



Faces of Faribault Downtown Directory Nov 2018

This activity is part of Perception-Artists on Main Street, a partnership between Faribault Main Street, Minnesota Main Street, and Springboard for the Arts with support from the Bush Foundation.



This Participants' Directory is a gift for you from
The Virtues Project – Faribault steering committee members/collaborators:
 Kymn Anderson, Joy Culpepper, Maggie DeMars, Cindy Diessner, Barb Handahl,
 Marcia Morris-Beck, Jim Muehlbach, George Wickstrom. Special assistance by Kelly Nygaard.
TheVirtuesProjectFaribault@gmail.com <https://www.thevirtuesprojectfaribault.com/>

There are so many challenges in our world, our nation, state, community, and families.
Someone should do something about it. Hey, wait a minute, **WE** should do something about it.

My firm belief is that:

- No power can exist except through **unity** and
- No welfare and no well-being can be attained except through **consultation**.



The main purposes of this project are: to help people who work and live in our downtown area to get to know each other and start conversations, some of which may be superficial, but some of which may be deeply meaningful and establish long-term relationships, and to increase the **unity** in the downtown area through **consultation** about the virtues that we recognize in each other.

Virtues are the essence of “who we are” as individuals, institutions, and as a community; they are all the good qualities that we bring to the “things we do.” Developing our capacity in these virtues facilitates every aspect of our lives. The Virtues Project helps us to understand these inner strengths and growth areas, what they look like in action, how we recognize them in ourselves and in others, and how we can help each other in our progress from infancy, through childhood, adolescence and youth, and toward maturity. As we progress individually, so will our institutions and community progress.



Modesty

Modesty is a sense of quiet confidence and self-trust, which allows us to enjoy our accomplishments without relying on our self-expectations. We have no need to brag or receive accolades. We know we are worthy just as we are. We have a sense of respect for people above our heads. We have no sense of superiority or inferiority. We want the best for ourselves. Modesty allows us to accept praise with gratitude. We have no need to take ourselves above others. We share the glory. We are grateful for the gifts we have, and we know the gifts that others have too.



Jake Hvistendahl, Kristie Kruchoski,
Rob Kruchoski, & Patrick Jacobs



28 4th St NE
507-838-0383
10000drops.com


10,000 Drops

28 4th St NE

Jake Hvistendahl, Kristie Kruchoski,
Rob Kruchoski, & Patrick Jacobs
507-838-0383, 10000drops@gmail.com
www.10000drops.com

Business Hours

Mon-Tue	Closed
Wed-Thu	3:00pm-10:00pm
Fri	3:00pm-11:00pm
Sat	12:00noon-11:00pm
Sun	11:00am-6:00pm



Tact

Tact is telling the truth kindly. We think before we speak, aware of how closely our words affect others. When our words are weighty, we weigh our words, knowing they have the power to cause pain or to uplift. A harsh word to an intimate is like a grain of sand in their eye. An encouraging word can fill them with confidence. Tact is essential when we feel strong emotions like anger. It helps us discover what to say and what is better left unsaid. Tact is a good thing. It is the diplomacy of the heart.



Chris & Brenda Bednar
306 Central Ave, 334-9465
www.chrisbednar.com



Chris Bednar: Loan originator NMLS ID# 250325
Brenda Bednar: Branch Manager NMLS ID# 208348
Branch NMLS ID: 379304

AMEC Home Loans

306 Central Ave N
Chris Bednar
Brenda Bednar
507-334-9465, 507-213-1898
chris@chrisbednar.com
brenda@brendabednar.com
www.chrisbednar.com

Business Hours

Varies by appointments



Responsibility

Responsibility is the willingness to be accountable for our choices. Others can depend on us to do what we say we will do and to give our best effort. We take on what is ours to do with commitment and reliability. It is important to discern what responsibility belongs to us and what belongs to others. Taking on another's spiritual work deprives us both. When we make mistakes, we have the courage to change for the better. We make amends instead of excuses. We have the ability to respond ably.



