

Community REPORTER

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



**NATIVE
WOMEN
ARTISTS**
Page 4

VOL. 49 NO. 8

AUGUST 2019

CIRCULATION 13,000

IN THIS ISSUE

Council Perspectives • Pg 2
Healthline • Pg 2
News and Events • Pg 3
Arts & Culture • Pg 4
Deb Says • Pg 5
Community Center • Pg 6
Garden Views: Weeds • Pg 6
Bulletin Board • Pg 7

new ideas in the community

Improving Community Health

BY JERRY ROTHSTEIN

One of the seemingly perpetual questions in a community like ours is whether there's communication, connection and collaboration among individuals and groups concerned about specific issues. A common alternative is for there to be a lot of concern without the power that working together can bring.

A recent initiative by United Family Medicine's (UFM) Family Practice Residency Program is leading to some efforts to gain that power.

Each Resident physician has been involved over their three-year residency in a community oriented primary care project (COPC). Until this year it was the residents' responsibility to design a project and then see whether they could gather community interest and participation.

This year, with the class of 2022, the process has been reversed. UFM spread the word among community nonprofits and agencies that they were invited to submit ideas to involve the Residents in projects that the community developed, on topics that concern them the most — ones that would benefit, of course, from a doctor's involvement.

Many good responses were received, and UFM is in the process of connecting Residents with projects so that things can proceed.

One of the proposals came in from a group of seniors in the community — a group that meets regularly once or twice a week for coffee and discussion. They decided to offer a proposal that would address a topic of great interest and concern — the question of social isolation among seniors. A member of the group, Pat Tupper, describes the project's ideas here:

Social Isolation and its Effects in the West End Neighborhoods of St. Paul.

"Have you realized that life expectancy varies according to the area of St. Paul that you live in? Did you know that parts of the West End area have shorter life expectancy rates than the city as a whole? As families become more and more spread out, as churches close or drop services, as community organizations struggle to meet the constant demand for more services and to link isolated persons, services, and community health efforts, there is a growing need for a closer look at our neighborhoods.

"A study group of West End seniors, led by a resident physician from United Family Medicine, is in the process of forming to attempt to identify seniors in the community who are socially isolated due to age, mobility problems, lack of transportation, income, by a desire for solitude, or other issues. The project will explore the linkage among services currently available, the community health issues involved, the interface between doctors and seniors and whether or not recommendations for changes should be made for medical or community health practices.

"While details remain to be worked out, the project is a demonstration of the vitality of our neighborhood. Its success or lack of success will be determined by the willingness of community residents to speak up about their needs to ensure that seniors are not forgotten as the medical communities and the city grow. Contact information for the project will be supplied later as details are worked out about confidentiality, timelines, coordination with existing services, etc. Watch for future developments, and to receive a direct notification by e-mail write to editor@communityreporter.org."

In future issues, *Community Reporter* will present information on the other projects being launched under this initiative. Any time you are interested in becoming involved you can contact Editor Jerry Rothstein, 651-587-8859 or editor@communityreporter.org.

United Family Medicine Annual Free Community Block Party August 8



Community Block Party Thursday, August 8, 5-8pm

The Language Banc presents United Family Medicine's West 7th Street Community Block Party, also sponsored by our friends at Jazz88. Listen to live music from local bands. Walk through a giant super colon. Eat food from delicious food trucks or free tastings from local vendors. Witness fire fighters rappel off the roof in an emergency evacuation demo, free face painting and wacky hair, bounce house obstacle course races, and plenty of other family friendly activities. Dunk your favorite UFM provider or staff member in the Dunk-A-Doc Dunk Tank. Blood pressure and glucose checks will be offered free! Learn bike safety at the bike rodeo and win a new bike helmet.

Nearly 40 nonprofits, health organizations and West 7th businesses are participating. We are celebrating our unique West 7th community and wanting people to know United Family Medicine is here for them and offers a breadth of services all in one place for their healthcare needs.

Reaching the People through Economic Development

BY JOHN HOTTINGER

Dr. Bruce Corrie, the City of St. Paul's Planning and Economic Development Director, brings a rich and varied background which fits with Mayor Melvin Carter's outlined agenda for economic development. His work on ethnic entrepreneurship has helped the development of policies and programs to tap this rapidly growing base to bring jobs and economic revitalization across Minnesota. He has a doctorate in economics from the University of Notre Dame. The Mayor has highlighted goals of increasing the number of jobs in St. Paul and increasing access to jobs and opportunity for residents; growing St. Paul's tax base to maintain and expand City services, amenities and infrastructure; and lowering unemployment among the City's diverse populations with disproportionately high unemployment rates.

Teacher, Dean and administrator at Concordia University, he worked to build community and governmental relationships for the university and helped develop its international programs.

His research on the economic contributions of immigrants and minorities has been featured in national and local media and fits closely with his recognition of the opportunities of those assets for St. Paul's future.

Dr. Corrie said he was "excited" to be appointed by the Mayor to serve the City, especially since the Mayor's policy vision is to "deepen the impact of our economic development efforts such as to reach people at very low-income levels and at the same time to widen the impacts so it includes everybody. In everything we do, how deep can we go, how wide can we get."

Dr. Corrie points out that the mission is "to build community wealth through jobs, business, housing, planning, cultural assets and financial assets." Much of his research and work has featured an approach using verified data to highlight the "ethnic capital" of immigrant and Native American communities with a focus on what assets they bring in terms of workers, additional



Dr. Bruce Corrie

cultural perspectives and artistry, consumers, entrepreneurs, trade networks, politics, volunteers, and tax base growth.

His Planning and Economic Development Department has plans to evolve existing strategies that focus on improved, affordable housing, making St. Paul more responsive to business licensing and attraction and focusing on cultural centers.

Existing Cultural Centers: He believes that working with the already-existing cultural assets and ethnic communities in the City will help the creation of destination places that can spur tourism and the infrastructure of a global city with diverse attractions. He believes the approach can grow jobs, income and wealth in those communities.

Local Business Nodes: Locally-centered economies with new and existing businesses are the way to start one of the business nodes, according to Dr. Corrie. Even with such driving large-scale developments like Keg-and-Case on Seventh Street, which is off to a very strong start, he contends that there should be a way to grow

the adjacent areas with additional retail and other local shops to help drive the community success and wealth from the attraction.

Growing Tech-based Sector: Another initiative of the City is to seek a more tech-based manufacturing sector. It is headed by a "harnessing a task force of collected-talent to build the vision of a tech-based cluster in downtown St. Paul and in the City." They are actively helping in "marketing, promoting and building out that vision." At the same time, the city continues to urge small business and new business through improving services and putting the City on the map as seeking technology businesses. The effort is co-chaired by Mayor Carter and Securian CEO Chris Hilger and includes City Councilmember Chris Tolbert.

