

Community REPORTER

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

DISTRICT PERSPECTIVE When people come together, progress is possible



REBECCA NOECKER
CITY COUNCIL
MEMBER, WARD 2
columnist

When people ask me what I love about my job, I always tell them this: local government is where things get done. In a time of pervasive cynicism about government, cities get results where it matters most – in the streets, parks, libraries, housing developments and policies that impact people's lives on a daily basis.

But government can't do this on its own. It takes people coming together to advocate for changes they want to see, sometimes over many years, to focus attention on a particular issue and to create the political will to make change happen.

Recently, we saw two stellar examples of how persistent, strategic organizing can succeed in making real change. First, the City Council approved \$6 million for a new and expanded Pedro Park – the direct result of community organizing over many years. Most recently, the Pedro Park Workgroup worked with city staff to advocate for demolishing the Public Safety Annex and expanding the park. Pedro Park will bring added green space, picnicking areas, dog runs and a playground to an area of downtown where a park has been planned for decades but never funded.

Second, the City Council passed a resolution to ask voters in 2024 whether or not to create a dedicated fund for early learning and the early learning workforce – the result of seven years of engagement by parents, child care providers, nonprofit leaders, economists, employers and kids themselves. (As I write this, I'm looking at handmade signs and cards in my office from children in our community asking us to take action.) If approved by voters, this will be a major step toward helping St. Paul kids get off to a strong start, by making early learning and care more affordable for families and helping child care providers open more seats and pay their workers a higher wage. The research is clear that helping children access quality early learning is the best investment a community can make, and St. Paul is leading the way on this issue in Minnesota.

To be clear – neither of these efforts happened quickly and both have a long way to go. Pedro Park still needs an additional \$1.5 million in private fundraising to become a reality, and details of the early learning fund need to be resolved before it goes to voters in the fall of 2024.

But both examples show that whether it's physical change like new green space in your neighborhood, or social change like helping families afford child care, when people come together, make the argument and stay the course despite setbacks, "immense progress is possible.

But government can't do this on its own. It takes people coming together to advocate for changes they want to see, sometimes over many years, to focus attention on a particular issue and to create the political will to make change happen.

Providing services for the unhoused with HART

BY DAMIAN GOEBEL

It's ironic that we are having this conversation today," said Seneca Krueger, Community Program Manager with Community Medical Services.

That's because, that day had one of St. Paul's homeless encampments being closed and cleaned by the City's Department of Safety and Inspections. Krueger was quick to point out how different St. Paul's approach to closing an encampment is to that of other cities in the Metro.

"In Minneapolis, the police department shows up in force and blocks off streets," she explained about her experience working with closing homeless encampments on the other side of the river.

In St. Paul, however, the City takes a completely different approach. According to Andrea Hinderaker, the Coordinator of the Homeless Assistance Response Team (HART) for the City of St. Paul's Department of Safety and Inspection, they have a much more intensive, proactive approach.

"We've been out all week helping people pack and finding housing," she said. "We were there today to wake people up, identify what is important to them and set it off to the side."

This approach grew out of the peak number of homeless encampments the city had during the COVID pandemic. Hinderaker said that, because of additional funding flowing to the city and county during that time, there was an illusion that St. Paul had "fixed homelessness" by providing additional shelters in the community.

"When COVID funding ended, we needed to come up with a way that we weren't just going to scatter people," said Hinderaker.

The solution, she said, was for city staff and partners to go into those spaces and meet everyone there with the intent to provide services to whoever wanted them.



STARCADE
COMES TO
KEG + CASE
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CIRCULATION 13,000



Seneca Krueger (left) and Andrea Hinderaker partner to assist people experiencing homelessness through the HART team.

"We were able to reunite families, we got people into housing, got people treatment," Hinderaker said.

Hinderaker said that, after their first foray into this people-centered approach to engaging with homeless encampments, it is the model the City decided to use going forward.

She said that, while not everyone takes them up on services they are able to offer, after four days of being on site and talking to people, the situation is far less adversarial.

When it comes to a closure, even people who aren't taking advantage of services are still afforded care and compassion. HART Team members will help people in the encampments pack, find storage for their things and even find them transportation.

"The storage and transportation piece is

very important," said Krueger. "People have important things."

Despite their best efforts, however, Hinderaker said that just working for the City puts her and her team on the back foot because of inherent distrust of government.

"Working with partners gives us credibility," she said.

Their list of community partners includes Community Medical Services, a soon-to-open low-barrier walk-in opioid clinic, Listening House, Catholic Charities, Lutheran Social Services, Meridian Health and others providing services like treatment, healthcare, housing, translation and even pop-up clinics.

The HART team isn't just providing services for those experiencing homelessness, they are

HART PG 2

New Keystone CEO has a long history, bright future with the organization

BY DAMIAN GOEBEL

Adero Riser Cobb is no stranger to the halls of Keystone Community Services, though as their new CEO/President, her responsibilities might look a little different. She has been on staff with Keystone since 2019, first as Director of Human Resources and Operations and then as the Chief Operations Officer. Before that, she served on the Keystone Board of Directors for two-and-a-half years.

But her time with Keystone goes even further back than that.

"I participated in Youth Express," she said, one of Keystone's earliest job referral programs for youth. She said, in those early days, the referrals were things like cutting grass and babysitting.

Not only that, but it has been a family affair for Riser Cobb, who said that her children also participated in Keystone programming for over 10 years, eventually working within the organization.

"My son was part of camps and went through the apprenticeship program at Express Bike," Riser Cobb said. "My daughter worked there as an office manager."

It was through that relationship with her daughter that Mary McKeown, then President and CEO of Keystone, thought to bring Riser Cobb back into the fold.

"Mary McKeown saw me in a magazine and knew my daughter, and she reached out to me to join the Board," she said.

