

# Community REPORTER

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

## IN THIS ISSUE

- Building Community • Pg 2
- Healthline • Pg 2
- Notebook Recollections • Pg 5
- Federation Update • Pg 6
- Highland Update • Pg 6
- Keystone Update • Pg 6
- Library Update • Pg 6
- Bulletin Board • Pg 7



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CIRCULATION 13,000

### DISTRICT PERSPECTIVE

## Come ride the Amtrak Borealis train



**RAMSEY COUNTY COMMISSIONER, DISTRICT 5 RAFAEL ORTEGA** columnist

On May 21, I was proud to welcome the Borealis Train to the Union Depot. Elected leaders, Amtrak staff and advocates spoke enthusiastically about how this new train will answer critical needs for our region.

Thanks to a partnership with Minnesota, Wisconsin and Illinois, passengers will be able to board a second daily Amtrak train between

St. Paul and Chicago, with new Borealis trains originating from St. Paul at midday and from Chicago in the midmorning. Because it originates at the Union Depot, it should be considerably more reliable for people heading to Chicago. Travelers seeking a more comfortable and productive choice than driving will have double the current rail options.

Named for the shining lights in the northern night sky, adult coach fares start at \$41 each way between St. Paul and Chicago, with special discounts available, making it a much less expensive way for travelers to get to Chicago without a car. The Borealis train is expected to replace approximately 580,000 car miles annually, significantly reducing greenhouse gas emissions and other pollutants. Over 30 years, this equates to 17.4 million miles not driven.

The Borealis should also provide a boost to our local economy: The return on investment for every dollar spent on the Borealis train is \$2.44 in economic, environmental, safety and time saving benefits. This totals more than \$159 million over 30 years. Tourists are a big part of this as nearly half of all Amtrak riders are tourists and they spend \$200 a day in Minnesota, benefiting local businesses and communities. Investments in track and signal improvements will enhance passenger and freight rail efficiency but will also create jobs and stimulate regional economic growth.

Since that first ride, with hundreds celebrating at the Depot on May 21, many have taken the trip and the reviews have been overwhelmingly supportive.

**AMTRAK, PG 6**

## Keystone Community Food Center marks grand opening

BY DAMIAN GOEBEL

**K**eystone Community Services welcomed the public to the official opening of their brand new, state of the art Community Food Center on June 6.



“This building has been a labor of love,” said Keystone Executive Director Adero Riser Cobb. “I’m so, so proud of what we have done here.”

The new facility, located at 1800 University Ave., opened to a limited number of clients in January, but it wasn’t until early June that they completely finished the work on the building.

In what was actually two buildings to begin with, the Community Food Center can serve about 4500 families per month. According to Riser Cobb, they served over 12,000 individuals last month alone.

“I can tell you, when they come through these doors, they walk in here and they are like, ‘I love this. I really love this,’” said Riser Cobb. “When they walk through that market, they are able to hold their head up high and feel like they’re shopping at a co-op or a small market and not feel like it’s a food shelf.”

“We wanted to look at a model like Lunds and Byerly’s and use that as inspiration for how can we create a comfortable process for folks who are food insecure, to be able to come in and to be able to get whatever it is that they need in a way that is dignified and is respectful and even aspirational,” said James Garrett, the architect on the project.

In addition to the market, the facility features a warehouse to increase capacity to store and distribute food, gathering spaces and places for expanded programming, a three-bay garage, giving space to expand foodmobile and neighborhood-based community food



Keystone staff and supporters cut the ribbon to open their new Community Food Center on June 6

distribution and volunteer space.

In fact, they have brought together all of Keystone’s food shelf programs, including the foodmobile, food shelf grocery delivery and resource navigation.

The front end of the building on University Ave. has dedicated office space for program staff, which was an intentional choice to keep clients out of the public eye as part of their experience.

“I appreciated the intentionality of putting the offices on the front,” said Diane Gerth, the former Board Chair of Keystone. “Not only is it a decent view and nice for the staff, but it’s also because the people who are here receiving services are out of the line of sight. It’s dignified.”

Fundraising for the Food Center began in

2019, with the major capital campaign kicking off in 2020, just as the pandemic began and food insecurity was reaching critical levels while causing logistical problems for food shelves – supply chains were distributed, volunteers weren’t able to or didn’t feel comfortable coming in person and space was limited.

“Kids weren’t getting breakfast. And all of a sudden these families had to teach after, said Gerth. “So we realized that we had to get ourselves together and handle the problem.”

All of this really drove home the need for an expanded space, not just for a market, but storage and distribution as well.

“Five Years ago, when we started this project,

**KEYSTONE, PG 6**

### COMMUNITY HAPPENING

## West Fest on 7th was a blast

Hundreds of West Enders came out to enjoy food, music, history and neighbors at the first annual West Fest on 7th on June 8.

The event, hosted by St. Stans, featured sold-out history tours and family fun, including live music from the Teddy Bear Band, during the day and a street party at night, complete with a beer tent, food trucks and live music from the Goomba’s.

Event organizers put the event together as a way to celebrate all things West 7th. They hope to be able to bring the fun back to the West End next summer.

See more scenes from West fest online at [communityreporter.org/west-fest-was-a-blast](http://communityreporter.org/west-fest-was-a-blast).

- Damian Goebel



Hundreds of neighbors came out to celebrate West Fest on 7th June.





## HEALTHLINE

## Enjoy the Sunshine... Safely

BY JONATHAN DICKMAN, MD, PHD

Summer is here and the days are long. Now is the time to enjoy the outdoors and go for walks, play sports, meet up with friends or whatever other activities you enjoy. It is always tempting to just throw on shorts and a T-shirt and go outside. Before you go outside, however, there are several items to consider to protect your skin and eyes while enjoying this beautiful weather. This is important to not only preventing painful sunburn, but also more serious future health problems. Here are some tricks to keeping your skin healthy:

When heading outside, think about how you will protect your eyes and skin, especially between the hours of 10 a.m. and 2 p.m.. Protecting your eyes can be as easy as putting on some glasses or contacts with ultraviolet (UV) protection. Most sunglasses have UV protections, but many reading glasses and contacts have this protection as well. Your skin can be protected by covering it with clothes, a wide brimmed hat and applying sunscreen to the remaining exposed skin.

Many people ask what is the best type of sunscreen to purchase and the answer is the one you are willing to use! Some people prefer to use mineral (Zinc) based

sunscreens while others feel that this is too difficult to rub into the skin. The sunscreens rated 30 SPF are usually sufficient for most outdoor conditions and higher SPF numbers are usually not needed as they provide minimal extra protection. Remember to reapply the sunscreen every couple of hours that you stay outside (more often if you go swimming). Covering the skin with clothes and sunscreen and wearing eye protection helps your skin stay strong in the hot summer sun!

