

Community REPORTER

SERVING WEST END NEIGHBORHOODS, DOWNTOWN ST. PAUL

WEST END HOLIDAY

page 6

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DECEMBER 2025

CIRCULATION 13,000

DISTRICT PERSPECTIVE Progress for Minnesota, Despite Trump



DAVE PINTO
MINNESOTA HOUSE
REP, DISTRICT 64B
columnist

Hello neighbors!
As we near the end of 2025, I hope that you can look forward to a holiday season that gives you plenty of time with family and friends.

I was glad to see so many folks from the neighborhood at the recent “Future of West 7th” town hall at North Garden Theater. With planned road work,

possible transit projects, the need for safety improvements and much more, there are big decisions to be made about the future of this vital transportation corridor – which is also the backbone of a vibrant community. I’m grateful for the partnership of my event co-hosts: Rep. Pérez-Vega, Sen. Pappas, Leader Murphy, the Fort Road Federation and the Highland District Council. Please continue to keep in touch with us and with all levels of government about your hopes and expectations for this work.

This kind of community effort toward the common good is in sharp contrast to the chaos and corruption that we’ve seen from the administration of Donald Trump and his Republican enablers in Congress. Among many other outrages, they’ve chosen to cut health care, food support, housing services and much more to fund tax giveaways for billionaires. This at a time when life is becoming even less affordable for many Minnesotans and Americans.

And unfortunately, the negative consequences of Trump’s actions are likely to become worse, as his tariffs raise prices even higher. You may have noticed proposed increases in your property taxes this year. As the federal government cuts funding to boost the wealthy, critical services are getting shifted onto local governments. Put bluntly, as Trump installs gold-plated décor in the Oval Office, throws extravagant parties, and demolishes part of the White House to build a bigger ballroom, he’s making life harder and more expensive for the rest of us.

The good news is that Minnesota continues to chart a different course. Under DFL leadership in 2023 and 2024, our state put into place policies that are helping our state’s residents to afford their lives.

The universal school meals program, for example, now provides breakfast and lunch to every student in Minnesota’s public and charter schools. Since the program launched, more kids have received access to healthy meals – breakfast participation alone has jumped more than 40 percent – and families have saved an average of \$1,000 per child.

The Earned Sick and Safe Time program now ensures that workers don’t have to choose between their health and their job (and the rest of us don’t have to worry about employees coming to work while they are infectious). The new ban on “junk fees” blocks a frustrating, “nickel-and-diming” headache. Investments in transit and housing are quickly expanding affordable options for transportation and places to live.

One of the most exciting steps forward for our state will start on January 1. Under the new Paid Family and Medical Leave law, Minnesotans will have a partial wage-replacement for up to 12 weeks to bond with a newborn, recover from a serious illness, or provide care for a seriously-ill loved one. For too long, these kinds of major life events have forced many of us into an impossible choice. Plenty of large employers already offer paid leave; this program provides an affordable way for smaller businesses to do so too.

PROGRESS, PG 9

Cossetta’s Panettone Rises to New Heights

BY JERRY ROTHSTEIN

Jaime Martinez, Cossetta’s Executive Chef of Bakery and Pastry Production, received Best in the Americas awards for both traditional and chocolate panettone at the Panettone World Cup — Americas Selection, held in September in Las Vegas. Twenty-six pastry chefs from North and South America competed for the right to enter the 2026 Coppa del Mondo del Panettone in Milan next fall.

In 2009, as he was planning the renewal and expansion of his West 7th destination restaurant, Dave Cossetta also conceived the idea and vision of becoming a center for the production of panettone, the iconic Italian sweet bread that has been baked in Italy for more than 400 years. He would begin to create a team and the necessary resources to achieve that goal.

Visionaries often lack the executive and organizational abilities necessary to bring their ideas to fruition — not so with Cossetta. He was already building a complex and wide-ranging business that combined the restaurant with a market offering imported and house-made groceries and foods, a bakery and coffee shop and a catering arm, with further plans for a more formal dining experience and more. The more included the panettone project. His staff members were offered opportunities to learn new aspects of the business and advance in their careers.

The Person for the Job

There had been rumors among staff members about the panettone idea. Martinez, who had headed the production side for the restaurant and catering, was encouraged to aim for a position in the project, so since Panettone was Italian to the core, he decided to start studying Italian. When Dave did ask him to take the lead in the project, he also learned that his first stop would be France, to study for his certification as a Pastry Chef. French books replaced Italian ones.

Returning to St. Paul to start the test kitchen and lead the panettone project and all aspects of Cossetta’s baking, Martinez continued to learn. Masters of Italian baking



Jaime Martinez on the right with key members of the Panettone team Rafael Moran-Herrera and Ariana Amaro Montoya.

were brought to St. Paul to teach staff and to help the team understand the complexities and subtleties of the art of panettone.

Because the vision was to complete at the world level against already accomplished Masters, Cossetta committed to provide his team with the best equipment and ingredients possible. He began to import machinery from Italy and Sweden. The soft wheat flour from Molina Dallagiovanna, a Northern Italian miller founded by the family in 1832, is a special professional grade for baked desserts. Candied fruits from Sicily are of the highest quality. The yeast came to St. Paul as a historic 100-year-old starter, for which the responsibility of nurturing would fall to the Cossetta team. Every aspect was considered. Because pure water is essential for the health of the Madre and the ultimate quality of the panettone, they

installed a reverse osmosis system.

Science and Art

The process is truly artisanal at every one of the 14 steps over almost 60 hours needed to produce a finished panettone. For Cossetta’s, each batch yields 500 panettones.

In our conversation with Martinez, we kept returning to the subject of the Lievito Madre, the Mother Yeast. This narrative represents Martinez’s experience and understanding of this uncanny living organism.

The Madre is alive. Many readers have worked with yeasts — in breadmaking, sourdough (where you may have nurtured your own “starter” for years) and home brewing. When used in artisanal panettone, the artisan and the Madre are in a much more complex relationship,

COSETTA’S, PG 11

COMMUNITYHAPPENING

Moloney’s Irish Imports Opens in Former Irish on Grand Space

BY DAMIAN GOEBEL

On Saturday, November 8, Moloney’s Irish Imports officially opened in the Former Irish on Grand space, the same Grand Avenue storefront where generations of locals have shopped for Irish foods, gifts, knitwear and cultural staples. The store is now owned by Emma Crawford and her partner, James Berget, who see their stewardship of the long-loved shop as both an unexpected opportunity and a continuation of family history.

“This place has been part of my life since I was a kid,” Crawford said. “I grew up coming here. I remember being really little and exploring everything upstairs. It’s surreal to be continuing a store that was never in the plan for my life.”

The plan changed in 2020, when Crawford — then newly unemployed during the pandemic — was encouraged by her mother to speak with longtime Irish on Grand owners Maeve O’Mara and Liam O’Neill. Their families had immigrated from Ireland at around the same time, decades earlier, and had stayed close. A casual chat inside the shop quickly turned into a job offer.

“I didn’t even realize it was an interview,” Crawford laughed. She joined the staff, working there for more than four years until the previous owners announced their retirement earlier this year.

Crawford and Berget initially explored



Moloney’s Irish Imports owners Emma Crawford and James Berget hope to honor the tradition of Irish on Grand while embracing their own vision for the space.

purchasing a smaller building for a store of their own. When that deal fell through, the familiar Grand Avenue building was still on the market. Despite concerns about its size and cost, they decided it was, as Crawford put it, “the right thing to do.”

The jump from employees to owners came with challenges. The former owners kept their inventory, meaning Crawford and Berget rebuilt

the business from scratch: new furniture, new fixtures, new licensing and entirely new stock. Importing products proved especially complex amid shifting tariffs on European goods.

“At one point, it was going to be 30% on all European imports,” Berget said. “We wondered if we needed to back out. It would’ve been devastating. How do you justify that?”

MOLONEY’S, PG 4

COMMUNITY NEWS & EVENTS

ORIGIN STORIES

Origin Stories Part the Seventh: Not in the Book’s History

By Joe Landsberger

In 1914 Lucy Leavenworth Wilder Morris was researching original “highways” of Minnesota and found few maps. As she investigated, she interviewed old settlers. “All at once the realization came that they, too, were fast disappearing, taking their stories with them.”

Twenty-three women formed The Old Trails and Historic Spots Committee, sub-committee of the Daughters of the American Revolution. Their work, their stories (edited) in 324 pages, Old Rail Fence Corners can be found online in The Project Gutenberg. These early English-speaking settlers largely came from the eastern United States.

Missouri Rose Pratt (1830-1915) “More lonesome St. Paul than the pineries... On (upper) landing, we climbed up a steep path. We found only six houses there. One was (Henry) Jackson’s... In the kitchen he had three barrels of liquor with spigots in them. We built a cabin from logs hewed flat with a broadax, cracks filled with blue clay and a bark roof. The fort’s soldiers used to come to DeNoyer’s to dinner. She was a good cook if she would stay sober long enough.

August Larpenteur (1823-1919) “had dinner with Mrs. Jackson. It was a fine one—ducks, venison, and vegetables raised by the Selkirk refugees. Here I first tasted pemmican.” On New Year’s Day a yoke of oxen led to Mr. Gervais’, Vital Guerin’s, Mrs. Mortimer’s, then near present Seven Corners, the Irvine’s.”

Captain Stephen Hanks (-1917) a cousin of Abraham Lincoln. In our drove of cattle was a cow with a young calf that would not cross the river. We rested there two days.



Lucy Leavenworth Wilder Morris

The mother acted wild and we tied her up. In morning she broke away and swam half the river. The calf took to the water and swam with the mother to the other side where it made a hearty breakfast after its two days fast.

General William G. Le Duc (1823-1917) arrived at St. Paul on the steamboat Dr.

Franklin with a brother of Goodhue, the Editor of the Pioneer Weekly Newspaper. The only hotel was the Central, a two-story frame building, twenty-four by sixty feet. It was used as a meeting place for the legislature, court, and public offices...

Captain John Van der Horck (1830-1917) relied on an Indian just as on a white man and never found his confidence misplaced. I often went hunting with them on the sloughs out of St. Paul.

Mrs. Martha Thorne (1837-1926) started from Davenport, Iowa for the Minnesota Territory. The two week trip took six with ox teams. There had been so much rain that all dry land was a swamp...

