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# The St. Paul



Winter Fun Page 8

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Your Community News & Information Source

February 2025

#### **Accident Care** Chiropractic expands to WSP

Jake Spitzack Staff Writer

est Sider Dr. Ted Pagel has returned to his family's roots in West St. Paul by opening Accident Care Chiropractic in January in the Southview Square shopping center, near Marie Avenue and South Robert Street. He's joined by co-owner Dr. Darren Faherty and several massage therapists. The practice specializes in treating injuries from traffic accidents and workplace accidents. It was founded in early 2022 at 891 Arcade St. in St. Paul, and this is its second location.

"My grandpa and great-grandpa built a house in West St. Paul so I'm kind of bringing it full circle," said Pagel. "West St. Paul was always the area that I initially wanted to get into right away. It's a good community that's close to the cities but also some other suburbs, and it has a good spread demographically.... I have a couple of family members just across the border in South St. Paul as well."

Pagel and Faherty previously worked at a practice in Washington that has 22 centers across the West Coast. Faherty, a Wisconsin-native, was eager to follow Pagel back to the Midwest following the pandemic, with the goal of replicating the success they had out there. Most commonly, they treat injuries related to whiplash, such as sprained neck and back muscles, and spinal disc injuries

**Accident Care / Page 5** 

## Minnesota Ice sets **Guinness World Record**

Effort led by West St. Paul native



The record setting ice maze at TCO Stadium.

Tim Spitzack Editor

ne of the state's newest winter festivals recently gained international notoriety by setting a Guinness World Record for the largest-ever ice maze. St. Paul-based Minnesota Ice captured the honors on Jan. 10 for its near 19,000-square-foot maze at the Minnesota Ice Festival, which continues through Feb. 16 at TCO Stadium at Viking Lakes in Eagan. It smashed the previous record of nearly 12,900 square feet set 15 years ago in Buffalo, N.Y.

The feat was the ambitious goal of West St. Paul native Robbie Harrell, owner of Minnesota Ice, and its success reveals his entrepreneurial spirit, ability to overcome obstacles and desire for creating an opportunity for

people to enjoy wintertime in Minnesota.

The inaugural Minnesota Ice Festival was held in 2022 at Viking Lakes in Eagan and attracted nearly 60,000 people to the ice maze, ice sculptures and other winter-related festivities. Buoyed by its success, Harrell and his team worked to expand the event for the winter of 2023 by adding more entertainment, a scavenger hunt and free giveaways. But Mother Nature did not cooperate. With temps topping 50 degrees in late December that year, he was forced to pull the plug on the ticketed event.

"We didn't want to put on a bad experience," said Harrell. "We canceled, issued full refunds and lost a boatload of money." He was also stuck with at least three semi-trailer

Minnesota Ice / Page 2

#### West Side loses an icon

Jake Spitzack Staff Writer

n Dec. 21, more than 500 people flooded the Church of St. Matthew on the West Side to pay their respects to the Rev. Stephen "Steve" Adrian, who passed away from cancer on Dec. 1 at age 82. Another 500-plus people watched his funeral service online, a testament to the impact he made on the congregation he served for 34 years and on the West Side community itself. For his lifetime of service to the community he was recognized in 1991 as West Sider of the Year by the West Side Community Organization, the district council for the West Side.

Adrian touched countless lives through ministry, advocacy, and programs he spearheaded that are still going strong today. He had an unwavering commitment to the West Side and his legacy continues through the organizations he assisted and the people he impacted.

"What he did on the West Side went beyond priestly duties," said Ralph Brown, member of St. Matthew's and longtime friend of Adrian, in an interview. "He never talked about the West Side, it always the 'beloved' West Side." His interment was at Riverview Cemetery instead of a traditional Catholic church because it was important for him to stay in his community. Riverview was traditionally a Lutheran cemetery but now is open to all.

Steve Adrian / Page 3

## MH fire chief passes the torch after 55-year career

#### Department names successor

Jake Spitzack Staff Writer

n mid-January Mendota Heights Fire Chief Dave Dreelan hung up his smokestained boots and helmet for the last time, marking the end of his long career of protecting the community. Since joining the departdepartment as fire chief. During his tenure he witnessed how new technologies drove the fire industry into a new era. Through it all, he lived a life centered on brotherhood, family and community, all of which fueled his passion for more than three decades.

Dreelan has lived in Men-

ment in 1990, he's been a dota Heights since elementafirefighter, trainer, captain ry school, save for his college they [firefighters] did a lot when the Mendota Heights the Twin Cities," he said. and assistant chief, and for years. Following graduation, of things together socially, Fire Department was in the "There was a lot of planning the past eight years led the he was an estimator for a and their families knew each middle of a major renova- and concern around that construction company, and shortly after decided to follow in his father's footsteps and join the fire department. They went on to serve together for nearly seven years.

"I was really active in a fraternity in college, and I could tell that the fire department in many aspects was similar to that," he said.

other. I think that's what initially piqued my interest.... Within six or twelve months I was hooked."

Dreelan's spirit of service and selflessness motivated him all these years through the long hours and highstress situations. Among the biggest challenges he faced as chief was the pandemic,

"There's a common mission, which fell like a hammer there was the civil unrest in tion and expansion project. Not only was the workspace half-built when supply chains were halted, but the fire team was slimmed down and those who remained had to adapt to new safety protocols, including social distancing in fire trucks.

> "That was a real tricky time, and not long after that

[unrest] expanding to Mendota Heights."

He's also led the department as it adapted to major advances in technology.

"Now our firetrucks are extremely technical and designed specifically for the fire service in every single

Fire chief/ Page 3

## Minnesota Ice

loads of supplies. Fortunately, he was able to use them for this year's festival.

Harrell's willingness to tackle the event this year stems from the optimism he's learned by overcoming other challenges with Minnesota Ice, which creates custom-made ice displays, ice bars, specialty cocktail ice, and packaged ice for retail stores.

The 2009 Two Rivers High School graduate fell into the business by happenstance. After graduating high school, he initially attended the University of Wisconsin-Stout to study supply chain management but trans-

ferred to the University of St. Thomas to pursue entrepreneurial studies. The entrepreneurial bug bit him hard and he dropped out of St. Thomas to start his own company – just four credits shy of earning his bachelor's degree. He was introduced to the niche ice market after meeting professional ice carver Trevor Pearson and helping him deliver his creations to customers.

Harrell founded Minnesota Ice in 2013 in the garage of his St. Paul home and later rented space in Shakopee and Minneapolis before moving to the company's 20,000-square-foot head-



Minnesota Ice founder Robbie Harrell accepts the Guinness award from Brittany Dunn, Guinness World Records adjudicator.

quarters at 755 Prior Ave. N., St. Paul. Today, Minnesota Ice employs nearly 70 and serves clients across the nation. Pearson is the lead ice sculptor.

