

Community REPORTER

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



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CIRCULATION 13,000



HRA Approves Significant Affordable Housing Investments

Editor's Note: Affordable housing is a local, state and national issue. The Community Reporter is beginning to work on a series of articles on the topic. The city's HRA announcement of practical steps to roll out Mayor Carter's ambitious Housing Trust Fund in 2020 is basic information that we need to consider. The Housing Trust Fund aims to combine new investment with existing resources to create \$71 million in resources over the first three years.]

In November, the St. Paul Housing and Redevelopment Authority (HRA) unanimously approved three resolutions addressing the broad continuum of St. Paul housing needs. The resolutions include new program guidelines for a down payment assistance program and Rent Supplement Pilot, and annual distribution of Low-Income Housing Tax Credits.

"Ensuring all of us can access safe, stable and affordable housing is vital to the future of our city," said Mayor Melvin Carter. "These new programs expand our toolbox and help us keep this promise for everyone in our community."

The down payment assistance program will provide homeownership opportunities to applicants at or below 60% Area Median Income (AMI). The program aims to improve housing stability in neighborhoods vulnerable to displacement and gentrification pressures. Loans up to \$40,000 will be offered for down payment and closing costs at 0% interest with a 30-year deferred term. Program launch is anticipated for Spring 2020, with \$1.5 million allocated from the Housing Trust Fund.

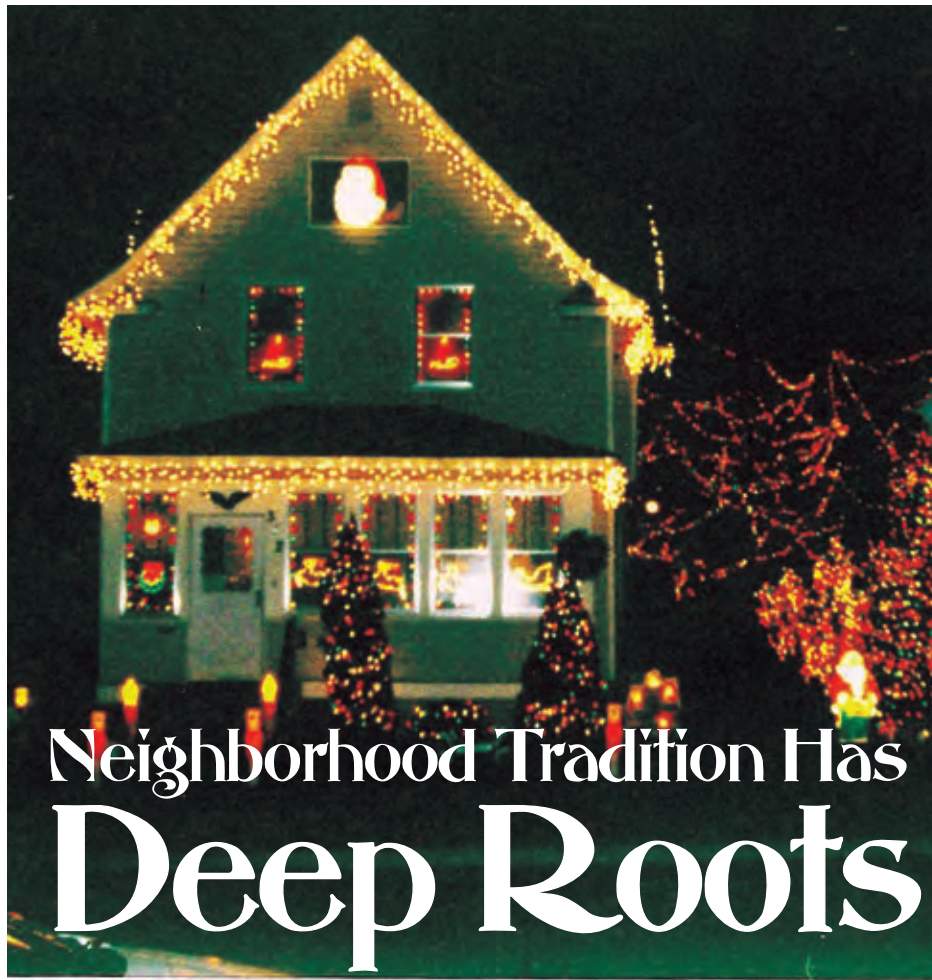
The Rent Supplement Pilot will provide St. Paul families a \$300 monthly rent supplement and ongoing supportive services for three years, in partnership with the St. Paul Public Schools. The pilot will serve households with incomes at or below 30% AMI, who pay 40% or more of their income for rent, are not receiving another housing subsidy, and have at least one Pre-K to 3rd-grade student enrolled in a participating school. Pilot launch is anticipated for early 2020, and \$2 million from the Housing Trust Fund has been allocated.

Both programs are funded by the Housing Trust Fund, developed to produce, preserve, and protect housing affordability for St. Paul residents. The contributions of flexible City dollars along with federal and state financing tools are intended to address the current crisis of housing affordability in St. Paul and invest in a future city that works for all. Additional funding for the Rent Supplement Pilot has been provided by the St. Paul & Minnesota Foundation.