Joe & Kathryn Donahue
Serving Faribault since 2002
421 2nd Ave NW, 507-332-7414
Faribault ACE Hardware
ACE Sports

Ace Hardware

421 2nd Ave NW
Kathryn Donahue, Joe Donahue
507-332-7414
fariboace@gmail.com
http://www.faribaultace.com/

Business Hours

Mon-Fri	7am-8pm
Sat	7am-6pm
Sun	9am-5pm



Consideration

Consideration is giving careful thought to the needs of others. It is also holding a decision in a contemplative and thoughtful way. We mindfully consider what will result from our choices before we act. We speak with gentleness and tact. We care about others and their feelings. We carefully observe their preferences and needs, then do things to give them ease or bring them joy. Consideration shows in small daily acts that add to the happiness of others. It is one of the most meaningful ways to show love. Considerate people give the very best gifts.



Bryce & Barton Jackson
AMERICAN FAMILY INSURANCE
Barton Jackson AGENCY
408 Central Ave N Ste D
332-6812

American Family Insurance-Barton Jackson

408 Central Ave N #D
Barton Jackson
507-332-6812
bjackso2@amfam.com
https://agent.amfam.com/barton-jackson/mn/faribault/408-central-ave-n/

Business Hours

Mon, Wed, Thu, Fri	8:30am-5:00pm
Tue	8:30am-7:00pm
Sat-Sun	Closed



Discernment

Discernment is assessing the wisdom of our choices to discover what is essential and true. Detaching from our desire to win debates, we seek to distinguish the true from the false, the facts from our assumptions, and then choose the best path. Deflecting to silence creates space for our deepest perceptions. With contemplative vigilance, we open ourselves to clarity. We listen deeply for the true questions, trusting that the answer will unfold and reveal itself when the time is right. We become alert to the messages that come to us, subtle and surprising ones. We hold the issues lightly and let the truth emerge. Discernment empowers us to be guided by Grace.




Wade Westphal
507-413-0893

Ben Flemke
507-497-1010



AMERICAN NATIONAL
32 4th St NW
wade.westphal@american-national.com
Ben.flemke@american-national.com
www.americannational.com

American National

32 4th St NW

Westphal Agency (call Wade)

507-413-0893

wade.westphal@american-national.com

www.americannational.com

Flemke Agency (call Ben)

507-497-1010

benf@fuia.com

Business Hours

Mon-Fri	9:00am-5:00pm
Sat, Sun	Closed



Fortitude

Fortitude is strength of character. It is the will to endure no matter what happens, with courage, confidence, and patience. Fortitude is deeply rooted in the backbone of our will. We cultivate it by strengthening our resolve to face whatever comes. It springs from devotion to a purpose we believe to be real and important. It grows as we face and overcome insurmountable obstacles. It keeps us going. Our fortitude can accomplish us.



Julia (Shack) and Pam Shackleford
B&J Sewing
Serving Fairbault since 1960
216 Central Ave, 334-4738 or Firstsewing.com

B&J Sewing Center

216 Central Ave N

Pam Shakelford

Julia (Shack) Shackleford

507-334-4738

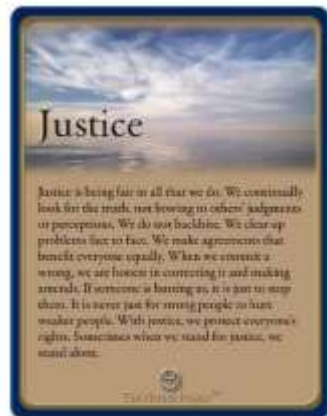
587-990-0427

pjshackle@yahoo.com

https://www.bjsewing.com/


Business Hours

Mon-Fri	9:00am-5:00pm
Sat	9:00am-3:00pm
Sun	Closed



Justice

Justice is being fair in all that we do. We continually look for the truth, not bowing to others' judgments or perceptions. We do not backbite. We clear up problems face to face. We make agreements that benefit everyone equally. When we commit a wrong, we are honest in correcting it and making amends. If someone is hurting us, it is just to stop them. It is never just for wrong people to hurt weaker people. With justice, we protect everyone's rights. Sometimes when we stand for justice, we stand alone.



