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DISTRICT PERSPECTIVE

Progress for Minnesota



DAVE PINTO  
MINNESOTA HOUSE  
REP, DISTRICT 64B  
columnist

Hello neighbors! As the summer begins to wrap up, I hope that you (like me) are looking forward to the State Fair and the autumn, our state's most beautiful season. Another "season" that is coming to a close is the 2023-2024 legislative term. And what a term it was – one of the most productive in Minnesota history. After many years of divided government and gridlock, the DFL-controlled state

House and Senate and Governor Walz came together to pass budgets and policies that will have a positive impact for generations.

To provide just a few examples:  
Many more people will have an affordable, stable place to live; we passed record investments in affordable housing, an improved renter's rebate and property tax cuts.

Our state will be a leader on climate action; we enacted a new 100% clean energy goal, enhanced our energy grid and invested in rebates for electric vehicles and home energy.

Our environment will be cleaner; we banned PFAS "forever" chemicals – among other historic protections – and invested in lead-pipe replacement, tree planting, improved air quality, clean drinking water and environmental justice.

Those who work will receive fairer compensation, with family-sustaining benefits; we passed Paid Family & Medical Leave, Earned Sick & Safe Time, safety protections at workplaces and stronger efforts to combat wage theft.

Seniors will have more money in their pockets; we limited taxes on Social Security income for the vast majority. In fact, everyone will have more money; we also passed the biggest tax cut in state history.

Our state's public infrastructure will be in much better shape, and more useful; we enacted a record funding bill and made long-term, dedicated investments in roads, bridges and transit.

Our state's precious democracy will be stronger; we provided greater transparency in campaign funding, restored the vote to disenfranchised Minnesotans, protected election workers and removed barriers for eligible voters.

Children will be healthier, better-fed and safer because of our nation-leading child tax credit (projected to cut child poverty by a third!), universal school meals and major reforms to the child welfare system.

Speaking of young people, they will finally be on track toward the #GreatStartMN that they deserve. We made major investments in early care and learning; finally tied K-12 funding to inflation; invested in literacy, student mental health and counseling; and strengthened post-secondary pathways, including free college for many students (North Star Promise) and a boost to the State Grant program.

Minnesotans will pay less for health care and many other goods and services; we put greater limits on Big Pharma, predatory lenders and insurance companies, including a low cap on co-pays for many prescription drugs. And we blocked online ticket sellers and other businesses from adding hidden "junk fees" to your purchases.

Minnesotans will be safer from gun violence, because we finally passed my bills for criminal background checks and red-flag orders. In fact, everyone in our state will be safer, and have greater access to justice, because of the criminal legal reforms that we passed, and the increased resources for local law enforcement, crime victims, public defenders and the judicial branch.

Minnesotans will be able to live in greater freedom as their full, authentic selves; we guaranteed reproductive rights, banned "conversion therapy," legalized adult-use cannabis and became a trans refuge state (a beacon in the Midwest).

And there are so many more examples. This term was exceptional in many ways. But our state's history has long taught that the kinds of investments described above pay off, both in health and wealth. (Even after these investments, the budget outlook remains strong, with substantial reserves.) At a critical moment for our country, we can be proud to show the way yet again.

This term, especially, I've been grateful to serve you in that work. #EverybodyIn.

Neighbors Working to Improve Irvine Park

BY DAMIAN GOEBEL

Irvine Park, one of St. Paul's best kept secrets, is seeing a resurgence of late. Known for its picturesque fountain and surrounded by historic homes, the park is in need of some much needed improvements.

Neighbors with the Historic Irvine Park Association have been working hard this summer to showcase what the park and the area have to offer, as well as to raise funds to make some much needed infrastructure improvements.

"One of the things we're really committed to is, this is a public space," said Larry Jacobs, Vice President of the Historic Irvine Park Association. "It's a community space, and we want to make sure that the full community feels welcome."

"We get a lot of exposure to the lunch crowd," added Lisa Garretson, another neighbor to the park working on its improvement. "We have a lot of folks in the hospital. You can tell because they're in scrubs."

But the association has designs to grow beyond attracting the lunch-time crowd. This summer, the park has played host to a music series, which runs through September, featuring diverse artists spanning multiple musical genres; from Mississippi Delta Blues to Japanese drumming and classical.

Additionally, they have started a capital campaign to raise funds for park improvements. They are hoping to leverage city funds raised through the City's Common Cents sales tax to repair hardscapes inside and outside of the park, including the crumbling staircase, and fix the centerpiece fountain.

"We've raised a bit more than \$100,000," said Jacobs. "We're off and running."

Their ultimate goal is to raise \$500,000 to offset what the City can contribute to improvements, which include relighting and restoring the metal fountain.

"It leaks right now," Jacobs said. "We want to see if we can use that as an opportunity to extend an electrical line, so we can do music in the park for larger groups."

Jacobs said that, already, they have replaced



The historic fountain in Irvine Park, along with other infrastructure, are in need of much needed repair.

over 20 trees in the park that were damaged by storms or Emerald Ash Borers and been able to repaint and make repairs to the park's gazebo.

Nestled just blocks from West 7th and surrounded by historic homes, it's been designated parkland in St. Paul since 1849.

Effectively abandoned in the 1950s, the park saw major renovations in the 1970s, with a replacement of the iconic water fountain and hardscape improvements led by neighbors in the area.

"It's a cool neighborhood where within maybe a month of living here, I felt like I knew more about the history than where I came from in South Minneapolis," said Garretson. "There's a verbal history."