If you are tired of people telling you to wear sunscreen all the time, you can minimize your need to use sunscreen by avoiding the sun during the middle of the day. Try to go outside when the sun is not as strong in the morning (before 8 a.m.) and later in the afternoon (after 4 p.m.). In addition, try to find areas of shade when you are outside as this protects your skin from harmful UV rays.

Remember, however, that clouds in the sky blocking the sun is not the same as going in the shade. Up to 80% of UV rays will get through clouds, making sun protection still important in these situations. When you cannot find shade under a tree, using an umbrella can be helpful to create your own shade. Umbrellas can be used on both



rainy and sunny days! Remember that while shade can decrease your need for applying sunscreen to your skin, you should still wear something such as sunglasses to protect your eyes. Avoiding the midday sun and taking advantage of shady areas can lower your need for applying sunscreen many times throughout the day!

Protecting your skin and eyes this summer will be important to staying healthy. While the long summer days entice us to head outside, take an extra

five minutes to apply sunscreen, put on sunglasses and wear clothes that cover the skin. When possible, bring an umbrella or find some shade and try to avoid the midday sun. This will help your skin and eyes age gracefully while preventing cancer and cataracts! Enjoy the outdoors and plan ahead to stay healthy!

*Dr. Dickman is a family physician at Allina Health United Family Physicians, 233 Grand Ave, St. Paul, MN 55102, phone 651-241-5200*

## BUILDING COMMUNITY

## Pursuing Happiness

BY TIM JOHNSON

She stood on the side of the road with a small child on her back and one at her side. The sign read, "Refugee, need help." It was difficult to just stare straight ahead as, admittedly, we sometimes do when encountering people seeking financial assistance at intersections. The children and the desperate look on her face kept us from turning away. It was a moment of quick decision. Soon the traffic would move and she, along with her children, would be in our rear view mirror. My wife and I glanced at each other, saying yes as we did so. I pulled out \$10 and the little boy took it from our hands just as the light began to turn green.

Did our small gift make a difference? It certainly does nothing to address the immigration challenge with which we as a nation continue to struggle and its consequent harm to millions. We hope that the modest gift helped provide some sustenance on that day for her family. Where we can say the split second decision made difference is with how we felt.

In the past several years, various publications have reported that people who share progressive or liberal views are on the whole more depressed than their conservative counterparts. The studies which have been done over the past 50 years have shown a consistent trend line that

has worsened in recent years, with liberal/progressive leaning people coming up on the short end of the stick when it comes to general happiness.

It may come as no surprise for anyone who has read this column that I largely identify with this group named as overly unhappy. It has been and remains my conviction that chronic unhappiness serves no one's interest, whether they are people who see themselves as liberal, conservative or somewhere in between. Happiness is foundational for agency, a belief and feeling that we can make a difference. Even among those whose views are most firmly set, happiness is the crack through which light and new possibilities can break through.

There has been considerable study and analysis about what leads to depression and lack of happiness among those whose views and ideas lean left. Among the potential reasons named is a heightened awareness among liberal leaning people that many of our toughest challenges are systemic, structural in nature and therefore, not easily solved. If, like the Governor of Florida, you insist climate change is a minor issue it is easier to feel joy, even though your state is presently facing another weather related disaster. If, on the other hand, you believe that climate change is an existential crisis that will impact your children and

grandchildren, then the intensity of weather patterns takes on a more ominous look and can begin to affect how we feel. The same is true of income inequality, white supremacy, gender discrimination, immigration and the list goes on. They are all big structural issues that can easily feel overwhelming and we are daily reminded of their presence. We then add to all these challenges a candidate for the highest office in the land who continues denying the legitimacy of the last election. Perhaps, depression and lack of joy is the proper response.

Yet, if we learn anything from the Civil Rights movement that may be applicable for our day it is that happiness was essential for continuing, for not giving into despair. For many in the movement one of the essential places for claiming happiness was in song. The Civil Rights movement had a whole collection of songs that lifted the spirits of those facing huge odds against them. In the late 1980s Bobby McFerrin wrote a musical number with the refrain: "Don't worry, be happy." Standing by itself, the expression sounds superficial and trite, but put to song, "Don't Worry Be Happy" seeps into one's spirit and before long one can feel the emotional uplift that is being conveyed.

Happiness can make us better neighbors, better partners, better parents, better citizens. As Bobby McFerrin says, "in life

you can expect some trouble, but when you worry you make it double. Don't worry, be happy." Rather than double our load, happiness lightens the load.

A shared song is one source of happiness, but so to can be something as simple as a walk in the park. Most sources of real happiness are in fact free or cost very little. Choosing to volunteer one's time in the community can be, and for many is, a source of happiness. Taking time for and attending to relationships in our lives can be a source of happiness. For many, conservatives and liberals alike, faith, or at the very least a belief in something beyond ourselves, is a source of happiness. Happiness is vital for us all, which may be why James Madison included the "pursuit of happiness" in the Declaration of Independence.

I think about that young mom and her children. I have no doubt that life in this moment is much harder for her than it is for me. It is my hope that in ways both simple and small she will find happiness to share with her children and it will be for them all a source of strength and courage. As for my wife and me, we were both happy that on this day and in this moment we let our eyes stay with this young mom and her children.

## COMMUNITY VOICES

## Standing on Chairs and Shouting: Not a Good Strategy

BY PAUL HARDT

I was at the Palace Community Center during the Riverview Corridor open house in May, and I saw Diane Gerth stand on the chair and shout at people.

While that might have been emotionally satisfying for her and others, hijacking a public meeting by shouting at people is not going to change any political leaders' minds.

I'm a former City Council member in New Brighton and have served on several government and government-adjacent boards. Local government officials encounter NIMBY thinking ("Not in my back yard") all the time.

For those elective officials, projects such as the Riverview Corridor are only some of the priorities they must contend with. There is constant pressure to keep taxes low, build more affordable housing, help people get to and from their destinations for work and leisure, help keep the community healthy and so on. In the case of the Riverview Corridor, the members of the over a dozen government agencies of the Policy Advisory Committee need to plan for how thousands of Twin Citians will safely get from point A to point B, and reduce pollution, among many other priorities.

Diane served on the Community Advisory Committee (CAC) for the Corridor, as do I now. I understand that dealing with government officials who seem unsympathetic to local concerns can be frustrating. At the same time, my question is what did members of the CAC do, during the months when the CAC did not meet?