Riser Cobb, who has three degrees from Concordia University, said she joined the board as a way to give back to something she



Keystone President and CEO Adero Riser Cobb

was already invested in. After that, she said she steadily progressed, from Board Member to HR and Operations Director, to COO and finally to CEO.

In her new role, Riser Cobb is a long way from babysitting and cutting grass. In fact, one of her first responsibilities is a major construction project.

The organization has broken ground on a new Community Food Center on University Avenue to better serve their clients. Riser Cobb said, when completed in early 2024, they will be

able to serve over 2,000 people per month.

Additionally, the building will have a community room, provide services for basic needs and provide the organization with some additional efficiencies and safety.

"We had catalytic converters stolen from our food mobiles," said Riser Cobb. "Now they will be garaged in the new building."

She said that, in addition to their growth, Keystone will continue to focus on the services they provide to the community at the West 7th Rec Center.

"How do we engage everyone? Young people, seniors, families, participants. Especially coming out of COVID," Riser Cobb said. "How do we bring people back to the building?"

Their plans include continuing to provide the programming they have for years while adding new elements, like the upcoming free sing-along for people 55-and-over. They also include exploring hosting an annual Keys Fest, which they held for the first time this summer at the community center and Riser Cobb said the community loved.

"I can see that being an annual thing," she said.

Riser Cobb, who is the 7th President of Keystone, and the first President of Color, said that she is grateful to continue to be part of an organization that she cares so deeply about.

"I am here for the community. I am in my purpose being here," she said. "I'll continue to grow and be in the community. Every day I'm in here and giving my all. Every single day."

Read more about the work Keystone is doing in the community at keystoneservices.org/2023-keystone-annual-report

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Editorials & Opinions

Be part of the CR community

The power of a community newspaper is the community it serves. We need you, the people of the West End, to continue to tell the types of stories you want to hear. Give us a call, shoot us an email or leave us a message on social media to let us know what you want to know more about, what you are thinking about neighborhood issues or just to say “hi.” If you wanted to take it a step further, you could always

write a letter to the editor, pitch us an article you want to write, donate or learn more about joining our board. We are always on the lookout for people who want to join the *Community Reporter* community in whatever way they can.
Thanks for your continued support and looking forward to hearing from you
-- Damian Goebel, Editor, *Community Reporter*

BUILDING COMMUNITY

Hidden culture that shapes our lives



TIM JOHNSON
columnist

It was just a single finger. We raised it when someone passed by on the country road in front of our farm. The finger raised was the index finger rather than the middle finger more commonly put to use today. No one ever formally taught me to raise my index finger, but somehow, by the time I was in my early teens, I knew to raise that finger as a means of greeting someone I was passing by or who passed by me. Up goes the finger.

The finger raising was a part of rural Minnesota culture or at least the rural culture in which I grew up. All of us are shaped by the culture or cultures in which we live, often without conscious recognition. You raise your finger in greeting, even though no one ever officially told you that was what you were supposed to do. Sociologists define culture as “the values and beliefs, language, communication and practices that are shared in common by a group of people.” On the farm, it was common to have a neighbor or visiting relative suddenly drop in without so much as an invitation or phone call in advance. It was assumed coffee would be put on and some type of dessert would be forthcoming. No one saw anything wrong with this practice, because it was an accepted part of the culture.

If pressed, all of us could begin identifying cultural practices, norms, values and beliefs that we have absorbed without anyone ever formally telling us this is what they are. One such belief and practice that continues stirring up controversy is the gender roles of men and women. The accepted cultural practice when I was growing up was that women had very limited and specific roles. To the extent women had roles outside of the home, those roles were

On the farm, it was common to have a neighbor or visiting relative suddenly drop in without so much as an invitation or phone call in advance. No one saw anything wrong with this practice, because it was an accepted part of the culture.

primarily confined to professions that involved nurturing; like teaching or nursing. Now, as the movie Barbie reminds us, the cultural practices around gender have been shifting for some time, leading us to a point where a once buxom doll can stand at the forefront of challenging patriarchy and the limitations culture has placed on women.

It is the hiddenness of cultural practices that often make them difficult to challenge when needing to be challenged, change when needing to be changed. One very dominant cultural practice that is particularly hard to address is the cultural practice of white supremacy. Just as I learned to raise a single finger in greeting, I also absorbed a generalized belief that Indigenous people were lazy and Black people were to be feared. No one ever taught me these things out loud. Yet, I absorbed them. It could have been because of the way Indigenous people and Blacks were often portrayed on television. Perhaps my negative view was shaped by being taught an American and Minnesota history that highlighted all the achievements

of white leaders, primarily male, rarely if ever mentioning Indigenous, Black and People of Color. Perhaps it was the racist slang that I heard to describe populations other than the culturally dominant white bodied people.

The core of white supremacy culture is a deeply submerged belief that white people are superior to everyone else. This belief is continually reinforced by practices in things like housing or hiring, in communication like the telling of history from a dominant white perspective, in language and values like insisting western individualism is better than the communal practice of Indigenous people.

For most of our nation's history, the culture of white supremacy has been hidden from the view of those of us who are white. Black, Indigenous and People of Color knew it existed, because they encounter it on a daily basis. But, for those of us who are white, we could go through life without ever questioning these particular beliefs, values and practices. I am glad that increasingly there are more and more people who are speaking out about the cultural practices of white supremacy which ultimately do a disservice to us all.

I still go back to my hometown and the farm on which I grew up. On occasion I will even raise an index finger in greeting to someone passing by. It is a cultural practice of my predominantly white neighbors that builds community, gives people a feeling of connection and one in which I am glad to share.

If you wish to explore how white supremacy culture influences the telling of history, consider attending this year's Overcoming Racism Conference held at Metropolitan State University on November 10 & 11. The theme is “Reclaiming History and Paying What Is Due.” Registration opens on September 4. Go to overcomingracism.org/2023-orc

LETTER TO THE EDITOR

St. Paul Public Schools must be part of the climate solution

Already this summer, we have seen a glimpse of the frightening future we face with runaway climate change. Extreme heat waves, horrible air quality, unpredictable storms, flooding, growing food insecurity; the list goes on and on. As difficult as these issues have been, the science shows us that it will worsen in the years to come if we do not act aggressively to combat climate change.

