



VOL. 49 NO. 11

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**CIRCULATION 13,000** 



## **Hearing from our** Kids

"Small" changes carry real warnings, 2019 Minnesota student survey results

Since 1989, the Minnesota Student Survey (MSS) has been administered every three years to students across Minnesota. All types of school districts are invited to participate, including regular public-school districts, charter schools, tribal schools, nonpublic schools, alternative learning centers and juvenile correctional facilities. From 1989 through 2010, students in grades six, nine and 12 participated in the survey. In 2013, the grade levels changed to grades five, eight, nine and eleven. The 2019 MSS involved more than 170,000 students from 81% of the state's school districts

The MSS focuses on the health and well-being of Minnesota's students; it asks about their activities, opinions, behaviors and experiences. Students respond to questions on school climate, bullying, out-of-school activities, health and nutrition, emotional and mental health, relationships, substance use and more. Questions about sexual behaviors are asked only of ninth and grade 11 students. All responses are anonymous.

The 2019 results show that fewer students feel engaged in school, believe their school provides a supportive place for learning, report good health, or feel safe. The new data also shows more Minnesota students than ever report having longterm mental health, behavioral or emotional problems. This number is up from 18 percent of students surveyed in 2016 to 23 percent in 2019. The percentage of eleventh-grade female students who report having longterm mental health, behavioral or emotional problems has more than doubled from 2013 to 2019. In the 2019 survey, of the 11th-grade female students who reported missing a full or partial day of school in the last 30 days, 24 percent reported that they missed school because they felt very sad, hopeless, anxious, stressed or angry.

Minnesota Education Commissioner Mary Cathryn Ricker commented, "The results of the Minnesota Student Survey show a number of concerning pieces of data, including student vaping and declines in mental health. No matter what is happening in students' lives outside of school, we must

## A "New" Classic Comes to West Seventh

#### **BY JERRY ROTHSTEIN**

It is not often these days we find a newly constructed office block echoing, supporting and honoring the creations we consider "heritage." A wonderful exception for the neighborhood is Swor & Gatto's new office at 1177 West Seventh.

Paul Gatto, founder and senior partner, grew up on the East Side, but his uncle lived here - behind the old Armstrong Tire Company (now Bad Weather Brewery) – and he spent a lot of time here with his many cousins. He attended St. Stan's School for a time, he worked for a lawyer on West Seventh while in law school.

The firm today consists of Paul and his son Marcus. When they decided to build their own offices, after renting for years downtown, the West End called, though they could have gone anywhere. Paul's feeling of coming home was important, and both agreed in the chance to invest in what they consider a Renaissance in the West End and to become part of the neighborhood.

After they found a lot that seemed perfect, their next step was to gain an overview of the city's rules, find the right architect and work to design and build. Some of the city's requirements promised to be costly and complicated – a storm sewer connection via a 40-foot excavation; paving the alley; developing a parking lot behind the building site. They were committed, and moved ahead, believing that these infrastructure improvements were ultimately good for the community.

Architect Bruce Schmitt was hired based on his portfolio of distinguished designs. He and the Gattos agreed that the building would be a match and a tribute to West End history. R. G. Ryan Companies would be the general contractors.

SWOR & GATTO, PG 7

## Never say 'I'm Just a Volunteer': Georgann Warren McClure

## westenders making a difference

#### **BY PAT TUPPER**

**COMMUNITY VOLUNTEER** Already a highly successful volunteer administrator, proposal writer, and fundraiser, Georgann Warren McClure moved into the West Seventh area about eight years ago. By the time she retired, she had served in Volunteer Administration for the St. Paul Children's Hospital, the American Heart Association, Catholic Charities and MN Special Olympics. "What people don't realize is that we operated the same as the other departments. We had job descriptions and extensive training for our volunteers. Not all volunteers were suited for the position that they wanted. If a volunteer was not succeeding, I would shift them to a position that was more appropriate and fulfilling.

"I was in awe of many of the volunteers I was



How does one become an administrator of volunteers? "Well in my case, I started volunteering when my daughter came home from elementary school and announced that the school library had to have volunteers so that the library could be open the

hours that the students most needed it. I loved being the "library lady" at Randolph Heights Elementary Library, helping to bring kids and books together. From that time on, I sought out volunteer jobs and learned that the opportunities are both endless in quantity, scope, and variety. I volunteered as well as worked full time for organizations at church, schools, libraries, the YWCA and other organizations and nonnrofits Along the way I finished my degree in Human Services Administration at Metropolitan State University. I also raised a family and did caregiving for family members. "My volunteer management activities made it possible for me to branch out into fundraising and proposal writing and regional consulting. One aspect

of the work I enjoyed was meeting with corporate executives to help them develop and support volunteer activities for their employees and retiree groups. Those were always win-win opportunities for all involved. While Director of the Minnesota Academy of Family Physicians Foundation, I wrote a successful grant proposal to General Mills for funding a Nutritional Education program for underserved children at a local YWCA. It was fulfilling to serve as a volunteer with various nonprofit board positions, especially board recruitment.

"Now that I am 'retired,' I still volunteer. At the Landmark Center I work at special events and at the Information Desk where I greet people from all over the world. I enjoy answering their questions about St. Paul history and making suggestions for things they might like to do in St Paul. It is definitely a position for someone who likes people.

"My son, Scott McClure, owns St. Paul Automotive located here in our community and I help out there also. I enjoy giving people rides to and from their homes while their cars are being worked on, drive all over the cities nicking up needed car parts greeting



as an artist-architect who could share their vision of a timeless, classical look that also fit the neighborhood's historical visual standards, then allowed him to follow his creative process.

Which one is the new one?

make sure that they feel supported, safe, and welcomed when they're in the classroom so they can succeed academically. My fellow

STUDENT SURVEY, PG 2

tortunate to meet. Parents who lost a child through a terrible accident or illness might return to the hospital months later to "give back" - to help other parents as they had been helped. I found it gratifying to see both volunteers and staff come together to accomplish the mission of the organization."

customers and doing 'Thank You' calls.