Luis & Ana Del Aguila
Anadela's
227 Central Ave, 334-5083
Clothing alterations, Check cashing,
Money transfer, Tax services

Anadela's Novedades

227 Central Ave N

Luis Del Aguila, Ana

507-334-5083

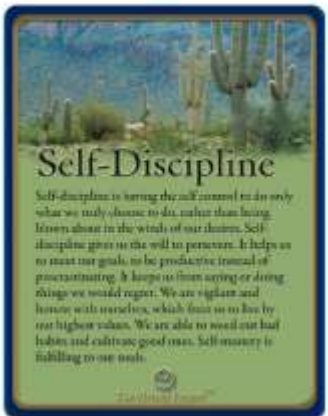
507-210-5824

Ladac1@hotmail.com

anadela66@hotmail.com


Business Hours

Sun, Mon	Closed
Tue	10:00am-5:00pm
Wed-Sat	10:00am-7:00pm




Self-Discipline

Self-discipline is having the self-control to do only what we truly choose to do, rather than being driven along in the winds of our desires. Self-discipline gives us the will to persevere. It helps us to meet our goals, to be productive instead of procrastinating, & keeps us from saying or doing things we would regret. We are vigilant and honest with ourselves, which leads us to live by our highest values. We are able to weed out bad habits and cultivate good ones. Self-mastery is fulfilling to our souls.



Tom Lester & Connie Lee



Opening August 13
You can expect the same great food and great customer service in an updated family atmosphere! We offer delivery, pick up and sit down dining.

507-332-6701, 108 4th St. NW
Basilleospizza.com
Be sure to LIKE us on Facebook

Basilleo's 2.0

108 4th St NW

Connie Lee, Manager

Tom Lester, Owner

507-332-6701

basilleospizza2.0@gmail.com

Basilleospizza.com


Business Hours

Mon, Tue, Wed, Thu, Sun	4:00pm-10:00pm
Fri, Sat	4:00pm-11:00pm



Unity

Unity is a powerful virtue and it brings great strength. Unity is inclusiveness. It brings people together. We are not understanding without developing our differences. We experience our commonalities with all people and all life. Unity flows in from the disconnection of prejudice and heals our fears. We refuse to engage in conflict, seeking peace in all circumstances. Unity comes when we value every person, in our family or in our world. The joy of one is the joy of all. The heart of one is the heart of all. The heart of one is the heart of all.



Heidi Nelson
Connector

Be My Guest Loft - bemyguestloft.com
Heidi's Clubhouse - heidisclubhouse.com
Life Coach for Women - heidiannenelson.com

Be My Guest Loft & Heidi's Clubhouse

Be My Guest Loft

112 3rd St. NE, 507-461-5171

bemyguestloft.com , bemyguestfbo@gmail.com

Heidi's Clubhouse

220 Central Ave N, 507-461-5171

heidisclubhouse.com, heidiannenelson@gmail.com

Life Coaching with Heidi

114A 3rd St. NE, 507-461-5171

heidiannenelson.com, heidiannenelson@gmail.com

Business Hours: please call, text or email for availability



Simplicity

Simplicity is being content with the basic gifts of life. We live reflectively and mindfully, aware of what is important and what is not. We cherish those we love. We keep around us only what is useful or beautiful. We let go of excess, clutter and complexity. Simplicity gives us clarity and single-pointed concentration. It frees our minds from the stress of overthinking. We appreciate the little things, daily joys, and opportunities to be kind. We live in the moment and savor what is right before our eyes. We enjoy simply living.



Rebecca Segelstrom, Match Support Specialist
Logan Ahlman, Match Support Specialist
Jill Erickson, Enrollment & Matching Specialist

Big Brothers Big Sisters
of Southern Minnesota

334-0258 bbbsofsouthernmn.org

Our Mission: Provide local children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever.

Big Brothers Big Sisters

322 Central Ave N

Jill Erickson

Logan Ahlman

507-409-1301

jill.erickson@bbbsofsouthernmn.org

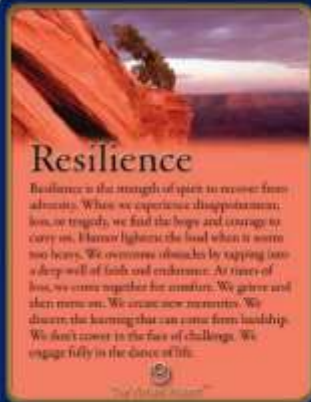
<http://www.bbbsofsouthernmn.org/>

Business Hours

Mon-Fri 9:00am-3:00pm


Sat, Sun Closed

Please note that we are often out in the community doing interviews and check-ins, etc and may not always be in the office.