"These programs highlight the creative thinking and use of the Housing Trust Fund as a valuable financial tool to help address our affordable housing crisis," said Housing and Redevelopment Authority (HRA) Chair Chris Tolbert.

Recommendations for 2020 Low Income Housing Tax Credits include more than \$1 million in credits to be reserved or reallocated over two years for the development of 79 affordable units. The Low-Income Housing Tax Credits program offers a reduction in federal tax liability to owners and investors in low-income housing developments that comply with rent and tenant income restrictions for a period of 30 years. Projects recommended include the North West University Dale construction at 625 University Ave., and Parkway Apartments, proposed at East 7th St. and Bush Ave.

"There is no single strategy or program that can solve our housing crisis," said Housing Director Kayla Schuchman. "Our team is dedicated to creative, collaborative and thoughtful approaches that deepen and widen our investments across St. Paul."



In 1990, Ray, Nancy and Mary Jo Matykiewicz planted a pine seedling in their side lot on Bay Street. That fall Ray 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 beyond. Sisters from St. Francis would come by every year, and Ray would turn 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.



ANNUAL HOLIDAY TREE LIGHTING AT THE UNION DEPOT DECEMBER 6, 6-8PM

Starting with entertainment and holiday activities in the Waiting Room at 6 p.m. and moving outside to the North Plaza at 6:30 p.m. for the lighting and a fireworks display. Back inside, Movie Night features *Elf* and concessions will be available. At 8:30 p.m. the second movie, *Polar Express*, will be shown. The European Christmas Market will be open on the East Plaza throughout the evening, offering unique, handmade holiday gifts and decorations from local vendors.

Welcoming Pastor Emily: In the City for Good

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 pastorship for her, and she is eager to fulfil 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 was Pastor of the American Lutheran Congregation of Oslo, a congregation including 43 nationalities from many denominations and spiritual paths.

Emily had a long sabbatical from the pulpit and worked as an elementary school teacher at the Oslo International School, with a multi-national student body and a progressive curriculum.

Emily was born in Edina and moved, when young, to a hobby farm in Cologne, MN west of Chaska. The family had animals of many kinds and gardens, which she loved. In such a small community, she found herself doing a lot of travelling — school in one direction, church in another, sports in others. "It was sometimes hard to feel 'in' — always seeming to come from elsewhere."

At 15, Emily went on a church mission to Appalachia, having no idea what to expect. It turned out to be "a life-changing experience." She met a single mom with two kids and worked putting new siding on her house. The woman, shy at first, would come out to watch the crew and they would start to talk. Emily's sense that there were ways for her to make a difference was nourished. "I thought, 'People of faith are working together, maybe I'm called to something.'"

In subsequent years, Emily had many opportunities to broaden her perspective, with outdoor ministries,



Pastor Emily

"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

studies in Zimbabwe, Austria and Germany, and her undergraduate work in elementary education. She continued to discern — that wonderful way to describe deep perception of our lives and their potential — and realized that she needed to go to Seminary.

Next year is the 50th anniversary of the ordination of women in the Evangelical Lutheran Church of America. Early on, Emily was still one of the few or only women in her courses. She studied at Luther Seminary and earned her Masters of Divinity. She first served as Associate Pastor in Grand Rapids, MN, then a co-pastor at Silverdale Lutheran Church in Washington State before returning to Minnesota

as co-pastor in Eveleth for nine years, both of the latter with Pastor Joel.

After her years teaching in a democratic socialist country, Emily is "back home" and wrestling with the individual consequences of our society. Taking on the joint responsibilities of St. Luke and St. Mark and their different dynamics, she welcomes St. Mark's theme of being in the city for good, and St. Luke's emphasis on food and nourishment. There will be opportunities for cross-pollination and re-envisioning roles, responsibilities and mission.

Like St. Mark itself, Pastor Emily has accepted the call "To be in the city for God and for good."

COUNCIL PERSPECTIVES

Addressing homelessness in 2019



COMMISSIONER RAFAEL ORTEGA columnist

In my work, certain issues keep coming up. One of them is homelessness. I spoke at a community meeting downtown last week and the subject of homelessness dominated the discussion. And, clearly, thoughtful residents throughout my district are worried about where people without homes go to sleep.