Affordable Housing: Another key goal is the establishment and funding of the Mayor's proposed Housing Trust Fund for production, preservation and protection of affordable housing.

DEVELOPMENT, PG 2

READ ONLINE AT **COMMUNITYREPORTER.ORG.**

 LIKE US ON **FACEBOOK**

COUNCIL PERSPECTIVES



SAINT PAUL CITY COUNCIL MEMBER CHRIS TOLBERT WARD 3 columnist

On the Right Track

As we continue to enjoy the sunshine and all the great festivals and events happening throughout our City this summer, we’re also seeing our youth out and about throughout our neighborhoods enjoying the same. Many are also participating in activities at our Rec Centers and libraries, and are working in our community businesses. For some students, summer presents an opportunity, often their first, to explore meaningful training and career exploration. Summer internships are a chance for our youth to obtain employment in a meaningful way that helps prepare them for the workforce as adults. Similarly, it allows businesses to train youth to become future adult employees in sectors that need skilled workers.

Not all students have traditionally been able to access and benefit from such meaningful internship opportunities, however, which is why I worked with the Council and administration on the creation of Right Track, a public-private partnership that brings together the City, the St. Paul Public Schools, local businesses, and community-based organizations to provide professional internships and skills training for youth in our City.

Right Track has proven to be a successful endeavor to provide youth with meaningful work and training to succeed in the workplace. Last year alone youth were placed in more than 100 different organizations for summer employment and work readiness training. Over 800 youth were matched with jobs and earned over a million dollars in wages. Additionally, over 200 youth had professional internships and earned Northstar Digital Literacy Certificates.

The training Right Track youth receive includes things such as resumé-building, interviewing skills, explanation of payroll process (such as filling out a VV-4), digital literacy, public speaking, budgeting, and professional networking. These are skills our youth will benefit from as they enter the workforce as adults.

The success of Right Track wouldn’t happen without our partnerships with community-based organizations and east metro businesses. If you’re interested in hosting a Right Track summer employee, reach out to us at 651-266-6363 or RightTrack@ci.stpaul.mn.us.

COMMUNITY REPORTER NEEDS YOU!

ADVERTISING SALES

Commission basis: Sales experience, knowledge of the West End and neighboring areas. **Submit a letter to editor@communityreporter.org** describing interest and how you see yourself as a good fit for this position.

For more info/discussion, **CONTACT JERRY ROTHSTEIN** Managing Editor, 651-587-8859

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 The Last Part of the Journey

BY ANNA FUGLESTAD, MD, UNITED FAMILY MEDICINE

I held his hand with tears slowly and continuously flowing down my cheeks. “Why now? Please not yet...” I pleaded. My heart was heavy. Yet I was comforted when I looked around the small room in this memory care unit. The question I had just asked was answered. My grandfather was dying. There was no stopping this part of the journey. As I continued to look around, I thought: “Who could want more?” I felt peace as I saw my grandfather surrounded by family all telling stories of his legacy with laughter and tears. He held my hand, his breathing shallow but unlabored, just as he had done when I was growing up. I knew that this honored my grandfather’s wishes.

The environment during his passing was not just happenstance. Peace and dignity such as this at the end of life started with a conversation long before that day. For my grandfather, this conversation started eight years before when he was diagnosed with Alzheimer’s disease. This news came shortly after his wife died from complications of the same

slowly progressive disease. He had lived his life as a husband, father, and pastor. He wanted those stories of his life to be his legacy no matter what the future held for him with this diagnosis. My father took up the task of how to make my grandfather’s wishes a reality. He helped my grandfather fill out an advanced directive: a document that allowed my grandfather to speak clearly about his wishes for care in the years to come.

When it comes to end of life planning, terms such as DNR, DNI, Advanced Care Directive, and POLST seem to be thrown around in the healthcare system, news, and media. What do they all mean? Are they not all the same thing? Why is it important? What do I mean if I say “do everything you can to keep me alive?” What does a healthcare provider hear if I say this?

TERMS & DEFINITIONS (reference: American Academy of Family Physicians) Do everything you can to keep me alive: **Everything:** Chest compressions, breathing tubes and machines, surgeries, medications to keep your blood pressure and heart rate stable,

antibiotics if necessary, prolonged hospital stays.

Alive: heart beating fast enough and strong enough to get oxygen to the brain.

Do Not Resuscitate (DNR): Do not perform chest compressions or electric shocks to try and restart my heart if it cannot beat on its own.

Do Not Intubate (DNI): Do not put a breathing tube down my throat if I have difficulty breathing without help or am unable to keep my airway open.

Advanced Directive: “State specific... documents and other patient centered, end of life care resources.” This document needs to be notarized. Valuable for anyone to designate preferences but particularly who should speak for them medically if they are unable to speak for themselves. This can be helpful in unexpected medical crises. You can update these documents as situations change, and should be available to family and the medical team caring for you.

POLST: (Physician's Orders for Life-Sustaining Treatment): “This form accompanies the patient to different care settings and stipulates appropriate medical interventions.” Intended for use when you have more advanced illness.

Values History: “Useful [document] for clarifying the person’s values, may be attached to the advanced directive.” This can be a statement of what your beliefs are in relationship to the end of your life, and what you most value. This serves to educate those who care for you about what is most important to you.

If any recommendation can be made, it would be to talk now with your loved ones — give them the gift of knowing what you desire if something expected or unexpected should happen. The conversation may feel uncomfortable and unnecessary when all is well and you are in good health. However, none of us know what each day will bring. We all know of people young and old who are suddenly in an accident or other health crisis. At a minimum, designating who you trust to represent your wishes in this situation can be invaluable. Talking before the hurricane of emotions and questions that happens in crisis can allow more detailed conversations and be a way to be sure that your values are clear, and understood by those dear to you. They may be comforted and relieved to know that their difficult decisions are guided by your wishes.

If you have questions or would like to learn more, the West End Community will be holding an event on August 15 from 5:30-7:30 p.m. at the West 7th Community Center in order to provide an opportunity to continue this conversation as well as provide you with resources for next steps. A documentary, *Being Mortal*, will be shown as well as having a panel of professionals in the field to answer questions. Light snacks and beverages will be provided. This is an event for all adults of any age. Bring family members and loved ones as we dive into an essential discussion.

Dr Anna Fuglestad is a member of the UFM Residency Program.”



WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

BY LESLIE SPRING, LIBRARY MANAGER **Summer Spark**, the library’s summer learning program, runs through August 31. Along with reading and activity challenges and special family programs, children ages 7-11 are invited to drop-in at free **Spark! Camps**. They can explore art projects at Rondo and Merriam Park and STEM hands-on building activities at Highland Park. For more information, visit sppl.org/summer-spark or stop by the library for a Summer Spark brochure with the full calendar of events. The library also offers creative outlets for adults. George Latimer Central Library is home to SPPL’s **Innovation Lab**, where adults can sign up for a free membership. Membership includes access to a variety of equipment and software including a laser engraver, vinyl cutter, digitization

tools (transfer from VHS to DVD, etc.), 3D printers, MacBooks, sewing machines, a recording studio, and more. New Member Orientation is required before use of Lab equipment. Learn more at sppl.org/innovation-lab. West 7th is hosting on Tuesday August 6 & 20 from 11:30-1:30 p.m. Call to make a 30-minute appointment with us for help with your personal device or a library computer. We can also provide an introduction to the library’s website and features including tracking what you have read and placing and pausing holds.

WEST 7TH LIBRARY HOURS **Mon** 12:30-8pm. **Tue** 11:30am-5:30pm. **Wed** 10am-5:30pm. **Thu** 12:30-8pm. **Fri** 10am-5:30pm. Closed weekends, holidays. Info: 651-298-5516



FEDERATIONUPDATE | 974 West 7th | fortroadfederation.org

BOARD UPDATE At the Federation’s July 8 meeting, the Board heard an update from Bill Smith of Biko Associates on the parking study of Area 1 (from downtown to St. Clair Ave.). The Board recommended that its Transportation and Land Use Committee prepare priority action items once the study is finalized this summer.. **STOP FOR ME MEETING** One **Stop for Me** event is planned for August: West 7th and Toronto on Saturday, August 10,

Noon to 1 p.m. To participate, simply show up at the intersection and follow instructions from police leading the event. **NATIONAL NIGHT OUT** is Tuesday, August 6. It’s a fun and easy way to meet your neighbors. You can host a block party, or find one near you. **NEXT MEETING:** September 9 at 7pm at 882 West 7th Street. No Board meeting will be held in August.

STAY IN TOUCH “Like” the West 7th / Fort Road Federation on Facebook and subscribe to its e-newsletter on our website — fortroadfederation.org. **WE HAVE MOVED** to 882 West 7th Street, Suite 6, in the Rathskeller Building. **CONTACT:** Emily Northey, FRF executive director + community organizer emily@fortroadfederation.org; office: 651-298-5599.

DEVELOPMENT, PG 1

“We are going to be paying a lot of attention to that because the need is great.” He notes that building new housing won’t be enough because of the many low-income people seeking it. Instead, the wealth-building envisioned under the Mayor’s variety of proposals is a necessary part of the solution leading to access and family stability. The changes in these approaches impact established neighborhoods. They will create “cultural anxiety and economic anxiety. We can address those through our actions by showing people we are a welcoming community”, Dr. Corrie said. “The Mayor talks in terms of ‘place-making,’ which means people coming together to discover each other. We tell each other our stories and around those stories commercial activity can happen, entertainment can happen, social activity can happen, but as we do that we start to discover that the ‘other’ is not an enemy, the ‘other’ might be different but there is a way we can work together and build something together.” In the end, Dr. Corrie said in order for these visions to come true, “We’ve got to act; we’ve got to be intentional in our focus on outcomes, to start slowly showing outcomes that progress is occurring, and that people are benefiting.”

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: August 19. Ad Deadline: August 21. 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.

BOARD OF DIRECTORS Jonathan Dickman Board Chair Paul Bard, Julie Borgerding Secretary, Diane Gerth Vice Chair; Margaret Kinney, Jerry Rothstein, Eric Weispfening *Members* **EDITORIAL** Jerry Rothstein Editor 651-587-8859 editor@communityreporter.org **ADVERTISING** Jerry Rothstein, Ad Manager info@communityreporter.org **LAYOUT/GRAPHIC DESIGN** In-Fin Tuan Graphic Designer

STAFF PHOTOGRAPHER Elisha May Jacobsen elishamayart@gmail.com **CREATIVE DIRECTOR** Margaret Wimberley **BOOKKEEPING** Steven Shimer, 651-224-4034 **DISTRIBUTION** Independent Delivery Service **PRINTING** House of Print

Community News & Events



Irish Fair celebrates 40th Year

IRISH FAIR CELEBRATES 40TH YEAR

The 40th annual Irish Fair of Minnesota, a three-day outdoor celebration of Irish heritage and culture, will be held Friday, Aug. 9 through Sunday, Aug. 11, 2019 on Harriet Island Regional Park in St. Paul.

Each year, more than 650 volunteers come together to make the Irish Fair of Minnesota possible. Event organizers are seeking volunteers for a variety of responsibilities throughout the weekend, including in the following areas: set up/tear down, welcome booth, children's area, hospitality, and dance tent. Of greatest need is assistance at the food and beverage ticket booths.

One lucky volunteer will win two round-trip tickets to Ireland via Aer Lingus. For each four-hour shift worked, a volunteer will receive one entry into a drawing for the tickets. Volunteers will also receive an Irish Fair t-shirt, beverage tickets, and an invitation to the Volunteer Appreciation Party.

All volunteers must attend one training session: Aug 4, 2pm; Aug 5, 6:30pm; and Aug 6, 6:30pm at the Harriet Island Pavilion (200 Dr Justus Ohage Blvd, St. Paul). Email volunteer coordinator at volunteer@irishfair.com. For information, visit IrishFair.com, email info@irishfair.com, or call 651-645-0221.

DEVELOPING FUTURE WORKERS AT CERENITY HUMBOLDT

Employees and student volunteers at Cerenity Senior Care-Humboldt can earn while they learn thanks to a Minnesota Pipeline Program included in the governor's budget. The Humboldt Campus Care Center is one of 17 metro-area companies to receive a dual training grant.

Nearly \$2.9 million in state grants will fund employment-based dual training in four industries with in-demand, high-growth occupations: advanced manufacturing, agriculture, health care services and information technology.

Denise Rene Hannah, Volunteer & Foundation Director at Cerenity, pointed out that there is a huge need for healthcare workers now and in the foreseeable future. The program allows young people to enter the field and get a great start to a real career. Cerenity has partnered with Right Track and schools to expose young people to careers in health care, offering a debt-free college degree, while they work and learn on the job.

Cerenity Humboldt and White Bear Lake co-applied for the grant and have been awarded \$132,000 for education of employees — 18 employees to take the two-year LPN program at St. Paul College or Dakota Technical College and four employees to take the Senior Living Culinary Managers course.

Cerenity is also offering tuition payment programs that will cover the cost of trainee's pre-

requisite courses to get into the program, and any pre-testing needed.

