The marriage that created the United Family Medicine (UFM) Residency Program in 1993, providing high-quality health-care to a generation of Saint Pauls — including downtown residents on Medicaid and the uninsured — has ended in a bitter, tangle-lipped divorce. On one side is Allina Health, the employer of the UFM physicians who oversee the clinic’s medical care and are now looking to establish a new outpatient clinic in the neighborhood. On the other is the UFM clinic, whose leadership has been blamed for forcing out the residency program. In the middle are the patients, struggling for answers and worried about how the changes will impact them and their community amid the pandemic.

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I’ve always been the message is the same, promoting a hierarchy of value in which we are stratified by the color of our skin. Supreme Court rulings have a strong effect to diminish the voice and value of those who have been and are devalued. Voter suppression is no more surprising than the repeated messages my friend received from his father that he would never measure up. In his book Democracy Matters, Cornel West states, “The brutal strokes of white supremacy in the American past and present speak volumes about the harsh limits of our democracy over against our professed American ideals.” Democracy isn’t just a matter of how we address our problem patients’ concerns. It’s a simple question of how we view one another. Nyakundi stepped down and directed support to the Save United Family Medicine Facebook group to sign a petition.

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Eric Weispfening
Jonathan Dickman Board Chair
BOARD OF DIRECTORS

It seems my dad wanted me to know that everyone’s vote mattered; everyone counted. Today, I appreciate his prompt reminder that I was to make the utmost effort to vote. Unlike many of my primary folks, I have not done it without his prompting. It seems to me, he wanted me to get familiar with the experience. The voting place was a church a quarter mile from home. I went. If I had to wait, it was extremely easy to get to. I carried the cordural workers, the booth and the vinyl curtain I drew. I seemed my dad wanted me to know that everyone’s vote mattered; everyone counted. Today, I appreciate his prompt reminder. He told me to remember this day’s importance, and ensure that all our voices are heard. After my other son turned 18 in early June, he went over to Minneapolis to witness the aftermath of the death of George Floyd. I am glad he did, as my parents who have weakened immune systems or pregnant women should not get live vaccines. Dead vaccines including flu and tetanus carry no such risk, but because our immune system is less likely to think that a small piece of virus is a threat, they are often less effective than live vaccines. This is why you need to get booster shots of certain vaccines.

Vaccines work by using our body’s natural immune systems to fake an infection, spurring our bodies to prepare an immune response to dangerous infections before we are faced with them. Our bodies recognize what they think is an attack and develop antibodies to protect against that attack. These antibodies, made through remarkable imitation, will match a lock and a key, each formed into exactly the right shape to stop a particular virus. The body’s elegant imitation quickly creates additional challenges — namely that any effective vaccine is not work for long. This is why there is no vaccine for HIV and there is a new flu vaccine every year.

There are two types of vaccines: live-attenuated and dead. Live-attenuated vaccines have weakened forms of a virus, while dead vaccines are made of small pieces of a virus or bacteria and have no ability to copy themselves. Live vaccines are more effective at creating immunity to a disease because the damaged virus is still capable of replicating and escapes the immune system. Live vaccines — commonly used with illnesses such as Measles, Mumps, Rubella, and Varicella — generally cause a stronger and long-lasting immune response, however, and there is the very small chance that a live vaccine could change back from its weak form into a form that could cause disease. That is why many people with weakened immune systems or pregnant women should not get live vaccines. Dead vaccines including flu and tetanus carry no such risk, but because our immune system is less likely to think that a small piece of virus is a threat, they are often less effective than live vaccines.

This is why you need to get booster shots of certain vaccines.

Herd immunity is an important concept when we are talking about vaccines. Herd immunity is the amount of people who need immunity to a disease to prevent it from spreading through a community. It prevents indirect infection to susceptible people for children who cannot get vaccinated due to medical reasons. Every virus has a different percentage required to reach herd immunity. It depends on the infectious, pathogen to be spread the disease that virus is. For example, measles is very infectious. The measles virus can live for up to two hours in an airspace where the infected person has coughed or sneezed. Since it can live on a surface, we need 93-95% of population to be vaccinated against measles to prevent community spread. It is becoming very important for anyone who can get the vaccine, to get it. A lack of 5% is taken up by children under 1, who cannot get the vaccine yet, and those with weakened immune systems.

