Building a Non-Racist Community: Embracing Solidarity

by Tim Johnson, Retired pastor of Cherokee Park United Church

(Editor’s note: This is the first in a series that Tim Johnson is writing for the Community Reporter. His reflections are drawn from the 2019 Overcoming Racism Conference held at Metropolitan State University.)

The picture was striking. Winona LaDuke, Ojibwe leader, activist and author, embracing Jelly, a young Latinx woman, who had just finished a stirring spoken word presentation at the annual Overcoming Racism Conference held at Metropolitan State University this past November. Earlier that morning, Winona and Joe Feagin had given powerful keynote presentations on the dynamics, history and firsthand experience of white supremacy. Joe, who has spent years writing numbers of books including The White Racial Frame, began the morning by unspackaging the hidden history of white supremacy and the way it continues to be maintained. Winona spoke about the Deep North, naming the impact of white supremacy on Native Peoples and the natural world, as well as means of resistance. When Jelly’s turn arrived, she was clearly nervous, stepping to the center of the stage, taking several deep breaths before releasing the words “America,” a strong witness by a young Dreamer to the sharp disparities between the so-called American dream and the omnipresence of white supremacy.

Winona’s embrace of Jelly was more than an act of affirmation from an elder in the racial justice struggle to a young person just discovering her voice. Winona’s embrace was most certainly an affirmation, but it was also an act of solidarity. Her embrace was a tangible and visual way of saying we are in this together, across generations, across our own distinctive backgrounds and life experiences. We are the struggle together.

Racism and white supremacy are so deeply ingrained into our corporate psychodynamics that they often feel overwhelming. Even if one recognizes that it is wrong to refuse bank loans, reject housing and employment applications, or pull someone over because of the color of their skin, individually it often feels like there is little or nothing we can do. This is why solidarity, working in community and through collaboration is so essential. Collaboration and community shatter the myth that there is nothing we can do and that these destructive dynamics must always be among us.

The embrace Winona offered to Jelly didn’t just suddenly happen one cold Friday morning in November. This act of solidarity was the culmination of collaborative efforts to address racism and white supremacy that began eleven years prior in the basement of Chemeketa United Church. At the heart of the initial gathering of more than 100 people who spent two days together, was a belief that community and collaboration are essential if we are to make a difference.

The experience of that initial gathering was one of solidarity. To the core we were all different in our understanding of white supremacy and race. People of Color experienced and understood the dynamics in ways that white folks can all too easily escape. Nonetheless, across the divides of generations and backgrounds, a solidarity emerged that by its very existence gave hope to those present.

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solidarity, pg 3
West End HEALTHLINE

Happy Flu Year!

BY JONATHAN DICKMAN, MD, PHD

It is wintertime and with that comes the predictable cold weather, snow, and influenza. This infection is not related to “the stomach flu” where people experience nausea, vomiting, and diarrhea. Influenza is a highly contagious infection that involves high fever, muscle aches, cough, breathing difficulties, low energy, and generally feeling unwell for a week (or more). This virus comes to our community in the late fall and can sometimes persist until springtime. This infection often occurs in several days of mixed work or sometimes diagonalization and death. We are approaching peak flu activity, so being prepared is important.