First, they could have clarified who it was they were trying to persuade. The key audience here is not the professional staff. They take their direction from the political leaders. So, getting all bent out of shape about the staff not listening is a waste of energy. The focus needs to be on the elected officials.

A strategy for dealing with the officials needed to be adopted. What's the goal? How can the needs of the audience (the political officials) be addressed, as well as the needs of the community?

A sustained effort to lobby the officials was needed. And this can still be done. Members of the CAC need to meet individually with the elected officials on a regular and sustained basis, so the officials know the people they are meeting with are committed and are in for the long haul.

If worse comes to worse, people need to

consider electing new officials... people who will be more agreeable to the community's desires. This was one of the first things I told one member of the CAC, when I first heard about opposition to the Corridor: "If you don't like what they're doing, run a candidate who opposes what's going on."

Listening on both sides is essential. The elected officials must truly listen to the concerns of the community. At the same time, community members must listen to the broader concerns of people all over the Metro area who want to reduce auto traffic, increase transit use, get to their destinations efficiently and do all this while being prudent with tax money.

While I disagree with almost all the positions of the CART group, I will say they have set a good example of sustained, fact-based advocacy.

So, standing on chairs is not the way to succeed. Doing the homework of community activism is the way to succeed.

*Paul Hardt is a member of the Riverview Corridor Community Advisory Committee and a former member of the Fort Road Federation Board.*

Community  
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# Community News & Events

## St. Paul closes parks, roads due to flooding

Recent spring rains have caused rising water levels along the Mississippi River through St. Paul, which once again caused closers along the path.

Beginning June 23, Shepard and Warner Roads were closed between Eagle Parkway and Highway 61 to all traffic due to rising water levels.

As part of St. Paul's flood response plan, the city is contacting property owners along the river who might be impacted, as well as the HART team who is working with any unsheltered or encampments that might be currently located in areas that are prone to river flooding.

Additionally, several parkland areas, trails, and facilities have temporary closures. These include the Hidden Falls boat launch, Kelly's Landing, Lambert's Landing Dock, Lilydale Regional Park, including Water Street, pedestrian and bike trails, the dog park, and public boat launch and Meeker Island trail and dog park.

Low-lying trail sections within Crosby Farm, Hidden Falls and Robert Piram parks are closed, along with Upper Landing and Chestnut Plaza.

The city will keep several roads, along with several park areas and facilities, closed until the Mississippi River water levels have receded and everything can be safely cleared and reopened for public use.

City officials are urging people to follow all posted signage, not pass barricades, follow all safety guidance, and be aware that water levels can change quickly.

As of June 21, the National Weather Service is forecasting that the Mississippi will crest at 20.4 inches in St. Paul, putting it into the top-10 of historic crests in the city.



### NEIGHBORHOOD HOUSE OPENS NEW SITE

Neighborhood House, a social service agency serving refugees, immigrants and others in transition or crisis, opened their newest location in the West End on June 3.

Neighborhood House Montreal, located at 1080 Montreal Ave., initially will house two programs previously offered at the Sibley Manor Apartments, their food support program and family center.

"We know that many people in the West 7th neighborhood face food insecurity," neighborhood house said in a statement. "Our new center will feature a cost-free, more accessible, larger food market to ensure essential sustenance for those in need."

Service at Sibley Manor wound down on May 29.

In the fall, the facility will expand to include adult education programming, including GED preparation, citizenship preparation and English language skills, and families and youth programming, including a preschool and parent and early childhood programs.

Learn more at neighborhoodhousemn.org.

### PORTIONS OF SNELLING AVENUE CLOSED

Crews have begun reconfiguring Snelling Ave. between Montreal Ave. and Ford Parkway, with major traffic changes.

Lane closures reduced traffic to one lane in both directions between Montreal and Ford. Starting in mid-July, the Southbound lanes of Snelling will be closed to through traffic and the northbound lanes will be reduced to one lane. Snelling will be closed to truck traffic along that stretch during lane closures and normal automobile traffic will be detoured to Fairview Ave.

The project will construct a center median, reconstruct the traffic signal at Montreal Ave. and Snelling Ave., reduce traffic to one lane in each direction with dedicated left turns at the median breaks, remove parking along Snelling Ave., and construct a new 10' multi-use trail on the east side of Snelling Ave.

Learn more at dot.state.mn.us/metro/projects/snellingave-stpaul

### LAKE ELMO INN OWNERS TO OPEN NEW RESTAURANT

The award-winning restaurateurs Chef John and Christine Schiltz and their team will launch 1881 by Lake Elmo Inn on Thursday, July 18 at Union Depot in St. Paul.

The name "1881" pays homage to the year both the original Union Depot and Lake Elmo Inn opened, reflecting the deep historical connection the restaurant hopes to foster.

The menu will include both favorites from the flagship restaurant as well as exclusive new offerings hand-crafted from fresh, locally sourced ingredients. The restaurant will also serve craft cocktails and an extensive wine list, house-made desserts.

Regular hours will be Wednesday through Sunday 11 a.m. - 8 p.m. For information and reservations, visit 1881bylei.com.

### ASIAN FOOD MARKET REPLACING COOPER'S

A grocery store is coming back to the longstanding home of Cooper's Foods on West 7th. The Minneapolis/St. Paul Business Journal first reported Viengchan Oriental Market will be taking over the space.

Cooper's final day in operation was June 27. According to the Pioneer Press, after a brief remodeling, Viengchan will begin operations in October.

The news ended weeks of speculation and disappointment in the neighborhood about what would happen to the space. The Cooper's operated their market at 633 West 7th in 1992.

Based on Brooklyn Park, Viengchan Oriental Market says they offer a wide selection of fresh produce, oriental products and hot food, and specialty items from various Asian countries, with their deli providing delicious, fresh made everyday and made-to-order options for party trays.

### BUSH FOUNDATION SELECTS 24 COMMITTED LEADERS FOR 2024 BUSH FELLOWSHIP

The Bush Foundation announced the 2024 Bush Fellows, a group of 24 individuals whose bold vision and leadership are shaping communities in Minnesota, North Dakota, South Dakota and the 23 Native nations that share the same geography.

St. Paulites Mari Avaloz, Adrean Clark, Trahern Crews and Kasim Abdur Razzaq were among this year's winners.

The Bush Fellowship supports accomplished leaders to take their leadership to the next level, to have more and bigger impact in and across communities.

This year, 582 people applied for the Bush Fellowship. Learn more at bushfoundation.org/bush-fellowship.

