seventh Street, St. Paul; greatrivergallery.art or jason@pigseyepots.com; 612-804-1708. Hours: Tuesday-Saturday, 10 a.m.-4 p.m., or by appointment.

Jennifer Verbrugge and her family bought a cozy house in the West Seventh neighborhood more than a decade ago. She loves life in our little community — except the snakes.

Chakra House: A New Wellness Center

BY MARGARET WIMBERLEY

The Chakra House, a center for alternative wellness at 1620 West Seventh Street, is more than a place to buy crystals and essential oils, although a wide variety of those, as well as candles and crafts produced by local artisans, are available. Owner Jessica Day, who lovingly refurbished the 1910 house to accommodate the needed layout for her business, has managed to preserve Chakra House’s extensive interior woodwork, stained glass, and feel of a home representative of its era, while also fitting the upstairs with clean, professionally equipped rooms for therapeutic massage and Reiki treatments.

Day describes Chakra House as mainly a place for her clients to ask questions. “Asking questions is at the heart of what we are about,” she said. “What we do here helps open pathways to finding ourselves, and what makes us unique.” Ms. Day was careful to point out that Chakra House in no way treats, diagnoses, prevents or cures, or medicates its clients.

Having dealt with physical disabilities her entire life, Day has a unique perspective on the importance of Western medicine, but is also able



to see the value in spiritual wellness. “The two are complementary,” she said. Steffy Davis, one of Chakra House’s licensed Reiki practitioners, added that health and wellness issues often get lost in the cookie cutter format necessitated by Western Medicine, and that methods available through alternative wellness practices can yield a deeper understanding of a person’s needs. At Chakra House

this may come from practices associated with other cultures and centuries, such as Reiki, Rune, Oracle and Tarot card reading, or may result from working with light energy or making use of a special digital camera that shows auras and chakra centers.

Regarding Reiki, Davis explained that a Reiki practitioner becomes a conduit for a person’s energy, typically through an individual’s seven main energy centers, or chakras, which may lead a client to a deeper understanding of their own healing process. “It isn’t instantaneous. It isn’t for anything like cancer. That’s not how it works.” Supporting how important it is for clients to be aware of their body’s energy centers, Day added that the aura camera helps by providing a screen on which to actually see our chakras’ energy visually. “Chakras represent different areas of our life, different aspects of self. They basically compartmentalize what’s going on because each chakra governs each aspect of self and of our life, to help bring us in balance.”

Matthew Eisenhuth, one of two licensed massage therapists at Chakra House, pointed out that the body’s energies can be disrupted in many

ways. He said sometimes we manifest this by holding in stress or even through our posture. Matt added, “All these little things that make us — us — respond to having someone help allow your body to fall back in place.”

Visitors to Chakra House will find, along with services mentioned above, a reader of runes, of tarot cards, an oracle reader, and more traditionally, health coach Monica Iammatteo on Wednesdays, who is licensed to help clients navigate the medical system. Jess Day adds, “The take-away here is it’s important to embrace what makes us who we are. It’s also important to have fun and to explore.” Further information can be found at thechakrahousemn.com or by calling 651-493-2586.

Margaret Wimberley worked for 20 years in television in New York, and later, with her husband Michael, had a production company in North Carolina and in the Twin Cities. She has BA in Political Science from Columbia University, and an MA in Forensic Mental Health from Concordia.

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A couple years ago there was a beautiful and moving article in *The New York Times* called "The Flavors That Unite Syrians" by Dalia Mortada, a journalist reporting from Istanbul

covering the civil war in Syria. In her article she reminds us that food can tell us far more about a culture and its people than say, a news article. In meeting with Syrian refugees she was regularly folded into their meals, however modest, and found that these dishes and flavors became the material by which she would deliver their stories.

alt This set me to thinking that when I began studying art history in college, for the first time I began to understand the history of cultures in a way I never could absorb in high school text books. It was through art and literature, and later through food, that I have come to appreciate the world.