So, what can you do? The first thing is to get vaccinated every year. Flu shots are available at pharmacies and clinics. Oftentimes you do not need to wait in line to get one. If you’re planning to get vaccinated, I often hear that the flu shot makes them sick. With the flu virus, there causes an immune reaction (which is needed for it to work) and can result in minor changes in body temperature, the vaccination only contains pieces of the virus which are not capable of causing an actual infection. The flu shot gets the concern more often than other vaccines because many people are getting sick with other colds this time of year. By coincidence people get sick shortly after getting the shot. Another concern is that some patients tell me that “I got the flu shot last year” but still got the flu. It is true that the flu shot is not perfect and some years are better than others. It is clear, however, that the flu shot will decrease the intensity of your illness even when the vaccination is less than ideal. In the end, all people six months or older should be vaccinated to provide protection against the influenza virus. In the event you think that you have an influenza infection? The first step is to cover your cough and use good hand hygiene (in other words, wash your hands). Sometimes it is helpful to use a mask if you are coughing frequently. The second step is to determine if you need to see a doctor. Not everyone who gets sick with the flu needs medications. People at high risk for getting very sick from this infection and may benefit from medication include people under five years old or elderly, pregnant women, those living in nursing homes or long-term care facilities and people with chronic health conditions that affect breathing, the heart, kidneys or your ability to fight off infections. If you fall into one of these groups (or are unsure), then call your healthcare provider for further guidance. If prescription medications are prescribed, the earlier you start it the better it works. If prescription medication is not felt to be right for you, then drinking plenty of water and taking acetaminophen (Tylenol) for discomfort is generally safe. In doubt, call your doctor. If you do not have a doctor, call United Family Medicine at 651-241-1000, as we have same day appointments available. We can either give you the flu shot if you want to prevent infection or provide guidance if you are feeling unwell.

What if you think you have an influenza infection?

First step is to cover your cough and use good hand hygiene (wash your hands)

Second step is to determine if you need to see a doctor.

Sponsorship updates

As a nonprofit organization we are governed by a Board of Directors, and we have openings for community members to join. We encourage anyone interested in any of these roles to contact us. 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 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 and we’ll discuss the many possibilities with the Editor. Leave a voice message at 651-665-0088, or e-mail editor@communityreporter.org.

Rebecca Noonker, Editor, Community Reporter

205 Grand St S St Paul, MN 55102

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Deadline/Meeting: January 20. Ad Deadline: January 22. 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, tri-fold or JPEGs on disk.

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As we enter the New Year, I would like to thank you all for welcoming me to the West 7th Library. I have truly enjoyed getting to know everyone and have been grateful for those who take the time to share their recent read or share their favorite coffee shop. Here’s to a Great New Year in the Library.

The West 7th Book Club will be discussing The Masterpiece by Colleen Foy on Thursday, January 23rd at 6:30 pm. We are looking for more members, and everyone is welcome. For help finding a copy of the club title, give call at 651-288-5516 or find the e-book version on our Library app with no wait during Read Between West 7th’s hosting One-to-One Tech Help on January 7 and 21 from 11:30 a.m. to 3 p.m. Come to make a 30-minute appointment.

For help with your personal device (including smartphones, tablets and laptops), or a library device, you can contact the Library. We provide help with use of calendars and mobile devices and will help with sign-ups for your device.

West 7th PUBLIC LIBRARY

The Federation Board meeting was held Dec. 9. The next Board meeting is Monday, January 13, 6 pm. [Note earlier time] with a holiday gathering to follow. We will also have a Winter Festival on Saturday, January 11th.

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 us, please call or email the office at 651-288-5516 or email info@fortroadfederation.org.

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Carnival activities feature live musical performances from local musicians, the ever-popular Ice Bar, as well as merchandise and food vendor sales. The Ice Carving Competition, will return its finale to Rice Park. Teams of four will transform 20 large blocks of ice into beautiful masterpieces before an audience on Saturday, Jan 25 (9–2 p.m.). The following week, Mobile Art Studios will create smaller works of frozen art at just six hours. Rice Park will be the culmination point for Winter Carnival activities including the 2019 and 2018 Victoria Nighttime Parades (Feb. 1 and 7). This year, Winter Carnival festivities will not only provide a cozy respite from the outdoors, but may also enjoy艺术asty signature cocktails. St. Paul craft beers, wines, snacks, live entertainment, and a unique craft market. The city’s most awaited events are occurring in The Twin ISA. Journey presented by IFRE. This traveling vehicle, free and open to the public, will bring its one-of-a-kind social media experience Jan 31-Feb. 2. Its multiple social experiences will cap the intersection between doctors and seniors and whether or not recommendations for social care should be made for medical or community health practices. Center.