For information contact Denise Rene Hannah at Cerenity Senior Care-Humboldt: 651-220-1789.

DODGE NATURE CENTER

Universe in the Park: 8/2, 8:30-10 p.m. at Farm Entrance 3, 1701 Charlton St. in West St. Paul. Free. Looking for an astronomy fix? Universe in the Park starts with a 20-30-minute presentation at 8:30 p.m. and then, weather permitting, an opportunity to view the sky through telescopes until 10 or 11 p.m. Participants can learn how to use a star map and go home with a free one. A summer outreach program hosted by the Minnesota Institute for Astrophysics and area state and local parks.

Women in the Woods: Bee-youtiful: 8/13 & 14, 7-9 p.m. at Farm Entrance 3. Honey bees have a female dominated society. Join Dodge Naturalist, Pam Welisevich to learn about the myths that buzz around bee life and about bee impostors. 'Tis the season to harvest honey and this golden treat has many health benefits. Taste a sample during your visit, courtesy of the nature center honey bees. Start with a glass of wine and social time before going to the woods to fine tune your survival skills. Adult women ages 21+. Pre-registration required. \$20 per person. 651-455-4531, DodgeNatureCenter.org.

Mixed Precipitation's Picnic Operetta: 8/15, 7-8:30 p.m. at Farm Entrance 3. Mixed Precipitation will present a lively and fun musical adaptation of an operetta with edible delights throughout the performance. Bring a blanket or lawn chair for this family friendly musical evening. Donations appreciated. 651-455-4531. Check show description and RSVP at brownpapertickets.com/event/4263154.

BRAKE BREAK EVENTS

Brake Bread is a neighborhood bakery using bread and bikes to build community. They specialize

in naturally leavened bread and traditional pastries made with organic grains and delivered by bike.

On the second Saturday through October there's a special pizza, story time, and slow roll bike rides event at Brake Bread's retail outlet/bakery, 1174 West Seventh. The dates are Aug. 10, Sept. 14 and Oct. 12. Slow Roll at 10am is an all age/ability bike ride, 8-10 miles and no one gets left behind. With kids and breaks these usually take about 2 hours.

Story Time at 10:30 a.m. is with Jeremiah Gamble of Bucket Brigade. Bring your favorite book and watch it come to life! Pizza Pop Up at 11:30 a.m. offers hot sourdough pizzas until they're gone!

SAFE SUMMER NIGHTS

The Safe Summer Nights program is designed to provide opportunities for police officers to become acquainted with residents of the neighborhoods they serve over a meal rather than during times of trouble. Safe Summer Nights helps bridge the gap between police and the people they serve. The events are free, and feature community barbecue and family activities. Thursday August 15, 5pm-7pm at Palace Community Center.

WORLD WITHOUT GENOCIDE EVENTS

The annual Summer Institute for High School and College Students will study Incitement, Hate, and Genocide through three topic areas: The Holocaust, Bosnia, and Rwanda. The Institute will

be held Tuesday through Thursday, Aug. 6- 8, 10 am— 9 pm at Mitchell Hamline School of Law, 875 Summit.

Genocide does not happen overnight. Widespread hate speech often precedes and accompanies mass atrocities. Leaders spread hatred to incite people to target innocent victims. The most expansive and horrific instances of mass violence begin with the buildup of hateful rhetoric.

The Summer Institute will explore how hate speech and incitement were used during the genocides in Rwanda, Bosnia and in the Holocaust, as well as in today's genocides of the Rohingya in Myanmar and the Uyghurs in China. Through a series of talks, films, and activities, students will learn how to combat incitement and to advocate for local, state, and national human rights policies.

Three free programs open to the public will accompany the Institute. **Aug. 6, film, *The Uncondemned*.** This documentary follows courageous Rwandan women who survived rape and other acts of sexual violence and came forward to testify in the trial of Jean Paul Akayesu. **Aug. 7, 7-9 p.m., film, *Denial*.** This biographical drama depicts a historic court case between Holocaust Deborah Lipstadt, and a Holocaust denier suing her for libel. The film stars Rachel Weisz, Tom Wilkenson, and Timothy Spall.

Aug. 8, 7-9 p.m., speakers, *Genocide Yesterday and Today: From The Holocaust to The Uyghurs*. Holocaust survivor Fred Amran and Uyghur community member and activist Hoernisa Cohen will talk about standing up against incitement and genocide today. Info: worldwithoutgenocide.org/events-and-programs or 651-695-7621.

CITY AND XCEL ENERGY OFFER FREE HOME ENERGY SQUAD VISITS

The City of Saint Paul's Energize Saint Paul program and Xcel Energy are joining to offer free Home Energy Squad® visits for income-qualifying St. Paul households. The visits help provide smart fixes to households like swapping out old light bulbs for new energy-efficient LEDs, upgrading showerheads, installing programmable thermostats, weather-stripping doors and checking for air leaks — all to help save energy and money.

Energize Saint Paul provides resources for property owners and residents to increase their energy and water efficiency. As a partnership between the City and public, commercial and residential buildings, Energize Saint Paul aims to make the City the first place that existing buildings can go to make their buildings more efficient, reducing utility costs and greenhouse gas emissions, while making our city more vibrant and resilient. Learn more at stpaul.gov/energize.

Residents can learn more about accessing Home Energy Squad® visits by calling 651-328-6220.



A TOUCH OF ANDREA

Hair Cuts • Foils
Perms • Color

1081 W 7th • St. Paul
651-665-0716
Call for Appointment

THINK TWICE.

St. Vincent de Paul Thrift Stores sell only quality second-hand clothing, furniture and housewares.

St. Vincent de Paul Thrift Stores

Hours: 461 W. 7th St • St. Paul
9:30-5 M-F **651-227-1332**
9:30-3 SAT

Serving GREAT FOOD at Reasonable Prices for 25 Years!

GOLDEN CHOW MEIN

Eat-in or Take-out
Mon-Sat 11-8
Closed Sundays

ARMSTRONG
BAY STREET
RANDOLPH AVENUE

WEST SEVENTH STREET

1105 W. 7TH ST
651-228-1276



919 Randolph St. Paul
651-291-0146
skinnerismn.com

STOP IN FOR THE BOMB
ABOMB: \$3.75 Hard Seltzers
BOMB: \$3.75 Fulton Lonely Blond pints

SUMMER MUSIC ON THE PATIO

.....
VISIT SKINNERSMN.COM FOR MORE INFO.

FREE SHUTTLE!
TO ALL HOME TWINS & MN UNITED GAMES



Walking and Sitting

Reasonable rates

Call, text or email Nate

612.558.2027

pleasantdog@gmail.com

30% OFF

CUSTOM FRAMING

GRAND HILL GALLERY

333 Grand Ave Suite 101
Junction of Grand, Ramsey & I35E
651-227-4783

Pet Urine Odors? We Can Help!