"I was very fortunate to be a Volunteer Manager and to volunteer in Minnesota. Did you know that Minnesota is the Number 2 state in the country for active volunteers? How great is that! You are never 'Just a Volunteer.'''



## Please support Community Reporter by donating any amount

to help sustain our West End neighborhood nonprofit newspaper, now moving toward the end of 50 years of service. Log on to givemn.org, search for Community Reporter, and follow the instructions. Thank you!

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## COUNCIL PERSPECTIVES

## Make St. Paul a great place for everyone



**CITY COUNCIL** 

CHRIS TOLBERT

MEMBER

WARD 3

columnist

It is an honor and a privilege to represent Ward 3 on the St. Paul City Council. We have accomplished so much to make Macalester-Groveland, West Seventh, Highland Park and all of St. Paul a better place to live. Together over the last seven years we have succeeded in making major strides in housing, jobs, and transportation in St. Paul. And we can continue that momentum to ensure that St. Paul is a city where opportunity is

available for everyone - now and for generations to come — but only by focusing on the issues impacting our community. We still have much more to do to ensure that St. Paul continues to be a vibrant city that offers opportunity, safety, and prosperity for its residents. That is why I am asking for your support as I seek re-election to represent you and our neighborhood on the St. Paul City Council

Addressing the affordable housing crisis was one of our top priorities in 2018, and we made significant progress by investing real resources to address the problem. We created a new Affordable Housing Trust Fund that invests \$71 million in the preservation and production of affordable housing over the next three years. The creation of this fund was a significant step toward improving affordable housing in St. Paul, and I am confident that it will result in opportunity, stability and homes for St. Paul residents and their families.

We have been proactive, thoughtful, and visionary in our planning for the future of the Ford Site, and we will ensure it is a successful development by maintaining this approach through each phase of development.

Throughout my time on City Council, I have fought to improve the lives of working people in St. Paul. In 2016, we passed the Sick and Safe Time Ordinance, guaranteeing all St. Paul workers the right to stay at home if they are unwell. In 2018, we passed the City Minimum Wage Ordinance, which ensures that all residents of our city are guaranteed the right to earn a living wage of \$15/hour. But there is still work to be done — we can and must do more to ensure that all people can earn living wages, and that Saint Paul is a place where good jobs are abundant.

We are investing in and empowering our youth through the continued success and growth of our Right Track program. This program creates ladders of opportunity by connecting thousands of our community's children with access to employers, mentors, and professional experiences. We also established the Full Stack initiative, an innovative program that connects our contemporary, entrepreneurial, and industrious workforces making Saint Paul a leading jobs incubator. We also should be proud of our creation of the Regional Pathways initiative, which brings together private, non-private, and public sector partners from across the Metro to move our region forward in closing the skills gap, while also helping people secure living wage jobs.

We have taken important steps in improving St. Paul's transportation system. I led the effort for the planning of an additional light-rail train, the Riverview Corridor. We also made important advancements to pedestrian safety in our neighborhoods by investing in road and bike infrastructure — but we still have much more to do to make St. Paul safe and welcoming for all people and all modes of transportation

# **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

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 **Get Moving!** BY JONATHAN DICKMAN, MD, PHD

You may have witnessed the Twin Cities Marathon last month and wondered how all those 6,746 people in the race could make it to the finish. Perhaps you also noticed that people of all different shapes, sizes and backgrounds were running in the race and wondered if you too could participate one day. For many, the answer is that you can work towards running in the race weekend (whether it be the marathon, 10 mile, 10K or 5K race). Preparation for next year starts now. As a participant myself, I reflected on the journey that brought me to the start line. It all started with making physical activity a priority to reach my goals of avoiding the need for medications and to be able to keep up with my kids. As my training progressed, I found that increasing my physical activity also improved my sleep, mood and made daily activities feel easier. Many benefits can come from increasing physical activity!

longer "Neighbors Speak Out" piece.

Running a marathon, however, is not necessary to get the benefits of physical activity. In fact,



people will notice the biggest change in their health when they go from very little activity to a basic daily routine. You can start with something simple, such as doing something you enjoy (walk, run, bike, swim, etc.) for at least 30 minutes every day. If needed, you can split up the activity into multiple sessions (such as two 15-minute sessions). Try asking friends or family to join you and then encourage each other to stay active. Do not be frustrated if your weight does not change as you become more active, as many of the benefits occur before there are any changes in weight.

You may be thinking that you need to join a gym to be active. This is not true, however, as many activities can be done outside (walking,

running, biking, skiing) or at home (weights, fitness videos). If you do want to join a gym, but are worried about the cost, consider paying only \$30 per year to access the fitness rooms and indoor tracks at any St. Paul Recreation Center (including Palace, Edgcumbe, Linwood, Highland and Oxford Recreation Centers). While other more expensive gyms have better hours and equipment, these fitness rooms give you access to basic aerobic machines and weights and simply cannot be beat for the price. Do not forget that St. Paul Recreation Centers also have free basketball, tennis, soccer, hockey and baseball facilities available for you to use and many structured activities that are either very affordable or free. St. Paul Recreation Centers offer many opportunities to stay active on a limited budget.

In the end, you too, can find yourself on the starting line next year. Whether you decide to run a race or simply get healthier, the first step is making daily physical activity a priority. Think about what types of activity you enjoy and start to incorporate it into your regular routine. Being physically active can be affordable and fun as you invite others to ioin you. You can do it — the first step towards getting healthier starts today.



#### WHOLE WIDE WORLD WEST 7TH PUBLIC LIBRARY

#### BY LESLIE SPRING, LIBRARY MANAGER

This is my last article as Library Manager at West 7th. I am transferring to Rondo Library to take on a new role there in adult services. I will miss working with the wonderful patrons and staff here in the community center and wanted to take this opportunity to thank you for welcoming me into the neighborhood over the last two years. It has been a pleasure! With that, I am happy to introduce the new Library Manager, Cate Sering.