Mrs. Nancy Lowel (1803-1874) reported the first winter the upper part of the hotel was one room. She was the only woman of twenty in a room made with sheeting. The air just poured in between the cracks, and the snow blew in with gusto. It was not at all unusual to get up from under a snowbank in the morning.

Mrs. William J. White (1821-1870) related that wolves were very fearless and fierce that winter. They ran in packs. They would look in at our windows.

Mrs. Mary E. Dowling (1836-1920) would walk through the woods and sometimes see a bear leisurely sagging around. The foxes were the cutest little animals and so tame. They would seem to be laughing at you.

Mrs. Robert Anderson (Mary: 1837-1863). I came in and “saw my little two year old boy standing by the Indian’s side playing with the things in his belt while the Indian carefully held my baby in his arms. His expression

remained unchanged. I gave him bread and milk to eat and ever after he was our friend, oftentimes coming and bringing the children playthings and moccasins.

Stephen Rochette (1832-1922) lived on the direct road from the Fort to St. Paul. Indians used often to stop to eat, never stole anything and seemed satisfied with what we gave them. The Indians often brought ducks and game to sell.”

Mrs. Stephen Rochette (1836-1918) first came into St. Paul and landed on the upper levee. It was used then more than the lower one. We thought we could never get used to the narrow, crooked streets... We soon had three cows. We never had any fence for them, just turned them out and let them run in the streets with the other cows and pigs.

Mrs. Anna Todd Lindsay (1821-1898). The early settlers brought slips of all kinds of houseplants which they shared with all. The windows were gay with fuchsias, geraniums, roses, etc. Most everyone had heliotrope too. All started slips under an inverted tumbler to be ready for newcomers.

There are settler narratives before, during and after the Civil War and Dakota Uprising.

You can find a copy of “The Origin Story of Fort Road/West Seventh Street, the Township/ City of Saint Paul, the Territory/State of Minnesota: Glacial Age Forward” at your local library, or order up a copy of your own at fortroadfed.org. Learn more about the book and find Joe’s upcoming conversations about the history of West 7th at josfland.com.

COMMUNITY BRIEFS

Her Upsets Carter, School Levy, Administrative Citations Pass

State Representative Kaohly Her defeated incumbent Melvin Carter to become St. Paul’s next mayor.

Her capped off her improbable run upsetting the two-term incumbent Carter in a neck-and-neck race after a late start to the campaign, only officially declaring her intention to run in July of this year, defeating Carter by fewer than 2,000 votes in the final tally.

Her has served as the State Representative for district 64(a), which covers parts of the Macalester-Goveland, Union Park, Summit-University and Summit Hill neighborhoods. She was first elected to the seat in 2018 after serving in Carter’s administration as a policy advisor.

No candidate reached the required threshold of 50% after the first-place votes were counted, with Carter ahead in the first round of counting. But Her picked up enough second-or-later votes to surpass Carter and win the election.

She will become the first female and first Hmong-American Mayor of St. Paul.



Kaohly Her

ADMINISTRATIVE CITATIONS AND SCHOOL REFERENDUM EASILY PASS

Both ballot questions were easily passed by St. Paul voters by about a 2-1 margin.

Question one allows the City Council to begin levying administrative citations on rule breakers in St. Paul. Proponents say allowing the council to apply citations provides the ability to hold businesses accountable to city rules, like minimum wage laws, without having to take lengthy criminal action and was a long-needed change, citing that St. Paul was the only city in Minnesota’s top 25 who were not able to apply administrative citations.

The second question was to allow an increase of \$37 million per year over the next decade for St. Paul Public Schools. Nearly 2/3 of St. Paul voters approved the levy, despite an already proposed city and county property tax increase. SPPS said the referendum was necessary to ensure the district did not have to cut services and close facilities given their ongoing budget gap.

Both the new administrative citations rule and SPPS property tax levy will go into effect next year.

COMMERCIAL CORRIDOR RECIPIENTS ANNOUNCED

Murals, window displays, small business marketing efforts and new awnings are just some of the improvements coming to Highland in the coming months thanks to the Highland District Council’s Commercial Corridor Program.

The first six grant recipients are Agelgil, Community Reporter for a small business marketing partnership with the Highland District Council, Dancers Studio for new Window Displays and Signage in Sibley Plaza, Joan’s in the Park for a new awning, Sew Inviting for a mural and Vango Auto for a separate mural on their building as you come into St. Paul.

The program provides small grants to local businesses for business specific or corridor wide improvements. It is funded through the City of St. Paul’s

new program to improve specific commercial corridors.

Businesses can apply for remaining funds on a rolling basis starting November 30, 2025, until all grant funds are allocated. Learn more or apply at highlanddistrictcouncil.org/commercial-corridor-program or contact kathy@highlanddistrictcouncil.org.

WEST 7TH VIBE AWARDS ANNOUNCED

The West 7th/Fort Road Federation announced the 13 winners of their West 7th VIBE program, offering small grants along two tracks for artists and businesses along West 7th.

The recipients include artist Karen Sieber for her “West 7th Memory Project,” a mural on the 620 Club, a partnership between Joseph Giambruno, artist Joel Terry and Bad Weather Brewing Company for a new sculpture and trellis, artistic branding for the W 7th Arts District, Photographer Ethan Smith’s “St Paul’s

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

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West 7th Neighborhood - Past and Present” project, a collaboration between Nine Lives Thrift and Pilates for the People, a Croctoberfest event at Bad Weather Brewing, funding for a Turkey Dinner and West Fest at Saint Stanislaus Church, RETHINK by Kristen McCoy, a mending meetup & mend-along clinic series with RETHINK, rotating community based conversations with the *Community Reporter* and a holiday makers market at Tease Salon.

The West 7th VIBE program, which stands for Vibrant Initiatives for Businesses & Events Activation, funded projects along two tracks. The first funded up to \$10,000 for public art and artist lead projects. The second provided up to \$1,000 for free community events and corridor activations.

The VIBE program is funded through the City of St. Paul’s new Commercial Corridor Program, which set aside \$1.4 million to improve specific commercial corridors in the city.

PLANS FOR KEG AND CASE RENOVATION CALL FOR BOXING GYM, EVENTS CENTER

The Keg And Case building at 928 West 7th could be getting new life in the coming months.

Outlaw Developers presented plans for a new concept for the building, which include a fitness center, an event space and a 4,000 square foot restaurant, to the West 7th/Fort Road Federation’s Board at their November 10 meeting.

The plans include removing the stalls in the center of the building and installing a curtain wall between what would be the event space and fitness area. The gym would be operated by Element Gym, a boxing facility operating out of the St. Paul YWCA currently.

No partners for the event space or restaurant have been named yet.

Outlaw Development signed a purchase agreement

in October with MidwestOne Bank, the current owners after the building went into foreclosure last spring. They are in a 90 day due diligence period, after which they can start renovation.

They are hoping for a late 2026 or early 2027 opening, depending on several factors.

Keg and Case opened to much fanfare in 2018 with over 20 businesses, but was hit especially hard during the pandemic, losing several high profile tenants, and has failed to regain its original allure.

The final retail tenant, Starcade, moved out in October.

WEST 7TH PLACES THIRD IN ABRT EVALUATION

In their evaluation of future arterial bus rapid transit routes, Metro Transit recently announced that West 7th placed third in a technical evaluation behind Nicollet and the Franklin/Grand/3rd St. Corridors in Minneapolis.

Metro Transit is in the process of identifying the next three planned ABRT lines, which will be lines J, K and L, for opening between 2030 and 2035. West 7th was a recent addition to the evaluation after the City of St. Paul pulled the plug on their plan for a “New West 7th” transit corridor, which itself was a response to Ramsey County ending the Riverview Corridor study.

Prospective projects were ranked based on ridership potential, project costs, equity concerns and land use, including future land use. West 7th scored 67.9 points out of a possible 100, well ahead of the fourth place corridor.

Now that Metro Transit has evaluated corridors, the next steps are to prioritize the corridors by looking at how ready the streets are for projects and coordinating with planned construction in the area, which will take place over the winter.

Learn more: metrotransit.org/arterial-brt-plan

NEWS BRIEFS, PG 9



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Dear West End,



It's not too late to donate in 2025

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 2025.

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 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

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BUILDING COMMUNITY

Darkness & Mystery in Community



TIM JOHNSON
columnist

It was a sad day when the joy of playing in the darkness came to a sudden and abrupt halt. My grandfather, the patriarch of our small family dairy farm, had been convinced by a salesperson that our farm yard would be a safer place if we installed a huge flood light

between the house and the barn. No longer could we run from one darkened spot to the other, hiding from the person chasing us with nothing but the small beam of a flashlight. If you were tagged by the light you were out. The darkness provided the cover, making the game fun and exciting. But, once that flood light was installed there was no more darkness in which to hide.

Although we missed the fun of flash light tag, in time I realized the bigger loss was the darkness of the evening sky punctuated by the lights of voluminous stars. On those darkened nights, sitting in our hiding places, we would look up and see the Big Dipper, the

North Star, the Milky Way and stars too many to count. For a child too young to speak of mystery, the darkened skies and illuminated stars gave me a feeling of smallness and bigness at the same time. It offered an awareness of residing in a vast universe well beyond the concreteness of my daily life. At the same time, while sensing my smallness, I knew I was somehow part of something big and vast.

We lose something when we go to war with darkness, treating it as nothing more than a threat to be eliminated. In her book "Learning To Walk In The Dark," author and Episcopal Priest, Barbara Brown Taylor observes, "it seems clear that eliminating darkness is pretty high on the human agenda – not just physical darkness but also metaphysical darkness, which includes psychological, emotional, relational and spiritual darkness."

Many religious traditions, including Christianity, draw upon a metaphorical tension between light and darkness. As we approach the Christian celebration of Christmas, it is common to hear the quote from John's Gospel, "The light shines in the darkness and the darkness did not

overcome it." Yet, it is noteworthy that the text never says the light overcomes darkness or eliminates darkness or is at war with darkness.

Darkness is where mystery resides. There is a reason many of us urban dwellers seek out darkened skies to observe the Northern Lights. We may understand more than ever about what causes the Aurora Borealis, but what really draws us to look up at the colors illuminating the night sky is the mystery and wonder they evoke. In this era of sharp polarization, we need the gift of mystery more than ever. The mystery hidden in darkness offers humility to all our certainties. Whether it be in a community meeting, city council, state or federal government, even family gatherings, the humility of mystery, of wondering and uncertainty, make it possible for us to listen in a way the bright lights of our certainties never can.

