

# Community REPORTER

SERVING WEST END NEIGHBORHOODS, DOWNTOWN SAINT PAUL, AND NEARBY NEIGHBORHOODS



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DECEMBER 2024

CIRCULATION 13,000

## DISTRICT PERSPECTIVE Support Local Business This Holiday Season



**MARIA ISA PEREZ-VEGA**  
MINNESOTA HOUSE  
REP, DISTRICT 65B

As the crisp autumn air settles over Minnesota and the leaves continue to change, it's a reminder that the holiday season is upon us. As you begin to prepare your gift shopping list, take some time to discover local businesses in our community and support them while searching for the perfect gifts for your loved ones. District 65B in St. Paul is home to a vibrant community of local businesses, each offering unique products and services that make our neighborhood special.

There are over 100 businesses in District 65B, serving a diverse range of needs and interests. Many of these businesses are owned and operated by people of color, including Hmong, Somali, Latino and African American entrepreneurs. These businesses offer a variety of goods and services, ranging from groceries and restaurants to clothing, beauty supplies, and community services, and from cozy cafes and boutiques to art galleries and specialty shops, ensuring that there is something to offer everyone in our local community.

From purchasing memorabilia posters, collectable retro toys, baseball cards and throwback concert t-shirts at 7th Street's legendary Maharaja's Gifts; Little Brazil's imported delicious treats and Brazilian coffee; A nice steak and lobster dinner date at Mancini's, to crossing the river to West Side's El Burrito Mercado for the Silva tamales recipe and traditional Mexican holiday treats; we are in the season reminding us in St. Paul that we share joy with the cheers of support surrounding our Capitol city heritage to bring a little warmth to every home.

Small businesses are the heart and soul of our communities. They are mothers, grandparents and community keepers who selflessly took a chance on themselves and were able to provide jobs, contribute to the local economy and offer unique products and services that can't be found at big-box stores. We can bolster our state's economy when we shop local, as we're investing in our neighbors, fostering a sense of community and helping to preserve the character and diversity of our state.

Supporting local businesses during the holiday season is crucial. For many businesses, the increased foot traffic and sales can significantly impact their ability to sustain operations throughout the year. Minnesota has a long tradition of supporting its neighbors and embracing the philosophy of "we all do better, when we all do better." This holiday season let's spread love and joy by supporting those who are working hard to build a better future for our communities in St. Paul and across the state. By choosing to shop local, it's more than a purchase; you're supporting your neighbors, contributing to the local economy, and helping to preserve the character of our community.

# A Very West End Holiday

**T**his holiday season, there is lots to see and do in the area: from artisan craft markets to Broadway theatrical productions, and everything in between, there is something for everyone (and every price range) in the West End and surrounding neighborhoods.

We've put together a list of some of the highlights in and around West 7th this holiday

season for where to get the perfect gift, where to spend some quality family time and some of the special shows and events around town to help celebrate the season.

Check out all of our events for December online at [communityreporter.org/events](http://communityreporter.org/events).

Have a happy, healthy holidays!

~ Damian Goebel and The Community Reporter

## Holiday Shopping

### EUROPEAN CHRISTMAS MARKET Weekends through December 22. Union Depot.

The European Christmas Market returns for its 11th year at Union Depot, spanning four consecutive three-day weekends through December 22, 2024. Featuring more than 70 wooden kiosks to explore, gift shoppers can expect a broad mix of items like cozy woolen goods, handmade toys and plushies for children, locally made pottery and more. Vendors will be offering a curated selection of European-inspired flavors, including crowd favorites like authentic German Brats and Polish Pierogi. Each weekend will feature festive entertainment, including dance groups, live music and visits from Santa himself. For hours, vendors and more, visit [stpaulchristmasmarket.org](http://stpaulchristmasmarket.org).

WEST END HOLIDAY, PG 4



Ukrainian Dance group perform at European Christmas Market.

## COMMUNITY HAPPENING

### Local Author Writes the History of West 7th

BY DAMIAN GOEBEL

Joe Landsberger has always been a student of West 7th history. Now he's sharing some of that long-held, and much researched, knowledge with the rest of the community.

"Origin Story of Fort Road/West Seventh Street, the Township/City of Saint Paul, the Territory/State of Minnesota, Glacial Age Forward," his new book on the history of the area, is available for purchase now.

The book tracks the progression of the area, from the geography, to the earliest immigrants landing in St. Paul, up through the present.

"The challenge I have is there are too many themes," Landsberger said.

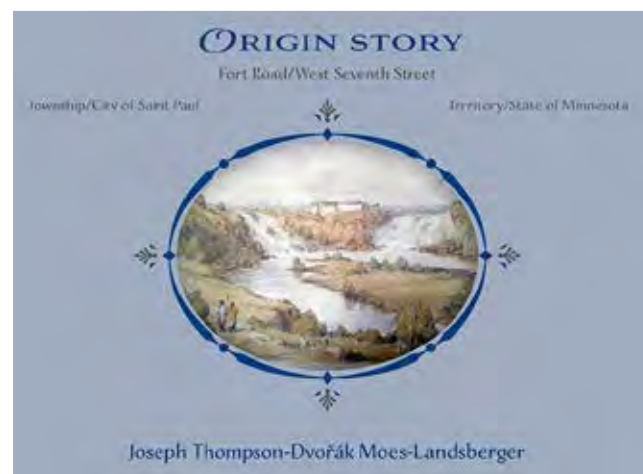
He said that new immigrants to the area building the neighborhood and the flurry of activity reviving the neighborhood in the 1970s are major topics, but so are the geography and architecture of the area.

The book clocks in at a little over 400 pages, with a full-color centerfold dedicated to the brickwork of the buildings along West 7th.

"It's a little over the top at over 400 pages," Landsberger said.

That said, being one of the oldest settled areas of the state, there is a lot of history to cover.

The book itself is in final production and Landsberger is taking orders now. There are two versions he is making available, a hardcover and



Long-time West End resident Joe Landsberger is publishing "Origin Story: Fort Road/West 7th Street" this December.

a softcover edition. For each copy sold, a second copy will be donated to public entities, primarily libraries and schools.

Additionally, all proceeds benefit the Legacy Fund of the CSPS Hall, the oldest Czech Slovak hall in the U.S. and on the national historic register. Czech and Slovak Sokol Minnesota, its owner, is a registered nonprofit and dates from 1882.

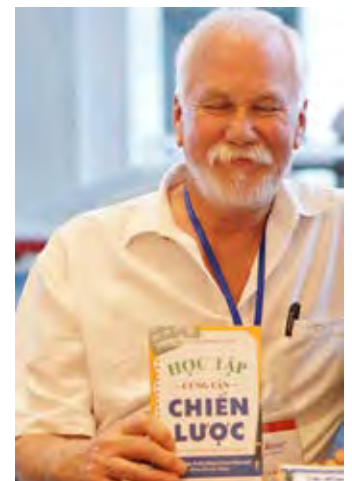
Copies of "Origin Story of Fort Road/West Seventh Street, the Township/City of Saint Paul,

the Territory/State of Minnesota, Glacial Age Forward" are available for \$150 for the hardcover and \$40 for the softcover editions.