We have three new efforts this year: First, beginning in mid-November, up to 20 county staff each week will support clients at Catholic Charities' St. Paul Opportunity Center. Employees from the Child Support division of the County Attorney's Office, Community Corrections, Financial Assistance Services, Social Services, Veterans Services and Workforce Solutions will be available on-site to provide coordinated help to those experiencing homelessness. We will offer workforce development services, financial and food assistance, veterans services, mental health services, connections to probation officers and assessments, so that people can get onto housing waitlists. Second, on the other side of downtown St. Paul — at the East Building — we began year-round operations at the Safe Space in November. We are providing an emergency overnight place to stay each night for individuals. Plans for these operations have been years in the making with many of our regional partners — thanks to all who have participated and continue this critical work. The shelter will be open every night from 10 p.m. to 9 a.m. to provide a warm place to sleep for up to 64 people who are sleeping outside, in skyways, on transit and in their cars. It offers low-barrier shelter options for men and women who are referred from Metro Transit Police, SPPD, Catholic Charities, Radian Health and People Inc. The non-profit Model Cities will operate the shelter. Third, Interfaith Action of Greater St. Paul, a nonprofit coalition of churches, synagogues and other houses of worship, now operates the Project Home Day Shelter in Lowertown. The day shelter provides meals, showers, laundry, learning space, and social assistance for homeless families who sleep in churches and synagogues during the night. It also provides a consistent place for school buses to drop off and pick up kids. A social worker helps the family create a housing plan, find employment, and childcare services.

Many of you have asked how you can help and here are a few things I ask of folks:

- 1) Advocate for more housing and more affordable housing! Support density locally and the legislative work of groups like "Homes for All." We need more homes and services at all income levels.
- 2) If you see an encampment you can call 651-266-8989; this will make sure outreach workers and city staff are aware of it and begin the effort to connect campers with services.
- 3) Volunteer or donate to the nonprofit shelter providers: Voices of East African Women, Catholic Charities, Union Gospel Mission, Model Cities, Interfaith Action, etc.
- 4) Is your parish or place of worship connected to interfaith action? It's a great network that helps coordinate services and housing for those most in need.

Have a safe, warm holiday season and I hope I see you soon.



Community REPORTER

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265 Oneida St. St Paul, MN 55102

AD DEADLINE & MEETING

Copy Deadline/Meeting: December 16. Ad Deadline: December 18. Third Monday of each month. Articles should be typed, double spaced. The editor reserves the right to edit submitted copy. We can design your ads, camera ready, tiff or jpeg files on disk.

Editorials & Opinions

The letters, opinions, and editorials expressed on this page do not necessarily reflect the views of the Board of Directors of this newspaper or any of our advertisers or sponsors.

Your involvement is requested

As a nonprofit organization we are governed by a Board of Directors, and **we have openings for community members to join.** We encourage your involvement in the creative side of things. **We have correspondents, reporters, reviewers and general writers involved.** You can write a letter to the editor on a topic we have written about, or in response to one of our columnists, or a longer "Neighbors Speak Out" piece.

You can also contribute story ideas: We aim to cover a wide range of interesting areas in the neighborhood. **Your ideas for stories and topics are always welcome.** Discuss the many possibilities with the Editor. Leave a voice message at 651-665-0068, or e-mail editor@communityreporter.org.

-- Jerry Rothstein, Editor, Community Reporter



West End HEALTHLINE 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 and there were 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 then 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. In addition to contributing to the development of chronic disease, people can have a serious complication called vaping induced lung injury. 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 extract 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 tested and there is minimal regulation to ensure the purity and content of these solutions. Some people have argued that most listed ingredients in vaping solutions 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 inhaled directly in the lungs 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 have been the solutions most associated with severe lung injury and death. So, what to do? Similar to 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 to see a provider at United Family Medicine (call 651-241-1000) or you can also call a free tobacco quit line (1-800-QUIT-NOW).

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.



WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

BY CATE SERING, LIBRARY MANAGER

After a successful launch of our Read Brave 2020 program, you can now find books, programming and more throughout the city focused on bringing everyone together around the topic of climate change. Visit sppl.org/read-brave for more information or stop by to pick up a copy of one of the Read Brave titles. The West 7th Book Club will be discussing *The Ocean at the End of the Lane* by Neil Gaiman on Thursday, December 19 at 6:30 p.m. We are looking for more members, and everyone is welcome. For help finding copies of book club titles, give us a call at 651-298-5516. West 7th is hosting One-to-One Tech Help on December 17 and January 7 from 11:30-1:30 p.m. Call to make a 30-minute appointment with us for help with your personal device (including

smartphones, tablets and laptops), or a library computer. Preschool Storytime at West 7th Library is continuing through the rest of the year on Wednesdays at 10:30 a.m. Join us for stories, song and rhymes. All ages and activity levels are welcome. Geared towards ages 7-11, Winter Maker Break will be hosting Ghana Mbaye on Thursday, December 26 at 1 p.m. Kids and their families will take a whirl wind tour of West Africa through drumming, dancing and storytelling. **All Saint Paul Public Library locations will be closed December 24 and 25.** **WEST 7TH LIBRARY HOURS** **Mon** 12:30-8pm. **Tue** 11:30am-5:30pm. **Wed** 10am-5:30pm. **Thu** 12:30-8pm. **Fri** 10am-5:30pm. Closed weekends, holidays. Info: 651-298-5516

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FEDERATIONUPDATE

974 West 7th | fortroadfederation.org

The next Board meeting is Monday, Dec. 9 at 7pm at 882 W 7th St, Suite 6 on the 2nd floor.

