

# Community REPORTER

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

## DISTRICT PERSPECTIVE Secure Choice as a retirement option



SEN. SANDY PAPPAS  
columnist

Navigating financial decisions can be confusing and stressful, especially when it comes to long-term saving. Setting a budget for the week, month or year is one thing; but for workers of all ages, it can be hard to feel a sense of urgency for a retirement fund that you won't use for 20, 30

or 40 years.

I believe all Minnesota workers should have the opportunity to easily save for retirement and have those savings safely invested. That's why I'm proud to be the chief author of a bill that would create the Secure Choice Retirement Program, a simple, safe and reliable retirement savings option for Minnesotans whose employers don't offer a retirement plan.

According to Federal Reserve data, 45% of non-retired adults said they were not on track for saving for retirement, and 19% said they didn't know how they felt about their retirement savings (2021 data). Secure Choice would allow workers to set the savings process on autopilot. Workers would be able to opt into the program and, just like other employer-provided retirement savings plans, have a fraction of every paycheck—as large or as small as you choose—set aside into a retirement account. When you don't have to take an extra step of setting aside savings every month; when you know in the back of your mind that your money is gaining interest; you gain a sense of security that you're planning for your future several decades down the line.

Secure Choice simplifies the process for employers, too. Setting up a 401(k) retirement program is a complicated process for businesses, particularly for entrepreneurs who already perform the many daily tasks of managing a business. The Secure Choice Retirement Program would minimize the amount of work necessary to help workers save for their future retirement and make Minnesota job opportunities more appealing and competitive for their added benefits. The State Board of Investment, which stewards state employee benefit and retirement plans, would manage these retirement savings accounts with tailored investments based on the individual's preferences and how close they are to retirement.

Research has shown that when workers have a way to save through payroll deductions, they're better able to save for retirement and experience financial freedom when they leave their working years. Americans who don't have access to a retirement savings plan through their workplaces are more likely to use Social Security as their only source of income after retiring. In

Minnesota, the average monthly Social Security benefit is \$1,600. People who have worked their whole lives deserve more financial stability than that, and the Secure Choice program is one way to provide that.

Secure Choice isn't just good for individual workers; as Paul Wellstone said, "We all do better when we all do better." When more people save for retirement, it helps cut costs for everyone: Minnesota taxpayers could save an estimated \$258 million over 10 years through reductions in state Medicaid spending, because more people would have a stable financial foundation to rely on after they leave the workforce.

The Secure Choice Retirement program is a simple way to help Minnesotans workers achieve the stability, dignity and financial freedom they deserve when they retire from the workforce to enjoy their golden years.

## Fort Road Federation welcomes new leader ahead of annual meeting

BY CASEY EK

**W**hen Julia McColley moved into the West 7th area with her husband Grant five years ago, she knew it wouldn't be long before she got involved with the community's goings on.



A post on Facebook about the Fort Road Federation was all it took to get her gears turning, and the next thing she knew she was attending a Zoom meeting the organization was hosting.

Now, after working for the Federation in various capacities—first as an area coordinator, then as the Outreach Committee chair and most recently as the communications and outreach coordinator—McColley finds herself at the helm of the operation as she steps into the Federation's executive director role. After serving in the role part-time since November, McColley took on the role in earnest March 6, succeeding the outgoing Mary Cutruffello.

McColley grew up in Vadnais Heights before earning her degree in finance from Metropolitan State. She worked for her local YMCA as a manager of the aquatics division before moving on to managing a local childcare operation and eventually landing in the field of human resources. She and her



SCENES FROM  
ST. PATRICK'S DAY  
page 4

VOL. 53 NO. 4

APRIL 2023

CIRCULATION 13,000



Fort Road Federation Executive Director Julia McColley at Keg and Case Market

husband purchased their home off Shepard Road and Otto Avenue in 2021 where they live with their 7-month-old son Duncan.

McColley said the last three years with the Federation have been a boon as she steps into the top spot.

"It definitely helps to have familiarity with the board members already. I have a relationship with them," McColley said.

McColley's tenure at the Federation will kick off with a bang as the organization is preparing for their annual meeting, slated for

April 25 at Summit Brewing Company, 910 Montreal Cir., from 6-8:30 p.m. Additionally, this year marks the Federation's 50th year. The theme for the meeting is *Looking back, Moving Forward: 50 years of the Fort Road Federation*. To that end, McColley is ready to celebrate the organization's history, but is eager to forge partnerships with local organizations to ensure the Federation's success in the future. Hearing all voices from the community, McColley

NEW LEADER, PG 2

## Spring art crawl season is upon us

BY CASEY EK

St. Paul artists of all sorts are gearing up for another season of art crawls, and this year is promising to be like no other.

At the heart of the most prominent art crawl events is the St. Paul Art Collective. Formed in 1977, SPAC has its roots in the Lowertown warehouse district, which became a hotbed for the city's arts scene. In the years that followed, the collective hosted artist showcases around downtown. In 1991, the collective began hosting art crawls more or less how they are experienced today, and many believe the St. Paul Art Crawl to be the longest running art crawl in the country.

Current SPAC President Diane McNew said that this year marks an era of rebuilding for the collective, which over the course of the pandemic experienced a reshuffling of leadership and membership at large. She hopes this year will allow the SPAC to grow into the communities it aims to represent.

The collective hopes to hone in on inclusion efforts, both geographic and cultural, McNew said.

"We're looking to be more representative of more neighborhoods," McNew said. "There's just some culturally rich and diverse neighborhoods in St. Paul."

Midway and Frogtown neighborhoods are among those into which the Collective hopes to expand.

Fellow SPAC Board Member Melissa Critchley said this year represents a "pivotal moment" for the collective.

"We have fresh people on the board and have fresh ideas," Critchley said. "We have this clean slate, and we can do what our membership wants and really needs."

Art buffs can expect to see a wide range of works at over 40 sites, from paintings, ceramics, illustration, jewelry, photography, block printing, glass, digital work, healing arts, fiber arts (knit, sewing, tie-dye, and



Impressionist painter Ylli Haruni among his paintings from within his studio at F.O.K. Studios, 106 Water St. W, St. Paul

other dying methods such as ice dye, Shibori, marbling, paint and ink) and more.

### If you go

The spring art crawl season will be broken up into four weekends. All studios are located in St. Paul.

