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 productive garden. Duties would include working outdoor enthusiast, and activist retired from the nursing profession, she had already determined that she wanted to stay busy. She also wanted a productive garden. Duties would include working

Joan is now in her third year of volunteering as a mentor at the ranch. “Anyone interested in the program can find more information at the website “The Old Farm” (www.theoldfarm.org) or (651-437-1889). Joan currently has no plans to stop volunteering.

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 was grooming got so relaxed that he lowered his head and went to sleep while I worked,” Joan said. “Joan has been part of the volunteer staff of 200 for more than five years and enjoys the work and the camaraderie. “People really need

Joseph's Coat, the free store for low income and homeless persons. She has been part of the volunteer staff of 200 for more than five years and enjoys the work and the camaraderie. “People really need

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Community ARTISTS

Neighborhoods St. Paul to Fort Snelling since 1972

READ ONLINE AT COMMUNITYREPORTER.ORG
A $50,000 Minnesota Housing grant has been awarded to the Save 421 Goodrich Initiative, the John Lewis House, coordinated by Historic Saint Paul. The funds, which 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 to contribute to the process, see historicstampp.org/bp/goodrich.

(Dodge Nature Center)

(West 7th Real Estate Expert)

SUBTEXT AUTHORS’ SERIES

A series of readings, book signings and discussion at SubText, 6 West 5th Street at 7 p.m. More information at 651-493-279. December 1, 4 p.m. Jason Dehnal for Lake, Presented by Bush School of Global and Regional Studies at the University 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. December 13, 7 p.m. Beth Genger for Paddle for a Purpose with Jim Landwehr. (SubText)

CERENITY SENIOR CARE — HUMBOLDT

The 2018-19 health rating introduced a new category — overall quality of short-stay rehabilitation, often referred to as “transitional care” — and Cerenity Senior Care- Humboldt Transitional Care Unit, part of the Benedictine Health System, received the top “high performing” recognition in the recently released Best Nursing Home Reports. 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 Ahrut, 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 execution and skillful execution,” said Jeni Reinhardt, RN, BHS vice president of clinical services and performance excellence.

Cerenity Senior Care- Humboldt is a leader in elderly care services. CSH 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, MN. 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 bhshome.org for further information.

DODGE NATURE CENTER

Preschool Information Session: 12/4, 9:30-11 a.m. 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.

K业e by Believe Kenya: 12/4, 11 a.m.-noon at Farm Entrance 3, 1710 Charlton St. Outwardly, Wiser, Wivelier, 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 history. Local leaders start the program. Cost: $15 program and lunch; $5 program only. For schedule and registration, contact Dodge Nature Center, 651-402-5523, 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. 25 at 11 a.m. Free at Ramsey House.

Heritage Week, at Alexander Ramsey House, 265 S. Exchange St. This free event is open to the public and celebrates the Latino, Native American, African American, Asian American, and International cultures. The event is open to the public; no reservations are needed. General public: $10; students: $5, free to Minnesota Historical Society members. For more information, visit minnesotahistorycenter.org/heritage.

Dec. 2, 7-9 p.m. Paddle for a Purpose with Jim Landwehr. December 7, 7-9 p.m. The Way She Told Her Story. December 13, 7 p.m. Beth Genger for Paddle for a Purpose with Jim Landwehr.

CERENITY SENIOR CARE — HUMBOLDT

The Nazi 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 Huguenots Protestants in a predominantly Catholic region, saved an estimated 3,500 Jews. On Tuesday, December 11, 7-9 p.m. 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, Édouard Thiers. Nelly Trome met Haitrai, daughter of Pastor Trome and now 98 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.

Diane Jarvenpa, Director of Marketing and Development, Mitchell Hamline School of Law, will discuss the importance to stand up against tyranny today. The villagers were inspired by their minister, André Trocmé, and his assistant, Édouard Thiers. Nelly Trome met Haitrai, daughter of Pastor Trome and now 98 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 importance to stand up against tyranny today. The villagers were inspired by their minister, André Trocmé, and his assistant, Édouard Thiers. Nelly Trome met Haitrai, daughter of Pastor Trome and now 98 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.