In the movie *Conclave*, Cardinal Thomas Lawrence, states: "The one sin I have come to fear more than any other is certainty. Certainty is the great enemy of unity. Certainty is the deadly enemy of tolerance... Our faith is a living thing precisely because

it walks hand in hand with doubt." Mystery is far from the sole domain of any particular religion or religion at all. The physicist and Nobel Laureate, Richard Feynman, asserts, "Doubt is not to be feared, but that it is to be welcomed as the possibly of a new potential for human beings."

It may be that the joy of flash light tag and star gazing from our overly lit evening skies is greatly diminished, but mystery remains to be discovered in relationships, in community, in our own lives, wherever we allow for the possibility there is more yet to be discovered.

COMMUNITY VOICES

St. Paul's Brave Steps to Reduce Gun Deaths

Who will stand up for our children? Since the shooting at Annunciation Church almost four months ago, we've heard a lot of noise and seen little action. Thankfully, our elected officials at City Hall decided they could not remain seated.

Mayor Carter, along with the City Attorney and the City Council, created an ordinance to ban assault weapons and high-capacity magazines, keep guns away from our libraries and rec centers and put safety limits on ghost guns. The policy goes into effect upon repeal of preemption, a 40 year-old MN state statute that denies local governments the right to decide how firearms are regulated in their communities.

These courageous elected officials did their homework to create a legal policy that also amplifies their values. To wait for a group of intractable state legislators to prioritize children's safety over guns was not acceptable to them. Angry opposition and threats of lawsuits did not obscure their vision of a future free of gun violence for our children.

When a smoking ban for bars and restaurants was proposed by the St. Paul City Council in the early 2000s, people were in an uproar. Did the sky fall once it was enforced? Do we miss secondhand smoke? Without a



St. Paul Moms Demand Action for Gun Sense and St. Paul City Council members

local government pushing for change despite enraged opposition, our gathering spots would still be unhealthy. When state lawmakers hesitate to act, it is often city governments that shake things up. St. Paul is sending a message to the MN Legislature. Enough! Repeal firearm preemption or pass gun safety legislation.

The tenets of this new ordinance are based on common sense. Nobody needs weapons of war on our streets. Children should be able to play basketball at the rec center and do their homework at the library away from firearms. We have no need for ghost guns that are untraceable and thus a weapon of choice

among criminals.

The changes set in place by this ordinance allow us to envision a safer life for our children without undue burdens on responsible gun owners. Thank you to the former city officials for bringing us smoke-free air even when faced with angry threats from residents. Thank you to the current Mayor, City Attorney, and City Council for trying to bring us bullet-free spaces even while opposing voices cling to policy that no longer serves our present reality. We admire your bravery.

St. Paul Moms Demand Action for Gun Sense

COMMUNITY NOURISHMENT

HEALTHLINE

Don’t Slip Up—Preventing Falls in Winter

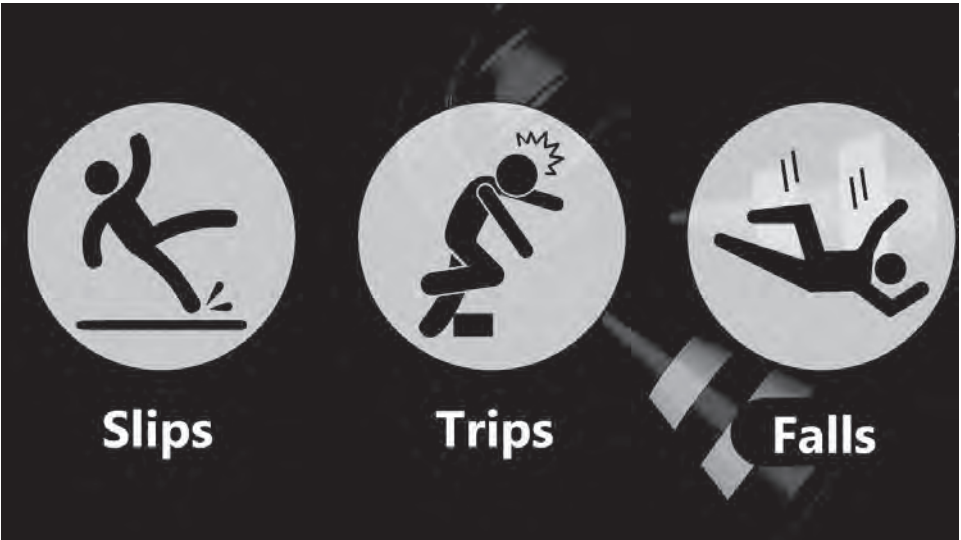
By Margaret Cunniff, MD

As this year closes and the next one opens, one thing we can count on every winter in Minnesota is ice. Icy sidewalks, icy streets, that icy patch of deck you thought was shoveled. Ice and slippery surfaces increase the risk for falls which can result in significant injury. Taking time to find ways to decrease fall hazards becomes more critical as we get older. As we age, our bones lose density and become more susceptible to breaking. While some bone thinning can be a natural part of aging, it can cross the line into a medical condition called osteopenia (mild) or osteoporosis (moderate/severe). While talking to your doctor about bone health is important, the first step is to reduce your fall risk.

While missing a spot salting the sidewalk can be a concern in the winter, outside your home is not necessarily where most falls happen. One of the most common stories I hear when talking with older patients who have had a fracture after a fall is “I tripped getting out of bed.” A patient caught their foot on a wrinkle in the rug or they got up in the dark as they didn’t want to wake their partner by turning on the light before going to the bathroom.

Some simple safety tips can help keep you and your loved ones out of the hospital.

- **Non skid shoes:** High heels, worn out shoes, and even plain socks can make for slippery surfaces, especially on wood or tile. Try footwear that allows for good grip on the floor.
 - **Nightlights:** Use nightlights so that you can see the path to common places like bathrooms or particularly risky spaces like stairs that you might use in the evening.
 - **Remove hazards:** Put non-slip surfaces in the shower and under rugs or remove them entirely. Make sure power cords are tucked away, and shoes and other items are put away. Anything loose on the floor is a tripping hazard.
 - **Add grab bars:** As we age, it can be harder to stand without using our arms, and spaces such as bathrooms and bedrooms can benefit from a helpful handrail.
- These simple alterations to the home



are a healthy place to start. Next you will want to talk to your doctor about whether medical tests would be appropriate to help identify if you have thin bones and are at risk of fractures. Women are most prone to osteoporosis due to changing hormones with age. Half of postmenopausal women will experience an osteoporotic fracture. Of those who experience a hip fracture, only half make it back to pre-fracture mobility. That is why the US Preventative Task Force recommends all women aged 65 and older get tested for osteoporosis with a DEXA scan, an x-ray that determines the density of bone, as well as younger women who have additional risk factors for osteoporosis. There is not currently a recommended screening for those who are not biologically female. If you complete the test and are found to have osteoporosis or osteopenia, there are treatments to reduce the risk of fractures. The most common are bisphosphonates and denosumab. Bisphosphonates are the first line therapy for osteoporosis. They can be given in pill or infusion form, and they prevent bone breakdown. They are taken for 3-5 years,

depending on form, as prolonged use can increase risk of fracture. Denosumab, or Prolia, similarly reduces bone resorption and is an injection taken every 6 months. It does work faster than bisphosphonates, but once you start this medication it is recommended to continue for the rest of your life as discontinuation of the medication increases the risk of fractures. In addition to medications, physical activity can strengthen bone and gradually adding in more activities such as walking, strength exercises can be very helpful.

The consequences of falls in those with lower bone density can be devastating. As we get into this winter season, look around your home and think of ways you can prevent falls to keep you safer. Also consider talking to your doctor about your bone health.

Statistics and guideline recommendations sourced from the American Academy of Family Physicians practice guideline for osteoporosis treatment and the US Preventative Services Task Force Osteoporosis Screening website. *Dr. Cunniff is a family physician at Allina Health United Family Physicians, 233 Grand Ave, St. Paul, MN 55102, 651-241-5200*

BEA'S BOOKS

Getting Back Into the Reading Groove

By Beatrice Cosgrove

As fall has come to a close and the days have become darker, my reading slump is finally coming to an end. Maybe it’s the coziness of winter or the fact that I’m finally acclimated to the school year, but the reading list has returned. With that, my reading list has been growing, and this month I would like to share it with you.

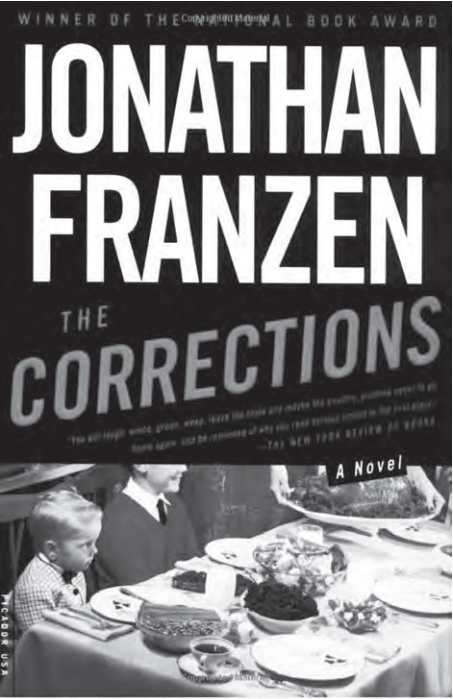
First on my list is “The Corrections” by Jonathan Franzen. I’m over halfway through this book but thought I would add it to the list. This book follows the lives of the Lambert family, from the childhood of the three Lambert children to their rather depressing lives as adults. Enid, the matriarch of the family, is set on bringing them together for “one last Christmas.” Going into detail about the goings on of this book would require significantly more room, as it delves into the murky waters of affairs, depression, economics and the overall dysfunctionality of the Lambert family. A truly joyous read. Truthfully, it has been a challenge, but I have enjoyed attempting to decode Franzen’s writing and analyze the text myself.

Next is “A Guardian and a Thief” by Megha Majumdar, a book set across a week, chronicling the life of a family attempting

to leave a near-future Kolkata. When the family’s visas are stolen, they must endure another week in the city. The twist? Boomba, the thief of the visas, tells his side of the story, showing his own deep-rooted desire to protect his family in the collapsing city. Normally, I wouldn’t have picked this book up, but I had read good reviews, liked the near-future dystopian concept and, I admit, loved the cover art.


