

# Community REPORTER

SERVING WEST END NEIGHBORHOODS, DOWNTOWN ST. PAUL TO FORT SNELLING, SINCE 1970



FALL COLORS  
Page 5

ELISHA MAY JACOBSEN

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## BUILDING A NON-RACIST COMMUNITY

### Resisting the Abusive Tape of Racism

by Tim Johnson  
Retired Pastor of Cherokee Park United Church

[Editor's Note: This is the ninth article in Tim Johnson's series on racism. Comments and insights are welcome: send to [editor@communityreporter.org](mailto:editor@communityreporter.org).]

One might think that at the age of 72, you would no longer hear old tapes in your head of your father telling you how inadequate you are. Yet my accomplished friend acknowledges every time he starts a new project, he hears his father's voice saying, "You will never get it right. You always mess things up. Why even bother." Those old messages we absorb at a young age linger, are tenacious and persistent, even when we know better, as does my friend.

To my friend's credit he has struggled his entire life to overcome the voice of a father who devalued him. Quite likely my friend's father was devalued by his own. In most respects my friend has been successful as he grew into a person who treats others with compassion and respect. Still, those old voices persist and must be resisted.

In his book *Democracy in Black*, Eddie Glaude argues that racism is that hidden tape, buried deep in our corporate self-consciousness that continues degrading not only Indigenous people and people of color, but also degrades and undermines the very democracy we claim to cherish. The message, like the one my friend received from his father, can be distilled into a rather simple proposition: people who claim white ancestry have more value than all other people.

Sometimes the message of superiority is overt as with the "Proud Boys" or any number of white supremacist groups. But often the message is provided subtly by employers, educators, clergy, health care providers and everyday people who call upon white students more often, take their health problems more seriously, interview or promote people with whom they "feel more comfortable" and so it goes. Always the embedded message is the same, promoting a hierarchy of value in which we are stratified by the color of our skin. The harm this message does to Indigenous people and people of color is evidenced in a host of disparities. It also adversely impacts white people, as we mask our own insecurities by embracing the devaluing of others.

But the damage of this inner abusive message, this hidden tape of white superiority, goes well beyond the

**Always the message is the same, promoting a hierarchy of value in which we are stratified by the color of our skin.**

impact it has on those who suffer directly from it. It also affects the very heart of our democracy and our capacity to address some of the most pressing problems of our day. It comes as no surprise that as awareness of systemic racism and white

supremacy grows, there is a strong effort to diminish the voice and vote 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 atrocities 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 is at stake. Through democracy, our ability to address pressing issues such as health care and climate change is at stake.

The tape of valuing whites more than others is deeply embedded in our collective national consciousness. It was enshrined in our Constitution with its clause that people of African descent counted as 3/5 of a human being and in the lives of Founding Fathers who owned slaves and took it as their God-given right to appropriate the lands of native people. Yet the ideals of democracy were also there from the beginning, the potential of "We the people" — all people — to be truly realized.

My friend continues resisting the abusive tapes of his father and we too can resist the abusive tapes of racism that have been passed down to us, in the process creating a democracy in which we can all thrive. A crucial place to act this November is with your vote. Another important venue to further explore the topic is the virtual Overcoming Racism Conference on November 13-14. "Reclaiming We the People" is the theme. Go to [Overcomingracism.org](http://Overcomingracism.org) for more information.



2018 Residents: James Ircink, MD, Adrienne Chesser, MD, PhD, Sarah Carlson, MD, Ngoc Pham, MD, Jenny Zhang, MD, Matthew Haugen, MD, Carrie Wojick, MD.

The marriage that created the United Family Medicine (UFM) Residency Program in 1993, providing high-quality health care to a generation of Saint Paulites — including downtrodden residents on Medicaid and the uninsured — has ended in a bitter, tight-lipped divorce. On one side is Allina Health, the employer of the UFM physicians who oversaw 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 amidst the pandemic.

According to the 24 concerned neighbors or patients of the clinic who broke the story of its ongoing tumult in October's *Community Reporter*, UFM's new leaders are at fault. In their letter, the community members accused the clinic's chief executive officer, Ann Nyakundi, appointed on an interim basis in October 2019, of barring UFM physicians from the clinic beginning in March as well as briefly shutting down their email accounts. They also claimed that during that time the clinic's leaders took over facilities previously

### A spokesperson at Sholom, a multi-level care living community in St. Paul, described an exchange with the clinic's leadership in June that she said "raised red flags."

dedicated to the residency program, preventing it from the returning.

The authors of the letter declared "no confidence" in the clinic's leadership, demanding that Nyakundi step down and directing supporters to the Save United Family Medicine Facebook group to sign a petition.

Nyakundi suggested that recent changes to the clinic were done in order to resolve compliance issues flagged by the Health Resources and Services Administration (HRSA), a federal regulator, in a 2018 audit. A representative of the clinic cited "contracts with Allina for leased physicians, lab services, phone services, and electronic medical records services [that] prohibited us from complying with HRSA requirements." A spokesperson for HRSA acknowledged that the agency "is aware of...[and] continues to closely monitor the situation" at the clinic.