Landsberger said that those who are interested should act quickly to purchase.

"The hardcover is about 80% sold and the softcover about 50%," he said.

You can reserve your copy by contacting Landsberger at [joe@josfland.com](mailto:joe@josfland.com) and learn more about the project [www.josfland.com](http://www.josfland.com).



# Dear West End,



## It's not too late to donate in 2024

Thank you, from the bottom of our hearts, to those who have contributed to our Give to the Max Day campaign this year. Thanks to your generosity, we've surpassed last year's day of giving and are well on our way to reaching our goal.

Despite being a free paper, providing the news of the West End each month isn't free. Our nonprofit Board of Directors and volunteer writers continue to help us tell the stories of the West End, and your donations help to ensure we are able to deliver to your doorstep every month.

**It is not too late to donate in 2024.**

Please consider *Community Reporter* in your year-end giving plans. Your contributions will help us to achieve some ambitious goals we have this year, like:

- A much needed website update
- Paid writing opportunities
- Growing who we are able to reach in the community

You can donate online at [communityreporter.org/donate](http://communityreporter.org/donate) or send your donation to us at *Community Reporter*, 265 Oneida St. St. Paul, Minnesota 55102.

We appreciate your continued support.

*Damian Goebel*  
Editor, the *Community Reporter*

Would you become part of this effort by pledging \$5 per month?

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### COMMUNITYHAPPENING

## How plastics affect water

In part five of her series on plastics, Julie Borgerding July talks about the long- and short-term effects of plastic on our water systems.

BY JULIE BORGERDING JULY

Clean water is crucial for our land and human health. Plastic, as handy as it is, can negatively affect the water that we depend on for sustenance and recreation. You can turn this effect around with thoughtful choices.

The whole production cycle of plastic affects water. Water releases, cools and cleans in the fracking process to extract petroleum from earth and in making plastic. Then that water is returned to the earth. Often companies do not contain chemicals to the specifications of the law and water is contaminated near those sites. Water moves easily no matter where it is and can leach chemicals into local water supplies.

As noted previously, much of the plastic we use gets put in landfills. From there, plastic degrades and filters down into water. Industrial sludge, filtered from treatment



facilities and factories, is also deposited into the ground and as it rains, the microplastic in that sludge, (saved from a more direct water supply) gets into soil and eventually gets into

groundwater. It also might end up directly deposited in fields on which our food grows. Washing machine water is another source of microplastics. Much of our clothing material is petroleum or recycled plastic based and polyester and acrylic microfibers are deposited by our washing machines into water systems and can end up in bodies of water where it is ingested by marine life or in fields where food is grown.

A spokesperson from the St. Paul Regional Water Service (SPRWS) stated that microfibers are likely in our water; SPRWS does filter PFAs which do cause concern, but does not monitor for microfibers as the World Health Organization says that there is not enough evidence that indicates they are a human health concern. Sludge from drinking water purification is analyzed at the University of Minnesota, then sold to farmers as an alkaline fertilizer.

Our oceans and marine life are important carbon sinks (holders of carbon) in the carbon cycle. But plastic pollution, 80% of which comes from land and freshwater rivers, is interfering in many ways: floating plastic breaks down releasing carbon into the air, plastic eating marine animals' excretions sink more slowly and release

more carbon to the air, and marine life that ordinarily holds carbon during their lives (such as whales which can hold as much as 30 tons during their life cycle) die earlier and may be held on the surface in plastic entanglements, so are compromised in their carbon holding role in two ways – shorter lives and not sinking to the ocean bottom. Phytoplankton and other small creatures are also affected in their carbon sequestering role by microplastic ingestion.

In St. Paul we are blessed with good water, but our consumption habits may come back to haunt us. Here is what we can do.

- Wear clothes more times between washes
- Add a filter to our washers – newer machines may have them.
- Be more intentional about how we purchase things in plastic and be intentional about what we do with residual plastic.

### BUILDING COMMUNITY

## Ready to face the gifts of winter

BY TIM JOHNSON

The snow blower is ready to go. It is possible; of course, we will have another poor excuse for a winter, like last year, a winter that for Minnesotans would even be an embarrassment to people living in Iowa. As much as we might like to complain about certain seasons, it is disconcerting when they fail to meet some basic level of expectation. In this North Country, seasons help keep us grounded, reminding us that nothing is permanent, but rather is bound by the same dust to dust and ashes to ashes reality that encompasses all of life.

Seasons are a helpful resource for everyone who cares about their community or for that matter country. There are plenty of people who prefer avoiding winter in Minnesota and for understandable reasons. Winter can be long, cold and hard. Anything we plan during winter months is always conditional. One can never be certain things will turn out as planned or hoped. You have organized an event, purchased tickets for the theater or a game you have been looking forward to and the weather turns, the snow falls and everything is canceled. Just as with the hopes and dreams we sometimes have for our communities or nation that fail to materialize, winter carries with it the real possibility of loss and disappointment.



For the majority of us who stick it out, winter can be a challenge, but invariably it comes with its own gifts, including the reminder that what looks long, hard and cold, does not last. We get through winter with the hope and the confident faith that spring will come. Once we recognize and embrace the reality that winter is temporary we can then enter the season in a new way. This is a helpful and necessary orientation for everyone who cares about just and caring communities and a just and caring nation

Many of the very same things that we might name as the gifts of winter are the same gifts that are most needed when the

dreams and expectations we have for our communities and nation fail to materialize. Immediately following this past election many people took solace in winter's gift of tending friendships and relationships. Winter requires we be intentional in getting together with those whom we have a special bond, finding strength and joy in their company. Others in recent weeks have engaged winter's gift of reflection, taking stock, slowing down and examining what is important, naming where our priorities lie. Others have begun recommitting themselves to the type of community or nation which we wish to see, not unlike the opportunity winter affords us to begin thinking about and planning for the spring garden, a project for our home, a trip we have been wishing to take or any host of dreams toward which we might begin taking small steps.

Folks in warmer climates no doubt have their own resources on which to draw when facing disappointment, loss and challenges, both locally and nationally. But, I am glad to live in Minnesota with its changing seasons. In the meantime, my snow blower is prepared and ready to face whatever this coming winter has to offer.



265 Oneida St. St Paul, MN 55102  
Copy Deadline: Dec 16, 2024  
Ad Deadline: Dec 18, 2024

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

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

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# Community News & Events

## New Asian Market Moving Closer To Opening

Vienchan Oriental Market is moving ever closer to opening its doors at the site of the former Cooper's Foods, 633 West 7th. In a Facebook post on Nov. 22, they said they were 90% complete with their remodel of the store and would be "opening soon." Owner Papeng Yang said that they could be opening their doors very soon.