- ☀ Free on-site quote
- ☀ Free black light evaluation
- ☀ Destroys the odor
- ☀ Kills the bacteria
- ☀ Results guaranteed

No need to remove pad or carpet

NatureWise ChemDry

www.naturewisechemdry.com
651-341-0933
Locally owned and operated

Community Arts & Culture



The Minneapolis Institute of Art (Mia) has curated the first major thematic exhibition to explore the artistic achievements of Native women. The exhibition, which will travel nationally, includes more than 115 works dating from ancient times to the present and made in a variety of media, including sculpture, video and digital arts, photography, textiles, and decorative arts. Drawn from Mia's permanent collection and loans from more than 30 institutions and private collections, the works are from communities representing all regions of Native North America. The major sponsor is the Shakopee Mdewakanton Sioux Community, and the exhibition is organized by Jill Ahlberg Yohe, PhD, associate curator of Native American Art at Mia, and Teri Greeves, an independent curator and member of

the Kiowa Nation. An advisory panel of Native women artists and Native and non-Native scholars has provided insights from a range of nations. *Hearts of Our People* elucidates the traditional role of Native women artists in serving the cultural, economic, diplomatic, and domestic needs of their communities, while also going beyond the longstanding convention of treating these artworks as unattributed representations of entire cultures. The contemporary works on view, in particular, will highlight the intentionality of the individual artist and demonstrate how the artist has been influenced by the preceding generations. *The exhibition continues through August 18 at Minneapolis Institute of Art, 2400 Third Ave S, Minneapolis. Call 1-888 642 2787 or visit@artsmia.org.*



Remembering Rondo at WAM

Rose and Melvin Smith: *Remembering Rondo* (through September 8). Currently living in Eagan, Minnesota, Rose and Melvin Smith were residents of St. Paul's Rondo neighborhood for many years. The Smiths' art consists of urban scenes and portraits that present realist, expressionist, and at times allegorical takes on Black life in America. The works in this exhibition are drawn

from their Rondo series — a sprawling body of work that stands as an elegiac anthem for that lost neighborhood and the enduring community that lives on in its wake. **Weisman Art Museum, 333 E River Pkwy, Minneapolis. Hours: Mon Closed; Tues 10-5; Wed 10-8; Thurs 10-8 Fri 10-5; Sat & Sun, 11-5; 612-625-9494.**

Looking for a *Reliable* Business Partner?

Do you value personalized service and a bank that's actually interested in helping you reach your personal or business financial goals?

Come talk with us today, we will help you improve your bottom line.

BankLocal. BankCherokee.

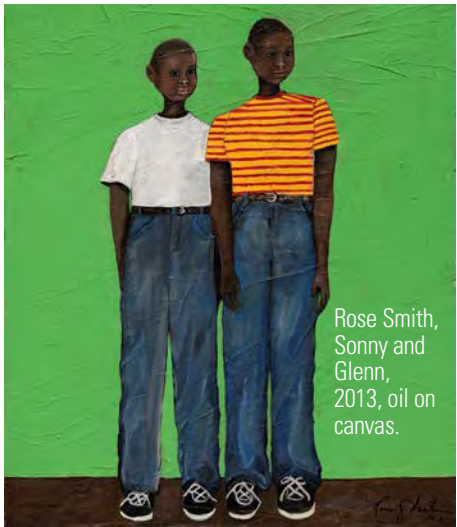
BankCherokee

651.227.7071
BankCherokee.com/testimonials



Acme Scenic Arts goes Hollywood

Acme Scenic Arts has been producing sets, drops and props for 30 years. Its well-known projects include Dayton's/Macy's Christmas Shows, Bachmann's Flower Shows, Prime videos and many feature films shot locally. After devoting herself for five years to Artista Bottega — the center for wonderfully curated art and craft work — owner Nance Derby is refocusing on Acme and has landed a highly demanding contract with Plantscape, Inc. to produce 1,238 branches with 18 leaves on each delicately spray-painted on both sides in 11 colors — all for a new Universal Studios California theme park ride based on *The Secret Life of Pets*. Ironically, the maple branches come from China, but the job is too demanding for Chinese companies to take it on. More on Acme at acmescenicarts.com.



Fix your home. We can help.

Affordable, Flexible financing to help you repair or improve your home.
Call 651-348-5080 or visit nwhomepartners.org
NMLSR#363923

WEST 7TH

REAL ESTATE EXPERT!

Representing West 7th & Surrounding Communities Since 2001
Buying • Selling • Investing

COLDWELL BANKER

JOHN GLADIS
612-743-3024

It's always a great day meet at Claddagh!

459 WEST 7TH STREET
SAINT PAUL, MN

Coffee
Bakery
Breakfast

Lunch
Catering
Live Music

WEE CLADDAGH: 612 SELBY AVENUE
SAINT PAUL, MN

A Wee shop on Selby

Coffee
Bakery
Catering

WWW.CLADDAGHCOFFEECAFE.COM

AUGUST

SOCIAL

& NETWORKING TIME

IN SUPPORT OF UNITED FAMILY MEDICINE'S ANNUAL

Community Block Party

Thursday, August 8
5:00-8:00 pm | FREE
1026 West Seventh
Info: 651-241-1103

Join W8BA members, bring your family for food, fun, exhibits, music, games, food trucks and health education.
Meet organizations "building a healthy community together."

CONNECT
BUILD
ENRICH
W7BA.ORG

West Seventh
Business Association

W7BA Members in attendance

Nature-Wise Chem-Dry | Terrace Horticultural Books | Community Reporter | Deerwood Bank
Bank Cherokee | Coldwell Banker | AdWear Specialites | St. Vincent de Paul Thrift Store

In the Community

Cerenity Senior Care – Upgrades TCU, Memory Care Units

Over the past few months, Cerenity Care Center – Humboldt, 512 Humboldt Avenue, has been getting a make-over with fresh paint and carpets in resident rooms and hallways.

Because those with memory issues live more comfortably with smaller groups of people, Cerenity has created two smaller Memory Care units that cater to different levels of residents' needs. A new staffing model also enhances the care provided to all residents.

Cerenity – Humboldt has also made changes to its transitional care services to better meet the community's need for transitional care. Transitional care is designed to help older adults to transition from hospital to home with rehabilitation.