From Cate: I grew up in Mahtomedi and attended both UW-River Falls and UW-Milwaukee. I have worked in libraries in Minnesota, Wisconsin and lowa and have dabbled in archives, adult programming, youth service work and university circulation. I enjoy trying new recipes, hiking and spending time with my partner and our cat, Scout, I am very excited and honored to have the opportunity to work for the West 7th community. Please stop in, introduce yourself and share your

#### STUDENT SURVEY, PG 1

commissioners (in Health and Human Services

current favorite reads!

Mini Masterpieces, art workshops for any age up to 8, are coming to West 7th! Join us on the following Wednesdays at 10:30 a.m.: 11/6 (Steppingstone Theater); 11/13 (American Swedish Institute - Dala Horse); & 11/20 (School of Rock). For more details, check our online calendar at sppl.org.

The West 7th Book Club will be discussing Sweet Little Lies by Caz Frear on Thursday, November 21 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.

#### All Saint Paul Public Library locations will be closed Nov. 11, 28; West 7th Library Nov. 29.

#### 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

## the 2016 survey was reported.

Female students were nearly twice

# FEDERATIONUPDATE

974 West 7th | fortroadfederation.org

The Federation Board meeting was held Oct. 14. The next Board meeting is Monday, Nov. 11 at 7 p.m. at 882 West 7th St, Suite 6, second floor.

Board Update: The Board heard updates from Catholic Charities and Ramsey County Housing Stability about Dorothy Day Place and Saint Paul Opportunity Center - and about homelessness in our community. Volunteers are needed, and you can learn more at cctwincities.org/volunteer. The Federation also approved supporting reduced speed limits to 25 mph on City-owned streets.

The Federation is hosting its first annual fundraiser, on November 12 at 6 p.m. at the Historic Rathskeller at 882 West 7th Street: Won't You Be My Neighbor! Free food and drink, a chance to explore this beautiful space, weigh in on important issues for Fort Road to tackle in 2020, and support the Fort Road Federation at its first annual fundraiser. Learn more at www.FortRoadFederation.org.

#### **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.

Representing our neighborhood during this important time in Saint Paul's history has been an honor and a responsibility that I embrace with respect and humility. I have been grateful for your support in previous elections, but more so, I have appreciated your support, feedback, and advice as I've worked diligently to represent you, our neighborhood and our city. I hope that I can earn your continued support, so that, together, we can continue to make St. Paul a great place-for everyone!



265 Oneida St. St Paul, MN 55102

#### **AD DEADLINE & MEETING**

Copy Deadline/Meeting: November 18. Ad Deadline: November 20 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.

Departments) and I will be working with our school communities so we can better meet the needs of all of our students."

#### Notable Data

· Students reporting excellent or very good health dropped from 69 to 65%. But smoking rates have fallen, as well as alcohol and marijuana use and sexual activity. Yet higher rates of long-term mental health, or emotional problems are noted.

· A 54 percent increase in vaping from

#### **BOARD OF DIRECTORS**

Jonathan Dickman Board Chair Paul Bard, Julie Borgerding Secretary, Diane Gerth Vice Chair; Margaret Kinney, Jerry Rothstein, Eric Weispfening Members elishamayart@gmail.com

#### EDITORIAL

Jerry Rothstein Editor 651-587-8859 editor@communityreporter.org

ADVERTISING Jerry Rothstein, Ad Manager info@communityreporter.org as likely as male students in all grades to report mental health, emotional or behavioral problems.

• Reports of suicide ideation increased for all grade levels in the last six years.

• 87% of students say they feel safe at home, at school, in their neighborhood and going to and from school. This number is down from 90 percent in 2016.

73% of students feel highly engaged in school, compared to 78% in 2016.

71% believe their school provides a

#### LAYOUT/GRAPHIC DESIGN In–Fin Tuan Graphic Designer

STAFF PHOTOGRAPHER Elisha May Jacobsen

BOOKKEEPING Steven Shimer, 651-224-4034

DISTRIBUTION Independent Delivery Service

PRINTING House of Print supportive place for learning, down from 75%. The MSS has played a role in action at the state level. Governor Walz's 's Children's Cabinet has built a cross-agency action team - comprised of eight agencies, including health, education, human services and corrections-focused on state strategies to improve the mental health and wellbeing of students in Minnesota. More Minnesota children and youth will have access to schoollinked mental health services, which will improve access to treatment, engagement in treatment, and care coordination. School-linked services are often the first to identify children with serious mental health needs, and provide many students of color their first access to mental health services

To explore the complete 2019 MSS Report and data see education.mn.gov/MDE/index.html.

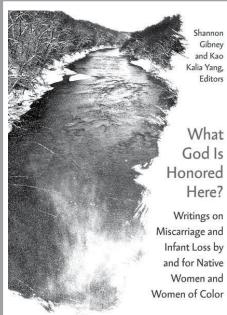
### **RECOLLECTIONS OF** LIFE IN THE WEST END

Community Reporter invites West Enders to write down some of their neighborhood memories in earlier years editor@communityreporter.org Call Jerry: 651–587–8859

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#### NOVEMBER 2019 COMMUNITY REPORTER 3

# **Community News & Events**



#### UFM CEO Melissa Parker to Step Down United Family Medicine's

CEO, Melissa Parker, who was profiled in our July issue, is moving on from the position. Board member Board Member

Ann Nyakundi has been appointed Interim CEO. Parker had been a part of the UFM family for more than 18 years, serving in a variety of management roles, including chief operating officer, before becoming CEO last year. She also played an important role as project lead in the design and development of the new Peter J. King Family Health Center.

Ann Nyakundi brings a wealth of healthcare experience to the role. She is strongly dedicated to improving safety-net community health systems and has more than 19 years of experience in healthcare administration, health policy and healthcare philanthropy, in addition to serving as a UFM board member for a year.

Nyakundi has an Executive Masters in Healthcare Administration from the University of Minnesota, a Bachelors' in Medical Anthropology and Spanish from the University of Michigan, and a certificate in quality improvement coaching.