Some people believe that immunity from having the disease is better than immunity from a vaccine. However, natural infections can cause severe complications and be life-threatening. And even with the greatest modern medicine, it is the diseases that vaccines prevent that are the worst of all. Vaccines have even wiped out an entire disease, smallpox. They have saved millions of lives. According to a recent study, they prevent nearly 20 million cases of diseases, including over 400,000 deaths, for every generation of Americans. Vaccines are one of the most important advances in healthcare. As the COVID-19 pandemic continues to surge throughout Minnesota as well as the rest of the country, many are hopeful that vaccines in development — some of them live-attenuated and others dead — will someday soon allow us to beat the disease. With experts predicting that herd immunity will require at least 50 percent of the population to have antibodies, it is important that patients understand the science and benefits such a vaccine will offer.

This election day, we must make sure to check in with the younger citizens among us, who may not yet understand this day’s importance, and ensure that all our voices are heard.

-like my parents many so years before, I have made sure that my son who is now of age will vote. Looking back, my parents had their procedure and allowed us seven kids to choose our own paths. Without a doubt, their daily example was “respect others, all others.” It is an important lesson to remember on “voting day,” and it has not been heeded often enough in our history. Many others have walked long distances to vote, waited, only to be turned away and found “not eligible” to vote for spurious reasons. This election day do not let us check in with the younger citizens among us, who may not yet understand this day’s importance, and ensure that all our voices are heard.

What is eye opening for me in 2020 is the blatant lack of interest and support tactics used to prevent some of our nation’s citizens from voting, so much 8-9. One example I saw on the news: in a recent primary folks were forced to wait for 7 at a.m. to cast their votes, only reach the head of the line to find that the voting place was out of ballots. Please! Not long ago, while I was on a walk down the street, I believe is more politically inclined, she confessed that she did not really know who U.S. Representative John Lewis was until he died. Me neither — not much. I am grateful to know what he is, a man of unswerving faith who walked his truth. It was inspiring for many of us to hear more about Rep. John Lewis’ lifelong commitment to civil rights as his body was laid to rest. We voted as he did, as a young man and his siblings were not allowed library cards because of the color of their skin. We all know that this is just a drop within the bucket that is the suppression of Black people that has occurred in America, even in just my lifetime. As a white person, I once had ignorance and innocence. I did not realize that the challenge of acceptance and respect for a person of color might well be twice that waited in line, White person. One evening a few weeks ago, there was special on television about Rep. John Lewis, I was eager to watch. I asked my 16-year-old son to watch with me. “Maybe you can write a paper about what he said,” I suggested. We watched and listened, a bit, then chose to view something on his phone instead. “That’s okay, since my boys know less about "the civil rights movement" than I did at their age.

After my other son turned 18 in early June, he went over to Minneapolis to witness the aftermath of the death of George Floyd. I am glad they did, as my parents are developing their own opinions about fairness and injustice. I am proud of them realize they care about others, and like my parents so many years before, I have made sure that my son who is now of age will vote.

Letter to the Editor

Voting Day

BY MARY BRITT DELANEY

Voting day is a big hairy deal! It seems, so eye opening for many of us in 2020! 40 years ago in the summer of 1980, I voted for the first time. I had turned 21 a few months earlier. Politics was not on my mind at the age of 21. My family and I were encouraged me, “go vote!” I don’t remember a long conversational discussion. I did not have it without his prompting. It seems to me, he wanted me to get familiar with the experience. The voting place was a church a quarter mile from home. I went. If I had to wait, it was extremely easy to get to. I carried the cordural workers, the booth and the vinyl curtain I drew. I seemed my dad wanted me to know that everyone’s vote mattered; everyone counted. Today, I appreciate his prompt reminder. He told me to remember this day’s importance, and ensure that all our voices are heard.
Community Reporter pointed to problems accessing their physicians and a lack of communication from the clinic about why their doctors could not be reached. They described their physicians disappearing from the online booking system in May but not returning. Questions and messages patients sent about their health were answered by other healthcare providers.

The clinic’s representative wrote, “We do not expect an interruption in care to our patients during this transition.” She added that clinic staff have been working through their process of hiring or having already hired “will integrate with United Family Medicine’s physician assistants and nurse to place the patient at the center of care.”