### RESIDENTS, BUSINESSES PETITION TO FORM NEW DOWNTOWN IMPROVEMENT DISTRICT

The St. Paul Downtown Improvement District (SPDID) announced that commercial and residential property owners are officially petitioning the City of St. Paul to create a new downtown improvement district (DID).

Petitions have been delivered to the City Clerk's office. The City Council will need to vote to approve the new district, which is anticipated to occur in July.

The new DID would encompass all of downtown, from the Xcel Energy Center to CHS Field, and from the Mississippi River to Interstate 94 and include residential units, a change from the initial DID launched in 2021.

Governed and paid for by participating property owners, the SPDID provides services and programming within the public realm with the goal of supplementing government services, including safety and security, outreach and wellness checks, graffiti and hazardous waste removal and more.

Funds collected from this new, downtown-wide district will be dedicated to adding or enhancing

existing safety strategies downtown, including additional safety ambassadors, bike patrols and added skyway coverage. SPDID will also propose to work with the City of St. Paul to hire a city attorney exclusively dedicated to pursuing chronic offenders and quality-of-life issues downtown.

When the SPDID was established, the state law regulating improvement districts allowed only commercial and industrial parcels to be included. In 2023, that law was amended to allow for residential and multi-family properties to participate, allowing all of downtown St. Paul to be part of the SPDID.

To learn more about the new SPDID, visit spd.id.org/faqs.

FOR MORE COMMUNITY NEWS, VISIT [COMMUNITYREPORTER.ORG/CATEGORY/NEIGHBORHOOD-NEWS](http://COMMUNITYREPORTER.ORG/CATEGORY/NEIGHBORHOOD-NEWS)



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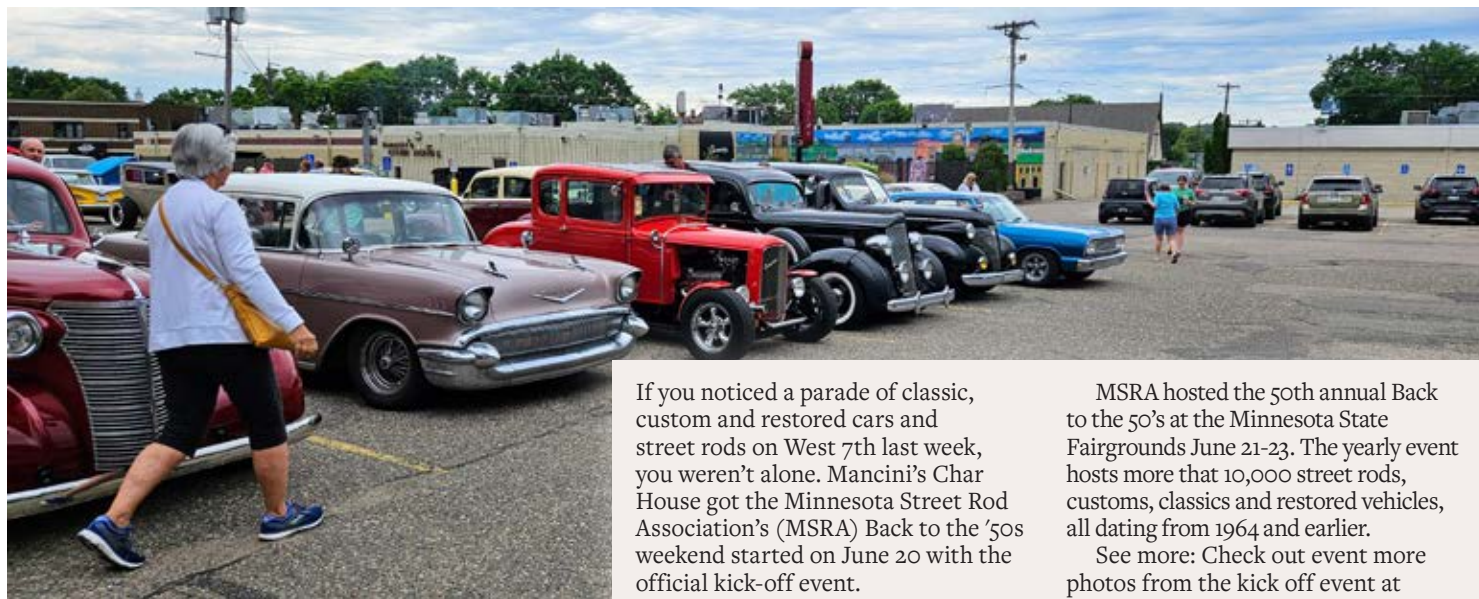
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# Community Traditions

## Back to the '50s kicks off at Mancini's



Some of the classic cars showcased at Mancini's on June 20.

If you noticed a parade of classic, custom and restored cars and street rods on West 7th last week, you weren't alone. Mancini's Char House got the Minnesota Street Rod Association's (MSRA) Back to the '50s weekend started on June 20 with the official kick-off event.

The kick-off was hosted by WDGY radio and featured dozens of classic cars, trivia, giveaways and more.

MSRA hosted the 50th annual Back to the '50s at the Minnesota State Fairgrounds June 21-23. The yearly event hosts more than 10,000 street rods, customs, classics and restored vehicles, all dating from 1964 and earlier.

See more: Check out event more photos from the kick off event at [communityreporter.org/back-to-the-50s-kicks-off-at-mancinis](http://communityreporter.org/back-to-the-50s-kicks-off-at-mancinis).



DAMIAN GIBBEL



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## Neighbors dig this year's West End Garden Tour

West 7th neighbors showed off their green thumbs, and green yards, at this year's West End Garden Tour on June 15.

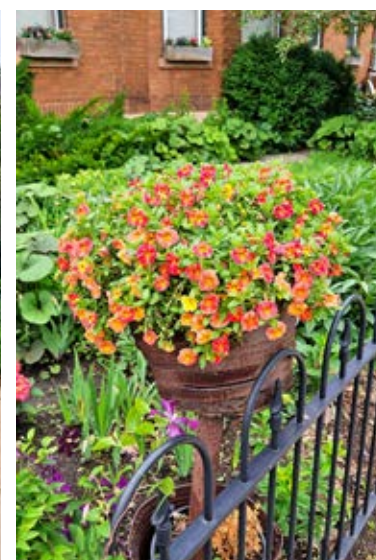
This year's event featured over a dozen gardens around the neighborhood, from Keystone Community Service's community garden at the West 7th Community Center, to Superior Senior Living's communal gardens and the boulevards and backyards of your neighbors.