Bread and Salt: I learned this custom after reading Mortada's piece, and learned it is a greeting and a tradition in numerous European cultures, a custom she found herself a part of as she traveled. Simply, a bit of bread offered to a visitor, along with a pinch of salt, symbolizes welcome, hospitality, alliance, and gratitude. The breaking of bread, with or without salt, is something sorely needed as we pass into a seemingly more divided world.

In a time when it is hard to know how to be engaged, we can at least do this: cook. And

certainly find meaning there. But what if we went a step further, and made a dish from a culture that is under siege, to honor those dishes and stories, to honor those who are displaced? This week I will make a dish from Claudia Roden's *The New Book of Middle Eastern Food*, a book I've admired for a long time, a book that goes down like a collection of short stories. Meat dumplings in yogurt sauce? Bean and vegetable soup? Plain rice, perhaps.

Maybe you are like me, coming to understand more and more that what we eat matters. That what we eat and cook and share can offer us meaning and connection in the most unexpected of ways, and in the darkest and lightest of times.

Here is a modest recipe, from a one such faraway place, that captures the spirit.

Kristin is a chef, meal planner, and the founder of Goosefoot Kitchen. She teaches, writes on, and advocates for the good life in and around the kitchen and at the table.



Brake Bread is a neighborhood bakery specializing in naturally leavened breads, simple pastries, and a bike-based subscription model that pedals bread around St. Paul all year round.

They are launching Share the Loaf — an initiative that offers a way for neighbors to give and receive bread freely with no strings attached. Purchased on line or in store, Loaf Shares are hung by the register and can be exchanged for a free loaf of bread. Loaf Shares are for everyone. If you can use bread to make a connection with someone else, including your immediate family, then grab a Loaf Share and get a free loaf of bread. According to baker/owner Nate Houge, “The idea for Share the Loaf was inspired by customers who regularly paid for extra loaves and asked us to find good homes for them. The joy of giving and unexpected gift receiving was so fun we wanted to open it up to more neighbors. Share the Loaf is just another way for us to become a conduit for building community. How lucky are we?”

A Loaf Share costs \$5. Loaf Share certificates can be purchased in store or on line as one time purchases or as ongoing subscriptions. When customers purchase a Loaf Share, a certificate is hung up at the shop that can be redeemed for a free loaf of bread for anyone that comes in and needs a loaf of bread. Loaf Share certificates can also be given away for someone else to bring in at another time. Loaf Shares can be purchased in store or at brakebread.com.

BRAKE BREAD: Naturally Leavened, Community Supported, 1174 West Seventh; brakebread.com or call 651-300-9136

Mujadarrrah: Lentils w/ Rice, Carmelized Onions

There was this one family I cooked for — in my personal chef days — who adored this seemingly plain dish, and would ask for it time and again. Recollecting that brings a smile since this dish reflects what I love most: simple and healthy recipes that are humble, but easily move into sophistication. This dish has a long tradition in the Middle East, and is a perfect vegetarian supper. Serve it alone (with a dollop of yogurt, perhaps), or as a side dish, with a cold salad, but certainly warmed up for lunch the next day.

MARKET LIST

- 2 large yellow onions
- Extra virgin olive oil
- Kosher or sea salt and black pepper
- 1 ¼ cup green or brown lentils
- 1 cup long grain rice

Slow Onions

Slice 2 large yellow onions, and turn on a medium-low heat under a large skillet. Once hot, add ¼ cup of extra virgin olive oil. Add your onion, and a good pinch of kosher or sea salt, and partially cover until

they've softened, about 10 minutes.

Lentils

In the meantime, rinse 1 ¼ cup of green or brown lentils (my favorite are French green). (Soaking your lentils ahead for around an hour will assist in their even cooking and digestion, but it is not necessary.) Add them to a saucepan and cover with 4 cups of water and a good pinch of kosher or sea salt. Bring to a boil, and allow them to simmer for 15 minutes.

