

Meet the 2023 Candidates Vying for Your Vote on November 7



**BY DAMIAN GOEBEL**

Election day is on November 7, and 2023 is shaping up to be one of the most important in recent St. Paul history. All seven City Council seats are on the ballot this year, with four long-term incumbents deciding not to run again, including Council President Brendemoen and Ward 3 Councilmember Tolbert. Additionally, St. Paul will have a ballot initiative, asking voters to decide on a 1% sales tax increase for roads and parks in the city.

There are four candidates each running in Wards 2 and 3, which represent the West End. In an effort to help you make your choice at the polls, we've asked each of the eight candidates a few questions about what we felt were some of the most pressing issues facing our neighborhoods.

**GET THE WHOLE STORY**

Read more about the 2023 City Council election, including additional responses from the candidates, links on where to find your polling place, a refresher on ranked choice voting and more. Please visit:

[communityreporter.org/2023election](https://communityreporter.org/2023election)



Peter Butler



Bill Hosko



Rebecca Noecker



Noval Noir



Troy Barksdale



Patty Hartmann



Saura Jost



Isaac Russel

**WARD 2**

**PETER BUTLER**

Visit [COMMUNITYREPORTER.ORG/PETER-BUTLER-2023](https://communityreporter.org/peter-butler-2023)

**What are your three biggest priorities if you are elected?**

1. Repeat the Summit Avenue Regional Trail Plan. 2. Ensure that basic city services are efficiently and effectively delivered. 3. Represent the will of Ward 2 residents and businesses.

The West End of St. Paul, and especially West 7th, have long been considered prime redevelopment areas in the city, especially with the long-planned Riverview Transit Corridor. What are your priorities related to housing and redevelopment? What is your current stance on West 7th as a major transit corridor? How do you balance those

priorities with supporting small businesses in the area? Redevelopment should not come at the expense of existing residents' quality of life and local businesses. The City should not alter the character of long-established neighborhoods. I oppose the West 7th Modern Streetcar as hugely expensive for the marginal increase in ridership and its disruption to residents and businesses.

**BILL HOSKO**

Visit [COMMUNITYREPORTER.ORG/BILL-HOSKO-2023](https://communityreporter.org/bill-hosko-2023)

**What are your three biggest priorities if you are elected?**

Laws protecting the rights of citizens, including families and children, to be safe in our somewhat battered but still beautiful city will be upheld once more.

The unprecedented neglect of the city and other public properties will be cleaned up and made beautiful again (in our first six months) and kept cleaned up.

I will have weekly, in-depth, live streamed people/press conferences where everything's in the open for discussion – including getting our exploding city budget and subsequent endless tax increases under control.

The West End of St. Paul, and especially West 7th, have long been considered prime redevelopment areas in the city, especially with the long planned Riverview Transit Corridor. What are your priorities related to housing and redevelopment? What is your current stance on West 7th as a major transit corridor? How do you balance those priorities with supporting small businesses in the area?

As a 30-year user of public transit I will be the long-missing champion for those who use it and for those who want to use it again but don't because of crime and commonplace misconduct. In part by helping the Met Council/Metro Transit making passenger safety their priority.

The incumbent when first running for office in 2015, campaigned against 'Riverview Corridor', light rail (aka streetcars) on West 7th. Once in office, she backed it, even though it would devastate the existing business community by eliminating all on street parking and even though our existing light rail system has been designated least safe in America by the Federal Transportation Administration.

I support, cost-effectively retrofitting each LRT platform

CANDIDATES PG 2



DAVE PINTO  
MINNESOTA HOUSE  
REP, DISTRICT 64B  
columnist

I represent has expanded to encompass much of the neighborhood served by the Community Reporter, including most of the area south of St. Clair. I'm grateful for the chance to introduce myself to you here.

I'm especially grateful for that chance since the Legislature recently completed one of the most productive sessions in state history. Across virtually every issue area – education, environment, transportation, housing, health, public safety – the state

DISTRICT PERSPECTIVE

Allow me to introduce myself

Hello West 7th / Fort Road neighborhood! For the past nine years, I've been honored to represent the southwest part of St. Paul in the Minnesota House of Representatives. This year, the area that

budget that took effect on July 1 made transformational investments that will help everyone in Minnesota thrive.

To choose just one of many examples: The new state child tax credit will cut child poverty in Minnesota by one-third. Coupled with significant investments in early care and learning, homelessness services and economic supports for families, this will help thousands more children get the great start that they deserve.

That goal – lifting up Minnesota's kids and families – has been a particular focus for me at the Legislature. I chair the House Children and Families Committee, with jurisdiction over an array of programs within the state Departments of Human Services and Education.

This session, we also passed a series of long-needed changes in state policies. They include (but are not limited to!) codification of

access to reproductive and gender-affirming care; access to driver's licenses – and health care – for all people living in our state, regardless of documentation; 100% carbon-free production of electricity by 2040; paid family and medical leave; and so much more.

One of the most exciting policy changes to me personally was the passage of gun-safety laws. I serve outside of the Legislature as a prosecutor of gender violence, and I see every day the impact of guns in our community. I first authored bills for criminal background checks and red-flag laws more than six years ago, but they were repeatedly blocked. Still, those impacted by gun violence kept pushing and pushing – and this year, both proposals finally became law.

As another area of legislative focus, I chair the St. Paul delegation in the House. I work with a phenomenal group of colleagues – including the other representative for the Fort Road neighborhood, Rep. Maria Isa Perez-Vega – to advance policies that support our city.

In my personal life, my wife Abby and I have lived in our part of St. Paul for more than 20 years, with two sons who have gone

through the St. Paul Public Schools.