But that was not the experience of Kyre Peters, a UFM patient who has decided to leave the clinic and follow her physician. “In a time when everyone was so stressed out,” she said, “we couldn’t get to our doctors.” She described that she had

With none of the program’s 35 medical physicians working regular clinic hours through June, and according to several of the community activists, who had spoken with residents, physician assistants (PAs) carried the load.

Kerry Allen, a patient who has gone to the clinic for more than 20 years, confirmed that was what she observed. When she called in June to make an appointment, she insisted that she see her physician because of a presenting heart condition that “could have killed her” if not for two of the doctor’s previous interventions. She was told that no physician would be available for her visit, which struck her as a safety issue.

Bonnie Anderson, another patient who has decided to leave the clinic to follow her resident physician, said that she was driving more than 30 miles to Cannon Falls, Minnesota — illustrated how the lack of physicians at the clinic affected her care. During an appointment in April, she was surprised to find that her doctor was not there to see her. Instead, she discussed a health problem she was having with the new provider, who she would later discover was a PA. The PA prescribed her a drug, suggesting it would be a good solution in part because it was non-narcotic, though Anderson pointed out that she didn’t care whether or not it was a narcotic so long as it solved the problem. Days later, the new doctor called her. After hearing her situation with her pharmacist, who afterwards called her back, the PA said that she saw a 49-year-old woman who had been overseeing care, the quality of which was down. “She said the PA saw wasn’t licensed to prescribe the narcotics she needed.”

One patient, who spoke on the condition of anonymity once he is remaining a patient of the clinic until his doctor is available elsewhere, described his treatment over the summer as “appalling.” After the online system would not allow him to book an appointment, he called the clinic, and was told he needed to come in to renew prescriptions, they would not schedule a physical. “I’m in my 70s and I’ve got multiple medical problems, multiple medications,” he told the Community Reporter. “I hate to go without a physical for more than a year, and I need one.”

As she seeks to follow her doctor to Allina Health’s new program, she worries about how the recent transitions will impact other “I have insurance, so I’d find a place that would take me even if Allina weren’t opening another clinic.”

Some patients fear that with this year’s departure of all but one of the physicians who were previously overseeing their care, the quality of care available to the needy will suffer. “The new [UFM] clinic will have to be a different ‘provider’ in their letter [to patients] and not ‘doctor’ makes me suspicious,” Peters said, noting that the emerging clinic may not have physicians even when it has been staffed. It’s almost like the clinic’s leaders saw COVID-19 as an opportunity to downsize it into a minute clinic. Lake’s reigning deciding that poor people don’t deserve as much care as rich people do.”

Such downsizing could result in the form of cuts to its comprehensive programs in areas such as geriatrics, maternity and addiction, which the clinic has long been praised for. Some patients worry about the ramifications of these changes. An email circulated by Bucher, the clinic’s CMO, to staff members on October 21, seemed to confirm some of these suspicions. It announced that “[w]ith the ongoing transitions in clinic, we will not be accepting any new HAVAT patients at this time,” referring to the acronym for medication-assisted treatment, prescribed for substance-use disorders.

Jonathan Dahlbeck, chair of the Community Reporter’s board of directors, is currently a patient in the UFM residency program. He was not a source for any material included in this story. UFM residents are also the writing authors of the Community Reporter’s Healthline column.
One French Buhr Millstone’s Unusual Journey to St. Paul

When Bob Frame, an engineering historian at the architectural firm Ward & Hunt, looked across his recently re-landscaped yard at the corner of Goodrich Ave. and S. Leech in St. Paul, he knew there was something missing. A long, tangential expanse, it seemed to draw the eye toward a point that was occupied by nothing in particular. For some time, he and his wife, Emily Ganzel, pondered what to put there.

Then the idea struck him — a historic millstone — and he persuaded Ganzel to get on board. As an expert currently writing a book about the history of flour milling in Minnesota for the University of Minnesota Press, Frame felt uniquely qualified to take on the project of finding and relocating an historical millstone, a process fraught with challenges considering the age and weight of the primitive devices.

He found his target on Ebay, a millstone located in southern Illinois. Frame was drawn to it because he identified it as one composed of authentic French buhrs, the stones that were best for milling and the kind used in Minneapolis mills, once famous for their high-quality flour.