BOARD UPDATE

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

- a variance request for an additional 4 ft. in height for 697 Orrin St to build a single-family house;
- a variance request for building an accessory dwelling unit (ADU) close to the property line at 273 West Goodhue St where an existing garage is;
- waiving the 45-day notice period for liquor licenses for Tori Ramen, to open at 603 West 7th, where Chris and Rob's Taste Authority was previously;

The Board also heard a presentation 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 153 units with covered parking on the first two floors. 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 75' 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 Community Engagement and Outreach Committee. If you would like to join a committee or learn more about it, please call or email the office at 651-298-5599 or emily@fortroadfederation.org.

The Federation's first annual fundraiser was held on November 12 at the Historic Rathskeller at 882 West 7th Street: Won't You Be My Neighbor! was an exciting, neighborly event that raised everyone's spirits as well as funds for our work.


STAY IN TOUCH

"Like" the West 7th / Fort Road Federation on Facebook and subscribe to its e-newsletter on our website — fortroadfederation.org.

CONTACT

Emily Northey, FRF executive director + community organizer emily@fortroadfederation.org; office: 651-298-5599; 882 West 7th St, Suite 6, in the Rathskeller Building.

Community News & Events



CHINESE-NESS

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 involvement, especially with under-represented communities, through direct public engagement with 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 other exhibits and artistic collaborations. Huie's focus for "what do you see?" will be the use of photography to invite and encourage everyone to discover the stories and the connections that bring people together.

For more information call 651-292-3063 or visit landmarkcenter.org.

"read" the wood with which he is working.

Erick Wiger works primarily in three-dimensional media, (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. Recurrent themes in her art reflect her commitment to spirituality, human development, native cultures 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 Striegel, founder and Executive Director of HumanitarianHR, will discuss sexual exploitation among displaced persons and the policies and procedures necessary to protect these vulnerable groups. Al Zdrzil, 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/survivalsex Space is limited.

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Transit Assistance Program (TAP)

Metro Transit's 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.

Signing up can be done in person or online

- Apply online at metrotransit.org/tap-enrollment-form. Apply in person at St. Paul Metro Transit Service Center – US Bank Center Skyway 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-4 pm at Dodge Nature Preschool, 1701 Charlton St., West St. Paul. Featuring 16 local vendors with one-of-a-kind gifts: handmade doll clothes; wood bowls; cozy sweater mittens; spoons and knitting needles carved from buckthorn, an invasive species cleared 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 scholarships. For information, email preschool@dodgenaturecenter.org or call 651-455-4555.

Stories in the Stars: 12/7, 10-11am at Farm Entrance 3. Join a Dodge naturalist in an inflatable planetarium to learn about Wintermaker, Perseus, Coyote, and other storied constellations. For families with school-age children. Preregistration required. \$7 per person.

Full Moon Shinrin-Yoku (Forest Bathing): 12/12, 5:30-7:30pm at Farm Entrance 3. Over the

course of this two-hour walk, participants will be given a series of suggested ways to connect to their surroundings. The experience will be mostly silent, honor each participant's personal space, and cover just about a mile and-a-half over generally flat surfaces. The evening will conclude with a short tea ceremony. The walk will be guided by Leigha Horton, a Certified Guide and mentor with the Association of Nature and Forest Therapy Guides and Programs, and Co-Founder of Silvae Spiritus Nature & Forest Therapy. This program is for adults. Pre-registration required at 651-455-4531 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 Harvieux 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

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Please support Community Reporter by donating any amount to help sustain our West End neighborhood nonprofit newspaper, now moving toward the end of 48 years of service. Log on to givemn.org, search for Community Reporter, and follow the instructions. Thank you!

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Community Arts & Culture

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 30 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 freshened 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 renewable 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 exhibition designer, graphic designer, productive artist (commissioned to create 350 original pastels for a local hotel), gallery artist, artist-in-residence at Isle 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



Hudson Bay table. (inset) Ardell Nelson

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 afterwards. Seriously, I should go back to 2-D art!" The

much-needed next step for this creative venture is to find a retail shop to display and sell the furniture. If you know of a space or are an interested shop owner — anywhere in Minnesota — please email to colorupstudiomn@gmail.com.

BONNI ALLEN

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 — where 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.

Anna Maxan 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. Anna took over the baking along with other management tasks.

Anna then trained Ben Villano, who continues as baker. She has since moved on to her full-time profession as a 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 actor, 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 Ramsey Hill neighborhood. She does all the behind-the-scenes "business stuff," and works behind the counter a day a week at each location.

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



Molly and Mary Hogan-Bard

Now, after graduating from St. Kate's, spending a year in Peru and two years as manager of the Valise fashion boutique, she is taking on the role of General Manager. Like mother, like daughter.

Some changes have been made in the daily offerings: coffee, baked goods and small breakfast-type items are available all day. The lunch menu with sandwiches and salads has been eliminated.

On Dec. 7, 8am to 2pm, a special Holiday Pop-Up with local vendors, live portrait paintings and Santa from 10am to noon, comes to the West 7th shop.