Contrasting my previous picks is “Jane Eyre,” a classic by Charlotte Bronte that has sat on my shelf for three years and I have attempted to read twice (third time’s the charm?). Jane Eyre tells the story of its namesake in first-person, beginning with Jane’s abusive childhood and staying with her throughout her education and early adult life. I picked this one up again and found that I had a much better grasp on the language and concept of the book, and decided to try it once more.

A few others on my list include “Blank Space: A Cultural History of the Twenty-First Century” by W. David Marx (this book was one of NPR’s Most Anticipated Books of Fall 2025, where I first discovered it) and “Mad At The World: The Life of John Steinbeck” by William Souder (an author that




has previously appeared in a review of mine). I’m looking forward to all the reading that is evidently in store for me this winter and wish you luck with yours as well!

It also feels like a family operation. Crawford is expecting her first child, and her mother will be helping in the shop while she juggles parenthood and business ownership. “There’s a lot happening in life right now,” she said, smiling. “But we’ll make it work.” Moloney’s Irish Imports will begin with limited hours — closed Mondays, 11 a.m. to 6 p.m. Tuesday through Saturday, and 11 to 4 on Sundays — with expanded hours planned for St. Patrick’s Day and the holiday season. The owners hope their website and online store will be running by early December. For now, the doors are open, the shelves are stocked, and the neighborhood mainstay has new life — one shaped by heritage, community, and the next chapter of a long-running story. **IF YOU GO** **MOLONEY’S IRISH IMPORTS**, 1124 Grand Ave, St Paul. Hours: Wed-Sat: 11 a.m. - 6 p.m. Sunday: 11 a.m. - 4 p.m. Closed Mon-Tue. Info: moloneysimports.com



FEDERATION UPDATE



HYGIENE DRIVE

5th Annual Hygiene Drive, December 14-20. Drop off items at Bad Weather Brewing and enjoy \$1 off a pint—all for a good cause! Look for the Fort Road Federation donation box. High demand items: full size shampoo, body wash, and lotion. Donations benefit Joseph's Coat. Info: fortroadfed.org

GET INVOLVED!

Fall is a great time to get involved at the Federation. Subscribe to monthly newsletter to keep in touch.

UPCOMING COMMITTEE MEETINGS

- **Transportation & Land Use**, Dec 3, 6:30 pm!
- **Board Meeting**, Dec 8, 7 p.m., Gatherings at Station 10
- **Community Engagement & Fundraising**, Dec. 23, 6:30 p.m.

STAY IN TOUCH

"Like" us on Facebook. Subscribe to e-newsletter. More information at fortroadfederation.org

CONTACT

Julia McColley, julia@fortroadfederation.org; 651-298-5599; 395 Superior Street, St. Paul



HIGHLAND DISTRICT COUNCIL

For information, visit highlanddistrictcouncil.org/events

CALLING ALL HOME IMPROVEMENT BUSINESSES

The Home Improvement Workshop Day Saturday, March 7, 2026 9 a.m. – 1 p.m. at Cretin-Derham Hall. Attend one-hour workshops about topics relevant to homeowners and renters in Highland Park and Macalester-Groveland. Seeking local contractors and folks in the home improvement business to present. Deadline: Dec 31. Contact info@highlanddistrictcouncil.org.

UPCOMING COMMITTEES MEETINGS

Highland Community Center, 1978 Ford Pkwy. Get the Zoom link and meeting agendas at highlanddistrictcouncil.org/calendar.

- Community Engagement – Mon, Dec 1, 7 p.m.




Keystone COMMUNITY SERVICES

WEST 7TH COMMUNITY CENTER
265 Oneida, St. Paul
651-298-5493; keystoneservices.org

Meals on Wheels Volunteer

Many homebound elderly and adults with disabilities are fragile and vulnerable, and most struggle to prepare a nutritious meal on their own. Meals on Wheels can help! Locally prepared meals are delivered by a neighborhood volunteer. Keystone's Meals on Wheels program is all about choice and friendly service. To learn more, call Metro Meals on Wheels at 612-623-3363. For basic information, call Keystone's senior services staff at 651-645-7424 or 651-298-5493.



Supporting W7th and Little Bohemia

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MOLONEY'S, PG 1

Even now, delays in customs and rising wholesale costs complicate ordering. Some food products expired in shipment before the store could open; others are arriving days or weeks late.

Still, support from local partners made the process possible. Bank Cherokee, just down the street, ultimately backed the business after recognizing both the legacy and the potential of the new store. “It feels like they’re rooting for us,” Crawford said. “That’s been incredibly meaningful.”

Inside the shop, returning customers will notice both familiarity and change. The second floor — once filled with goods — is no longer used for sales, giving the first floor a more open, curated feel. Many beloved brands remain, but Crawford is expanding the assortment to include independent Irish and Irish-American makers, with an emphasis on

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HOLIDAY GIFT MARKET

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CommunityReporter 

A Very West Er

From local artisan markets and festive tree lightings to Broadway productions and classical concertos, and all points in between, St. Paul has it all this holiday season. Find the perfect gift, or just spend quality time with friends and family at any number of happenings this December, many of them low-to-no-cost. Find even more holiday happenings - visit communityreporter.org/2025holidays.

~ Damian Goebel and The Community Reporter

Shop Local

EUROPEAN CHRISTMAS MARKET
Weekends - Dec 21. Union Depot
The European Christmas Market returns to Union Depot, spanning four consecutive festive weekends. Visit stpaulchristmasmarket.org

47TH ANNUAL HOLIDAY BAZAAR
Dec. 5-7. Landmark Center. \$5
Holiday décor and live holiday music add festive ambiance to this beautiful, classic venue. Support 80 local artisans selling beautiful and unique handmade goods at the Holiday Bazaar. Visit landmarkcenter.org/holiday-bazaar.

GRAND MEANDER
Dec. 6, 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.

CHRISTMAS IN GERMANY
Dec. 6-7. Germanic American Institute. \$0-\$10
Feel the spirit of the season come alive at this cherished holiday tradition filled with twinkling lights, joyful music, and the sights and smells of a German Christmas market right in the heart of St. Paul. Visit gaimn.org/calendar/christmas-2025.

30TH ANNUAL ART AT HIDDEN RIVER
Dec. 7, 11 a.m. - 3 p.m. Highland Middle
An opportunity to purchase art from the finest artists from the Twin Cities and surrounding area. Sale of quality work by 80 juried local artists from the upper Midwest who create art and fine crafts. Visit artistscircle.org

FROM HEART TO HANDS BENEFIT ARTS & CRAFTS MARKET
Dec 6-7, 10 a.m. - 4 p.m. Mpls American Indian Ctr, Two Rivers Gallery. Free
Market highlights handmade work rooted in culture, tradition, and contemporary expression. Visit 2riversartgallery.org/events/2025-from-heart-to-hands-market.

HAMMS BEAR AT SKINNERS
Dec 9, 6 - 7 p.m. Skinner's Pub and Eatery
Hang out with Skinner's and the Hamm's Bear handing out merch. \$1 Hamm's Beer during December! Visit skimmersmn.com/event/hamms-bear-is-back-with-merch-and-beer/.

HOLIDAY GIFT MARKET: MADE IN TANZANIA
Dec. 13, 11:30 a.m. - 3:30 p.m. 1725 Grand
Shop for art, jewelry, ornaments, baskets, paintings, Maasai blankets, accessories, Tanzanian coffee, and more! Sample treats and cider. Visit projectzawadi.org

Family Fun

GLOW HOLIDAY FESTIVAL
Through Jan. 4. CHS Field. \$17.58-\$27.47
Bring the family to join in on the magic! Stroll through millions of lights and bask in the warmth of the holiday spirit. Visit glowholiday.com.

HOLIDAYS ON THE HILL
Through Jan. 4. James J Hill House. \$0-25
Experience Christmas, 1910—both upstairs and downstairs—in the sumptuous Gilded Age mansion of railroad titan James J. Hill. Admission includes self-guided access to holiday-themed exhibits and a 60-minute guided tour. Visit mnhs.org/events.

CANDLELIGHT CHRISTMAS TOURS
Dec. 4-Jan 3. Alexander Ramsey House. \$0-20
Experience the bluer side of Christmas that accompany the season. You'll be guided by candlelight through the decorated 1872 mansion viewing unique holiday artifacts and listening to excerpts from the Ramsey family papers. Visit mnhs.org/events.

NORTH POLE EXPRESS
Dec. 7-7 & 11-14. Union Depot. \$28
Like colorful lights, brightly iced cookies, festively wrapped gifts, family and friends, children and trains go together. Tickets at 261.com/npe.

HISTORY OF ALL THINGS CHRISTMAS AT SIBLEY
Dec. 5, 6-8 p.m. Sibley Historic Site. \$15-20
Christmas has a remarkable history—not all of which you may expect! Visit dakotahistory.org/events/1039-dec-5-mendota-after-hours-history-of-christmas.

CHILDREN'S HOLIDAY PARTY
Dec 5, 7 p.m. C.S.P.S. Hall. Free
Performances by the children and teen dancers, plus Sokol Singers. Special visits from Saint Nicolas, the Angel, and the Devil. Visit sokolmn.org/all-events.

HOLIDAY CAROLERS AT THE SAINT PAUL HOTEL
Dec. 5-20. The Saint Paul Hotel. Free
Celebrate the Season in the Heart of Downtown St. Paul with festive melodies, warm holiday spirit, and the glow of twinkling lights. Visit saintpaulhotel.com/events/holiday-carolers-at-the-saint-paul-hotel.

SANTA'S TRAIN SHOP
Dec. 6-21. Minnesota Transportation Museum. \$0-\$25
A magical celebration of trains, Christmas, and



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  TAKE THE SHUTTLE TO HOME GAMES

and Holiday

community spirit. Experience the wonder of the season with festive activities for kids (and kids at heart). Visit trainride.org/santas-train-shop.

HOLIDAY TREE LIGHTING & MOVIE NIGHT

Dec. 6, 5-8:30 p.m. Union Depot. Free
Holiday musical performance by The Mistletoes, free hot chocolate, photo ops, craft stations and lightup giveaway for kids. Visit uniondepot.org/event/holiday-tree-lighting-movie-night.