#### Dodge Nature Center

**O.W.L.S. Chickens in the Barnyard:** 11/12, 11 a.m.–1 p.m. at Farm Entrance 3, 1701 Charlton St. in West St. Paul. From egg, to chick, to adult, chickens are fascinating animals. Meet some of Dodge Nature Center's chickens up–close. Compare hens and roosters of different breeds and learn about the life of a chicken. O.W.L.S. (Outwardly, Wiser, Livelier, Seniors) is a series of programs offered for seniors interested in learning more about the natural environment. This program is for seniors. Pre– registration and pre–payment are required by the Friday prior to the program. Cost: \$5 for Program Only, \$15 for Program and Lunch.

Full Moon Shinrin–Yoku (Forest Bathing): 11/12, 5:30–7:30 p.m. 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,

## A TASTE of Chili! Craft & Bake Sale Sat, Nov 9, 10am-3pm \$5

#### SubText Books November Programs

All take place at SubText, 7 p.m., 6 West 5th Street. For more details see subtextbooks.com/ events/2019

• Martha Bordwell on her memoir *Missing Mothers:* Nov. 6.

• Shannon Gibney and Kao Kalia Yang for their anthology *What God Is Honored Here?* The book is a literary collection of voices of Indigenous women and women of color who have undergone miscarriage and infant loss, experiences that disproportionately affect women who have often been cast toward the margins in the U.S. Powerfully and with brutal honesty, they write about what it means to reclaim life in the face of death. Nov. 7. • David Hamilton for his essay collection *A Certain Arc*: Nov. 12.

• Allen Eskens for his new mystery *Nothing More Dangerous*: Nov. 13.

• Laurie Allmann for her poetry collection *An Hour From Now*, with Freya Manfred: Nov. 20.

honor each participant's personal space, and cover just about a mile and-a-half over generally flat surfaces. At the end of each invitation exploration, the group will gather and share a few words. 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 is required. Cost: \$30 per person.

**Our Wild Neighbors #OptOutside:** 11/29, 10– 11 a.m. at Main Office Entrance, 365 Marie Ave. West in West St. Paul. Try something out of the ordinary this Black Friday and head outdoors. Learn about the wildlife that frequent our neighborhoods. From raccoons to squirrels, deer to wild turkeys, there's an amazing assortment of critters around us every day. You will do some hiking, play games, and enjoy the great outdoors. Pre-registration is required. Ages 2 and under are free. Cost: \$3 per person.

Preregister at 651–455–4531 or DodgeNatureCenter.org.

#### A Place for Everyone: Fair Housing for All Community Members

On Tuesday, November 19, the League of Women Voters of the Roseville Area and the League of Women Voters St. Paul (LWVSP) are sponsoring **"A Place for Everyone: a discussion of fair housing for all community members"** featuring a panel of housing experts, who will discuss the current situation in fair housing in the region. The forum runs from 6:30 to 8 p.m. at Centennial Methodist Church – Roseville Campus (1524 County Rd. C2 W, Roseville, at the corner of C2 and Snelling). It is free and open to the public.

Panelists will include: Rep. Alice Hausman, Chair of the Minnesota House of Representatives Housing Committee; Cathy ten Broeke, Executive Director of the Minnesota Interagency Council on Homelessness; and Maria Wetherall, Director of Ramsey County Veterans Services, who chairs Heading Home Ramsey, a community–wide partnership that seeks to end homelessness for veterans in Ramsey County.

LWVSP has a long history of monitoring

## THINK TWICE.

St. Vincent de Paul Thrift Stores sell only quality second-hand clothing, furniture and housewares affordable housing in Twin Cities and advocating for fair policies. Its most recent study, on housing foreclosure, was published in 2009 during the financial crisis. At that time, it was estimated that the city would have 2,400 houses in foreclosure by the year's end; the number of buildings registered with the city as vacant was on the rise, and the number of demolitions was rising. In 2019, fair housing options have become scarce, and millennials who delayed house purchases during the financial crisis, students and other younger generations, are finding themselves priced out of affordable options.

The League of Women Voters of St. Paul (Iwvsp. org), celebrating its 100th year in 2019, is dedicated to informed and active participation of citizens in government. Please see the LWVSP event calendar for more election information, program details, and events: Iwvsp.org/events.

#### Our Lady of Guadalupe Church "Gifts for All Seasons" Craft and Bake Sale

You are invited to OLG's annual holiday "Gifts for all Seasons" craft and bake sale on Saturday, Nov. 16 (9am-3pm) and Sunday, Nov. 17 (8am-1 pm). Featuring wonderful gifts, handmade crafts and delicious treats. Come for Breakfast Burritos Saturday & Sunday morning. Then stay for lunch and enjoy OLG's "famous" Tacos!

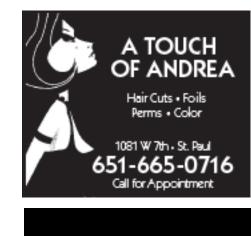
lglesia de Nuestra Señora de Guadalupe — OLG Church, 401 Concord St., St. Paul: 651–228–0506.

#### From the Nazis to the Neo-Nazis

World Without Genocide hosts a program to examine the connections between the Nazi movement in the 1930s and 1940s and the rise of Neo–Nazism today.

This event will be held on Wednesday, Nov. 6 at Mitchell Hamline School of Law, 875 Summit Ave, St. Paul, Conservatory – Room 147, from 7 to 9 p.m.

Holocaust survivor Fred Amram will speak about his childhood in Nazi Germany and the impact of the Holocaust on his extended family. Dr. Ellen Kennedy, Executive Director of World Without Genocide, will talk about the Nazi movement in the United States during that same period, its continuation in the US and abroad today, and efforts to combat hate, particularly addressing social media, a major platform used to spread hate. The final section of the program will examine civil and criminal cases that have been prosecuted for



online harassment by neo-Nazis.

The program is open to the public. Registration is required at worldwithoutgenocide.org/neo-Nazis. Cost is \$10 general public, \$5 students and seniors, free to Mitchell Hamline students (diversity credits available), \$25 for 2 Standard CLE credits. Space is limited; early registration is encouraged.

More information: info@worldwithoutgenocide. org or worldwithoutgenocide.org, 651–695–7621.