Staring into the face of this problem, there is some good news to report. At a Federal level, thanks to the Inflation Reduction Act, we see an unprecedented level of funding coming to act on climate change. Here in Minnesota, during the last Legislative session, the 100% Clean Energy Bill was passed committing our State to move forward on climate. Lastly, at an even more local level, 22 different cities in the State of Minnesota have declared a Climate Emergency and are advocating for aggressive action. All good news!!

While this is good news to report, the truth of the matter is that aggressive climate action was needed 20-30 years ago so we have a great deal of catching up to do. With that in mind, the question to ask is what next? The simple answer is that we need to continue to push for action at all levels and institutions within our society. One of the institutions that can and should be leaders in addressing climate justice are our Public Schools, locally that would be St. Paul Public Schools. The question is, why are our public schools so important in this fight?

First, K-12 Public Schools are the largest consumer of energy and largest collection of public infrastructure in the country. This is a massive footprint and with public schools taking aggressive action to reduce their emissions, significant progress could be made.

Second, as we move toward a green revolution we will need millions of workers for those green jobs. Our public schools are the primary force in preparing our children to be in that workforce and to be in the position to benefit from our transforming economy.

Third, our public schools operate the largest mass transit fleet in the nation, estimated at 480,000 diesel buses. Imagine the emissions saved with our public schools electrifying that fleet!

Fourth, the children of our planet are screaming for action on climate. Our public schools can amplify those voices for needed societal, economic and social change.

Fifth and finally, it simply is the right thing to do. Our children, particularly our children of color, are and will continue to be the most harmed by the effects of climate change. As our public schools central focus is to prepare our children for their future, it is disingenuous at best to then not also work to ensure they have a future.

Our planet is in crisis. Our public schools need to be leaders in addressing that crisis.

Tom Lucy
St. Paul Resident, St. Paul Public Schools employee

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also providing training and education for property owners and the business community. Hinderaker said that, too often, businesses will just chase people experiencing homelessness off their property, only to displace them to another site. She said that by providing building managers, owners and security with education and resources, it allows the HART Team to be more effective.

“Just moving people off your site isn’t compassionate,” Hinderaker said. “Allow us to find them, provide them with resources and move them in a better direction.”

“Just ask, ‘how can I help you?’,” Krueger added. “Community members having a conversation can lead to compassion.”

“We don’t have a shortage of parks, but we also don’t have a common understanding of who can be there,” said Hinderaker. “If we are shooing people out of every public space, there is not compassion in that.”

Hinderaker said that the effort is bigger than just her team and the community partners, but encompasses every city department, with a regular check-in each Wednesday to coordinate services and resources.

“Because we build relationships, we can pause systems,” she said.

Those systems include the St. Paul Police Department, which has six dedicated officers assigned to work with HART, two in each of the three districts. Hinderaker said having the same officers involved has built consistency and relationships. She said that, in her 18 months with the City, the police have only arrested two people during their outreach.

“One was someone with an extensive warrant who went voluntarily, the second was someone with severe mental health issues who they wanted to provide the opportunity to find help,” Hinderaker said. “Their approach was more about compassion than regulation.”

“How do we destigmatize these people, who are so stigmatized and so vulnerable?” Krueger added.

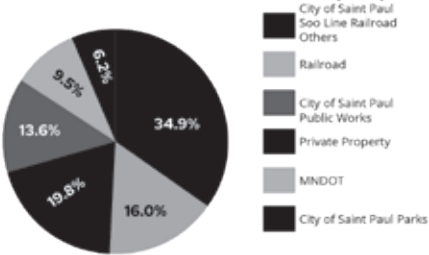
Despite their success, it is not to say that the HART Team does not still have major



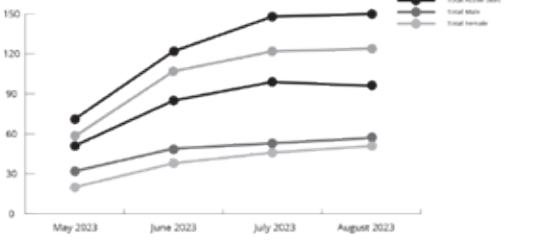
Weekly update for the Homeless Assistance Response Teamv(HART), August 2023.

City Data Summary

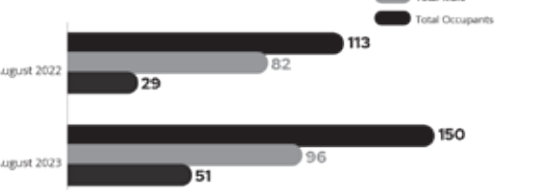
Property Owner



Total Sites and Occupants



Demographics Served



barriers to their work.

“Shelters are by and large full, there are no couples shelters and women’s shelters are always full,” Hinderaker said. “Family shelters have a wait list,” Krueger added.

Hinderaker said that, because of the struggles with the shelter system, camping provides an option for couples and families to stay together when they are experiencing homelessness.

“We really need to understand the community, not just for couples. People who have helped them feel safe and alive and sharing resources,” said Krueger. “Everyone has a role in those community spaces.”

“More than ever before, I want to assure

you if your loved one has disappeared because of addiction, there are people loving them until they are ready to come home,” Hinderaker added.

Hinderaker said that the City’s approach to homeless encampments comes down to compassion.

“If there are people living in parks and that bothers you, that isn’t illegal. If there is a crime, call the police,” she said. “We are trying to find the balance between compassion and regulation.”