### April 14-16

**West Side:** F.O.K Studios, 106 Water St W

**Cathedral Hill:** House of heART 2  
763 Holly Ave; Virginia Street Church  
170 Virginia Street; The Milligan Studio  
459 Selby Avenue

**Summit Grand:** Grand Hand Gallery, 619 Grand Avenue

### April 21-23

**West 7th:** Friedli Gallery, 973 West 7th St.; Schmidt Artists, 900 West 7th Pl.

**Raymond Station:** The Bindery Building  
708 Vandalia Street; Dow Art Gallery & Framing,  
2242 University Ave; Kala Vandanam, 2327  
Wycliff St Suite 214; Paul Gaston's Pottery Studio  
& Gallery - Universe Buildings, 2147 University  
Ave W

ART CRAWL, PG 2





# Community REPORTER

265 Oneida St. St Paul, MN 55102  
**Copy Deadline: April 17**  
**Ad Deadline: April 19**  
**Community Reporter is a nonprofit, and donations are tax-deductible.**

**BOARD OF DIRECTORS**  
Jonathan Dickman *Board Chair*  
Paul Bard *Secretary*  
Diane Gerth *Vice Chair*  
Jerry Rothstein *Treasurer*  
Margaret Kinney, Eric Weispfening  
*Members*

**ADVERTISING**  
Jerry Rothstein, Administrative Director  
info@communityreporter.org

**EDITORIAL**  
Casey Ek, Editor  
507-382-1903  
editor@communityreporter.org

Jerry Rothstein  
Administrative Director  
651-587-8859

**LAYOUT/GRAPHIC DESIGN**  
In-Fin Tuan  
Graphic Designer

**BOOKKEEPING**  
Ailie Deloia  
adeloia.cr@gmail.com

**STAFF PHOTOGRAPHER**  
Elisha May Jacobsen  
elishamayart@gmail.com

**DISTRIBUTION**  
Independent Delivery Service

**PRINTING**  
House of Print

*Note: Editor reserves the right to edit submitted copy. Advertising design service are available or provide high-resolution PDF files.*

# 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 at editor@communityreporter.org.  
-- Casey Ek, Editor, *Community Reporter*



## WEST END HEALTHLINE

### Preventing falls and staying healthy



**BY ANNA DOVRE, MD**  
If you've ever lived through a Minnesota winter, you're certainly no stranger to the "penguin walk," that goofy way we all adapt to icy sidewalks by taking small, careful, shuffling steps. But even the emperor penguins among us have a tale (and a bruise) or two from slipping and falling in wintry conditions. As we look forward to the coming spring, we can cast our eyes with hope toward drier and safer surfaces on the horizon. However, the risk of falling does not just melt away with the dwindling snowbanks.  
Falls, and the injuries that can result, are a serious medical concern, and it's worth taking some time to consider your own risk factors and options for fall prevention.

Frequent falls can not only have detrimental impacts on your health, they can also be expensive: from frequent emergency room visits, to overnight stays in a hospital or rehab facility. If you have fallen in the past year, have had a fall-related injury or feel unsteady when standing or walking, you should be assessed by your primary care provider. Together, you can create a strategy to decrease your risk of falls, to help you feel stronger and more confident at home and ultimately to maximize your health and independence.  
Many factors can impact your risk of falls, including your balance, strength, blood pressure, medications, environment and your cognitive and psychological health. It's important to make sure you are having your vision and

hearing checked regularly and staying up to date on your eyeglasses prescription. If you take medications to help you sleep or improve your mood or medications that affect your blood pressure you could also be at increased risk of falls. Together you and your healthcare provider can work on limiting the quantity and dosages of your medications, minimizing potential drug interactions and side effects.  
Exercise can reduce the risk of falls in adults 60 and older by up to 15%. In addition, multiple types of exercise can reduce the risk of fall-related broken bones by up to 30%. Physical therapy as well as individual and group exercise classes, including Tai chi or yoga, can help identify areas of weakness and find ways to improve your balance, strength and flexibility. The Senior LinkAge Line (800-333-2433) is a free helpline through the state of Minnesota that can connect you with a variety of supportive resources, including local exercise programs and fall prevention classes.  
Home is where the heart is, they say. It's also where the hazards are. Most falls happen at home and are preventable. It is important to make sure you are using the appropriate shoes and assistive devices for you, such as canes or walkers. Certain changes in your home environment can help reduce the risk of falls: having a ramp instead of stairs; smooth, durable floors that are clear of extension cords or loose rugs; grab bars that are located near any stairs, toilets, bathtubs or showers and night lights in the bedroom and/or bathroom. With some time and effort on the front end, these changes can actually save you money in the long term by allowing you to remain safe and independent in your own home for a longer period of time.  
The winter may be behind us, but there are still plenty of hazards ahead. Paying attention to your own risk factors and making some changes in your life can keep you safe from falls and keep you on your feet to fully enjoy the summer ahead.  
*Dr. Anna Dovre is a family physician at Allina Health United Family Physicians, 233 Grand Ave, Saint Paul, MN 55102; 651-241-5200.*

## ART CRAWL pg 1

April 28-30

**Downtown:** George Latimer Public Library  
90 W 4th St  
**Historic Lowertown:** Lowertown Lofts Artist Cooperative, 255 Kellogg Blvd E; Union Depot, 214 4th Street E; Northern Belle Tattoo – The Rossmoor Building, 132 10th Street E; Creators Space, 218 7th Street E; Mary's Pence, 275 4th St E # 642; Master Framers, 262 4th Street E # 102; Calendula Gallery, 275 4th Street E, Suite 130; Art of Counseling, 275 4th Street E; The Lost Fox, 213 4th Street E; Lowertown Underground Artists (LUA) – Northern Warehouse Lower Level, 308 Prince Street  
**May 5-7**  
**Merriam Park**  
Spacial Effects Gallery, 1759 Selby Ave  
**Payne Phalen:** ArT @ 967 Payne  
967 Payne Avenue  
**South Como:** Front Avenue Pottery, 895 Front Ave; Mark Granlund Studio, 1022 Bruggess Street

**Meet the artists**  
At the center of the semi-annual art crawls are the artists who are hard at work preparing their works for the public.  
At Schmidt Artist Lofts MaryBeth Garrigan and Petra Johnita Lommen are working to complete their Avian Night Sky series, a collection of acrylic paintings set in black and blue that depicts birds in an effort to explore human transformation.  
"Avian Night Sky is really basically using birds as a metaphor for migration," Garrigan said.  
Combining Garrigan's naturalistic style with Lommen's ethereal approach, the series showcases the pair's embrace of mythology and astronomy. The pair, who have been collaborating for nearly a decade, said their work is a representation of their use of paint brushes as much as it is about their personalities and friendship.  
"When we're sitting here working, we're also sitting here talking about things," Lommen said.  
Garrigan who as an art crawl committee member for the Schmidt Artists Lofts and



MaryBeth Garrigan(left) and Petra Lommen share a laugh from within the Schmidt Artist Lofts painting studio. The pair will be displaying works from their Avian Night Sky series at the Schmidt Art Crawl, one of many such crawls this spring.