"We are hoping to open in mid-December," she said. "We are just waiting for the City to approve."

Yang said the remodel was basically complete and that they hoped to have a big grand opening celebration as soon as their permitting process is complete.

The site has been closed since late June of this year when Gary and Sandy Cooper, who operated Cooper's Foods in the space since 1992, decided to sell their final locally-owned grocery store. At their peak they ran seven stores throughout the metro. Vienchan has been operating a family-owned Asian grocery in Brooklyn Park since 2016. This will be their first major expansion of their established location.



PHOTOS COURTESY OF VIENCHAN/FACEBOOK

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### COMMUNITY STEPS UP TO REPLACE VANDALIZED TREES

Late last month, dozens of newly planted trees were vandalized along Shepherd Rd., most completely uprooted and thrown in the Mississippi River.

Planted over MEA break by local high school students working with the City and Tree Trust, a nonprofit that works to remove dead elm trees, replacing them with new trees, while providing jobs to those in need, vandals destroyed 60 of the 250 trees planted to replace infested ash trees along the river.

Despite the senseless nature of the destruction, City officials have said the community has stepped up to help replace the \$40,000 worth of damage.

"Although unfortunate, the silver lining is we have received an outpouring of support, not only from the community, but from other local businesses," said Andy Rodriguez, the Parks Director for the City of St. Paul. "Nurseries have offered up support donations, and there are other things and we're working with Tree Trust."

Rodriguez said that, because winter is fast approaching, replacement of the trees will have to wait until spring and that the City will provide additional information in the coming months.

### IRVINE PARK FOUNTAIN OUT FOR REPAIRS

If you've been to Irvine Park, 251 Walnut St., recently, you've probably noticed a glaring omission from the picturesque square - the historic fountain is no longer there.

But fret not, because the fountain will be back this spring better than ever. It has been taken into storage for the winter for some much needed repairs.

### FOR MORE COMMUNITY NEWS, VISIT [COMMUNITYREPORTER.ORG/CATEGORY/NEIGHBORHOOD-NEWS](https://communityreporter.org/category/neighborhood-news)

The Historic Irvine Park Association, in partnership with the City of St. Paul, raised over \$120,000 crumbling metal work on the 45 year-old fountain, as well as to make some electric and lighting repairs below ground.

Historic Irvine Park is still raising funds to make improvements to the park hardscape surfaces, especially the crumbling stairs leading to the fountain.

Learn more about the project at [saintpaulparksconservancy.org/2024/04/irvine-park-fountain-restoration](https://saintpaulparksconservancy.org/2024/04/irvine-park-fountain-restoration).

### FIVE SAFETY TIPS TO KICK OFF YOUR HOLIDAY SEASON

The holidays are here, and while it's a time of joy and celebration, there are unique safety risks this time of year can also bring.

- **Be a prepared traveler.** Know the risk of inclement weather for your trip before you leave home. Listen to the radio or television for the latest weather forecasts and road conditions. If bad weather is forecast, drive only if necessary and always keep your gas tank at least half full. Talk with family about who to call and where to meet in an emergency. Visit [www.ready.gov/plan](https://www.ready.gov/plan) for tips to get started.

- **Pack an emergency supply kit.** If you're driving, keep an emergency supply kit in your vehicle with necessities you may need in case you're stranded somewhere. If you're packing for a flight or train ride, consider a small kit in case of emergency: flashlight, batteries, & a spare

USB power bank.

- **Protect against home fire risks.** Put working smoke and carbon monoxide (CO) alarms on every level of your home and inside and outside sleeping areas. Before guests arrive for the holidays check your smoke and CO alarm batteries.

- **Practice smart cooking.** Did you know Thanksgiving is the peak day for home cooking fires? Stay in the kitchen when you are frying, grilling, broiling, or boiling food and turn pot handles toward the back of the stove so they won't get bumped. Clean cooking equipment after each use—crumbs in a toaster or grease on the stove can catch on fire.

- **Heat your home safely.** Keep anything that can burn at least three feet away from fireplaces, wood stoves, portable heaters and radiators. Always plug space heaters directly into an outlet, and make sure its cord isn't damaged or frayed. When you leave a room or go to bed, turn heaters off or unplug them.

Learn more about fire safety by visiting the U.S. Fire Administration's website [Prevent Home Fires Ready.gov](https://www.fire.gov/prevent).

### MAYOR CARTER ANNOUNCES NEARLY \$40 MILLION OF MEDICAL DEBT ABOLISHED FOR ST. PAUL RESIDENTS

Mayor Carter announced that the City of St. Paul and Undue Medical Debt abolished nearly \$40 million of medical

NEWS BRIEFS, PG 6

## COMMUNITY VOICES

### A News Era

BY CHUCK PETERS

Shortly after initiating the acquisition of Twitter in 2022, Elon Musk posted, "For Twitter to deserve public trust, it must be politically neutral, which effectively means upsetting the far right and the far left equally."

Today much of the public trust Musk aspired to earn has eroded. His actions since acquiring the platform, now rebranded as X, have increasingly contradicted his early proclamations of neutrality. Musk's strong embrace - to put it lightly - of Donald Trump in the 2024 presidential election stands as a glaring departure from his promise to remain politically neutral.

X itself has undergone a transformation alienating many users. Musk fired the majority of the Trust & Safety team, reinstated accounts previously banned for promoting hate speech—including neo-Nazi profiles—and reconfigured algorithms to favor content aligning with his own ideological leanings. This shift has turned X into a space where extremism and division are the norm.

Disillusioned users have responded by departing to alternative platforms like BlueSky and Threads, which are the leading beneficiaries of Musk's controversial stewardship. Both platforms reported a surge in new users following the 2024 elections. Journalist Nick Halter of Axios Twin Cities noted several Twin Cities reporters—some with over 100,000 followers—who've abandoned X for these alternatives.

These platforms come with their own limitations as it relates to news:

Do they adhere to fundamental journalistic standards? No.

Do they implement robust user verification to ensure accountability? No.

Do they compensate journalists? Again, no.

Do their algorithms even prioritize news content? For Meta's Threads, the answer is a resounding no.

These platforms are fundamentally no different from X. Their distinction lies primarily in not being owned by Musk, but this alone doesn't make them better suited for journalistic or community engagement. Twitter, BlueSky, Threads, et al are destructive disinformation machines masquerading as "social" networks amplifying division, loneliness and eroding the fabric of informed civic discourse.

Let's be clear: these platforms were never designed to serve as reliable news sources. Continuing to treat them as such risks further damaging the already fragile state of journalism. We risk seeing an increase in news deserts, the decline of credible news outlets and an overall gutting of America's media ecosystem.

The crisis in journalism is real, and it's urgent.