The company's big break

came in 2018 when it landed numerous accounts for ice displays for companies hosting events for Super Bowl LII, held at US Bank Stadium in Minneapolis. The next year it won a contract with Holiday Station Stores to provide packaged ice, and then discovered the market for specialty cocktail ice: ice crafted into different shapes and sizes and featuring logos or artwork.

The company was on an upward trajectory until the spring of 2020, when CO-VID-19 forced the closure of restaurants, bars and many events - all primary clients for Minnesota Ice. With the help of the federal Paycheck Protection Program, Harrell looked for anything possible to keep his then-20 employees busy. They developed an online store to sell their own ice products and cocktail kits that included all ingredients but alcohol. They also partnered with restaurants to sell meal packages. When he learned from a friend that the University of Minnesota was looking for one-time-use facemasks, he purchased a machine in Chicago and began manufacturing them at his St. Paul facility.

That December, Harrell received a most unexpected call from the Zephyr Theatre in Stillwater, saying they wanted 3,000 blocks of ice.

"Nobody buys three thousand ice blocks," said Harrell. "We're the largest manufacturer of sculpture grade ice and we produce 450 blocks a week. I said, 'What do you guys want to do?' They said, 'We want to build an ice maze."

Minnesota Ice gladly took the order and supplied the ice. The event was a great

St. Paul, MN 55107

success and attracted about 30,000 people, said Harrell, but was canceled the following year due to financial difficulties with the theater. The silver lining in losing that large account was that Harrell was introduced to the world of ice mazes, which brings us full circle to the founding of the Minnesota Ice festival.

'We learned a lot of good lessons in the first year of what to do and how to make it better," said Harrell.

In addition to the massive ice maze at this year's event, the festival features a 44-by-80-foot skating rink, multi-lane ice slide, ice bar, food trucks, outdoor firepits and 50-by-100-foot warming tent.

It also features the Carver Cup ice sculpting competition Jan. 30-Feb. 1. Ice sculpting teams from across the country will create spectacular works of art and compete for a cash prize and the Carver Cup trophy.

Festival hours are 4-10 p.m. Thursdays and Fridays, 11 a.m.-10 p.m. Saturdays and 11 a.m.-9 p.m. Sundays. Tickets are \$24.99 for ages 15 and older and \$12.99 for ages 5-14. For more information, visit minnesotaicefestival.com.

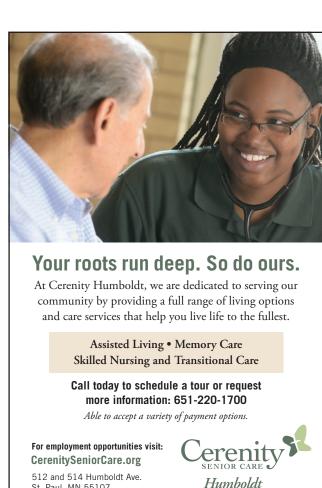
Minnesota Ice also hosts the Minnesota Ice Bar series, which features ice bars around the Twin Cities. Nine restaurants are participating this year. A map of their locations is available at minnesota-ice.com.



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## Fire chief

capacity," said Dreelan. "I remember when we got our first computer inside of a fire truck and thinking it was silly. 'What would we ever want a computer for?' And now they're just as important as helmets.... The [fire department] buildings also aren't just for storing the fire trucks like they were at one point. They're built with regard to firefighter safety and health, with fitness facilities, decontamination, and all those kinds of things."

All firefighters are required to complete at least 8-12 hours of various training a month, some of which can be done online. In recent years, the department added robust training focused on the mental health of its staff.

Since the Mendota Heights fire department only has on-call positions, its chief and firefighters often have other full-time jobs. Dreelan worked his estimator job for a few years before finding a new job that took him around the region selling fire equipment. In 2003, he landed a full-time job as a training officer at the Plymouth Fire Department, which, to the relief of his wife and two young

daughters, kept him closer to home for the remainder of his career. At that department he rose through the ranks of captain and assistant chief, and retired as deputy chief in December this year, after 21 years of service.

"Between the two fire departments, I have 55 years of service," said Dreelan. "Leading a department like Mendota Heights takes a tremendous amount of time and energy. I'm still very passionate about the fire department but I didn't ever want to be in a position where I didn't have the time or the energy anymore. Over the last year or so I was sensing that my wife and I want to do more things and experience more of what life has to offer... I still have it in me. I could still do it, no doubt, but I wanted to go out on a high note."

A challenge the department has always faced is recruiting new firefighters who are willing to join the team despite often working a full-time job and juggling other personal responsibilities such as raising a family. Dreelan said fewer and fewer applicants have applied over his time there, and the trend



Former Mendota Heights Fire Chief Dave Dreelan

is consistent across the Twin Cities. The department usually has around 35 fire-fighters who serve Mendota Heights' population of approximately 11,500 and responds to about 350 calls annually. It was named as "Minnesota Fire Department of the Year" in 1995 and 2015.

Dreelan said he found his career very gratifying.

"It comes on two fronts," he said. "One is going out and really making a difference in the community and helping someone when they need it most. The other is getting to work side by side with a great group of people that are all highly motivated and there for the right reasons. To be a part of a team like that and work with a group of people like that is very rewarding."

In retirement, he's looking to spend time on the water, fishing, hitting the links, and exploring other ways to be involved in the community.

#### New chief named

In mid-January, the City named Dan Johnson as its new fire chief. He's been with the department for nine years, holding positions including firefighter, training officer, and squad captain, and has more than four years of experience with the Dakota County Special Operations Team. His first order of business has been reviewing the department's short-term and long-term goals, and in the next few months he will finalize his

vision for the next chapter of the department.

"Dan has demonstrated a tremendous amount of energy, commitment, and knowledge toward the fire service and the fire department and I'm very grateful that I'm going to be passing the torch to someone who has that passion and willingness to keep moving the fire department forward," said Dreelan. "I've known him all my life and I'm really, really pleased and happy for him."

Johnson takes pride in serving the community where he has lived since the age of three.

"To be here over 50 years later as the department approaches its 80th anniversary and become the chief is a tremendous honor," he said. "It is also something that provides a deep sense of personal satisfaction for me in that it enables me to give back in this way to the community I have called home for nearly 60 years. I am very excited about the prospect of leading the department and doing everything I can to ensure that it continues to provide premier public safety services to the community and continues to be an integral part of the community that it has been for the past many decades."