Haruni describes his process

## LETTER TO THE EDITOR

### Reparations are seriously a bad idea

**Dear Editor,**  
I believe that Reparations for only Black St. Paul residents is blatant, outright discrimination against the rest of us living in St. Paul. Seriously. Reparations will likely result in a class action discrimination lawsuit with a can of worms. Seriously. Reparations for only Black St. Paul residents is a bad idea. Seriously.  
*Respectfully,  
Sue Shetka, St. Paul*

## NEW LEADER, PG 1

said, will be the crux of that future success.  
"There's people who have thoughts, and feelings, and they want to get involved (with local civics), but they don't know where they fit in the system. That's what we're here for. We're looking to develop some close partnerships more strategically over the next couple of years. That's not something that happens overnight," McColley said.  
**What to expect at the annual meeting**  
Neighbors will have a chance to make their voices heard at the annual meeting, where the Federation will present a draft of and solicit input on their district plan, a guiding document that helps shape the organization's mission.  
Additionally, community members wishing to play an active role in the Federation can run for one of nine seats up for election. Those seats include: president; vice president; secretary, treasurer; area I coordinator (renter); area I coordinator; area II coordinator; area III coordinator (renter) and area III coordinator. Candidates were to have filled out questionnaires by March 31.  
Director of community initiatives with Mayor Melvin Carter's office, Noel Nix, will be a guest speaker.  
"There's also an opportunity to connect with neighbors you haven't met before," McColley said.  
The Federation will also announce the winner of their T-shirt competition at the annual meeting.





# Community News & Events



## WWII Survivors' Stories told through photographs and quotes at Landmark's North Gallery

Landmark Center, 75 West 5th St., and Minnesota Polish Medical Society present An Interrupted Childhood: Polish WWII Survivors in Minnesota. This important exhibit tells the stories of WWII survivors Adam, Anatol, Leonard, Magdalena, Maria, Walter and Wiktor. The narratives and photos, collected by curator Katarzyna Litak, immerse the viewers in lessons on suffering, survival, resilience and gratitude. The exhibit will be on display in the North Gallery through April 30, 2023.

**Hmong and Thai Fashion show**  
Center for Hmong Arts and Talent brings six Hmong designers from Thailand to share their ultra-unique clothing designs April 29 at Union Depot. Doors open at 6 p.m. for the fashion show and 4 p.m. for arts and crafts vendors. Tickets: bit.ly/3J8lbeS.

**Music from the Heartland**  
This high energy concert brings together the sounds from the Appalachians, folk music influenced by the western frontier, distinct southern harmonies, and music written right here in the Midwest - featuring some of the most popular American choral songs including Shenandoah, Keep Your Lamps, Down to the River To Pray, The Gift to be Simple and many

more. April 22, Salem Lutheran Church, 11 Bernard St. W., 7:30 p.m. The event is free, but donations will be accepted.

**A night of swing**  
Stop by the the gym of St. Mark's, 1950 Marshall Ave., for an evening of dancing and live music April 29. Lessons are at 7 p.m., and live music runs from 7:30- 10 p.m. \$10 at the door.

**Join ENCORE!**  
See Change Treble Choir, and Voices of Hope for this powerful collaborative performance at Sundin Hall at Hamline University. "Rising Tide" will highlight the stories of incarcerated women and their experiences connecting with music and each other. The featured music will bring to light questions and information that will help

the audience understand those experiences and raise questions: "Where do human rights begin?" "Can a rising tide create change?" "Who is included in the rising tide?" Featuring music by Abbie Betinis, Rafaella Alleoti, Melissa Dunphy, Alicia Keys, Lia Pearson, Linda Kachelmeier, and more. \$15-23. [hervoiceproductions.org/buy-tickets](http://hervoiceproductions.org/buy-tickets)

**Spring Rummage Sale**  
The People of St. Paul's United Methodist Church are holding their annual Rummage Sale on Saturday, April 29 at Saint Paul's United Methodist Church, 700 Wesley Lane, Mendota Heights. Doors open at 9 a.m. and concludes at 3 p.m.. Find quality used items and low prices at this once-a-year sale. Proceeds from the day will be used to fund mission projects locally, nationally and internationally. St Paul's United Methodist Church is located north of the intersection of Hwy 110 and Dodd Road. For further information, contact the church office at 651-452-LOVE(5683).

**Noecker gets DFL nod**  
Saint Paul City Council Member Rebecca Noecker has been endorsed by her DFL Ward 2 constituents for re-election to the St. Paul City Council after kicking off her campaign in earnest in March.

"I am deeply grateful to all of the Ward 2 delegates for their support, and I hope to get the chance to serve another term," said Noecker. "I'm excited to build on the work we've already done and do even more to make sure Saint Paul is a city where every child has the chance to thrive, every family can afford a home, and everyone feels safe in a neighborhood they love." Noecker is seeking a third term. The campaign filing window is Aug. 6-15. More info: bit.ly/3JBcc6b.



### A TOUCH OF ANDREA

Hair Cuts • Foils  
Perms • Color

1081 W 7th • St. Paul  
**651-665-0716**  
Call for Appointment

## REFRAME

YOUR ART! BRING OUT THE BEST

### GRAND HILL GALLERY

333 Grand Ave Suite 101  
Junction of Grand, Ramsey & I-35E  
**651-227-4783**



pleasant dog

### Walking and Sitting

Reasonable rates

Call, text or email Nate

612.558.2027

[pleasantdog@gmail.com](mailto:pleasantdog@gmail.com)



### Supporting Little Bohemia and W7th

Honorary Consulate  
of the Czech Republic

MARIT LEE KUCERA  
Honorary Consul

[minneapolis@honorary.mzu.cz](mailto:minneapolis@honorary.mzu.cz)  
[mlkucera@outlook.com](mailto:mlkucera@outlook.com)

385 Michigan St  
Saint Paul, MN 55102



**Highland Park transit updates**  
Ramsey County has completed their analysis and developed options for future transit solutions in the Highland Park area. In-person and self-paced virtual public engagements are scheduled. Join us to learn more about study results and next steps for transit in your community.

**Explore our virtual engagement:**  
[bluelineriverviewconnectionstudy.com](http://bluelineriverviewconnectionstudy.com)

**Attend an in-person neighborhood pop-up event:** April 4: 11am-1pm, Highland Park Library, 1974 Ford Pkwy. April 12: 11am-1pm. Macalester College Campus Center, 1600 Grand Ave. An artist-created kiosk will be located at Highland Park Library for viewing this spring. **Thursday, April 27 4-6 p.m., Highland Park Library, 1974 Ford Pkwy**



## St. Paul Automotive

Committed to Excellence

### Foreign • Domestic

AAA Approved "Top Shop"



Tune Ups • Brakes  
Oil & Lube • Tires  
Engine Diagnostics

**651-298-0956**  
910 Randolph Ave • St. Paul

HOURS: MON-FRI 7AM-5PM



919 Randolph St. Paul  
**651-291-0146**  
[skinnermn.com](http://skinnermn.com)

**STOP IN FOR THE BOMB**

ABOMB: \$5.50 Makers Mark  
BOMB: \$3.25 Pabst pints



It's almost

## GRADUATION TIME!

USE SKINNER'S CATERING FOR YOUR NEXT EVENT

Graduations | Private Parties | Weddings

**651-292-9228**



TAKE THE SHUTTLE to home Twins games!