My slogan is #EverybodyIn. It's meant to describe a policy goal: a Minnesota where every one of us has the chance to contribute and thrive. (Our state's history teaches that investments toward that goal pay off for all of us, both in wealth and in health.)

But #EverybodyIn also describes my approach to politics. This is a critical time for our country. We face important policy and budget choices, and we face important questions about our commitment to our democracy. Democracy can't be a spectator sport. It calls on each of us to be full and active participants – to vote, to volunteer for causes and candidates that we support, to share our views with our fellow Americans, and to listen carefully as they share theirs.

I'm excited to continue to do that work in partnership with you. Please keep in touch! Contact me at [rep.dave.pinto@house.mn.gov](mailto:rep.dave.pinto@house.mn.gov) or (651) 296-4199, subscribe to my email updates at [house.mn.gov/64B](https://house.mn.gov/64B), and follow me at [facebook.com/repdavepinto](https://facebook.com/repdavepinto). #EverybodyIn. Thank you for the honor to serve you.



# Meet the Candidates for Ward 2 and 3



with fences and gates to control access (as do most cities LRT) and to restore safety. The incumbent does not.  
As a 33-year small business owner and lover of great architecture, redevelopment along West 7th should be allowed to happen organically, and beautifully. Not by forced actions by city hall.

**REBECCA NOECKER**  
Visit [COMMUNITYREPORTER.ORG/REBECCA-NOECKER-2023](https://communityreporter.org/rebecca-noecker-2023); [REBECCANOECKER.COM](https://communityreporter.org/rebecca-noecker-2023)  
*What are your three biggest priorities if you are elected?*  
1. Make it easier for working families to live in St. Paul by expanding access to quality child care, affordable housing and jobs. 2. Invest in our infrastructure, especially where deferred maintenance has taken a toll - roads, bridges, bike lanes and city buildings and parks. 3. Expand our tax base and find reliable new revenue models to stabilize our city budget so we can preserve our high-quality city services and add new programs without unsustainable tax increases year over year

The West End of St. Paul, and especially West 7th, have long been considered prime redevelopment areas in the city, especially with the long planned Riverview Transit Corridor. What are your priorities related to housing and redevelopment? What is your current stance on West 7th as a major transit corridor? How do you balance those priorities with supporting small businesses in the area? Housing affordability and availability is a serious problem in Saint Paul and in cities nationwide. As a city, one of our highest priorities needs to be improving access to affordable housing for working families. We can do this in a number of ways, starting by increasing funding for the Affordable Housing Trust Fund and by making housing funding available for the full spectrum of housing types in the city - from emergency shelters for the homeless to supportive housing to subsidized rental to ownership. We are also currently working on a large-scale change to our zoning regulations in Saint Paul through the 1-4-unit housing study. These changes would allow for construction of a diverse range of housing options including duplexes and triplexes in more parts of the city. These are just a few of the options we are exploring to increase the housing supply in Saint Paul.  
I believe the W. 7th Corridor needs improved transit to accommodate new residents and to support local businesses. We have seen that when transit lines get built, residential development follows, which in turn means more support for local businesses. I voted in favor of modern streetcar as the preferred local alternative for the Riverview Corridor, but I also authored a resolution requiring that we evaluate other options (including bus rapid transit) if a streetcar became unfeasible. I remain open to whichever option can be implemented most efficiently. Whatever mode is chosen, we need to make sure construction is planned well in advance so businesses along the corridor have time to prepare and we need to sequence the construction so it goes as quickly and with as little impact on adjacent properties as possible. We also need to work far in advance of construction to help interested businesses buy their buildings so they benefit from the increase in value that will accrue to neighboring properties from improved transit.

**NOVAL NOIR**  
Visit [COMMUNITYREPORTER.ORG/NOVAL-NOIR-2023](https://communityreporter.org/noval-noir-2023); [NOVALNOIRFORWARD4.COM](https://communityreporter.org/noval-noir-2023)  
*What are your three biggest priorities if you are elected?* We need to work as a whole, because it's not just you. We have to convey and convince others what is important.  
My priority is the opiate crisis - it's big because we've been dealing with it for years. Over 5 million people have died since the 90s. Then we had COVID and, I don't want to say we weren't dealing with it, but it got worse.  
You can't deal with crime if you're not dealing with the root. 40% of overdoses have been from fentanyl. If you don't have a place to stay and you're dealing with addiction, you need someone who will help you.  
You can't have city hall and these meetings if everyone is not invited to the table. I'm not afraid to talk to the people they're talking about, they look like me.

The West End of St. Paul, and especially West 7th, have long been considered prime redevelopment areas in the city, especially with the long planned Riverview Transit Corridor. What are your priorities related to housing and redevelopment? What is your current stance on West 7th as a major transit corridor? How do you balance those priorities with supporting small businesses in the area? Sometimes stuff like that takes away from businesses and sometimes it can be a great thing. I'm not for something that will take away from businesses. I am for redevelopment, but not that will hinder the community. Look at Town Square downtown, it was a place we could play as a kid and it isn't there any more.  
West 7th has crazy traffic, so anything that creates more traffic and keeps people away won't work.  
St. Paul needs a heartbeat again. We have a health crisis and an opiate crisis and we can't do anything until we address those things. We need to make sure people feel safe.

**WARD 3**  
**TROY BARKSDALE**  
Visit [COMMUNITYREPORTER.ORG/TROY-BARKSDALE-2023](https://communityreporter.org/troy-barksdale-2023); [BARKSDALE-FOR-CITYCOUNCIL.INFO](https://communityreporter.org/troy-barksdale-2023)  
*What are your three biggest priorities if you are elected?* 1. Increase owner occupancy in Saint Paul without also inducing gentrification in vulnerable neighborhoods. 2. Upgrade public safety to serve our city in a more equitable fashion. 3. Mitigate environmental hazards through proactive infrastructural measures i.e. upgrading our sewage system.