In Minnesota, for instance, the media landscape has been shrinking at an alarming rate. Since 2005, we've

lost 34% of our local newspapers and 64% of our local journalists. Newsrooms are being forced to do more with fewer resources. Consider The Pioneer Press: when Alden Global Capital acquired the paper in 2006, its newsroom employed around 200 people. By late 2023, that number had dwindled to just 29, according to a report from Racket.

This decline in local journalism is fueled by the rise of social media platforms where over half of Americans now get at least some of their news. Among adults under 30, trust in information from social media (52%) is almost on par with trust in national news organizations (56%), according to a Pew Research study from October 2024.

But as I've emphasized: these platforms weren't built to be trusted sources of news, nor will they be.

Rather than trying to retrofit platforms like BlueSky or Threads to serve as news hubs, it's time we rethink the entire model. What would a platform designed specifically for local news look like?

At a minimum, such a platform would need the following features:

- **USER VERIFICATION:** Accounts should be verified to ensure accountability and trust.

- **RESERVED POSTING RIGHTS:** Only credible community leaders—such as local businesses and journalists—should have the ability to build an audience, preventing the platform from devolving into petty disputes.

- **CHRONOLOGICAL FEEDS:** Algorithms distorting perceptions and amplifying ideologies should be replaced with straightforward chronological feeds to ensure timely information.

- **COMPENSATION FOR JOURNALISTS:** Just as Big Tech platforms compensate content creators, journalists should be fairly compensated for their reporting.

Creating such a platform from scratch is undoubtedly a challenge, but it's also necessary. In the Twin Cities, one such initiative already exists: Ambit Media Company.

Launched in October 2024, Ambit is a tech startup designed to support local journalism and strengthen community ties. Despite being new, Ambit has been met with enthusiasm. In its first official month, the platform hosted nearly 1,000 visitors, 65% of whom were returning users—evidence of real, authentic community.

Ambit users utilize the site to discover and support over 130 verified local businesses. Tools like the Pop-Up Map highlight neighborhood vendors, such as Mogi Bagel, recently named Best Bagel in Star Tribune's Best of Minnesota competition. Other features, like the Grand Opening Registry and Events Calendar, connect residents with new establishments and local events.

At its core, Ambit's mission is to support local journalism by compensating news organizations based on user input. This innovative model empowers journalists while

NEWS ERA, PG 6

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The Nutcracker



European Christmas Market



Candlelight Christmas Tours

**West 7th Neighbor since 1887, C.S.P.S. Hall, an Historic Landmark, is home to**

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- Language & Cooking Classes
- Ethnic Dinners • Cultural Events
- Festival

**New Year's Dinner**  
C.S.P.S. Hall, 383 Michigan St., Saint Paul, MN

**Saturday, January 25 2025 | 5 p.m. | \$30 per person**

Menu: Beef in cream sauce and bread dumplings (Svičková s knedlíkem), dessert, and coffee.

Prepay dinner online and reserve by January 17 credit/debit card go to: [www.sokolmn.org/cc/](http://www.sokolmn.org/cc/)

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# A Very West

## Holiday Shopping

### CHRISTMAS BREADS FUNDRAISER

**Order by Dec. 2. C.S.P.S. Hall**  
Vánočka (braided Christmas bread) \$15 per loaf, Makovka (poppy seed filled rolled bread) \$18 per loaf. Pickup breads at the C.S.P.S. Hall during the Sokol Children's Holiday Party on Dec. 6 from 7-10 p.m. or the Škola holiday party on Dec. 7 from 3-9 p.m. **Please do not order if pickup times do not work for you.** Pre-order at [sokolmn.org/christmas-bread](http://sokolmn.org/christmas-bread).

### 46TH ANNUAL HOLIDAY BAZAAR

**Dec. 6-8. Landmark Center. \$5**  
The Holiday Bazaar has exciting, modern twists without losing the charm. Supporting 80 local artisans selling beautiful and unique handmade goods at the Holiday Bazaar is ideal. Visit [landmarkcenter.org/holiday-bazaar](http://landmarkcenter.org/holiday-bazaar).

### GRAND MEANDER

**Dec. 7, 11 a.m. - 3 p.m. Grand Ave.**  
Shop local and stroll Grand Avenue for holiday treats and entertainment. Special Santa visits and great deals to finish your holiday gift list. Visit [grandave.com/events/grandmeander](http://grandave.com/events/grandmeander).

### HOLIDAY GIFT MARKET - MADE IN TANZANIA

**Dec. 7, 11 a.m. - 3 p.m. Tula Yoga**  
Shop for unique Tanzanian gifts and art. Paintings, jewelry, ornaments, hand woven baskets, fabric, Masai wool blankets, single source Tanzanian coffee, and more! Project Zawadi benefits from all sales. Shop for the holidays and support a great cause. Visit [projectzawadi.org](http://projectzawadi.org)

### MERRY MARI MARKET

**Dec 8, 11 a.m. - 4 p.m. Gatherings at Station 10**  
Holiday gifts, art, candles, apparel, accessories,

cards, home decor, and other homemade goods are available at our Merry Mari Market! Enjoy food from A-Side Public Houses below Station 10 and vote for the best booth! Event details at [facebook.com/events/gatherings-at-station-10/](https://facebook.com/events/gatherings-at-station-10/) [merry-mari-market/1714391822708075](https://merry-mari-market/1714391822708075).

### CATHEDRAL CHRISTMAS MARKET & CONCERTS

**Dec 12-14. Cathedral of St. Paul. \$12 for concert seating.**

Mark your calendars for a European-style outdoor Christmas Market in the back courtyard of the majestic Cathedral of St. Paul. Arts and crafts vendors, Gluhwein, hot cocoa and beer, food trucks, costumed carolers, a frame-worthy backdrop for family or friend group photos, games (BINGO on Saturday!), fire pits, a warming tent with music, and a raffle with fabulous prizes. Head inside the Cathedral, gorgeously lit for the 8th Christmas Together with Steven C & Friends concert at 7 p.m. on Thursday and Friday, and an 11 a.m. matinee on Saturday. Visit [cathedralheritagefoundation.org/events/cathedral-christmas-market-2024](http://cathedralheritagefoundation.org/events/cathedral-christmas-market-2024).

### HOLIDAY BAKE SALE

**December 14, 10 a.m. - 5 p.m. Union Depot**  
Shop 45 local bakeries and food vendors in a day filled with cookies, candy and fun! Enjoy live entertainment. Be the first 300 in line for a free gift bag. Learn more at [uniondepot.org/holiday](http://uniondepot.org/holiday).

### WINTER VENDOR MARKET

**Dec.15-16. Wandering Leaf Brewing Co.**  
Join us for our second Indoor Winter Market! Many local small businesses will participate. Enjoy a drink and browse vendor tables for gifts and goodies! Visit [wanderingleafbrewing.com/events](http://wanderingleafbrewing.com/events).