In its 14th year, the West End Garden Tour is organized each year by the West 7th / Fort Road

Federation. In addition to the tour, volunteers were also out selling over 800 plants in the rain.

The Fort Road Federation is also offering copies of their garden and history booklet. They are offering the booklet free and gratefully accept donations; the books cost about \$12 to print.

Learn more at [fortroadfed.org/west-end-garden-tour](http://fortroadfed.org/west-end-garden-tour) and see more photos of this year's participants at [communityreporter.org/neighbors-dig-this-years-west-end-garden-tour](http://communityreporter.org/neighbors-dig-this-years-west-end-garden-tour).



DAMIAN GIBBEL





# Community Nourishment

## NOTEBOOK RECOLLECTIONS

### Mr. Positive is ill, part two

BY TIM RUMSEY, MD

OK, here's what we know about neighborhood treasure Carl Bentson's health and well-being from part one. He was diagnosed with stage-4 esophageal cancer at the end of February 2024. Not generally a good thing.

Since then he has completed five chemo sessions at Region's cancer center. Best friend Karen drives him to cancer world appointments, treatments and pharmacy pick ups. Neighborhood all-stars Mark, Emil, Linda, Trent, Tracy and Chuck and Bill Quinn help with everyday stuff.

Carl's Bridgeview School ground crew-workers had a Mancini steak dinner retirement party for Carl in March. 40 years of stellar cleaning, buffing and picking up. Karen said it wasn't Carl's idea to retire at 61 years. It was cancer's.

On the first day of the bad news, Carl had one request. "A ride in a Tesla."

**4-2-24, morning.** Five inches of beautiful, fluffy but heavy spring snow spiffed up West 7th for half a day. Just home from a scheduled 7 a.m. CAT scan, Carl began snow blowing his neighborhood.

**4-2-24, afternoon.** Karen couldn't phone-locate Carl when the call from Regions came in - "Get Mr Bentsen to emergency receiving right now."

The morning CAT scan showed a possible blood clot in his lung.

Karen called me. "Carl has a lung blood clot." "Call 9-1-1," I said.

"I can't find Carl to tell them where to go. He's probably still shoveling."

I suggested we meet at Carl's in our vehicles and look around for him.

Carl was rounding a corner to St. Clair, pushing his big red, now silent, snow covered blower at the same time Karen and I arrived at Carl's house.

**4-2-24, 2:30 p.m.** We all went to Regions Hospital in my SUV. The nurses and doctors were ready for Carl upon arrival and wheeled him away to Radiology-EKG world and Blood- Draw Town. He got IV fluid, blood thinner and nasal oxygen.

Karen and I surprisingly waiting-roomed it for only 4.5 hours.

We all three left ER at 8 p.m. after the good news of Carl's discharge form. I took Karen and Mr. Positive to their respective homes.

"Stable, but new pulmonary embolization secondary to esophageal malignancy." Was the culprit. Carl could go home on the blood thinner Eliquis but no more snow blowing or shoveling for at least one week. Modern medicine.

**Spring again. 4-5-24, 9:30 a.m.** Carl got his long awaited, new three-wheeler bicycle.

**4-5-24, 1 p.m.** I'm out front in Carl's front yard waiting for his Tesla ride.

**1:15 p.m.** Dr. Micah Johnson, Karen's doctor, glides to the curb in his white, hardtop Tesla. (Dr Ravi's idea.)

The day was still bright and sunny.

I would wait at Carl's, no hurry. Sit in his umbrella chair. Karen was home, not feeling well.

Off they headed. Not even an engine whisper, they were gone, gone, gone.

I started reading one of Carl's big classic car manuals. People passing by would honk. They couldn't quite see my face under the



Mr. Positive Carol Bentson

big umbrella.

"Hello," almost all the walkers said as they walked by.

"Hi," I said back as I gave a little gesture. Wait a minute!

People thought I was Carl!

They needed his wave, his hello, his blessings.

They got it. Unfortunately, from me. And as crazy as it seems, I was now Carl's sit-in. His disciple.

I lost track of time in the waves and "hellos." The Tesla boys returned at 3:15.

Carl hopped out at curbside. Micha walked around the vehicle. In the afternoon light I could see that Carl was yellow as a canary. Yellow eyes, yellow skin. I looked at Dr. Micah, he looked at me. We knew it wasn't from the afternoon sun. It was the dreaded yellow jaundice. Gift of the tumor in Carl's chest messing with his liver.

We didn't say a thing about it.

"We went no hands," Carl declared. "On an S curve on Shepherd Road."

"Yikes," I said.

"What did you think, Carl?" asked Micah.

"The Tesla's beta V 11.4.6 navigator is good."

Just then a Carl fan drove by and honked.

Carl and I both waved.

Dr Micah clapped Carl on the back. "You done good."

"I'm going to bike over some food to Karen now," Carl said. "She's tired."

**4-8-24, dusk.** End of solar eclipse day. No eclipse action in St. Paul this year. But of course Carl knew about it.

"I saw it on TV. It wasn't here. It was good though."

**4-15-24.** Carl is swallowing better. Food and pills. And his jaundice is gone.

**4-16-24.** A cooler day. Rainy. I stopped by Carl's. He tells me Karen was "ambulated to United Hospital today. Her heart is still fast." I call Dr. Micah on his cell right then and

there. He tells me to tell Carl it's the A.fib again and a little low blood. "She will do well. No worries."

**4-30-24, 6 p.m.** I stopped my car in front of Carl's. He's at the umbrella table.

"How are you?"

"Good. Chemo again next Wednesday. It's the third time."

"How's Karen?"

"I went with her to the Tesla doctor. The heart is better."

"Good. Do you need anything?"

"A small McDonald's vanilla swirl ice cream, two napkins and one no-sugar ice tea." "On it!"

**5-6-24.** John Yust scheduled a Carl portrait-sitting with the brilliant Stuart Lougherly at Waldeman's Brewery. I was to drive Carl there for a 10 o'clock a.m. appointment in two days.

"You can't be late," John said. "Promise me you won't be late" and "It might be best if you waited in your car for 45 min so as to bring him home at exactly 10:50."

Stuart and Carl appear in front of my car at

CARL, PG 6

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# In the Community

## Summertime is a great time for kids to explore the library

By Donicia Soliz, Library Manager

We have some fun and exciting free activities for youth happening at the St. Paul Public Library this summer.

Kids ages 12 and under can visit West 7th Library, 265 Oneida Street, on July 29 from 3-5 p.m. and build birdhouses with help from Elpis Enterprises who will provide materials and know-how.