UFM's previous leader, Melissa Parker — who served as the clinic's chief

operating officer for more than a decade, then as CEO for more than a year — disputes Nyakundi's account, telling the *Community Reporter* that "from [her] perspective all the conditions from HRSA had been cleared" when she left the clinic in October 2019. Allina Health would only say that it "has determined that it has become necessary to move the residency program and the faculty physicians to a new clinic location," which they confirmed will be in the West 7th neighborhood.

#### Patient complaints about new clinic model

From March through July, while the community activists allege that UFM's physicians' access to the clinic was limited, a fact the clinic disputes, some patients struggled to get the care they needed.

Nearly a dozen current and former patients of the clinic interviewed by the

**"NO CONFIDENCE", PG 3**

## Riverview Corridor's "Modern Streetcar" is NOT Modern Streetcar

BY JIM SCHOETTLER, C.A.R.T.

The Riverview Corridor project took pains to distinguish between Light Rail Transit (LRT) and Modern Streetcar (MS-LRT). They said that LRT required its own dedicated right-of-way, while MS-LRT could run in the street, along with all the other traffic. In fact, they quickly dismissed LRT on this basis and chose MS-LRT for the Locally Preferred Alternative (LPA). But MS-LRT has two characteristics that are extremely important: (1) A very low chassis so that riders can step on from the curb; and (2) narrower width so the vehicle is less of a disturbance to adjoining traffic. The step-on ability greatly increases the number of locations for stations, because high platforms and ramps are not required.



A Line T streetcar on Pacific Avenue in Tacoma, Washington

The narrower width is a very important safety feature, because it reduces dangerous impact on sidewalks, especially those crowded with pedestrians, people seated at street cafés and pets on leashes; and it reduces danger to autos and trucks on adjoining lanes.

Unfortunately, MS-LRT cannot work on West Seventh, because the Riverview Corridor's vehicle must also conform to the height and width requirements of the Metro Blue Line and Green Line stations

**STREETCAR, PG 4**





## FEDERATION UPDATE

974 West 7th  
[fortroadfederation.org](http://fortroadfederation.org)

### BOARD UPDATE

At the Oct. 12 meeting, they heard a request for support by Saint Paul 350 of their effort to support 100 percent clean, renewable energy for everyone in Saint Paul and to build no new fossil fuel infrastructure; the Board approved, supporting the statement. The Board also learned about a proposal to change the required distance between wine-only off-sale stores from one-half mile to 300 feet and voted to support the approval; the change would only allow for 6-7 additional sites in Saint Paul. Finally, the Board heard about an effort by the Minnesota Association of Non-smokers to limit coupons of tobacco products and create a minimum price; the Board took no vote to support.

### UPCOMING MEETINGS, ON ZOOM

Details and log-in info at [www.fortroadfederation.org/calendar](http://www.fortroadfederation.org/calendar)

- **Transportation and Land Use Committee** - Wed, Nov. 4, 6:30pm
- **Joint Riverview Task Force** - Thu, Nov. 5, 6-7pm
- **Board Meeting** - Mon, Nov 9, 7pm
- **Community Engagement Committee** - Thu, Nov 19, 6:30pm
- **Trivia Night Fundraiser** - Thu, Dec 10, 7pm

### STAY IN TOUCH

"Like" us on Facebook. Subscribe to its e-newsletter [fortroadfederation.org](http://fortroadfederation.org).

### CONTACT

Emily Northey, FRF executive director + community organizer 651-298-5599; [emily@fortroadfederation.org](mailto:emily@fortroadfederation.org); 882 West 7th St, Suite 6, Rathskeller Building.

# 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 781-330-1341, or e-mail [editor@communityreporter.org](mailto:editor@communityreporter.org).  
-- David Lamb, Editor, *Community Reporter*



## WEST END HEALTHLINE Vaccine Basics

BY LILY THOMPSON, MD

With the school year in full swing and the Saint Paul Public Schools preparing for a possible transition to hybrid learning on November 16, many children will be offered vaccines during visits to the doctor. Some may wonder how these shots work, protecting us from dangerous diseases.

Vaccines work by using our body's natural immune systems to fake an infection, spurring our bodies to prepare an immune response for 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 random trial and error, work much like a lock and a key, each formed into exactly the right shape to stop a particular virus.

A virus that mutates quickly, creates additional challenges—namely that any effective vaccine will not work for long. This is why there is no vaccine for HIV and there is a new flu vaccine every year.

There 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 similar to the original. 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 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 we when 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 provides an indirect form of protection for children who cannot get vaccinated due to medical reasons.

Every virus has a different percentage required to reach herd immunity. It depends on have infectious, or how easy to 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 is so easy to spread, we need 93-95 percent of population to be vaccinated against measles to prevent community spread. So, it becomes very important for anyone who can get the vaccine, to get it. A large portion of that 5 percent 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 deadly. This is true even for diseases that many people consider mild, like chickenpox. We often cannot predict who will get serious infections. And even with how great modern medicine is, the diseases that vaccines prevent can still prove very serious. 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 40,000 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.