Ganzel and Frame rented a pickup truck to get the millstone, coordinating with heavy machinery operators in Illinois who could gingerly lift and load it. Frame left it with a friend in his back yard while he figured out how to install it. For that, he consulted John Yust, a West 7th-based architect who focuses on historical endeavors and has played integral roles in prominent local projects such as the revitalization of the Waldmann Brewery site. Yust drew up what he thought would be an appropriate footing to secure the millstone.

When that model turned out to be too complex, a blacksmith he worked with, Myron Hanson, modified it. Together, they prepared the four-foot wide and ten-inch thick base.

When they uncrated the millstone in Frame and Ganzel’s yard — the first time it had ever been taken out of the box in which he bought it — the individual buhrs came loose, several falling out. “That was a tense moment,” Yust later admitted. “At first, we didn’t know how to deal with the rocks. We tried to house them. Somehow, he projected full confidence,” Frame said.

Soon, Yust had devised a plan. He used two plywood boards to sandwich the millstone, keeping the stones in place while Dave Cunnien, another friend with historical rehabilitation experience, used an epoxy to glue the stones. They then tightened the metal rings that held the buhrs together.

The scheme worked. They attached it to a forklift with an extending boom. Lifting it over the fence and lowered it into place on its stand. “If I’d have guessed it would be so complicated and expensive to do all of this, Frame confessed to a friend, “I might never have bought the millstone in the first place.”

But then, months later, in the midst of an entirely different architectural mission that involved delivering carved logs to a Swedish restaurant in Wisconsin, Yust stumbled upon an architectural salvage store. Inside, he found eight millstones. He called Frame to see if he might be interested in buying them all.

There is no time to lose. The West Seventh community and its city council members must rise up and demand that these studies be halted and the LPA reconsidered.
Petition: Reconsideration of the Riverview Corridor Locally Preferred Alternative (LPA)

WHEREAS, the resolution adopting the LPA set December, 2020 as the time to “…reconvene to evaluate the technical and financial outlook for the Riverview Corridor project, to determine whether the chosen LPA is likely to become a reality by 2025 and make alternate plans if necessary;”

And, WHEREAS, there are many serious technical and financial problems with the LPA, making it unwise to proceed with the current LPA and making it impossible for an LPA to become a reality by 2025 and necessitating alternate plans;

THEREFORE, WE, the undersigned citizens of St Paul affirm the long-term importance of LRT and local bus service in the Riverview Corridor and hereby request that the Policy Advisory Committee of the Riverview Corridor Project vote to (i) halt further development of the current LPA; (ii) reconsider the LPA in light of the technical and financial problems and alternatives referenced above; and (iii) develop a new LPA that comprises both a local bus on West 7th Street and LRT on its own separate and dedicated right-of-way.

To add your name to the petition, call/email: 651-665-0068; president@w7ba.org
Please include your name, phone number and mention CART Petition

West Seventh Business Association

The West 7th Business Association is working with CART, Citizen Advocates for Regional Transit, to assure that the present intention to use West Seventh Street as the transit corridor from downtown to the airport transit be reconsidered by the Riverview Corridor Policy Advisory Committee at its mandated December meeting.
HALLIE O’FALVEY

the solar noon starts messing with the clock one hour behind in the autumn. The dates have
143 more minutes of dark.) This is thanks to the
hour further toward the dark. The sun will set
7:30pm and Thursdays, 10am-4pm.

As all the tomatoes and leafy greens are
gone from our gardens and farms now, I was
reminding of this loss with one of my
At the West 7th Library, we are very happy to
welcome you back to browse books and mov-
ies, pick-up, and use the express computer
two days a week. We are following public health
safety guidelines and are open Monday to Sat-
urday, 1pm-7pm and Thursday, 10am-4pm.

We understand that getting to the library
during our open time is not always an easy
option for all Saint Paul residents. In order to
provide more flexibility and equitable
resources, the Bookmobile has stops in four
locations along the West 7th street corridor, and
visits over 30 locations throughout Saint
Paul twice a month in order to ensure all have
access to library materials.