Young children will love the outdoor Driveway Tour Puppet Show presented by OpenEye Theatre on July 6 from 11 a.m. to noon at George Latimer Central Library, 90 4th Street W. in downtown.

George Latimer Central Library will also host Twin Cities PBS on July 13 from 11 a.m. to 1 p.m. when kids ages 2-8 can enjoy educational arts and crafts and can make a project to take home.

From now through August 31, youth ages 0-18 can sign up for Summer Spark, our annual summer reading program, and pick up a free book to keep. They can get their first book now and select another book to keep in August.

Of course, West 7th Library is always a



great place for families to visit anytime during summer to escape the heat and find books to read and movies to watch.

To find more programs and events, visit [sppl.org/events](http://sppl.org/events). See you at the library!

**WEST 7TH PUBLIC LIBRARY**, 265 Oneida St.  
Hours: Mon, Thu 12:30-8 p.m., Tue 11:30 a.m.-5:30 p.m. and Wed, Fri 10 a.m.-5:30 p.m.

## BEA'S BOOKS

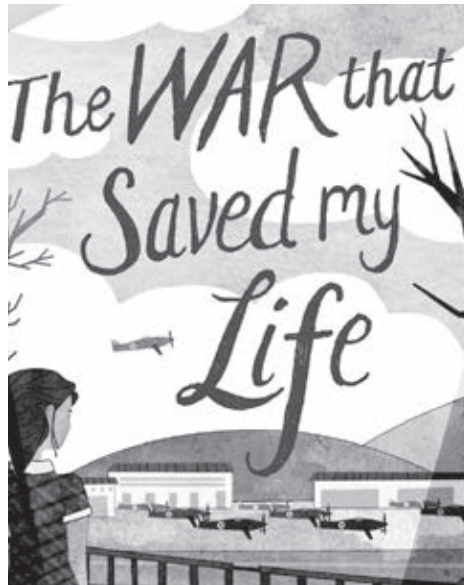
### "The War That Saved My Life" is heart wrenching, masterful

BY BEATRICE COSGROVE

*Trigger warning: This article and the book recommended mentions and contains parental abuse.*

A few weeks ago I found myself in a reading slump, and although Goodreads still has me many books behind on my reading schedule (don't ask, it stresses me out as well), I found myself devouring a certain book I would like to recommend. As I was perusing the historical fiction section at my library, a librarian approached me and noted my interest in the genre. The librarian pulled out a hardcover titled "The War That Saved My Life" by Kimberly Brubaker Bradley and, while acknowledging that it would be below my reading level, suggested I give it a try.

I brought it home that very day and started on page one, finding myself in the midst of a heart wrenching story about a girl, Ada, living in a small London flat with her mother and brother, Jamie. Ada had a clubfoot, which affected her movement and subsequently became the source of her mother's abuse, convincing Ada that she was shameful and revolting. Ada's sole comfort was in Jamie, whom she cared for and aided at home, but as he began to shift his interest to the outside world, their relationship shifted, as well.



As the thick of World War II approached England, the English feared there would be a bombing of London and began evacuating children to towns in the country. Ada's mother sent Jamie away, but Ada, afraid of being left alone with her mother and wanting

to care for her brother, snuck on a train with him headed to a small town. There, they were sent to live with a Miss Smith. The book unraveled from there into a story of growth rooted in following passions and protecting those you love most.

I absolutely adored "The War That Saved My Life", and although it was told at a reading level lower than my own, I thoroughly enjoyed it and found it extremely sweet and heartfelt. The way Ada's adventures combined and interconnected was masterfully done and the author was an expert at curating Ada's unique perspective. World War II looming throughout the book served as an integral part of the storyline and strengthened the lessons learned by Ada, Jamie and Miss Smith. The theme of found family is extremely prevalent throughout the story and I would recommend this to anyone looking for any bit of tenderness. As mentioned at the very top, this book does contain some intense scenes of parental abuse that could be triggering or difficult for younger readers to grasp, therefore I would recommend it to ages 10-12+, depending on maturity and reading level.

## AMTRAK, PG 1

Amtrak has received over 40,000 comments and 99% of them are positive. People cite the leg room, the dining car, the comfortable seats, and the

views. I'm looking forward to my first trip, whether it's a safe, inexpensive trip to Chicago or a quick, beautiful jaunt to Red Wing or Winona.

We look forward to welcoming visitors from across the corridor to explore the many events

and opportunities our region has to offer. The Borealis Train is not just a transportation service; it's a bridge to stronger communities, a healthier environment and a more vibrant economy.

## KEYSTONE, PG 1

we didn't know that Covid was going to happen. We didn't know that the George Floyd murder was going to happen. We didn't know that University Avenue would be on fire. Literally," said Garrett. "But through it all, we found a way to come together and persevere and make something that I believe is truly special."

Through the difficulties, Keystone was able to raise more than \$11 million for the Community Food Center to be completed.

Now, five years after the initial idea, the Community Food Center is a reality.

"Our vision was to create a space that would serve as a central Keystone hub for our community engagement, and where neighbors can help neighbors, and everyone is welcome," said Riser Cobb. "This new center, this space allows us to bring more food to more people."

Shopping hours are: Monday: 10 a.m. - 12 p.m. & 2 - 4 p.m., Tuesday: 10 a.m. - 12 p.m. & 2 - 4 p.m., Wednesday: 4 - 7 p.m., Thursday: 10 a.m. - 12 p.m. & 2 - 4 p.m. and Friday: 10 a.m. - 1 p.m. & 2 - 4 p.m.

Learn more: [keystoneservices.org/food-shelf](http://keystoneservices.org/food-shelf).

## CARL, PG 5

10:49.

The 8x10 pencil rendering looked Da Vinciian. It was so good, I lingered and got Carl home at 11:20.

Well, part of that tardy Carl-home delivery was because Carl asked if we could stop and see Jeff at West 7th Drug. "For my pills."

Jeff was really excited and delighted to see Carl up and at 'em. The drugstore staff was excited. Heck, the patients were excited.

**6-3-24. Monday, 9:20 a.m.** Like any sharp entrepreneur, Carl has two phones. Land and cell. Four botched land-line calls in a row to Karen this morning flipped Carl into mission mode. He was outside fast-walking down St. Clair in three nano-seconds looking for "the man on the pole."

Carl found him five minutes later and one street over 17 feet up a creosoted former Jack Pine tree from Virginia, Minnesota.

A short, hollered conversation followed.

The conclusion was swift and efficient.