## Letter to the Editor Voting Day

BY MARY BRITT DELANEY

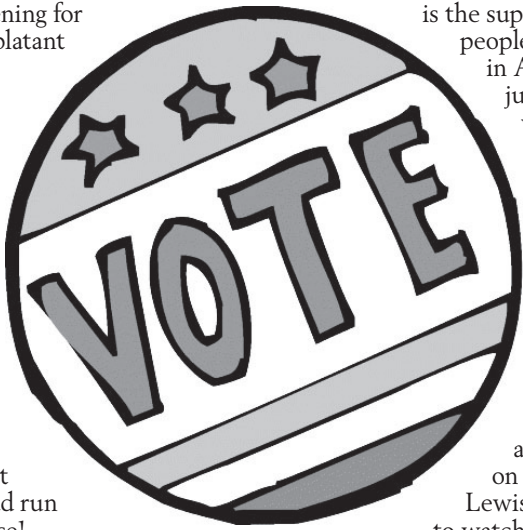
Voting day is a big hairy deal! It seems, so eye opening for many of us in 2020! 40 years ago, in the Fall of 1980, I voted for the first time. I had turned 21 a few months earlier. Politics was not on my mind at the age of 21. My dad gently encouraged me, "go vote!" I don't remember a long conversation about it, but I would not have done it without his prompting. It seems to me, he wanted me to get familiar with the experience. The voting place was at a church a quarter mile from home. I went. If I had to wait, it was extremely short. I remember the cordial workers, the booth and the vinyl curtain I drew.

It seems my dad wanted me to know that everyone's vote mattered; everyone counted. Today, I appreciate his prompting. The other thing I remember about voting day is that my mom would always be an election judge in St. Paul, so those days were long for us. My mom would not be home in the morning before school or after school, not likely home till 9:30 or 10 p.m. The household got along fine, but we went a little hungrier. Sometimes, my dad brought chow mein home for dinner these nights.

What is eye opening for me in 2020 is the blatant mistreatment and suppression tactics used to prevent some of our nation's citizens from voting. So much B.S! One example I saw on the news: in a recent primary folks waited in line at 7 a.m. to cast their vote, only to reach the head of the line to find that the voting place had run out of ballots. Please!

Not long ago, while I was on a walk with a sister-in-law who 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 who he is now, a man of unwavering faith who walked his truth. It was inspiring for many of us to hear more about Rep. Lewis' lifelong commitment to civil rights as his body was laid to rest.

As a young person he 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 pled ignorance and innocence. I did not realize that the challenge to find acceptance and respect for a person of color might well be twice that of the average white person. One evening a few weeks ago, there was special on television about Rep. Lewis, which I was eager to watch. I asked my 16-year old son to watch with me. "Maybe you can write a paper for school about John Lewis," I said.

He watched and listened, a bit, then chose to view something on his phone instead. That's okay, since my boys know a lot more about "the real" of life, then 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 he did, as both my sons are developing their own opinions about fairness and injustice. I am proud of them realize they care about

**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.**

others, and like my parents so many years before, I have made sure that my son who is now of-age will vote.

Looking back, my parents had their political views and they 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, 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.

## Community REPORTER

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651-587-8859

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### STAFF PHOTOGRAPHER

Elisha May Jacobsen  
[elishamayart@gmail.com](mailto:elishamayart@gmail.com)

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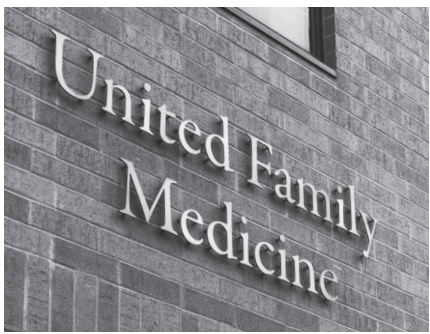
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## RECOLLECTIONS OF LIFE IN THE WEST END

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"NO CONFIDENCE", PG 1

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 the spring and 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 the new doctors they are in the process of hiring or have already hired "will integrate with United Family Medicine physician assistants and nurses to place the patient at the center of care."

But that was not the experience of Kaye 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. I think that's inexcusable."

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

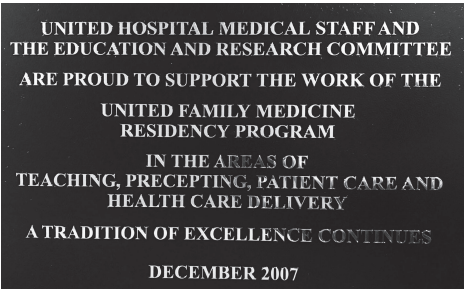
Kerri Allen, a patient who has gone to the clinic for more than 20 years, confirmed that was what she observed. When she called in June to make an appointment, she insisted that she see her physician because of a preexisting heart condition that "could have killed her" if not for two of the doctor's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

Bonnie Andor, another patient who has decided to leave the clinic to follow her resident physician — which will mean 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, whom 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 Andor pointed out that she didn't care whether or not she took a narcotic so long as it solved the problem. Days later, the new drug made her ill. Andor discussed her situation with her pharmacist, who informed her that, unlike her physician, the PA she saw wasn't licensed to prescribe the narcotics she needed.

One UFM patient, who spoke on the condition of anonymity since he is remaining a patient at 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 while they invited him 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 haven't gotten a physical in more than a year, and I need one."

