By JERRY ROTHEISTEIN

One of the seemingly perpetual questions in a community like ours is whether our communication, connection and collaboration among individuals and groups concerned about specific issues. A common alternative is for there to be a list 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 (COPCP). 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 such 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 program 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 idea here:


“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, our church and community organization services are being replaced by community organizations struggle to meet the constant demand for more services and to link isolated persons, seniors, and community health efforts, there is a growing need for a closer look at our neighbors’ needs.

“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, or a desire for solitude, or other issues. The project will explore the linkage among seniors 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 and community health practices.

“While details haven’t 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 grow. Of course, the most important 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 email sent 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 Rotheiststein, 651-587-8859 or editor@communityreporter.org.

Improving Community Health

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 cultural perspectives and artistry, consumer, 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 operation, attrition and focusing on cultural centers. Existing Cultural Centers: They are actively helping in “marketing, promoting and building out that vision.” At the same time, they continue to ensure 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 Hemph and LGBT CEO Chris Hilger and includes City Councilmember Chris Tolbert.

A strong economic development effort is needed to attract new business and bring new jobs to St. Paul. 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.”

Dr. Bruce Corrie

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

The Language Blanc presents United Family Medicine’s West 7th Street Community Block Party also sponsored by our friends at Jazz88, Image, Land and Image Land, 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. Drink 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.

United Family Medicine

Annual Free Community Block Party August 8

PG 2

DEVELOPMENT
SAINT PAUL CITY COUNCIL MEMBER
CHRIS TOBERLUND
32ND WARD

As a non-profit organization we are governed by a Board of Directors, and we have openings for community members to join. We are looking for people who are interested in helping to advance 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 in response to one of our columns, 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 or topics are always welcome, along with any suggestions for topics of interest to the Board of Directors. You can e-mail your stories to communityreporter.org, or call Jerry Rothstein, Editor, 651-587-8859.

**Editorials & Opinions**

**West End Health! The Last Part of the Journey**

**BY ANNA FUGLESTAD, MD, FACP, F community organizer emily@fortroadfederation.org**

I had been tears 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 by my grandfather’s Latin. There was no stopping this part of the journey. As I continued to look around, I thought, “They could want me!” I felt peace as I ran through each thought of all telling stories of his legacy with laughter and tears. He held my hand, he shook his hand out, but just as he had done when I was growing up. I knew that this honed my grandfather’s wishes.

The environment has been peaceful and just happens. Peace and dizziness such as this at the end of life started with a conversation long before death. My family and I discussed this concept before seven years ago when he was diagnosed with Alzheimer’s disease. Now comes news after his wife died from complications of the same slow progressing disease. He had lived his life as a husband, father, and partner. He wanted those stories of his life to be legible to 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, DVA, Advanced Care Directive, and POLST seem to be thrown around in the healthcare system, news, and media. What do they all mean? Are they all the same thing? Why is it important? What do I mean if I say “do everything possible to keep you 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 stay. Alive: beat heart fast enough and strong enough to get oxygen to the brain. Advance directive: You choose if you want to do chest compressions or electric shocks to try and remnant my heart if it cannot beat on its own. Do not do a tracheostomy. I do not perform chest compressions or electric shocks to try and remnant my heart if I have difficulty breathing with oxygen. Do not perform a tracheostomy. Do not do a tracheostomy. Advanced Directive: “State specific…documents and other patient centered, end of life documents to be notarized. Valuable for anyone to designate preferences but particularly who should speak on their behalf 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.”

Medical Power of Attorney: “A document with clear instructions.” This document needs to be different but there is a way we can work together. The changes in these approaches impact how we consider healthcare at the end of life. They have been proven to work together. There is a way we can work together. The changes in these approaches impact how we consider healthcare at the end of life. They have been proven to work together.

For my grandfather, this conversation was the first of our conversation about end of life. He had chosen for his family members to do everything possible to keep him alive. What was most important to you? If any recommendation can be made, it would be to talk now with your loving family members about — give them the gift of knowing what you desire if something unexpected should happen. The conversation may feel uncomfortable and unnecessary when all is well and you are in good health. However, nobody knows what each day will bring. We all know of people young and old who are suddenly in an accident or other health crisis. At any moment, you may face difficult choices when you may be notarized. Valuable for anyone to designate preferences but particularly who should speak on their behalf 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.”

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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, on Harriet Island Regional Park in St. Paul. Each year, more than 400 volunteers will come together to make the fair the largest Irish festival in the Midwest. A free event, no ticket is required to enter.

Volunteers are needed. east volunteers will receive a dual training grant. Cerenity is also offering tuition payment for in-demand, high-growth occupations: employment-based dual training in four industries. Cerenity Senior Care-Humboldt: 651-220-1789.