Keep Going Onions

Remove the lid from your onions, turn the heat up to medium, and allow them to cook for a further 15 minutes, stirring frequently. At this point they may have become tender and browned; allow more time if this hasn't happened yet. (The longer the onions have to cook the more developed their flavor will be, and you can simply let them cook until dinner is ready if you like; but turn down your heat to low if the onions are darkening too much, or burning.)

Rice, a Perfect Partner

After your lentils have simmered for 15 minutes, add 1 cup long grain rice, a pinch of kosher or sea salt,

and a good twist of black pepper to the saucepan. Stir, then cover and cook over low heat until the rice and lentils are tender, about 15-20 minutes. Add additional water along the way, if needed, to keep it just covered and moistened.

Finish

Stir half of the caramelized onion into the lentils and rice, cover, and let that stand off the heat for a few minutes. Serve in large, shallow bowls and top each with the remaining onions, and drizzle any remaining oil from the pan over top. Serve with a dollop of plain yogurt, if you like.

NOTES & VARIATIONS

- To further enhance the flavor of this dish: add 1 tablespoon of tomato paste and ½ teaspoon dried pepper flakes to the water with the lentils, and/or add 1 teaspoon cumin and/or coriander, or 2 teaspoons of dried mint to the water with the lentils.
- Replace rice with bulgur to vary this recipe. And replace the green or brown lentils with red lentils if you wish. Red lentils will cook a bit more quickly, and will break down into more of a puree.



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For more information go to www.unitedfamilymedicine.org

Community Nourishment



DEBORAH PADGETT
columnist

DEB SAYS

Homeless Services: What is Available?

Our homeless neighbors are particularly vulnerable this time of year. What can you do if you see a neighbor pan-handling on the street, or cold and in obvious need of help? Charitable, government and community service providers suggest that rather than offering handouts, we contribute money, supplies or volunteer support. These are marvelous, worthwhile and effective ways to make a difference. I struggle with my own sense of guilt and privilege each time I am approached or otherwise encounter a person asking for my help. Though I will sometimes offer the cash from my pocket, I have decided the better path is to offer the possibility of connecting the individual to resources toward stability and self-sufficiency.

I will often approach a person holding a cardboard sign and ask if they have a place to sleep at night and if they have access to regular meals. More often than not they are already aware of and participating in some or many of the services available to them. They might shelter at Higher Ground (Dorothy Day) or Union Gospel Mission or live in permanent supportive housing. Many of them have a very limited income that covers the cost of shelter and a few very basic needs but without steady employment and income, find themselves in need of money for incidentals or an extra expense or indulgence. Though they might have access to shelter and food they find themselves with little to do and nowhere to go during

the daytime hours.

If you feel you want to help but are averse to giving a handout, educate yourself about the available resources and how a person in need can begin to gain access. You can then create small information packets or envelopes with a brief and helpful tip sheet, include a Metro Transit Go To card preloaded with transit money. You can include gift certificates for Subway, Mickey's, Dunn Brothers and/or thrift shops or drug stores such as Walgreen's where the individual in need can do their own shopping.

If you want either a little or a lot of information about available services it is easy to do research from your phone, tablet or computer. A simple Google search of "homeless services in St. Paul and Ramsey County" will provide a starting place. It can be both overwhelming and reassuring to realize so much is available and a lot is being done to help. Sometimes that first contact or pointing in the right direction can put a person on the path to critical services that provide a safety net toward ultimate stabilization and self-sufficiency. By educating yourself about access to services you can easily begin to serve as an advocate for people in need. The following contact information can get you started and can provide access for those in need of help.

- **First Call for Help:** 2-1-1 United Way. Website: 211unitedway.org.
- **Ramsey County Homeless Services:** ramseycounty.us/residents/assistance-support/assistance/housing-services-support. Ramsey County Government Center East Building, 160 E.

Kellogg Blvd., 651-266-8500.