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André Trocmé, and his assistant, Edouard Theis.
COMMISSIONER RAFAEL ORTEGA
Ortega@rco.org

For many of us, the upcoming holidays will be filled with family celebrations and obligations to the extended ones. This holiday season, the homes of Ramsey County families will be filled with even more love, laughter, and celebration. On National Adoption Day November 17, Ramsey County celebrated 22 adoptions that took place on this day. And with these finalized earlier in 2018, a total of 109 Ramsey County foster care youth found their forever homes this year. Each National Adoption Day is joyful and momentous, but it is particularly notable because many of the youth were adopted as sibling sets, and the majority were adopted by their own blood relatives. This is because the great lengths that our foster care foster and adoption workers go to ensure that families stay together whenever possible. And while it might seem obvious or simple to do that, there is a lot of work and preparation to make sure it’s not only possible but also feasible.

In Ramsey County, our foster care workers have made the effort to work with the families to bring them together, or to find homes that meet the unique needs of the children, whether for language, cultural or religious reasons. To do so, Social Services has worked to engage the broader community by contracting with local organizations to find culturally connected families with the African American and Native American communities. Additionally, Social Services has increased its connections within the LGBTQ2S+ and Gender Non-Conforming communities by participating in events like Pride and by becoming the first county in the state 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 working towards. In order to do so, we need your help. 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 available 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 homes quickly, and spending less time in foster care. This is the key to the well-being of families and communities in Ramsey County. Successful adoptions can’t happen without a network of committed and caring foster families. Prior to this month, we recognized their vital role at our annual Adult and Child Foster Care Appreciation Luncheon. During this year’s event we recognized 294 foster parents 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 loving and caring environment. If you know someone who may be interested in becoming a foster care or adoptive parent or family, please encourage them to visit the links below to learn more. And all of us at Ramsey County are committed to your family’s situation, have a wonderful holiday season.

• Child Foster Care | RamseyCounty.us/residents/adoptive and foster care
• Adult Foster Care | RamseyCounty.us/businesses/licensing/agency/county-services/nongovernmental/adult-foster-care-facilitation
• Ramsey County Adoption | RamseyCounty.us/mothering-and-bonding/adoptive-families/families-adopting

At its meeting on November, 12, the Federation Board heard two presentations. The first was from former board member Dave Bredimus, about the Federation’s History with Monroe/UMAP School over the decades. The second was from library Director, Catherine Penkert, about the proposed elimination of the West 7th/Abington Library, and updates on the West 7th branch of the library. The Board approved for the neighborhood to participate in the city-wide Neighborhood Honors Roll awards event. To nominate someone for making the 7th West neighborhood a better place, go to federationoframsey.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 Office, 974 West 7th Street.

Stay in touch. We encourage neighbors to “Like” the Federation of Ramsey County’s Facebook page and subscribe to its e-newsletter on our website.

CONTACT: Emily Northey, FRF executive director | communityorganizer RamseyCounty@gmail.com | 651-206-0389

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, you 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 a 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 them know that help is available. There is a list of stigma surrounding this topic and it is important to recognize that addiction can be a chronic disease, similar to diabetes. Addiction is more than a question of just choosing to take or stop taking drugs; just as diabetes is more than someone not choosing to eat or be unhealthy foods. With other medical conditions, the approach is to help a person with drug use often requires not only medications but also behavioral health interventions to be successful. UFM now assists with this 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, Sublorad).

This medication helps people struggling with opiate (pain pills, heroin) use by breaking the cycle of getting high and then through withdrawal. Suboxone (dissolved under the tongue) or Sublorad (once monthly injection) can activate the brain to now be consumed by opioids to stop withdrawal and drug cravings. The medication also prevents a person from feeling high if they relapse on opiates.

• Naltrexone (Revia or Vistaril). 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 (Vistaril) can be used for either alcohol or opiate use problems.

We know that addiction treatment cannot cut addiction without the guidance of behavioral health interventions. We have therapists, psychiatrists and social work house at UFM to assist with the process of working towards sobriety. Sometimes completing a treatment program is the first step; we are 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 loved one is struggling with drug abuse problems, there is help available to manage their chronic care. 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.