## Steve Adrian from page 1

Adrian was involved with the Neighborhood Development Alliance, a nonprofit that rehabilitates housing on the West Side and helps people purchase their first home. He also helped lead the consolidation of dwindling schools at local parishes to form Community of Saints Regional Catholic School in 2012, and opened St. Matt's doors to St. Mary's Health Clinic, which provides free

medical care to low-income, uninsured people not eligible for government programs.

Brown recalled tender moments, such as when Adrian baptized and performed marriage ceremonies for Brown's children, and his weekly visits to a senior living center in West St. Paul. Brown said his presence will be missed by those who knew and worked with him.

"There have been a lot of



The Rev. Steve Adrian

efforts at St. Matthews and Community of Saints to prepare for his final departure and build up our leadership," said Brown. "We have a strong cadre of people who share the vision he had for a stronger community."

Adrian was born on the West Side in 1942 and attended Nazareth Hall Preparatory Seminary – now the site of the University of Northwestern, St. Paul – before being ordained in 1968. He worked at the Church of the Incarnation and St. Leonard of Port Maurice in Minneapolis before taking the call to St. Matthews in 1978. He retired in 2012 but

continued serving in some capacity at a few churches, including St. Matt's, and took on the role of canonical administrator at Community of Saints, staying for nine years until stepping down last spring. According to Community of Saints Regional Catholic School principal Bridget Kramer, Adrian was part of a group that raised about \$4 million for tuition support at the school.

For his 80th birthday, St. Matt's created a video of Adrian reflecting on his career. It can be found at st-matts.org. Memorial gifts may be made to St. Matthew's Catholic Church or Community of Saints Regional Catholic School.



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# oice

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## ews Briefs

#### **Bouldering Project** to open this fall

Climbing enthusiasts and fitness fans will be thrilled to know that the Bouldering Project will open this fall

at 42 W. Water St., St. Paul. The gym will feature more than 30,000 square feet of bouldering walls, fitness and yoga studios, youth spaces, fitness spaces, saunas, singlestall bathrooms with showers, and coworking spaces.

Since opening its first gym in Seattle in 2011, Bouldering Project has expanded to 14 locations across the county, including Minneapolis. The St. Paul location will be at Farwell-on-Water, a mixed-use development near Harriet Island Regional Park that opened last year with apartments, artist studios and professional workspaces.

#### New leadership at **Mahoney CPA**

Jake Dalnes and Josh Russel have been named directors at Mahoney, a West Sidebased CPA firm. The firm has promoted several others. Jennifer Spencer is now an associate, Tina Morin, Abigail Hansen, Logan Wolfe and Coby Castner are senior associates, Shelby Bleeker is a human resources generalist and Brett Gauger, Shoal Stejskal and Travis Koester are associate managers.





Unless noted, all activities take place at Thompson Park Activity Center, 1200 Stassen Lane, West St. Paul. Events are for ages 55 and older. To register, call 651-403-8300.

"My Funny Valentine" featuring The Fairlanes, 1-2 p.m., Wednesday, Feb. 12. The dynamic four-part a cappella group will perform doo-wop, classic pop, and R&B hits of the '50s and '60s, including sweet love songs and nostalgic favorites. \$10. Dessert included. Register by Feb. 5.

How to Use Venmo Safely, noon-1 p.m., Thursday, Feb. 13. Learn all about Venmo, the popular mobile payment service. \$29. Registration required.

Current Ecology/Climate Change Research, 10-11 a.m., Thursday, Feb. 13. Sam Reed with the U of M Institute on the Environment will discuss the pressing issues of ecology and climate change and offer practical ways to reduce environmental impact and preserve nature. \$3. Registration required.

Wildlife Rehabilitation Center of MN, 10-11 a.m., Tuesday, Feb. 18. Learn about the Rehab Center, which is one of the country's oldest wildlife hospitals and one of world's busiest, treating 20,000 animals annually. \$7. Registration required.

Will I have Chronic **Pain Forever?**, 1:30-3 p.m., Monday, Feb. 24. Explore nontraditional treatment approaches for chronic pain and fibromyalgia. \$3. Registration required.

Nature Connections, 10-11:15 am., Tuesday, Feb. 25. Join the conversation to share stories that have furthered your connections with and understanding of nature. \$10. Register by Feb. 18.

White Supremacy, Cul-

#### **Student notes**

Belmont University dean's list: Solana Arriondo Minnesota State University, Mankato graduates: Davionna Hicks, GC, superintendent of schools; Lander Hicks, GC, post-baccalaureate teacher licensure; Lander Hicks, MAT, education

University of Wisconsin-Whitewater dean's list: Wyatt Baker

University of Wisconsin-Superior dean's list: Baylee

University of Wisconsin-Madison dean's list: Jacob Goldade, Kerry Salisbury, Ella Strobel, Andrew Walsh, Caleb Ling, Maggie Mcellistrem, Nicholas Apitz, Joshua Brandt, Johnny Brown, Audrey Chaussee, Isak Christopherson, Ella Doyle, Elizabeth Dreelan, Erik Essen, John Harms, Jack Staples, Becca Tuvey, Lucy Wedewer, Justine Wulff, Nick Wendt and Charlotte Wold

University of Minnesota Rochester chancellor's list: Brittany Sanchez-Castillo

Buena Vista University dean's list: Jack Dahlager Cedarville University dean's list: Noah Praske

Marquette University dean's list: Kathleen Eldredge, Caroline Doran, Sarah Dyrhaug, Mary Harrington, George Hoppe, Ted Lawder, Lizzy Roszkowski

University of Wisconsin-Stout dean's list: Elaina Blazei, Jack Moryn, Cordi Thomas

Eastern Connecticut State University dean's list: Natasha Frisch

Southern New Hampshire University president's list: Lee Yang

Georgia Southwestern State University graduate: Jairo Molina, master of science in nursing informatics Montana State University dean's list: Erik Kellogg

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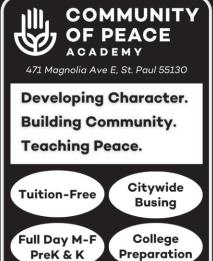


ture Warlords, and Digital Literacy, 11 a.m.-noon, Wednesdays, Feb. 26, March 5 and 12. Uncover the history and cultural "logics" of white supremacy and the rapid-moving radicalization of the internet era. \$9 (three sessions). Registration required.

Capital Bicycle: Am I Right for an E-Bike?, 10-11 a.m., Thursday, Feb. 27. This informative class designed specifically for seniors explores e-bikes and recumbent bikes, including their features, safety issues and potential health benefits. \$5.