- **The Listening House:** 464 Maria Ave., St. Paul; 651-227-5911. Day services, referrals available: listeninghouse.org. Hours: Monday, Tuesday, Thursday, 9 am-4:15pm. Wednesday and Friday 9am-11:30am. [Bus routes: 74K 7th St/Edgewater & 63K E 3rd St/Lower Afton/Via Sunray.]
- **Mary Hall:** 183 Old Sixth St, St. Paul. Day services and referrals are available through Dorothy Day (during construction). Website: cctwincities.org/locations/dorothy-day-center/. [Bus routes: Same as above.]
- **Day services and computer access:** Available nearby at Keystone Community Centers, St. Paul Public Library at West 7th Community Center; George Latimer Library (downtown); Rondo on University; Merriam Park Branch on Marshall and Fairview.
- **Transportation help** to needed resources: Visit Metro Transit at metrotransit.org/Planner/PlannerResult.aspx.
- **Go To bus and transit cards** are available nearby at all three Mississippi Market locations, Metro Transit Center at US Bank Center, Skyway and Unbank at 1098 University Avenue.

Helpful links:

- **Heading Home Ramsey:** for information about services for poor and homeless people, headinghomeramsey.org.
- **Minnesota Coalition for the Homeless:** mnhomelesscoalition.org.
- **United States Interagency on Homelessness:** usich.gov



HALLE O'FALVEY
columnist

BIRDS IN PARTICULAR

Take Part in Christmas Bird Count

The beautiful rustic red-wood shingles are finally laid to rest on my roof. The giant blue tarps are gone, as well as the constant pounding. And the side yard is all cleaned up. The house sparrows were ruthlessly evicted when the ladders first went up. They lingered on the bridal veil shrub for a day amid the commotion.

Long gone for days, they could not resist their return. Those exotic, invasive birds and, you should know, my outdoor THERMOS grille. I must say I was witness to the sparrows return. Their ransack hotel was gone; they were very upset, frantically hopping on the roof, peering over the soffits, loudly chirping on the wire, bewildered. My grille stood under the spruce tree out of range for the roofers. With the unearthing of the blue tarp, the grille was nowhere to be found. Mysteriously, it showed up where it belonged, alongside the house. Kookymunga is all I can say about the

grille. And I have nary a house sparrow on the bridal veil anymore.

The 119th Audubon Christmas Bird Count in the Twin Cities is set for Saturday, December 17, 2018. A group is meeting at Panera Bread in Highland Village at 7 a.m. finishing up around 4 p.m. The area surveyed is on The Veterans Home grounds, Minnehaha Creek, Lake Nokomis, and Camp Coldwater. We will be walking and driving. So, it is a day. But if you just want to join for part of the day you can drive your own car. Snow, rain, wind, or shine. Send me a message if you are interested in doing this with me this year: hal-leofalvey@gmail.com. You can also do a Backyard Bird Count on your own from your best window from Friday, December 14, 2018 through Saturday, January 5, 2019. See saintpaulaudubon.org/events/christmas-bird-count/.

We are nearing the end of "Year of the Bird," something I learned more about in my research for this article. In 1918, The Migratory Bird Treaty Act

was passed protecting birds from people. This act did not include the house sparrow, I might add, because they do not migrate. The snowy egrets, the relative of our great egret, were near extinction as their beautiful white feathers were harvested for the plume trade. In the late 1890s, Harriet Lawrence Hemenway and her cousin, Minna Hall, Boston socialites, started a successful boycott of feathered hats, and started the Massachusetts Audubon Society, bringing a long, hard fought battle to end the plume trade. [See #womenwhowork#Massachusetts#AudubonSociety.]

Email halleofalvey@gmail.com if you are interested in a birding trip.



For countless years, Laurel Severson has been the driving force behind the annual West Seventh Spaghetti Dinner. Her sauce is incomparable.

CHURCH BULLETIN

editor@communityreporter.org

WHATEVER...KEEPING YOUR HEART IN TUNE WITH WHATEVER LIFE BRINGS — December 1, Fellowship 8:30am, Bible Study, 9-10am St. Peter's Lutheran Church, 530 Victoria S. Info: 651-228-1482.