"There was a group of folks who came here who are referred to as the 'urban frontiersmen,'" Jacobs said. "They fought to save all these houses. Many of them are still here."

But the park hasn't been updated much since then.



Historic Irvine Park Association Vice President Larry Jacobson has been working to make the park more welcoming.

IRVINE PARK, PG 2

COMMUNITYHAPPENING

What's To Be Done About Plastic?

BY JULIE BORGERDING JULY

As I recall bags flailing in trees like caught kites, and dealing with plastics on the street in front of my house and where I go for walks, I just want it all to go away. It's not likely to happen soon.

Plastics are double-edged in the current world—we can't live easily without plastic, but our planet is inundated with plastic pollution, on land, air and sea. Plastic bags fly freely, plastic barges float in oceans, and flattened bottles and plastic pieces scuttle in the wind all around our streets, yards and fields. And microplastic floats around in our bodies.

Plastic is light which makes shipping cheaper. Since the start of production just over 100 years ago, it has made our lives easier (unbreakable bags, containers) and safer (athletic helmets), and perhaps more economical.

But there is more to plastic, to which we don't pay much attention. Plastic is often thrown away after one use and does not break down easily. We recycle about 234 pounds of plastic per person per year in the US, but in reality, only 5-6% of plastic produced is recycled in the U.S. Conservation Minnesota reports that 40% of local trash is plastic packaging waste, due to double in the next 20 years.

Half of all plastics ever produced have been



made in the last 20 years and production increases yearly. Think of all the plastics that will take up to 400 years to break down.

Then there is the pollution that plastic production creates, starting with fossil fuel extraction. Making plastic releases many volatile organic compounds (VOCs), causing air pollution, which causes health problems. The land pollution is most obvious; water

pollution is more hidden. Microplastics have been found in 90% of bottled water and 83% of tap water.

The *National Geographic* writer Laura Parker reported in February 2024 that plastics are an untamed and unmanaged beast:

- More than 1 million plastic bags are used every minute, with an average "working life" of only 15 minutes, 500 Billion are used annually
- Only 9% of the nine billion tons produced from the start has been recycled
- The ocean is expected to contain 1 ton of plastic for every 3 tons of fish by 2025. Economic damage to the ocean ecosystem is in the billions of dollars.
- If current consumption habits continue, we're on pace to have discarded 12 billion tons of plastic waste into landfills and our environment by 2050.

In the next few months of the *Community Reporter*, I will be highlighting plastics and what we can do about them. While producers can find solutions, it is really up to us , the consumers, to demand changes in how and if plastics are used. I will include a What We Can Do (WWCD) giving some ideas for making change. As a beginning (although many are beyond this and may offer their own ideas) I suggest we become aware of all the plastic that we use. You may be surprised at the hold it has on us.



NOTEBOOKRECOLLECTIONS

Losing Brother Mark

BY TIM RUMSEY, MD

**August 1980.** I was five years into my first real doctor job after interning one year at Minneapolis General Hospital. Family Doctor at West 7th’s Helping Hand Health Center across from Mancini’s, in the former Little Bohemian Bakery. 32 years young. One of my first patients of that day looked very, very fragile.

“I just lost my best sister to a heart attack one month ago,” said a 70 year-old distressed lady. “We were always close, and I didn’t get to say goodbye.”

“I’m really sorry,” I said.  
“We talked every day and most evenings. I don’t know what I’ll do without her.”

I told her I knew exactly how she felt.  
She said, “How could you possibly know? You’re so young.”

I waited a few moments.  
“My beloved 29-year-old brother, Mark, was killed in a car accident in Utah last weekend.”

She reached out and grabbed my left wrist and started crying.I got shoulder heaves with dry tears.

I knew we family docs should never one – up our patients suffering or switch the conversation to our own trials and tribulations.

We were commiserating, going one on one with our losses.

I asked her where she and her sister went to high school. She handed me a wallet

picture. Saint Joseph’s Academy in St. Paul. From my pocket coin purse I showed her a quarter-sized Lake Superior agate Mark gave me in the seventh grade.

I saw an awful lot of death at Minneapolis General. Babies, oldsters,and everybody in between. People cut or shot or stroked out. Cancer, blood clots to the lung. Meningitis. People who died by their own hand or anothers. Mutilated, burned. Some smiling beautifully, angelically. Bless them, they were all dead.

I asked my world-wise intern advisor, Dr. Stuart Thorson, if we FPer were in the death business or the life business.

He said both. “Death is a huge part of life. We help people live, of course, and we help them and their loved ones pass on with less pain, less fear. More comfort. More understanding.”

Yes! Thanks, Doc.  
My brother, Mark ,was a filmmaker. Film-schooled in Toronto. I was so proud of him. And Mark thought it pretty cool that I was an intern at The General. He even spent a night with me at the hospital during my ER rotation. My senior resident let him wear the blue scrubs we nurses and doctors wore.

That night, 2 a.m., we heard over the loudspeaker “Attention, attention. Four school buses of evacuated nursing home survivors of a facility fire are heading to Minneapolis General Hospital. All available interns and residents report to ER receiving...”

Well, Mark and I were already in ER receiving.

Mark got pulled away to a stabilization room and was helped into gloves, mask and a surgical cap. I got sent to an ambulance bay to help unload patients. We didn’t see each other for the next six hours.

75 elderly burn and smoke inhalation patients were triaged and treated that night. No losses. Mostly numerous, singed eyebrows and superficial burns. Mark was dressing first and second-degree burns. Not that he knew how, but he sure did by morning.