#### **Robert Street** meetings

MnDOT is hosting new monthly "office hours" on the planned reconstruction of Robert Street on the West Side. This series offers a chance to meet with Project Manager Chris Bower at a local coffee shop to learn more about the project and ask questions. The plan calls for significant improvements to Robert Street between Annapolis Street and Fillmore Avenue, likely occurring in 2026-2028. The new design is focused on calming traffic, improving pedestrian and bike access, and creating a safer environment for walking, bicycling, using transit and driving. Meeting dates, more information and future events will be posted at dot. state.mn.us/metro/projects/ robertstreet/index.html.







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## Accident Care

including herniations and protrusions. People often come to them with symptoms such as numbness or tingling sensations running up their limbs, but it can

vary widely.
As part of its treatment, the team also educates patients about human anatomy and how to mitigate chances of recurring injuries.

"A lot of our patients treat for anywhere between three and six months," said Pagel. "We try to bring everything to the table with a conservative outlook and are willing to work with other health care providers to make sure our patients are at the right place to get better.... We have success stories of treating people in the clinic and making them feel 100%, but then the other success is making sure they've learned something and get to take that knowledge home and maybe even help out a coworker or friend so then there's not chronic injuries all around."



Dr. Ted Pagel

Accident Care also gives patients tips on how to work with insurance companies, other health care providers and even lawyers. Staff speak English and Spanish and the practice may add Hmongspeaking staff in the future.

Prior to opening, the West St. Paul storefront got a cosmetic overhaul, and walls were built to create six private therapy rooms. In addition to chiropractic and massage, the business offers electrical stimulation, therapeutic cupping, and intersegmental, lumbar and cervical traction. Pagel also plans

to get a state-of-the-art, non-intrusive laser to help stimulate muscle cells and promote cellular healing.

As is common among chiropractors, Pagel entered the industry after receiving chiropractic care for an injury – in his case a high school sports injury – although his father was a chiropractor as well. He recognizes that surgery and medications are necessary treatments in some cases but believes people should explore less intrusive options first when possible.

For more information, call 651-508-2950 or visit twincitieschiropractor.com.





Our beautiful cemetery is situated on the Pilot Knob plateau above the Minnesota and Mississippi Rivers. We are proud of our majestic scenery and natural environment that is uninhibited by upright monuments – a stunning park-like setting.

Established in 1925, Acacia Park Cemetery sits 350 feet above the Mississippi River, just south of the Mendota Bridge across from historic Fort Snelling. Pilot Knob was an early 19th Century viewing point for such frontiersmen as Zebulon Pike and Josiah Snelling. Native Americans often insisted that agreements be signed there because it was the site "closer to the heavens." Its majestic aura continues to impress visitors with the same peace that infused the Native Americans many years ago.

Acacia Park offers 21 different sections of property,

each, like the park itself, named after a type of tree. Ash, oak, pine, maple, elm, locust and linden are among the varieties dressing the park's rolling terrain. A stone chapel, built in the 1930s with stone from the old St. Paul courthouse provides an added remnant of a historical era.

Visitors to Acacia Park are greeted by a 40-foot steel bell tower donated to Acacia Park by Eva Hope Miller in memory of her husband Major General Ray S. Miller. The bell tower stands eminently in the main courtyard and its symmetrical grace lends a ceremonial harmony to the memorial grounds.

The Audubon Society recognized Acacia Park for its bird sanctuary, which attracts thousands of birds each year. The cemetery is also home to deer, wild turkeys, fox, and albino squirrels.

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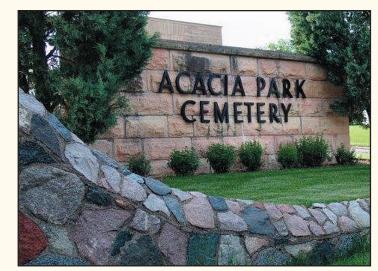


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#### Children's Museum

10 7th St. W. St. Paul 651-225-6000 mcm.org

Dinosaurs: Land of Fire and Ice, through May 11. Travel back in time and discover what life was like when dinosaurs roamed the earth. Dig for fossils, explore a swampy bog and oozing volcano, climb through icy terrain and more.

Exhibits and activities include "The Scramble," "The Studio," "Creativity Jam," "Sprouts," "Our World," "Forces at Play," "Shipwreck Adventures" and "Imaginopolis." Tickets are \$17 on weekdays and \$19 on weekends. Admission is free the first Sunday of each month; reservations are required. The next free date is February 2.

#### **History Center**

345 W. Kellogg Blvd. St. Paul 651-259-3000 mnhs.org

"Girlhood (It's complicated)," through June 1, 2025. This exhibit from the Smithsonian's National Museum of American History features more than 100 objects that explore how young women have influenced politics, education, work, health and fashion.

"Reframing our Stories" is featured through October 2025. The exhibit was created from a decades-old box of photographs simply labeled "Indians." Inside the box were dozens of pictures of Native community members, organizations, activities, and events that are relevant today.

"Our Home: Native Minnesota" features historic

and contemporary photographs, maps and artifacts that show how Minnesota's native communities have retained cultural practices, teachings and values.

Other exhibits include "Minnesota's Greatest Generation," "Then Now Wow," "Grainland" and "Weather Permitting." Tickets are \$15 for adults, \$12 for seniors and college students, and \$8 for children ages five to 17. Admission and parking are free on Thursdays, 4-8 p.m.

#### **History Theatre**

30 E. 10th St. St. Paul 651-292-4323 Historytheatre.com

"The Root Beer Lady," through Feb. 23. Discover the story of the indomitable Dorothy Molter, the last legal non-indigenous

DRUMLine Live comes to the Ordway Center Feb. 21. Experience high-energy choreographed routines and tributes to some of the greatest musical artists.

resident of the Boundary Waters. The story reflects the beauty and hardships of Molter's solitary yet satisfying life. From \$25.

#### Landmark Center

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noon-1 p.m. Thousand Tongues-Music from the Philippines, Thursday, Feb. 13; Donna Stoering and Friends, Thursday, Feb. 20; Artaria String Quartet, Thursday, Feb. 27.





## $\mathbb S$ ample St. Paul

Mosaic Festival: Dance and Music of World Cultures, 11 a.m.-3 p.m., Sunday, Feb. 16. Experience cultural customs from nations across the globe: music, dance, language, foods, traditional clothing, and arts and crafts. \$6 adults; \$4 kids; free for ages 6 and under

HORA: Dragobete, 1-3 p.m. each Sunday in February. Learn about the Romanian version of Valentine's Day. Free.