"Over the past few years, we've seen a growing need for transitional care services that can serve those who are most vulnerable in our community," said Todd Carsen, administrator/CEO. "Our current transitional care unit, located in the Cerenity – Residence building, is unable to accept individuals whose care is paid for by medical assistance (Medicaid). To address this need, we've moved walls and created new spaces to establish a new 22-bed transitional care unit (TCU) on the fourth floor of the Cerenity Care Center with physical and occupational therapy conveniently located down the hall."

This newly renovated unit will provide the same high quality transitional and rehabilitative care currently offered in the Cerenity Residence – Humboldt, 514 Humboldt Avenue, while being able to serve people covered by Medicare, private insurance or medical assistance. In light of the pressure of high



medical costs for many seniors, these changes will have a significant effect.

As a result of this change, Cerenity - Humboldt will be closing its current TCU located in the Cerenity – Residence early in August when current residents have been relocated. "We have shared this information with all current residents. We are meeting with them and offering them the opportunity to move into the new unit," Carsen explained.

Stacy Watson, Cerenity's Marketing Coordinator, commented, "The most exciting thing is with the Transitional Care Unit moving to the Care Center we are now able to better serve those in our community

that are on Medicaid and Medical Assistance. This is a population that we have always served, and now we can say we are doing it in a much better way. We are proud of what we do, and looking forward to these exciting changes."

Cerenity Senior Care – Humboldt offers assisted living, memory care, skilled nursing, rehabilitation, and hospice care services. Cerenity Senior Care is a faith-guided provider offering compassionate, state-of-the-art services and care to seniors through the region. For more information, see cerenityseniorcare.org.

DEB SAYS The Guest House (Excerpted)

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they are a crowd of sorrows...
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing and invite them in.
Be grateful for whatever comes...
Jellaludin Rumi

Rumi's words resound loudly for my contemporaries as we age and find it essential to manage both welcome and unwelcome circumstances. A June 23 *Washington Post* article by Melissa Bailey discusses some seniors entering their twilight years privately mulling "rational suicide." She quotes Yeates Conwell, a psychiatrist specializing in geriatrics at the University of Rochester and a leading expert in elderly suicide. Dr. Conwell says, "The concern that I

have at a social level is if we all agree that killing yourself is an acceptable, appropriate way to go, then there becomes a social norm around that, and it becomes easier to do, more common. That's particularly dangerous with older adults because of widespread ageist attitudes. As a society, we have a responsibility to care for people as they age. Promoting rational suicide "creates the risk of a sense of obligation for older people to use that method rather than advocate for better care that addresses their concerns in other ways."

A *Kaiser Health News* article (khn.org/news/suicide-seniors) in April found that older Americans — a few hundred per year, at least — are killing themselves while living in or transitioning to long-term care. "Many cases KHN reviewed involved depression or mental illness. What's not clear is how many of these suicides involve clear-minded people exercising what Davis would call a rational choice.



DEBORAH PADGETT
columnist

Suicide prevention experts contend that while it's normal to think about death as we age, suicidal ideation is a sign that people need help. They argue that all suicides should be avoided by addressing mental health and helping seniors live a rich and fulfilling life."

What would make living into advanced old age with a need for care and support an option more appealing than dying? With my mother's recent death, I

DEB SAYS, PG 7



SUPATRA'S THAI CUISINE

- DINE IN / TAKEOUT
- WINE & BEER

651-222-5859
967 WEST 7TH STREET
WWW.SUPATRA.COM
PATIO NOW OPEN!



IN OUR 26TH YEAR!
Rooster's BBQ-Deli

PLANNING SUMMER PARTIES NOW!

Best Fried Chicken 2011/Best Barbecue 2010
Mpls-St Paul Magazine

Open 11am-9pm • Closed Mondays
979 RANDOLPH
651-222-0969
www.roosterbbq.com

ADVERTISE TODAY!

JERRY 651-587-8859
ads@communityreporter.org

Free!

West 7th

Community Block Party

THURSDAY, AUG. 8 5-8 PM

FUN FOR THE WHOLE FAMILY!

1026 West 7th St.

presented by



Language Banc
we speak your language

United Family Medicine
A COMMUNITY CLINIC

Food trucks! Live music! Fun activities!

Sponsor a booth and promote your area business. Sponsorship opportunities are available. Contact United Family Medicine for more information: 651-241-1103.

Chris Wengler - Owner/Stylist

Advanced Training at Vidal Sassoon London,
Graduate of Aveda Institute Minneapolis

\$32 Shampoo, Cut & Style

Call for appointment
M-F 10 to 3
SAT 9 to 1




elle SALON SPA
651.204.0600
1564 7th St. West
elleSalon.com

elle Salon Spa helps you define YOUR style

Imagine a school where ALL children

- are encouraged to pursue their own questions and curiosity
- are excited by challenging projects inspired by their own interests
- move their bodies all day long and eat foods that nourish brains and bodies
- learn to engage in meaningful conversations within a diverse community of learners
- feel empowered to share their own ideas and perspectives in the classroom
- develop lifelong friendships with peers all over the Twin Cities
- develop a love of nature by regularly exploring and caring for the natural world



St. Paul School of Northern Lights is a free K-6 (K-8 by 2021) public charter school daring to reimagine education

Now Enrolling K-6

Is it possible? We think so.

www.schoolofnorthernlights.org



Community Kids After School Program – free! Students in grades K-10, M-F, 2:15-6pm. Homework help in reading and math, social skills, enrichment activities, STEM, sports and fitness, field trips, healthy snacks. Transportation may be available within the West 7th neighborhood. Register now for fall program beginning Sept 3. Contact Julie 651-504-2246 or jmurphy@keystoneservices.org.

DEB SAYS, PG 5

believe she chose death, not because of an existing misery but because she feared the misery she believed she would have to face. She created a narrative of doom and didn't have the support and care necessary to overcome her fears. She feared death less than the realization of her imaginings. Why do so many elderly people say being hospitalized or living in a care facility or the very thought of leaving the home they love is a fate worse than death? Part of it is due to deeply held perceptions and biases that are not challenged or held up to scrutiny. I believe we will see a sea change of acceptance and even relishing of the opportunities we can plan for as we age that will make old age similar to any other age through which we live. Facilities, attitudes and understanding of skilled care need adjusting and our capacity to provide mental health services to those suffering from depression, anxiety, physical limitations and dementia require a significant upgrade.

Why do we insist on looking at the decline of old age as a horror? There are more stories of people living quite happily until they die than stories of being miserable every minute of every day of old age. What if I could dictate my desired circumstances in a variety of possible aging and dying scenarios? What

FOOD MATTERS, PG 6

making. I also love learning about how food can be used in the healing process. During flu season I make Elderberry syrup for my family and homemade fire tonic for Sean and me. It feels so good to take care of myself and my family in this simple way.