Around 8 a.m. I found him fiddling with an unlit cigarette outside the columned main entrance to the old hospital.

“We’ve got to make a movie of this place!” Mark said. He flicked the cigarette down the front steps.

I didn’t doubt him, but I sure did wonder how the hector that would happen.

Mark was all over it.  
“We’ll get permission to shoot a 10 minute short. You know, interview ER staff. Find some of those patients from that night... Then present to some of the top brass and pitch a 30 minute, 16 mm color documentary film with sound.”

He was standing on the hospital front steps, looking up at the columns and expounding. Gesturing. “You and me, buddy. We ’ll hire a local film crew and second camera team.”

Oh yeah, I forgot to mention the old General was closing in a year. And then being torn down. For a new Hospital palace two blocks away.

“Hospital admin will go for a historical preservation-type deal,” Mark said. “The senior medical staff sure will.”

“How about the money. And the time?” I said.

Mark said it will happen.  
I mortgaged my 1973 Bronco for \$8000 and Mark did the same on \$1500 of camera equipment. We took out some ads in the U of Mn Daily and got our crew. Admin signed on. The doctors loved the idea.

In early spring, 1976 ,we began filming and interviewing in the old hospital six months before it would move. We filmed three wild days of the hospital move itself.

Finally, one full year after new hospital occupancy, we did follow up interviews on the same people and filmed new building shots. The film premiered with 4 showings for the staff in 1980.

On May 13, 1981, Mark was a passenger in a car that drove off an icy Alta ,Utah mountain road and dropped into a 1,000 foot canyon. He was making a ski film. I was that young doctor at Helping Hand with a whole lot more empathy for people or patients who suddenly lost loved ones.

Mr. Positive Update

It’s been 5 1/2 months since Carl, Mr. Positive’s diagnosis of stage four cancer of the esophagus. Six months to live without chemo, one year with.

Carl’s best friend Karen told me “Carl is still Carl. He never complains. He’s doing much better than the doctors expected. He gets chemo every other month...”

Full column on Mr. Positive in September’s *Community Reporter*.

COMMUNITY VOICES

Misconceptions and Two out of four ain’t bad...

DEAR EDITOR

Two out of four: On Wednesday, July 10 I was again not allowed into the Riverview Corridor’s “open” house at the Jewish Community Center. The first exclusion was at my local community center at Palace Recreation Center. My crime: I had an easel and poster that elaborated on bus rapid transit (BRT) option that the Policy Advisory Committee (PAC) instructed them to present along with two streetcar options. The second crime is that I had a handout spreadsheet that their River Corridor staff developed that compared the options, plus the Purple/Gold BRT extension.

In the “open” house you will not find that spreadsheet since it is embarrassing: BRT is a quicker, cheaper, more accessible option than streetcars, and also does not eliminate parking (and trees) and small businesses. My poster was developed for \$80. Their room full of displays probably cost several

hundred-thousands of dollars when you add in all the staff time—but their displays minimizes BRT. Somehow my \$80 poster and spreadsheet printout is too threatening. I add that at two open houses, one for Ward 2 at the Wellstone Center, and one at the Landmark Center for the Capitol River Council, I was welcomed without either incident or “controversy”. I even helped set up their streetcar promotion at the latter!

Now the misconception: While 3,000 of our residents and small businesses signed a petition opposing rails on Seventh in 2016, a few think it is a NIMBY (not in my back yard) gesture. Not so. From the get-go, the issue has not been to oppose a dedicated rail line connecting downtown with the western suburbs, Mall of America and Airport. Only that Fort Road/West Seventh Street is not the best option, and that better options ARE NOT BEING EVALUATED. When West End neighborhoods were removed and Fountain

Cave destroyed for the four-lane highway of Shepard Road back in the fifties, one element of design was a dedicated rail line! With the elimination of the Ford Spur, we now have unused rails that connect Highland Bridge. That’s a possibility and a wonderful set of customers for West End businesses and events—whether or not it be rail, or bike or foot. But it is only an unstudied option. There are more, and honestly, we need to consider them.

JOIN US AT A RALLY

On Monday, August 12 Citizen Advocates for Regional Transit (CART) is organizing a rally at Bad Weather Brewing: 6:30 social, 7:00 presentation, 7:30 Q&A. Please join us!  
- Joe Landsberger

*Joe Landsberger - life-long (80-year) resident of “West” neighborhoods, Co-chair of the Station Area Planning Task Force, Member of CART.*



Neighbors are hoping to repair sidewalks and other hardscapes within Irvine Park.

IRVINE PARK, PG 1

Jacobson and Garretson, who both have been living in the neighborhood for a little more than three years, agreed that they hope the programming and improvements will continue to draw more people to the area.

“I was walking the dogs earlier today, and someone was scoping out a vantage point to watch the Yacht Club [concert]. They

said ‘you probably get annoyed with people walking through here all the time.’ And I was like, no, not at all, we love it,” said Garretson. “During the Covid, we felt what absence feels like. And so when you have people enjoying the park, I think you never take that for granted again.”

“The number one thing is we want people to feel welcome,” said Jacobson. “We want

them to feel like the welcome mat has been put out.”