**Ballet Tuesdays**, noon-1 p.m. Tuesday, Feb. 11. Ballet performances and demonstrations by BalletCo. Laboratory. Free.

**Urban Expedition:** Czech Republic and Slovakia, 1-3 p.m., Sunday, Feb. 23. Authentic music, food, dance performances and crafts. Free.

Woodturning demonstration, 1-4 p.m., Sunday, Feb. 16 in the AAW Gallery of Wood Art. Free.

**Public Building Tour**, 12:30 p.m.-1:15 p.m., every Sunday. Learn about the building's history, gangster connections and restoration.

#### MN Museum of American Art

350 Robert St. N. St. Paul 651-797-2571 mmaa.org

"Here, Now," through May 2027. Discover 150 artworks across media from historically significant and

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notable new artists. All are in the M's permanent collection. The museum is open 10 a.m.-4 p.m. Thursday-Sunday. Admission is free.

#### **Ordway Center**

345 Washington St. St. Paul 651-224-4222 ordway.org

The St. Paul Chamber Orchestra concerts: Haydn's Fire Symphony, Jan. 31-Feb. 1. Four Spirits with Abel Selaocoe, Feb. 14-15. All concerts from \$16.

Minnesota Opera presents "The Snowy Day," Feb. 8-16. A young boy wakes to find that the first snow of winter has fallen overnight – an exciting day of adventure awaits. From \$37.

**DRUMLine Live**, 7:30 p.m., Friday, Feb. 21. A musical roller coaster full of hip-hop, pop, American soul, gospel, jazz and more with choreographed routines and tributes to some of the greatest artists of our time, including Prince. From \$34.

Fire Shut Up in My Bones, 2 p.m., Sunday, Feb. 23. Based on the 2014 memoir by Charles M. Blow, with music by Terence Blanchard, and libretto by Kasi Lemmons. From \$15.

**Great River School** 

#### Park Square Theatre

20 W. 7th Place St. Paul 651-291-7005 parksquaretheatre.org

"The Gin Game," Feb. 5-23. In the quiet confines of a retirement home, two elderly residents form an unexpected bond over games of gin rummy. The play poignantly examines the complexities of aging, loneliness, and the search for human connection, questioning whether life's unpredictable "hands" bring victory or defeat. From \$25.

"Broadway in Love," 7 p.m., Friday, Feb. 14 and 5 p.m., Saturday, Feb. 15. A performance of Broadway's greatest loves songs. From \$20.

#### RiverCentre

175 W. Kellogg Blvd. St. Paul 651- 265-4800 rivercentre.org

Minnesota Roller Derby, 6 p.m., Saturday, Feb. 8. From \$22.

Minnesota Wedding Show, noon, Sunday, Feb. 23. Connect with wedding professionals.

### Science Museum of Minnesota

120 W. Kellogg Blvd. St. Paul 651-221-9444 smm.org

"Mental Health: Mind Matters," through Feb. 2. Unravel the layers of mental health, using empathy and understanding to analyze the specific challenges and triumphs associated with mental well-being.

Virtual Reality Transporter - Use the VRT to hurtle through the cosmos at fantastic speeds, scuba dive into prehistoric seas, and join the astronauts of Apollo 11 as they moonwalk for the first time. \$9.95.

Museum Nights, 5-8 p.m. Fridays and Saturdays. Explore museum galleries, check out special Science Live performances, enjoy food and drink, then catch an Omnitheater show.

#### Omnitheater films:

"Ancient Caves," through Feb. 14. Join scientists and cave divers to explore vast underground worlds and elaborate rock foundations in search of geologic clues about the planet's climate history.

"Fungi Web of Life," through April 13. The film unravels how plants and animals would not exist without mushrooms, molds, yeasts and toadstools.

"Secrets of the Sea," through April 14. From the smallest krill to the largest whales, explore how ocean ecosystems depend on biodiversity and a surprising level of animal cooperation.

"Stellar Tours: A Star is Born," Wednesday-Sunday. Follow the life cycle of a star through this live digital telescope show.

Tickets are \$34.95 for adults and \$24.95 for ages 4-17, and include an Omnitheatre show.

#### **Xcel Center**

199 W. Kellogg Blvd. St. Paul 651-726-8240 xcelenergycenter.com Cinch World's Toughest

Rodeo, 7:30 p.m., January 31-February 1. The world's toughest cowboys compete in bull riding, saddle bronc riding and bareback riding, and the thrilling winner-takes-all showdown round and women's barrel racing.

The rodeo opens at 6 p.m. each night for a pre-show event "down on the dirt," pony rides, the chance to meet the cowboys and more. From \$27.

**Tyler, The Creator**, Tuesday, Feb. 4. From \$133.

**Sebastian Maniscalco**, Friday, Feb. 14. From \$51. **Justin Timberlake**, Monday, Feb. 24. From \$79.

#### Other events

Portraits of Indigenous Authors and Artists, through June 30, at 3rd Floor Exhibit Gallery at the Minnesota State Capitol, 75 Rev. Dr. Martin Luther King, Jr. Blvd. Now featured is a collection of fine art photography by John Ratzloff. This project started when Ratzloff was invited to photograph the life and natural beauty of White Earth Nation. His photography honors the voices and legacies of Indigenous leaders, offering a unique visual narrative that celebrates their contributions to art, culture and advocacy. Open weekdays 8 a.m.-5 p.m.; Saturdays 10 a.m.-3 p.m. Free.

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## Winter Fun inside and out

Tim Spitzack
Editor

One cool thing about our city is that there's always something fun to do — inside and out — even in the heart of winter. We're a hardy bunch and event organizers know a little snow and cold won't keep us from having a good time. Here's what's on tap in the coming weeks.

#### St. Paul Winter Carnival

The St. Paul Winter Carnival is in full swing and there's still time to enjoy the ice sculptures at Rice Park, snow sculptures and Vulcan Snow Park at the State Fairgrounds, and to witness the Vulcan Victory Torchlight Parade and overthrow of King Boreas. For more information on the following Winter Carnival events, visit wintercarnival.com.

Around the World in a Day Kids & Family Day, 11 a.m.-5 p.m., Feb. 1 at the Landmark Center. En-

tertaining performances by local cultural groups, educational presentations, arts and crafts, storytelling, and other activities for all ages. Vendors will also be selling their wares and food.

Union Depot's Doggie Depot, 10 a.m.-3 p.m., Feb. 1. Includes the crowning of the Canine King & Queen, giveaways, a marketplace, and visits with pet experts. From 2-9 p.m., stop by the Great Northern Ice Bar on the North Plaza at Union Depot.

Vulcan Victory Torchlight Parade, Feb. 1. The parade starts at 5:30 p.m. at Smith Avenue and West Seventh and ends at Rice Park. Following the parade, the 2025 Krewe will gather at the steps of the George Latimer Central Library for the ever-dramatic overthrow of King Boreas. A fireworks show will follow.