"We're fixing some damaged line now," said the repair man. "A number of your neighbors are also compromised. We'll have it done in a jiffy."

**6-11-24. Tuesday, 7:45 a.m.** Carl awoke short of breath, but didn't call Karen until 10 a.m. Karen called Regions Cancer Clinic. They said bring Carl right in.

Chest x-ray, EKG, blood draws. CAT scan followed.

No new lung blood clot. No heart attack. But there were five ounces of fluid around Carl's heart. Pericarditis. Another cancer-chemo side effect.

Carl was transferred to an ICU bed at Regions. The fluid was needle-drained under x-ray. He was monitored for three days and then he was home again.

Carl is still with us. Still on blood thinner. Still scheduled for more chemo. And he is all the while, every waking minute, POSITIVE.

Friend Bret says it's time to get Carl back to



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

### THURSDAYS: OUTDOOR MOVIE AND PIZZA

Outdoor games, free pizza and a movie July 18 at 6:30 p.m. at Sibley Manor Apartments (1300 W. Maynard Dr.) Presented by St. Paul Parks and Recreation and co-sponsored by Comcast and Verizon. All ages are welcome. Parking available on side streets.

Movie starts when the sun goes down: *Elemental* (PG). Pizza will include a cheese-only option.

### "THE AMAZING COWBOAT" PUPPET SHOW FROM OPEN EYE THEATRE

Outdoor puppet show on Friday, July 19 at 11 a.m. at the Highland Park Community Center (1978 Ford Parkway). Indoors at the community center in the event of rain.

Charlie and his Cow Boat set sail on a high seas adventure, making friends as they go, all before sailing home to his bathtub before bed time!

### UPCOMING MEETINGS

Highland Community Center, 1978 Ford Pkwy with an online option. Zoom link and meeting agendas at [highlanddistrictcouncil.org/calendar](http://highlanddistrictcouncil.org/calendar).

- **HDC Board** - July 11, 7 p.m.
- **Transportation Committee** - June 9, 7 p.m.
- **Community Development Committee** - July 16, 6:30 p.m.
- **Community Engagement Committee** - July 22 at 7 p.m.

## FEDERATION UPDATE



### JOIN OUR BOARD!

We are currently recruiting candidates for two of our board seats: one in Area 1 (homeowner or renter), and the other in Area 3 (renter).

**NEW COMMITTEE CHAIRS:** We are pleased to announce our new committee chairs. Moving forward, Suzanne Zahorski will chair our Transportation & Land Use Committee and Hayden Kilkenny will chair our Community Engagement & Fundraising Committee. Looking to get involved? These meetings are the perfect opportunity to plug in and start connecting.

### UPCOMING MEETINGS

- **Transportation & Land Use Committee:** 7/3, 6:30 p.m.
  - **Board Meeting,** 7/18, 7 p.m.
  - **Community Engagement & Fundraising Committee** - July 18, 6:30 p.m.
- More info: [fortroadfed.org](http://fortroadfed.org)

### STAY IN TOUCH

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

### CONTACT

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



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

## Fare for All - Everyone is welcome!

Fare for All allows you to 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 July 12, August 9 and September 6. The events will all run from 10 a.m. - 12 p.m.

## Spend Your Summer with Keystone

Volunteer at Keystone! Now that school has ended and summer is here, you may have a little free time to spare. You can use that time to give back to your community by becoming a Keystone volunteer! Our volunteers help families get the food they need at our food shelves, deliver meals and groceries to homebound seniors and ensure that kids stay on track to succeed in school! Keystone has a wonderful group of loyal volunteers, and we would love for you to be one of them! For more information and to fill out an application, visit [keystoneservices.org/volunteer](http://keystoneservices.org/volunteer).

## Keystone's Free Farmer's Market - All are welcome

With the help of our community, Keystone is able to provide households with fresh fruits, vegetables and non-perishable items. We will offer a total of 14 events at three community locations - Roseville Covenant Church, the Rice and Arlington Field and Allianz Field. Participants will receive free, fresh fruits and vegetables. All events take place from 10 a.m. - 12 p.m. To find out more info, visit [keystoneservices.org/food-shelves/more-food-programs](http://keystoneservices.org/food-shelves/more-food-programs).

## Keystone's Community Kids Summer Day Camp

Learning is fun, engaging and challenges youth to become curious and confident learners. Our summer day camp features reading, math, recreation, enrichment, field trips and more! Register your child, entering grades 1-9 this fall, for this quality, free summer program. Call 651-298-5493 or email [info@keystoneservices.org](mailto:info@keystoneservices.org). This program is funded by Federal 21st Century Learning Centers administered through the Minnesota Department of Education.



# BULLETIN BOARD



**HIT MUSICAL GLENSHEEN RETURNS TO HISTORY THEATRE**  
 Jen Maren will reprise her role of Marjorie Caldwell and Dane Stauffer will portray her husband, Roger. The talented ensemble features Gary Briggie, Ruthie Baker, Wendy Lehr, Randy Schmeling, and Sandra Struthers. Ron Peluso, former History Theatre Artistic Director, will direct. For tickets and more info, visit [historytheatre.com/2023-2024/glensheen](http://historytheatre.com/2023-2024/glensheen)

**AVIAN NIGHT SKY ART EXHIBITION**

June 22 - July 5, 4-8 p.m. Schmidt Artists Lofts. A Collaborative Exploration of Darkness and Transition. Artists MaryBeth Garrigan and Petra Johnita Lommen invite you to immerse yourself in the celestial wonder. This captivating display celebrates the fading beauty of our night skies, threatened by light pollution. Call 651-564-1026 or email [uglydaisystudio@gmail.com](mailto:uglydaisystudio@gmail.com) for private tours or visit [www.uglydaisy.com](http://www.uglydaisy.com).

**CLIMB TO THE TOP OF LANDMARK CENTER**

July 3, 11:30 a.m.-1 p.m. Landmark center. Free. Enjoy a rare opportunity to get a behind-the-scenes exploration of Landmark Center's North Tower. Get a bird's eye view of downtown St. Paul by climbing the steps and walking through a secret door to get to the top. This is the one rooftop you don't want to miss this summer. Don't forget your camera! This tour is accessible only via stairs, 61 steps total from the 6th floor landing to the top. Or skip the elevator all together and climb the 198 stairs from the first floor. This tour is free, self-guided, and no reservations are required. Additional date August 21. Info: 651-292-3063 or visit [landmarkcenter.org/event/climb-to-the-top-2](http://landmarkcenter.org/event/climb-to-the-top-2).