LEARN MORE

Find the full schedule, including dates for Music in the Park and other seasonal events, as well as to contribute to improving Irvine Park, visit [saintpaulparksconservancy.org/park-friends-groups/historic-irvine-park](http://saintpaulparksconservancy.org/park-friends-groups/historic-irvine-park)

Ride the Amtrak Borealis train

Thanks to Commissioner Ortega for sharing info on the new daily train between St. Paul and Chicago. I too look forward to riding it on my next travel. I am sure it will be as enjoyable as the Empire Builder. I take issue with the numbers presented where he indicates the train will replace 580,000 car miles annually. That equates to only 4 one-way daily trips between St. Paul and Chicago for each of the 365 days. Maybe Commissioner Ortega would like to revise that number or further clarify what this data attempts to present.

- Spencer Ludtke

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# Community News & Events

## Betty Moran, founding member of West 7th/Fort Road Federation, passes away at 80

The West 7th/Fort Road Federation shared the passing of Betty Moran, a beloved pillar of the West 7th/Fort Road community. Betty passed away on June 1, 2024, at the age of 80.

The Fort Road Federation said, "Betty was a founding member of the West 7th/Fort Road Federation and played a pivotal role in shaping the neighborhood. Her legendary organizing skills and fearless advocacy, from stopping home demolitions to saving the Schmidt Brewery, left an indelible mark on our community. Betty's legacy of activism and care will continue to inspire us."

In her obituary, her loved ones said "Betty knew how to work the phones – to inform, organize and galvanize, whether to solidify positions and frame issues, or get people to show up for an action! She shepherded neighbors to picket Raquel's Rap as the neighborhood drove prostitution from the community; Betty organized to save Historic Irvine Park from demolition; she worked to save the Schmidt Brewery; Betty organized to save Monroe School and our CSPS Hall. There

were no issues too large and daunting or too small for Betty. She was affectionately known as the unofficial "Mayor of West 7th Street". She was a caring ear for a distraught neighbor and a ferocious lion in defense of her community! Betty Moran helped build this community and her efforts will inspire her work to continue."

Early in her career with the West 7th/Fort Road Federation, Moran was instrumental in curbing home demolitions and having sewer service added in the Kipps Glen neighborhood.

Moran was born July 23, 1943 to parents Raymond and Katheryne Rivo. She was preceded in death by her mother and father, daughter Kelly Marie and step father Edward Williams. She is survived by her husband of 60 years Thomas, daughter Stephanie (Tony), son Tyler (Brynn), grandchildren Jack, Caleb and Hana.

In lieu of flowers, the family is asking that donations be made to Keystone Community Services.

Read her full obituary at [twincities.com/obituaries/elizabeth-ann-moran](https://twincities.com/obituaries/elizabeth-ann-moran)



Betty Moran received the West 7th Community Service Award and Keystone Good Neighbor Award in 2017.



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### DEMASTER NAMED DIRECTOR

Dana DeMaster has been named director of the Innovation and Strategy division of the Health and Wellness Service Team after serving as the interim director since June 2023.

A West End resident, Dana was responsible for the overall direction, decision-making and strategy for the new division as it updated and modernized department technology systems and created new, more efficient business processes and workflows. She began work at the county in 2015, starting as a program evaluator in Health & Wellness before becoming a research supervisor and then a research manager.

Before coming to Ramsey County, Dana was a program evaluator and data analyst at the Minnesota Department of Human Services and at Hennepin. She holds a Master of Public Policy from the University of Minnesota and an undergraduate degree from Saint Catherine University.

Innovation and Strategy was created following the reorganization of the Health and Wellness Administrative division. It handles the strategic functions of Health and Wellness, including program evaluation and research, human services technology and electronic health record supports and the Early Childhood Care and Coordination initiative.



Dana Demaster

Founded in 2015 in partnership with the Open for Business initiative, the Business Awards Program aims to support the St. Paul community in their efforts to create an attractive atmosphere for residents to grow and thrive.

Each year, the St. Paul City Council recognizes businesses in five award categories. Community members, residents, employees and business owners are invited to submit nominations at [www.stpaul.gov/bizawards](http://www.stpaul.gov/bizawards) or encourage a deserving business to apply for these awards.

Nominations must be submitted no later than August 23, 2024, by 12:00 PM CST. All applications for consideration must be submitted no later than August 30, 2024, by 12:00 PM CST. Find more information and nominate a business at [stpaul.gov/bizawards](http://stpaul.gov/bizawards).

### ST. PAUL AUTHOR HONORED AS WINNER OF MIDWEST BOOK AWARD

Lynne M. Kolze from St. Paul won the award for Best Inspirational Non-fiction book for their book "Please Write: Finding Joy and Meaning in the Soulful Art of Handwritten Letters" at the Midwest Book Award gala on June 22, 2024.

In her book, Kolze argues that the letter can still serve an important role in our lives, complementing the useful and efficient technological tools we use every day. She shares the many benefits handwritten letters can provide to both the recipient and the writer, if we just make the effort.

"Letters" also includes a short history of the handwritten letter and the many innovations which enabled this art form to flourish, the types of letters that are most often written (and why they matter), and the many ways in

which letters have inspired, and continue to inspire, the creation of art in many forms and contexts.

Minnesota publisher Beaver's Pond Press released the book in May 2023.

The Midwest Book Awards are presented by the Midwest Independent Publishers Association (MIPA), a non-profit organization dedicated to supporting independent publishers in the Midwest. The awards are open to all books published in the Midwest in the previous year. MIPA founders organized the first Midwest Book Awards in 1989, and today the Midwest Book Awards is one of the longest running literary recognition programs in the country. Judges for the prestigious literary program are booksellers, university staff, and librarians who are subject matter experts and collectively hail from each of MiPA's twelve states.