Vulcan Victory Dance, 7:30 p.m., Feb. 1 at the InterContinental St. Paul Riverfront, 11 Kellogg Blvd. E. Rhino will play a wide range



of tunes from funk to R&B to retro-pop and current chart-topping singles. For tickets, visit vulcanvictory dance.com.

#### Minnesota Ice Festival

The Minnesota Ice Festival runs through Feb. 16 at TCO Stadium, Viking Lakes, 2645 Vikings Circle, Eagan. It features a massive 18,000-square-foot ice maze (recently named the world's largest by Guinness World Records), a 44-by-80-foot skating rink, multi-lane ice slide, ice bar, food trucks,

outdoor firepits and warming house. The event also features the Carver Cup ice sculpting competition Jan. 30-Feb. 1. Ice sculpting teams from across the country compete to create spectacular works of art and the chance to win a cash prize and the Carver Cup trophy. Festival hours are 4-10 p.m. Thursdays and Fridays, 11 a.m.-10 p.m. Saturdays and 11 a.m.-9 p.m. Sundays. Tickets are \$24.99 for ages 15 and older and \$12.99 for ages 5-14. For more information, visit minnesotaicefestival.com.

#### MH Frozen Fun Fest

The Mendota Heights Parks and Recreation Department is hosting its annual Frozen Fun Fest February 3-9. Here's the line-up. Some events require registration. For more information or to register, visit mendotaheightsmn.gov/500/Frozen-Fun-Fest.

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The medallion hunt begins Monday, Feb. 3 and runs through Sunday, Feb. 9, or until the medallion is found. The winner receives a Minnesota-themed gift basket valued at \$200. The medallion will be in a city park and daily clues will be posted at 9 a.m. beginning Feb. 3 on the City's website and at facebook.com/MH-ParksandRec.

Ice Block Party, 5-8 p.m., Friday, Feb. 7 at Friendly Hills Park, 2360 Pueblo Ln. An evening of live music, snowshoeing among luminaries (snowshoes available to use for free), ice skating, hot chocolate, food trucks and more. Music takes place in an enclosed, heated tent. The Teddy Bear Band will perform 5-5:45 p.m. and the Beatnik Brothers 6:30-8 p.m.

Puzzle competition, 9 a.m.-noon, Saturday, Feb. 8, at Somerset Elementary School, 1355 Dodd Rd. Teams and individuals will race to finish a 500-piece puzzle. Kids ages 8-14 will compete to complete a 100-piece puzzle, beginning at 10:45 a.m. Each member of the winning team will receive a puzzle to take home. Free. Registration required.

Learn to Ice Fish, 2-4 p.m., Saturday, Feb. 8 at Roger's Lake Park, 1000 Wagon Wheel Trail. Discover why ice fishing is so popular in Minnesota and learn how to be successful at it. Equipment provided. Free.

Coffee with the Council, 9-10 a.m., Sunday, Feb. 9 at Par 3 Golf Course, 1695 Dodd Rd. Join city council members for a cup of java and conversation.

Coloring contest, Feb. 3-9. Color a wintery masterpiece for a chance to win prizes. There will be two categories: ages 5 and under, and 6-12. Coloring sheets can be picked up at Mendota Heights City Hall, 1101 Victoria Curve, or found online. Drop off completed coloring sheets at City Hall during normal business hours or after hours in the outdoor utility bill drop box at City Hall.

#### **WSP Winter Fun Fest**

The annual Winter Fun Fest in West St. Paul returns 2-5 p.m., Saturday, Feb. 15, at Dodge Nature Center, 1701 Charlton St. Activities include horse-drawn wagon rides, snowshoeing, boot hockey, ice golf, otter sliding, kicksledding and more. Visitors can also join a medallion hunt for the chance to win a prize package, enjoy music and a toasty bonfire, and more. All activities are free. Food and beverages will be available for purchase. For more information, visit dodgenaturecenter.org/event/ winter-fun-fest or call 651-455-4531.

### Snowshoe by candlelight

South St. Paul Parks and Recreation is hosting a candlelight snowshoe hike at Kaposia Park at 5 p.m., Wednesday, Feb. 5. The trails will be illuminated by candlelight for a serene walk through the woods. Snowshoe rentals will be available for kids and adults, although they are limited and available on a first-come, first-served basis. If you don't have snowshoes, you can still hike the trails. The event is free. Food trucks will offer hot food and beverages for purchase.

South St. Paul Parks and Recreation is offering cross-country ski lessons 3:30-5 p.m., on Mondays and Wednesdays, Feb. 3-12 at Como Park and Battle Creek Regional Park. Designed for beginners, instruction focuses on fundamental techniques like gliding, balancing and the proper use of ski poles. Skis are provided for kids. \$20.

For more information, visit southstpaul.org or call 651-366-6200.





## POSTSCRIPT

#### The car wash dress

My sister took me to task. "You know I was not being mean about your dress, don't

She meant the dress that she had said made me look like a car wash - the part of the car wash where the flappy things slap the car dry. My dress looked a lot like that, especially if I spun around. I thought this was hilarious and mentioned it in a column.

"Of course I knew you weren't being mean!" I told

It was not my intention to be so amusing, wearing the car wash dress. From a certain angle, it looks pretty stylish. It was some designer's idea of a good look, and because I wear a smaller size, I can usually fit into these ill-conceived but affordable cast-offs I find on the internet. Not all of them work out. But I'm delighted



CarrieClasson.com

when I can cause some unexpected merriment simply by showing up in an \$11 used

My sister ought to know. She should know that, at 62, I'm not angling for some best-dressed list. I'm all about having fun with clothes, trying weird and different things, and a lot of those things absolutely are not going to work out. That's fine with me. I still have the car wash dress. It's black, so I could wear it to a funeral sometime when I felt a little levity might be welcomed at the end of the service.

My family has a fine tradition of teasing. I know some people find this hard to believe, and I know some people tease cruelly. That's not what I mean at all. The teasing in my family has always been delivered with a heavy dose of love. Since I was a small child, I've known that the person who got teased was loved and the more people teased, the more love there was.

My dad and his sister were terrible to each other. My father always gave my aunt the meanest birthday cards, until one year she said, "Just once, I'd like a nice birthday card."

The next year, my father went on a mission to find the most maudlin, absurdly sentimental, "To My Beloved Sister" birthday cards he could find. He found three, doused them in perfume, and presented them to her. (My dad also made her a rather nice set of candleholders in his woodshop that year, as I recall.)