Sen. Tina Smith has introduced a bill to improve mental and physical health outcomes for seniors, seeking more resources to address the growing problems of social isolation and loneliness experienced by many. A growing amount of evidence demonstrates that social isolation can cause negative mental and physical health effects and accompanying economic consequences for seniors and their families. More than 8 million older Americans experience social isolation, and nearly half of older adults feel isolated, alone, or left out. Socially isolated seniors face a 29 percent increased risk of mortality, and federal Medicare spending is $134 per month per person for every socially isolated older adult. This is compared to Medicare spending on chronic conditions. Sen. Smith's Older Americans Social Isolation and Loneliness Prevention Act calls for seeking the Older Americans Act (OAA) so that there are supports and services in place to allow states to better coordinate address social isolation and loneliness among older Americans.

Sen. Smith is a member of the Senate Health Committee. She describes her hope for the bill.

“The bill I’m introducing would make it possible for states to pursue projects that address social isolation and loneliness, set up a working group with stakeholders about this issue, and support prevention and other supportive services for seniors in Minnesota and across the country.”

Sen. Smith shared her legislation with the Minnesota Department of Human Services for input, and she will authorize local state departments and agencies — including regional area agencies on aging, the Minnesota Department of Human Services and the Minnesota Board on Aging — nonprofit agencies, institutions of higher education, and other organizations to pursue grants for projects that address social isolation and loneliness among seniors.

To learn more about the effort and read a copy of the bill go to smثلsmith.arnet.gov. Ramsey County Receives Women’s Economic Security Act Grant

Ramsey County received a $155,000 Minnesota Department of Employment and Economic Development Women’s Economic Security Act grant to support The Katherine Project. This grant program encourages Minnesota women to enter and continue in high-wage, high-demand, nontraditional jobs.

The Katherine Project provides career training and professional experiences for young women of color and indigenous women, ages 16-24, in the information technology and computer coding fields. In partnership with St. Paul Public Schools and New Vision Foundation, digital literacy, computer coding training, and support services such as child care will be available to participants. Following 14 weeks of training, young women will be provided with paid internship opportunities, including within Ramsey County departments, to help them take the next step into their career, and ultimately enter living wage employment in the technology industry. All Katherine Project participants will receive one year of Internet Essentials from Comcast, to ensure access to needed services during their training program and along their career path. Internet Essentials is a special program available at the lowest cost to those eligible for public assistance programs such as the National School Lunch Program, Housing Assistance, Medicaid, SNAP, SSI, and others. See internetessentials.com for details. Young women interested in participating in The Katherine Project are encouraged to contact Workforce Solutions at andrea@ramseysounty.org or 651-286-6025.

Nourish Your Need For Nature at Dodge Nature Center Winter Phenology Family Hike: 10:15 AM at the Main Office Entrance, 1365 Marie Ave W West St. Paul. Hike around to learn how plants and animals survive winter. Look for tracks and other animal signs as you hike through the woods and on top of the frozen Farm Pond. A special treat at the end of the hike! Pre-registration required. $7 per person. Ages 2 and under are free.

Women in the Woods — Winter Rendezvous: 10:15 AM & 12:20 PM at Entrance 3, 1701 Charlton St. West St. Paul. Hosted by former MIN Star and naturalist Pam Welsch from Animals celebrate Valentine’s Day all year round. Some mating rituals are wonderfully bizarre. “Love” secrets of a variety of animals will be revealed. Enjoy social time indoors with wine and cheese. After that, you will have time to snuggle up with your loved one in a picturesque horse-drawn sleigh. You will need a little more than love to keep you warm in February, so bring the right clothing to be comfortable on the sleigh ride. This experience has limited reservations so sign up now. Adults 21+ to drink alcohol. Pre-registration required. $30 per couple. Preregister at 651-455-4531 or DodgeNatureCenter.org.