I have to ask. What would you hope for as a last meal on this earth?

if I could put in place a plan that would support these various circumstances and make sure that plan is realistic? What if we quit viewing it as a tragedy that we can no longer do all that we did in our prime?

Mary Pipher's *Women Rowing North, Navigating Life's Currents and Flourishing as We Age* is a book for these times and these very concerns. While she specifically interviews and learns from women of my generation, all she says pertains too, to men. She doesn't waste time spinning genuine tragedy, loss, confusion, fear, physical and mental demise into a picnic on a summer's day. She speaks realistically and respectfully about this time in our lives. There is so much here to ponder and to embrace I haven't room to touch the surface in this column. The most important lesson I gleaned from Pipher's research and the conclusions she reaches are reflected, I think, in these words. "All life stages present us with joys and miseries. Fate and circumstance influence which stage is the hardest for any given individual. But attitude and intentionality are the governors of the process. This journey can be redemptive if we find ways to learn and grow from the struggles this stage offers us. Just as adolescents must find the North Stars to guide them, so must we elders maintain clarity about who and how we want to be."

Such a tough question! I am sure my answer would ebb and flow depending on the day, week, year. Currently, if I had to choose it would be good bread with olive oil and salt, cut up grapefruit, cashews, hard salami, a nice white cheddar, fig jam and crackers and chocolate cake with chocolate frosting and raspberries on top served on a lovely table with candles and fresh greenery or flowers.

CLASSIFIEDS

TOP CASH PAID! Antiques, OLDER furniture, beer items, advertising signs, Red Wing crocks, MUCH MORE MISCELLANEOUS. Wescott's Station, 651-227-2469

Newly opened ELLE Salon is seeking **licensed hair stylists** and **massage therapists**. Chairs to rent available. 1564 7th Street West. Call 651-247-9988 for more information.

SERVICE DIRECTORY

HANDY MR. LARRY FOR HIRE

I do painting, repairs and cleaning of homes and apartments.

651-399-4304

Insured • Gutter Cleaning & Repairs

FORT ROAD ANIMAL CLINIC

GUARDING THE HEALTH OF YOUR PETS SINCE 1984

DR. MARK L. GOODELL

651-224-4037

1284 Fort Road • St. Paul

OFFICE HOURS: M-F 8AM-6PM • SAT 9AM-12PM

LEITNER'S

GARDEN CENTER

FRESH FLOWERS

Naturally beautiful flowers & plants

Great Prices

Local Delivery

945 Randolph Ave • St. Paul, MN 55102

651-291-2655

St. Paul Automotive

Committed to Excellence

Foreign • Domestic

AAA Approved "Top Shop"

Tune Ups • Brakes

Oil & Lube • Tires

Engine Diagnostics

651-298-0956

910 Randolph Ave • St. Paul

HOURS: MON-FRI 7AM-5PM

MICHAEL C. BLACK

ATTORNEY AT LAW

651-222-2587

265 W. 7th St. • St. Paul, MN 55102

(2 blocks west of the Xcel Energy Center)



Your roots run deep. So do ours.

At Cerenity Humboldt, we are dedicated to serving our community by providing a full range of living options and care services that help you live life to the fullest.

Assisted Living • Memory Care
Skilled Nursing and Transitional Care

Call today to schedule a tour or request more information: 651-220-1700

Able to accept a variety of payment options.



For employment opportunities visit:
CerenitySeniorCare.org

512 and 514 Humboldt Ave. | St. Paul, MN 55107

BULLETIN BOARD



NATIONAL FARMERS' MARKET WEEK IN MINNESOTA (Aug 4-10): Kicks off Aug. 4 at Saint Paul Farmers' Market, 290 5th Street East. There will be games and activities for guests throughout the morning, with a presentation and dignitaries including Thom Petersen, Commissioner of the Minnesota Department of Agriculture (MDA), participating in farm-themed contests from 10:30-11 a.m. The event is free and open to the public and is being presented in partnership by the MDA, Minnesota Farmers Market Association (MFMA), Minnesota Grown (MG), Minnesota Farmers Union (MFU) and SPFM. Olympic athlete and Minnesota Grown spokesperson Carrie Tollefson will emcee the event. See stpaulfarmersmarket.com for details.

HISTORY REVEALED: 8/8, 7:45pm at Waldmann Brewery & Wurstery, 445 Smith Ave. N. Presentation & Book Signing: *F. Scott Fitzgerald in Minnesota: The Ones that Got Away*. Author David Page will talk about the famous homes and iconic buildings associated with Fitzgerald and the neighborhood he lived, worked and played in, that have been torn down and didn't make it into his book, *F. Scott Fitzgerald in Minnesota*.

BEING MORTAL — Film and Panel Discussion: 8/15 from, 5:30-7:30pm at the West 7th Community Center. In order to provide an opportunity to continue the conversation introduced in this month's Healthline (page 2) as well as provide resources for next steps, a documentary will be shown and a panel of professionals in the field to answer questions. Light snacks and beverages. Bring family members and loved ones as we dive into an essential discussion.

WEST END WALKING TOUR: 8/10, 10am-noon at St. Stanislaus Church, 398 Superior. \$14 (MN Historical Society members save 20%). Discover hidden history of West 7th, St. Paul's first neighborhood. Includes moderately-paced walking on uneven surfaces.

HAND DRUMS FOR BEGINNERS: 8/13, 5:30-6:30pm: a women's beginning class in hand drums at the Women's Drum Center, 2242 University Ave W., St. Paul. Instruments provided. \$10. womensdrumcenter.org. No experience necessary.

HISTORICAL SOCIETY DOWNTOWN WALKING TOUR: 8/17, 10am-noon starting at NW corner of Kellogg Blvd and Wabasha St. Unearth the secrets behind downtown St. Paul's transformation from wild prairie to modern power center. \$14/MNHS members save 20%. See mnhs.org for details and tickets.

POWER-UP LEGAL CLINIC: 8/8 & 22, 1-4pm at Walker West Music Academy, 760 Selby Ave. A free walk-in legal clinic dealing with any non-criminal law issue. 651-894-6912, interfaithaction.org/legalclinic.

FOOD, MUSIC, AND FELLOWSHIP: Meet your Neighbors at National Night Out: Church of St. Mary, 261 East 8th St., Aug. 6, 5-7pm. Enjoy music of Yarn Haus, reduce stress with a massage from Sister Rosalind, take a selfie with Pope Francis or just mingle with your Lowertown neighbors. Complimentary food, ice cream and soft drinks will be provided.

MOBILE MENDERS: 8/19, 5:30-7:30pm at West 7th Community Center, providing free mending services. Bring up to 3 clean items that need mending.