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They both laughed so hard they had to wipe away tears. She never asked for another nice card. So when my sister tells me I look like a car wash, it makes my day. I feel seen. I feel loved.

Being able to tell someone they look like a car wash means you know them well. She knows I have an oversized interest in buying dresses - too many dresses for cheap on the internet. She knows I'm not terribly self-conscious. (OK, I'm a bit of a ham.) Most of all, she knows that I know she loves me. She has supported me through every crazy and life-disturbing decision and event - career changes, a divorce, and moves across the country. There has never been a moment of my life when I have doubted that

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my sister would be there for me.

So, she gets to tease me. I am definitely keeping the car wash dress. And it's not

the last crazy dress I will buy. I figure it's my duty to give my sister something new to laugh about.

Till next time.









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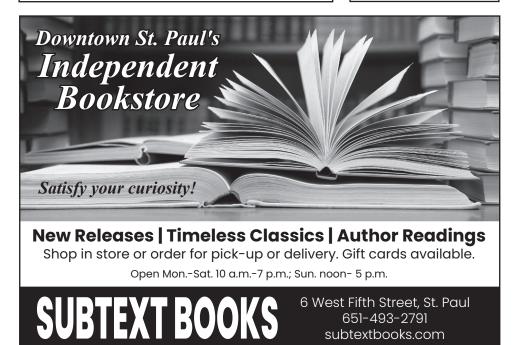


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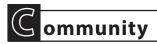


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## Can AI help us lead in 2025?

10 lessons from a year using ChatGPT in public service

n January 2024, I em-**⊥**barked on a yearlong journey to explore how artificial intelligence (AI) tools – specifically Chat-GPT – could enhance my work as chair of the Dakota County Board. Leading a fast-growing county of 455,000 residents demands immense time and energy, and I was curious: could AI boost productivity without compromising quality? The results surprised me, offering valuable insights into leadership, technology and human connection.

Amplifying productivity and creativity - Throughout the year, ChatGPT helped me craft 33 speeches, 24 newsletters, 12 newspaper columns and 91 social media posts. Among the highlights was carrying out a cohesive campaign to call attention to Dakota County's groundbreaking achievement as the first U.S. county able to generate more electricity from renewable energy sources than our county buildings and facilities consume. By streamlining communication efforts, AI freed me to engage more directly with constituents, attend events



Joe Atkins

Dakota County Commissioner

and focus on policymaking.

Strengthening community engagement - AIassisted content often performed as well as, or better than, my solo efforts. For instance, a December social media post about Dakota County's superior financial rating - higher than 33 states and 181 nations - sparked significant engagement. ChatGPT not only drafted compelling text but also suggested an eye-catching image, transforming a dry topic into one that resonated with thousands of readers.

Striking the human-AI balance - While ChatGPT excelled at producing polished, structured content, it couldn't replace the emo-

tional depth needed for certain moments. At the October grand opening of Dakota County's Veterans Memorial Greenway, for example, AI struggled to capture the profound sacrifices of local heroes in attendance. Personal anecdotes and heartfelt touches were indispensable.

Mastering the art of prompting - The quality of ChatGPT's outputs heavily depended on how well I framed my prompts. For instance, when drafting a speech highlighting Dakota County's national awards in public safety, health and infrastructure – all achieved while maintaining Minnesota's lowest taxes – precise instructions made all the difference.

Navigating ethical considerations - Transparency was key. I openly shared with constituents that I was experimenting with AI to enhance efficiency and free up more time for direct service. I also never shared constituent data or identifying information with ChatGPT. At its core, AI is a tool – like a pen or a computer – and its ethical use depends on the person wielding it.

Recognizing AI's limitations - AI wasn't without its flaws. Its outputs occasionally lacked nuance or accuracy, underscoring the importance of thorough fact-checking and incorporating local context.

Supporting, not leading, policy - I never used AI to create policy, but it supported research efforts. For example, ChatGPT helped me explore innovative ways to keep libraries relevant in a digital age. Together with recommendations from expert library staff, Dakota County expanded self-service hours, launched a new, highly popular branch, and eliminated outdated fines, earning the county the title of Minnesota's Best Library System from Minnesota Star Tribune readers.

Preparing for the future - This experiment highlighted AI's potential to improve governance, from policy research to service delivery. However, it also underscored the need for human oversight. No tool can replace insights from constituents, colleagues, staff and stakeholders.

Discovering AI's sense of humor - Surprisingly, Chat-GPT's light and positive humor often aligned with my own, making collaboration enjoyable. While neither of us will write for "Saturday Night Live," this shared tone helped make complex topics more accessible and engaging for audiences.

Reflecting on impact - AI encouraged clearer, more consistent communication, particularly on complex topics like county finances. This experience reaffirmed that leadership is fundamentally about connection, trust and vision, qualities that no AI can replicate.

The surprise ending -The entirety of the column above was composed by ChatGPT and it illustrates both the best and worst of AI. The best work that Chat-GPT performed for me in 2024 occurred when I used it essentially as a supercharged thesaurus. I would draft material for speeches, newsletters and social media, then sometimes run the text through ChatGPT to see if it generated better word choices or phrasing. Occasionally it did, and it deserves credit for this. Typically, though, the tool merely rephrased or rearranged, with little difference or meaningful

improvement. The worst part about ChatGPT was its misguided need to impress and exaggerate, to the point of inaccuracy. Using it for research proved even more futile, since the time it took me to fact-check AI's sources exceeded any time it saved.

The bottom line - My yearlong experiment with ChatGPT kept reminding me of the famous Cliff Clavin character from the old TV show "Cheers": fun to engage with but possessing an oversized ego too careless with facts to be reliable. Nonetheless, I remain hopeful AI will eventually help improve public service, making it more efficient, effective and accessible. Only time will tell. For now, I'm going to continue serving Dakota County and the folks I represent the same way I have for the past eight years, through old-fashioned hard work, staying in touch, and working together to get good things done.

Joe Atkins represents District 2 on the Dakota County Board, which includes South St. Paul, West St. Paul and Inver Grove Heights. He welcomes feedback. To share comments, concerns or questions, contact him at Joe. Atkins@co.dakota.mn.us or 651-438-4430

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Neighbors, Inc.

Dawn Wambeke President & CEO



In this editorial, we are celebrating Black History Month and volunteerism.

Black History Month is a time to reflect on and celebrate the rich history, achievements and contributions of African Americans. Its establishment is credited to Carter G. Woodson, one of the first scholars to study the history of the African diaspora. In 1916, he founded The Journal of Negro History, and in 1926 established "Negro History Week," the precursor of Black History Month.