HUMBLE WALK LUTHERAN CHURCH: Worship Sundays 4:30pm. Art House North, 793 Armstrong Ave., St. Paul.

IMMANUEL BAPTIST CHURCH: Sun, 10am Bible Study; 10:45am Worship. Wed, 7pm, Bible Study/Prayer — 740 Watson Ave., 651-227-5075. Immanuel Baptist is an independent church.

SUNDAY WORSHIP AT ST PETER'S LUTHERAN CHURCH: 8:30 a.m. Bible Study: 9:45 a.m. 530 Victoria S. Information at 651-228-1482. Christmas Eve Service: 2 p.m. and 6 p.m. No Christmas Day Service.

O COME, ALL YE FAITHFUL!
St. Luke Lutheran Church, ELCA, 1807 Field Avenue, St. Paul 651-698-9443
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Join us as we celebrate Advent and Christmas.
Advent Candlelight Service: 12/10, 7pm, refreshments to follow.
Sunday School Christmas Program: 12/16, 9 am
Christmas Eve Worship: 12/24, 6 p.m.
Christmas Day Worship: 12/25, 9:30 a.m.

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ACTIVITIES

Fiberazzi: Knitting & Crocheting Group
Tuesdays: 1-3pm.
Health Insurance Counseling: 12/13, 10am-noon. Call for appointment.
Retirement Income & Pension Rights Counseling: 12/18, 11am-noon.
Ask the Lawyer: 12/20, 3-4pm, with Melanie Liska.
Lunch 'n Bingo: 12/20, 11:30am, Skinner's pizza, salad & dessert, \$7 lunch; \$1 Bingo cards.
Cribbage: Mondays, 12:30-3pm.
500/65 Cards: Fridays, 12:30-3pm.
Free Movie & Popcorn: 12/26, 12:15-2pm, *The Man Who Invented Christmas* (Rated PG-13).
Keystone Book Club: 12/13, 6-8pm. Call Joan Dion 651-489-8103 to join.
Merry Monday: Social hour after exercise on the first Monday, 10-10:30am. Next is 12/3.

SPECIAL PROGRAMS

AARP Smart Driver Program: 12/7, 12:30-4:30pm. Refresher course maintains your insurance discount. \$20; reserve a spot by calling 651-298-5493.
Mobile Menders: 12/10, 5:30-7:30pm. Provides free sewing and mending services on site.
TED Talks: 12/13, 11:30am-1pm. Watch preselected TED Talk videos with a common theme, and then have time for discussion. December theme: Memory.
Keystone's Senior Program is partnering with Keystone's new Best Buy Teen Tech Center to offer computer tutoring and technology training through the Cyber Seniors class. Seniors are paired with Best Buy Tech Center teen trained in how to work with older adults. Call Teisha, 651-298-5493.

NUTRITION PROGRAMS

Fare for All Discount Groceries: 12/7, 10am-noon. Fare for All partners with local communities to provide affordable and nutritious foods. Low-cost food packages allow individuals and families to stretch their monthly food budgets. Pay with cash, check, EBT or credit card, at West 7th Community Center gym. Info: Cathalina 651-298-5493, ext. 218.

Meals on Wheels, Dietary Choices; daily check-in.

WELLNESS

Fit and Fabulous Exercise Class: Mon., Wed., Fri. 9-9:45am, \$10 per month.
Gym Walking: Mon, Wed & Fri, 9:45-10:30am.
Heavy-Weight Yoga: Wednesdays 10:45-11:45 am. \$10/class or \$40/month. Start any time.
T'ai Chi Ch'uan: Thursdays 9-10am. Cost \$12 per class or \$45 per month.
Foot Care Clinic: 12/6, 9:30am-3:00pm — call for appointment; cost is \$20.
Massage Clinic: 12/14, 2-4pm. Call for appt with Licensed Massage Therapist. \$25 per half-hour.
Caregiving Services: Call Holly Brackett, ext. 206.
Block Nurse Program: 65+ in-home nursing & health aide through Recover Health. Medicare certified.