View all finalists at [mipa.org/midwest-book-awards/2024-finalists](http://mipa.org/midwest-book-awards/2024-finalists).

FOR MORE COMMUNITY NEWS, VISIT  
[COMMUNITYREPORTER.ORG/  
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### Supporting W7th and Little Bohemia

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### ST. PAUL ACCEPTING BUSINESS AWARD NOMINATIONS

The St. Paul City Council has begun accepting nominations for the annual Business Awards Program.



### Join the MNHS 175 History Hunt

Journey through Minnesota's history for a chance to win awesome prizes in the Minnesota Historical Society's (MNHS) History Hunt. Part of their 175th anniversary celebration, this historic scavenger hunt includes 175 challenges spanning the entire state. The challenges could include taking a pic with a giant fish statue, scanning a QR code in a museum exhibit or just answering a trivia question. Each task you complete earns points that can be redeemed for prizes when the History Hunt ends on September 2. The MNHS 175 History Hunt is free to play. But please note some challenges may involve sites with admission fees. Learn more about how to participate, including information on downloading the necessary app, visit [mnhs.org/historyhunt](http://mnhs.org/historyhunt).



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# Community Traditions

## Fiddlin' Around at Fort Road Folk Fest



Despite the stormy weather, fans of folk music were treated to a full day of live music July 13 at the Fort Road Folk Fest.

Presented by Pigs Eye Records and White Squirrel Bar, the festival featured nine acts on two stages, including White Squirrel's new outdoor bandshell, all day.

In addition to the live music, festival goers were treated to a vintage pop-up market and food trucks.

Check out some photos from the event and see more photos at [communityreporter.org/fort-road-folk-fest](http://communityreporter.org/fort-road-folk-fest)

- Damian Goebel

Martin Devaney and Friends performing at the Fort Road Folk Fest on July 13 at White Squirrel Bar.



Mike Gunther and the Total Crapshoot performing at the Fort Road Folk Fest on July 13 at White Squirrel Bar.



Emmy Woods performing at the Fort Road Folk Fest on July 13 at White Squirrel Bar.





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*Community  
REPORTER*



# Community Nourishment

## HEALTHLINE

### What is the buzz this summer? Mosquitoes!

**BY JONATHAN DICKMAN, MD, PHD**  
With the wet conditions this summer the mosquitoes have now come out in full force! While the little pests can transmit troublesome viral illnesses, the most common result here in Minnesota is an annoying bug bite that is itchy and irritating. Treatment for these itchy bug bites can include ice and over the counter anti-itch creams such as hydrocortisone. What is better than treatment, however, is taking steps to avoid getting bitten by these insects!

There are some parts of your environment that you can control to avoid having mosquito problems. Remove unneeded standing water in your yard as this is where they lay their eggs. Even small changes such as eliminating trash or containers in your yard that collect rainwater can make a difference. For containers you want to keep outside such as bird baths, clean and scrub them once a week. When you are outside, try avoiding times when mosquitos are the most active at dusk or in the evenings. If you are outside during these times, try wearing loose-fitting long sleeve tops and pants. If you want to hang out at an outdoor patio in the evening, fans can be helpful as mosquitoes need still air to land on you. Sitting in an area that has screens or bug net is also effective. Bug nets can also be used to cover strollers to protect kids. All of these methods can help decrease the number of bites feeling the urge to scratch!

While modifying your surroundings to be bug proof is helpful, many people also wonder about sprays they can purchase to decrease bug bites and how to use them. There are two main types of sprays, one for the skin and one for the clothes. Permethrin is the one chemical you can only use on your clothes. Some clothes can be impregnated with permethrin and wearing these items are a durable way to decrease the number of insects biting you. For everything else you wear, you can purchase permethrin and



spray it on your clothing and it will keep bugs away for a couple of clothes washing cycles. Spraying permethrin onto your clothes is a good idea to complete before doing buggy activities such as camping. Other bug sprays can be used on the skin and clothes and the active ingredients for these sprays should include one of the following: DEET, Picaridin, IR3535, 2-undecanone, oil of lemon eucalyptus or para-methane-diol. Of note, sprays containing the last 2 ingredients should not be used on children under 3 years old. Many people use these sprays all over their clothes and skin, but note that for children you should consider applying the spray to your hands and then apply to their skin. You should apply sunscreen first (if needed for your activity) before applying bug spray.

These sprays can be safely used on the skin and clothes to decrease your chance of being bit this summer. Enjoy the rest of summer without having to endure itchy bug bites. Remember to look around your home and yard and explore ways to reduce your mosquito burden such as decreasing the amount of standing water. Consider applying permethrin on your clothes before going camping and using bug sprays. In addition to reducing mosquito bites, this will also reduce the number of tick bites you get when going outside. This will all help you enjoy the outdoors without bugging out!

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

## ABBY'S ANGLE

### The Wisdom of "The Alchemist"

BY ABBY HORTON

"The Alchemist" written by Paulo Coelho is a fantasy book following a shepherd boy from Spain named Santiago. He begins to have the same dream over and over again about treasures that are lying in the Pyramids of Egypt. One day, he meets an old king who pushes him to journey to the pyramids to seek out his dream and offers advice that will stick with him throughout his journey.

Santiago crosses the Mediterranean and Sahara to find his treasures in Egypt, accomplishing his personal legend - his purpose in life - along the way. The book details Santiago's journey to get to the pyramids and the experiences he has on his way, which ultimately helps him to learn and grow as a person.