#### Great River Greening and Rondo Center for Diverse Expression are Grant Beneficiaries

The Saint Paul Area Association of REALTORS® Charitable Foundation have granted \$100,000 to two community-based organizations that are committed to improving the communities SPAAR serves. Great River Greening and Rondo Center for Diverse Expression each received \$50,000 for projects that will have lasting impacts and benefit the public.

Great River Greening will be restoring multiple acres of bluffs within Lilydale Regional Park that require extensive removal of buckthorn to prevent erosion and make room for native flora. The REALTORS® Charitable Foundation's grant allows for fast-track buckthorn removal on a critical piece of land before the invasive shrub spreads too quickly. In addition, this project aligns nicely with SPAAR in that the Lilydale Regional Park sits within the heart of a robust real estate market and this work is expected to help enhance the area's real estate value.

Rondo Center for Diverse Expression will be revitalizing a building that, when complete, will serve as a museum to preserve Rondo history as well as event and meeting space for the community. The building, located at 315 Fisk Street in St. Paul's Rondo community neighboring the Rondo Commemorative Plaza, was purchased in 2018 with financial support from SPAAR.

"The Rondo Community was displaced when construction of I–94 began in the 1960s. Now, decades later, SPAAR is investing in the Rondo community's next chapter," said Amy Peterson, president of SPAAR's REALTORS® Charitable Foundation. "Similarly, SPAAR is pleased to support Great River Greening in its work to improve the land and outdoor experiences for the 500,000 visitors to Lilydale Regional Park each year."



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## **Community Arts & Culture** From Plasticine to McKnight

**BY JERRY ROTHSTEIN** "When you have a handmade bowl, you are connected with the artist." Thus, Guillermo Guardia starts our conversation as he shows me around the large, well–equipped ceramics studio at Schmidt Artist Lofts, where he lives and works.

His story is a mosaic composed of history, traditions and journey that brought him from Peru to Minnesota. He grew up in Lima in a family where both parents worked and his three siblings all went to college. He is one-quarter Japanese, as one of his grandparents was part of the large Japanese migration to Peru and Brazil in the late 19th and early 20th centuries.

As a child, he was always making things. He remembers watching Japanese TV cartoons at his grandma's and making them over in Plasticine, his favorite toy, with which he made all kinds of action figures – so during school he gravitated toward the arts. His last elective in his Bachelor of Fine Arts program in Peru was ceramics – "You got hooked, and wanted to learn more," – but there were no college programs that fit his ambitions, and he started to explore programs abroad. He found five, was accepted in three, and chose the University of North Dakota, Grand Forks, where he was offered a tuition waiver and a teaching assistantship in a program

At UND he studied ceramics. The program had two or three students aiming for M.F.A.s. While teaching, learning and making, Guillermo began to make connections in the wider community. He became an Artist in Residence at the North Dakota Museum of Art, Grand Forks. He was fully engaged in the compli-



(left to right) Guillermo with bisque sculpture.; Standing figure "Astro Mochica" in porcelain, underglazes and clear glaze, from the "Memories of Home" series.

cated immigration process, which ended up taking five to six years, but when he received his Green Card he decided to work as a full-time studio artist.

After fifteen years, feeling the need for a change of environment that would offer new challenges and opportunities to show his work, he moved to the Twin Cities, where he was already slightly familiar with the arts community. He decided not to take a job that first year so he could devote himself to his work, and it was a tough year and he was finding it harder to connect with the people who could help him exhibit in the right places. Later, moving to Schmidt with access to the studio was a major boon.

GUILLERMO, PG 6

## The McKnight "...is designed to strengthen and enhance Minnesota's artistic community

as well as significantly advancing the work of Minnesota ceramic artists whose work is of exceptional artistic merit, who have already proven their abilities, and are at a career stage that is beyond emerging."



# 6th Annual Holiday Market at the Schmidt Brewery

More than 40 local artists are bringing their talents to the historic Schmidt Brewery for the annual holiday market. The market will run November 29 and 30 from 10 a.m. to 6 p.m. and December 1 from 10 a.m. to 3 p.m. at 900 West 7th Street, St. Paul. Admission is free.

The holiday market features an array of talent, including many Schmidt artist-residents and visiting artists. Come in for gifts, or if you are looking for a statement-piece in your home. There will be handmade jewelry to accent your favorite holiday sweater, and knitwear from the textile vendors to keep you warm in winter. Look past your Instagram feed and get in front of fine art, which will include high quality etching, abstract and illustrative work. Ceramic vendors will supply your home with tea & coffee mugs, serving bowls for your favorite hot-dish, and steins...well you are at Schmidt, right? Come for tiny llamas and stay for the paintings that give you a view of the North Shore.

<sup>'</sup> Live music will be played throughout the weekend & Rose Street Café and Catering will be selling coffee and pastries. The 6th annual holiday market nourishes all your senses.

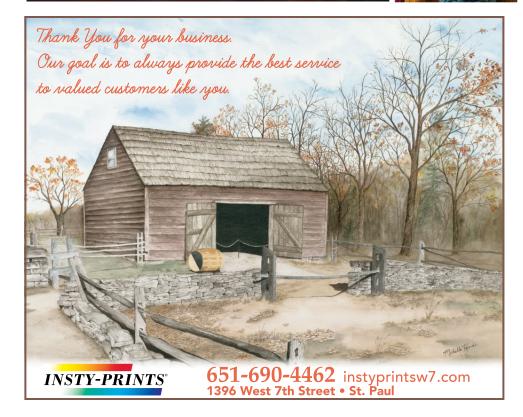
For details see the Facebook page: facebook. com/schmidtholidaymarket.







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

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**Business Association** 

# In the Community

## **Riversedge Brings Bold Vision to Downtown**



**RAFAEL ORTEGA** 

Over the past six months, Ramsey County has been working with developer AECOM to refine a vision for the Riversedge development along Kellogg Boulevard in downtown St. Paul. Riversedge is a bold and innovative project that will create jobs, revitalize our capital city's historic

columnist our capital city's historic riverfront and expand public access to one of Minnesota's greatest natural resources – the Mississippi River.