The West End of St. Paul, and especially West 7th, have long been considered prime redevelopment areas in the city, especially with the long planned Riverview Transit Corridor. What are your priorities related to housing and redevelopment? What is your current stance on West 7th as a major transit corridor? How do you balance those priorities with supporting small businesses in the area? Owner occupied housing is a must if we want to resolve our housing crisis. As it pertains to the development of West 7th, I would not want to see many apartment complexes erected. The larger the buildings we have in this area translates to greater strain on the environment, which is critical given this area's proximity to the river. I think West 7th as a major transit corridor is a phenomenal opportunity for public transit to thrive between two major nodes of business. As for supporting businesses, those who embed themselves in communities for the long term are most likely to gravitate towards and invest in small businesses. This is why I want to see single family zoning upheld along this area. Folks who own their homes have the greatest incentive to see their neighborhoods, including businesses, improved upon.

**PATTY HARTMANN**  
Visit [COMMUNITYREPORTER.ORG/PATTY-HARTMANN-2023](https://communityreporter.org/patty-hartmann-2023); [PATTY4WARD3.COM](https://communityreporter.org/patty-hartmann-2023)

*What are your three biggest priorities if you are elected?* My three biggest priorities are public safety; development that is compatible with existing neighborhoods, preserving our historic and architectural assets; and the transparent, economical delivery of basic municipal services.  
Our police and fire departments need to be fully funded and supported, ensuring the safety of residents. Development should retain the character and livability of the existing neighborhood, preserving our historic, architectural assets and greenspaces, including the Summit Avenue streetscape. The city should not commit financial resources to new development projects or programs while it defers funding the repair of streets.  
The West End of St. Paul, and especially West 7th, have long been considered prime redevelopment areas in the city, especially with the long planned Riverview Transit Corridor. What are your priorities related to housing and redevelopment? What is your current stance on West 7th as a major transit corridor? How do you balance those priorities with supporting small businesses in the area? The City needs to not only fully engage with the residents and businesses in the West 7th area, consider their input as to how they will be impacted by these mass transit proposals, but also consider what has resulted from the mass transit systems implemented in other venues like University Avenue. So far the ridership on the trains has been very low, but the costs are extremely high. This type of redevelopment often displaces or destroys even longstanding, solid businesses. Good leadership will acknowledge the need to change course when the benefit of a project is not likely to justify the costs.

**SAURA JOST**  
Visit [COMMUNITYREPORTER.ORG/SAURA-JOST-2023](https://communityreporter.org/saura-jost-2023); [SAURAJOST.COM](https://communityreporter.org/saura-jost-2023)  
*What are your three biggest priorities if you are elected?* Transportation and Infrastructure: As a civil engineer, I will bring unique, technical qualifications to city hall to make sure that our roads, transit, and basic systems to not just be functioning, but thriving, and that means planning with an eye to the future to meet our growing needs and our obligation to climate justice.  
Housing and Local Businesses: The way St. Paul

## 1% sales tax increase on this year's ballot

In addition to their next City Councilmember and School Board members, residents of St. Paul will also be asked to vote in the upcoming election on whether to approve an 1% increase to sales tax in the city. Elected officials proposed the increase, which they say will raise nearly \$1 billion over the next 20 years, to pay for street repair and parks improvement, with about 75% of the funding going to streets and the other 25% to parks.  
City leaders claim the sales tax increase is a necessary step to pay for our infrastructure. According to the Department of Public Works, most roads have a 60 year lifecycle and St. Paul's streets are only planned to be replaced every 124 years.  
Ward 2 and 3 candidates were almost evenly split on the issue, with Peter Butler, Bill Hosko, Troy Barksdale and Patty Hartmann opposed while Rebecca Noecker, Sarua Jost and Issac Russell support the measure.  
Pictured: The language of the 1% sales tax question on your ballot



supports its families and local businesses will significantly impact its future. Everyone deserves a safe and stable place to call home. We need to add more homes so that families have a place to live which means encouraging density, affordable housing, and making modifications to our zoning code.  
Connecting with Community: As a community member with a family that does not look like many of the families in our Ward, I understand the importance of having a seat at the table when decisions are being made and to feel represented and heard by leadership. I also believe that our public leadership should be responsive and engaged with its community which creates a real opportunity to reshape the way we do public engagement and broaden our conversations to represent our community more fully.  
The West End of St. Paul, and especially West 7th, have long been considered prime redevelopment areas in the city, especially with the long planned Riverview Transit Corridor. What are your priorities related to housing and redevelopment? What is your current stance on West 7th as a major transit corridor? How do you balance those priorities with supporting small businesses in the area? Our goal should be to make sure that all of us have safe, stable, and affordable housing. We need to make sure that we're making it so that people aren't priced out of their homes, and that we're using our development funds to support the creation of deeply affordable housing. I'm excited about the opportunities this will bring to make West 7th more of a destination for others and expanding reliable transit options for residents which are much needed. I'm looking forward to hearing more from our neighbors to continue to solicit feedback on the Corridor to make sure we get full community input on how it will best support residents, businesses, and to address any concerns.

**ISAAC RUSSELL**  
Visit [COMMUNITYREPORTER.ORG/ISAAC-RUSSELL-2023](https://communityreporter.org/isaac-russell-2023); [ISAACFORCITYCOUNCIL.COM](https://communityreporter.org/isaac-russell-2023)  
*What are your three biggest priorities if you are elected?* I believe my priorities should be the concerns of neighbors across the community. My top three priorities are public safety, core city services and roads, and building housing. It is important that we try to keep our property taxes manageable and make sure we are delivering on the basic city services residents deserve.

