By Jerry Rothstein

A few months ago, Pastor Emily Rova-Hegener arrived in the West End to take up her new call—to both St. Mark and St. Luke Lutheran Churches. The congregations have created a joint pastorate for her, and she is eager to fulfill their plans.

She and her husband, Pastor Joel Rova-Hegener, who has taken up his own call at Our Saviour’s Lutheran Church in Hastings, arrived here directly from a four plus year residence in Oslo, Norway, where he has been installed as co-pastor in Eveleth for nine years, both of the Evangelical Lutheran Church of Norway.

Emily is a born in Edina and moved, when young, to Mountain Grove, Missouri. From then on until he returned home, Mary Jo and Nancy wrapped gifts and decorations from local vendors. A few months ago, Pastor Emily Rova-Hegener arrived in the West End to take up her new call—to both St. Mark and St. Luke Lutheran Churches. The congregations have created a joint pastorate for her, and she is eager to fulfill their plans.

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In 1990, Ray, Nancy and Mary Jo Matytkiewicz planted a pine seedling in their side lot on Bay Street. The February Bay was deployed to the Gulf as part of the 24th Infantry out of Fort Stewart, Georgia. From then on until he returned home, Mary Jo and Nancy wrapped yellow ribbons and a string of lights around the little tree and kept them on all the time.

After Ray returned, he began to decorate the house and grounds with an array of Christmas lighting that soon became a neighborhood attraction and lure beyond. Sisters from St. Francis would come by every year, and Ray would turn on the lights on early so that students from Monroe could take some Christmas pictures by the tree. Some years there were as many as 25,000 lights in the display, and if he started at Labor Day he was likely to finish most of it by Thanksgiving to show the family. This year, with the tree getting to be too big and too close to the house (it is well over 50 feet tall) thoughts of taking it down began. Then they learned that the Union Depot was searching for this year’s Christmas tree. They called, people came out — and chose the tree as the best in all the area. Late in November it was taken down and moved to the Depot, where for this year anyhow it carries the neighborhood tradition to the whole community.

Welcoming Pastor Emily: In the City for Good

“Pr. Emily comes to us with great enthusiasm and St. Luke looks forward to working with her in making our shared ministry with St. Mark a success. We will be exploring opportunities for our two congregations to strengthen our relationship with each other and to provide for the needs in our community.”

- St. Luke council member Joyce Bluel spoke of Pastor Emily’s arrival
As a nonprofit organization we are governed by a Board of Direc- tors, 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 writ- ers involved. You can write a letter to the editor on a topic we have written about, or 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 and topics are always welcome. Depending on the quality and pos- sibilities with the Editor. Leave a voice message at 615-665-0088, or e-mail editor@communityreporter.org.

— Jerry Rothstein, Editor, Community Reporter

Editorials & Opinions

West End HEALTHLINE
Vaping — Not as safe as we thought

BY JONATHAN DICKMAN, MD, PHD

When “vaping” or e-cigarettes were first introduced, there was initial excitement as people were hoping that this would be a safer alternative to smoking. People started to make the switch from cigarettes to e-cigarettes because these reports of people feeling better and breathing easier which added to the perception that this was the better option for people. As we gather more information, however, we have learned that vaping is not as safe as we thought.

One problem is that teens, who were not otherwise smoking, started using e-cigarettes. Some people may remember a day when there was Joe Camel and ads on television and in magazines that aimed at youth and resulted in many teens picking up cigarettes. As the health effects of smoking became known, there were significant public health efforts to ban such youth-oriented advertising. This worked, and the rates of teen smoking decreased. E-cigarettes first came on the market and introduced flavors that targeted youth and the rates of nicotine use significantly increased in teens. Now nicotine is again being used at higher rates in teens, which has significant health implications. Some e-cigarette companies are now pulling flavors off the market and some states are banning them. The damage, however, has already been done as many American youth are now hooked on nicotine and need help to quit.