### Spring Events at Landmark Center



Skylark Opera, April 2, 1-3pm **FREE**

Urban Expedition: Scotland, April 16, 1-3pm **FREE**

Bandwidth Community Band Festival, April 23, 12-6pm **FREE**

St. Paul Civic Symphony's Mother's Day Concert, May 14, 1-3pm **FREE**

Sundays at Landmark sponsored by:    

LANDMARK CENTER  
[www.landmarkcenter.org](http://www.landmarkcenter.org) | 75 Fifth Street West | Saint Paul, MN 55102

### SPRING INTO ACTION AS A KEYSTONE VOLUNTEER



**This spring, renew your connection to your neighbors as a volunteer!**

We have a variety of opportunities and offer flexibility so we can find a role that is right for you!

Visit [keystoneservices.org](http://keystoneservices.org) for more information and to get started!





# Community Traditions

## St. Paul braves historic chill to celebrate St. Patrick's Day parade

Thirty-year low temperatures to date did little to deter festive fanatics from enjoying the annual St. Patrick's Day Parade, March 17.

Miss Shamrock: Sarah Gartner  
Mr. Pat: Vice President and Chief Operating Officer, Total Transportation, Charlie Murray  
Grand Marshal: St. Paul Police Chief Axel Henry  
Celebrity Grand Marshal: Fancy Ray McCloney

Distinguished Irish Woman in Memoriam: Founder, Owner & Director, Rince na Chroi, Katie Stephens-Spangler  
Honorary Irishman: Senior Policy Advisor to Saint Paul Mayor Melvin Carter Daniel Yang  
Miss Shamrock Princesses: Heather Borgardt; Sarah Gartner; Michelle Goedert; Kaylee Hansen; Ireland Hurley; Mary Kerska; Sarah LaVoie; Emily MacConnell; Aeysha Maule; Hannah Nellis; Tayler Paterson; Cecelia Schneeman; Meagan Sogge; Meaghan Stoutenburg; Grace Veeder; Elyse Zeswitz

Blarney Brothers: Mike "Z" Ziskovsky; Mike Deiman; Brennan Clark; Garrett Duffy; Tony Martin; Tristian Matthews; Ralph Matthews; Jason Museum; Adam Poovey; Todd Rieck; Tom Salata; Jeff Schmidt; Nick Schnarr; Will Cammack; Dave Cunnien; Aaron Fischer; Brian Glancy; Jason Hyatt

Here's a few moments from the bundled crowds along the 5th Street parade route  
Photos by Elisha Jacobsen and Casey Ek



**Your Twin Cities REAL ESTATE AGENT**

PLEASE CONTACT ME IF YOU ARE LOOKING TO BUY OR SELL!

TESFALEM GHIRMAY  
**651-354-4112**

**COLDWELL BANKER BURNET**

**AD SALES REP NEEDED**

CALL JERRY AT 651-587-8859 OR GO TO PAGE 7 FOR AD DETAILS

**RUG Cleaning**

Free pickup and delivery  
Free Sanitizer application  
Cleaned with non-toxic products

**NatureWise ChemDry**

**651-341-0933**  
Text or Call  
www.naturewisechemdry.com  
West 7th Locally Owned

**NOW HIRING CARPET CLEANING TECHNICIAN**

No experience necessary  
Start \$18-20/hr.  
Full or Part Time.  
Vacation, health, dental  
Call Paula at 651-341-0933

**Community REPORTER**

**St. Paul's new police chief one of Little Bohemia's own**

**Local Charities Brace for Winter's Challenges**

**Mayor Carter calls for 15% property tax hike for 2023**

**Want to join me in making a difference?**

We're raising money to digitize *The Community Reporter's* 50-plus years of archives and make them freely available online. The work will be performed by staff at the Minnesota History Center. Your donation will make an impact, whether \$1 for a page or \$8 for a complete issue.

**Community Reporter Archives GoFundMe Campaign**  
<https://gofund.me/3eb3fca0>

**Small donations make BIG results!**  
Just \$8 digitizes one issue

**West Seventh Business Association**

**Time to Renew or Begin Your Membership**

Sign up for email notices: [info@communityreporter.org](mailto:info@communityreporter.org)

**JOIN TODAY and Support Local Business!**  
**Artists • Craftspeople • Small Nonprofits**  
**Independent & Small/Large Business**

Info: [info@communityreporter.org](mailto:info@communityreporter.org) Sign up: [w7ba.org](http://w7ba.org)

**TAKE PART IN OUR EFFORTS**

**ENHANCE** the beauty of the neighborhood  
**IMPROVE** conditions for business  
**ADVOCATE** for issues that require local action and global thinking!

**CONNECT BUILD ENRICH**  
**W7BA.ORG**



# Community Nourishment

## BEA'S BOOKS *The Little Prince: Love, loss and compassion*



BEATRICE  
COSGROVE  
reviewer

*The Little Prince* is a beautiful little book of nearly 100 pages. In those pages lies a story that has never been told before, from the perspective of an adult who feels such a connection to a child (the little prince, as he is called) that he becomes an important part of the adult's journey in accepting himself. The story starts out with a relatable few pages regarding adults and children, moving to the main character's plane crashing in, seemingly, the middle of nowhere. Soon enough, the adult meets a child, the little prince, who asks the pilot to draw him a sheep. From there, the story spirals into several tales from outside the known

universe, with lovely narration by the little prince and occasional interludes into the pilot's dilemma of being stranded in a desert. I loved this book because of its morals about love, loss and compassion. There was no huge climax, no plot, really, but the way Antoine de Saint-Exupéry told the tale of the little prince's journey across the stars was just enough. It was lighthearted, but dealt with some serious themes that were explained in a sort of poetic prose. 'Watching' the adult in the book grasp the world of their little companion was heartwarming, as I, too, grasped the world of the little prince. Overall, I would recommend this book to anyone and everyone (adults in particular!) hoping for an escape into a fantastical world intertwined with the realities of our society.



## St. Paul becomes Minnesota's first city with electric firetruck

Mayor Carter and Fire Chief Butch Inks on March 15 announced that the St. Paul Fire Department is embracing green energy to fight fires, becoming the first fire service in Minnesota to purchase an electric fire truck.

"We're excited to be the first in the state to invest in this state-of-the-art fire truck," said Mayor Carter per a release. "It brings us all the critical green energy benefits of an electric vehicle, while meeting the high safety and efficiency standards we have for all our fire equipment."

In 2020 and again in January of 2023, St. Paul Fire received demonstrations of the RTX from Austrian-based designer and manufacturer Rosenbauer. Members of the department's training division, apparatus selection committee, and vehicle maintenance personnel were impressed with the maneuverability, safety features, and functionality during these demonstrations, according to the release.