The West End of St. Paul, and especially West 7th, have long been considered prime redevelopment areas in the city, especially with the long planned Riverview Transit Corridor. What are your priorities related to housing and redevelopment? What is your current stance on West 7th as a major transit corridor? How do you balance those priorities with supporting small businesses in the area? West Seventh currently is a major transit corridor for vehicle traffic. While there have been

many plans discussed regarding the future of additional modes of transportation along West Seventh, a dedicated lane for Bus Rapid Transit will prove to be the most viable game in town. I believe this is the best balance between quick travel to work for residents along West Seventh while making sure people can access businesses in great need of customers. The city should actively engage with businesses to ensure street access to brick-and-mortar shops remains during construction and connect establishments to financial supports available from the State.  
Regarding housing and redevelopment, I believe we must confront the challenges we face in attracting capital due to rent control. Several important projects that would have added many units of housing, including affordable units, will not be built. Furthermore, thousands of units are not scheduled to be built at Highland Bridge, and this limits our city's tax base and increases the burden on current property taxpayers. I support smart redevelopment and believe we should pass a 30-year exemption to help encourage building homes for homeowners and renters in need.

# Community REPORTER

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# Community News & Events

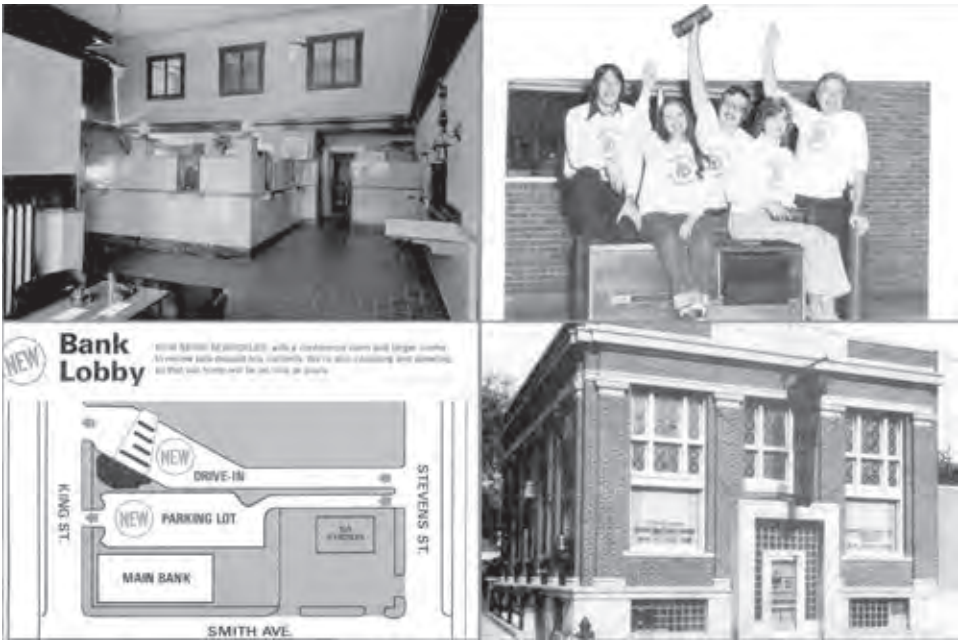
## BankCherokee Celebrates 115 Years of Family-Owned Community Banking

BankCherokee, a St. Paul community bank deeply rooted in its local community, is commemorating an extraordinary milestone of 115 years in business. As a family-owned institution since its inception, BankCherokee has consistently served its customers and supported the community. In an interview with Heidi Gesell and Andy Gesell, key members of the founding family and long-time community bankers, they provide valuable insights into the bank's rich history, unique advantages, and enduring commitment to its customers.

BankCherokee's remarkable success can be attributed to its family ownership, with the Gesell family playing a vital role since its establishment. Board Chair Heidi Gesell, with over 40 years of experience, and Andy Gesell, who recently became CEO after 35 years with the bank, exemplify the family's unwavering dedication and personal investment in the bank. Their shared passion for community banking and their commitment to serving the needs of their customers have contributed to BankCherokee's longevity and success.

Heidi emphasizes the distinctive advantages of community banking, highlighting the bank's ability to provide customized financial solutions and personalized advice tailored to the specific needs of individuals and businesses. Unlike larger financial institutions, BankCherokee's structure allows for flexibility and local decision-making, enabling them to serve their customers in a more intimate and tailored manner. This customer-centric approach sets community banks apart, fostering stronger relationships and a deeper understanding of the community's unique needs.

Throughout its 115-year history, BankCherokee has faced various challenges and celebrated significant milestones. Andy points to key moments, such as the bank's founding in 1908 as Merriam Park Bank, its charter move in 1921 to become Cherokee State Bank, and subsequent developments that have shaped the bank's identity. Additionally, Heidi recounts a devastating



fire in 1989 at one of its branches (Smith Avenue) that tested the bank's resilience. Despite these challenges, BankCherokee rebounded, rebuilt, and expanded its footprint, demonstrating the determination and commitment to the community that has become synonymous with the bank.

Both Heidi and Andy highlight the importance of personal connections and community support. They share heartwarming anecdotes of long-standing customer relationships spanning generations and demonstrate the deep-rooted bonds BankCherokee has formed within the community. The bank's involvement in local organizations and commitment to economic development has further solidified its position as a trusted advisor and a pillar of support for the community.