Another problem is that we now know that e-cigarettes can cause significant health effects. There have already been more than 2,100 reports of this severe lung injury that has resulted in many hospitalizations and 42 deaths. The addition of vitamin E-liquid has been implicated, but the exact cause is still being investigated. In addition, the health effects of inhaling any of the ingredients when vaping have not been seen and there is minimal regulation to ensure the purity and content of these solutions. Some people have argued that the most interesting ingredients in vaping products are harmless when swallowed, but this does not make them safe to inhale. Most foods and liquid that we eat and drink would be dangerous if ingested directly in the lung and recent reports of lung injury would suggest that vaping should not be considered safe to inhale either.

The final concern about e-cigarettes is that people have been using these vaping devices to inhale marijuana extract (or THC) products. Sometimes a concentrated THC solution is placed directly on the heated coil (called “dabbing”) to deliver a higher amount of THC. This has resulted in more widespread use of THC and, similar to other vaping products, you cannot be completely confident that you know what is in the THC solution as it is not a regulated substance. These THC solutions should not be considered safe they can cause severe lung injury and death.

We urge people using smoking, vaping should be considered detrimental to a person’s health. For those who have had a hard time quitting nicotine, safer alternatives to help people quit are available and include nicotine replacement with patches, gum, lozenges or inhalers.

Alternatively, there are also medications that can decrease cravings for nicotine. To learn more, you can schedule a free telephone consultation with a tobacco counselor.

### Whole Wide World

### By Cate Serling, Library Manager

### Jerry Rothstein, Ad Lead

Brave 2020 program, you can now find books, programming and information throughout the city focused on bringing everyone together around the topic of climate change. Visit sppl.org/read-brave to learn more and join us at the final event on December 13 from 1:30 to 4:30. The event will feature a presentation by Jane Goodall followed by a discussion on ways to support the movement to protect the planet. All Saint Paul Public Library locations will be closed December 24 and 25.

### West 7th Public Library

#### Smartphones, tablets, and laptops

Library staff are here to help. Whether you need information about finding a job, continuing education, or help navigating the world of technology, the Library can provide assistance.

#### Bookkeeping

Stephanie Hunker, 651-254-4034

#### Independent Delivery Service

in your area for more information or to call the office at 615-258-5599 or emily@fortroadfederation.org. The Federation’s first annual fundraiser was held on November 12 at the Historical St. Paul’s West 7th Street. Won’t you be my Neighbor? We need your support, neighborhood, and everyone’s spirit as well as funds for our work.

#### Editorial Board Update

The next Board meeting is Monday, Dec. 9 at 7pm at the Community Engagement and Outreach Fundraising and Development Committee, and the Political Engagement Outreach Committee. If you would like to join a committee, please learn more about us, call the office at 615-258-5599 or emily@fortroadfederation.org. The Federation is a 501(c)(3) nonprofit organization. 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. Depending on the quality and possibilities with the Editor. Leave a voice message at 615-665-0088, or e-mail editor@communityreporter.org.

— Jerry Rothstein, Editor, Community Reporter

### CONTACT

Emily Northey, FRF executive director +
emily@fortroadfederation.org

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— Jerry Rothstein, Editor, Community Reporter

### FEDERATION UPDATE

### 674 West 7th | fortroadfederation.org

### BOARD UPDATE

At their Nov. 11 meeting, the Fort Road Federation Board approved supporting:

- a $2,000 request for an accessory dwelling unit (ADU) for a property at 273 West 23rd Street.

- a 45-day notice period for liquor licenses for Tori Ramen, to open at 603 West 7th, where Chris and Mike’s Taste Authority was previously; and

- a resolution to exempt a property at 974 West 7th Street from the Northland Real Estate Group about a proposed apartment building at 337 West 7th Street that would include retail in the front on the first floor. The project would include about 150 units and could create more than 350 parking spaces. Various Affordable Housing elements of the plan are being developed. Following the presentation and discussion, the board approved supporting the project in general; rezoning from T2 to T3; a building that was up to 100 ft. tall, and vacating the alley that runs between two parcels.

### COMMITTEES

The Federation has three committees: Transportation and Land Use Committee, Fundraising and Development Committee, and the Political Engagement Outreach Committee. If you would like to join a committee, please learn more about us, call the office at 615-258-5599 or emily@fortroadfederation.org. The Federation’s first annual fundraiser was held on November 12 at the Historical St. Paul’s West 7th Street. Won’t you be my Neighbor? We need your support, neighborhood, and everyone’s spirit as well as funds for our work.