SOLIDARITY, PG 1

It was out of this experience of solidarity that the facilitating Racial Equity Collaborative (FREC: see overcomingracism.org) was born, an open and loose-knit coalition of individuals and organizations committed to overcoming racism. The mission of FREC is to work collaboratively and democratically toward just, equitable and open and loose-knit coalition of individuals and organizations committed to overcoming racism. The mission of FREC is to work collaboratively and democratically toward just, equitable and open and loose-knit coalition of individuals and organizations committed to overcoming racism. The mission of FREC is to work collaboratively and democratically toward just, equitable and open and loose-knit coalition of individuals and organizations committed to overcoming racism. The mission of FREC is to work collaboratively and democratically toward just, equitable and open and loose-knit coalition of individuals and organizations committed to overcoming racism. 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**Community Arts & Culture**

**West End Artist Profile: Jeanne Ross**

BY JERRY ROTHSTEIN

LocalColor Artisans’ motto — “Always Making Something” — is the literal truth. Artist Jeanne Ross has opened her storefront and artist studio on Randolph next door to Triple S Collectibles — see page 5 — offering a consouper of her work in many media over many years.

She comes from Czech (maiden name Stasny) and Irish stock, grew up in the Mialestean—Groveland neighborhood (St. James, Durham Hall) and studied commercial arts at St. Paul Vo-Tech, leading to a designer job with 3M. Using the company’s education reimbursement benefit, she earned a degree at St. Thomas in computer science and software engineering.

And during all this time, in addition to raising her daughter, she made art. Her natural artistry produced work in painting, sewing, weaving, cloth and pocket on the inside); hand-sewn dolls; small furniture creations out of old wooden boxes. And after 3M job was outsourced she held some other jobs, while planning for the time she would be able to open her own shop and studio. One thing she already had was inventory!

She has made her space on Randolph a warm, full room of paintings and prints; hand-woven goods in pure American wool, including scarves, throws, blankets and shawls, opulent art — often art that can be carried! She has fashioned bags from old men’s suit (it worked) and adorned it with the Nordstrom label and pocket on the inside; hand-sewn dolls; small furnishings exclaimed from old wooden boxes; hand-decorated eggs; soda fired stoneware.

Jeanne’s plein air paintings with St. Paul and river themes are there, and also sets of notecard Reflections: Mississippi, Dawn, Nectural are among the most popular. Finding this location was a real sign, and Jeanne is creating a place for viewing, conversation, sharing art works and finding beautiful gifts. She will also offer design services, such as logo-design, and hands-on training in weaving, sewing, painting, traditional old style stained glass, low-fire ceramics (she has a wheel and kiln available, and thousands of molds for slip-cast ceramics) and porcelain painting. Contact her to talk about individual instruction.

LOCALCOLOR ARTISANS, 895 Randolph Ave. See localcolorartisans.com or call 612-227-7594. Hours Mon-Sat 12-7 p.m. and by appointment.

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**KEYSTONE, PG 1**

from an AnnenCorns Promote Fellow who owns the University of Minnesota’s Check & Connect model to help older youth manage their schoolwork and plan for post-secondary opportunities. All students participate in weekly evidence-based character education and violence prevention curricula that sequentially build social-emotional skills.

A Youth Advisory Council engages youth in leadership roles. Community Kids also offers a wide variety of enrichment activities, including music and fitness, Junior Achievement, youth internships, summer learning projects, high-quality arts experiences with teaching artists and arts organizations, and a wealth of STEM offerings including FIRST Lego League competitive robotics teams. Community Kids’ students are drawn from more than 50 public, private and charter schools.

Parents actively participate in an Advisory Council and meet with teachers for conferences a minimum of three times per year. Community Kids is well known for excellence and recently completed its participation in a multi-state, five-year study of effective afterschool interventions for middle-school youth.

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**KEYSTONE, PG 7**

**The Blooming Saint Paul Awards** is a collaborative initiative between Saint Paul Parks and Recreation, the Saint Paul Garden Center, and the Ramsey County Master Gardeners. The program is presented by the Saint Paul Pioneer Press and the Capital Region Watershed District. The Awards help showcase residents and businesses who are dedicated to enhancing their local communities through landscaping. A yearly award ceremony is put on to recognize honorees.