Looking ahead, Heidi and Andy acknowledge the ongoing digital transformation in the banking industry. While embracing technology and offering digital services, BankCherokee remains committed to maintaining personal connections

and providing a human touch. They recognize the importance of blending innovative solutions with the warm and personalized experience that distinguishes community banks. By staying adaptable and responsive to changing customer needs, BankCherokee aims to remain relevant and at the forefront of community banking.

As BankCherokee celebrates its 115-year milestone, the insights shared by Heidi and Andy underscore the bank's enduring commitment to the community it serves. With a legacy of family ownership, personalized service, and a deep understanding of local needs, BankCherokee continues to be a trusted partner for individuals and businesses alike. As the bank looks towards the future, it remains dedicated to providing exceptional community banking experiences while embracing technological advancements. BankCherokee's unwavering commitment to its customers and the community ensures its continued success and longevity for generations to come.

## Joseph's Coat Welcomes New Executive Director Rebecca Bedner

The board of directors at Joseph's Coat, a St. Paul free store providing goods and services to people in need in an environment of dignity and respect, welcomes a new executive director. Rebecca Bedner will lead the store's staff, volunteers and all programming starting Sept. 25.

Bedner's 20 years of nonprofit experience includes program development and implementation, fundraising and leading volunteers. Most recently, she served as development director at Roseville Lutheran Church, where she was responsible for raising over \$1 million annually; previous roles have been at Avivo, Prepare + Prosper, Make-a-Wish Minnesota, Goodwill-Easter Seals Minnesota and Family Tree Clinic.

Bedner joins Joseph's Coat following the retirement of longtime executive director Cheryl Stern. In honor of Stern's 13 years of service, St. Paul proclaimed August 25 Cheryl Stern - Joseph's Coat Day.

Learn more: josephscoatmn.org.

## Tree removal along West 7th begins in October

Minnesota Department of Transportation crews will be removing trees and stumps along West 7th, from Kellogg Blvd. to Edgumbe Rd., beginning October 4.

The regular tree maintenance is scheduled to take about two weeks. All together, 97 stumps will be removed and ground down. The removed stumps will be turned into wood chips.

According to MnDOT spokesperson Kevin Walker, while the work is scheduled to take about two weeks to complete, it could be done in as little as four-to-five days depending on the progress made and weather.

During the removal process, there will be some short-term shoulder and sidewalk closures, but MnDOT expects minimal distributions to traffic and businesses in the area. MnDOT staff are working with Metro Transit to coordinate any work being done at existing bus stops.

## City to host public hearing on proposed multi-family housing zoning changes

The St. Paul City Council will hold a public hearing on proposed Zoning Code and Zoning Map amendments, as well as other changes to the Legislative Code regarding additional zoning flexibility to support greater housing diversity in residential zoning districts, on Wednesday, October 4, 2023, at 3:30 p.m. at St. Paul City Hall.

Proposed amendments include new residential zoning

districts to replace existing one-family districts, adding two-family districts, townhouse districts and lower-density planned development districts, along with new standards regulating lot area, height, setbacks and lot coverage, among others.

Comments can be submitted in writing to Contact-Council@ci.stpaul.mn.us or mailed to Office of the City Council, 310 City Hall, 15 Kellogg Blvd. West, St. Paul, MN 55102

Learn more at [stpaul.gov/departments/planning-and-economic-development/planning/current-activities/1-4-unit-housing-study](http://stpaul.gov/departments/planning-and-economic-development/planning/current-activities/1-4-unit-housing-study).

## Creator's Space closing

Creator's Space, 218 7th St. E, announced they will be closing permanently this month. The space will be closed to the public starting October 8, while members will have access through the end of the month.

"Our efforts with the city and the philanthropy community to seek investment into our community space and our non profit organization have not provided the support needed to keep Creators Space open," they said in an email.

Opened in 2018, Creators Space was envisioned as a creativity center and shared workspace for artists. They offered

classes, studio space, tools, galleries and a coffee shop.

The public space will remain open through this year's St. Paul Fall Art Crawl, with events running every day during their final weekend of operation. To learn more and see the full list of their Art Crawl events, visit [creatorsspace.com/classes-events](http://creatorsspace.com/classes-events).

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# Community Nourishment

## What is diabetic eye disease, how do you prevent it

BY BOBBI LIVENGOOD, MD

Diabetes mellitus is a health condition that affects the blood sugar levels in your body. Type 1 diabetes mellitus is often diagnosed when people are younger (childhood to adolescents) and occurs when the body is unable to make a normal amount of insulin to control blood sugar. Type 2 diabetes mellitus is often diagnosed in adulthood and is caused by the body resisting the effects of insulin. In this situation, the body is unable to make enough insulin to keep blood sugars in the normal range. High blood sugar caused by poorly controlled diabetes can have negative consequences on multiple organs, including the eyes.

Diabetic eye disease is one of the leading causes of vision loss in older adults and oftentimes is diagnosed one to two decades after being diagnosed with diabetes. Elevated blood sugars result in injury to the retina which is the innermost layer of the back of the eye responsible for processing vision. Similar to other organs, diabetes can cause inflammation and injury to the blood vessels and nerves within the retina. When this damage occurs in either type 1 or type 2 diabetes, it is called diabetic retinopathy.

In the early stages of diabetic retinopathy, people often do not have any symptoms. As the damage to the blood vessels and nerves of the retina progresses, some people have trouble focusing on objects, some develop dark spots in their vision, and some develop floaters. Sometimes these symptoms come and go and are not permanently present. In its advanced stages, diabetic retinopathy can lead to severe vision loss and blindness.