The proposed \$788 million development includes four waterfront towers that will provide more than 400 condo and apartment units and 168 hotel rooms, create more than 5,000 new jobs, and generate more than \$15 million in property tax revenue annually. The development would also include a \$5 million contribution to an affordable housing trust fund, which would be used to expand housing options in St. Paul.

One of the most innovative parts of this project is the nine acres of new public realm space, which will function as an urban park built over Shepard Road and the adjacent railroad. This will double the usable area of the site and provide a physical pedestrian connection between downtown St. Paul and the Mississippi River, which will become more accessible to residents and visitors alike with a tiered walkway from the bluff to the river, an amphitheater and bandshell overlooking the river, and bike paths that connect to regional trails.

After Ramsey County selected AECOM



as the developer for the site, we asked their representatives and our staff to do significant research and due diligence to make sure that the vision they put forward for Riversedge would work in the marketplace. They have had productive conversations with neighboring property owners, the railroads, District Energy and other key downtown stakeholders. Together we are now in the process of creating technical engineering and design documents, seeking regulatory clearances and initiating public engagement activities. Construction is anticipated to begin in 2021. Riversedge is an opportunity to develop a great civic space, create jobs, catalyze affordable housing and increase the tax base. I am confident that AECOM will be able to execute this vision and that our investment in this site will bring significant long-term returns for the entire metro area. I look forward to seeing how this project will transform our downtown and the way residents, workers and visitors connect with the Mississippi River. Keep up with the latest news on the project at RamseyRiverfrontProperties.com.

## Ken McCormick, Neighbor and Friend, Passes

Ken died on October 22, 2019 at his home in Irvine Park, surrounded by his family. He leaves his wife of 53 years, Maxine McCormick, daughter Melicca and husband Errol, son Leben and wife Julie, and son Kalin and wife Erin, and seven grandchildren Caitlin, Ruby, Ayana, Eli, Maya, Evelyn and Teagan. He also leaves his siblings: Keith and wife Barb, Judy Flint and husband Kenneth, Tim and wife Ginny, Kevin and wife Gina, and David and wife Lisa. He is preceded

in death by his parents, Donald and Nadine McCormick and brother Robert McCormick.

Ken was born in Omaha, Nebraska, on November 14, 1944. He attended American University in Washington D.C. and received his Master's Degree in Business Administration from Trinity College in San Antonio, Texas. Ken and Maxine married on June 4, 1966, in West Point, Nebraska. He served in the United States Air Force for five years and retired as a Captain in 1974, and then moved into public service, working as a manager and financial analyst at the



Hennepin County Welfare Department for more than 30 years. Ken and Maxine moved from Minneapolis to Irvine Park in 1979, where they raised their family and restored their historic home. Ken was

dedicated to helping people through his work, and to the preservation of the Irvine Park neighborhood. He was a skilled carpenter and loved the outdoors, and

had many happy memories of camping, canoeing and fishing. He loved literature, especially maritime stories and mysteries like Sherlock Holmes by Arthur Conan Doyle. He also loved traveling with Maxine after retirement, and enjoyed the architecture and history of the places he visited. He was a devoted husband, and a proud father and grandfather, who fully supported the pursuits of his family.

A Celebration of Life will be held at the C.S.P.S. Hall at 383 Michigan on Saturday, November 16 at 3 p.m. All who remember Ken are

## A Place for Everyone: Fair Housing for All Community

On Tuesday, November 19, the League of Women Voters of the Roseville Area and the League of Women Voters St. Paul (LWVSP) are sponsoring "A Place for Everyone: a discussion of fair housing for all community members" featuring a panel of housing experts, who will discuss the current situation in fair housing in the region. The forum runs from 6:30 to 8 p.m. at Centennial Methodist Church – Roseville Campus (1524 County Rd. C2 W, Roseville, at the corner of C2 and Snelling). It is free and open to the public.

Panelists will include: Rep. Alice Hausman, Chair of the Minnesota House of Representatives Housing Committee; Cathy ten Broeke, Executive Director of the Minnesota Interagency Council on Homelessness; and Maria Wetherall, Director of Ramsey County Veterans Services, who chairs Heading Home Ramsey, a community–wide partnership that seeks to end homelessness for veterans in Ramsey County.

The program is co-sponsored by Centennial, Hamline United Methodist Church, Council of Metropolitan Area Leagues of Women Voters (CMAL) and CAN (Catalyzing Community Action Network) and the National Alliance on Mental Illness of Ramsey County (NAMI Ramsey).

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# **Community Nourishment**



## **VIEWS FROM THE GARDEN** Are You a Procrastinating **Gardener?**

BY KENT PETTERSON Did you forget to plant

those hardy bulbs you ordered for planting this fall? Is your ground not frozen? If that is the case, it is not too late to get them in the ground this fall. They are much better off in the ground than in a bag over the winter drving out. They will be fine in the spring. Flowering maybe a little slow in the spring because a root system didn't get established in the fall, but there is

no doubt you should not hesitate with planting. Get them in the ground and started for next year.

How about those tender tubers - Canna and Cala Lily or sweet potato vines? Tender bulbs are likely still alive but going dormant on Nov. 1. It's easy if they are growing in a small pot. Just move indoors. You don't need to save all the tubers, although why not? In the spring it will be money in your pocket because it is so easy to save them.

You do need a cool dry spot in your space, or a neighbor's space, where you can place a box or paper bag for those you removed from the soil. A basement floor is ideal. Cover the tubers after removing the soil and checking for damage. Or if you are like me, a little casual, leave the soil on and cover with lightly damp peat, vermiculite or perlite that will retard drying out.

You can pretty much forget about them except to check for mold formation and getting too dry. Toss out the mold-damaged tubers or add a sprinkling of moisture to get them to your transplant time. You should watch for sprouting about March or so, as a signal to start potting them up for next year's garden. Talk about delayed gratification; this is the best for the procrastinating gardener.