FARMERS MARKET AT ST. LUKE CHURCH: Every

Saturday through October 5, 8am-1pm at 1807 Field Ave. corner of Edgumbe, 2 blocks west of Sibley Plaza. Visit neighbors, soak up sun, peruse lovely vegetables & support your local farmers! We accept EBT, debit and credit cards. Hope to see YOU there!

AGATHA CHRISTIE — RULE OF THUMB: Park Square Theatre, 20 West 7th Place, St. Paul; 651-291-7005. Three one-act murder mysteries by Dame Agatha Christie: *In The Wasp's Nest*, *Hercule Poirot* comes between a bitter triangle of lovers to prevent a sinister murder; in *The Rats*, adulterous lovers find themselves lured to a flat, only to be trapped like rats and framed for murder; and completing the triple bill is a tense thriller about a woman who is hospitalized after seemingly falling from her balcony in *The Patient*.

A NATION OF ONE: BRAD KAHLAMER: through 8/25 at Minnesota Museum of American Art, 350 Robert St. N., 651-797-2571 or mmaa.org. A survey exhibit of the multimedia New York artist's work, charting the evolution of his styles across American and Native American identities.

ROSE AND MELVIN SMITH: REMEMBERING RONDO: through 9/8 at Weisman Art Museum, 333 E River Rd, Mpls, 612-625-9494. The exhibit explores the work of artists Rose and Melvin Smith's time spent in the Rondo neighborhood in St. Paul.

DRINKING PROBLEM? Alcoholics Anonymous: Contact aa.minneapolis.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, contact Jill at 651-235-1935.

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

TUESDAY PAX SALONS: All Salons are 6:30-8:30pm, at Mississippi Market, 1500 W. 7th. 651-227-3228. Free; donations appreciated. Open discussions.

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. Shalom Home East, 740 Kay, second and fourth Monday from 3-4 p.m. Contact: Chris 651-690-8920.

DEPRESSION & BIPOLAR SUPPORT GROUPS: Free, peer-led groups Jewish Community Center, 1375 St. Paul Ave., 7-8:30pm. July 3, 17, and 31. No reservations needed. Info: jsimon77@comcast.net.

EMAIL CALENDAR ITEMS TO: info@communityreporter.org
FOR COMPLETE CALENDAR LISTING GO TO: communityreporter.org



**LIQUOR
BARREL**
WEST 7th ST. PAUL



OPEN MON-SAT 9AM-10PM SUN 11AM-6PM

**SAUZA
HORNITOS
TEQUILA**

\$26.97
1.75L

While Supplies Last!

**COINTREAU
LIQUEUR**

\$26.97
750ML

While Supplies Last!

**MR. & MRS. T
MARGARITA
MIX**

\$2.77
1.75L

While Supplies Last!

MUST PRESENT COUPON AT TIME OF PURCHASE. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 8-31-19. VALID AT LIQUOR BARREL, WEST 7TH, ST. PAUL ONLY.

MUST PRESENT COUPON AT TIME OF PURCHASE. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 8-31-19. VALID AT LIQUOR BARREL, WEST 7TH, ST. PAUL ONLY.

MUST PRESENT COUPON AT TIME OF PURCHASE. NOT VALID WITH ANY OTHER OFFERS. EXPIRES 8-31-19. VALID AT LIQUOR BARREL, WEST 7TH, ST. PAUL ONLY.

LIQUOR BARREL WEST 7TH - ST. PAUL 665 7TH STREET WEST ST. PAUL, MN 55102 651-222-6811 LIQUORBARREL.COM

**We
Buy
Cars!**

Free
online trade
appraisal

**QUALITY
INVENTORY**

**WEST
7TH**

**FINANCING
FOR ALL
AFFORDABLE
PRICES**

Cars & Credit

834 West 7th at Jefferson
651-797-6393
www.west7thcredit.com

Locally Made Lighting

Large Selection of
Custom Lamps, Shades,
Pendants, Sconces &
Ceiling Fixtures

Ever-changing
Variety of
Vintage Lighting
(Refurbished)



651-600-3470
modilumi.com

489 West Seventh
Sat-Sun 11am-5pm; by appt
lex@modilumi.com

BOOK LAUNCH!

THURSDAY AUGUST 15th
4-7 PM

EVENT LOCATION:
1061 Grand Avenue
Saint Paul, MN 55105



Sue Sexton
Licensed Psychologist * Author * Speaker * Humanitarian

BOOK LAUNCH!

**BROKEN
ACROSS TIME**
POEMS WHISPERED FROM THE SOUL

**PURCHASE
YOUR COPY
TODAY!**

AVAILABLE NOW
www.peaceonearth1111.com



ADVERTISE TODAY

AD MANAGER CALL 651-587-8859 EMAIL info@communityreporter.org



COSSETTA
dal 1911
Qualità di Vita. Cibo Buono.
GOOD FOOD. AND QUALITY OF LIFE.
SAINT PAUL'S LITTLE ITALY



**BEST
OF
MN**
awarded to
-COSSETTA-
Best Italian Food

It's still...

ROOFTOP SEASON

-FAMOUS HAMBURGERS-FAMOUS BRATS-FAMOUS B.B.Q. RIBS- FAMOUS DRINKS-

**at
LOUIS**
A PIECE OF THE LEVEE

211 WEST 7TH STREET, SAINT PAUL, MINNESOTA 651-222-3476 COSSETTAS.COM

AUGUST ENTERTAINMENT

MIDAS TOUCH
AUGUST 3-4, 10-11, 17-18

RICH & THE RESISTORS
AUGUST 24-25, AUG 31-SEPT 1

MANCINI'S AL FRESCO
MINNESOTA STATE FAIR
AUG 22-SEPT 22
SERVING BAD WEATHER BEER!



Mancini's
CHAR HOUSE
& LOUNGE

mancinis.com

531 West 7th 651-224-7345
Proudly Serving St. Paul & Surrounding Communities for 70 Years!

All Are Welcome!

\$3 Dinner | Free Samples | Live Music | Raffle Prizes



**THREE DOLLAR
COMMUNITY
DINNERS**

\$3 Community Dinner:
BBQ Pulled Pork or Jackfruit Sandwich & Coleslaw

Thursday, August 22 • 5:00-7:30 p.m.
Mississippi Market Co-op's East 7th store

Vegan and gluten-free options will be available.
Food available while supplies last. Seating may be limited.

THANK YOU TO OUR GENEROUS SPONSORS:

ALBERT'S ORGANICS • UPTON'S NATURALS • CO-OP PARTNERS WAREHOUSE
BIMBO BAKERIES USA • TRIPLE CROWN ORGANIC BBQ SAUCE



Mississippi Market
Natural Foods Co-op

740 East 7th Street | Saint Paul | msmarket.coop