To prevent this from happening, an annual screening for diabetic eye disease, including a dilated eye exam, is recommended for all people with diabetes. During this exam, your



eye doctor will administer drops in your eyes that dilate your pupils. This allows the eye doctor to see your retina and optic nerve easier. Once your pupils are dilated, your eye doctor will use an ophthalmoscope to assess the back of your eye. The exam is not painful and only takes a few minutes.

There are treatments to help prevent vision loss if you are diagnosed with diabetic retinopathy, but there is no cure for the condition. Sometimes in its very early stages, your doctor will monitor your retina with a dilated eye exam every few months to watch how fast the disease is progressing. Sometimes ophthalmologists use laser treatments to help slow the spread of damage to the retina. In some cases, they use medications that are injected into your eye to help prevent progression of diabetic retinopathy. In severe cases, they may need to perform surgery on your eye if you develop



complications of diabetic retinopathy. If you have been diagnosed with diabetes mellitus, I encourage you to complete an annual dilated exam with an eye doctor. Annual eye exams allow your doctors to catch diabetic retinopathy in its early stages and help prevent irreversible vision loss by intervening early. Lifestyle changes (increasing physical activity, eating a healthier diet) and medications prescribed by your doctor can help improve your blood sugar and blood pressure and prevent diabetic eye disease. If you have diabetes, see your primary doctor to discuss how you can best control your blood sugars and prevent diabetic eye disease. If you do not currently have an eye doctor, let your primary doctor know and they can refer you to an eye doctor that performs diabetic eye exams.

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

## BEA'S BOOKS On my reading list



BEATRICE COSGROVE  
reviewer

I'm a reviewer, which means I look to the past for my creative inspiration. That's how I am with a lot of things. This month, though, is going to be different. Instead of writing about books I've read, I'm going to look at books I plan to read. Hopefully, this will serve as a way to kickstart my back to school reading and yours too!

**Lord of the Flies:** The premise of this book by William Golding is fascinating, as a classic, it's intriguing to see what survival books were like in the 1950s. The story of a group of children stranded on an unknown tropical island.

**The Great Gatsby:** Another classic, I'm interested in high society and the Great Gatsby is the perfect introduction to aristocracy in classic literature. About protagonist Nick Carraway's experiences with Jay Gatsby, a perplexing millionaire. Written by Minnesota-born author F. Scott Fitzgerald.

**Last Night at the Telegraph Club:** Malindo Lo, the author of this book, wrote



a favorite book of mine, A Line in the Dark, so, naturally, I'm interested in her other work. Last Night at the Telegraph Club is the story of a girl exploring her sexuality in San Francisco in the 1950s. I'm sensing

a growing trend in the time periods these books are set in...

**The Stars and the Blackness Between Them:** A romance between two teenage girls, traversing the themes of relationships, healing and letting go. Set in Minneapolis, Minnesota by Junauda Petrus.

**The Davenport:** Another high society book, written by Krystal Marquis, based on a true story. Set in early 20th century Chicago about one of the only African American families in America of vast wealth. Themes of finding love and courage even in the toughest of times are of utmost importance to the story.

**Dumplin':** A story about having a positive relationship with your body and being happy in your own skin. About main character Willowdean's entry into a beauty pageant after falling for a coworker whilst learning to empower herself, by Andrea Beach.

**The Fault in our Stars:** This book by John Green depicts the life of Hazel, a girl living with terminal cancer, after meeting Augustus in a teen cancer support group. The two develop a romance and a mission to meet the author of Hazel's favorite book and unravel the mystery of what happens at the end of the story.

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# In the Community



**By Donicia Soliz, Library Manager**  
Explore the culture and traditions of the Latine communities in St. Paul through stories, music and art at several St. Paul Public Library locations, now through November 4. Kids and families will learn and have fun with stories and puppet shows celebrating the Latine community. George Latimer Central Library, 90 West 4th St. in downtown St. Paul, will host “Lupita Does Not Want to Sleep,” a family puppet show in Spanish, on Saturday, October 14, from 11:00 a.m. to noon, presented

by ArtStart, followed by hands-on craft-making. In the Heart of the Beast puppeteers will delight families at Riverview Library, 1 East George St., on Saturday, October 21, from 11:00- 11:30 a.m., with a puppet show in both English and Spanish. On November 4, Chilean-American author Monica Rojas will share her beautiful bilingual story, “Nana and Abuela,” followed by hands-on craft-making. Get your blood pumping with Afro-Puerto Rican drumming and Bomba at Hayden Heights Library, 1456 White Bear Ave., on

Saturday, October 7, from 2:00-3:00 p.m., or create stunning butterflies out of recycled materials at Rondo Library, 461 North Dale St., on Sunday, October 15, from 2:00-4:00 p.m. Check out [sppl.org/hispanic-heritage](http://sppl.org/hispanic-heritage) to find more events like these, and discover picture books, movies, young adult reads and other titles featuring Latine characters and stories. **WEST 7TH PUBLIC LIBRARY, 265 Oneida St.**  
*Hours: Mon, Thu 12:30-8 pm, Tue 11:30 am-5:30 pm and Wed, Fri 10 am-5:30 pm; closed Sat-Sun.*