So, when you are setting up a meeting, a get-together, a reunion with an old friend, an interview, a small party, and ask "Where should we go?" don't be surprised when the answer is "How about Claddagh?"



41st Annual Landmark Center Holiday Bazaar

Landmark Center's Old-Fashioned Holiday Bazaar is the perfect place for holiday shoppers to find gifts for everyone on their list. The St. Paul tradition hosts more than 75 artisans, each offering beautiful handmade items that make perfect gifts.

The Bazaar is December 5-7. It is open 10 a.m. to 8 p.m. on Thursday and Friday, and 10 a.m. to 5 p.m. on Saturday. Cost is \$5 for adults, children 12 and younger are free. For more information visit landmarkcenter.org/old-fashioned-holiday-bazaar.

New this year is "twilight shopping" from 5-8 p.m. on Thursday and Friday. Shoppers will receive a free refreshment (wine, beer, hot cider, etc.) to enjoy while they browse. The bazaar features items such as jewelry, decor, woven and wearable art, children's toys and clothes, handmade lotions, soaps, food items and more.

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Penumbra Presents Langston Hughes' *Black Nativity*

Penumbra's homegrown Christmas show features exceptional lead vocalists, the outstanding Kingdom Life Church Choir, and stirring choreography, making for a celebration full of joy, community, and spirit. Langston Hughes was an American poet, novelist, and playwright whose African American themes made him a primary contributor to the Harlem Renaissance of the 1920s. He wrote with the gifted ear of a poet, but in a language that seemed to spring organically from within black culture, infused with notes from Africa, the Caribbean, Mexico and the American South.

Penumbra Theatre, 270 N. Kent Street, St. Paul, through December 22. ASL PERFORMANCE: Saturday, December 21, 7:30 p.m. Call 651-224-3180 Monday through Friday, from 10 a.m.-4:30 p.m. for information and tickets.

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In the Community



Registering voters at Hmong Market in 2018.

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 36 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; bodies, 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. MN (Comunidades Organizando el Poder y la Acción Latina);
- Greater efforts at voter registration;
- Work with Ramsey County Elections. The St. Paul Public Library and Hallie Q. Brown Community Center.

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 1970 it led a successful campaign to adopt a new City Charter, which clearly separated the powers of mayor and council;
- In 1976, it supported the creation of the Heritage Preservation Commission;
- Its 1980 study of the city's council ward system contributed to the passage (with 74% of the vote) of the Charter Amendment that created the electoral wards;
- In 1996 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 Inter-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 opportunity gap by offering teens free, year-round, hands-on technology access and education in an after-school setting. Over the next decade, 77 percent (1.4 million) of all U.S. jobs will require tech skills, yet only 400,000 people will be trained for these jobs. With community-based job readiness resources on the decline, Best Buy is working with local nonprofit partners like CLUES to provide essential access to technology tools and training for underrepresented youth and families.

CLUES is Minnesota's largest Latino-led agency, founded in 1981 to provide linguistically and culturally relevant services. Its programs connect individuals and families to resources, skills, institutions and opportunities, and it bundles services across Health & Wellness, Economic Empowerment, Educational Enrichment and Arts & Advocacy to meet the



The Best Buy Teen Tech Center at CLUES St. Paul features interactive stations to help teens explore their interests in music production, photography, video editing, coding, 3D design and more.

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.



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Community Nourishment



HALLE O'FALVEY
columnist

and its neighbor Round Lake many times for scenic pleasure. This lake is a high traffic area, with many who walk the perimeter regularly, birdwatching and fishing the lakeshore.

BIRDS IN PARTICULAR Walking Lake Phalen

I was walking around Lake Phalen, recently. It is the second largest and deepest lake in St. Paul proper. It is also a three-mile hike. I have kayaked Lake Phalen

Lake Phalen drains into the Mississippi River. But it is connected to Round Lake, Keller Lake, Lake Gervais, and Kohlman Lake. You can see a bald eagle nesting on trees from Hwy 36 going east just before Hwy 61. But this time of year, however, late November, migration brings dramatic layovers of migrants. There is a lot of activity that only the regular walkers/bikers/runners notice. Goldeneyes were hanging out with Canada geese, trumpeter swans,

and mallards on a steely November night. The intensity of the butt bobs was fantastic. Swans and ducks dip headfirst into the lake to feed. Heavy head-dunks show off big butts. During migration, spring or fall, Lake Phalen is a place to take a walk. 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 p.m. It is a leisurely stroll with entertainment and activities each night — comozooconservatory.org. This is a good time to feed birds as their food sources diminish.