Learn more about the HART team stpaul.gov/departments/safety-inspections/report-concern/homeless-assistance-response-team



Community News & Events



Mayor Carter announces City budget proposal

On August 10, Mayor Carter announced his 2024 Budget Proposal. The proposed budget totals \$820.5 million, with a general fund budget increase of \$16 million and a property tax levy increase of 3.7%. In total, this property tax levy increase amounts to an annual decrease of \$26 for a median value home.

Mayor Carter said in his address that the 2024 budget proposal is centered around leveraging one-time funding sources for investments in public safety, while also recommending key general fund investments focused on improving internal services to double down on the city’s enterprise approach.

In addition to an array of investments across city departments, highlights of the 2024 budget proposal include adding four new Basic Life Support positions in the St. Paul Fire Department, making swimming lessons free in city-owned pools and launching the Medical Debt Reset initiative.

The City Council will now begin reviewing the Mayor’s proposed budget and meeting with department leaders on the proposed budget. As required by state law, the City Council will set the maximum property tax levy in September. Budgets may be adjusted, but they cannot exceed the maximum tax levy.

Later this fall, the City Council will hold public hearings on the budget and then will vote to adopt a 2024 budget and tax levy for the city by the end of the year. While the adopted budget may represent changes made by the City Council to the Mayor’s proposed budget, the Mayor has line-item veto authority over the Council-adopted budget.

You can find the full budget proposal at stpaul.gov/departments/financial-services/saint-pauls-budget/2024-proposed-budget

Proposed budget submitted to county board

On August 22, Ramsey County Manager Ryan O’Connor presented a proposed \$1.655 billion 2024-25 biennial budget to the board of commissioners. The county’s proposed budget for 2024 totals \$813,395,192 which represents a 3.48% overall budget increase from 2023. The proposed budget would see a levy increase of 6.7%, driven by a shift away from federal and state one-time resources that were available during the emergency pandemic. The proposed budget for 2025 totals \$841,793,172, with a 3.49% budget increase from 2024 and a maximum 4.75% levy increase that is proposed to be reduced once estimates for future marijuana sales tax revenue can be incorporated.

County Service Teams will present more details from their respective budgets Sept. 5-19 to the county board. Budget presentations will highlight major changes to programs and services, financial information, racial equity analyses and the influence of community engagement on the proposed budget.

Presentations will be held in the Ramsey County Courthouse and available by livestream online.

The Ramsey County Board of Commissioners will adopt a maximum tax levy on Sept. 26. The board is scheduled to vote on the final budget on Dec. 12.

Throughout the budget process, residents, businesses and other stakeholders are encouraged to provide feedback via the Chief Clerk’s Office or at a public hearing (9/19, 4:30 p.m. St. Paul City Hall, Ramsey County Courthouse; late November/early December. Location to be announced and online)

Learn more about the County’s proposed 2024-2025 budget at ramseycounty.us/your-government/budget-finance

Union Depot seeking 2023 ‘Hub for the Holidays’ tree

In the months leading to the 2023 holiday season, the search is on for the next tree to serve as the Union Depot holiday tree. The 50’-70’ evergreen tree will anchor the venue’s Hub for the Holidays event series, which will include the Holiday Tree Lighting celebration on December 2.

Ramsey County residents who are completing yardwork are encouraged to keep an eye out for an overgrown tree that would make a good candidate for the 2023 holiday tree. If the tree is selected, there will be no cost for its removal or to grind down its stump. The family of the tree owner will also be able to participate in the Holiday Tree Lighting celebration.

The key requirements for a tree to be considered are: It must be located within Ramsey County. It must be an evergreen tree. It must have overgrown its location or have other reasons for removal. It must be in good condition as the tree will be viewed from 360° on the North Plaza.

Those who would like to donate a tree for the event should email their address and a photo of the tree to info@uniondepot.org or call 651-202-2700. The tree submission period will last until Friday, September 22, 2023. The Hub for the Holidays event

schedule will also be announced around this date. Learn more at uniondepot.org/holiday/holiday-tree

Senator Pappas honored as a 2023 Legislator of Distinction

The League of Minnesota Cities has recognized 35 state lawmakers, including Sen. Sandra L. Pappas (DFL-St. Paul), as 2023 Legislators of Distinction. Chosen legislators are honored for specific actions that aided efforts of Minnesota cities during the past year’s state legislative session.

Legislators of Distinction are approved annually by the League’s Board of Directors in recognition of the collaboration of state and city officials needed to successfully serve shared communities and meet the unique needs of rural, urban, and suburban residents across Minnesota.

Sen. Pappas, as chair of the Senate Capital Investment Committee, played a lead role in the eventual passage of a bonding and general fund financing package, making sure that the maximum possible funding was designated to city water, wastewater, flood control, and stormwater infrastructure needs. Her longtime active support for state investment in those areas and her overall attention to the needs of cities were key to seeing a record-setting level of funding for water infrastructure. Sen. Pappas also worked hard to make sure that new requirements for how and where state funds are allocated did not jeopardize the success of one of the most respected and efficient water and wastewater infrastructure development programs in the nation.

Award winners received a letter of appreciation and a



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certificate. A copy of the acknowledgement letter was also sent to the mayor of each city in the legislator’s district. For more information, visit lmc.org.

City of St. Paul announces funding for expanded Pedro Park

The St. Paul City Council voted to authorize \$6 million in funding to construct a new .87-acre park in downtown Saint Paul, which is expected to break ground next summer. The approved funding, comprised of existing General Fund and City Bond Funds, leaves \$1.5 million remaining to be privately fundraised.

Pedro Park is located at the corner of 10th St. E and Robert St. N in a vibrant and growing part of downtown Saint Paul. Formerly the site of Pedro Luggage Center, the initial .45-acre plot of land was donated by the Pedro family to the City of Saint Paul to be developed as a park. It has most recently been home to Urban Flower Field, a temporary park-project that converted the lot into a community gathering space. Earlier this year, the adjacent city-owned Public Safety Annex building was razed to make way for the expanded park which will feature walkways, open lawn space, landscaping, public art, a fenced dog run and more.