WHATEVER...KEEPING YOUR HEART IN TUNE WITH WHATEVER LIFE BRINGS - Nov 2, Fellowship 8:30am, Bible Study, 9–10am. Thanksgiving Service, 11/28, 10:30am, St. Peter's Lutheran Church, 530 Victoria S. 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 7th. text 612-859-2572 or 651-668-0065



columnist

## **BIRDS IN PARTICULAR Our Green Spaces**

Have you noticed the green spaces in the neighborhood? Jefferson HALLE O'FALVEY Avenue, hailing from Ayd Mill Road to Colborne

Street has a designated bike path and has an abundance of underused green spaces we could use and maybe we should start using them.

Pleasant Ave that runs along I-35E and is broken up by the freeway, buildings, homes and roads. It meanders. Pleasant Park runs along the bike path at I-35E and has benches and exercise equipment across the street from Journeys Secondary School.

#### GUILLERMO, PG 4

And he had connected with Northern Clay Center, a gallery and resource for advancing ceramic art through education, exhibitions and artist services that began in 1990. That connection has now gained him a McKnight Fellowship for Ceramic Artists award.

This high point reflects recognition of Guillermo's powerful work in the ceramic arts community. Whether making a few dozen mugs or a major ceramic figure, "Everything I make says something." He works with the major issues of these times, drawing from his life as an immigrant, a man of many traditions, an observer of war, violence, displacement.

He uses Japanese forms infused with Peruvian design to produce some amazingly contemporary work. "They could be called 'Self-portraits."

"My art is a representation of my life, my times. The work shows an outside perspective too, as one who came here from another country." He explores the meaning of "home" from the perspective of having had two already (Peru and North Dakota) and almost three, as he settles in to Minnesota.

To learn more about Guillermo and his work, see moguya.com. He also sells through an Etsy outlet, at etsy.com/shop/MoguyaStudio. Or find him in Instagram, emoguyart and Facebook.

#### HOUSING, PG 5

LWVSP has a long history of monitoring affordable housing in Twin Cities and advocating for fair policies. Its most recent study, on housing foreclosure, was published in 2009 during the financial crisis. At that time, it was estimated that the city would have 2,400 houses in foreclosure by the year's end; the number of buildings registered with the city as vacant was on the rise, and the number of demolitions was rising. In 2019, fair housing options have become scarce, and millennials who delayed house purchases during the financial crisis, students and other vounger generations are finding themselves priced out of affordable options. The League of Women Voters of St. Paul (lwvsp. org), celebrating its 100th year in 2019, is dedicated to informed and active participation of citizens in government. It is a nonprofit, nonpartisan organization and neither supports nor opposes political parties or candidates. Future LWVSP talks will include topics such as election security; affordable housing; the National Popular Vote, and presidential primaries vs. caucuses in Minnesota.

There is Monroe Memorial Park, Homecroft Park, and Dousman Park. Irvine Park has its fountain and gazebo; Eagle Street Park benches, and Charlie Brown; the High Bridge Park North has sculptures and a big green chair.

Victoria Park is under way and we have the Crosby Farm and Hidden Falls Regional Park.

There are several designated green spaces that have benches, grass, trees and pathways that are not even listed as a park. Across the Mississippi River, we have Harriet Island Regional Park and Harriet's wild sister, Lilydale and her Regional Park.

We have playgrounds: West Seventh Community Center, Nova Classical, Global Arts Plus, Journeys Secondary School, Adams Spanish Immersion School, Palace Park, and Linwood Playground that overlooks our neighborhood.

Point of View Park is located up on 32 South Summit Court. It does not have a view at all anymore. It overlooks our neighborhood. It is just a little south and west of Summit Overlook Park on top of Ramsey Hill, home to the eagle sculpture.



Nathan Hale's statue in his tiny triangle park is right across the street and kitty-corner is Cochran Park, home to Paul Manship's sculpture, "Indian Boy and His Dog" and several goose-like creatures.

Two Rivers Overlook, Bdote in Dakota, at the confluence of the Mississippi and the Minnesota Rivers has several sculptures; Philip Rickey, a St. Paul sculptor, designed one for Symposium of MINNESOTA ROCKS! and a map you can walk on.

Near the Ford Dam Scenic Overlook there is another sculpture from the Symposium of MINNESOTA ROCKS! That was a convergence of International Stone Carvers in 2006 on the grounds of St. Paul College. See mprnews.org/ story/2006/06/30/minnesotarocksrevisited.

We have several berms that could use a little tending. Maybe some snow sculptures this winter.



It's the impression we leave behind

CONNECTING OUR COMMUNITY WEST 7TH COMMUNITY CENTER 265 Oneida, St. Paul 651-298-5493 west7th.org

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: 11/7, 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: 11/20, 4-5pm. 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: 11/14, 10am-noon. Call Senior Linkage 1-800-333-2433. Retirement Income & Pension Counseling: 11/19, 11amnoon. Registration required Ask the Lawyer: 11/21, 3-4pm. Melanie Liska of Tarrant & Liska. Lunch'n Bingo: 11/21, 11:30am-1pm. Register by 11/14. Stouffer's lasagna, garlic bread, vegetables 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:** 11/27, 12:15-2:15pm. Breakthrough (PG, 2019, biography, drama) \$1 non members

#### SPECIAL PROGRAMS

Square Dancing: Mondays, 6:15-8pm. Put on your dancing shoes; no experience and no partner required. All ages, \$5/session (First 2 classes free)

TED Talks: 11/17, 11:30am-1pm; Happiness. Bring your

NEW: Bridge: Mondays, 12:30-3:30pm. Calling All Bridge Players in the neighborhood. Seniors' Lounge. \$1 for nonmembers

Coloring Jam: 11/12, 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.

Family Movie Night: 11/8: Doors & concessions open at 6pm. Movie 6:15-8:15pm. Toy Story 4 (PG). Free, with

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ow-cost concessions for sale. 2nd Friday each month. Children must be accompanied by someone age 13 or older.

Free Family Book Fair: 11/14, 4-5:30pm in the gym. Bring the whole family for reading, games, crafts, and a snack Each child from toddler to teen can select 5 free books.