## Family Fun

### GLOW HOLIDAY FESTIVAL

**Through Jan. 5. CHS Field. Free-\$21.75**  
GLOW is a must-see with over a million lights, the Enchanted Forest, Vixen's Zip Line, and Giant Slide. To brighten your holidays, the elves have been busy gussying up the place with new exhibits to make sure your holidays are shiny & bright. Adult admission \$21.75, children (ages 3-12): \$12.75, children ages 2 & Under are free. Visit [glowholiday.com/st-paul](http://glowholiday.com/st-paul).

### HOLIDAYS ON THE HILL

**Through Jan. 5. James J Hill House**  
Step back in time to Christmas in 1910 at the elegant James J. Hill House. Explore this festive Gilded Age mansion and feel the season. Enjoy self-guided holiday exhibits and a 60-minute guided tour with lavish sights and heartwarming stories from the Hill family and staff. Self-guided tickets are available at the door daily; pre-purchasing guided tour tickets is strongly recommended. Tickets \$25 for adults, \$20 for seniors, college students, and military, and \$16 for children 5-17. Children under 4 are free, and MNHS members save 20%. Visit [mnhs.org/events](http://mnhs.org/events).

### CANDLELIGHT CHRISTMAS TOURS

**Thursdays and Fridays, Dec. 5-27. Alexander Ramsey House**  
Discover the melancholy side of Christmas at the Alexander Ramsey House. Walk through the beautifully decorated 1872 mansion by candlelight,

viewing unique holiday artifacts and hearing moving excerpts from the Ramsey family papers that capture the season's more bittersweet sentiments. Your 45-minute guided tour begins in the Carriage House, where a charming Christmas market will be open from 5 - 8 p.m. Tickets \$20 for adults and \$16 for seniors, college students, and military members. Due to melancholy content, this event is recommended for ages 18 and older. MNHS members save 20%. Visit [mnhs.org/events](http://mnhs.org/events).

### NORTH POLE EXPRESS

**Dec. 6-8 & 12-15. Union Depot**  
Like colorful lights, brightly iced cookies, festively wrapped gifts, family and friends, children and trains go together. Ride one of our historic rail cars pulled by classic center pieces of engineering. Tickets at [261.com/npe](http://261.com/npe).

### HOLIDAY TREE LIGHTING & MOVIE NIGHT

**Dec. 7, 5 p.m. Union Depot. Free**  
Holiday magic returns to the fan favorite season opener. St. Paul Winter Carnival 2025 begins at 5 p.m. with the St. Paul Winter Carnival 2025 button unveiling. After the Mistletoes perform from 5:30-6:30 p.m., head to the North Plaza for the Tree Lighting Ceremony at 7 p.m. The classic holiday movie, *Elf*, ends the night. The tree will be lit throughout December, making it the perfect backdrop for family holiday photos! More info at [uniondepot.org/holiday](http://uniondepot.org/holiday).

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# End Holiday

## CHRISTMAS IN GERMANY

**December 7-8. Germanic-American Institute (GAI). \$5-\$10**

Holiday highlights include authentic German food, beer, haus-brewed Glühwein (mulled wine), imported German gifts, German model trains & toy exhibit, Christmas crafting, holiday stories, meeting Sankt Nikolaus and more! Visit [gaimn.org/calendar/christmas-2024](http://gaimn.org/calendar/christmas-2024).

## SHAMROCK'S BREAKFAST WITH SANTA

**Dec. 15, 9 a.m. - 12 p.m.**

Shams will host breakfast with the big guy. Kids under 5 eat free, adults \$15.95, kids \$8.95. Reservations recommended. Bring an item for Toys for Tots, get a free mimosa or Baileys & coffee. Visit [crshamrocks.com](http://crshamrocks.com) or call 651-228-9925.

## SANTA'S WORKSHOP

**Dec. 15, 1 - 3 p.m. Landmark Center. Free**

Take a free photo with Santa, make personalized gifts, and meet festive animals. The Sundays at Landmark series makes this event a great Sunday activity for all ages. Visit [landmarkcenter.org/event/sundays-at-landmark-santas-workshop-6](http://landmarkcenter.org/event/sundays-at-landmark-santas-workshop-6).

## HOLIDAY CAMPUS PARTY + SANTA PAWS

**Dec. 19, 4:45-7:30 p.m. Palace Rec Center**

Carnival games, drafts, music, food and Santa for Christmas, Hannukah & Kwanzaa. Santa will take pictures with your pets. Bring leashed dogs & carriers for cats. Santa schedule: 4:45-5:15 p.m. for cats, small or quieter animals; 5:15-5:45 p.m. all animals; 6-7:30 p.m. kids/family pictures. Kids holiday party, 6-7:30 p.m. [stpaul.gov/winter-events](http://stpaul.gov/winter-events).

## Holiday Shows & Events

### DISNEY'S THE LITTLE MERMAID

**Dec. 3-29. Ordway. \$46.50-\$145.50**

The story of young mermaid Ariel who longs to leave her ocean home to live in the world above. Eight-time Academy® Award winner Alan Menken composed irresistible songs including "Under the Sea," "Kiss the Girl" and "Part of Your World." Visit [ordway.org](http://ordway.org).

### THE BEST CHRISTMAS PAGEANT EVER

**Dec 6-22. Park Square Theatre. \$24-\$60**

A hilarious comedy based on Barbara Robinson's beloved novel. Two dads are asked to organize a local pageant, but they never expect the Herdman kids—the most unruly family in town—to star! Despite their chaos, unexpected warmth shows the true spirit of the season. A treat for families and groups. Visit [parksquaretheatre.org](http://parksquaretheatre.org).

### THE NUTCRACKER

**Dec 7-8. Fitzgerald Theater. \$49.50+**

Don't miss this holiday tradition! Metropolitan Ballet's 17th annual Nutcracker! VIP tickets for \$95 includes the best seats, a show poster and a pre-show party with a signature cocktail at the bar. Limited tickets available. Visit [first-avenue.com/performer/metropolitan-ballet-presents-nutcracker](http://first-avenue.com/performer/metropolitan-ballet-presents-nutcracker).

### GIVING VOICE CHORUS OF ST. PAUL - HOLIDAY CONCERT "ROAD TRIP"

**Dec 8, 1 pm - 2 p.m. Capp Center. St. Paul. \$12.**

Take a tour of the US with the "Road Trip" Holiday Concert! Enjoy your favorite road trip songs this holiday season. \$12; free for kids under 5. Visit [minnesotajcc.org/event/giving-voice-chorus-fall-concert](http://minnesotajcc.org/event/giving-voice-chorus-fall-concert).

### STAR OF THE NORTH CONCERT BAND HOLIDAY CONCERT

**Dec 11, 7:30 p.m. Landmark Center. Free.**

The show will feature holiday classics and new hits, offering a heartwarming experience. Visit [landmarkcenter.org/event/star-of-the-north-concert-band-2](http://landmarkcenter.org/event/star-of-the-north-concert-band-2).