### STAY IN TOUCH

Like us on Facebook or Fort Road Federation on Facebook and subscribe to our e-newsletter on our website — fortroadfederation.org.
Landmark Center's Community Artist Resident Engagement Program

Landmark Center has selected acclaimed photographer Wing Young Huie as the first artist in residence of the newly created Community Artist Resident Engagement (CARE) program. CARE is designed to build and strengthen community resilience, especially with under-represented communities, through the process of art making.

With the assistance of Forecast Public Art, Huie was selected to lead a series of free community engagement programs over the next year at Landmark Center. The series, titled “what do you see?” consists of two consecutive photography master classes culminating in a class exhibition. Huie’s signature Chalk Talks, held during the St. Paul Winter Carnival, as well as his exhibits and artistic collaborations, Huie’s focus is for “what do you see?” will be the use of photography to frame and encourage everyone to discover the stories and the connections that bring people together.

For more information call 651-227-3663 or visit landmarkcenter.org.

Metra Transit
Transit Assistance Program (TAP)

Transit Assistance Program (TAP) is designed to make public transit more affordable for lower income residents. TAP provides a reduced fare pass on a Go-To Card. It allows customers to use a bus or train for just $1 per ride – even during rush hour – with a 2½ hour transfer.

Applying for TAP:
• Sign up in person or online.
• Apply online at metratransit.org/tap-enrollment-form.
• Apply in person at St. Paul Metro Transit Service Center – US Bank Center Skyway Tower 101 E. 5th Street, from 9am-4:30pm.
• Call 612-373-3333 with a credit card. Or ask for a mail-in form to be sent to you.

You will need a photo ID or utility statement with your name, address and an accepted document to show that you meet the income guidelines.

Nourish Your Need For Nature at Dodge Nature Center

Winter Craft Bazaar: 12/5 & 6, 8:30am-4pm at Dodge Nature Preschool, 1701 Chanhassen Dr., West St. Paul. Featuring 16 local vendors with one-of-a-kind gifts: handmade doll clothes; wood bowls; cozy winter mittens; spoons; and knitting needles carved from buckthorn, an invasive species cleaned from Center grounds. Go green and eco-friendly for everyone on your giving list! Plus, fresh coffee from local roaster, baked goods, sweet treats and more. Free admission and parking. Proceeds fund Preschool, Guides and Programs, and Co-Founder of Silvae Guides and Programs, and Co-Founder of Silvae Guides and Programs, and Co-Founder of Silvae. Call 651-227-4783 or DodgeNatureCenter.org. $30 per person.

West Side Art Show and Sale

On Saturday Dec 7, 10am-5pm at Realife Cooperative, 170 East Emerson Ave, West St Paul, come to appreciate, buy and meet local artists at the Realife Cooperatives special holiday show. James Havuexius is a Wood Artist with more than 40 years of wood turning experience. He is a master at using different woods in order to expertly show the colors and textures desired in the piece he is creating. He is adept at enhancing the beauty of each vessel, having the ability to "read" the wood with which he is working. Erick Wiger works primarily in three-dimensional metal, (sculpture, glass and pottery) describes his art as "largely nonrepresentational and intuitive. The forms tend to be very organic. I find I'm increasingly interested in bringing some of the fluidity and spontaneity of the glass into my ceramics and some of the textural elements of the ceramic pieces into my glass work."

Jeanne Wiger, author, therapist, watercolors and printmaking. Her studio art includes work in collage, watercolor, printmaking and sculpture. Recipient themes in her art reflect her commitment to spirituality, human development, nature culture and nature.

Robert Qualls, is a jewelry artist using natural elements. "Currently, my jewelry work has a twofold focus. One is on animal medicine pieces, which are usually commissioned and are created in concert with the intended wearer. The other is the creation of abstract forms that evolve without a preconceived design."