I was excited to read this book following many good recommendations about it. And I was not disappointed. As I read this book, I was especially impressed by the storytelling. The choice of words always felt very intentional and was full of wisdom. While I thought that some of the characters were underdeveloped and that some of the wisdom could be confusing at times, that didn't take away from the story as a whole.

There are many things that one can learn from

BOOK REVIEW pg 6





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# In the Community



## Celebrate final days of summer at the library

Fall will be here before you know it, but there is plenty of summer fun at the library this August. There is still time to visit libraries, get stickers and complete bonus challenges with the Discover Your Library Passport program through August 15. The Friends of the Library is offering prizes for completing some or all of the passport stops including t-shirts and other library merchandise, Minnesota United tickets and more. Stop in at any St. Paul Public Library location or visit [thefriends.org/passport](http://thefriends.org/passport) to learn more.

Here are a few fun family event highlights happening this month:

Bring the kids to West 7th Library, 265 Oneida St., on August 5 from 2-6 p.m. for Color X Chalk Creations presented by Now.Make. Art. Create your own unique piece of chalk art that will be added to a hanging color collection mural. All materials provided.

On Saturday, August 17 from 11 a.m.- noon at George Latimer Central Library, 90 4th St. W., kids and families can Clown Around with

Cahoot Physical Theatre.

Arlington Hills Library, 1200 Payne Ave., hosts the annual ToshCon anime convention on Saturday, August 17 from 11 a.m.-3 p.m. This one-day event celebrates anime, Asian arts and pop culture for all ages. Dress up in your favorite cosplay and enjoy fun activities like arts and crafts, Japanese and K-pop performances, exploring the Artist Alley and more.

Join us at Sun Ray Library, 2105 Wilson Ave., for a big end-of-summer reading celebration with music, a circus performance, games, free ice cream and more on Saturday, August 24 from 2-4 p.m. Youth ages 0-18 can select their very own book to keep as part of the Summer Spark program.

To find more programs and events for all ages, visit [sppl.org/events](http://sppl.org/events). We look forward to seeing 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.



**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).

**CAPITAL IMPROVEMENT BUDGET PROPOSAL:**  
In collaboration with neighbors, the West 7th/Fort Road Federation submitted a proposal for traffic calming along Jefferson Avenue from Victoria to West 7th. There will be a community public hearing on Aug. 12 5pm-7pm in the Rondo multi-purpose room. To show support for this project, we ask that community members attend. For more information: [fortroadfed@fortroadfederation.org](mailto:fortroadfed@fortroadfederation.org).

**UPCOMING MEETINGS**

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

More info: [fortroadfed.org](http://fortroadfed.org)

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

## Union Depot Seeking 2024 'Hub for the Holidays' Tree

It feels like Christmas in July as Union Depot launches its search for the next Hub for the Holidays tree. Organizers are seeking a 50'-70' evergreen to anchor the venue's Hub for the Holidays event series, which will include the Holiday Tree Lighting celebration on Saturday, Dec. 7.

Ramsey County residents are encouraged to keep an eye out for an overgrown tree that would make a good candidate for the 2024 holiday tree. If the tree is selected, there will be no cost for its removal or to grind down its stump. The family of the tree owner will also be able to participate in the Holiday Tree Lighting celebration.

The key requirements for a tree to be considered are that it must be located within Ramsey County, be an evergreen tree, have overgrown its location or have other reasons for removal and be in good, condition as the tree will be viewed from 360°—no bare spots or missing branches, please.

Those who would like to donate a tree for the event should email their address and a photo of the tree to [info@uniondepot.org](mailto:info@uniondepot.org) or call 651-202-2700. You can also submit via the Union Depot website. The tree submission period will last until Friday, September 20, 2024. The Hub for the Holidays event schedule will also be announced around this date.

Learn more and submit a tree at [uniondepot.org/holiday/holiday-tree](http://uniondepot.org/holiday/holiday-tree).



### BOOK REVIEW, PG 5

"The Alchemist." The book centers around following your dreams, and the risks that can come from doing so. Some of the wisdom surrounding that is what could be stopping you from following your dreams in the first place: fear. As the book states, "There is only one thing that makes a dream impossible to achieve: the fear of failure."

I found this impactful after realizing how many times I've wanted to do something but hadn't because I was scared to fail. After finishing this book, that quote sticks with me, a reminder that I'll only be able to accomplish my goals if I take action on it. While this was just one piece of wisdom from the book, others range from encouraging everyone to continue their journey despite any obstacles they might have, and that love cannot take

away from your journey.

This book opened my eyes in many ways and taught me many valuable lessons about life and trusting the path you are on. I read this book slowly to be able to take in the story and the wisdom, but it being a shorter book, I finished it fairly quickly. I would recommend this book for readers 14+ due to its complexity, but I believe this book is a must-read for everyone at least once in their life.



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**HIGHLAND DISTRICT COUNCIL**


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

**MUSIC AT THE BRIDGE ON AUGUST 8**  
Live music, family-friendly activities and food trucks near the water feature in Highland Bridge. Music by Teddy Holidays starts at 6:30 p.m. Weather-related updates will be posted on HDC's website and Facebook page by 4 p.m. the day of the event. Thanks to sponsors: AT&T Highland Park, Chad Babcock State Farm Agency, Herself Health, Minnesota JCC and Tiffany Sports Lounge.

**HIGHLAND PARK BIKE TOUR ON AUGUST 13**  
Join Highland District Council's Transportation Committee for a tour of Highland Park by bicycle. Meet at the Highland Park Community Center at 6:30 p.m. for a 1.5 hour bike ride throughout the neighborhood to explore transportation-related sites. Pace will be slow with stops.