**RICE PARK ROLLER DISCO**

Fridays, 5:30-8:30 p.m. Rice Park. Free. Roller disco around the fountain downtown St. Paul. Skate at your own risk, adults must consent for minors. DJ Presto spinning, Bald Head Bakery for food and treats! Rentals and admission FREE. Skating almost every Friday until October. Info: [twincitieskaters.com/event-details/rice-park-roller-disco-2024-07-05-17-30-1](http://twincitieskaters.com/event-details/rice-park-roller-disco-2024-07-05-17-30-1)

**DEPOT DAYS OF SUMMER**

July 9, 10 a.m. - noon. Union Depot. Free. Events packed with music, interactive games, dancing and a unique craft aligned with the month's theme. There will also be special entertainment features such as a face painter, a character meet and greet or balloon artist, ensuring that every child leaves with a prize and a smile. Open to all and promises a variety of interactive activities tailored for family enjoyment and educational fun. Learn more at [uniondepot.org/event/depot-days-of-summer/2024-07-09](http://uniondepot.org/event/depot-days-of-summer/2024-07-09).

**MUSIC ON THE CORTILE**

July 10, 12-1 p.m. Landmark Center. Free. Local musicians perform free concerts Wednesdays during lunch hours, allowing attendees to enjoy talented acts while enjoying lunch. July 10: Courtney Burton - a seasoned jazz vocalist infusing classics with contemporary flair; July 24: Clare Doyle - blending soulful country and rootsy rock with bold lyricism; August 7: Honeybutter - a Minneapolis trio crafting warm yet eerie sounds inspired by diverse influences. Info: [landmarkcenter.org/music-on-the-cortile](http://landmarkcenter.org/music-on-the-cortile).

**SUMMER NIGHTS IN RICE**

Thursdays, 5-7 p.m. Rice Park. Free. Guests may grab a drink or a bite to eat at a local restaurant and then stop by for live music, dancing and community connections in Rice Park! Make it a night of outdoor music by attending Summer Nights in Rice and then making your way down to Lowertown Sounds in Mears Park! More

information for dates and upcoming performers, visit [landmarkcenter.org/event/summer-nights-in-rice](http://landmarkcenter.org/event/summer-nights-in-rice).

**LOWERTOWN SOUNDS**

Thursdays, 6 p.m. Mears Park. Free. A free, independent community concert series. Concerts begin at 6 p.m. and end around 9:30 p.m. Guests are invited to bring blankets and chairs to enjoy the show. The July 11 show will feature Mary Bue and The High 48s. Learn more at [lowertownsounds.com/schedule](http://lowertownsounds.com/schedule).

**FORT ROAD FOLK FESTIVAL**

July 13, 1 pm-11 p.m. White Squirrel Bar. Free. Pig's Eye Records and White Squirrel Bar present the Fort Road Folk Fest! Nine acts from 1 p.m. - midnight inside and out on the new Magnolia Bandshell on the patio, Vintage pop up market from Back Pocket Vintage and others and the food truck from Nanny's Jamaican Kitchen! No cover, though the suggested donation pitcher shall be in play. Info: [whitesquirrelbar.com/event/fort-road-folk-festival](http://whitesquirrelbar.com/event/fort-road-folk-festival).

**ORDWAY INSIDE OUT AT RICE PARK**

July 13, 7 p.m. Rice Park. Free. The four Arts Partnership organizations - Minnesota Opera, Ordway, The Saint Paul Chamber Orchestra and Schubert Club - present Ordway Inside Out, an initiative that utilizes digital technology to dramatically increase access to artistic programming in Saint Paul. Audiences are able to experience free programming from all four organizations, streamed onto a giant 23' x 13' video wall in Rice Park. The first performance will feature Víkingur Ólafsson playing Bach and Glass. Rain date is July 14. Learn more at [artspartnership.org/ordway-inside-out](http://artspartnership.org/ordway-inside-out).

**DEPOT DANCE NIGHTS - SALSA NIGHT**

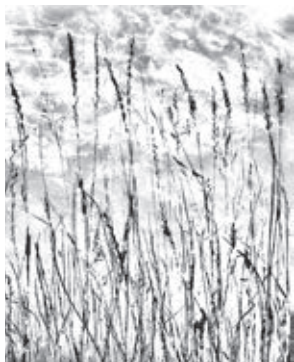
July 16, 6:30-9 p.m. Union Depot. Free. Set in the historic Waiting Room, Depot Dance Nights returns with lively evenings of professional dance lessons accompanied by spirited tunes from some of the Twin Cities' most popular dance bands. Each free event starts with a dance lesson from acclaimed instructor, Denny Hukriede from 6:30 p.m. to 7 p.m., followed by dancing from 7 p.m. to 9 p.m. Cash bar. Info: [uniondepot.org/events](http://uniondepot.org/events).

**RONDO DAYS 40TH ANNIVERSARY**

July 20, 12 p.m. - 7 p.m. Martin Luther King Rec Center. Free. Rondo Days is back for its 40th anniversary celebration. The event will take place at 271 Mackubin St -MLK Recreation Center. Info: [rondodays.net](http://rondodays.net).

**ST. PAUL FOOD TRUCK FESTIVAL AT UNION DEPOT**

July 22, 11 a.m. - 9 p.m. Union Depot. Free. The 7th annual St. Paul Food Truck Festival is back with more than 55+ food trucks will be selling their unique street eats and global cuisines. Fashion/clothing trucks, vintage record truck, photo booth truck and something just for our four-legged attendants! Other activities include life-size Jenga, mechanical bull, bean bag toss, henna tattoo artists and a psychic tarot reader. Not to mention you'll be able to enjoy local cover bands which pairs nicely with a freshly poured handcrafted beer. Info: [uniondepot.org/event/st-paul-food-food-truck-fest](http://uniondepot.org/event/st-paul-food-food-truck-fest).



Linda Snouffer



Kat Corrigan

**ART AT ST. KATE'S**

July 13, 10 a.m. - 5 p.m. St. Catherine's University. Free. A juried art fair of quality fine crafts and fine art, is produced by Artists' Circle, a Minnesota non-profit art organization promoting fine crafts since 1997, and Textile Center, a national center for fiber arts in Minneapolis. The show is organized and run by artists for artists. The art fair showcases 100 local fine art and fine craft artists from the upper Midwest. Info: [artistscircle.org](http://artistscircle.org)

FOR MORE CALENDAR EVENTS, VISIT [COMMUNITYREPORTER.ORG/EVENTS](http://COMMUNITYREPORTER.ORG/EVENTS)

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