Sex Trafficking and Sexual Exploitation from Minneapolis to Rwanda

World Without Genocide hosts a program to examine the connections between sex trafficking and sexual exploitation globally and locally. Colleen Streigt, founder and Executive Director of HumanitarianR, will discuss sexual exploitation among displaced persons and the policies and procedures necessary to protect these vulnerable groups. Al Zdrazil, former prosecutor with the Minnesota Office of the Attorney General, will discuss the extent of homelessness among Minnesota youth and the consequences of “survival sex” and sex trafficking. He will also discuss measures to keep youth safe and steps to prosecute the traffickers.

Dec. 10, 7-9 pm, Mitchell Hamline School of Law, 875 Summit Ave. St. Paul. Room 147. Registration required by Dec. 8 at worldwithoutgenocide.org/ surivsalsex. Space is limited.

Please support Community Reporter by donating any amount to help sustain our West End neighborhood newspaper, now moving toward the end of 48 years of service. Log on to givemn.org.

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YOU can help us! CHECK ALL THAT APPLY.

Serve on Board of Directors Suggest story ideas Volunteer Write letters, articles, reviews Connect us with others Become an Activator in the WE Engage effort
**West End Artist Profile: Ardell Nelson**

**Making the world beautiful one piece of furniture at a time.**

Ardell is an artist and visual designer who recently established Color UP Studio in the West Seventh area of St. Paul, where she has lived for 35 years. Color UP Studio offers unique, creative, expertly painted furniture that can be seen at colorupstudio.com or by appointment. Yes, it is second-hand furniture (a sustainable practice) that is selected with criteria such as solid wood, solid construction, and interesting structural design. Each piece is thoroughly cleaned, prepped, and sanded then frenzied with color, and becomes a one-of-a-kind object—delightful accent furniture—for the home, office, or get-away cabin. Ardell is passionately painting furniture for renewed purpose. After losing her job due to corporate bankruptcy in 2018 (Herberger’s liquidation) she started painting furniture and realized this sustainable experience resonated with her personal story. She would face the future with renewed determination.

An educated and experienced artist (BFA – Bethel University and MFA – MCAD), Ardell has worked as an exhibition designer, graphic designer, productive artist (commissioned to create 350 original pastels for a local hotel), gallery artist, artist in residence at the Royale National Park, liturgical artist, art teacher, and retail visual manager. “My entire career has always involved art and design. My head, heart and hands know no other way.” Color UP Studio participated in the recent Fall Art Crawl at the Schmidt Artist Lofts. “It was an affirming experience to see people’s interest, receive oodles of compliments and make a few sales. However, it was quite an effort to move the furniture into the building and then out again after-wards. Seriously, I should go back to 2-D art!”

**The Women of Claddagh Coffee**

**BY JERRY ROTHSTEIN**

When Claddagh Coffee opened in August, 2011, it didn’t take very long for it to become one of the neighborhood’s favorite spots. Owner Mary Hogan-Bard had managed literally to bring her dream of a classic, comfortable, community coffee house—with people would meet, share, relax or work—into reality. Claddagh’s women have always been at the creative heart of the enterprise. So, celebrating the eighth anniversary seems an appropriate time to appreciate them and see a few of them off to other chapters of their lives.

Aires Masan was Mary’s first customer and soon started working as a barista. She was a high school senior, then went on to St. Olaf’s while working at Claddagh on weekends. After she graduated, she learned to bake from Carol Stutzke, Claddagh’s first baker and creator of many favorite recipes. Aires then took over the baking along with other management tasks. Aires then trained Ben Villano, who continues as baker. She has since moved on to her full-time profession as software engineer. Yet, you might still see her working at Claddagh on the occasional weekend.

Ben’s sister Emily Villano, started as a barista in 2013, and soon became a manager, working in that position for six years. She is now an actress, and also teaches voice at a local studio.

As we approach 2020, Mary remains a presence at both Claddagh and Wee Claddagh, the shop she opened on Selby to bring her Irish blessings to the West 7th shop. She does all the behind-the-scenes “business stuff,” and works behind the counter, a day or a week, a month...

Mary’s daughter, Molly Hogan-Bard, has worked at Claddagh from time to time throughout the years.