Resilience

Resilience is the strength of spirit to recover from adversity. When we experience disappointment, loss, or tragedy, we find the hope and courage to carry on. Honor lightens the load when it seems too heavy. We overcome obstacles by tapping into a deep well of faith and endurance. As times of loss, we come together for comfort. We gather and then move on. We create new memories. We discover the learning that can come from hardship. We don't cower in the face of challenge. We engage fully in the dance of life.



Janna Viscomi
Bernie's Grill

For 23 years we have been incredibly grateful to the people who work with us and the community that supports us.

Bernie's Grill

129 Central Ave N

Janna Viscomi

507-334-7476

vintageroom@hotmail.com

<http://www.berniesgrillfaribault.com/>

Business Hours

Mon Closed

Tue-Sun 6:00am-2:00pm



Appreciation

Appreciation is seeing the good in life. It is recognizing the gifts that come our way and showing gratitude for them. When we express appreciation to others, we inspire the virtues we see in them. We preserve their positive intention and honor them with our gratitude. Love thrives on appreciation. Intimacy grows deeper when we know we are seen and valued. As we do the spiritual work life calls us to do, it is important to appreciate our own efforts and to acknowledge our progress. We don't dwell on the unpleasant things of life. We value the loving even in the painful times. Drinking deeply of the beauty and pleasure life offers, we don't waste a single day.



Pam Strouth and Cheryl Steinberg
Owners of **Bloom Floral**.

Life-long best friends.

408a Central Ave, 332-9999
We love our job!

Bloom Floral Design

408 Central Ave N #A

Cheryl Steinberg

Pam Strouth

507-332-9999

bloom@qwestoffice.net

steinbergs_5@yahoo.com

<http://www.bloomoffaribault.com/>

Business Hours

Mon-Fri 8:00am-5:00pm

Sat 8:00am-2:00pm

Sun Closed



Joyfulness

Joyfulness is an inner wellspring of peace and happiness. It is beyond ordinary happiness because it is not an occasional emotional reaction to luck or circumstance. It is a deep sense of well-being that fills us with delight and hope. We appreciate the gift of life, and savor its richness. We create simple pleasures. We find the humor in things. We allow joy to carry us through the painful times. We take ourselves lightly and ourselves to play. Joy comes when we are being true to a small purpose. It grows as an abiding sense that all is well.



Bluebird Cakery
Dana Blessum, Remy Lloyd, Elana Palmer
318 Central Ave N #101, 507-573-2253
bluebirdcakerymn.com
Serving you sweet treats and sweet service!




Bluebird Cakery

318 Central Ave N #101
Elana Palmer, Store Team Leader
507-573-2253

bluebirdcakerymn@gmail.com
bluebirdcakerymn.com/


Business Hours

Mon-Sat	6:30am-8:00pm
Sun	9:00am-3:00pm



Wisdom

Wisdom is the guidance of our choices. It helps us to discern the right path at the right moment. It gives us clarity of thought and deeper understanding. We use our best judgment, mulling the pull of impulse and desire. Wisdom gives us the maturity and patience to make reasonable decisions. We seek knowledge, inner reflection and open-mindedness in inspiration. We consider carefully, then act confidently. Wisdom takes us beyond thought to a deeper knowing. Wisdom grows as it goes.



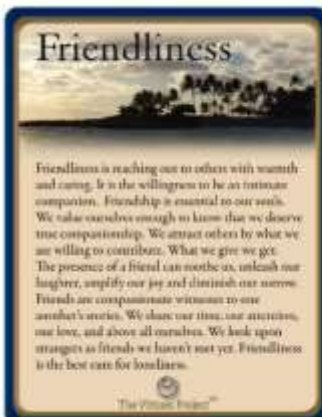
Keith Brazil
Brazil's Barbershop
324 1st Ave NW, 334-3343
Started in 1959, Keith has 28 years in the shop hearing and sharing wisdom.

Brazil's Barbershop

324 1st Ave NW
Keith Brazil
507-334-3343
kjbrasil6@gmail.com

Business Hours

Sun, Mon	Closed
Tue, Wed, Thu, Fri	8:00am-5:00pm
Sat	8:00am-2:30pm



Friendliness

Friendliness is reaching out to others with warmth and caring. It is the willingness to be an intimate companion. Friendship is essential to our souls. We value ourselves enough to know that we deserve true companionship. We attract others by what we are willing to contribute. What we give we get. The presence of a friend can soothe us, unleash our laughter, simplify our joy and diminish our worries. Friends are compassionate witnesses to one another's stories. We share our time, our attention, our love, and above all ourselves. We look upon strangers as friends we haven't met yet. Friendliness is the best cure for loneliness.