"I was blown away by its overall performance and how quiet the rig is," said Inks. "Communication on fire scenes is important and can be extremely difficult, especially when six or seven loud diesel engines are operating in high idle."

The investment in the RTX is in alignment with the City of St. Paul Climate Action and Resilience Plan, which focuses on achieving carbon neutrality in city

operations by 2030 and citywide by 2050. This work includes strategies to lessen the impacts of climate change through policy and regulatory actions the city can take to dramatically reduce greenhouse gas emissions, adapt to the changing climate and improve quality of life in the city. In addition to furthering climate goals, this investment, the mayor's office contends, helps reduce diesel emissions and supports firefighters' overall health and wellbeing.

"We take pride in our ability to identify and capitalize on opportunities to reduce greenhouse gas emissions, improve air quality, and improve city services at the same time," said Chief Resilience Officer Russ Stark. "Because emissions from larger vehicles are some of the hardest to tackle, this is a big milestone toward realizing our climate goals."

Rosenbauer has started the build process on an RTX electric fire truck for St. Paul, with delivery expected by 2025. Final assembly of the city's and state's first electric fire truck will be completed at Rosenbauer's facility in Wyoming, Minnesota, with delivery expected to coincide with completion of a new Fire Station 7 on the city's East Side.

"The Rosenbauer RTX is the fire truck of the future," said Todd McBride, RTX Sales and Marketing Manager of Rosenbauer America. "With over 10 years of research and development, the RTX is built from

the ground up using the most advanced materials and technologies. The RTX is the safest fire truck available - for firefighters, for communities and for the environment."

The city is submitting federal earmark funding requests to support the purchase of the state's first electric fire engine.

### WEST 7<sup>TH</sup>

#### REAL ESTATE EXPERT!

Representing West 7th & Surrounding Communities Since 2001  
Buying • Selling • Investing

## COLDWELL BANKER

### JOHN GLADIS

612-743-3024

### CLADDAGH COFFEE

459 West 7th Street  
now open for indoor dining & online ordering!

Monday - Friday 6:30am - 3pm  
Saturday - Sunday 8am - 3pm

612 Selby Ave  
serving through our walk-up window with patio seating!

Monday - Friday 6:30am - 3pm  
Saturday - Sunday 8am - 3pm

[www.claddagh-coffee.com](http://www.claddagh-coffee.com)  
@claddaghcoffeecafe @claddaghcoffee

### AD SALES REP NEEDED

CALL JERRY AT 651-587-8859  
INFO@COMMUNITYREPORTER.ORG

A NEW ETCHING  
BY STUART LOUGHRIDGE

## JUSTUS RAMSEY HOUSE

5.5" X 4.5"  
LIMITED EDITION OF 30

100% OF SALES GOING TOWARD  
THE RESTORATION OF THE JUSTUS RAMSEY HOUSE.

SHOW YOUR SUPPORT!  
CONTACT STUART  
612-701-9956  
STUARTLOUGHRIDGE@GMAIL.COM  
STUARTLOUGHRIDGE.COM

### Flowers Plants Balloons Events

## Jandrich Floral

[www.jandrichfloral.com](http://www.jandrichfloral.com)  
651-292-8833  
976 West 7th, St Paul

Established 1987

## Rooster's BBQ-Deli

### EAT AT A GRADUATION PARTY CATERED BY ROOSTERS!

Best Fried Chicken 2011/Best Barbecue 2010  
Mid-St Paul Magazine

Open 11am-8pm - Closed Mondays  
979 RANDOLPH  
651-222-0969  
[www.roosterbbq.com](http://www.roosterbbq.com)

### Schmidt Art Walk

SCHMIDT/WEST 7TH  
2023 SPRING ART CRAWL  
APRIL 21, 22, 23  
FRIDAY 4/21 6 TO 9PM  
SATURDAY 4/22 12 TO 7PM  
SUNDAY 4/23 12 TO 5PM  
900 7TH ST. W ST. PAUL, MN 55102

EMAIL: [theschmidtartwalk@gmail.com](mailto:theschmidtartwalk@gmail.com)  
[WWW.SCHMIDTARTISTS.COM](http://www.schmidtartists.com)

### LIQUOR BARREL

WEST 7TH ST. PAUL

OPEN MON-SAT 9AM-10PM SUN 11AM-6PM

#### LOUIS JADOT, ROSÉ

\$9.97 750 ML

#### BREAD & BUTTER PINOT NOIR

\$10.97 750ML

#### ARCHERY SUMMIT VIRETON PINOT GRIS

\$14.97 750 ML

LIQUOR BARREL WEST 7TH - ST. PAUL 665 7TH STREET WEST ST. PAUL, MN 55102 651-222-6811 [LIQUORBARREL.COM](http://LIQUORBARREL.COM)



# In the Community

## Brianna Trinidad Sprung, new West 7th Library manager



Brianna Trinidad Sprung

Hello West 7th Community! My name is Brianna Trinidad Sprung, and I am the new Library Manager for the West 7th Library. If you’ve visited West 7th Library recently we may have met already. I have worked for St. Paul Public Library for seven years, and most recently I worked as the children’s specialist at the Rice Street Library. I am so excited to be working in the West 7th neighborhood and am looking forward to starting up programming for youth and families again.

When I am not working at the library, I enjoy playing with my young daughter, cross-stitching and trying to get outdoors with my family as much as possible. Thank you all for being so welcoming. I am looking forward to getting to know you all better.

One perfect opportunity to visit is when West 7th Library will host Clowning with Cahoot on April 4 from noon to 2 p.m. Clowning with Cahoot, where kids can discover the joy of developing their own clown characters to perform, is one of several events St. Paul Public Library is hosting for kids during schools’ spring break week. Visit [sppl.org/events](http://sppl.org/events) for additional spring break events.

Family Storytimes are starting up at West 7th Library in April too. Starting Tuesday, April 11th, we will have a storytime at a special time: 10:30-11:30 am. Join us in the Community Center gym to read books, sing songs and play together before the library opens. Stop by the library after the program ends to check out books. If you haven’t been by West 7th Library in a while, now is a great time to come back. Welcome!

## Notebook Recollections: Walk This Way

Local icon Tim Rumsey walked to work most days from 1987 to 2000. He began as a form of exercise but kept at it for his love of local lore harvested through his interactions with people on the street. He began documenting his musings and eventually filled 53 pocketbooks with his observations. He continues writing about his observations to this day. Here is just one tale.

BY TIM RUMSEY, MD

April 15, 1999

It’s not spring in West 7th until Mr. Positive flips the switch. Snow shovels back in the garage and lawn chairs and hibachis out front herald the transition, but it’s the first pull on Carl’s Lawn Boy that sounds the change-of-season bell. Then and only then does the sap drip, birds chirp and a winter’s worth of sidewalk trash comes out of hibernation.

Today was that day.