He has decided that he will eventually follow his doctor because of what he views as the importance of continuity in care, which he doesn't expect to be a priority for the UFM clinic. "If you've got allergies and a number of

UFM's previous leader, Melissa Parker, who served as the clinic's chief operating officer for more than a decade, then as CEO for two years disputes Nyakundi's account, sharing that "from [her] perspective all conditions from HRSA had been cleared" when she left the clinic in October 2019.



A plaque, installed outside the UFM Residency Conference Room, commemorates the gift from the United Hospital medical staff and its Education and Research Committee. Former UFM board president Andrea Marboe, who helped oversee the capital campaign, said those contributions amounted to \$300,000, "the exact cost to build the room." Community activists such as Marboe allege that UFM leadership now limits resident access to the room.

medications like me," he said, "it's crucial to have a doctor who knows you, knows your history and can really talk to you."

After Allen was told to report her safety concern about the lack of an available physician to the clinic's chief operating officer, Sarah Torres, she left two voicemails weeks apart. She did not receive a response until she forwarded the concerns to Nyakundi, who answered that "generally, medication refills can be managed well by residents and advanced practitioners in most instances with consultation from physicians as clinically appropriate." The reply did not allay Allen's worries. Instead, in implying that she might not need to see a physician, the note bolstered them. "That message," Allen said, "came dangerously close to someone with no clinical training offering medical advice."

In October, many patients received their first communications from the clinic about its future, in the form of a letter from its new chief medical officer (CMO), David Bucher, speaking to "important changes designed to improve your health and experience." The letter referenced new procedures allowing patients to book visits with "the team who knows them," but it made no mention of the doctors who previously oversaw their care or any physicians at all, leading some to question whether they will have an individual who will provide them continuity of care or whether they will be able to get an examination by a licensed physician.

"If I have to see someone different, every damn time I go in there," said a patient who wished to remain anonymous, "it will be impossible for me to get the care I need."

Providers that partner with the clinic have weighed in with their own patient concerns. A spokesperson at Sholom, a multi-level care living community in St. Paul, described an exchange with the clinic's leadership in June that she said "raised red flags." After a United Family Medicine physician who made regular rounds checking on 14 geriatric patients at Sholom's facility let its administrators know that she would be leaving her job, they asked Nyakundi for a replacement. They were told that the clinic's contract to provide geriatric care at Sholom could be cancelled with 30 days' notice, and that this response was that very notice. "They left those 14 patients high and dry," Sholom's spokesperson said.

The leader of the nearby St. Paul campus of the Hazelden Betty Ford treatment center that has for years sent many of its patients to the clinic's medication-assisted treatment programs, expressed displeasure

about this year's tumult and support for the clinic's future. John Engebret, its executive director of outpatient services in Minnesota, said that "while we're concerned about losing a great referral source down the street for our patients who need ongoing medications, we thankfully have several more options than we [previously] did."

Effects on the underprovided

Over the course of its 49-year history, the UFM clinic has strived to be accessible, employing a sliding scale since its founding and eventually becoming a Federally Qualified Health Center (FQHC) in 2012, which allowed it to serve more patients on Medicare and Medicaid. In 2019, 43 percent of those it treated were living below the federal poverty line.

The creation of the residency program more than 25 years ago gave patients specialized, comprehensive care, provided by preeminent doctors earning their clinic hours and the faculty physicians overseeing them. In practice, it meant that everyone from homeless people to lawyers working at Travelers sought out the clinic's highly regarded programs. It became unique in the Twin Cities in its status as an FQHC with hospital service.

One patient, who asked to be anonymous, described the clinic's mission to serve the underprovided as something that kept her coming back. "I was uninsurable in my 20s, with kids to feed, and all my savings went toward medical issues," she said. "In 1996, someone told me that I might be able to afford this place. Now, I have great insurance, and one of the things I like most about going to the clinic is knowing that I'm supporting the care of someone who is in a position like I was."

As she seeks to follow her doctor to Allina Health's new program, she worries about how the recent changes will impact others. "I have insurance, so I'd find a place that would take me even if Allina weren't opening another clinic. But what are the options for the really low-income people who rely on this clinic? Are they going to be able to get the same kind of treatment that I got when I needed it?"

Some patients fear that with this year's departure of all but one of the physicians who had been overseeing care, the quality of care available to the needy will suffer. "The way [UFM] only used the word 'provider' in their letter [to patients] and not 'doctor' makes me suspicious," Peters said, noting that the emerging clinic may have few physicians even when it has been fully staffed. "It almost seems like the clinic's leaders saw COVID-19 as an opportunity to downsize it into a minute clinic. Like they're deciding that poor people don't deserve as much care as rich people do."

Such downsizing may arrive in the form of cutbacks to its comprehensive programs in areas such as geriatrics, maternity and addiction, which the community activists warned that ongoing changes threaten. An email circulated by Bucher, the clinic's CMO, to staff members on October 21, seemed to confirm one of those suspicions. It announced that "[w]ith the ongoing transitions in clinic, we will not be accepting any new MAT patients at this time," referring to the acronym for medication-assisted treatment, prescribed for substance-use disorders.