ST. NICHOLAS EVE TREE LIGHTING

Dec. 6, 5:30 p.m. Waldmann Brewing. Free
Featuring the untamed Krampus, hot mulled Glühwein, a fresh-release Hefeweizen, four flaming fire rings, a monstrous and lavishly decorated Christmas tree, holiday jingles and you and your coolest, ruddy-cheeked friends. Visit waldmannbrewery.com.

HOLIDAY CAMPUS PARTY + SANTA PAWS

Dec. 11, 4:45-7:30 p.m. Palace Recreation Center. Free
Santa Paws is back! Santa is coming to take pictures with your 4-legged pets. Please bring your dogs on leashes & cats or others in carriers. Visit stpaul.gov/news/winter-special-events-holiday-parties.

MAGICAL HOLIDAY EXPERIENCE

Dec. 13, 1-3 p.m. Highland Park Community Center. Free
Come take a picture with Santa, visit the petting zoo, play games, eat lunch, and more. Visit stpaul.gov/news/winter-special-events-holiday-parties.

CPKC HOLIDAY TRAIN

Dec. 13, 6:45 pm - 7:30 p.m. Union Depot. Free
The Train will stop for a free musical performance! We strongly encourage bringing a non-perishable food or cash donation for a local, charity food shelf partner. Visit uniondepot.org/event/cpkc-holiday-train-at-union-depot.

BREAKFAST WITH SANTA

Dec. 14, 9 a.m.-12 p.m. Shamrock's Irish Nook. \$9.50-\$15.95
Enjoy breakfast and a visit with Santa himself. Visit crshamrocks.com.

SANTA'S WORKSHOP

Dec. 14, 1-3 p.m. Landmark Center. Free
Families are invited to take a free photo with Santa, then stay to explore a variety of fun holiday activities. Visit landmarkcenter.org/event/sundays-at-landmark-santas-workshop-7.

SENIOR HOLIDAY PARTY

Dec. 16, 11 a.m.-2 p.m. El Rio Vista. \$12
Seniors get your festive attire on & come have lunch, play some bingo or other games. Visit stpaul.gov/news/winter-special-events-holiday-parties.

FESTIVAL OF LIGHTS FAMILY CHANUKAH EVENT

Dec. 15-16, 5-6 p.m. Capp Center. Free
Community Lighting, Chanukah stories, fun crafts, Sufganiyot, Friends, and more! Geared towards 0-8 year olds. Visit minnesotajcc.org/event/create-celebrate-festival-of-lights-family-chanukah-event.

PARENTS NIGHT OUT - HOLIDAY RUSH

Dec. 18, 5:45-8:45 p.m. El Rio Vista. \$9-\$13.50
Drop your kiddos off while you do your stuff or just relax. We will entertain them with gym time, games, snack & a movie or craft project. Visit stpaul.gov/news/winter-special-events-holiday-parties.

PARENTS NIGHT OUT

Dec. 19, 5:30-8:30 p.m. Groveland Recreation Center. \$10-\$15
Offering a safe, engaging environment for your kids while you get a well-deserved break. Visit stpaul.gov/news/winter-special-events-holiday-parties.

MIRACLE ON 34TH ST!

Dec. 19, 6:25 p.m. West 7th Community Center. Free
Bring your favorite blanket & snacks--and wear your pajamas if you like. Fresh hot popcorn will be served! Visit sppl.org/events.

HOLIDAY TOT TIME CELEBRATION

Dec. 22, 11 a.m.-12:30 p.m. Linwood Recreation Center. \$3-\$6
Calling all little ones! Let's celebration the holidays with a fun little Tot Time party! Visit stpaul.gov/news/winter-special-events-holiday-parties.

BOLD NORTH BREAKAWAY FANFEST

Dec. 26-Jan. 5. Rice Park. Free
Outdoor highlights include: Bumper cars (\$5 rides), trolley and horse-drawn carriage rides, a skills rink, a New Year's Eve Fireworks Show and more. Visit WorldJuniorsMN26.com/fanfest.

NEW YEAR'S EVE CRAFT PARTY

Dec. 31, 9:30a.m.-12:30 p.m. Linwood Recreation Center. \$38-\$57
Create noisemakers, party poppers, and New Year's Eve hats. Pack a nut free snack and drink for your child. *Registration required* Visit stpaul.gov/news/winter-special-events-holiday-parties.




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Holiday Shows & Events

ROLICKING! A WINTER CARNIVAL MUSICAL

Nov 22 - Dec 21, History Theatre. \$38-\$57
A gust of icy wind changes everything! Plunging headfirst into the magnificent history and myth of the St. Paul Winter Carnival. Visit historytheatre.com.

CIRCUS JUVENTAS PRESENTS: SOLSTICE

Dec. 5-14. Circus Juventas. \$25-\$35
Create As the forest creatures prepare for the great winter solstice celebration, a ripple runs through the frosted wood. Only the caretakers of the seasons can free Jack in time to stop the sorcerer and ring in winter. Visit cjshows.org/Solstice.

NATALIE MACMASTER AND DONNELL LEAHY: A CELTIC FAMILY CHRISTMAS

Dec. 5, 7:30 p.m. Ordway Center for the Performing Arts. \$34-83

An exhilarating night of festive cheer starring powerhouse fiddlers Natalie MacMaster and Donnell Leahy, their family, and their world-class band. Visit ordway.org/events/celtic-family-christmas.

A PRAIRIE HOME COMPANION CHRISTMAS

Dec. 6-7. Fitzgerald Theater. \$74-\$99
Join GK, Heather Masse, Christine DiGiallonardo, the Radio Acting Company, Fred Newman, Sue Scott, Tim Russell, Richard Dworsky and the Guy's Shoe Band for the Adventures of Guy Noir, Duane & His Mom, the News from Lake Wobegon, A Christmas Carolette, and the audience singing beloved carols. Visit thefitzgeraldtheatre.com.

HOLIDAY SHOWS, PG 8

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ARTS & ENTERTAINMENT

THEATER REVIEW

Goosebumps: Phantom of the Auditorium

By Abigail Horton

Goosebumps: Phantom of the Auditorium summons audiences into a thrilling, fun-filled theatrical experience where mystery and laughter come together on stage. The story follows two best friends, enthusiastic students who land the leads in their schools musical. What is first is that their big break briskly becomes something far more frightening.

As rehearsals in the auditorium begin, whispers spread about the production's troubling past. The play was attempted once before, however, it was abruptly abandoned. Suddenly, strange occurrences shake the cast and crew, with shadows slipping across the stage when no one is supposed to be there. At the midst of these rumors is a mysterious figure only acknowledged as the Phantom, an ominous presence who seems determined to sabotage the performance.

With the opening approaching and tensions rising, these friends must face their fears and uncover the truth. In my presence in this play's own opening, the production comes to life with a wide and diverse cast, dynamic dancing, and



Sofia La Fave

an eerie but family friendly setting. It's a story that's as moving as it is suspenseful, making a theatrical happening that the whole family can appreciate. Recommended for ages five and up.

IF YOU GO

R.L. Stine's *GOOSEBUMPS: Phantom of the Auditorium* Nov. 21 - Dec. 14, *Park Square Theatre*. \$15-\$65. Tickets and more info at parksquaretheatre.org.

THEATER REVIEW

Del Toro's "Frankenstein" is in Great Hands

By Zach Murphy

Frankenstein. It's a tale that never dies. With this latest incarnation, visionary filmmaker Guillermo del Toro puts his signature spin on Mary Shelley's classic novel. The result of this ambitious experiment? It's in great hands.

The versatile Oscar Isaac plays Victor Frankenstein, a brainy and unhinged scientist who's hellbent on creating life where it doesn't initially exist. After gaining access to a creepy, abandoned tower, Victor builds his own laboratory, harnesses the power of lightning, and lays eyes upon his most significant creation yet: The Creature (played by Jacob Elordi).

From the sets to the costumes, this film is stunning to look at. Its unified aesthetic bursts with imaginative craftsmanship, and you get the impression that every detail was passionately concocted. Much like other films in Guillermo del Toro's impressive filmography ("Pan's Labyrinth," "The Shape of Water"), he employs lighting and color in a way that not only lends to the atmosphere but also highlights the film's core themes of life, death, love and rebirth.

The cast is well-chosen here. Oscar Isaac, while often on the edge of being over-the-top, is totally convincing in his descent into madness. Mia Goth, as Victor's love interest, is the sensitive foil to Victor's harsh energy.

And the consistently great Christoph Waltz is magnetic as Victor's sly mentor and investor.

As for The Creature himself, this is the most sympathetic portrayal to date. Despite possessing bone-crushing strength, there is a gentleness to him. He has a fondness for animals, he's curious about the beauty of nature, and he craves meaning, connection, and acceptance. Jacob Elordi does a fantastic job in this role. It's such a hulkingly physical performance, but it's also complete with depth and subtlety.

In addition to its technical craft and stirring performances, what also keeps this film from being a disposable remake is its heavy, beating heart. The script is poetic and philosophical. It's compassionate and conscious. It emphasizes the importance of being kind to anyone who is considered an outcast. Is the creature a monster or not? Is he something or someone? In this story, the answers to these questions are quite obvious. Guillermo del Toro's "Frankenstein" isn't just alive; it has a soul.

"Frankenstein" is available to stream with your Netflix subscription.

Zach Murphy is an avid enthusiast of cinema, theater and storytelling. He lives with his wonderful wife Kelly in St. Paul. You can read more reviews at his blog, *Fade to Zach*.



Oscar Isaac as Dr. Victor Frankenstein

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A Very West End Holiday

CIRCUS JUVENTUS SOLSTICE

Miracle on 34th Street

THE STRING QUEENS: OUR FAVORITE THINGS

Dec. 6, 7:30-9 p.m. Ordway Center for the Performing Arts. \$40-\$65

The dynamic trio return with their signature authentic, soulful, and orchestral renditions of holiday classics. Visit ordway.org/events/string-queens.

JESUS CHRIST SUPERSTAR

Dec. 9-28. Ordway Center for the Performing Arts. \$46.50-\$143.50

Set against the backdrop of the final weeks in the life of Jesus Christ as seen through the eyes of Judas, this rock opera masterpiece by award-winning songwriters Tim Rice and Andrew Lloyd Webber. Visit ordway.org/events/jesus-christ-superstar.