DODGE NATURE CENTER
Universe in the Park
8/2, 8-10 p.m. at Farm Entrance 3. 651-227-1332. Free. Largest free planetarium in Midwest. Experience the light and color of space with the powerful CNC-6000. The program is designed for all ages and abilities.

WOMEN IN THE WOODS:
The Safe Summer Nights program is designed to become acquainted with residents of the neighborhoods they serve over a meal rather than to feed the woods to fine tune your survival skills. Adult women ages 21+. Pre-registration required. $20 per person. 651-456-4351. dodgenaturecenter.org.

SAFE SUMMER NIGHTS
8/15, 7-8:30 p.m. at Farm Entrance 3. Mixed Precipitation 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. 651-456-4351. Check show description and RSVP at brownpapertickets.com/events/643056.

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 Ave.

The City of Saint Paul’s Energize Saint Paul program is offering free Home Energy Squads! for income-qualifying St. Paul households. The visits help provide smart fixes like adding insulation for free and adding energy-efficient light bulbs for new energy-efficient LED's. Special programming includes workshops on weatherstripping doors and windows, storm windows, and home maintenance tips.

The City of Saint Paul’s Energize Saint Paul program is offering free Home Energy Squads! for income-qualifying St. Paul households. The visits help provide smart fixes like adding insulation for free and adding energy-efficient light bulbs for new energy-efficient LED's. Special programming includes workshops on weatherstripping doors and windows, storm windows, and home maintenance tips.

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

No need to remove pad or carpet

Residents can learn more about accessing Home Energy Squads! by calling 651-338-8220.
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-Glad, Tues 10-5; Wed 10-9; Thurs 10-8 Fri 10-5; Sat & Sun 11-5. 612-625-3494.

The Minneapolis Institute of Art (Mia) has curated Hearts of Our People: Native Women Artists and 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 1-800-646-3767 or mia@artmias.org.

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, Batman’s Flower Shows, Prime videos and many feature films. It recently relocated to a 35,000 square foot facility in Eagan, Minnesota. Acme Scenic Arts has been producing sets, drops and props for 30 years. Its well-known projects include Daytona’s/Macy’s Christmas Shows, Batman’s Flower Shows, Prime videos and many feature films. It recently relocated to a 35,000 square foot facility in Eagan, Minnesota.

Rose Smith: Sonny and Rose, 2013, oil on canvas.

It’s always a great day to meet Claddagh!

290 West 7th Street
Saint Paul, MN

Coffee
Bakery
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Lunch
Catering
Live Music

Meet organizations “building a healthy community together.”

Look 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.

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4 AUGUST 2019 COMMUNITY REPORTER
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 these 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 Canares, 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-remodeled 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 Medicaid, 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,” Canares 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 inpatient 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 cerenitieseniorcare.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, an unexpected visitor.
Welcome and entertain them all!

As an unexpected visitor.
Some momentary awareness comes
A joy, a depression, a meanness, a meanness, a depression.
Every morning a new arrival.
This being human is a guest house.
Somewhere to rest.

deborah padgett

columnist

DEB SAYS, PG 7

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 have at a social level is it: 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 implicit attitudes.

As a society, we have a responsibility to care for people as they age. Promoting rational suicide ‘treats the root 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 titled “Suicide-suicide in April found that older Americans — a few hundred a 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.

Imagine a school where ALL children are encouraged to pursue their own questions and curiosity.
learn to engage in meaningful conversations within a diverse community of learners.

move their bodies all day long and eat foods that nourish brains and bodies.

feel empowered to share their own ideas and perspectives in the classroom.

develop lifelong friendships with peers all over the Twin Cities.

are excited by challenging projects inspired by their own interests.

St. Paul School of Northern Lights is a free K-6 (K-8 by 2021) public charter school doing transformative education.
Now Enrolling K-6

Imagine a school where ALL children

are encouraged by the CHALLENGING projects inspired by their

own interests.

move their bodies.

all day long and eat foods that nourish brains and bodies.

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Now Enrolling K-6
Community Nourishment

VIEWS FROM THE GARDEN
WeedsUGH!!?

BY KENT PETTERSON
August is crucial for your garden. The easy days of fencing and minor weed seedlings can change August is not an easy time to be outside in the August sun. That is a time to get up close and personal with the birds. The wrens are the only migrant of these birds in particular. The Cooper's hawks, also known as the chicken hawk, have red eyes. The juveniles have yellow eyes. Incubation is possibly two of flirting, singing, and wooing by the male. The female is by the nest entrance and incubating the eggs. There was a vocal ritual of nesting, flying in with fresh food, and parakeets. This was only after several days of incubation the eggs. There were four chicks. My neighbor said it was important to be telling the worms no harm would come to them and also, thanking them for eating the bugs that were plaguing the garden. "Circle of life... and death in our little part of the house."