Jonathan Dickman, chair of the Community Reporter's board of directors, is a faculty physician in the UFM residency program. He was not a source for any information provided in this story. UFM residents are also the rotating authors of the Community Reporter's Healthline column.



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(top) Jonathan Dickman, Lacey Running Hawk, Melissa Zant, Will Dixon, Kate Vickery. (bottom) Katie Guthrie, Kelsey Leonardsmith, Katelyn Bezek.



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# Arts & Culture

## One French Buhr Millstone’s Unusual Journey to St. Paul

When Bob Frame, an engineering historian at the architectural firm Mead & 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 triangular 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 in — 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 were a little nervous.”

“Somehow, he projected full confidence,” Frame said.



(top) Emily Ganzel and Bob Frame with their fully installed millstone, which weighs nearly 1500 lbs. (bottom left) Welders secure stone on its side. (right) The millstone gets loaded into Glazer and Frame’s pickup in Illinois.

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, lifted 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 one.

The flour expert ended up buying them all.

### STREETCAR, PG 1

on the east end, downtown St Paul (two stations), and on the west end from the airport to the Mall of America (six stations). The floor height for boarding must be 14 inches above the top of the rails and the width must be at least eight and a half feet — in other words, the same as LRT; exactly what they said required its own dedicated Right of Way, and would not work in the Riverview Corridor.

For nearly six years, the Riverview Corridor leadership has been touting Modern Streetcar and illustrating it as the solution to transit needs in the area, while fully aware that MS-LRT would not work. This deception is only one of several fundamen-

## 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.

tal flaws in the current LPA.

But the Riverview Corridor’s administrators seem bent upon building this internally inconsistent and fundamentally flawed LPA, having recently announced a new Policy Advisory Committee (PAC) to let several multi-million-dollar contracts for environmental studies and engineering design of the LPA.

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. Otherwise, after spending more than \$2 billion, the community and east metro will be saddled with this ill-conceived and inadequate folly for generations.

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# In the Community



## Let it snow

Elisha May Jacobsen, staff photographer for the *Community Reporter*, captured the neighborhood's fall colors before and after the October blizzard.



Czech and Slovak Sokol Minnesota's

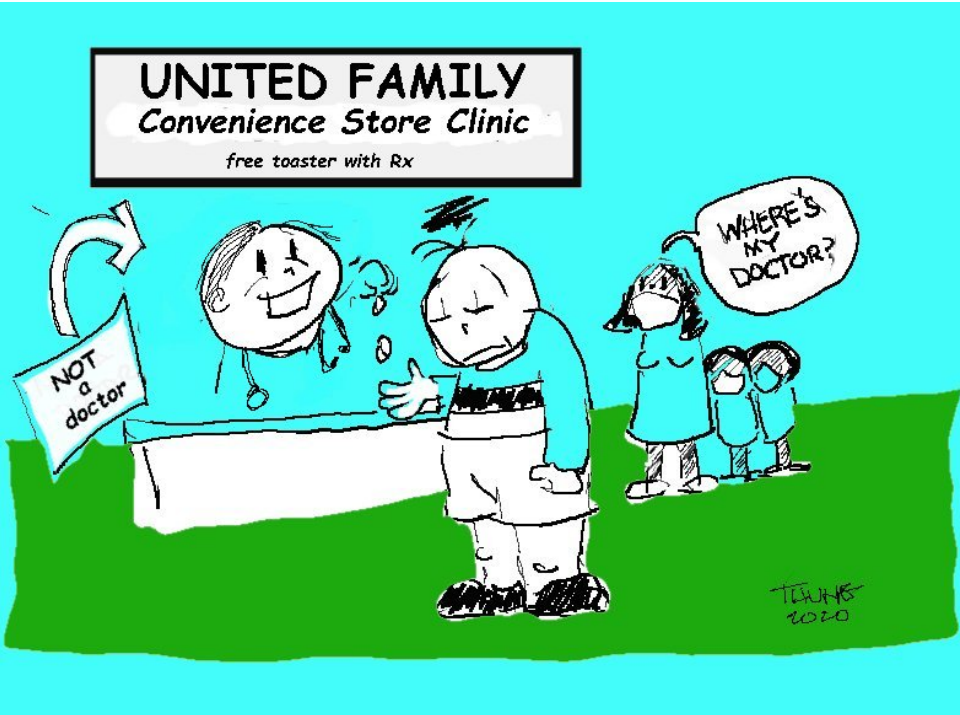
**2020 Fall Events**

at the C.S.P.S. Hall  
are coming to you

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EDITORIAL CARTOON



# 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](mailto:president@w7ba.org)**  
*Please include your name, phone number  
and mention CART Petition*

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*The West 7th Business Association is working with C.A.R.T., 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.*

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# Community Nourishment



**HALLE O'FALVEY**  
columnist  
halleofalvey@gmail.com

## BIRDS IN PARTICULAR November starts out HUGE

The days are growing shorter while the sun is hiding out, not my favorite weather combo. I have always dreamed of leaving Minnesota for most of November; returning just for that Thursday holiday with turkey and wild rice dressing.