The \$1.5 million private fundraising campaign is expected to support additional park elements including an event pavilion, play area and interactive water feature. The campaign, an effort that will be led by the St. Paul Parks Conservancy and Friends of Pedro Park, will seek foundation and corporate grants, offer select naming opportunities and seek contributions from individuals.

Beginning this fall, staff will work with the consultant design team to further develop the concept plan and prepare construction documents for bidding in early 2024. Construction will take place next summer with the new park expected to open to the public by spring 2025.

For additional information and future project updates, visit stpaul.gov/pedropark.

City of St. Paul, community partners celebrate grand opening of Assembly Union Park

The City of St. Paul celebrated the grand opening of Assembly Union Park on July 22, a brand-new 1.55 acre park at the Highland Bridge development. The new park features a large play area, basketball court, picnic tables and three pickleball courts. The new pickleball courts will be the first dedicated courts of their kind within St. Paul’s park system.

The name Assembly Union Park recognizes the site’s industrial history and the Ford Motor Company workforce as contributing members of the surrounding communities.

New city park space is the third within the Highland Bridge development and the first St. Paul park with dedicated pickleball courts.

“Kids, pickleball players, hoopers – pretty much everyone who likes to have fun – have been waiting impatiently for this park to open since the design was first released,” said Councilmember Tolbert. “The neighborhood is ecstatic for the fun to begin.”

Assembly Union Park is located at 875 Mount Curve Boulevard. This is the third of four new City of St. Paul parks to be constructed at the Highland Bridge development. For park updates visit stpaul.gov/HighlandBridgeParks. For more details on the entire Highland Bridge development visit highlandbridge.com.

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Little Bohemia
Neighborhood Association

Community Traditions

Retro arcade, Starcade, brings vibrancy to Keg and Case



Some of the more than 150 games at Starcade.

BY DAMIAN GOEBEL

Keg and Case Market, 928 West 7th, has had a bit of a makeover in the past few months. The first thing you notice when you walk in is all the pinball machines spread throughout the main floor and the hum of video game theme songs coming from the building's newest tenant, Starcade.

The retro video game arcade, which opened at Keg and Case in June, has almost 150 games on two floors, plus a pinball partnership with Bad Penny Arcade.

"We try to mix it up. We have a good, diverse selection of games people have played before," said Paul Saarinen, one of the owners of Starcade. "Our free-play model lets people try out new games at no loss."

Admission to the arcade costs \$15.00 for all you can play, all day. "We give you a wristband that allows you to come and go," Saarinen said.

Pinball is cash (or coin) only, as well as a few games set aside outside of their space for people who want to play casually.

According to Mikey Jacobson, co-owner of Bad Penny, there has been a pent up demand for a place to play pinball in the Twin Cities.

"The city is totally thirsty for more pinball," he said. "This is the perfect spot."

Jacobson said that they host two pinball tournaments weekly in their space, a Wednesday women's only tournament and a Friday open tournament, the latter usually draws about 30 people a week.

Saarinen said he and his co-owners, Bryan Armitage and Tom Cogan, have been collecting and restoring games for a long time.

"We have about 600 games between the three of us," Saarinen said.

Saarinen said they opened at their original location in Roseville in 2021, but took the

opportunity to move to Keg and Case when the chance arose.

"The building needs a couple of tenants to drive traffic," he said. "This is a good long-term home for us."

Saarinen said that their model is to create an affordable, safe space for families to have fun.

"We try to stick to what we do best: parties, games and add things around that like light food and interesting n/a drinks," Saarinen said.

They are looking at adding some additional amenities, like getting their liquor license and adding a frozen pizza menu. They are also considering a membership model for frequent visitors. But ultimately, it is about the games.

"Number one is games, and everything else is secondary," Saarinen said. "We want people to be able to take the family out and spend less than \$100 for a whole day of fun,"

IF YOU VISIT: STARCADE, 928 West 7th, St. Paul
Hours: Wed 11am-7pm, Thu-Sun 11am-9:30pm,
starcade.us





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Heated Patio for Chilly Fall Days

Community Nourishment

Improve your health by drinking less soda



BY GARRETT BOGGS, MD

The summer was hot and sometimes people reached for soda to quench their thirst. Unfortunately, this significantly worsens the health of many people in our community.

Soda has long been a part of American life. Coke has been around since 1892 and has significantly influenced our culture. It is important to realize, however, that while Coke has been around for over a hundred years, the way we consume it has changed.

The original fountain drink size from McDonalds was 7-oz. Now, a small drink is 16 ounces and a large is 30 ounces! You could fit four of the original McDonalds cups into a modern large, and still have room to spare.

The American Heart Association (AHA) recommends men to have no more than 36 grams of sugar a day, and women no more than 25 grams a day. Just one “small” soft drink from McDonalds (or other comparable fast food places), is around 52 grams of sugar. That is already exceeding the recommended



daily sugar limit. A large drink has around 100 grams of sugar—four times the AHA recommendation for a woman! Soda is responsible for roughly 50% of excess sugar consumption in the USA.

The sugars in soda are not good for your health. A recent comprehensive study published in the British Medical Journal showed 45 separate negative outcomes from consuming too much sugar. According to the study, more than just 25 grams of sugar

a day may increase your risk of developing anything from heart attacks, strokes, type II diabetes, depression and dental disease.

Many of these risks get worse with higher sugar sweetened beverage consumption – meaning that every additional soda you drink increases your risk of disease.

Sugar is also tied to weight gain and obesity. A study in Economics & Human Biology suggests that every 1% increase in soft drink consumption predicts a 2% increase in obesity. Thus, even a small increase of soda consumption will increase your chance of becoming obese.