VOLUNTEER

Meals on Wheels - Delivery: Once a month, 11am-noon. 2) Kitchen help: Once a week, 9-11am.
Friendly Visitor - Visit seniors our neighborhood who need companionship.
Drivers needed - Bring senior neighbors to medical appts, grocery shopping and other small errands.
Call Jamie, 651-645-0349 for info and sign up.

YOUTH

Family Lawyer: 12/12, 8:30-10am. Dave Burns of David Burns Law Office LLC offers free one-time legal advice regarding family law issues such as divorce and child custody. Must call to preregister: 651-298-5493.
Holiday Christmas Party: 12/5, 12:15-2PM. Call to register; cost \$8. Rides available on request.
Sign Up Now for Free Community Kids After School Program: Serves students in grades K-10, Mon-Fri 2:15-6pm. Homework help, tutoring in reading and math, social skills, enrichment activities, STEM, sports and fitness, field trips, healthy snacks! Transportation may be available if needed within West 7th neighborhood. Contact Julie Murphy, 651-298-5493 ext. 214, or jmurphy@keystoneservices.org.

Nexus Community Partners, Springboard for the Arts
Awarded Bush Foundation Prize for Community Innovation

Two innovative and dedicated St. Paul nonprofits are among those honored with the Bush Prize for Community Innovation. The Bush Prize is awarded annually in Minnesota, North Dakota, South Dakota and the 23 Native nations that share the same geography. Winners receive a package that includes promotional support and materials, and an unrestricted grant equal to 25 percent of the organization’s prior fiscal year budget, up to \$500,000.

In making the prize announcement, the Foundation noted that all the recipients demonstrate an amazing ability to tackle whatever complex issue comes their way by engaging their communities to identify and solve problems, and persevere until they find smart solutions that make their communities better for all.

The Foundation received 110 applications in 2018. Three panels of community members chose the winners from their respective states. “The



2018 winners are fierce and bold in their attitude and actions,” said Mandy Ellerton, Community Innovation Director. “They take on daunting challenges and persevere until they find smart solutions that make their communities better places to live and work.”

Springboard for the Arts is an economic and community development organization for artists and by artists. Springboard will use some of the funds in support of its emerging SpringBOX, its new home and community hub on University Avenue. See springboardforthearts.org.

Nexus Community Partners has been at the center of innovative community capacity building efforts for 15 years, working to build more engaged and powerful communities of color. Nexus invests in the three pillars of Authorship, Leadership and Ownership. Learn more at nexuscp.org.

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HUB FOR THE HOLIDAYS AT UNION DEPOT

Union Depot features the Outdoor Market, Bake Sale, Holiday Trains, Music and More for this Holiday Season. Holiday Tree Lighting takes place with live musical entertainment and fireworks, the opening of the festive, outdoor European Christmas Market (11/30-12/10), the free family holiday movie night with a showing of *Elf*, and other fun activities for all ages. Also include the popular Holiday Bake Sale (12/8, 10am-5pm), which for the first time will have free admission, and rides on the magical North Pole Express, (11/29-12/2 and 12/6-9). Nonprofit food shelf Keystone Community Services is the charitable partner for Hub for the Holidays this year. On 12/10 at 7pm, the festive Canadian Pacific Holiday Train will stop at Union Depot. Bring your monetary and/or heart-healthy food donation for Keystone’s local food shelf. Since 1999, the Canadian Pacific Holiday Train stops have resulted in \$13 million and 4 million pounds of food being donated to food shelves across the U.S. and Canada. For more information about Union Depot holiday events, please visit uniondepot.org/holiday.