### 2024 IT'S A WONDERFUL LIFE, LIVE RADIO PLAY

**Dec. 13-24. St. Paul Hotel. \$115-\$125**

The St. Paul Hotel presents playwright Joe Landry's acclaimed play adaptation of Frank Capra's 1946 film, *It's a Wonderful Life*. The shows are accompanied by a luncheon for afternoon shows and a dinner for evening shows. Visit [saintpaulhotel.com/happenings](http://saintpaulhotel.com/happenings).

### HOLIDAY HOT CHOCOLATE

**Dec 13-15. Park Square Theater. \$15-\$50.**

Live music and holiday vibes are the definition of cozy! Holiday Hot Chocolate returns with the talented Thomasina Petrus, beloved hostess, and pianist Dan Chouinard. Holiday classics and soulful favorites, will cheer you up and lift your spirits. Visit [parksquaretheatre.org](http://parksquaretheatre.org).

### A PRAIRIE HOME COMPANION CHRISTMAS

**Dec. 13-14. The Fitzgerald. \$59.50-\$225**

Explore this winter holiday rendition of the legendary live radio show. This special occasion is a can't-miss event that will delight audiences of all generations. Visit [first-avenue.com/home/2024-12-a-prairie-home-companion-christmas](http://first-avenue.com/home/2024-12-a-prairie-home-companion-christmas).

### AN ANDY & BING CHRISTMAS

**Dec. 15, 3-6 p.m. St. Paul Event Center. \$75+**

The show recreates Andy Williams and Bing Crosby Christmas songs with a 19-piece band. This family-friendly event will benefit St. Paul Festival and Heritage Foundation (produces the Winter Carnival) and The 30-Days Foundation. Ticket packages vary. Visit [wintercarnival.com/event/saint-paul-christmas-cheer](http://wintercarnival.com/event/saint-paul-christmas-cheer).

### HANDEL'S MESSIAH

**Dec. 19-22 Ordway. \$5-\$66.**

Join the SPCO for the popular annual performances of George Frideric Handel's *Messiah* for the holidays. Approximate length 3:20. Visit [content.thespc.org/events/holiday-concerts-handels-messiah-2425](http://content.thespc.org/events/holiday-concerts-handels-messiah-2425).

### CHRISTMAS WITH CANTUS: LESSONS AND CAROLS FOR OUR TIME

**Dec. 20, 7:30 p.m. Ordway. \$34-\$65.**

Cantus reimagines *Nine Lessons and Carols*, made famous by the Choir of King's College at the University of Cambridge, using poetry and sacred and secular song. Visit [ordway.org/events/christmas-with-cantus](http://ordway.org/events/christmas-with-cantus).

### LANDMARK LIVE: ANNIE MACK - HOLIDAY PERFORMANCE

**Dec. 20, 7:30 p.m. Landmark Center. \$20-\$25.**

Kick off the holiday weekend with a special Landmark Live performance by Annie Mack. Tickets are \$20 in advance or \$25 at the door. Visit [landmarkcenter.ticketleap.com](http://landmarkcenter.ticketleap.com).

### HERSHEL & THE HANUKKAH GOBBLINS

**Dec. 26, 7-8 p.m. Capp Center. \$5-\$15.**

An original, family-friendly, contemporary & Yiddish dance production. Hershel, a wandering trickster, saves a Ukrainian village from goblins who have taken over their synagogue and prevented Hanukkah celebrations. Approx. 40 minutes. Visit [minnesotajcc.org/event/performance-hershel-the-hanukkah-gobblins-3](http://minnesotajcc.org/event/performance-hershel-the-hanukkah-gobblins-3).

### MINNESOTA BOYCHOIR HOLIDAY CONCERTS

**Jan. 5, 1 p.m. & 3:30 p.m. Landmark Center**

End your holiday season on a high note with this beloved tradition showcases talented young singers in an unforgettable musical experience. Visit [landmarkcenter.org/event/sundays-at-landmark-minnesota-boychoir-concert-3](http://landmarkcenter.org/event/sundays-at-landmark-minnesota-boychoir-concert-3).



The Little Mermaid



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# In the Community

## WESTENDHEALTHLINE

### Being smart about alcohol during the holidays

BY JONATHAN DICKMAN, MD, PHD

Although it may be hard to believe, the holiday season is here! During this time of the year, many people travel and get together with family and friends. Alcohol is a common beverage offered during these gatherings and there can be a feeling that this is something that is normally consumed when getting together with others. When watching football on television the commercials make alcoholic beverages seem to always make good times better without consequences. Unfortunately, this is not true as health and social problems from alcohol consumption resulted in an economic burden of over \$249 billion in the United States in 2010. Thus, while alcohol can be safely consumed by many adults, caution should be taken when drinking this beverage.

When you decide to have alcohol, be mindful of how many drinks you have in a sitting. Too many drinks can have health consequences. How much is too much? According to the Centers for Disease Control (CDC), people should avoid having more than three alcoholic drinks for women or individuals over 65 years old or four drinks for men. In a week, women and older individuals should have no more than seven alcoholic drinks and men should have no more than fourteen drinks. People who are under 21 years old or who are pregnant should avoid alcohol entirely. Drinking more than these limits is considered heavy or unhealthy alcohol consumption and place people at risk for multiple problems including alcohol poisoning, injuries, motor vehicle accidents and



problematic social situations.

Long-term, heavy alcohol use has numerous health risks including liver, stomach, bowel, heart and brain damage. If you decide to drink alcohol, avoid heavy alcohol use to reduce the chance of having significant health and social related problems.

Many patients ask me if having one drink most days of the week is safe. While this is not considered heavy alcohol consumption, people should be aware that drinking any alcohol still has adverse health effects. People who drink alcohol in this way experience weight gain (as alcohol contains many calories), increase in their blood pressure, more heart rhythm problems and poor sleep quality. In addition, many alcoholic beverages now have THC added so you need to be extra careful in determining what is in a drink offered by a friend or family member. When people stop drinking alcohol, they will often notice weight loss and feel less

tired as their sleep quality improves. Whenever you choose to drink alcohol, please weigh the risks and benefits of having that beverage.

There are no clear health disadvantages from avoiding alcohol. Despite what you may hear on social media, there is no conclusive evidence that regular alcohol consumption improves health. Although having a drink in your hand may feel almost obligatory in some social settings, you can still avoid alcohol with “NA” (non-alcoholic) beers or drinks that have become more popular. These drinks can give you the taste and appearance of a beer without the problems associated with alcohol. If you want to stop drinking alcohol and find yourself having a difficult time accomplishing this goal, talk to your doctor about what options may be available to help. This could include medication, therapy or other medical interventions to help you quit. Your doctor will never force you to do anything but rather will simply explore opportunities available to help you.

This holiday season be careful when you have alcohol. Although for many people alcohol does not need to be avoided entirely, be aware that there are health and social consequences when having a drink. The problems created by alcohol can be minimized by limiting how much you drink. If you, or someone you know, struggles with alcohol use, remember that doctors can help. Our goal is to keep you safe this holiday season and get 2025 started right!