According to the Center for Disease Control and Prevention, the excess soda we drink has significantly contributed to more than 40% of adults in the USA being obese! Decreasing soda intake will not only reduce excess sugar in your diet, but will help you become a healthier weight.

When you are thinking of improving your health, changing your diet can seem daunting. While there are many foods that are also high in sugar, perhaps the first step you can take that will significantly improve your health would be getting water instead of soda to quench your thirst on these hot days. This can help you reduce sugar intake quickly and reduce your risk for so many different diseases all across the body—from heart attacks to tooth decay.

Sometimes, choices to improve health can be complex: the decision to start a new medication, or to undergo an operation that could have potential complications. When it comes to soda the recommendation is simple—improve your health by drinking less soda.

Dr. Boggs is a family physician at Allina Health United Family Physicians, 233 Grand Ave, St. Paul, 651-241-5200.

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Good News!

Being healthy is trending.

People take brisk walks on their lunch breaks. Some are even using their own get-up-and-go as a natural impetus – sans caffeine! As a society, we're learning to cope. That's great news for our collective conscious.

Until next time!

Good News! brought to you by Fancy Clam

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ABBY'S ANGLE

Through No Fault of My Own is an interesting read

THROUGH NO FAULT OF MY OWN: A GIRL'S DIARY OF LIFE ON SUMMIT AVENUE IN THE JAZZ AGE

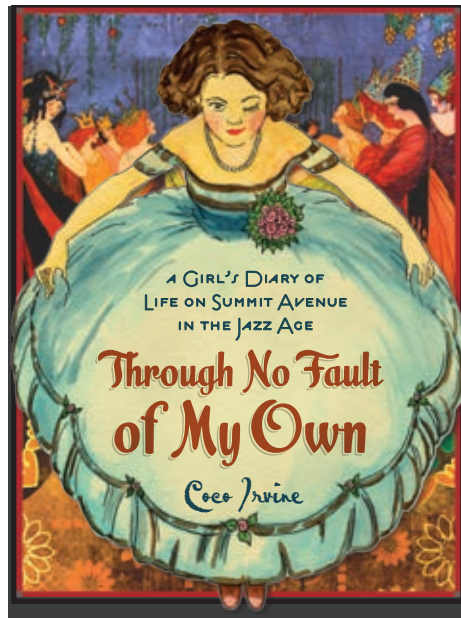
Written by Coco Irvine, Peg Meier

BY ABBY HORTON

I must admit, I am one for any type of historical book. As I have gotten older and my reading tastes have developed, I find that I enjoy reading about the lives of prominent families, especially if they have any connection to my own.

Living in St. Paul, I can sometimes find it hard to find these books, but recently I was gifted *Through No Fault of My Own* and I devoured this book in just a few short hours. On Christmas Day, 1926, twelve-year-old Clotilde 'Coco' Irvine received a blank diary as a present. Coco loved to write – and often got into trouble – and took the opportunity to document her sides of her scrapes; “I’m in deep trouble through no fault of my own”, her entries frequently began. As the daughter of a wealthy lumber baron, Coco grew up in a fashionable 20-room mansion on Summit Ave (now the Minnesota Governor Residence), in the peak of the Jazz Age, where music, art and dancing were in full swing.

In her diary, Coco carefully records her adventures, problems and romances, written in a way only a 12-13-year-old girl



can. While still being on a prominent side of life during the Jazz Age, her diary reveals that her social class did not diminish the typical concerns of a teenager: having a boyfriend, breaking rules, and getting into trouble with her parents.

Additionally to Coco's diary is a foreword

and afterword by Peg Meier, a former journalist for the *Star Tribune*, and writer of many popular books such as *Wishing for a Snow Day*, *Bring Warm Clothes* and *Too Hot, Went to Lake*. Meier disclosed about more of Coco's life not displayed in the book, including more information about the Jazz Age, her daily life and photos of her life after the diary.

Overall, *Through No Fault of My Own* was an interesting read. I enjoyed seeing things from Coco's perspective, especially after reading about similar circumstances from a reporter. I didn't like how Coco would often complain about her life while having such a prominent, wealthy lifestyle. Other than that, I am disappointed that it ended where it did, as I am aware there was more of the diary. Being such a short, 84-page book – 28 being the combined foreword and afterword – more of the book would have been appreciated.

I would recommend this book to anyone looking for a short read, especially those intrigued by historical memoirs. Altogether I enjoyed this book and was sad to finish it. This was in no way a hard book to get through, although some entries can be a bit more mature, I'd recommend this book for readers 12 and up.

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In the Community



Back to school with St. Paul Public Library

By Donicia Soliz, Library Manager

Summer is winding down, the school year is starting up, and the library is here to help students of all ages succeed in school! If you haven't been to the St. Paul Public Library recently, you may not realize what lies inside or online: many essential tools for ensuring a great academic year.

Homework help

Online homework help offers one-to-one assistance from trained tutors to anyone with a library card – and it is available free every day from 1 p.m. to 11 p.m. in English and Spanish. For students who want in-person help, check out the Homework Center at Highland Park Library, 1974 Ford Parkway, open Mondays, Tuesdays, and Wednesdays from 4-7 p.m., starting September 25. The Center is a great place to study independently or to get help from trained volunteer tutors. Learn more at sppl.org/homework.

Access resources for any grade level

Kids can delve into Explora Kids to learn about science, social studies, language arts, geography and more. Older kids can use

the Science Reference Center or Britannica School to find articles and information they need to complete homework assignments. See the full list of resources at sppl.org/digital-resources.

West 7th Library, 265 Oneida St., and George Latimer Central Library, 90 W. 4th St., have computers that anyone can use to do homework as well as low-cost printing.

Your most important back to school resource

A library card is the most important item on your back to school list—it's your ticket to many things the library has to offer. To make it even easier, the Library has partnered with St. Paul Public Schools and several charter schools so that students can access library resources with a Library Go card. Students automatically have access to a library card when they enroll in school. Learn more about Library Go at sppl.org/library-go.