BACH'S BRANDENBURG CONCERTOS

Dec. 12-14. Ordway Center for the Performing Arts. \$0-\$70

the SPCO presents Johann Sebastian Bach's most cherished set of orchestral works, the Brandenburg Concertos. Visit thespc.org.

CELTIC HOLIDAY HOOLEY

Dec. 12-22. Celtic Junction. Free - \$30

The perfect blend of Irish charm, festive chaos, and jaw-dropping talent. Expect toe-tapping music, world-class step dancing, and a few surprise guests. Visit celticjunction.org/event/celtic-holiday-hooley-2025-2.

IT'S A WONDERFUL LIFE - A LIVE RADIO PLAY

Dec. 12 - Dec. 24. The St. Paul Hotel. \$120+

Experience the classic Christmas story as a 1940s-style live radio play, paired with a three-course holiday meal in our elegant ballroom. Visit saintpaulhotel.com/events/its-a-wonderful-life-a-live-radio-play.

MINNESOTA JCC SYMPHONY ORCHESTRA CONCERT

Dec. 17, 7-9 p.m. Capp Center. \$15

Visit minnesotajcc.org/event/minnesota-jcc-symphony-orchestra-concert.

STAR OF THE NORTH CONCERT

Dec. 17, 7:30-9 p.m. Landmark Center. Free

Visit landmarkcenter.org/event/star-of-the-north-concert-band-3.

SONGS OF THE SEASON: CAROLS OF MINNESOTA COMPOSERS

Dec. 18, 12-1 p.m. & 6-7 p.m. Landmark Center. Free

Visit landmarkcenter.org/event/schubert-club-courtroom-concert-songs-of-the-season-carols-of-minnesota-composers.

HANDEL'S MESSIAH

Dec. 18-21. Basilica of St. Mary's and Ordway Center for Performing Arts. \$6-\$70

Celebrate the holidays with one of classical music's most beloved traditions. Visit thespc.org.

THE CLASSIC NUTCRACKER

Dec. 19-21. The O'Shaughnessy. \$22.75-\$49.75

Visit balletminnesota.org/the-classic-nutcracker.

FAMILY CHANUKAH CONCERT

Dec. 21, 3-4:30 p.m. Capp Center. \$12

Hanukkah Jam-boree with Louis & Dan and the Invisible Band! Visit minnesotajcc.org/event/family-chanukah-concert.

MINNESOTA BOYCHOIR

Jan. 4, 1 & 3:30 p.m. Landmark Center. Free

Members of the Minnesota Boychoir return for their annual Winter Concert. Visit landmarkcenter.org/event/sundays-at-landmark-minnesota-boychoir-concert-4.



SANTA'S TRAIN SHOP



SOKOL CHILDREN'S HOLIDAY PARTY

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IN THE COMMUNITY

NOTEBOOK RECOLLECTIONS

50 Years in West 7th: Grateful for privilege of sharing life and death, joy and sorrow

By Tim Rumsey

I used to be a doctor in West 7th for 50 years. (1975 to 2025).

I retired last week.

During that half century, I was sued for malpractice three times and investigated twice by the Minnesota Attorney General's office for alleged opioid medication over prescribing (exonerated). And in 2020, along with my provider partners, was forced out of the state-of-the-art facility we helped build on Randolph and West 7th.

But I'd still do it all over again.

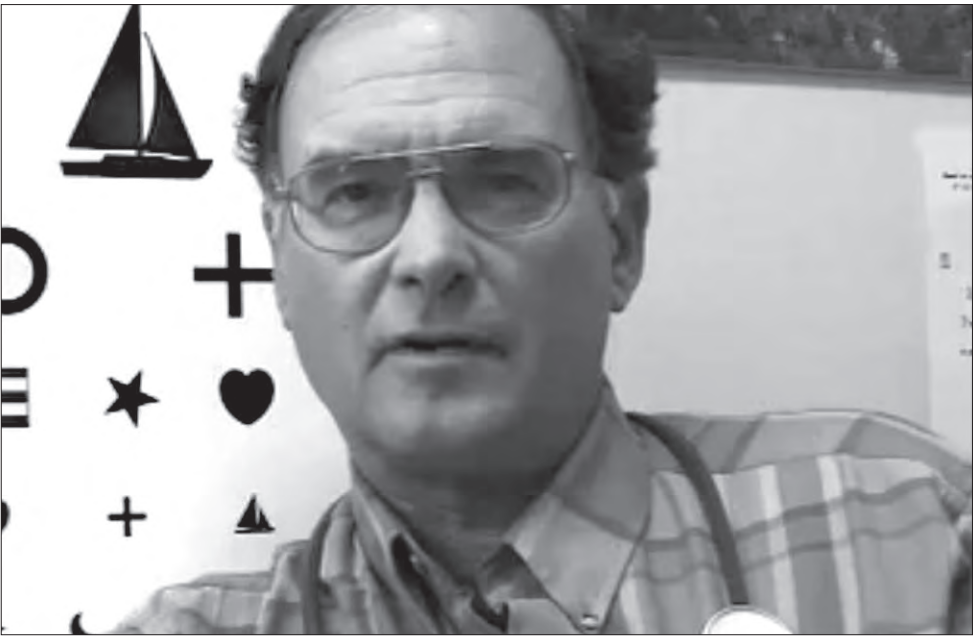
I was grateful to be let into the lives of so many wonderful 7th Street St. Paul people. Probably 60,000 patient visits in those 50 years from 3,000 individual patients.

I am mucho grateful for the privilege of sharing life and death, joy and sorrow and worry and wonder with them. They are what made it worth getting out of bed every day for half a century.

I was grateful to see people for rashes, sore throats, sore knees. Bad marriages, children lost. Nasty diagnoses. Long forms to fill out. Lots of long forms to fill out.

Legendary West 7th family doc Greg Sprafka also gave 50 years to West 7th. His last years overlapped my early days. His final office was close to St. Luke's hospital which would become United. I'd see him in the St. Luke's doctors' lounge.

"Rumsey, what kind of clinic are you



Tim Rumsey

running down there by Mancini's?" he asked during one of these bakery bonanzas.

He'd see me and our new Dr. Ravi Balasubrahmanyam in the St. Luke's intensive care unit at 3:30 in the morning.

Dr. Sprafka even came by the clinic one afternoon and Ravi showed him around. Dr. Sprafka was impressed. "You guys are real

doctors," he told Ravi.

By 1982, our practice was expanding, exploding actually, in a good way. Doc S. took me and Ravi to Mancini's on an autumn Saturday night. It was packed, of course, but Mr. Nick Mancini himself had a prime table for Dr. Sprafka and his guests.

Ravi had roasted vegetables, salad and bread. No complaints there.

Dr. S. and I went full carnivore. Filet mignon, onion rings, baked potato. Thinly sliced sausage on crispy bread rolls. He and I were snapping and growling by dinner's end.

In 1982 we moved across West 7th to the eastern end of Mancini's. We were in a nightclub! Our back door opened directly into Mancini's Fireplace Room.

Dr. Kelly Macken joined Ravi and me in 1983 by way of St. Paul Ramsey (now Regions, formerly Ancker) Hospital. She brought her tremendous family practice OB expertise with and helped us start a family practice residency on-site.

In 1984 we moved across the alley from Mancini's to an ad agency building's ground floor.

Dr. Sprafka was impressed with our new fire power and our new office location.

He then coincidentally retired in 1984.

One week later on a fine spring early morning, Ravi arrived at our new office front door and came across three large cardboard boxes each filled with shoe boxes containing small manila envelopes. Each envelope contained a patient chart. Handwritten notes on large index cards with the office visit date and handwritten notes. "Sore throat-IM penicillin." Workplace laceration-10 stitches, tetanus shot."

Dr. Sprafka was handing his practice to us! Not selling it! Turning it over to us. Trusting us.

To be continued

PROGRESS, PG 1

Whatever more comes from the Trump administration and its allies, I'm determined to ensure that Minnesota continues to hold to our values. We'll welcome and support immigrants, who add so much to our communities. We'll give kids the great start that they deserve. We'll ensure that vulnerable people receive support

and dignity. We'll invest in public health, education, and infrastructure. And we'll stand up for individual rights and for our democracy.

For decades, this approach has provided us with one of the strongest economies, and healthiest populations, of any state. With it, we can continue to model for the country a place where everyone can thrive. #EverybodyIn. Here's to more of that in 2026 and beyond.

NEWS BRIEFS, PG 2

SENATOR SANDY PAPPAS ANNOUNCES RETIREMENT AFTER 42 YEARS IN STATE LEGISLATURE

Senator Sandy Pappas (DFL-St. Paul), a former Senate President and longstanding member, ranking member and chair of the Capital Investment Committee, announced today that she will retire at the end of the 2026 session, marking 42 years in the Legislature.

"The Legislature has been so much a part of my life that leaving is like saying farewell to my family," said Senator Pappas. "I have worked alongside Minnesotans on issues from reproductive rights to pension policy; traveled from the Northwest Angle to our Iowa border on countless bonding tours; and collaborated with hundreds of colleagues to improve Minnesotans' lives. I am proud of the work I have accomplished to help Minnesotans of all ages, backgrounds, and beliefs live healthier, safer and more fulfilling lives. To the people of St. Paul, thank you. It has been the privilege of a lifetime to advocate for each of you, and I look forward to passing the baton to the next person who represents our district."

"Sandy Pappas has been tremendous asset to her city and state these past four decades, and her wisdom will be missed by all of us," said Senate Majority Leader Erin Murphy. "I have learned and shared so much with Senator Pappas as her seatmate on the chamber floor, and as a caucus member came to value her work ethic



Senator Sandy Pappas

and skillful negotiating. Her leadership as chair of the Capital Investment Committee will benefit communities across the state for generations. The Women's Economic Security Act is a landmark employment law that makes successful, equitable careers a possibility for women, and the Nursing Home Workforce Standards Board will do the same for the communities that care for our seniors. Beyond her accomplishments, we have all gained from Senator Pappas' compassionate, thoughtful perspective as a global citizen in our increasingly connected world."

Senator Pappas was elected to the Minnesota House of Representatives in 1984 and served there until her election to the Minnesota Senate in 1990. She has been a steadfast ally to workers and unions; and an advocate for social and economic equality for women and people of color. During her years in office, Senator Pappas served as Senate President (2013-2016) and chaired numerous committees.