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



#### NEIGHBORHOOD STAR AWARDS

The Federation is pleased to announce we were awarded a \$43,500 grant through the Neighborhood STAR Grant program. The Revitalize West 7th Program will offer local businesses an opportunity to enhance their building facades, interior spaces, and accessibility features, contributing to the revitalization and vibrancy of our community. More information on the application process to come.

#### HOLIDAY DECOR AWARDS

Do you have a neighbor that wows you every year with their holiday decor? Think yours are the best? Nominations are now open for the third annual Fort Road Federation Holiday Decor Competition! Submit a photo and address of your nomination via Google Form by 11:59 p.m. January 6, 2025. Voting will take place at our January Board Meeting and the winner will receive a dazzling prize. Information is available on our website.

#### JOIN OUR BOARD!

We are currently recruiting candidates for an Area 1 Coordinator position (homeowner or renter).

#### UPCOMING COMMITTEE MEETINGS

- **Transportation & Land Use**, 12/4, 6:30 p.m.
- **Board Meeting**, 12/9, 7 p.m.
- **Engagement & Fundraising**, 12/19, 6:30 p.m.

#### 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; 395 Superior Street, St. Paul, MN 55102.

## NEWS BRIEFS pg 3

debt for 32,000 St. Paul residents. It is the first relief package of Mayor Carter's Medical Debt Reset Initiative.

During his 2024 Budget Address, Mayor Carter committed \$1.1 million in American Rescue Plan dollars to erase an estimated \$110 million in medical debt for qualifying St. Paul residents. In this first round, the average amount of debt forgiven was \$268 while the largest debt forgiven was \$104,972.

Recent data reveals that national medical debt has reached about \$220 billion, impacting over 100 million Americans. Among the insured, roughly 54% of adults carry medical debt, while 41% of the uninsured face even greater challenges. This complex burden often forces individuals to delay necessary care to prioritize basic needs like food and housing. However, postponing care leads to unresolved health issues, exacerbates anxiety and depression and escalates larger financial problems.

Individuals who qualify for medical debt abolishment through the city's initiative must currently live in St. Paul, have incomes up to 400% of the current Federal Poverty Guidelines, or have medical debt that is 5% or more than their annual income. The initiative can only erase qualifying debts that are acquired from participating providers like hospitals. Those eligible as part of the first round of abolishment will be notified soon by mail that some or all of their debts have been relieved. Recipients do not need to take any action. The city will announce as more debt is relieved and recipients receive letters in the mail.

#### ST. PAUL STAR PROGRAM AWARDS OVER \$3.7 MILLION IN SUPPORT TO LOCAL BUSINESSES AND ARTS & CULTURAL ORGANIZATIONS

The City of St. Paul approved more than \$3.7 million in grant funding for 59 local capital improvement projects and 68 arts and cultural projects thanks to the city's Sales Tax Revitalization (STAR) grant program.

To see the full list of recipients, visit [stpaul.gov/departments/planning-and-economic-development/](http://stpaul.gov/departments/planning-and-economic-development/)

[economic-development/sales-tax-revitalization-star.](#)

#### PARKS AND REC RINKS GETTING NEW BOARDS

New hockey boards are coming to all St. Paul Parks and Recreation outdoor hockey rinks this winter as part of the Common Cent 1% sales tax program.

Crews will begin assembling rink boards in the fall.

Outdoor ice rinks are located at parks and recreation centers across St. Paul during winter when conditions allow. All hockey rinks have boards and nets.

Palace Community Center is the nearest location to the neighborhood with an ice rink. You can find information at [stpaul.gov/facilities/palace-community-center](http://stpaul.gov/facilities/palace-community-center).

#### CITY OF ST. PAUL WELCOMES 'YOUTH ON BOARDS' MEMBERS TO SEVERAL CITY BOARDS, COMMISSIONS

The City of St. Paul announced the addition of 19 new youth members to several City boards and commissions as part of the Youth on Boards initiative. Youth on Boards, a collaboration between St. Paul Parks and Recreation, Right Track and Sprockets, introduces young people to civic engagement and potential career pathways in local government while providing St. Paul boards and commissions with support and structure to actively include young people in the decision-making process. For more information, visit [stpaul.gov/departments/parks-and-recreation/recreation-centers/](http://stpaul.gov/departments/parks-and-recreation/recreation-centers/)

## NEWS ERA pg 3

encouraging user-focused reporting. I'm honored to share that the Community Reporter, along with 8 other local news organizations, have partnered with Ambit Media Company on our mission.

As Ambit continues to grow, it poses an opportunity to revitalize local news—not only by directly compensating newsrooms, but also indirectly pressuring Big Tech to compete for journalists and their followers.

Let's seize this opportunity to support a positive, more informed, connected future and put this era of toxic social media behind us.

The groundwork for a better alternative is already in place. The question now is: will you use it?

*Prior to starting Ambit Media Company, Chuck was a Manager in Deloitte's Data & Digital Trust practice advising the Big Tech industry through the dynamic internet regulatory landscape to create safer digital experiences for users. Learn more about Ambit at [www.Ambit.community](http://www.Ambit.community).*

### ADVERTISE TODAY

CALL 651-587-8859

EMAIL [info@communityreporter.org](mailto:info@communityreporter.org)



**HIGHLAND DISTRICT COUNCIL**

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

**HDC'S HOLIDAY HOURS**  
Highland District Council's office will be closed Monday, December 23 through Wednesday, January 1, 2025.

**UPCOMING COMMITTEES MEETINGS**  
All HDC meetings are held in-person at the Highland Park Community Center (1978 Ford Parkway) with the option to join online via Zoom, unless noted. Updates about meeting locations, agendas and links to join online are available on our website approximately one week prior to each meeting.

- **Community Development** – Mon, 12/2, 7 p.m.



**WELCOME TO KESSLER & MAGUIRE FUNERAL HOME**

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

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

**Volunteers are the Key!**

Keystone provides food support to over 11,000 individuals every month. We are able to provide support for so many in our community thanks to our wonderful volunteers! Volunteer opportunities are available Monday – Friday during the day as well as Wednesday evenings. Shifts may be as short as an hour, with most running from 90 minutes to three hours. Our volunteer shifts are flexible – come help out once a month or weekly or somewhere in between.

**Have a vehicle and want to deliver food and a friendly face?** Meals on Wheels delivers Monday-Friday from 10:45 a.m. – 12:00 p.m. and Grocery Delivery ahs shifts Tuesday, Wednesday and Thursday, 12:00 – 1:30 p.m.

**Do you love exploring Ramsey County and being outside in MN all seasons?** Our Foodmobile has 30 distribution sites each month in 2.25 hour shifts

**Do you want to help 10,000 community members receive food support at the Keystone Community Food Center?** The Market and Warehouse has multiple shift opportunities

**Are you in town around the holidays and want to make an impact?** Help is especially needed December 23, December 31 and January 2.