WEST 7TH PUBLIC LIBRARY, 265 Oneida St.
Hours: Mon, Thu 12:30-8 pm, Tue 11:30 am-5:30 pm and Wed, Fri 10am-5:30 pm; closed Sat-Sun.



PICK UP ITEMS FOR DISPOSAL FOR SENIORS
The West 7th / Fort Road Federation is coordinating with seniors to pick up items for disposal at the Citywide Drop-Off on Sept. 16. If you are a senior in the West 7th district and are in need of a pick up contact us at fortroadfed@fortroadfederation.org

SEEKING AREA 3 COORDINATOR
To learn more or see if you live in area 3, visit fortroadfederation.org. If you are interested, please contact us at fortroadfed@fortroadfederation.org

UPCOMING MEETINGS
Transportation & Land Use Committee: 9/6, 6:30 p.m.
Board Meeting - 9/11, 7:00 p.m.
Community Engagement/Fundraising - 9/21, 6:30 p.m.

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Contact
Julia McColley, julia@fortroadfederation.org;
651-298-5599; 882 West 7th, Suite 6, Rathskeller Building.

NOTEBOOK RECOLLECTIONS

A piece of Ancker Hospital

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

I have a beautiful 6x6 inch square Ancker Hospital tile. 100 years old, easy. Given to me by a patient who found it in Crosby Park.

Hello? The Nature Center?
Let's remember where Ancker Hospital was. Think McDonald's at Jefferson and West 7th. Cross 7th and continue down Jefferson two blocks and you see the St. Paul School Headquarters and Bridgeview School. That was Ancker.

Ancker closed in 1965. It was knocked down in 1967 and hauled in pieces and buried on the edge of what became Crosby Nature Center. An earthen berm originally covered the burial site. Now, 56 years later, it's unrecognizable, smack dab in the middle of a healthy, deciduous forest.

Ancker Hospital was St. Paul's "City Hospital." Started in 1874 in the donated mansion of Dr. Jacob B. Stewart (Civil War hero, Stewart Avenue). It was built for the poor and various lost souls of the city. In 1883 the famed and feared Dr. Arthur B Ancker took over as hospital superintendent. He was city hospital 24/7 for the next 46 years.

He and his wife lived at the hospital in one wing of the nurses residence initially and then the "supervising physician's house" on campus. Ancker would go on to establish emergency services and highly regarded public health sanitary practices as the standard for "city" hospitals and "general" hospitals throughout the Midwest.

City Hospital became a bastion of public health, injury care and infection management. Equally as important, it was a sought after training center for physicians and nurses. Rotating faculty were recruited from the University of Minnesota, well respected surrounding hospitals and private practices.

Dr Ancker designed City Hospital 's triple-brick-wall contagion building in 1883. Scarlet fever, diphtheria, smallpox and TB were the scourges of the land. So much TB that contagion became the TB building through the 1960s with a stint in the 1950s as a polio ward.

Arthur B Ancker MD died in his office at city hospital on November 2, 1923. They say he had just vigorously balled out two surgical residents for not properly washing-in for surgery that day.

The entire nursing staff in winged caps and Navy capes marched with the medical staff funeral procession for Dr. Ancker.

St. Paul city hospital officially became Ancker hospital.

West Seventhers would say that you went to Ancker if you were injured, infected or poor. But in actuality, everybody went there for

automobile accidents or terrible infections. Ancker Hospital's footprint followed the national general hospital trend of the early 20th century. Separate buildings joined by tunnels to keep the illnesses apart from each other. Laundry was separate from the morgue. Hospital emergency and receiving wards were isolated from the morgue and laundry and of course were all distanced from contagion.

Contagion was the finest designed building of all. Triple layers of brick and a 2 foot internal wall of concrete. It took a full three weeks to knock it down in 1967 when the hospital was caput. All the other buildings tumbled in a day or two.

After TB and Polio were conquered in the late 1950s, most contagion wards or buildings became psychiatric departments. No germs, noxious vapors or evil spirit were going to get out of Ancker contagion.

In the mid-1990s I handed my Ancker tile to Gerry Lauer after a clinic visit without saying a word.

"Ancker Hospital," Gerry said. "I don't know exactly where, maybe emergency receiving or main wards, but it's Ancker."

Gerry walked all of Ancker as a city electric inspector from 1952 until close in 1965. Then he made rounds at the deserted hospital to "count the cockroaches and rats" he said. "I looked at a lot of tiled hallways."

His wife Marcella grew up behind Ancker. She worked on the TB ward Kitchen from eighth grade at St. Francis until she graduated Monroe high school. Sometimes she subbed in the old Ancker laundry. She

HOSPITAL, PG 7



HIGHLAND DISTRICT COUNCIL

For more information, visit highlanddistrictcouncil.org/events

City-wide drop off Sept 16

St. Paul is hosting an appliance, electronics, tire and mattress drop off at the northeast corner of the State Fairgrounds Sept. 16, 8 a.m. to 1 p.m. Fees will apply for electronics, appliances, mattresses and tires. Free paper shredding is also available. Learn more: stpaul.gov

Help seniors with drop off

Seniors can schedule a pickup between 8:30 a.m. - 12 p.m. for their unwanted items for Sept 16 event. Call 651-695-4005 or email info@highlanddistrictcouncil.org.

Ward 3 Candidate Forum

Hear from candidates running for St. Paul City Council Thursday, Sept 21, 7 p.m., Highland Park Community Center, 1978 Ford Parkway.

Upcoming meetings

Meetings at Highland Community Center, 1978 Ford Pkwy or join online via Zoom at highlanddistrictcouncil.org/calendar
HDC Board Meeting - Thu, Sept 7, 7 p.m.
Transportation Meeting - Tue, Sept 12, 7 p.m.