April 17, 1999

Johnny Paul of FamilyStyle Homes and Daisy Carlson, housing manager, were in an exam room together. Johnny was Daisy’s “adopted son,” after his mother’s passing last year. This was actually Daisy’s visit — stage four breast cancer.

“Which one of you is the patient?” I joked.

Johnny pointed to Daisy so fast, he looked like a kindergartner during a school physical passing a shot off to a sibling.

Nurse Aleda warned me that Daisy continued to fade. I was just glad to see her up and around. I had to ask all the tough questions. Wills., Advance directives. If she wanted to die at home.

Johnny watched every word pass between Daisy and me.

April 23, 1999

Johnny P. Solo visit. Follow-up on elevated blood pressure and psych meds.

Johnny asked me if I was Daisy’s actual doctor?

I said I couldn’t really answer that.

“She told me you were,” he said.

“Well, yes then.”

“Is something bad happening to her?”

“Can’t answer that one,” I said.

“You were Miss Mary Pesek’s doctor.”

“Correct.”

“She died,” Johnny said.

No need to answer there.

“And Mr. Ed Koci . . .”

“Yes,” I interrupted. “He died too.”

“And they all lived on Michigan Street, like Miss Daisy Bennett.”

It was clear where Johnny was going.

Suddenly J.P. stood up. “I would like to see Aleda now! he demanded. “I want Miss Daisy Bennett to change to Dr. Ravi. And, me too.”

April 24, 1999

West 7th all-star cab driver, William Texan Dubois, told me the Omaha Railroad Shops were “going to go down this week.”

Johnny Paul loved trains. A good thing. His FamilyStyle cottage was 30 yards away from the very active Union Pacific tracks. His walls shook with each passing; sometimes up to five times a day. His place was one block from the Omaha Shops.

For 68 years, a lot of Czech men worked the Omaha Railroad Shops at Randolph and Drake, until they closed in 1960. Ed Koci’s father and uncle. Mary Pesek’s male cousins. The Germans had Schmidt’s Brewery. The Irish, police and fire and local politics. And, Ancker Hospital employed men and women of all ethnicities.

The Czechs were the railroad coopers, railcar makers, blacksmiths and steam engine mechanics. Formerly, the place was known as Chicago, St. Paul, Minneapolis & Omaha Railroad Company Randolph Street Engine Facility. To everyone else on West 7th, the place was just the Omaha Shops.

The 1892 buildings tell the whole story. The place was a railroad factory . Coal shed, sand house, water tower. Paint shop, tin shop, brass foundry. Carpenter shop, machine shop. Tool room, power plant. Boiler shop, blacksmith shop. Spring house. Oil house. And of course, the roundhouse, the steam engines’ intensive care unit.

Over the years there were railroad mergers and buyouts as is the nature of the railroad world. But no one was quite ready for the out-and-out closing of the Omaha Shops in 1960.

Frank Heller once told me West 7th’s three big employers – Schmidt, Ancker and the Omaha Shops – were just blocks apart. When the Omaha Shops’ noon whistle blew, workers at all three sites went home for lunch.

The Brass Foundry is the only Omaha Shops building still standing in 2023. It is one-story, stately, and has nice yellow stone masonry .It’s currently on the real estate market.

April 27, 1999

Today is the day the Omaha Shops Round House is being demolished. I don’t want to know anymore. I don’t want to watch.

I kept busy in the clinic.

Tex phoned me, instructing me to meet him in front of Mancini’s, for a specimen,” he said.

I walked up to his open driver-side cab window... Suddenly, an orange cloud of dust brushed over us.

“What was that,” I asked.

“The Omaha Shops Roundhouse,” Tex said then blew his nose. “It’s being pulverized right now.”

Tex handed me a lukewarm, isosceles triangle of pepperoni pizza. It had a dusty covering. Tex remarked “It just has more minerals now.” He grabbed a piece for himself, and we raised them together, saluting the Omaha Shops.

April 28, 1999

This morning I saw Johnny Paul walking down 7th in my direction. Dang! I wasn’t in the mood to hear another inventory of patients I did in.

Too late. We were face-to-face.

“Doctor, how many children do you have?”

“Excuse me?”

“How big is your family?”

“My wife, me and our three daughters.”

“I only have four pieces of gum,” Johnny said as he pulled out an open pack of Juicy Fruit and gave it to me. “If you break one in half, there



## ART CRAWL pg 2

procures works for the event said the public can expect a vibrant event. Unlike past years, Schmidt Art Crawl goers will have the ability to enter the paint studio to get live demos from the resident artists.

Across the river Ylli Haruni, an impressionist painter whose works will be on display at F.O.K Studios, 106 Water St W., April 14-16, on March 17 was making the finishing touches on a scene depicting the Minnesota State Capitol. Haruni said that if he has done his job to his liking, viewers will get the sense that a piece took him five minutes rather than the hours it actually took.

By limiting the amount of

colors he uses and thoughtfully choosing his vantage points, Haruni constructs dream-like representations of recognizable and obscure locations alike, though his art crawl pieces will focus on local landmarks.

“People who come (to the art crawl) are intrigued to see how I see the places they walk everyday,” Haruni said. “That is my motivation.”

Events like the art crawl , Haruni said, give artists a chance to get feedback from people who are not friends or family and provide immense growth opportunities.

“If you go to a show and your own work is there, you see what your work is missing,” Haruni said.

## FEDERATION UPDATE



**Upcoming Meetings, via Zoom**  
Info: [fortroadfederation.org/calendar](http://fortroadfederation.org/calendar)

- **Transportation & Land Use Committee**, Wed, 4/5, 6:30 pm.
- **Board Meeting** - Tue, 4/25, 6pm
- **Community Engagement/ Outreach Committee** - Thu, 4/20, 6:30 p.m.

**Stay in touch**

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

**Contact**  
Mary Cutrufello, 651-298-5599; [mary@fortroadfederation.org](mailto:mary@fortroadfederation.org); 882 West 7th, Suite 6, Rathskeller Building.



**WEST 7TH COMMUNITY CENTER**  
**265 Oneida, St. Paul**  
**651-298-5493**  
**[keystoneservices.org](http://keystoneservices.org)**

*Check the website for the latest information or call the Center.*

**Spring into action by volunteering with Keystone**

With spring right around the corner, volunteering is a great way to get outside and connect with your neighbors. Many opportunities offer flexibility so we can find a role that is right for you. Find out more, visit [keystoneservices.org](http://keystoneservices.org).

**Keystone’s Community Kids After School Program**

At Community Kids, learning is fun, engaging and challenges participants to become curious and confident learners. Keystone’s after school and summer program is FREE! We offer academic support and tutoring, and a variety of enrichment activities. Register your child (K-10, for. Call 651-298-5493 or email [info@keystoneservices.org](mailto:info@keystoneservices.org)

**The Foodmobile – Bringing Food Shelf to the Neighborhood**

Keystone’s Foodmobiles (mobile food shelf) travels throughout St. Paul and the northern suburbs of Ramsey County to bring nutritious food to people in need. Learn more about our Foodmobile stops, you can visit our website at [keystoneservices.org](http://keystoneservices.org) or call us at 651-645-0349.