Tuesday, November 1st, we will move one hour further toward the dark. The sun will set at 4:57 pm that day!!! (On the evening I wrote this, the sunset was at 6:20pm, so that will mean 143 more minutes of dark.) This is thanks to the 'Uniform Time Act' of 1966: states that used daylight savings time, were required to move the clocks one hour ahead in the spring and one hour behind in the autumn. The dates have been subject to change over the years.

The next day, Monday, November 2nd, the solar noon starts messing with the clock noon. It's all about when the sun reaches

highest point each day. Solar noon and clock noon play tag until December 24, 2020, then they are in sync reaching the highest point together. It's fun science and may be a good project to investigate. Why are solar noon and clock noon doing a sundial dance? And just how long is each day and each night in November anyway?

The day after that is Tuesday, Nov. 3, Election Day, your last chance in Minnesota to vote in person (or by mail if you already have your ballot and can get it postmarked that day). Go Vote!

As all the tomatoes and leafy greens are gone from our gardens and farms now, I was reminiscing about this loss with one of my great-nieces, who is seven. That spurred a joke from her. You know who she is, Cookie? Here's the young one's joke. "Why did the tomato blush?" Great-Auntie says "why" with curiosity, of course! "Because she saw the salad dressing?" Ha, hahaha. This child makes me

laugh out loud. Every time I see her, she shares a joke with me. In Covid-19 what could be any better than that!

November is a great month to start to feed the resident birds. Most of their food sources are disappearing. Plus, our winter migrants are arriving from the North for their winter stay here in Minnesota. The dark-eyed juncos have already showed up, just in time for the snow. This year with the pandemic, backyard birds may be a way to stay connected to the earth and fuel us with a little joy and some comic relief.

A fun project this month, would be making food for the birds. You can find tons of recipes for bird food on Pinterest. It might be more fun to make a banana split for the birds, although the banana may freeze, it is more of a summertime recipe. How about a raw apple crisp instead? All you need are sliced apples (seeds, skin and all), cornmeal, thistle, millet and broken sunflower seeds, with a bit of suet and grape jelly to bind it. My favorite bird cookbook is *Cooking For the Birds* by Adele Porter.

Notice the birds this November. Feed them if you can, they will not forget you.



**DEBORAH PADGETT**  
columnist

## DEAR DEB Hate is brief, love is immense

*... life is the gold and sweetness of wheat, /hate is brief, and love immense. — Gabriella Mistral*

In 2016, when the votes were counted and Hillary won the popular vote by more than three million votes, Trump won the electoral college and became our 45th president. I bowed my head and prayed. I prayed there was something I had yet to learn about the man who mocked a disabled individual. I prayed he had a heart for empathy and compassion I had yet to see. I prayed he was, in spite of evidence to the contrary, a student of history. I prayed he would listen to those who knew more than he about leadership, international affairs, justice and freedom. When I wrote in my column that I was sending him "all best wishes for strength, wisdom and recognition of the power you hold to make our world a better place for all who reside here, now and in the future," I meant it, though some of my readers might have scoffed at my naivete.

And now, four years later, with hundreds of thousands of lives lost, so much damage done and bridges burned, I struggle to rise to a level of hope. As I write it is twenty days until the election. Millions across the country have already voted. There is no reason for me to expect a fair, just, knowledgeable and competent

leader will guide our future. But there is every reason to continue to put one foot in front of the other and behave as if my vote matters. Being the change I wish to see in the world requires me to behave in light of my belief that Black lives matter, the survival of our planet matters, a plan for healing from the disaster that is COVID19 matters, leadership to prevent the next pandemic matters, LGBTQ lives, equal rights for women and reproductive rights matter. What would it mean, I wondered, for us to all act as if health care were a human right, and equal education for all, fair housing and freedom from hunger mattered?

Though this president's slash-and-burn reign of hate and ridicule are entirely unprecedented in our nation's history, there is perspective to be gained by looking further backward in human history and realizing how the gains we have made toward greater health, longevity, leisure, comfort, wealth and security set our expectation that these benefits could be realized by all, not just a privileged few. In his 2014 book, *Sapiens*, Yuval Noah Harari briefly gives a history of humankind centered on an illuminating question. "[I]s the modern era one of mindless slaughter, war and oppression, typified by the trenches of World War I, the nuclear mushroom cloud over Hiroshima and the gory manias of Hitler and Stalin? Or is it an era of peace, epitomized by the trenches never dug in South America, the mushroom clouds that

never appeared over Moscow and New York, and the serene visages of Mahatma Gandhi and Martin Luther King?"

"The answer," he says, "is a matter of timing. It is sobering to realize how often our view of the past is distorted by events of the last few years." Harari, writing two years before Trump's election, imagines he would be offering a gloomier view if he wrote in 1945 or 1962, and implies his view of the world in 2014 led him to a "relatively buoyant approach to modern history."

"To satisfy both optimists and pessimists, we may conclude by saying that we are on the threshold of both heaven and hell, moving nervously between the gateway of the one and the anteroom of the other. History has still not decided where we will end up, and a string of coincidences might yet send us rolling in either direction."

As hope for our future, Senator Kamala Harris recently offered a story of her mother at a campaign stop.