DEBORAH PADGETT
columnist

My seventeen-year-old grandson is a financially successful entrepreneurial digital marketing coach and agency owner. Yesterday he used the term “OK boomer!” with one of his Facebook associates. I hadn’t heard the term before, and knowing him to be a kind and considerate kid, I was reluctant to jump to insulted and/or defensive mode. I “Googled” it and was thoroughly impressed with its origins, meaning and intent. “OK boomer is a viral phrase used to dismiss or mock those who seem dismissive of younger generations’ concerns,” says a November 12, 2019, BBC.com article featuring Abigail Disney (age 59), lashing out at Baby Boomers for taking offence and telling them to “sit . . . down and let the kids drive.” As a Baby Boomer myself and a parent/parent-in-law to eight middle aged adults and grandparent to ten young adults ages 16-27, I have been deeply unhappy at the derisiveness, dismissal and ridicule hurled by people of my generation at the generations following ours. Of course, my children and my grandchildren have, at times, floundered and grasped and made decisions I’ve not understood as wise or even in the best interest of the world they have to live in. Of course, they have needed education, guidance, mentoring, support and an outstretched hand. Of course, as with all young adults they look at their world with an eye to all that could have been done better and with the

DEB SAYS I Get Your “OK Boomer” But Don’t Throw the Boomer Out with the Bathwater

hope they will do better than their parents. As with my generation, they look to new discoveries and the hopefulness of their peers, rather than with unquestioning adherence to the viewpoint of their elders. Remember the lyrics to Mike and the Mechanics, The Living Years, released in 1988? “Every generation blames the one before, when all of their frustrations come knocking at their door. . . .” Abigail Disney said, “The more often you object to Millennials’ understandable resentment toward a generation that has selfishly poisoned their water, blown past every climate warning so they could drive their stupid Hummers, and looked away or worse for sexual, racial and economic injustice, the more you prove their point that you just don’t understand anything of value to them.” These Millennials who are bringing eyes and minds wide open to the need for immediate action on climate change, gun violence, equal rights, educational/financial reform, civil rights, fair housing, immigration reform, religious and reproductive freedom and eradication of poverty, carry forward the same fervor and conviction we baby boomers brought to the civil rights and anti-war move-

ment as we came to adulthood. I can understand completely the Millennial generation’s view that we failed them. I am horrified at the great divide the baby boomers represent today. In the 1960s and 1970s we knew we were killing the planet. We knew endless wars over oil were immoral and that it was essential to move away from reliance on fossil fuel. We knew all people, everywhere, were created equal. We fought for civil rights, voting rights, equal status and affirmative action. We made gains toward women’s rights, LG-BTQ rights, freedom to choose not to bear arms; we ushered in waste reduction and water, animal and vegetable conservation. We were the peace and love generation. So, dear Millennials, just so you know, some (many) boomers really are OK and we want you to know we’ve got your backs. We’re still a huge demographic that includes active, caring, participatory people of color, immigrants, gay, straight, trans women and men who decry greed, violence, bigotry, planetary abuse. Many of us will still be here making our contributions when you are grandparents. I embrace and applaud you and the change you bring to our world. Don’t discount me while I can still, along with you, help us realize a better world. All generations would do well to keep in mind that hindsight is 20/20 and that, as Soren Kierkegaard said, “Life can only be understood backward; but it must be lived forward.” Deborah Padgett is a writer and visual artist. Her novel, A Story Like Truth, is available online and at SubText Bookstore in St. Paul. See padgettstudios.com.



VIEWS FROM THE GARDEN
KENT PETTERSSON
columnist

Winter Thoughts

The ground is frozen and the season has ended the harvest. Praise to God for his bounty each year. I am hopeful for another season in my garden and as I sometimes say, “God willin’ and the creek don’t rise” there will be another season for all of us. As gardeners, what could we be looking forward to in the coming winter months? There is relaxation in the off-season, why not! But while you are at it, a good book might help you make new plans for your flower or vegetable plantings. Make sure you get your seed orders in, based on thoughtful planning from your reading. Did you bring in potted plants that are not hardy? If you didn’t give them a good rinse for insects, it would be a good time to spray them with neem oil to minimize pests. Repotting, root pruning and cutting back of top growth will give the plant a better chance to thrive in the lower light indoor conditions. This is a time to be thankful for our off-season, but also for family and friends in our daily lives and as we approach the holidays. We can be thankful that more people are working. It is a good job that provides one the means for shelter, food and security and the leisure to think about the beauty around us in nature and in our gardens. Happy Holidays!

CHURCH
BULLETIN

editor@
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ST. PETER'S CHURCH: Dec. 7, Women's Fellowship 8:30am. Bible study 9-10am. Sunday services 8:30am. Bible Class and Sunday School 9:45 am. Advent Services Wednesdays, 6:30pm, Dec. 4, 11, 18. Services: Christmas Eve, 5pm. Christmas Day, 9:30am. 530 Victoria S. Info at 651-228-1482.
HUMBLE WALK LUTHERAN CHURCH: Worship Sun 4:30pm. Art House N, 793 Armstrong Ave.
IMMANUEL BAPTIST CHURCH: Sun, 10am Bible Study; 10:45am Worship. Wed, 7pm, Bible Study/Prayer. 740 Watson Ave., 651-227-5075. Immanuel Baptist is an independent church.
THE WAY CHURCH: Sunday Service 12:30 with Pastor Joseph Webb IV. St. Mark, 550 West Seventh. text 612-859-2572 or 651-668-0065

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Register at least one week in advance.
Note: providing free events is no longer feasible. With a \$30 yearly membership, these activities are free. If costs are a concern speak with a Seniors staff member.
When St. Public Public Schools are closed due to weather, senior programs will also be closed.