**Fare for All at West 7th Community Center**

Shop for quality, nutritious foods at a discount and budget-friendly prices. All are welcome. Events: May 5, June 2 and July 7 from 10 am - 12 pm.

**Help Community Reporter grow**

Make a donation at: **[givemn.org/organization/Community-Reporter](http://givemn.org/organization/Community-Reporter)**

Mail check to: Community Reporter, 265 Oneida St., St. Paul, MN 55102

*Community Reporter is a nonprofit, and donations are tax-deductible.*



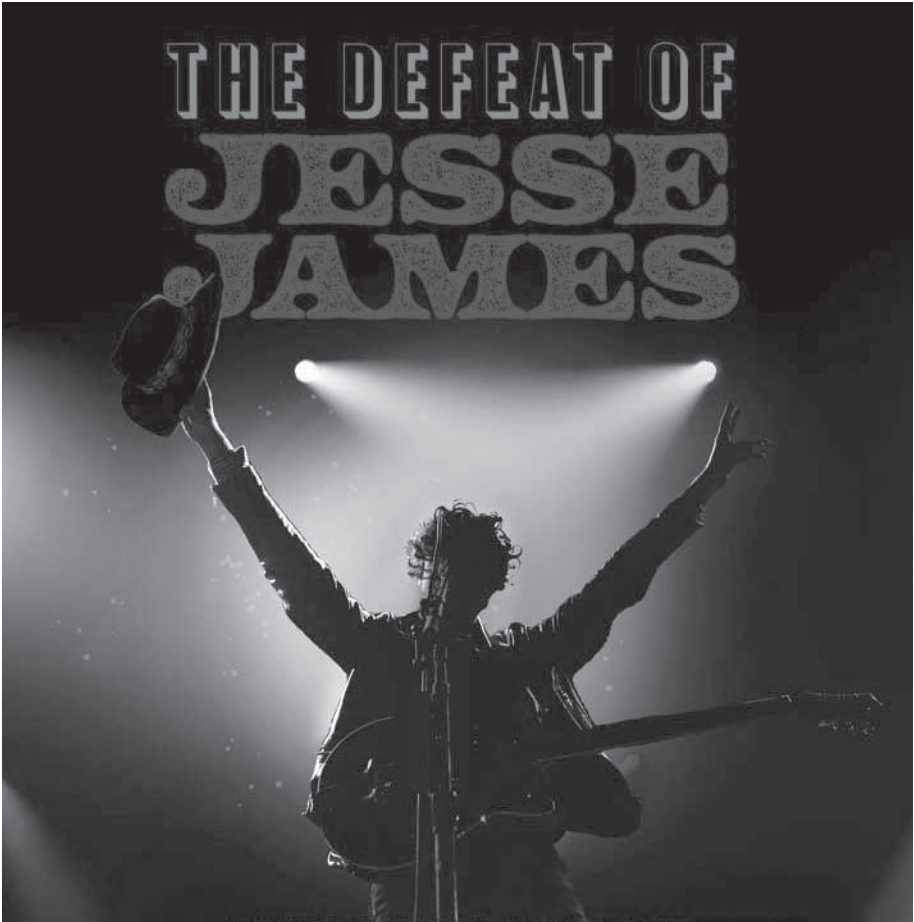
HELP WANTED  
Community Reporter  
Advertising Sales Representative

- Must have knowledge of the West End and surrounding neighborhoods
- Flexible work • Commission sales

Contact Jerry Rothstein at 651-587-8859 or  
email [info@communityreporter.org](mailto:info@communityreporter.org)

Community  
REPORTER

BULLETIN BOARD



The Defeat of Jesse James at History Theatre

It's the last gig for Jesse James: a one-night-only farewell concert starring America's most notorious desperado. Join Jesse as he reenacts his dramatic rise and fall in this mix of Honky Tonk Cabaret and Wild West Show, with a Grand Finale at a place called Northfield, Minnesota. Featuring special guest stars and a few surprises - even for Jesse. A new musical from the team that brought you "Glensheen." April 29-May 28. Tickets: [historytheatre.com](http://historytheatre.com) or call 651-292-4323. Groups of 10+ call 651-292-4320.

ST. PAUL ART CRAWL

Check out the country's longest running arts crawl in St. Paul. Various locations in St. Paul in four weeks starting April 14-16. Info: [stpaulartcollective.org](http://stpaulartcollective.org)

2ND ANNUAL BOOK ARTS EXHIBITION 2023

Friedli Gallery's April Book Arts Exhibition showcases Book Arts in a one-of-a-kind exhibition curated by nationally acclaimed book artist Erin Maurelli. Exhibition highlights artist explorations of the idea of a book as an art object. Works include fine press, zines, ephemera, sculptural book works, book art installations, and more. Opening April 7, 6-8 p.m., 943 West 7th St.

CREATOR'S FAIR

Stop by Station 10, 754 Randolph Ave., above A-Side Public House April 23 from 10am-4pm, for a gathering bringing together healing, arts and crafts. Featuring a wide range of vendors, including local art, tarot, energy healing, henna, handmade jewelry, reiki, metaphysical products, astrology, pottery, oracle readings, human design, numerology, soul path readings, mists and oil blends, energy alchemy, marma therapy, Akashic readings, oracle readings and more. Free admission.

BASSDRE AS "BASSFACE" LIVE

Enjoy the R&B bass stylings of Bass Face Dre at Papa Legba's Lounge, 202 Cesar Chavez St., April 7, 8-10pm.

POP CATS TWIN CITIES

A fun-packed festival fueled by the spirit of cats, pop and art. You'll love the adoption cations, cat art, music, photo ops, brands,

cat-theme activities, rescues, and more. A portion of profits benefits participant cat organizations. Union Depot, 214 4th St E., April 15-16, 11am-5pm. Tickets: [bit.ly/3JEPvPB](https://bit.ly/3JEPvPB)

WEEKEND MARKETS AT KEG AND CASE

Now through the end of April, stop at 928 West 7th, on Saturdays and Sundays from 11am-8pm. New vendors every weekend.

FLINTLOCK, RAD OWL AND HEVVY SWETTER AT DARK HORSE BAR AND EATERY

Rock band Flintlock is celebrating the release of their album "Fathomer/Foundation" April 28 at Dark Horse Bar & Eatery 250 E. 7th, Rad Owl and Hevvy Swetter. Doors 9 pm. \$10.

JAZZ AT METRONOME

Debbie Briggs Vintage Jazz makes her MetroName(385 North Broadway, Suite 104) debut April 14, 7:30pm Debbie Briggs Vintage Jazz has a warm timeless quality featuring torch songs, swing, blues and more.