For 2019, Supatra’s Thai Cuisine in the heart of West 7th (667 7th St W, 651-222-5859) has been awarded the Business Category Silver Bloom Award for the exemplary work they have done on their patio and “growing” their small parking area. Blooming Saint Paul invites everyone to be involved through the nomination process. In April, 2020, information for nominations for the 2020 awards will be available. Categories include gardens, landmark trees, youth groups or individuals that you feel goes above and beyond to help beautify the community.

Nomination criteria require (a) all gardens, trees and groups must be within St. Paul city limits; (b) all nominations on private property must be visible from the sidewalk, street or alley; (c) Alley gardens must have an address clearly visible from alley; (d) Gardens maintained by the City Parks Department are not eligible. There are seven award categories. See stpaul.gov/departments/parks-recreation/gardens maintained by the City Parks Department are not eligible. There are seven award categories. See stpaul.gov/departments/parks-recreation/gardens maintained by the City Parks Department are not eligible. There are seven award categories. See stpaul.gov/departments/parks-recreation/

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West 7th Street Boys Club Takes Care

The West Seventh Street community started as an immigrant community of Italians, Bohemians, Germans, and Irish. It later evolved into a blue-collar community in St. Paul. Part of this rich community tradition was to take care of people in need within the community. The community is now more diverse with people of color and millennials. The goal continues to be one of taking care of others within the community. A group of long-time West 7th Street friends and Monroe Alumni started the West 7th Street Boys Club in 1985. The concept was to assist needy individuals and families with club members’ time, talent and donations. Club members, as well as local churches and social service agencies like the West 7th Community Center, identify recipients for services. There is no formal membership drive and members are invited to donate what they can. Also, there are no administrative expenses and no annual dues for the West 7th Street Boys Club. The Club now has 200 men and women who participate by volunteering at events, donating money and identifying recipients for services.

Holiday Events Service
Thanksgiving and Christmas events are at the heart of the Club’s activities. Each year, the Club provides groceries and gift certificates, toys and bikes, for families, seniors, and young adults.

Safe Summer Nights Out Service
Besides the Holiday events, during the summer, the Club participates with the St. Paul Police Department doing 11 Safe Nights Out events. People come to local recreational centers within St. Paul to share food and games and meet police officers on an informal basis. Also, one of the Club members gets sponsors for all of the food for these events. A typical Summer Night Out event draws between 500-1000 participants. All Safe Summer Night outings are free.

Individual Services
Working with referrals from churches, service agencies and individual Club members, the West 7th Street Boys Club addresses the specific needs of individuals and families. It could be the need for a wheelchair or other medical devices. Last year, a family of four needed a new van. The club located and donated a used van to the family that lives on West 7th Street.

To learn more about how to get involved see west7thstreetboysclub.com.

A Treasure Trove of Collectibles on Randolph

BY JERRY ROTHSTEIN

Trever and Darlene Newcomb Bergman have arrived with a flourish, opening Triple B Collectibles a few months ago. The shop is just a few blocks from their home.

Trever grew up in Minneapolis and worked at LUV Painting (owned by his dad) and eventually ran the company until about ten years ago. He had been a sports card collector early on, and around 2015, as he learned more about the modern world of card dealing and trading, he “got the card bug again” and decided he would go into the business himself. Darlene grew up in the West End (Adams, Monroe, Highland), and has lived in St. Paul all her life. She collected Wacky Packs, Topps series of cards and stickers that imitated consumer products and packaging.

Starting to trade on line, Trever learned about “box breaking” and other sales possibilities. As he became more comfortable and proficient, he also began to gain in reputation and status. Last fall he was certified as a Diamond Dealer for Upper Deck, one of the four major card manufacturers. He is listed on their site, and receives their new products as they are issued, giving him a head-start with collectors.

Upper Deck specializes in hockey cards and the Marvel entertainment world. Trever also handles products from Panini (football, basketball and some entertainment), Topps (baseball, soccer and Star Wars) and Leaf (various cards, autographed bats, balls and jerseys).

People buy these products as both collectors and investors — it is a surprisingly big business. A site called Beckett is like the Kelly Blue Book for cars, reporting market values via their “Beckett Sports Card Price Guide.” Trever has a loyal base of on-line customers, but it was important to have a physical retail outlet. This enables him to buy new products immediately (there’s a six-month wait for on-line only dealers) and to receive distributor pricing.