**SIBLEY PLAZA MUSIC FEST ON AUGUST 15**  
Live music and food trucks at Sibley Plaza off West 7th Street on Thursday, August 15 from 6 to 9 p.m. The Space Force starts playing at 6:30 p.m. Food and drinks for purchase. Weather-related updates will be posted on HDC's website and Facebook page by 4 p.m. the day of the event. Thanks to our sponsors Paster Properties and Wandering Leaf Brewing Company.

**UPCOMING MEETINGS**  
No board or committee meetings in August.



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

*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. Aug. 9, Sept. 6, Oct. 4, Nov. 1. The events will all run from 10 a.m. - 12 p.m.

**Support Youth this School Year!**

Youth will be heading back to school soon, which means that back-to-school shopping is near! For some families, shopping for school supplies can be daunting given their budgets being stretched due to the rise of the costs of food, gas and other items. This year, support youth this school year by donating to Keystone's Annual School Supply Drive! You can donate new school supplies through August 16. All donations can be dropped off at the Merriam Park Community Center, 2000 St. Anthony Ave., St. Paul, Mon-Fri 9 a.m. to 5 p.m. Call 651-645-0349 or email [info@keystoneservices.org](mailto:info@keystoneservices.org)!

**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).

**Get Active with Keystone's Active Senior Program!**

Active Seniors is a year-round program of diverse activities designed to support independence and enhance quality of life. Designed for adults 55-100+ years old. Keystone offers a wide array of exercise, wellness and social/recreational programs to help older adults stay healthy, independent and socially connected. From pickleball to scrabble, we offer opportunities to gather in person at our community center and opportunities to connect virtually on Zoom. For more information about our Active Seniors program, please visit [keystoneservices.org/seniors/activities](http://keystoneservices.org/seniors/activities).



# BULLETIN BOARD



### PAINTING WORKSHOP WITH EFRON GONZALEZ

August 13-16, 9:30-3:30 with all supplies provided. \$450. Limited Scholarships. Class size is limited, sign up by emailing roxannekibben@gmail.com, text or call 443-822-6747. Spanish speakers welcome. A great opportunity to paint with oils from a master painter from Ajijic, Mexico. Free demonstration event with Efron Thursday 3-6 p.m.

### SKINNER'S PUB MUSIC ON THE PATIO

Enjoy live music on the Skinner's Pub patio on Tuesdays during September 24, 2024 from 7:00 p.m.-9:30 p.m. Visit skinnermn.com for more details.

### RICE PARK ROLLER DISCO

Fridays, 5:30-8:30 p.m. Rice Park. Free. Skate at your own risk, adults must consent for minors. We will have rental roller skates, rollerblades, and safety gear. We will have DJ Presto spinning, and Bald Head Bakery for food and treats! Rentals and admission FREE for ALL. Learn more at twincitieskaters.com/event-details/rice-park-roller-disco-2024-07-05-17-30-1

### MOVIES IN THE PARKS

Upcoming movies: *Barbie* on August 2, Raspberry Island, *Black Panther* on August 9 at Como Pavillion, *Turning Red* at the Phalen Beach House on August 16 and *Muppet Treasure Island* at Edgumbe Rec Center on August 23. See the full schedule at stpaul.gov/departments/parks-and-recreation/activities-events/summer-activities-events/movies-parks

### MUSIC IN IRVINE PARK

July 28, 4 pm. Irvine Park. Free. The Historic Irvine Park Association presents Taiko Arts.

### NETWORKING WITH ST. PAUL ART COLLECTIVE

Free for SPAC Members. A way for artists to come together, meet other artists, share ideas, talk about opportunities, resources and much more! <https://stpaulartcollective.org/>

### HISTORY THEATRE PRESENTS: CHURCH OF CASH

August 3, 7:30 p.m. History Theatre. \$30-\$40. Get ready to "Walk the Line" with this electrifying Johnny Cash tribute show, led by the incredible Jay Ernest. You'll stomp your feet and sing along to all the classics - from "Folsom Prison Blues" to "A Boy Named Sue." Learn more: [historytheatre.com/church-cash](https://historytheatre.com/church-cash)

### ORDWAY INSIDE OUT AT RICE PARK

August 3 & 17, 7 p.m. Rice Park. Free. Minnesota Opera, Ordway, The Saint Paul Chamber Orchestra and Schubert Club stream free programming onto a giant 23' x 13' video wall in Rice Park. Learn more at [artspartnership.org/ordway-inside-out](https://artspartnership.org/ordway-inside-out).

### MUSIC ON THE CORTILE

August 7, 12-1 p.m. Landmark Center. Free. Live performances by local musicians in the scenic Musser Cortile. Honeybutter - a Minneapolis trio crafting warm yet eerie sounds inspired by diverse influences. Visit [landmarkcenter.org/music-on-the-cortile](https://landmarkcenter.org/music-on-the-cortile).

### SUMMER NIGHTS IN RICE

Thursdays, 5-7 p.m. Rice Park. Free. August 15, 29 and September 12. For more information, please visit [landmarkcenter.org/event/summer-nights-in-rice](https://landmarkcenter.org/event/summer-nights-in-rice).