SHOLOM HOME SENIOR EVENTS

RSVP: 651-328-2258, [ALilja@SHOLOM.com](mailto:ALilja@SHOLOM.com). Sholom East, 740 Kay Ave.

April 4, 10am: Presentation w/ Herself Health "Spring into Health and Wealth" discussing Medicare/Medicaid, reverse mortgages, using home equity, and an overview of Herself Health (located in Highland)

April 17, 2:30pm: Lifespark Presentation: Learn the simple concept of MESH (Move, Eat, Sleep, Heal) and how it can impact your health and wellbeing

April 26, 10am: Better Business Bureau presentation "Safeguarding Seniors"- learn about scams targeting seniors

CLASSIFIEDS

**TOP CASH PAID!** Older furniture — Beer items — Old clothing — Sports items — Advertising signs — MISCELLANEOUS. Wescott's Station, 226 W. 7th. 651-227-2469

Toenail Clipping in your home

RN and certified foot care nurse will clip your long, thick and troublesome toenails.

612-293-5504 or 507-475-1434  
[joyfulfeet@yahoo.com](mailto:joyfulfeet@yahoo.com)

BUY - SELL - TRADE

ELECTRONICS...TVS...BIKES...SCRAP GOLD  
STEREOS...COMPUTERS

Call Leonard 651-508-9118  
[footsoldger62@gmail.com](mailto:footsoldger62@gmail.com)

SERVICE DIRECTORY



Lamp Repair

489 West Seventh

651-600-3470  
[modilumi.com](http://modilumi.com)

HANDY MR. LARRY FOR HIRE

I do painting, repairs and cleaning of homes and apartments.

651-399-4304

Insured • Gutter Cleaning & Repairs

Wills Trusts  
Probate

Guardianship Real Estate

Melanie Liska

Attorney at Law  
651-699-5472

[mliska@tl-attorneys.com](mailto:mliska@tl-attorneys.com)

& TARRANT  
LISKA, P.L.L.C.

1570 Concordia Avenue Suite 200  
St. Paul MN 55104



**NILLES  
BUILDERS,  
INC.** #4690

ADDITIONS • ROOFING • REMODELING  
CONCRETE • GARAGES • SIDING

**651-222-8701**

525 Ohio Street St. Paul 55107  
[WWW.NILLESBUILDERS.COM](http://WWW.NILLESBUILDERS.COM)

LEITNER'S

GARDEN CENTER  
FRESH FLOWERS



Naturally beautiful flowers & plants  
Great Prices  
Local Delivery

945 Randolph Ave • St. Paul, MN 55102

**651-291-2655**

SOCIETY OF

ST. VINCENT DE PAUL  
TWIN CITIES

*Hope in action.®*

NOW OPEN!

Mon-Fri 10am-5pm & Sat 9:30am-3pm

DONATION HOURS\*

Mon-Fri 10am-4:30pm  
Sat 9:30am-2:30pm

\*CALL FOR LIST OF ACCEPTABLE DONATION ITEMS

461 West 7th St • St. Paul

**651-227-1332**

ADVERTISE TODAY

CALL JERRY AT 651-587-8859  
[INFO@COMMUNITYREPORTER.ORG](mailto:INFO@COMMUNITYREPORTER.ORG)

MICHAEL C. BLACK

Mediator and Arbitrator

**651-222-2587**

265 W. 7th St. • St. Paul, MN 55102  
(2 blocks west of the Xcel Energy Center)



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

KESSLER & MAGUIRE

Funeral and Cremation Services

**651-224-2341**

email: [info@kesslermaguire.com](mailto:info@kesslermaguire.com)

640 West 7th St. • St. Paul, MN 55102

*FAMILY OWNED SINCE 1916*



# Blue Line/Riverview Connection Study

## Learn about study results!

Open house

 April 27

[ramseycounty.us/BlueLineRiverviewStudy](https://ramseycounty.us/BlueLineRiverviewStudy)





**Mancini's**  
CHAR HOUSE & LOUNGE

A St. Paul Tradition That's Here to Stay

Steak • Seafood  
Classic Cocktails  
Old-Fashioned Hospitality

651-224-7345  
[mancinis.com](http://mancinis.com)  
[@mancinischarhouse](https://www.instagram.com/mancinischarhouse)



Cozy up this spring at  
**EMERALD LOUNGE**

shareable plates, entrees, craft cocktails & more in a warm & welcoming environment!

455 West 7th Street | [www.emeraldstpaul.com](http://www.emeraldstpaul.com)

**ADVERTISE TODAY**

AD MANAGER CALL 651-587-8859 EMAIL [info@communityreporter.org](mailto:info@communityreporter.org)

**INNOVATIVE APPROACHES TO YOUR WEB PRINTING NEEDS**

QUICK QUOTES • GREAT SERVICE • COMPETITIVE PRICING

**Custom Specialty Printing**

**AMIDON**  
**G**raphics

- Square Bottom Bags
- Pinch Bottom Bags
- Bags w/ Die-cut glycine windows
- Placemats
- Scent Enhanced Print
- Insert Cards

- Specialty Direct Mail
- Laser Die-Cutting
- Photo Envelopes
- Perf N' Peek Mailing
- Order Form Envelopes
- Numbering

A family-owned commercial printer since 1951

1966 Benson Avenue • St. Paul, MN 55116  
651-690-2401 • 800-328-6502  
[www.amidongraphics.com](http://www.amidongraphics.com)

The Twin Cities Jewish Community Presents:

# KEEPING THE SPIRIT ALIVE

The Conference for Caregivers and Those Supporting a Loved One with Dementia

**SUNDAY, APRIL 30, 2023**  
**8:30 a.m. to 2 p.m.**  
Beth El Synagogue  
5225 Barry St. W  
St. Louis Park, MN 55416

Featuring Keynote Speaker,  
**Myrna Marofsky**

Myrna shares a deeply personal story about her experience following her husband's dementia diagnosis in a new book, *To the Last Dance, A Partner's Story of Living and Loving Through Dementia*. She highlights a strategy for redefining caregiving to CARE-LIVING. While recognizing that the medical side of a diagnosis is essential, Myrna focuses on the loving relationship of a spouse and the social-emotional impact on a family, often ignored in dementia conversations. She shows how love and loss can coexist and why it's ok for a care partner to ask and answer, "What about me?" It may inspire you to think differently.

Gain insights on  
Reducing Isolation • Assistance with Legal Matters • Hospice and Palliative Medicine • Understanding Alzheimer's • Caregiving and the LGBTQ+ Community • Living Your Values • and more....

**FREE AND OPEN TO ALL**  
[jfcsmpls.org/event/caregivers-conference](https://jfcsmpls.org/event/caregivers-conference)  
or call 952-417-2149



This conference is a collaboration of  JFCS Jewish Family and Children's Service of Minneapolis  JFS JEWISH FAMILY SERVICE OF ST. PAUL