He has stocked the store with a comprehensive mix of sports and entertainment cards, comic books, Star Wars, DC Wobbles and other collectible figures, t-shirts and collectors’ supplies. The business is becoming more sophisticated, now featuring limited edition, numbered cards, making it possible for the market to develop real values. Trever and Darlene would love to welcome you to their world of collectibles.


In the Community


Living Fully. Living Well.

At Cerenity Senior Care we provide a full range of services to meet the needs of seniors and their families, whatever those needs may be.

Assisted Living • Skilled Nursing • Memory Care
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Cerenity Senior Care
514 Humboldt Ave. | St. Paul | CerenitySeniorCare.org
Dear Friends,

What to say in Gratitude to everyone who was a part of Ken’s life and his passing into Peace and Joy?

For every hug, or word of comfort, or prayer whispered in the night, we are grateful.
For your presence at his Wake, or Celebration, or a visit to our home, we are grateful.
For flowers, gifts, or donations to his favorite charity, we are grateful.
For bags of groceries or dishes of food, or sweet goodies made with love, we are grateful.
For cards, emails, texts, phone calls, for the long trips you took to visit, while he lived and as he passed, we are grateful.

For your presence in his life, his work, his joy, his daily going about, you are forever in his heart and ours, surrounding and supporting us.
And just as he does not forget you, we do not forget you.
Thank you for the gifts of your life and your love, sustaining us, helping us to move forward with your gentle encouragements.

In this Season of Peace and Love, we wish this, also, for you.

Maxine and Family

Maxine and Ken McCormick was the former editor of the Community Reporter.
Hello! My son and I have been involved with Keystone, Minnesota. Because of their participation in Community Kids, I have been going there since first grade and now I'm in eighth. Over the years Community Kids has done a lot for my son. They have taught him empathy. Empathy is when you are in someone's shoes metaphorically. It basically means to understand the feelings of someone. Community Kids also helped improve my reading skills when I was younger. Tutors would come in and read with students for as long as we needed and helped us with homework. During each season, we would take a reading test to see how far we grew in reading skills and based on results they would help us improve our skills.

If you could have the chance to come to Community Kids I would recommend it 100%. They provide fun activities and field trips for students to attend. Community Kids is a good place for students to attend and feel safe with caring staff and a good education source for students.
January Entertainment

FRI & SAT 8:30PM SHOWTIME! NO COVER

THE MIDAS TOUCH JAN 3-4
RIVERSIDE HITMEN JAN 10, 31, FEB 1
DAN PERRY & THE BACKYARD BAND JAN 11
RIVERSIDE ALL-STARS JAN 17-18
ROCKIN’ HOLLYWOODS JAN 24-25

THU 7:30-11:30PM

THE MIDAS TOUCH JAN 2
JAVIER TREJO JAN 9
RADIO JOE & THE JAZZBOS JAN 16
DD & COMPANY JAN 23
RIVERSIDE SWING BAND JAN 30

Every Tuesday
7:30PM-MIDNIGHT KARAOKE

Drive thru convenience.

For easy dry cleaning drop off or pickup, stop by our handy West 7th Street location from 7 a.m. - 7 p.m., Monday thru Friday, and from 9 a.m. - 4 p.m. Saturdays.

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25% OFF your first order with this ad.

The BOMB:
$3.75 Deschutes Fresh squeezed

W7BA
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

Thank you to all of our customers for all your support in 2019!

BECOME A MEMBER

West Seventh Business Association

W7BA.ORG

You’re Invited!

Meet & Greet
Thursday, April 21, 4-6pm
St. Paul Fire Station Headquarters
645 Randolph Avenue
Catered by Cossetta’s

You’re Invited!

Early Bird Networking
THURSDAY, NOVEMBER 12
7:30 - 9:30 A.M.
Mississippi Market   1500 7th St W

West Seventh Business Association
W7BA.ORG

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