"My mother... was completely focused on knowing that we can make advances and we must be unburdened by what has been. She understood the power of an individual to be focused on knowing there can be solutions and doing that without any burden; without feeling any weight of thinking that we must blindly adhere to tradition and accept things the way they are. This is the work of knowing that we as individuals can make a difference and then working toward that difference, knowing what can be, unburdened by what has been."

*Deborah Padgett is a writer and visual artist living in the West 7th Community. Please visit <http://padgettstudios.com/>*



**BEATRICE COSGROVE**  
reviewer

## BEA'S BOOKS *The Woman's Hour*

★★★★  
(4 out of 5 stars)

*The Woman's Hour* by Elaine Weiss is about how women got the right to vote over many years. Not all women got the right to vote at first. African-American women were suppressed from voting along with other people of color by Jim Crow laws. With the passage of the Voting Rights Act in 1965, African-Americans were finally able to vote freely.

This book gives a lot of information and details on how women got the right to vote. The story is told from both perspectives, the anti-suffragists and the suffragists, which makes it easier to know how both sides felt during the epic battle for voting rights for women. Even though I knew the outcome, the story kept me on the edge of my seat wondering what would happen next and how women would achieve this essential right. It gave me a lot of information on suffrage. It all takes place in Tennessee, with the National Woman's Party and National American Woman Suffrage Association fighting to pass the 19th Amendment and the antis putting many obstacles in their path. I recommend it to ages 10+.

*Beatrice Cosgrove, 10, is a reader and writer in St. Paul.*



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On Nov 6, Fare for All will be back! You can get low-cost groceries, now offered in a drive-through model. Packages available: meat and produce packages and this month's special Holiday Pack, filled with turkey, chicken breasts, pork tenderloin, pork sausage, green beans, and a pumpkin pie, all for \$30! Visit [www.fareforall.thefoodgroupmn.org](http://www.fareforall.thefoodgroupmn.org) for more information.

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VIRTUAL BOOK CLUB

Love to read and talk to your friends about books? This group is for you! As part of our virtual programming for seniors, we're launching a brand new Zoom Book Club! Nov. 18, 1pm. Our first book, *The Glass Castle: A Memoir*, tells the story of author Jeannette Walls and her siblings' impoverished upbringing with their unconventional and dysfunctional parents. The West 7th Library has set aside plenty of copies for our book club so everyone can participate.

## WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

At the West 7th Library, we are very happy to welcome you back to browse books and movies, pick-up holds, and use the express printer two days a week. We are following public health safety guidelines and are open Mondays, 1pm-7:30pm and Thursdays, 10am-4pm.

We understand that getting to the library during our open hours 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 and other items to check out. For the safety of library visitors and staff, browsing is offered outside.
- Picking up held items delivered to the stop closest to your home. Call 651-266-7450 or go to [SPPL.org](http://SPPL.org) to request books, DVDs or other items that you can then pick up at the Bookmobile stop.
- Free Wi-Fi, sponsored by Verizon. Stop by, connect when the Bookmobile is in your area.

Stop by one of the following four stops along the West 7th Street corridor or find other stops and additional information at [sppl.org/bookmobile](http://sppl.org/bookmobile):

- Graham Place and River Crossing at 1745 Graham Avenue (Mondays, Nov 2, 16, 30 & Dec 14, 28, 12:30-1pm)
- Sibley Plaza at 2401 W7th Street (Thursdays, Nov 12 & Dec 10, 3:30-4:30pm)
- Montreal Hi-Rise at 1085 Montreal Avenue (Mondays, Nov 9, 23 & Dec 7, 21, 11:30am-12pm)
- Rockwood Place at 2259 Rockwood Place (Mondays Nov 9, 23 & Dec 7, 21, 12:15-12:45pm)



The Public Library's Bookmobile has four stops along the West 7th Street corridor. Find out more at [sppl.org/bookmobile](http://sppl.org/bookmobile).

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# BULLETIN BOARD

REMEMBER TO VERIFY  
ALL SCHEDULED EVENTS!



Virgil Mountain (Blacklance) led an opening ceremony at 2018 Overcoming Racism Conference. This year's virtual conference Nov. 13-14 will explore, through an anti-racist lens, how we take back, or claim for the first time in our history, the idea that "all means all." Visit [overcomingracism.org](http://overcomingracism.org) to learn more.

**Election Day**

November 3 is your last chance to get your voice heard in this election. Find your polling place at [pollfinder.sos.state.mn.us](http://pollfinder.sos.state.mn.us). If you have not pre-registered or voted since you have lived in your current address, you must bring a state or tribal ID or other means of verification (<http://rb.gy/awtve6>).

**Event on Genocide**

World Without Genocide (WWG) virtual program Tuesday, Nov. 17, 7-9pm commemorating *Kristallnacht*, when Nazi paramilitary and ordinary citizens destroyed nearly 300 synagogues in Germany and Austria, ruined 7,000 Jewish business and rounded up and incarcerated 30,000 Jewish men. Dr. Ellen Kennedy, WWG executive director will speak about efforts in Poland today to make cities "LGBT Free." \$10, \$5 for students and seniors. Register at [worldwithoutgenocide.org/hate](http://worldwithoutgenocide.org/hate)

**Weisman Art Museum (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 plans. Hours: Thu-Sat, 12-5pm. Free and open to the public, no advance ticket reservations or timed entry is required, though facemasks are!