## NOTEBOOK RECOLLECTIONS

### "Red" Heroff was West 7th all the 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**  
As sure as the fall leaves turn in West 7th, St. Stan’s fall festival unfolds every year on church grounds. Good fellowship, bouncing kids, second-hand treasures, good causes. Turkey dinners, to go even. And hotdogs and beer. September 10, 2023. I was there just like every year. Yes, it was crowded. I had to park in Hastings. But no way was I going to miss out. First order of business, I bee-lined it to the hotdog stand in the parish garage. I needed a Diet Coke and three hotdogs stat. And I needed to see “Red” Heroff. Red’s wife, Pat, was there with sons, David and Greg. Red was one week gone to

heaven to see Blessed Father John Clay who preceded him by 3 years. Red was West 7th all the way. Born at Miller Hospital. Grade school: St. Stan’s. Monroe grad, 1954. Uncle Sam sent Red to Germany for two years. He was back to West 7th in 1960. Red was a lifelong steel molder for three different foundries supplying railroad ball bearings to the Omaha shops. The steel had to be liquefied at 2200°. “A bit hotter than boiling hotdogs,” Red would say. Pat was born and raised in Browns Valley Minnesota. Her family moved to St. Paul in time for her to start high school at Monroe in 1953. Interestingly, Pat and Red never met until 1965 over a beer at Friendly’s bar (now Skarda’s). Pat said they pretty much hit it off really well, married a year later and were, “happy as clams for 57 years,” in their West 7th house. They raised 5 children in the “hood.” Pat worked secretarial and office assistant jobs. They tragically lost their daughter Chris (motorcycle crash) and son, Justin (colon cancer).

Pat said she got tricked into the Fall Festival Chairwomanship in 1972, but, “just for 1 year that turned into 25 years.” Red and others co-chaired the last 15 years. Red always did the hot dogs. A “friend of St. Stans” has always donated the “dogs” and Keenen’s Bar the beer. Approximately \$20,000 was raised this year for general parish funds. Two Red tidbits: ice was cut and stored from Crosby Lake in the early days and later from scraped-indoor hockey rinks. Red passed at the end of this August, just before Fall Festival. Pat and I had a long phone visit September 15. Times were obviously still tender. But Pat is happy Red is with Justin and Chris and knows Father Clay has his arms around them. She had just gotten some extraordinary news that her sibs and kids were sending her to Paris at the end of September! “I’m going to bring Red,” she said. “In an urn?” I asked. “In my heart. And we’re going to try a French hot dog, if there is such a delicacy.”

## FEDERATION UPDATE



**BOARD SUPPORTS PROPERTY VARIANCE**  
The owners of 1324 West 7th St. presented a variance application at the September meeting. Their vision includes a small restaurant with a rooftop patio, a small lot and plenty of green space.

**WEST 7TH BIKE AND PED SAFETY MEETING**  
Palace Community Center, Oct. 3 6:30-7:30 p.m. to discuss interim pedestrian improvements along West 7th, while we await the larger scale mill & overlay project for West 7th, to begin in 2028.

**SEEKING AREA 1 AND 3 COORDINATORS**  
Interested? Contact [fortroadfed@fortroadfederation.org](mailto:fortroadfed@fortroadfederation.org)

**UPCOMING MEETINGS**  
Transportation & Land Use Committee: 10/4, 6:30 p.m.  
Board Meeting - 10/9, 7:00 p.m.  
Community Engagement/Fundraising - 10/19, 6:30 p.m.

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**CONTACT**  
Julia McColley, [julia@fortroadfederation.org](mailto:julia@fortroadfederation.org); 651-298-5599; 882 West 7th, Suite 6, Rathskeller Building.



## HIGHLAND DISTRICT COUNCIL

For more information, visit [highlanddistrictcouncil.org/events](http://highlanddistrictcouncil.org/events)

**Alley plowing experts needed**

St. Paul is seeking alley captains who are willing to join a panel discussion at their Snow Summit on Oct. 14. Share tips and best practices about coordinating their neighbors to plow their alley during winter months. RSVP as an alley captain or learn more at [stpaul.gov/snowsummit](http://stpaul.gov/snowsummit)

**Highland Together Oct 12**

Join us at an informal fall gathering on Thursday, October 12 from 5:00-:007 p.m. at Wandering Leaf Brewing Company – Highland's newest brewery. Meet your neighbors in Highland Park and connect with your board representatives. All ages are welcome to attend. Food, beer and nonalcoholic beverages available for purchase.

**Trick-or-treat in Highland**

Free trick-or-treat trail in Highland Village on Sunday, Oct 29 hosted by Highland Business Association. Stop by HDC's table for treats. Registration is required. Highland Business Association to announce details and open registration in October at [highlandba.com](http://highlandba.com).



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## WEST 7TH COMMUNITY CENTER

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

**New Activities for Seniors**

As we enter into the cooler months, join us to get connected and try something new! From fitness classes to arts programming, Keystone has a variety of fun social activities for older adults (age 55+) in our community! See the full calendar of senior activities and learn more about our programs online at [keystoneservices.org/seniors/](http://keystoneservices.org/seniors/) or call us at 651-298-5493 for more information.

**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. Oct 6, 13 from 10 a.m. - 12 p.m. Visit [keystoneservices.org/food-shelves/more-food-programs/](http://keystoneservices.org/food-shelves/more-food-programs/)

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

Shop for quality, nutritious foods at a discount and budget-friendly prices. All are welcome! The upcoming Fare for All events at West 7th Community Center are Oct 6, Nov 3 and Dec 1. The events will all run from 10 a.m. - 12 p.m. Visit [keystoneservices.org/events/](http://keystoneservices.org/events/)

**The Foodmobile – Bringing Keystone's Food Shelf Services 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. For more information about where our Foodmobile stops, you can visit our website at [keystoneservices.org](http://keystoneservices.org) or call us at 651-645-0349.