Volunteering at Keystone is a fun and meaningful way to show care to your community and a great way to give back this holiday season. Our volunteer staff will work with you to find a role that fits your interests and schedule. To learn more about volunteering at Keystone and fill out a volunteer application, please visit [keystoneservices.org/volunteer](http://keystoneservices.org/volunteer).

# BULLETIN BOARD



**COFFEE CHAT: EXAMINE MINNESOTA'S SECRET LANGUAGE SCHOOL**

December 7, 10:30 a.m. and 1:30 p.m. Historic Fort Snelling. Free with admission. Learn how a group of Japanese Americans served at the site during World War II. Part of Minnesota's Secret Language School, the work of these men and women is considered to have shortened the war by years. During World War II, the US military recruited imprisoned Japanese Americans from west coast concentration camps to be a part of the Military Intelligence Service Language School. This initiative trained soldiers as Japanese linguists, with participants serving while their family members remained incarcerated in many instances. It will take place in the Plank Museum & Visitor Center, the same building that served as a barracks for some members of the Military Intelligence Service Language School. The cost is included in regular site admission. More information is available at [mnhs.org/fortsnelling](http://mnhs.org/fortsnelling).

**FREE THURSDAY NIGHTS AT THE HISTORY CENTER**

Thursdays, 4-8 p.m. Minnesota History Center. Free Visit the Minnesota History Center for FREE! You can experience a variety of world-class exhibits, including Girlhood (It's complicated), Our Home: Native Minnesota, Reframing Our Stories, Minnesota's Greatest Generation, Weather Permitting, and Then Now Wow. Additional information about free Thursday nights is posted on [mnhs.org/events](http://mnhs.org/events). Learn more at [mnhs.org/events/1585](http://mnhs.org/events/1585).

**THOUGHT-PROVOKING LECTURE SERIES**

Dec. 7, 11 a.m. - 12 p.m. Minnesota History Center. \$15-\$20 This year's line-up, running through April 2025, features a range of speakers who demonstrate excellence in historical scholarship and showcase the complexity, diversity, and power of our shared American story. This month's lecture is:

Half American: The Epic Story of African Americans Fighting World War II at Home and Abroad. Matthew Delmont tells the stories of Black military heroes and civil rights icons that fought for a Double Victory: against fascism abroad and against racism at home.

Events are offered virtually and in-person at the Minnesota History Center. Individual event tickets: In-person \$20, Virtual \$15. For series pricing available. MNHS members save 20% and free student rush tickets will be available day-of. Visit [mnhs.org/events/2863](http://mnhs.org/events/2863).

**DRAG QUEEN CHARITY BINGO**

Dec. 8, 12:30-2:30 p.m. Wandering Leaf Brewing Co. \$5 suggested donation. Join us for Drag Queen Charity Bingo! Each month, we select a different 501(c)3 charity to highlight. This month is Avenues for Youth. Each bingo card is a suggested \$5 cash donation per card and 100% goes to the organization. Bring your family and friends and join us for Sunday morning fun! Learn more at [wanderingleafbrewing.com/events](http://wanderingleafbrewing.com/events).

**NEXT CHAPTER FOR WOMEN TO MEET IN DECEMBER**

Dec. 8, 10:00-11:30 a.m. Jewish Family Services. Free. Jewish Family Service of St. Paul's (JFS) invites all who identify as women and are navigating the mid-life journey to join the popular Next Chapter for Women on Sunday, December 8 from 10:00-11:30AM at JFS at 1633 W. 7th Street in St Paul. The series is designed to help women re-imagine new possibilities for the future and take the first steps in moving forward.

The topic for the December meeting will be "Time Travel: Exploring Your Younger and Future Self." The

group will explore what their younger and future selves would have to say as they navigate midlife. These parts of us often carry lots of wisdom and helpful information for us in life. Participants will learn how to access these parts and have a lively and supportive discussion about what they discover. RSVP your attendance to JFS Community Engagement Coordinator Jodi Saltzman at [jsaltzman@jfsp.org](mailto:jsaltzman@jfsp.org) or call (651) 983-0965.

**WEBINAR: REPORTERS WITH COURAGE - FREEDOM OF THE PRESS UNDER ATTACK**

December 10, 7 - 8 p.m. Online. \$5-\$25. What is the cost of reporting? Too often it is a cost that media journalists pay with their lives. Reporters are harassed, attacked, imprisoned, and even murdered for attempting to bring truth to the public. This event highlights ten courageous reporters from around the world and includes comments from reporters, editors, and others in Minnesota, including: Mike Burbach, Editor, St. Paul Pioneer Press, Reid Forgrave and Gail Rosenblum (ret.), award-winning reporters, Minnesota Star Tribune and Sen. Sandy Pappas.

This webinar is open to the public. \$10 general public, \$5 seniors and students (over age 13, please), \$25 for 1.5 Continuing Legal Education credits for Minnesota lawyers. Continuing education and 'clock hours' available for Minnesota teachers, social workers, and nurses. Mitchell Hamline students free - diversity credits available. Mentor externship credit available for University of St. Thomas Law students. Registration is required by Tuesday, December 10, 5:00 pm CT [worldwithoutgenocide.org/press](http://worldwithoutgenocide.org/press)

**COMMUNITY CONVERSATIONS WITH REBECCA NOECKER**

December 17, 9-10 a.m. Virtual. Join Councilmember Noecker for a monthly conversation about what is impacting your community. Learn more at [stpaul.gov/department/city-council/ward-2](http://stpaul.gov/department/city-council/ward-2).

**SVIČKOVÁ DINNER**

January 25, doors open 4:30 p.m. C.S.P.S. Hall. \$30. Beef in cream sauce with bread dumplings, coffee, and dessert. Bar: beer, wine, soft drinks. \$30 per person. Pre-paid reservations by Friday, January 17th online or by texting or calling 651-210-0401, or by mailing a check (by January 3rd) to: 383 Michigan Street at West 7th, St. Paul, MN 55102. Register and learn more at [sokolmn.org/all-events](http://sokolmn.org/all-events).

**ART AT HIDDEN RIVER**

Dec 7, 9 a.m. - 4:30 p.m. Highland Park Middle School Art At Hidden River: A Juried Holiday Art Fair of quality art and fine craft. This event is sponsored by St. Paul Public Schools Community Education in cooperation with Artists' Circle, a non-profit art organization promoting fine crafts. This is the art fair's twenty-ninth anniversary show. Free Event. Sale of quality work by 80 juried local artists from the upper Midwest who create art and fine crafts. The sale features a wide selection including holiday ornaments, leather and fabric handbags, acrylic and oil paintings, photographs, silver and gold jewelry, woven scarves, art dolls, blown glass, linocut prints, unique hand-dyed silk apparel, hand-carved wood, hand-woven rugs, original cards, functional and sculptural ceramics. For online info, including list of juried artists: [www.artistscircle.org](http://www.artistscircle.org).



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

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