### THE ORANGE GOODNESS

August 10, 7:30 p.m. Grand Oak Opry. Free (\$15 suggested donation). An exciting groove-infused alt/indie rock group that creates out of Minneapolis, Minnesota. \$15 donation/adult, with 100% of the proceeds going to the artist. (No one will be turned away based on the ability to pay.) Seating is first come first served, gate open at 6:30. No animals

allowed. Learn more at [grandoakopry.com/2024-upcoming-shows/the-orange-goodness-sat-august-10th-at-730](https://grandoakopry.com/2024-upcoming-shows/the-orange-goodness-sat-august-10th-at-730)

### LOWERTOWN SOUNDS

Thursdays, 6 p.m. Mears Park. Free. Check out the schedule at [lowertownsounds.com/schedule](https://lowertownsounds.com/schedule).

### DEPOT DAYS OF SUMMER

August 13, 10 a.m. - noon. Union Depot. Free. Packed with music, interactive games, dancing and a unique craft aligned with the month's theme. Learn more at [uniondepot.org/event/depot-days-of-summer/2024-07-09](https://uniondepot.org/event/depot-days-of-summer/2024-07-09).

### HEIRUSPECS SUMMER CLASSIC

August 17, 4-9 p.m. James J. Hill House. Free. Join in the all-ages public bash and enjoy an evening of live music, lawn games, food and refreshments and even a car show! Gates open 4 p.m., music 5-9 p.m. Rain or shine! Learn more at [mnhs.org/events/2625](https://mnhs.org/events/2625).

### DEPOT DANCE NIGHTS - BALLROOM NIGHT

August 20, 6:30-10 p.m. Union Depot. Free. 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. A cash bar. Learn more at [uniondepot.org/events](https://uniondepot.org/events).

### CLIMB TO THE TOP OF LANDMARK CENTER

August 21, 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. Free, self-guided, and no reservations are required. Additional Climb To The Top date Wednesday, August 21. For more information, call 651-292-3063 or visit [landmarkcenter.org/event/climb-to-the-top-2](https://landmarkcenter.org/event/climb-to-the-top-2).

### EVV

August 24, 7:30 p.m. Grand Oak Opry. Free (\$15 suggested donation). A Minneapolis-based musician that does not claim a genre. No tickets. \$15 donation/adult, with 100% of the proceeds going to the artist. (No one will be turned away based on the ability to pay.) Seating is first come first served, gate open at 6:30. No animals allowed. Learn more at [grandoakopry.com/2024-upcoming-shows/evv-sat-aug-27th-730](https://grandoakopry.com/2024-upcoming-shows/evv-sat-aug-27th-730)

### 3RD ANNUAL FESTIVAL OF RIGHTS/FESTIVAL LEGAL

August 24, 3-7 p.m. Beautiful Laundrette. Free. Activities for kids and families, a community picnic, and live music by the Skruffians, a Latin Reggae Jazz group. Resource tables and free giveaways, staffed by people representing over 20 organizations and area schools. Free backpacks for children. Event is to showcase the legal services available for our community, and to provide legal support and education to attendees. Our partners include the MN Hispanic Bar Association, Immigrant Law Center of MN, Southern MN Regional Legal Services and Mitchell-Hamline Law School, and it promises to be even bigger and better this year.

### IRISH FAIR OF MINNESOTA

August 9-11, Harriet Island. Free-\$45. Irish Or No, You'll Have Fun If You Go! The annual three-day outdoor celebration of all things Irish is recognized as one of the most family-friendly events in the Twin Cities and one of the largest Irish festivals nationwide. Harriet Island will transform into a mini-Emerald Isle providing an authentic Irish experience for all fairgoers. Enjoy entertainment on six stages showcasing Irish music and dance, pub tents featuring tasty refreshments, a variety of food stands, Irish sports demos, Irish comedy, marketplace tents, cultural programming, and more. Get tickets at [irishfair.com/p/tickets](https://irishfair.com/p/tickets)



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# WEST FEST ON 7th

**FOOD • DRINKS • LIVE MUSIC • ONLINE AUCTION • WALKING TOURS • FAMILY ACTIVITIES**

**CELEBRATING THE PEOPLE, PLACES, & HISTORY OF THE WEST SEVENTH NEIGHBORHOOD**

## Thank you for making West Fest on 7th a success!

St. Stans wants to thank our sponsors, community partners and everyone who attended West Fest on 7th. We set out to create an event for, by and about the West 7th Community, and you all helped to exceed our expectations. From the bottoms of our hearts, **THANK YOU!** See you at the St. Stans Fall Festival September 8!

### OUR SPONSORS

5-8 Club • 6Smith • A. Nonymous  
Archbishop Bernard Hebda  
Bad Weather Brewing Company • Baldamar  
Beer Dabbler • Big Bell Ice Cream • Bob Paradise  
Bruce Caswell • Burger Dive • Burger Moe's  
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J.R. Mac's Bar and Grill • Jim Sazevich  
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Keenan's Bar and Grill "620 Club"  
Kessler and Maguire Funeral Home  
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Meg Neuville • Mucci's Italian • Northfield Lines  
Pajarito • Parlour • Pat Mancini and Goombas  
Patrick McGovern's Pub & Restaurant  
Phil and Carolyn Kostolnik • Saint Dinette  
Saint Paul Fire Dept • Saint Paul Police Dept  
Scott Breznjak • Shamrocks • Sheriff Bob Fletcher • Skinner's Pub and Eatery • SPPD Chief Axel Henry • St. Stanislaus Church • Summit Brewing Company  
Swor and Gatto • Thomas Liquor  
Tiffany Sport's Lounge • Tom Campion  
Tom Reid's Hockey City Pub • US Foods  
Waldmann Brewery • Yum Kitchen and Bakery