**Ballet Tuesdays at the Landmark**

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

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

Amid record-breaking unemployment numbers resulting from COVID-19, millions of Americans are struggling to make their mortgage payments in 2020. In response to the crisis, the CARES Act invoked a moratorium on home foreclosures for all federally-

backed mortgages that extends until the end of the year. The Act also placed many federally-backed mortgage loans into forbearance, allowing mortgage payments to be temporarily deferred for the nearly 70 percent of all outstanding mortgage holders with federally-backed mortgages. Find the full report here: <https://rb.gy/syinvy>

**Memorial Rises to Survivors of Sexual Violence**

The first such memorial in the nation, the Survivors Memorial opened last month in downtown Minneapolis in Boom Island Park (273 NE Sibley St.). Find out more at [survivorsmemorial.org](http://survivorsmemorial.org).

**Medicare and Medicaid Open Enrollment**

Medicare open enrollment ends Dec. 7. Visit [medicare.gov](http://medicare.gov). Minnesota's Medicaid program, MNCare ends Dec. 22. Find out more at [mnsure.org](http://mnsure.org).

**Independent Delivery Service hiring**

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**Get Affordable Groceries at Fare for All**

Buy low-cost groceries Nov. 6, now offered in a drive-through model. Menu includes a special Holiday Pack with turkey, chicken breasts, pork tenderloin, pork sausage, green beans, and a pumpkin pie, all for just \$30! Visit [www.fareforall.thefoodgroupmn.org](http://www.fareforall.thefoodgroupmn.org)

**Saint Paul Farmer's Market Downtown**

Annual "Thanksgiving Wednesday" Nov. 25, 10am-4pm. Turkeys, pies, produce and more can be pre-ordered, prepaid with vendors, then picked up Nov. 25, for a contact-free shop. Winter Market starts Dec. 5 outdoors Saturdays through April, with nearly 25 vendors each week. Also, Christmas tree lot will open 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/yivylj>.



**JOIN THE KEYSTONE VIRTUAL BOOK CLUB**

Love to read and talk to your friends about books? This group is for you! As part of our new virtual programming for seniors, we're launching a brand-new Zoom Book Club! The book club will meet on the third Wednesday of each month, beginning November 18, 1 p.m. Our first book will be *The Glass Castle: A Memoir*, which tells the story of author Jeannette Walls and her siblings' impoverished upbringing with their unconventional and dysfunctional parents. The West 7th Library has set aside plenty of copies for our book club so everyone can participate. Happy reading!

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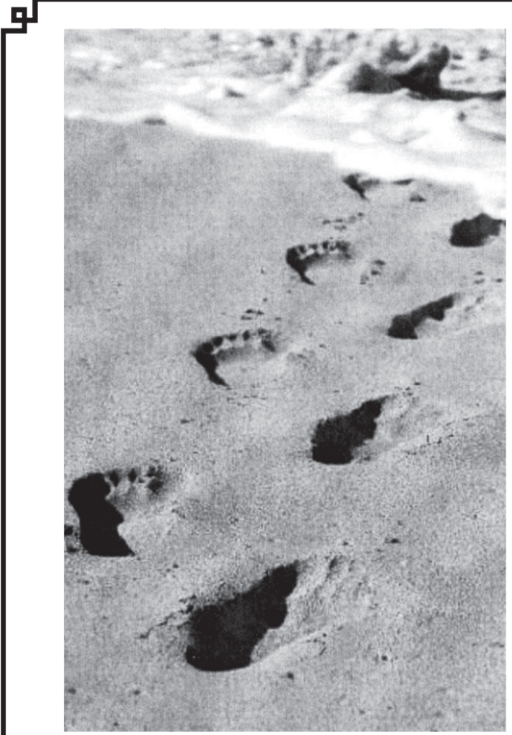


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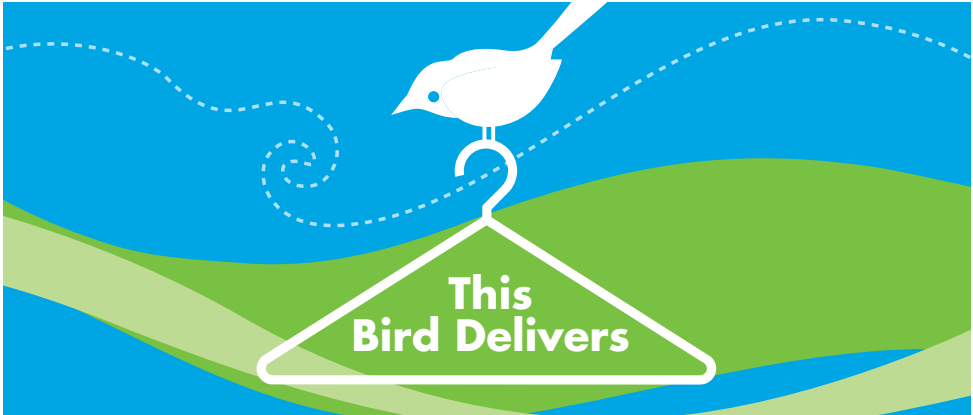


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