ADULT 55+

WELLNESS

Fit and Fabulous Exercise Class: M/W/F, 9-9:45am, \$10/month. [May be covered under Silver Threads.]
Heavy-Weight Yoga: Wed 10:45-11:45 am. \$10/class.
T'ai Chi Ch'uan: Thu 9-10am. \$12/class.
Foot Care: 12/5, 9:30am-2:30pm. \$28. Call for appt.
Caregiving Services: Contact Holly, ext. 206.
Block Nurse Program: 65+ in-home nursing & health aide through Recover Health. Medicare certified.

ACTIVITIES

Fiberazzi: Knitting & Crocheting Group
Tuesdays: 1-3pm. \$1; free/members.
Family Law: 12/11, 8:30-10am. Dave Burns Law Office, LLC free one time consultations to assist with family law issues (divorce and child custody). Preregister: 651-298-5493.
Health Insurance Counseling: 12/12, 10am-noon. Call Senior Linkage 1-800-333-2433.
Retirement Income & Pension Counseling: 12/17, 11am-noon. Registration required
Ask the Lawyer: 12/19, 3-4pm. Melanie Liska of Tarrant & Liska.
Lunch 'n Bingo: 12/19, 11:30am-1pm. REGISTER BY 12/12. Rooster's fried chicken, mashed potatoes/gravy, coleslaw and dessert: \$7 lunch, \$1 bingo cards. Vegetarian options available.
Cribbage: Mondays, 12:30-3pm. \$1; free for members.
500/65 Cards: Fridays, 12:30-3pm.
Movie & Popcorn: 12/18, 12:15-2:15pm, The Christmas Chronicles, (PG-13, 2018, romance, comedy). \$1 non members

SPECIAL PROGRAMS

Annual Holiday Party: 12/12, 12:15-2pm. Put on your dancing shoes and begin your holiday celebrations with your Keystone friends. Enjoy a delicious roast beef meal, dancing and conversation with old friends and new. Live music with the Golden Tones! Door prizes. \$8/person. Vegetarian options. RSVP to 651-298-5493 by 12/5.
Square Dancing: Mondays, 6:15-8pm. No experience or partner. All ages, \$5/session (First 2 classes free).
TED Talks: 12/5, 11:30am-1pm; Slowing Down. Bring your lunch.
NEW: Bridge: Mondays, 12:30-3:30pm. Calling All Bridge Players in the neighborhood. Seniors' Lounge. \$1 for non-members.
Coloring Jam: 12/10, 10-11:30am, \$1 nonmember. Free/members. Experience calming benefits of coloring, as it helps reduce anxiety, creates focus and releases creativity. Materials available, bring your own.
Smart Driver: 12/11, 12:30-4:30pm. AARP four-hour refresher course. Call to reserve a spot: 651-298-5493.
Fare for All Discount Groceries: 12/6, 10am-noon. Affordable & nutritious foods. Cash, check, EBT or credit card accepted. Info: Cathalina 651-298-5493.
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VOLUNTEER

Meals on Wheels - Delivery: Once a month, 11am-noon.
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YOUTH

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SPPL PUPPET SHOW: "THE GINGERBREAD MAN"

The Loki Puppet Players, comprised of SPPL Youth Services staff and volunteers, will perform the show on George Latimer Central Library's historic Jemne puppet stage. The puppet stage has been a landmark feature in the Youth Services department since 1949.

Public performances of "The Gingerbread Man, a.k.a. Super-Cookie!" are scheduled for: December 7 at 11:30am; December 12 at 10am; December 16 at 6:30pm; and December 27 at 10am. "Yikes-a-ron-i," it's Super-Cookie! The gingerbread man refuses to be eaten in this hilarious production for all ages.

For more info about the St. Paul Public Library, the Loki Puppet Players performances, or other children's programs, please call the Youth Services Department at 651-266-7034, or visit sppl.org

Power-Up Legal Clinic: 12/5, 1-4pm at Walker West Music Academy, 760 Selby Ave. A free walk-in legal clinic dealing with any non-criminal law issue. 651-894-6912, or interfaithaction.org/legalclinic.

Twin Cities Girls' Choir Presents "Standing Tall:" 12/7, 2-3:30pm at St. Paul Reformation Church, 100 Oxford St. N. Part of TCGC's 2019-2020 "Enough" series of performances, marking the journey girls and young women take to discover their worth.

"Shout, sing, and dance!" Bach's Christmas Oratorio: 12/7, 7:30pm at St. Thomas More Catholic Church, 1079 Summit Ave. St. Paul. \$30/adults, \$25/seniors, \$5/students, and free admission for kids under 12 (reservations required). For groups 10+, email events@bachsocietyymn.org. Tickets can be purchased online at bachsocietyymn.org or at the door.