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**MEDTRONIC TWIN CITIES MARATHON WEEKEND**  
Medtronic Twin Cities Marathon Weekend (Sept 29-Oct 1) is the community's signature running and fitness celebration. Entering its fifth decade, the weekend features runs for participants of all ages and paces. The community-inclusive event also includes live art, course entertainment, the Summit Beer Garden and welcomes non-participants to join the 300,000+ cheering spectators who line the race courses each year. Learn more at [tcmevents.org/events/medtronic-twin-cities-marathon-weekend-2023](http://tcmevents.org/events/medtronic-twin-cities-marathon-weekend-2023).

**FALL MOVIES IN THE PARKS**  
Sept 29-Oct 20. Get in the fall spirit with our fall Movies in the Parks Scary Movie series! All shows are free. Bring a blanket or lawn chair. Shows begin at dusk. Food trucks and pre-show activities will be available 1 hour before showtime. Costumes are encouraged! For a list of movies and to learn more, visit [stpaul.gov/departments/parks-and-recreation/activities-events/summer-activities-events/movies-parks](http://stpaul.gov/departments/parks-and-recreation/activities-events/summer-activities-events/movies-parks).

**SUNDAYS AT LANDMARK KICKS OFF 2023-2024 SEASON**  
Sept 17-May 12, most shows 1-3 p.m. Landmark Center's community events returns with exciting new and annual favorites. The new season is a full calendar of art, cultural and holiday celebrations. It kicks off Sept 17 with the Southeast Asian-based Mid-Autumn Moon Festival, a yearly tradition featuring the crowd favorite "Lion Dance" into Rice Park. For more info, visit [landmarkcenter.org/sundays-at-landmark](http://landmarkcenter.org/sundays-at-landmark).

**HBS AT HIGHLAND PARK HARMONIES**  
October 7, 4:30 - 5:30 p.m., Highland Park Picnic Pavilion. The Hell-Burnin' Sinners are performing at Highland Park Harmonies on Sat. Oct. 7! Come out early and hear some great bands - music starts at noon, with the Sinners taking the stage at 4:30. Learn more at [hellburninsinners.com/event/5239814/651033205/hbs-at-highland-park-harmonies](http://hellburninsinners.com/event/5239814/651033205/hbs-at-highland-park-harmonies).

**REMATERIATING AND DECOLONIZING INDIGENOUS STUDIES**  
Oct 13, 7-9 p.m. Hamline University. The Mayan Society of Minnesota presents a lecture by Dr. Roxanne Biidabinokwe Gould and Rebekah Crisanta de Ybarra on Rematriating and Decolonizing Indigenous Studies. Part of the Maya Society of Minnesota's 45th Anniversary Lecture Series. Learn more at [mayasocietyofmn.org/events/events-calendar](http://mayasocietyofmn.org/events/events-calendar).

**"OH WHAT A NIGHT!" A MUSICAL TRIBUTE TO FRANKIE VALLI & THE FOUR SEASONS**  
Oct 15, 2 p.m., O'Shaughnessy Theater  
If you love the music of Frankie Valli & the Four Seasons and "Jersey Boys," you won't want to miss "Oh What a Night!" It's more than just a tribute. It's more than just a concert. It's a flashy all-around feel-good experience that leaves

audiences on their feet beggin' for more. For tickets and info, visit [oshag.stkate.edu/event/oh-what-a-night/the-oshaghnessy-at-st-catherine-university/st-paul-minnesota](http://oshag.stkate.edu/event/oh-what-a-night/the-oshaghnessy-at-st-catherine-university/st-paul-minnesota).

**NEW GRIEF SUPPORT AND EDUCATION SERIES BEGINS IN OCTOBER**  
Starts Oct 18, 6:30 p.m. Jewish Family Service of St. Paul is offering a new series focused on education, support and hope for any adult grieving the death of a loved one, "Grief: A Natural Disaster of the Heart," Wednesday evenings from 6:30 to 8 p.m. at JFS Oct 18, Nov 1, 15 and 29. The four sessions will cover topics including what is normal grief; coping with the holidays; "Tasks of Grief" by William Worden; hints for rebuilding; and behavioral and physical reactions to grief. Email JFS Community Programs Coordinator Anne Myers at [amyers@jfssp.org](mailto:amyers@jfssp.org) or call 651-359-7775 to register.

**GET TICKETS FOR TAMARACK TRICK OR TREAT**  
Oct 28, 3-4 p.m., Tamarack Nature Center  
Bring your favorite little gremlin to a Halloween party. This low-key, non-spooky event includes games, old fashioned hand-pressed cider and close encounters with live animals. Friendly, costumed characters hand out treats along our paved prairie loop trail. Learn more and register at [ramseycounty.us/residents/parks-recreation/tamarack-nature-center/programs-events/fee-based-programs](http://ramseycounty.us/residents/parks-recreation/tamarack-nature-center/programs-events/fee-based-programs).

**FREE TOUR OF HISTORICAL COUNTY BUILDINGS**  
Come learn about the history of Saint Paul City Hall - Ramsey County Courthouse or Union Depot during an hour-long guided tour. Free to attend and reservations are not required. Learn more at [ramseycounty.us/content/public-tours-available-union-depot-and-saint-paul-city-hall-ramsey-county-courthouse](http://ramseycounty.us/content/public-tours-available-union-depot-and-saint-paul-city-hall-ramsey-county-courthouse).

**FARMERS' MARKET**  
The St. John's-Holy Apostles Farmers' Market runs in the parking lot of St. John's every Sunday morning starting at 9 am, June through mid-October. This joint effort brings farmers from the Hmong parish of Holy Apostles Episcopal Church to sell fresh produce each summer. Learn more at [stjohnsstpaul.org/community/outreach/farmers-market-fields-to-families](http://stjohnsstpaul.org/community/outreach/farmers-market-fields-to-families).

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