Some of Senator Pappas's legislative accomplishments include Statewide Earned Sick and Safe Time, establishing the Children in Need of Protection and Services (CHIPS) program, Statewide Secure Choice Retirement Program, chief author of the largest bonding and jobs package in state history, 2023's \$2.6 billion general obligation and cash bills, establishment of the Nursing Home Workforce Standards Board, the Women's Economic Security Act, the Minnesota DREAM Act, removal statute of limitations from sexual assault and a state ban on child marriage.

Senator Pappas is the former executive director of Forward Global Women, taught public policy at Metropolitan State for 20 years and lives in St. Paul with her husband, Neal Gosman.



LIBRARY UPDATE

Make it a Handmade Holiday with St. Paul Public Library

Looking for a creative way to spread some holiday cheer this year? Skip the crowded stores and make your gifts at the library instead!

Most St. Paul Public Library locations have art materials and host a variety of crafting events. From 3D printers to crafting kits and sewing machines, the Innovation Lab at George Latimer Central Library is open to all St. Paul Public Library card holders and packed with tools for makers and tinkers.

Kids and teens can dive into creativity at the library, too! Fun Labs, every Saturday at Dayton's Bluff Library, features a new craft designed for kids ages 7-11. Find Createch at Arlington Hills, Rice Street, Rondo Community and Sun Ray libraries for teen-centered creative

spaces stocked with supplies for jewelry making, painting, sewing and more! Teens can also check out Artist in Residence programs at Sun Ray and Arlington Hills libraries to learn from and collaborate with local artists!

And if you'd rather learn from home, all library card holders now have free access to Craft and Hobby, offering in-depth online classes across 22 creative categories. Learn new skills anytime, anywhere — from watercolor painting to woodworking — with step-by-step lessons from world-renowned instructors. Learn more at spl.org/resource/craft-hobby.

Get ready to make something this holiday season — because the best gifts come from the heart (and maybe a laser engraver).

EVENTS AT WEST 7TH LIBRARY

ECFE AT THE LIBRARY

Dec 8, 2025, 2-3 p.m. Drop in to an ECFE (Early Childhood Family Education) class

FAMILY MOVIE: MIRACLE ON 34TH ST!

Friday, Dec 19, 6:15 p.m. Free. Join West 7th Library and Keystone Community Services for our featured movie. Bring your favorite blanket & snacks--and wear your pajamas if you like. Fresh hot popcorn will be served!

PLAYDATE

Tuesdays 3-5 p.m. Playdate is an informal playtime for families to gather at the library.

FAMILY STORYTIME

Wednesdays 10:30 a.m. Join Miz Kathleen for an interactive learning opportunity for you and your child to enjoy stories, rhymes, songs, live music, and fun.



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• Jimmy John's – Grand & Highland locations
Donations will be given to Joseph's Coat, a local organization that provides goods to those in need. Learn more at theoddcoupleteam.com/about/doing-good-in-the-neighborhood.



PUBLIC HEARING: 2025 REGIONAL ECONOMIC FRAMEWORK
Dec 3, 4 p.m. Met Council. If you'd like to offer public comment, please pre-register by emailing public.info@metc.state.mn.us or recording a message at 651-602-1500. The Met Council is scheduled to adopt the framework on February 11, 2026. We value your input. Info: metrocouncil.org/Planning/2050-Regional-Economic-Framework/Draft-2025-CEDS.aspx

BLOOD DRIVE
Dec. 4, 8 a.m.-2 p.m. Palace Recreation Center. Take an active role in this season of giving! Must be 16+ to participate. A single donation can help save up to 3 lives! Register to donate blood and save lives today! redcrossblood.org/give.html.

FREE THURSDAY NIGHTS AT THE HISTORY CENTER
Dec 4, 11, 18, 4-8 p.m. Minnesota History Center. Free. Experience a variety of world-class exhibits, including Our Home: Native Minnesota, Reframing Our Stories, Minnesota's Greatest Generation, Weather Permitting, and Then Now Wow. Info: mnhs.org/events.

620 CLUB KARAOKE
Dec 5, 8:30 p.m.-12:30 a.m. 620 Club. Free. Come sing your heart out! Info: 620clubstp.com/saint-paul-west-7th-620-club-events

OR EMET TO HOST PROGRAM ON LISTENING HOUSE OF ST. PAUL
Dec 7, 10 a.m.-noon. Twin Cities German Immersion School, 1031 Como Ave., St. Paul. Free. Or Emet will host a program on Listening House of St. Paul, a day shelter and resource center that provides hospitality and practical assistance to adults experiencing homelessness, poverty and loneliness. A social time follows. Zoom available. Info: oremet.org

COFFEE CHAT: POW CAMPS IN MINNESOTA
Dec 11 & 13, 1:30-2:30 p.m. Historic Fort Snelling. Free with admission. Join us for the next installment of our coffee chat lecture series: POW Camps in Minnesota. During World War II, the Army located prisoner of war camps throughout the United States, including in Minnesota. Learn about the labor program initiated by the government in response to the lost labor of the men conscripted into the US Armed Forces, look into the communities that were selected to have POW facilities, and hear the personal stories of two prisoners who escaped and tried to row a homemade boat from northern Minnesota to New Orleans. Learn more at mnhs.org/events.

DOWNTOWN ACTION SERIES
Dec. 11, 4:30 - 6:30 p.m. Union Depot. Join fellow neighbors for the launch of the Downtown Action Series, a new initiative led by Council President Rebecca Noecker to bring community members together around the future of downtown Saint Paul. RSVP: https://forms.office.com/g/hpTbTkt92m?origin=lpLink

PUBLIC HEARING: PROPOSED 2026-27 RAMSEY COUNTY BUDGET AND TAX LEVY
Dec 11, 6 p.m. St. Paul City Hall. Final public hearing prior to board action on the budget. This public

hearing will be conducted in order to afford the public an opportunity to comment on the proposed 2026-27 budget. Residents who wish to speak will have three minutes to give their testimony. Info: ramseycountymn.gov/events/2025-12-11/public-hearing-proposed-2026-27-county-budget-tax-levy.

LANDMARK LIVE!
Dec 12, 6:45-9:30 p.m. Landmark Center. \$25-30. Featuring Chastity Brown, with support from KFAI Radio and the Pioneer Press. Concerts begin at 7:30 pm and are preceded by a cocktail hour at 6:45 pm, giving audiences an opportunity to enjoy complimentary refreshments and a cash bar. Info: landmarkcenter.org/landmark-live.

SOKOL MINNESOTA FRIENDLY FRIDAY EVENINGS
Dec 12, 7-10 p.m. C.S.P.S. Hall Free. Family friendly cards & board games, fun, food, and friends. Bring beverages or snack to share. Info: sokolmn.org/all-events.

SEWING TIPS WITH SAPHIRA
Dec 13, 10:30 a.m.-12:30 p.m. George Latimer Central Library. Free. Our expert sewist Saphira will help you mend damaged items, or started with a new project! Sewing machines available in the Innovation Lab, as well as some fabric, thread, buttons or bring your own. Registration requested: sppl.org/events.

A PINT FOR A PINT - BLOOD DRIVE
Dec 19, 9 a.m. – 3 p.m. Summit Brewing. Free. Donate blood through the Red Cross, and receive a card for a free beer in the taproom! A pint for a pint! RSVP: redcrossblood.org/give.html/find-drive.

SOKOL MINNESOTA FRIENDLY FRIDAY EVENINGS
Jan 9, 7-10 p.m. C.S.P.S. Hall. Free. Family friendly cards and board games, fun, food, and friends. No fee. Bring your own beverages and/or snack to share. More info at sokolmn.org/all-events.

MN ROLLER DERBY
Jan 17, 6 p.m. Roy Wilkins Auditorium. \$24-\$26. See MNRD's home teams face off in two action-packed bouts! Doors open at 5pm, with the first whistle at 6. Kids 9 & under free General Admission, ages 2 and under free in Reserved Seats. Must be 18 or older to sit Trackside. 2026 Dates: February 14, March 28, April 25. Info: MNrollerderby.com

URBAN EXPEDITION: DAKOTA HOMELAND
Jan 11, 1-3 p.m. Landmark Center. Free. Landmark Center's beloved Urban Expedition program invites families to explore global cultures right in the heart of St. Paul. Celebrating its 22nd season in 2026, Urban Expedition features five unique programs that showcase the rich music, dance, crafts, and traditions of various countries and cultures. We're excited to kick off the season with a celebration of the Dakota Homeland! Experience the vibrancy of authentic music, food, dance, and crafts in this immersive event. Don't forget to grab your passport and collect a stamp at each Urban Expedition for a chance to win a prize! This event is presented in collaboration with Blue Hummingbird Woman and other Dakota community members. Learn more at landmarkcenter.org/event/urban-expedition-dakota-homeland.



R.L. STINE'S GOOSEBUMPS: PHANTOM OF THE AUDITORIUM
Through Dec. 14, Park Square Theatre. \$15-65. A frightfully fun musical based on the books by R.L. Stine. When two friends land roles in their school play, strange things start happening - could the rumors of a curse be true? Info: parksquaretheatre.org.

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COMMUNITY CONNECTIONS

ARTIST SPOTLIGHT

Carolyn Kleinberger: My art is a positive light in a difficult and painful world

BY KORINNE DENNIS

Along the picturesque 4.5-mile stretch of Summit Avenue stand rows of stately Victorian mansions, earning the street recognition as one of America’s greatest in 2008 by the American Planning Association. Among these architectural gems is the Chauncey Griggs Mansion, built in 1883 at a cost of roughly \$35,000—equivalent to about \$1 million today. The grand home boasted 24 rooms and once housed a family of seven. Today, in what was once the ballroom where Summit Avenue’s elite gathered to drink and celebrate, visitors can admire the mesmerizing artwork of Carolyn Kleinberger.

Red Canyon (2010) is one of the pieces that deeply resonated with me when I visited Carolyn’s studio this summer. With a glass of wine in hand, I stood before it, imagining myself on a winding journey through the large structures, that some, perhaps scaled by others seeking the fastest route over, while I grew energized in the twists and turns along the way. In the distance, a faint white light doesn’t signal an end, but rather invites the imagination to wander beyond, exploring where the path might lead next. To me, it’s a reminder that when we face obstacles, it’s often the twists, turns, and rugged terrain that create the most beautiful memories, or the most humbling stories, that stay with us forever.