FOOD MATTERS

Five Questions: Jeannie Farrell

Here’s the first in an ongoing series called Five Questions, where we shine a light on neighborhood folk and their unique relationships, traditions, and preferences around meal-prepping and cooking. What does eating well look like for you?

FOOD BIRDS

Tell Me About Your Yard Birds

CHRISTIN HAMAKER

Until recently, I had never seen crows in my yard. No, when I heard them squawking, I went out to see what was happening. I saw two crows, one in the willow and the other in the spruce. So, I started looking around with Tina, the rescue kitty - (I let her go out a few times a day, but like a toddler who cannot be left alone, neither can Tina). She found the baby crow straight away, squawking, I went out to see what was happening. We watched it for a while, then left to watch it. We watched it for a while, then left to watch it. The downy woodpeckers are North America's smallest woodpecker, six to seven inches tall. The males differ from the black and white females only a red nuchal. The woodpeckers are nesting on the boulevard in a maple tree. As the wood chips were blown onto the ground, I noticed there were very few acorns or nuts in sight. The seed is推广的本杂志的主要目标是提供高质量的园艺信息。
believe she chose death, not because of an existing
need adjusting and our capacity
of skilled care need adjusting and our capacity
care for those suffering
...old age similar to any other age through
...her imaginings. Why do so necessary to overcome her fears. She feared death
...we elders maintain
...and intentionality are the governors of the
...in these words. “All life stages present us with joys
...is so much here to ponder and to embrace I haven't
...we can no longer do all that we did in our prime?
...determined and serious, for these times and these very concerns. While she
...governor of the
...most
...wonder about who and how we want to be.”

FOOD MATTERS, PG 6
making. I also love learning about how food can be
used in the healing process. During flu season I make
...in the surface in this column. The most important
...than the realization of her imaginings. Why do so necessary to overcome her fears. She feared death
...death? Part of it
...ing of myself and my family in this simple way.

DEB SAYS, PG 5
7:15pm 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
...casseroles, lasagna, salad, and quiches. MUCH MORE MISCELLANEOUS. Wescott's
...Agriculture (MDA), participating in farm-themed contests from 10:30-11 a.m. The event is free and open to
...inches across the Midwest. Some of the most famous homes and iconic buildings associated with
...St. Paul. Instruments provided. $10. womensdrumcenter.
...a presentation and dignitaries including Thom Petersen, Commissioner of the Minnesota Department of
...the famous homes and iconic buildings associated with
...and miseries. Fate and circumstance influence which
...is the hardest for anyone given individual. But
...for complete calendar listing go to:
...is for complete calendar listing go to:
...922-8701
...829 1st Street S.
...NATIONAL FARMERS’ MARKET WEEK IN MINNESOTA
(Aug 4-10): kicks off Aug. 4 at Saint Paul Farmers’
...may have been torn down and didn't make it
...great homes and iconic buildings associated with
...and intentionality are the governors of the
...were mobility every minute of every day of old age.
...1,000 people! AGATHA CHRISTIE — RULE OF THUMB
...Minneapolis. F. Scott Fitzgerald In Minnesota.
...personal love
...in the field to answer questions. Light
...a panel of
...the conversation introduced in this month’s Healthline
...— Film and Panel Discussion: 8/15
...Our Lord, a film
...in, that have been torn down and didn't make it
...and the most famous homes and iconic buildings associated with
...of artists Rose and Melvin Smith’s time spent in the
...music of Yam
...repetition, the introduction of an.
...in, that have been torn down and didn't make it
...of artists Rose and Melvin Smith’s time spent in the
...Free, peer-led groups Jewish Community Center,
...261 East 8th St., Aug. 6, 5-7pm. Enjoy music of Yam
...legal clinic.
...free mending services. — Film and Panel Discussion: 8/15
...of West 7th, St. Paul’s first neighborhood. Includes
...to rent available. 1564 7th
...Top Cash Paid!
...Antiques, OLDER furniture,

CLASSIFIEDS

SERVICE DIRECTORY

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You're invited. Why do we insist on looking at the decline of old
...years. Why do so necessary to overcome her fears. She feared death
...not because of an existing
...is so much here to ponder and to embrace I haven't
...and for complete calendar listing go to:

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AUGUST 2019 COMMUNITY REPORTER 7

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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!

AUGUST ENTERTAINMENT
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