Everyone is welcome at the Bookmobile. Services include:
• Browsing books, DVDs, CD’s and other items to
check out. For the safety of library visitors and
staff, browsing is by appointment.
• Picking up held items delivered to the
closest stop to your home. Call 651-266-7450 or
the Bookmobile at 651-267-5595. Ask for your
library card number.
• Free Wi-Fi, sponsored by Verizon. Stop by,
connect when the Bookmobile is in your area.

Stop by one of the following four stops
• Picking up held items delivered to the

The West 7th Library is open in a drive-
through model. Packages available include
cakes, pies, cookies, and fruit. For more
details and to order, visit www.mealsonwheels-
.org. We are also offering delivery to those in
our service area.

Volunteering with Keystone gives you the
opportunity to see your community transformed.
We love working with our volunteers to give
them roles that fit their interests and work with
their schedule. Contact our volunteer staff at 651-
979-7725 or volunteer@keystone_.org.

Delivering Nutritious Food! This affordable
program offers a variety of meal options and
Keystone is the Meals on Wheels provider in
many St. Paul neighborhoods, including West
seventh. For more info, call 651-386-0019 or
visit www.meals-on-wheels.com.

GET AFFORDABLE GROCERIES

On Nov. 6, Fane for All will be back! You can get
low-cost groceries, now offered in a drive-
through model. Packages available include
cakes, pies, cookies, and fruit. For more
details and to order, visit www.mealsonwheels-
.org. We are also offering delivery to those in
our service area.

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opportunity to see your community transformed.
We love working with our volunteers to give
them roles that fit their interests and work with
their schedule. Contact our volunteer staff at 651-
979-7725 or volunteer@keystone_.org.
**Overcoming Racism Conference**

**Tuesday, Nov. 17, 7–9pm** commemorating World Without Genocide (WWG) virtual program

**Event on Genocide**

other means of verification (http://rb.gy/awtve6).

**registered or voted since you have lived in your**
pollfinder.sos.state.mn.us. If you have not pre-

**Election Day**

November 3 is your last chance to get your voice heard in this election. Find your polling place at

**Amid record-breaking unemployment numbers**

delinquent mortgages

**Minnesota** ranks 7th lowest in seriously
delinquent mortgages

Visitable online at worldwithoutgenocide.org/hate

**Visitors Admission (WAM)** Reopens

The University of Minnesota's WAM galleries have opened. The safety and comfort of visitors and staff are guiding every step of the museum's reopening plan.

**Ballet Tuesdays at the Landmark**

The Landmark Center's free lunch-hour ballet plans. Hours: Thu-Sat, 12-5pm. Free and open to the public, no advance ticket reservations or timed entry is required, though facemasks are!

**The Landmark Center's free lunch-hour ballet performance and demonstrations, put on in partnership with Ballet Co. Laboratory, have returned virtually. Every Tuesday, 12pm through December. Visit landmarkcenter.org/ballet-tuesdays.**

**The Glass Castle: A Memoir,** which tells the story of a real American family, is now offered as an e-book through model. Menu includes a special Holiday Brunch: 10am-4pm.

**Turf and Turkeys**

Your buy-low-cost groceries Nov. 6, now offered in a drive-through model. Menu includes a special Holiday Brunch: 10am-4pm. Turkeys, pies, produce and more can be pre-ordered, prepaid with vendors, then picked up Nov. 27 and will be open daily through Dec. 22.

**MNCare ends Dec. 22. Find out more at mnsure.org.**

**St. Paul Farmer's Market Downtown**

To buy low-cost groceries Nov. 6, now offered in a drive-through model. Menu includes a special Holiday Brunch: 10am-4pm. Turkeys, pies, produce and more can be pre-ordered, prepaid with vendors, then picked up Nov. 27 and will be open daily through Dec. 22.

**Free on-site Testing for COVID-19**

MN Dept. of Health provides safe COVID-19 testing in areas with outbreaks, increasing cases, or barriers to access existing test sites. Find testing sites: https://rb.gy/vlhyj

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**Guardianship • Real Estate**

**MELANIE LISKA**

Attorney at Law

651-899-5872

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<th>BRAND</th>
<th>Size</th>
<th>Price</th>
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<tr>
<td>EZRA BROOKS BOURBON</td>
<td>1 LTR</td>
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<td>CLYDE MAY’S SINGLE BARREL BOURBON</td>
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<td>$29.97</td>
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