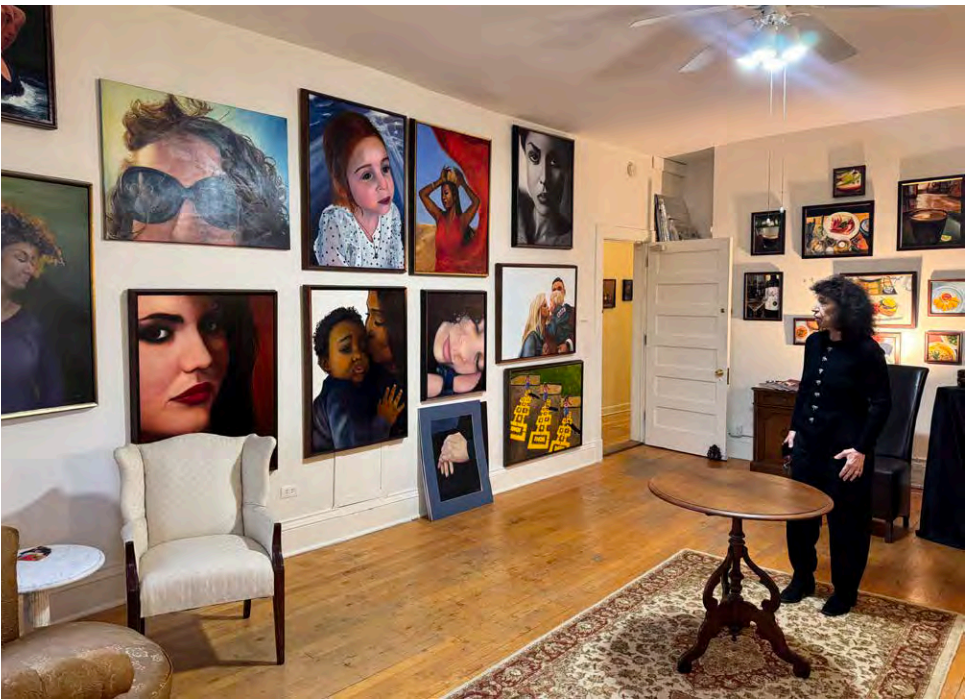
When I had the opportunity to be taken in by Carolyn’s exhibit in the grand estate, I was so moved, I had to go back and ask her about her art, her influences and her legacy.

What are some early memories as an artist and/or your first meaningful piece of art created?

I was in eighth grade in public school, a good student, pushed by my parents to study hard to be either a doctor or a lawyer when I grew up. (I did become a public defense attorney and practiced for 24 years).

My favorite classes in school, though, were not science, social studies or politics, but art and languages. I did not excel in art class because my parents demanded full focus and commitment to my other classes. Nonetheless, I did hand in class reports, book reports and other papers with very intricate and beautifully designed covers, illustrations and maps.

My eighth grade teacher noticed my artwork and spoke to me, after class, one day. She asked me to prepare a large exhibit on “Conservation” for a private school where she also taught. I researched conservation and drew and painted 10 large placards discussing 10 separate areas of conservation concerns. It was an incredible opportunity for me to learn about environmental conservation, wildlife conservation, water conservation, etc at a much deeper level than my eighth grade



"I paint to connect to the artwork and to connect to others through my artwork. When people tell me that they enjoy my art, they love my art, that it resonates with them -then I have accomplished something wonderful," said Carolyn Kleinberger.

curriculum would provide.

I drew and painted what I felt was a beautiful and informative series. My teacher was very impressed and excited to hand over my artwork to the private school to display in their halls and classrooms.

I never once entered that private school and never saw or heard about my Conservation series again.

Share a little about your influences.

My parents took their three children to live in Munich, Germany for one year when I was 10 years old. My younger brothers stayed home with a caretaker/housekeeper whenever my parents traveled around Europe attending science conferences for my father. As the oldest child I was allowed to accompany my parents.

This began a lifelong love and yearning to travel in the US and abroad. I traveled alone one summer, when I was 17, to work and live in Germany while visiting Rome, Italy and Prague, Czechoslovakia. To this day I continue to travel around the world, sometimes with my children or together with my husband.

I love seeing different countries, cultures, people, ethnicities and foods and love to experience the beauty, color, flavors and smells of foreign lands. Those experiences have greatly impacted my art, not only providing actual content but infusing my art with a joy of life in this world. I find I often want to paint everything I see to keep the memory fresh and close forever.

What have been some of your challenges as an artist and how have you grown?

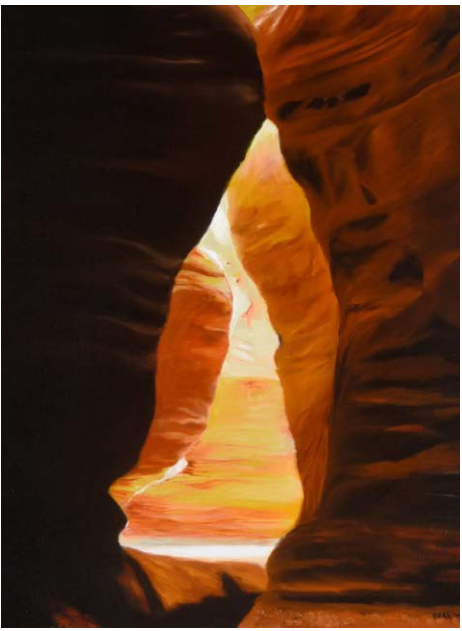
Creating art has a strong healing effect for me; it is one way to deal with the many difficult, upsetting and sometimes frightening moments I have experienced in my life.

I have been in my studio since 2010 and it is soothing for me to run to my studio, shut the world out and to paint calmly or intensely in that inspiring space.

For example, when COVID hit in March 2020, we all had to separate ourselves from family and friends without knowing for how long? A few weeks, a few months, years? I was extremely sad and lonely until I decided to bring my family and friends to me through portrait painting. I painted large 30" x 40" paintings of these people as though we were sitting and talking face to face, close together, without masks, with no fear of COVID. Out of the pandemic came my series "Up Close From A Distance". A personal yet globally experienced emotional series that kept away loneliness and despair. The series is of people I know living with hope.

Do you have any personal rituals that help you complete your work?

My travels and the travels of others inspire fantastic ideas for painting. So I will scroll through my photo albums on my phone and my many paper albums to move and inspire me. Sometimes, by chance, I receive photos and ideas around one particular subject matter



Kleinberger's painting "Red Canyon" (2010)

and they jumpstart thoughts for a new series of paintings.

My favorite place to be inspired, though, is my art studio in St. Paul, or my secondary studio setup in our Airbnb in LA, when we visit family.

Really, all I need is a painting environment or a painting idea, which instantly calms, assures and moves me to set up yet another easel and canvas to begin a new piece.

What do you want your legacy to be?

One of my biggest goals in producing my art is to have an impact on the viewer. I love when viewers ask questions about a particular piece, when they linger, staring at the painting, trying to take it all in.

I paint to connect to the artwork and to connect to others through my artwork. When people tell me that they enjoy my art, they love my art, that it resonates with them - then I have accomplished something wonderful.

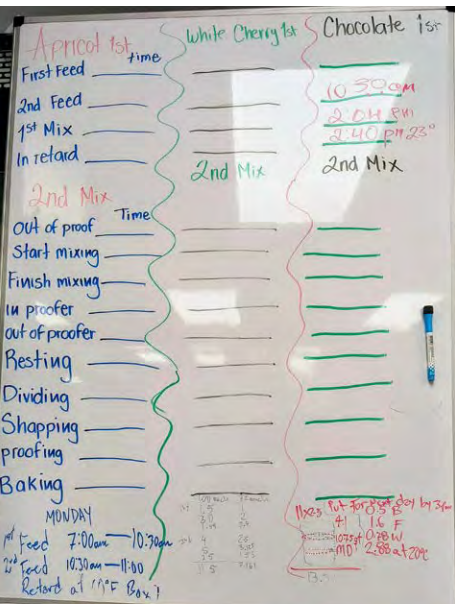
My hope is that people remember me and my art as connecting people, as a positive light, a positive force and as a painter of beauty. That is what I would like to contribute to what is too much a difficult and painful world.

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Carolyn wants to meet you, your family, children, and neighbors. She wishes you to use her space as a place of reflection, or a place to host a corporate meeting. Bring your busy toddler to discover brush strokes and color. Or fall in love with your next piece to hang in your historic St. Paul home.



Jaime Martinez, Cossetta's Executive Chef of Bakery and Pastry Production



The 14 steps, taking over 60 hours, involved in each batch of panettone.

COSETTA'S, PG 1

because the culture’s characteristics require careful maintenance, and sometimes even “behavior modification.” The relationship between Martinez and his Lievito Madre emerges clearly as we discuss the art of panettone.

The Madre is affected by the physical and human environment, Temperature, humidity, noise — and also mood, distress, anger. She absorbs the energy around her, and can become upset, tired, needing calming and rest. She can be happy or unhappy, and when unhappy needs to be cared for the way we care for our family members. “If we’re not in a good mood, calm, steady, we may end up with a hard, dry result.” She also needs time to adapt to new environments, so for the World Cup competition in Milan next fall, the team will travel three weeks prior to the event to allow for this need, to regain equilibrium.

Attention to the Madre’s needs is apparent at every step of the long process. Periods of rest, replenishing the sugars the yeast feeds on, washing, careful control of the temperature. “The key is control: the microorganisms naturally present are guided into a state that favors sweetness, alcohol notes and leavening strength — not sourness as in sourdough starter,” according to Wikipedia, and that control is apparent in Martinez’s work - it allows the team to address the many criteria judges use to determine success: Appearance: shape, volume, color; Structure: honeycomb, fruit distribution, roundness; Sensory qualities: aroma and aromaticity, flavor, softness, overall balance.

It is no small matter to produce what has been called “The Mount Everest of Leavened

Bread.” The International Baking Industry organization considers panettone “the ultimate test of baking mastery” that requires “an almost supernatural understanding of fermentation.”

And now . . . A celebration of Cossetta’s sweep of the Panettone World Cup Americas Division and official opening of Cossetta’s Panettone Production Kitchen

and Warehouse was held on November 20 at the Exchange Street site. Perhaps it will be known as the Palazzo Panettone. Mayor-elect Kaohly Her joined Dave Cossetta in a ribbon-cutting ceremony.

Cossetta will begin selling their award winning panettone online this December. Visit www.cossettass.com to order yours.



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