COSSETTA’S, PG 1

Cossetta’s already had a relationship. Talking with this group, the word “passion” arises frequently, and it has taken perseverance and passion to create the Panetone they hoped for.

The process involved developing the recipe, sourcing the best ingredients and a lot of experimentation. Making a swirled sweet cake filled with the ‘mother’ dough. It must have the right acidity and moisture content. The baking process helps develop the gluten in the yeast, the yeast feeds the dough, develops flavor. Second and third feedings, restings, rises, occur before the precisely measured dough can go into baking molds. An hour in the oven followed by three to six hours cooling. The finished product takes almost 60 hours with continual inspection, and between now and Christmas they’ll produce 60 Panetone each day, for a total of 3,000.

The classic Panetone originated in Milan, and will be available in the original as well as chocolate and plum versions. We have created a gluten-free Panetone which originates in Verona, also is in production.

Our new Panetone has a few surprises in store for the new year. He’ll be opening Frank’s Levee Tavern on the second floor, a sit-down bar with delicious cocktails. A new soup, pasta and salad bar is being made in the U.K.

The Panetone will also open, with a larger range of noseticks and prepared foods.

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

“Quella di Vita, Divo Bum.”

The story goes... In the 15th century a young Milanese noble, Ugothello degli Alleoni, was sitting under a fig tree by a poor baker’s shop. He was stricken by the baker’s beautiful daughter, Alagia. 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 Alagia’s heart. He named it after her father, Tion; thus, Pan Bred (del toni) PANETONNE. Ugothello and Alagia fell in love and were married. Leonardo da Vinci himself was a wedding guest.

The letters, opinions, and editorials appearing on this page are the opinions of the writer and do not necessarily reflect the opinions of the owners of this newspaper or any of our advertisers or sponsors.

COMMUNITY REPORTER
525 Omelia St. S. Paul, MN 55102
AD DEADLINE & MEETING
Copy Deadline/Meeting: December 10. Ad Deadline: December 12
Third Monday of every month. Articles should be typed, double spaced. The editor reserves the right to edit submitted copy. We can design your ad, camera ready, too if you fax or e-mail directly.
Community Perspectives

PLANNING 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 that sets the plan and why it is 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 (SAP) for 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! We need 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 popscicles at Cooper’s Foods, the West 7th/Fort Road Community Center, several National Night Out parties, and the Healthy West 7th/Black Block Party and asked people to complete three statements:

• I want to live in a neighborhood that…
• If people could change one thing about my neighborhood is…
• One thing I love about my neighborhood is…

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 overwhelming: neighbors! People also love the parks, its central location, and the small businesses.

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 reshape 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, transformative impacts on the neighborhoods along the corridor. See stpaul.gov/sampaask484 for background and resources.

• 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 FIFO 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 FIFO 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 Carmie Morre Nicholson and Meghan Fedrom. 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 Northrop, executive director, or community organizer Emily@fortroadfederation.org, 651-298-5599.

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Please support Community Reporter by donating any amount to help sustain our West End neighborhood nonprofit newspaper, now moving toward the end of 48 years of service. Log on to givemn.org, search for Community Reporter, and follow the instructions. Thank you!

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265 Onseta, St. Paul MN 55102

Online: givemn.org

Log on to givemn.org, search for Community Reporter, and follow the instructions. Thank you!
Happy Holidays from Saint Paul’s Little Italy

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Eventi
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211 West 7th Street • Saint Paul • 651-222-3476
Terrace Horticultural Book Week

BY JERRY ROETHLIN

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 honoring 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 of fine-line sources, and owner Kent Peterson 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. Morarity came to sign copies of his new book. A Field Guide to the Natural World of the Twin Cities (with photography 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 15-Mile Park were one of his major projects.

John J. Morarity 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 natural lives in our area. With beautiful color photographs by Siah L. St. Clair, Director of Springbrook Nature Center in Fridley, the book will emerge as a reader’s understanding of our local natural areas that can be visited in a single day trip.