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

2023 Keys to Success Gala

Gather with your Keystone community, family and friends to bring more food to more tables for our neighbors at the 2023 Keys to Success Gala, September 26 at Allianz Field! At the Keys to Success dinner table, with your support we will raise money to fill every corner of our new Community Food Center with food and supplies for the very first time! Will you join us in setting the table together with food and love for our community? Please contact Keystone staff at 651-645-0349 with any questions or visit keystoneservices.org/donate/keys-to-success-gala.

Free Farmer's Market

With the help of our community, Keystone provides fresh fruits, vegetables and non-perishable items. We will offer at three community locations - Roseville Covenant Church, the Rice and Arlington Field and the Allianz Field. All are welcome. Participants will receive free, fresh fruits and vegetables. All events 10 a.m. - 12 p.m. Visit keystoneservices.org/food-shelves/more-food-programs/

Fare for All at West 7th

Shop for quality, nutritious foods at a discount and budget-friendly prices. All are welcome. Events: Sept. 8, Oct. 6, Nov. 3, and Dec. 1 from 10 a.m.-12 p.m.

Community Sing-A-Long

Whether you have sung in choirs your whole life or have only belted out tunes in the privacy of your shower or car, come join us at West 7th Community Center for a monthly series of community sing-alongs! Led by conductor Robert Graham and pianist John Jensen of VocalEssence, a 54-year old choral music organization based in Minneapolis, singers of all levels of musical skill and experience are encouraged to come and raise their voices. Join us on Thursday, August 23 from 10-11:30 a.m. This free series is open to all adults 55+, no experience necessary! For more information, please visit keystoneservices.org/events

HOSPITAL, PG 6

never liked it. It was hot and noisy. No natural light.

But that wasn't all. The dead were guernied through the laundry on their way to the morgue. The children were particularly hard. A dear, tall, stately white-haired African American orderly brought the babies. They were completely swathed in blue hospital linen. He carried them against his chest, white hospital shirts and trousers. His big arms crossed over their little bodies in an X. He looked straight ahead, like he was walking down the main aisle of the cathedral at high mass.

The laundry went silent whenever he passed, Marcella said.

In the 1960s, Ancker Hospital was looking

anemic and bedraggled. The spirit and expertise was still there, but not the spit-shine.

Ancker moved on October 13, 1965 in furniture vans and railroad flatbeds to a new site closer to downtown St. Paul. It became Saint Paul Ramsey hospital overnight. No ceremony of remembrance for Arthure B. Ancker or his Hospital.

My tile sat on my clinic desk for three decades until my retirement in 2020. It was a testament to all things Ancker. All the life, death, birth there. The medical learning, caring, curing. The sorrow and fears and losses. The cured, cares and relief.

I touch it at the start of most every clinic day to guardian angel me through the patient day ahead.

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Irvine Park in 1885. Fashionable Saint Paulites enjoy the gardens and fountain in one of Saint Paul's oldest parks.

PAINTING IN THE PARK!
The Historic Irvine Park Association invites visual artists to participate in a Plein Air painting/sketching gathering September 24, 11 a.m. to 3 p.m., rain or shine. All skill levels are welcome. Limited benches, so bring a chair and/or easel in addition to your art supplies. Irvine Park, with its fountain and gazebo, is located at 281 Walnut St., St. Paul. Please note: Due to permit-only parking in the neighborhood, parking will be available one block away at the Alexander Ramsey House, located at 265 S. Exchange Street, St. Paul.

"SACRED KLOWN," INSTALLATION AT FRIEDLI
Opening reception Sept 1, 6-8 p.m., Friedli Gallery. "Sacred KlowN" explores the intersection of traditional Native American imagery with contemporary pop culture. Learn more at www.friedliartsgallery.com

DVOŘÁK'S NEW WORLD AT 130: MINNESOTA COMMEMORATES HIS 1893 VISIT
In September 1893, Antonín Dvořák and his family visited C.S.P.S. Hall, 383 W. Michigan St. in St. Paul, as part of their summer vacation spent in the Czech-speaking town of Spillville, Iowa, which provided a welcomed respite from his work at the National Conservatory of Music in New York City. C.S.P.S. Hall, celebrates the 130th anniversary of Dvorak's visit with an afternoon filled with music by the world-famous maestro Sept 17. \$25 reserved/\$20 general. Info: sokolmn.org

BACK TO SCHOOL FOR SPSS
Check out spps.org/backtoschool to help your student get ready for getting ready for school.

CANDIDATE FORUMS ON HISTORIC PRESERVATION ISSUES
The SP Historic Preservation Committee has a series of two City Council candidate forums planned in September to address issues of

the preservation of historic heritage sites and buildings in the City of St. Paul. Moderator: Former City Council Member Dave Thune.

Council candidates for Wards 2, 3, and 6 will be invited to participate in a forum on Thursday, Sept. 7, 6:30 p.m. to 8:30 p.m. at Waldmann Brewery, 445 Smith Avenue North.

Council candidates for Wards 1, 4, 5, and 7 will be invited to participate in a forum on Monday, Sept 11, from 6 p.m. to 7:45 p.m. at the Rondo Community Library, 461 North Dale.

DRUMLINE CAMP AT WOMEN'S DRUM CENTER
Exciting 4-part drum series for women led by Jo Klein! Let's cut loose with toms, snares and bass drums to explore this popular style of ensemble performance to create easy, exhilarating grooves. No experience necessary. Drums provided. Wednesdays: 9/20, 9/27, 10/4, and 10/11, 6:30 p.m. to 7:30 p.m. \$60. 2242 University Ave W, St. Paul. Register: womensdrumcenter.org.

34TH ANNUAL CZECH AND SLOVAK FESTIVAL
Come for the food and Czech-style beer, and stay for the live music, dance performances, children's games, vendors, exhibits and more. 9/24, 11 a.m.-5 p.m. C.S.P.S. Hall, 383 W. Michigan St., St. Paul. Free, public welcome.

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