**Penumbra Presents Langston Hughes' Black Nativity**

Penumbra Theatre’s holiday Christmas show features exceptional lead vocalists, the outstanding Kingston Springs Choir, and stirring choreography, making for a celebration full of joy, for all of us who value the gift of music, language, and storytelling. Hughes was an American poet, novelist, and playwright, whose African-American plays are considered the primary source to the Harlem Renaissance of the 1920s. He wrote with the gifted poet as a poet, but it’s a language that seemed to spring organically from visible black culture, infused with notes from Africa, the Caribbean, Mexico and the American South.

Penumbra Theatre, 210 W. Kent Street, St. Paul, through December 22. 2:30 and 7:30 p.m., with an extra 2:30 p.m. on December 21. Tickets are $20 for adults, $15 for seniors and $8 for students with ID. Call 651-464-7225 or visit penumbra.org for more information and tickets.
In the Community

A Century of Civic Action

In September, 1919, Minnesota became the 15th state to ratify the 19th Amendment to the Constitution, which prohibited the states and the federal government to refuse the right to vote on the basis of sex. The following year the Amendment reached the necessary 38 states, and was adopted.

In November, 1919, the Ramsey County League of Women Voters was established; after many of its charter members had been involved for years in the process of assuring the vote for women. The Ramsey League later became the LWV of St. Paul, and its members have now worked for civic values and improvement for a century.

The League now operates at national, state and local levels. Membership in the local LWV brings affiliate status with the state and national; bonds, which each work on setting standards of practice for the organization as well as policy positions. Non-partisanship is one of the core principles and great strengths of the LWV As a result, its work in voter registration and education is highly trusted and respected. Youth education about our democracy and voting system, and encouragement for them to register as soon as eligible, is a way to strengthen democracy in a bias-free way.

In recent years the St. Paul LWV Candidate Forums have been very well attended, and the scope of its collaborations has broadened.
- Partnerships with Fair Vote Minnesota and COPAL (Comunidades Organizadas del Poder y la Acción Latina).
- Greater efforts at voter registration;

As an all-volunteer organization, St. Paul LWV benefits from enthusiastic and highly committed volunteers, some of whom have been involved for decades. Current membership is around 150, with 14 in leadership positions.

The scope of the League’s activities is impressive. Because it is dedicated to informed and active participation of citizens in government, and to taking action on issues affecting our community, it has been involved in much more than voter education and registration.
- In public education, it worked in the 1950s to pass the School Board amendment and bond issue; and in the 1960s to advocate for the integration of St. Paul’s schools;
- In 1976 and again in 2006 it studied the District Council system and issued recommendations for improvement;
- In 2009 its study of fairness in housing helped government plan its response to the financial crisis and take steps to assist residents in need;
- It is working now with the Upper Mississippi River League on water quality issues.

The LWV welcomes new members and offers many ways to be involved in creative improvements to our civic life. See lwvsp.org or call 651-789-0118 for more information.

Best Buy Teen Tech Center Opens in St. Paul

Best Buy has opened its sixth Teen Tech Center in the Twin Cities at CLUES, Comunidades Latinas Unidas en Servicio, 797 East 7th Street. There are 32 such centers nationwide.

Best Buy Teen Tech Centers provide a place where teens can develop critical skills through hands-on activities that explore their interests in programming, film-making, music production and design. The Centers address the nation’s complex and interrelated needs of the community. For more information visit clues.org.

In addition, a partnership with The Clubhouse Network connects members to a global community of more than 100 clubhouses in 20 countries. Each Clubhouse provides a creative, safe, and free out-of-school learning environment where young people from underserved communities work with adult mentors to explore their own ideas, develop new skills, and build confidence in themselves through the use of technology.
BIRDS IN PARTICULAR

Walking Lake Phalen

I was walking around Lake Phalen, recently. It is the second longest and deepest lake in St. Paul proper. It is also a three-mile hike. I have kayaked Lake Phalen and its neighbor Round Lake many times for scenic pleasure. This lake is a high biodiversity area, with many who walk the perimeter regularly, birdwatching and fishing the lakeshore.

Lake Phalen drains into the Mississippi River. But it is connected to Round Lake, Keller Lake, Lake Servais, and Kinston Lake too.