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 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 natural world of the Twin Cities.

For more information and a full list of contents, visit the book’s webpage: upress.umn.edu/book-division/ books/a-field-guide-to-the-natural-world-of-the-twin-cities. The authors will be discussing and signing the book on December 10, 7 p.m. at the Bell Museum of Natural History (2900 Larpenteur Ave. N., St. Paul), and on December 13, 7 p.m. at Common Good Books (38 Snelling Ave. S., St. Paul).


What’s better to get you in the holiday spirit than listening (and singing along) to your favorite Christmas songs? Come hear some amazing singers and a jazz ensemble perform the Christmas standards, with a jazzy flair. And you can join in with our “sing-along intermission”. Don’t miss this very special holiday concert!

Friday, December 7th at 7:30 pm

Buy tickets online at:
Elision.simpletix.com

For additional information on current and upcoming events, visit elisionproductions.com. More information is available at elisionproductions.com.
The neighborhood's newest shop is heralded by an eye-catching mural, announcing Great River Gallery is a one-stop shop for great art and good juju. Great River Gallery is a one-stop shop for great art and good juju.

BY JENNIFER VERBRUGGE

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Creative and Healing Enterprise

Great River Gallery: Art, Teaching and Health

BY JENNIFER VERBRUGGE

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Chakra House: A New Wellness Center

BY MARGARET WIMBERLEY

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Food for Thought

**FOOD MATTERS**

*Bread and Salt*

A couple years ago there was a beautiful and moving article in *The New York Times* called “The Flavors of Syria: 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 culture and its people than say, a news article. In her article she remembers that food can tell us far more about a culture and its people than say, a news article.

Kristin Hamaker, a journalist reporting from Istanbul covering the civil war in Syria.

Food in times of conflict can be a way to bring people together and create a sense of normalcy.

**Mujadarrah: Lentils w/Rice, Carmelized Onions**

There was this one family I cooked for — in my personal chef days — who adored this seemingly modest dish, and would look forward to it time and again. It was their way of bringing people together and creating a sense of normalcy.

In her article, Dalia Mortada, a journalist reporting from Istanbul, was a beautiful and moving article in *The New York Times* called “The Flavors of Syria: Reporting from Istanbul covering the civil war in Syria.”

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It’s in the sauce!

DEBORAH PADGETT columnists

Our neighbors have many vulnerabilities, which is why we need each other. We need to see each other as neighbors, as people who are in need of help and who can offer help.

The community is aware of the challenges of those who are homeless, but sometimes there is a lack of understanding of the reasons why people find themselves in this situation. It is important to remember that people who are homeless are not just statistics, but individuals with their own stories and experiences.

We need to work together to ensure that everyone has access to the resources they need to improve their situation. This can be achieved through various means, such as providing shelter and food, offering employment opportunities, and supporting self-sufficiency.

The community can play a significant role in helping those who are homeless. We can offer our support and resources to help those in need. This can be done by volunteering, donating, or simply by being aware of the challenges faced by our neighbors.

We need to work together to ensure that everyone has access to the resources they need to improve their situation. This can be achieved through various means, such as providing shelter and food, offering employment opportunities, and supporting self-sufficiency. We need to remember that people who are homeless are not just statistics, but individuals with their own stories and experiences.

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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 $300,000.

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.

ART AT RAMSEY AT RAMSEY MIDDLE SCHOOL: 12/11, 5-7pm, 7700 Summit Av. A panel judged the free craft fair and fine art in its 24th year, sponsored by St. Paul Public Schools Community Education in cooperation with Ramsey District Circle, a nonprofit art organization promoting fine crafts. In addition, the 21st Annual Youth Art Fair, with local young artists ages 8-18, returns to Ramsey for the 13th year. 10am-4pm. Info: artswagon.org.

“I’M NEW HERE” — An arts in the Golf Family Library: 12/1, 8, 15, 22 & 29, 10-11:30am. Golf Family Library, Minnesota-History Center, 435 W Kellogg Blvd. Info: 651-259-3300 or reference@mpls.lib.mn.us. All events are free.