ART AT RAMSEY AT RAMSEY MIDDLE SCHOOL: 12/1, 10am-5pm, 1700 Summit Ave. Art. A juried holiday fair of fine crafts and fine art in its 24th year, sponsored by St. Paul Public Schools Community Education in cooperation with Artists’ Circle, a nonprofit art organization promoting fine crafts. In addition, the 25th Annual Youth Art Fair, with local young artists ages 8-18, returns to Ramsey for the 13th year. 10am-4pm. Info: artistscircle.org.

“I’M NEW HERE” — An Intro to the Gale Family Library: 12/1, 8, 15, 22 & 29, 9:15-10:15am. Gale Family Library, Minnesota History Center, 345 W. Kellogg Blvd. Info: 651-259-3300 or reference@mnhs.org. All events are free.

POWER-UP LEGAL CLINIC: 12/6, 1-4pm at Walker West Music Academy, 760 Selby Ave. A free walk-in legal clinic dealing with any non-criminal law issue. Info: 651-894-6912, or interfaithaction.org/legalclinic.

SAMBA SCHOOL — A Co-ed Beginning Samba Percussion Class: 12/7, 7-8:30pm, Women’s Drum Center, 2242 University Ave W., St. Paul, 651-206-7617. Instruments provided. \$20. womensdrumcenter.org. A fun, exuberant class for all levels. No experience necessary. A nonprofit organization providing opportunities for women and girls to learn, teach, and play percussion together and to energize the community at large through performing.

LIVING WITH CHRONIC DISEASE: 12/13, 5:30-7pm at United Family Medicine first floor conference room, 1026 West 7th. A patient-facilitated support group for people living with chronic diseases such as diabetes, COPD, heart disease and others. Call 651-241-1000.

SHALOM BABY SCHMOOZE MONTHLY PLAY GROUP: 12/14, 10-11am at Newman School, 768 Hamline Ave. S. Parents invited to bring their small children to socialize and play with other children in a safe, stimulating environment while they enjoy connection and engagement with other parents. Free and open to all. Info: Jodi Saltzman, 651-313-6623 or jsaltzman@jfssp.org.

PADDY WAGON AT MANCINI’S ONE NIGHT ONLY: 12/16, 8pm. Paddy Wagon — “Irish Music with a Twang” — is coming to Mancini’s with their high energy performance of classic and contemporary Irish music. Their fascinating mix of instruments — bass, tin whistle, spoons, trumpet, harmonica, guitar, mandolin, banjo, drums and heavy vocals — has gained the band a following in the Twin Cities..

THE GREAT MINNESOTA COOKIE BOOK: 12/16, 2pm at Common Good Books (38 Snelling Ave S, St Paul. Authors Lee Svitak Dean and Rick Nelson sign copies of their new cookbook. The book collects the best-loved recipes and baking lore from fifteen years of *Star Tribune’s* popular holiday cookie contest.

MOBILE MENDERS: Every 3rd Monday (12/10) at West 7th Community Center, 5:30-7:30pm providing FREE mending services. You can bring up to 3 clean items that need mending.

KATIE MCMAHON’S CELTIC CHRISTMAS: 12/21, 7:30pm at The O’Shaughnessy at St. Catherine University, 2004 Randolph Avenue, St. Paul. Box Office: theshaughnessy.com or 651-690-6700. Celebrating the longest night and shortest day, the rebirth of the sun and the promise of springtime, The O’Shaughnessy welcomes Katie, the Balkan sounds of special guest musicians Orkestar Bez lme and the Corda Mor Irish Dancers as they perform festive songs from ancient traditions.

CHRISTMAS WITH CANTUS VOCAL ENSEMBLE: 12/13-23 at various venues. Info: 612-435-0055 or cantussings.org. This year, Cantus presents a modern take on the Festival of Nine Lessons and Carols, re-imagined for today’s world, as well as many other Christmas offerings. St. Paul concerts: 12/20, 7:30pm at the Chapel of St. Thomas Aquinas; 12/21, 7:30pm at the Ordway Concert Hall; 12/22, 7:30pm at Trinity Lutheran Church in Stillwater; 12/23, 2pm at the Hamline United Methodist Church.