You can see a bald eagle nesting on trees from Hwy 694 going east just before Hwy 61. But this time of year, however, late November migration brings dramatic layers of migrants. There is a list of activity that only the regular walkers/kikers/runners notice. Goldeneyed ones were hanging out with Canada geese, trumpet swans, and mallards on a steeply November night. The intensity of the buttocks was fantastic. Swans and ducks slip headfirst into the lake. Heavy hearted ducks showed some distress. During migration, spring or fall, Lake Phalen is a place to take a look.

Check it out!!! Where to find humidity in winter? Try Como Conservatory. The floral shows are spectacular. Check out Sunset Senior Strolls on some Tuesdays, from 4—5:30 pm. It is a leisurely stroll with entertainment and activities each night comeosociosurveys.org. This is a good time to feed birds as their food sources diminish.

It’s the impression we leave behind that matters most. When the individual is special, the funeral should be too.

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A promising opportunity for an experienced writer. You have some reporting and writing experience, and knowledge of the West End. showers.

ADVERTISING SALES
Commission basis. Sales experience, knowledge of the West End and neighboring areas.

CONTACT JERRY ROTHSTEIN, Managing Editor. 651-587-8859.

BULLETIN BOARD
TOYS FOR TOP CAMPAIGN: Venue Christmas at 2034. Fox Prowl will have a box-in-store through the end of the season for locals to drop off donations of new toys for less fortunate children in the area during Christmas.

St. Paul Farmers’ Market at Union Depot: Every Thursday from 10-11:30am. In the Plaza of Union Depot workers, residents and vendors will have an easy way to pick up fresh, locally grown produce, herbs, baled goods, kombucha, micro greens, mushrooms, BBQ sauces and hot dog cart items from Chef Carl’s, and more. With the Market located at Union Depot being indoors this fall and winter, it will be accessible by the skycraper system, making it a comfortable jaunt during chilly weather. Each week there will be approximately a dozen vendors selling their foods at the Union Depot location. The SPPF allows only fresh, locally and regionally grown produce to be sold, directly from the grower to the consumer, making it unique among many farmers’ markets. The baked goods, artisan breads, confections and other products offered are produced locally or regionally as well. For more information, visit stpaulfarmersmarket.com.

Drinking Problem? Alcoholicics Anonymous: Contact annemarie@aa.org (651-259-0011) or at xspaul.org (651-222-0050). You may call 24/7.

VOLUNTEER OPPORTUNITIES

Emotions Anonymous: A 12-step program for anyone struggling with emotions. Women and Men only. Meetings are held at Twin Cities Friends Meeting House, 1725 Grand Ave., St. Paul. Meetings are held on Tuesday at 6pm. Contact: Jeff Z. at info@emotionsanonymous.org.

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DECEMBER ENTERTAINMENT

SPECIAL DATES

ALI GRAY CHRISTMAS SHOW
ALBUM RELEASE PARTY DEC 8 (SOLD OUT)

GREEN GAELIC CHRISTMAS
FEATURING THE PRODDY WAGON & IRISH SANTA
NO COVER DEC 15, 5-7PM

NEW YEAR’S EVE PARTY
THE MIDAS TOUCH
NO COVER!
DEC 31, 8:30PM

WEDNESDAY MUSIC SERIES
12/4 DAN PERRY & THE BACKYARD BAND
12/11 SCOTTIE MILLER SOLO
12/18 PAUL MAVRICK TRIO
WED 7-10PM NO COVER!
531 West 7th  651-224-7345
Proudly Serving St. Paul & Surrounding Communities Since 1948!

Happy Holidays from
Saint Paul’s Little Italy

SOOPI JOE’S CAR WASH
651-493-1304 www.soapjoesmn.com

BECOME A MEMBER

JOIN THE WEST 7TH BUSINESS ASSOCIATION
& REAP THE BENEFITS TO YOUR ENTERPRISE
AND TO THE WEST 7TH COMMUNITY!

We aim to improve the climate for businesses in the West End; to develop ways of enhancing the neighborhood; and to participating in the developmental challenges that face us all — transit, minimum wage, affordable housing, fair and equitable processes.

VISIT OUR WEBSITE: W7BA.ORG

W7BA.ORG

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*Purchase Monthly Membership before 1/1/20 to receive free interior clean.

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