History Revealed at Waldmann: 12/12, 7:45pm., Andy Sturdevant & Bill Lindeke, "Closing Time: Saloons, Taverns, Dives and Watering Holes of the Twin Cities." RCHS members and supporters are encouraged to come and enjoy a lunch/dinner/drink. 445 Smith Ave., 651-222-1857.

History Revealed at Landmark Center: 12/18, noon. Sammy Nelson & Janie Bender, "Holiday Traditions on the Minnesota Prairie." Landmark Center, 75 Fifth St W., St. Paul. To register go to rchs.com/event.

Christmas with Cantus: Nine concerts will be offered between 12/12 & 22. Call 612-435-0055 or see cantussings.org for details. Storytelling is at the heart of "Christmas with Cantus" through the re-imagining of *The Little Match Girl*, *Christmas*, or *The Good Fairy* and *The Nutcracker* — and features narrated passages from the three timeless holiday tales, alongside familiar carols and new holiday classics.

Mobile Menders: 12/16, 5:30-7:30pm at West 7th Community Center, providing FREE mending services. You can bring up to 3 clean items that need mending.

Hand Drums for Beginners: 12/17, 5:30-6:30pm: a women's beginning class in hand drum technique using West African Drums. Basic technique will be taught using patterns and rhythms to build the skills to play layered pieces. No experience necessary. Women's Drum Center, 2242 University Ave W., St. Paul. Instruments provided. \$10. Register at womensdrumcenter.org.

Carondelet Village Memory Café: 12/18, 1:30-3pm at Carondelet Village, 525 Fairview Ave S. St. Paul, Private Dining Room, 2nd floor — No RSVP needed, free. Celebrate Memory Café's 5th birthday; discuss favorite holiday memories and sing Christmas carols together. Memory Cafes provide an opportunity for people with dementia, families and caregivers to meet and socialize in a safe space, ask questions of professionals, have fun and learn from each other.

"One in the Land" — Paintings by Heather Friedli: through 1/4/2020 at Frameworks Gallery, 2022A Ford Parkway. Within these colorful works, Heather explores the spiritual world through the lens of culture and lived experience of place. Heather's work is creative, soulful, bold, and powerful. See friedliarts.com.

The Wireless Zone and U.S. Marine Corps Reserve

Toys for Tots Campaign: Verizon Wireless at 2034 Ford Pkwy. 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.

Saint Paul Farmers' Market at Union Depot: Every Thursday, 10am-1:30pm in the Head House. Downtown workers, residents and visitors will have an easy way to pick up fresh, locally-grown produce, honey, baked goods, kombucha, micro greens, mushrooms, BBQ sauces and hot BBQ sandwiches from Chef Earl, and more. With the Market location at Union Depot being indoors this fall and winter, it will be accessible by the skyway system, making it a comfortable jaunt on days with inclement weather. Each week there will be approximately a dozen vendors selling their foods at the Union Depot location. The SPFM 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 foods, confections and other products offered are produced locally or regionally as well. For more information, visit stpaulfarmersmarket.com.

Drinking Problem? Alcoholics Anonymous: Contact aaminneapolis.org (952-922-0880) or aastpaul.org (651-227-5502). You may call 24/7.

Women for Sobriety: Meets Mondays, 10am. Pilgrim Lutheran Church library, 1935 St. Clair Ave. For information, contact Jill at 651-235-1935.

International Institute of Minnesota Programs: Citizenship classes; communication & computer English for work; Spanish language; English language. Call 651-647-0191 or see iimn.org for schedules & details.

Tuesday Pax Salons. 6:30-8:30pm, Mississippi Market, 1500 W. 7th. Call for info 651-227-3228. Free; donations appreciated. Open discussions all month. Please join us!

Caregiver Support Groups: Alton Memory Care, 1306 Alton, third Wednesday of every month 5-6pm. Contact Kristen Edson, 651-695-2384. Shalom Home East, 740 Kay, second and fourth Monday of every month from 3-4pm. Contact: Chris Rosenthal 651-690-8920.

Depression & Bipolar Support Groups: Free, peer led groups are held at the Jewish Community Center, 1375 St. Paul Ave., 7 to 8:30pm. July 3, 17, and 31. No reservations needed. For information contact Jeff Simon at jsimon77@comcast.net.

West End Enhancement Coalition: 12/5, 11am at Terrace Horticultural Books, 503 St. Clair. Discussions include neighborhood beautification, transportation, issues of the day. Contact Kent Petterson at terrace@winternat.com or 651-222-5536. All welcome to this group dedicated to improving the West End.

Support Group Information

Myasthenia Gravis (MG): 800-514-5454.

Emotions Anonymous: A 12-step program for emotional wellness. Meets weekly on Friday, 7pm at Twin Cities Friends Meeting House, 1725 Grand Ave. For information contact Paul at 651-402-6774 and visit emotionsanonymous.org.

Overeaters Anonymous: 612-888-0262. Do you worry

EMAIL CALENDAR ITEMS TO: info@communityreporter.org
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