The National Museum of African American History and Culture is dedicating this year to celebrating the multifaceted brilliance of Black women, honoring their resilience and contributions to society. We remember Sarah Boone, who

received a patent in 1892 for an improved ironing board, and Marie Van Brittan Brown, who co-invented the home security system.

Other notable Black inventors are Garrett Morgan, who improved the traffic light through the three-light system, and Frederick McKinley Jones, who invented the refrigerated truck.

African Americans were at the forefront of the civil rights movement, exemplified by Thurgood Marshall's leadership as chief attorney in the landmark Brown v. Board of Education case, Rosa Parks' courageous defiance in Montgomery, Ala., and the relentless determination of the Freedom Riders in 1961 who challenged segregation in the American South.

Although African Ameri-

cans have contributed significantly to the historical and cultural fabric of the United States, they have encountered substantial adversity throughout history. For example, when the National Housing Act of 1934 introduced 30-year mortgages and fixed interest rates to allow more people to buy a home, it did not benefit everyone. The process of redlining excluded some racial groups from living in certain neighborhoods. That process was eventually outlawed in 1968 with the Fair Housing Act but it has left a deep and enduring impact on our community, contributing significantly to health disparities and the homeownership gap. A study from 2015-2020 highlights this stark contrast: 77.5% of White households in Minnesota own their homes compared to 30.5% of Black households. The rates are even lower in the metro area.

Neighbors, Inc. is dedicated to enhancing the financial well-being of all people through a range of services. From improving financial literacy and reducing debt to guiding major purchases, we provide comprehensive support. We also help peo-

ple secure family-sustaining wage jobs by offering free assistance in resume building, interview preparation, job-specific training and job placement. This is all made possible through financial support from our funders, partnerships with businesses, and invaluable mentorship from community members. Together, we are building a stronger, more financially secure community.

#### Volunteerism

Neighbors, Inc. was founded over 52 years ago by local churches and volunteers. Today, we have more than 325 dedicated volunteers who bring our mission to life and nearly double our staffing capacity each day. They play a crucial role by helping us significantly increase our reach, reduce operational costs and en-

hance community engagement.

Neighbors offers a wide and growing array of meaningful volunteer opportunities, ranging from helping in our thrift store, to ensuring that families have healthy and nutritious food, and mentoring individuals in their job search. Whether you can commit to a onetime event or prefer a weekly or monthly engagement, we have a place for you. Our self-scheduling is a breeze and allows volunteers to schedule based on their availability.

Volunteering not only strengthens our community but also enriches the life of volunteers. By giving your time, you can make a tangible difference, build lasting relationships, and gain a sense of fulfillment. Together, we can create a stronger,

more vibrant community. Consider volunteering at Neighbors, Inc. or one of our other local nonprofits. Your time and effort can make a world of difference. We are incredibly grateful for our volunteers, and truly believe they are our "superpower"

Inclusion stands as a core value at Neighbors, Inc. We are committed to diversity, equity, inclusion, belonging and justice. Our aim is to welcome all communities and cultivate an environment where every individual experiences a genuine sense of belonging.

As always, I'd love to connect. You may reach me at dawn@neighborsmn.org, 651-272-1135 or by stopping by our office. Stay connected with Neighbors neighborsmn.org.



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# Wordhip Guide

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another." Hebrews 10: 24-25

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1179 Victoria Curve Mendota Heights 651-452-2226 beth-jacob.org

#### Cherokee Park United

371 Baker St. W., St. Paul 651-227-4275 cherokeeparkunited.org

#### Community Christ the Redeemer

110 Crusader Ave. W. West St. Paul 651-451-6123 ccredeemer.org

#### Crown of Life Lutheran

115 Crusader Avenue W. West St. Paul 651-451-3832 colwsp.org

#### **Holy Family Maronite**

1960 Lexington Ave. S. Mendota Heights 651-291-1116 HolyFamilyEvents.org

#### La Puerta Abierta UMC

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#### **Mizpah River Ministries**

1530 Oakdale Ave. West St. Paul 651-399-5783

#### **Our Lady of Guadalupe**

401 Concord St., St. Paul 651-228-0506 olgcatholic.org

#### **Restoration Hope Church**

121 Butler Ave. W. (Heritage Middle School) West St. Paul, 612-254-480 restorationhopechurch.com

#### **Riverview Baptist**

14 Moreland Ave. E. West St. Paul 651-457-3831 riverviewbaptist.net

#### Salem Lutheran

11 Bernard St., West St. Paul 651-457-6661 salemluth.org

#### Spirit of Hope Catholic

2035 Charlton Road Sunfish Lake 651-760-8353 spiritofhopemn.org

#### St. Elizabeth Orthodox

125 Congress St. E. St. Paul 651-424-0814 seocc.org

#### St. George Antiochian Orthodox

1250 Oakdale Ave. West St. Paul 651-457-0854 saintgeorge-church.org

#### St. Matthew Catholic

490 Hall Avenue St. Paul 651-224-9793 st-matts.org

#### St. James Lutheran

460 Annapolis St. W. West St. Paul 651-457-9232 saintjameslutheran.com

#### St. Joseph's Catholic 1154 Seminole Ave.

West St. Paul 651-457-2781 churchofstjoseph.org

#### St. Paul's United Methodist

700 Wesley Lane Mendota Heights 651-452-5683 stpaulsmn.org

#### St. Paul Mennonite Fellowship

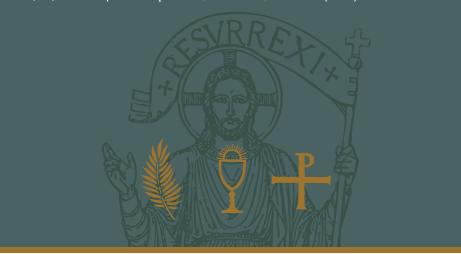
371 Baker St. W. St. Paul saintpaulmennonite.org

#### St. Stephen's Lutheran

1575 Charlton St. West St. Paul 651-457-6541 ststephenswsp.org

#### SAINT JAMES EVANGELICAL LUTHERAN CHURCH

(651) 457-9232 | 460 Annapolis St W, West St Paul, MN 55118 | saintjameslutheran.com



#### LENTEN SERVICES

Does good ultimately triumph over evil? How can it? What does that mean for me?

Explore these questions on Wednesdays during Lent with our midweek sermon series, "You meant it for evil, but God meant it for good."

#### LENT SCHEDULE

#### Every Wednesday, starting March 5th - April 9th

Services at 11 AM & 6:30 PM (Free soup lunch at noon.)

#### **DIVINE SERVICE**

Sundays at 9 AM Mondays at 6:30 PM

Morning Prayer Every Mon. - Fri. at 9 AM



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