BEGINNER SQUARE DANCE CLASSES RETURN: Dakota Grand Squares, a St. Paul area square dance club, will be offering weekly beginner classes from 6:15-8pm on Mondays at the West 7th Community Center, 265 Oneida St. First two lessons free; thereafter, \$5/class. No charge for children over nine when accompanied by an adult. Dress is casual. Pre-registration not required. Bring a partner or come alone. Info: 651 225-9709.

FREE SATURDAY MORNING YOGA CLASSES: 9-10am at Union Depot, North Plaza, taught by professionals from Studio925. In case of inclement weather, the classes will be held indoors in the Waiting Room or Head House. At this time, the Monday Night Sculpt and Tuesday Noon Yoga classes will continue to be held indoors. Reservations are not required for attendance. Participants are asked to bring a yoga mat, water, and towel.

TUESDAY PAX SALONS: 6:30-8:30pm. Info: 651-227-3228. Free; donations appreciated. Open discussions all month.

CAREGIVER SUPPORT GROUPS: Alton Memory Care, 1306 Alton St., third Wednesday of every month from 5-6 p.m. Contact Kristen Edson, 651-695-2384. Sholom Home East, 740 Kay, second and fourth Monday of every month, 3-4 p.m. Contact: Chris Rosenthal 651-690-8920.

E.C.F.E BABY FUNDAMENTALS: Drop-in classes. To register for fall program go to ecfe.spps.org. Further information available at 651-793-5410.

ST. PAUL CENTRAL LIBRARY SATURDAY LIVE! PROGRAMS start at 11:15am. See spll.org for details.

WEST END ENHANCEMENT COALITION: 12/6, 11am. Terrace Horticultural Books, 503 St. Clair. Items will be neighborhood beautification, transportation, issues of the day. Contact Kent at terrace@winternet.com or 651-222-5536. All welcome to this group dedicated to improving the West End.

LANDMARK CENTER programs and tours at 651-292-3225 or landmarkcenter.org — 75 Fifth St.

DRINKING PROBLEM? Alcoholics Anonymous: Contact aaminneapolis.org (952-922-0880) or aastpaul.org (651-227-5502). You may call 24/7.

WOMEN FOR SOBRIETY: Meets every Monday, 10am, at Pilgrim Lutheran Church library, 1935 St. Clair Ave. For information, call Jill at 651-235-1935.

INTERNATIONAL INSTITUTE OF MINNESOTA PROGRAMS: Citizenship classes; communication & computer English for work; Spanish language; English language. Call 651-647-0191 or see iimn.org for schedules & details.

SUPPORT GROUP INFORMATION

- **Myasthenia Gravis (MG):** 800-514-5454.
- **Emotions Anonymous:** 651-492-7100.
- **Overeaters Anonymous:** 612-888-0262. Do you worry about the way you eat? OA may have the answer for you. No dues, fees, or weigh-ins. Meetings every Friday 6:30pm at 900 Summit Ave.

The West End

is a community of creative talent.



Henry Walton Industrial Steamworks.



Artist Heather Friedli with her Abstract Impressionist piece "Stormcloud at Nightfall."



Schmidt residents Aja Majkrzak and Rie Tanaka perform as a violin and piano duo for Fall Art Crawl.



This acrylic diptych is a collaboration between Schmidt artists Petra Johnita Lommen and MaryBeth Garrigan. It is titled "How Spirit Eagle Gave Night Eagle Light," a mythical creation story of the universe.



Knitted Hats and Scarves on display made by Stitches by Carin.



So, do it! Showcases what's possible when women come together for CONNECTION, COLLABORATION & SUPPORT.



Stone sculpture made by Greg Kraft.



Nancy Hendrickson with her fine art photographs based on her Irish ancestors.

Here is a small sample of the talent on display at the Fall Art Crawl at Schmidt Artist Lofts. The growing Schmidt Arts group is bringing its creative energy to the community in many ways. Photos by West End photographer Elisha May Jacobsen. See elishamay.com



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