Fare for All Discount Groceries: 11/1, 10am-noon. Affordable & nutritious foods. Cash, check, EBT or credit card accepted. Info: Cathalina 651-298-5493.

Meals on Wheels, Dietary Choices; daily check-in.

## VOLUNTEER

Friendly Visitor - Visit seniors who need companionship. Drivers needed - Bring senior neighbors to medical appts, grocery shopping and other small errands. Call Jamie, 651-645-0349 for info and sign up.

## YOUTH

Serves students K-10, Mon.-Fri., 2:15-6:00pm. Homework help, tutoring in reading and math, social skills, enrichment activities, STEM, sports and fitness, field trips, healthy snacks. Transportation may be available if needed within the West 7th neighborhood. Contact Julie Murphy, 651-504-2246 or jmurphy@keystoneservices.org.

Please see the LWVSP event calendar for more election information, program details, and upcoming



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Newly opened ELLE Salon is seeking licensed hair stylists and massage therapists. Chairs to rent available. 1564 7th Street West. Call 651-247-9988 for more information.

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#### SWOR & GATTO, PG 1

Bruce chose an eclectic design that emphasizes traditional detail and is designed to blend into the neighborhood. Darker brick was chosen to harmonize with the adjacent older buildings. The building's lines and proportions convey a sense of its solidity

As the design evolved, plans for furniture, art work and plants were important for creating the working environment they wanted. Swor and Gatto is a personal injury law practice, founded by Paul Gatto and Michael Swor (now retired). They had started their careers as insurance adjustors

and evolved to accidents, medical malpractice and negligence cases, and other forms of personal liability. Marcus worked in nonprofit, public benefits and immigration law. Most of their present work deals with motor vehicle accidents.

They asked whether their building would contribute to preserving the neighborhood, because "West Seventh is an important corridor serving parts of Old St. Paul that have survived and in many cases are thriving again."

The results speak for themselves.

₿



History Revealed at Waldmann: 11/14, 7:45pm. John Guthmann & Jim Moffet, Fife & Drum: Military Music of the Civil War. The second Tuesday of each month is Ramsey County Historical Society Day at Waldmann Brewery & Wurstery. Ten percent of all sales to members, supporters or friends of RCHS is donated to RCHS. Register at rchs.com/news/history-revealed-2019. Civil War historians and musicians John Guthmann and Jim Moffet present a very special evening on military music, focusing on fife and drum music during the Civil War. John and Jim will appear in uniform and play authentic tunes from the Bruce & Emmitt fife and drum manual that was printed in 1862. Waldmann Brewery & Wurstery, 445 Smith Ave., 651-222-1857.

Won't You Be My Neighbor! Fort Road Federation Fundraiser: 11/12, 6–8pm at the Historic Rathskeller (882 West 7th Street). Fun fall gathering to celebrate Fort Road Federation's new home at the Schmidt Brewery! Food, drink, and friends will be there. Check out this incredible space, talk to neighbors elected, weigh in on issues for FRF to tackle in 2020, and just enjoy Fall on West 7th! Info: FortRoadFederation.org.

Hand Drums for Beginners: 11/12, 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 Avenue W., St. Paul. Instruments provided. Cost is \$10. Register at womensdrumcenter. org. Women's Drum Center is a nonprofit organization providing opportunities for women and girls to learn, teach, and play percussion together and to energize the community at large through performing.

Power-Up Legal Clinic: 11/7 & 21 and 12/5, 1-4pm, 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.

Mobile Menders: 11/18, 5:30-7:30pm at West 7th Community Center, providing free mending services. You can bring up to 3 clean items that need mending.

St. Mark Annual Holiday Boutique: 11/23, 10am to 3pm at Saint Mark Lutheran Church, 550 West Seventh Street. Art Work, handcrafted items, raffle, café and so much more. Free.

Holiday French Toast and Pancake Breakfast, Kolache, and Craft Sale: 11/24, 9am-1pm at the

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

Carondelet Village Memory Café: 11/20, 1:30-3pm, Carondelet Village, 525 Fairview Ave S. St. Paul, Private Dining Room, 2nd floor, free. Memory Cafés 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. Future meetings: celebrate Memory Café's 5th birthday; 12/18, discuss favorite holiday memories and sing Christmas carols together.

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 every Monday, 10am, at 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: All Salons are 6:30-8:30pm, at Mississippi Market, 1500 W. 7th. Call for information 651–227–3228. Salons are free; donations appreciated. Open discussions all month. Please join us!

Caregiver Support Groups: Alton Memory Care, 1306 Alton St., third Wednesday of every month from 5-6 p.m. Contact Kristen Edson, 651-695-2384. Sholom Home East, 740 Kay Street, second and fourth Monday of every month from 3–4 nm. Contact:



## MICHAEL C. BLACK ATTORNEY AT LAW 651-222-2587

265 W. 7th St .• St. Paul. MN 55102 (2 blocks west of the Xcel Energy Center) C.S.P.S. Hall, 383 Michigan Street. Hosted by Czech and Slovak Sokol Minnesota, Menu: French toast, pancakes, sausage, juice, fruit cup, juice, milk, and coffee. \$8/ adults, \$6/children under 9, and \$26/family (2 adults and 2 children.) No reservations needed. Public welcome. Pre-order kolache by 11-17-19 at 651-290-0542.

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

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Rosenthal 651-690-8920.

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

West End Enhancement Coalition: 11/7, 11am at Terrace Horticultural Books, 503 St. Clair. Discussion items will be neighborhood beautification, transportation, issues of the day. Contact Kent Petterson at terrace@winternet.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 about the way you eat? OA may have the answer for you. No dues, fees, or weigh-ins. Meetings every Friday 6:30pm at 900 Summit Ave.

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River Garden Yoga Center "If you can breathe, you can do yoga," -Krishnamacharya

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Our certified teachers will help you explore yoga poses, calm yourself through breathing exercises, and still your mind through meditation.



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**NEW STUDENT?** First class is always free to local residents. www.rivergardenyoga.com 455 W. 7th St., St. Paul, MN 55102



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