POWER-UP LEGAL CLINIC: 12/6, 1-4pm at Walker West Music Academy, 780 Selby Av. A free walk-in legal clinic dealing with non-criminal and/or immigration legal issues. Info: 651-484-8912, or interfaithaction.org/ legalclinic.

SAMBA SCHOOL — A Co-educational Samba Percussion Class: 12/7, 7-8:30pm. Women’s Drum Circle, 2204 University W. St. Paul. Info: 651-206-7617. Provided support to 200 women and children on a volunteer 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 performance.

LIVING WITH CHRONIC DISEASE: 12/13, 9:30-2pm at United Family Medicine first floor conference room, 10262 West 78th. 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 SCHNITZEL MONTHLY PLAY GROUP: 12/14, 1-2pm at Jewish Women’s Center, 6505 Harms Av. 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. Contact: 651-305-6623 or jwcenter@mpls.jcc.org.

PADDY WAGON AT MANCINI’S ONE NIGHT ONLY: 12/15, 6pm. Paddy Wagon — “Irish Music with a modern take on the Festival of Nine Lessons and Carols, in case of inclement weather, the classes will be held indoors in the Rain Room at the O’Shaughnessy for the time, the Monday Night Script and Tuesday Noon Young Adult classes will continue to be held outdoors. Reservations are not required for attendance. Participants are asked to bring a yoga mat, water, and towel.


CAREGIVER SUPPORT GROUPS: Alton Memory Care Center, 1334 W. 15th St., 3rd Tuesday of each month from 5-6 p.m. Contact Kristin Edson, 651-690-2384. Stonehead East Home, 742 Kandy, second Thursday of each month from 9-10am in English and 10:15am in Spanish. Contact Chris Romsos 651-690-8920. NATIVE PEOPLES SUPPORT GROUP: Drop-in classes. To register for fall program go to cts.org. Info: 651-793-5410.

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

WIND & WEATHER ENHANCEMENT: 12/14, 11am. Territorial Horticulture Center, 503 St. Clare. Items will be included neighborhood beautification, transportation, issues of the day. Contact Kent at territortial@wasc.org or 651-222-5830. All welcome to this group dedicated to improving the West End.

LANDMARK CENTER programs and tours at 651-224-1000: – 756 1st St. S. DRINKING PROBLEM? Alcoholics Anonymous: Contact aamnp.org (651-922-0880) or aamnp.org/12steps. You can call 24/7.

WOMEN FOR SOBERITY: Meets every Monday, 10am, at Pilgrim Lutheran Church Library, 1935 St. Paul Av. For information, call 651-255-1935.

INTERNATIONAL INSTITUTE OF MINNESOTA PROGRAMS: Citizenship classes, communication & computer English for work. Spanish language: English from 6:15-7:45 on Mondays at the U of M’s Northrop Auditorium 750 2nd St, and from 7:00-8:15 on Tuesdays at North Central College. E.E.E.S. BABY FOUNDATION: Drop-in classes. To register for full program go to eees.org. Info: 651-793-5410.

HUB FOR THE HOLIDAYS AT UNIOP Depot

Union Depot features the Outdoor Market, Bake Sale, Holiday Treasures, 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 (11/30-12/21), the return of the beloved Saint Paul Holiday Train (11/30-12/15) and other fun activities for all ages. Also include the popular Holiday Bake Sale (12/10, 10am-5pm), which will be the final time this event will have a donation, and one of the most popular events of the year. 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
So, do it! Showcases what's possible when women come together for CONNECTION, COLLABORATION & SUPPORT.

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

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.

Stone sculpture made by Greg Kraft.

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

Nancy Hendrickson with her fine art photographs based on her Irish ancestors.
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Natural Foods Co-op

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**In Memoriam**

Our friend and colleague, Shelly Boone, passed away on August 23. Shelly was instrumental in reviving the West 7th Business Association after a long hiatus. Without her leadership, the W7BA would not exist today. We will miss her bright smile, positive attitude and great mind, as well as her brilliant design skills.

Our hearts are with her family and all her friends.

- The Board of Directors, W7BA

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Visit our NEW website: W7BA.ORG