Boxers Bar & Grill
429 Central Ave, 334-0074
Stop in for a cold one.
Happy Hour Daily 4-7pm.
Sunday Breakfast 9am-1pm

Boxers Bar & Grill

429 Central Ave N
Dawn Walker
507-334-0074
dawn@boxersbar.com
Facebook


Business Hours

Mon, Tue, Wed	2:00pm-2:00am
Thu, Fri	11:00am-2:00am
Sat, Sun	9:00am-2:00am



Openness

Openness is being honest, clear and sincere, sharing who we are and what we feel without pretense. It is the willingness to consider new ideas and listen to others with an open mind. We reveal our thoughts candidly without attempting to manage the responses of others. We hold no hidden agendas. We are more interested in connecting than controlling. We listen to others' feelings with compassionate curiosity. When we are open, we are receptive to the blessings and surprises of life.




Buckham Memorial Library
provides an environment of openness for our community. Openness to people. Openness to access. Openness to resources. Openness to ideas. Openness to perspectives. The library is the place in our community where all people are welcome to gather, share ideas, listen, question, learn and get to know ourselves and all our neighbors. Buckham Memorial Library is open to you. Welcome. Bienvenido. Ku Soo Dhawow.

Buckham Memorial Library

11 Division St E
Delane James
507-334-2089
djames@ci.faribault.mn.us
http://www.faribault.org/248/Library


Business Hours

Mon-Thu	9:00am-8:00pm
Fri, Sat	9:00am-5:00pm
Sun	Closed



Endurance

Endurance is our ability to withstand adversity and hardship. We practice perseverance and patience when obstacles arise, open to the lessons they bring. We don't give up or feel hopeless about ourselves. We hold on. Endurance honours our character and seasons our souls. Weathering the inevitable challenges in our relationships deepens trust and loyalty. It makes love abiding and strong. The early navigators who plotted their course with nothing but the stars became strong, confident sailors. When trouble comes, endurance gives us the strength to stay the course.



Front to back, left to right:
Jon, Steven, Larry, Becky, Larry, Joan, Bruce, Brian

Burkhartmeier Shoes
128 Central Ave N. 334-7774
www.burkhartmeiershoestore.com

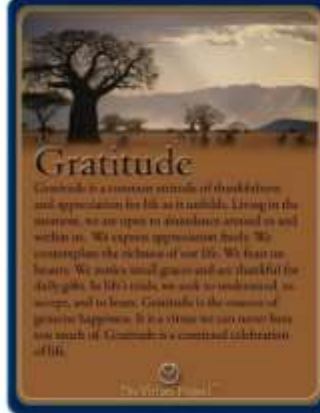
Burkhartmeier Shoes-where your feet come first!
Family owned for three generations and 69 years!

Burkhartmeier Shoes

128 Central Ave N
Brian Burkhardtmeier
507-334-7774
bcs shoes@hickorytech.net
<https://www.burkhartmeiershoestore.com/>


Business Hours

Mon, Thu	9:00am-8:00pm
Tue, Wed, Fri	9:00am-5:30pm
Sat	9:00am-5:00pm
Sun	Closed



Gratitude

Gratitude is a constant attitude of thankfulness and appreciation for life as it unfolds. Living in the moment, we are open to goodness around us and within us. We express appreciation freely. We acknowledge the richness of our life. We trust in beauty. We notice small graces and are thankful for daily gifts. In life's trials, we seek to understand, accept, and to learn. Gratitude is the essence of genuine happiness. It is a virtue we can never have too much of. Gratitude is a continual celebration of life.



Chappuis Jewelers
Nate & Amy Chappuis
Grateful for Your Business

Chappuis Jewelers

413 Central Ave N
Nate Chappuis, Amy Chappuis
507-334-7114
chappuisjewelersfb@gmail.com
<https://www.chappuisjewelers.com>

Business Hours

Sun, Mon	Closed
Tue, Wed, Fri	9:00am-5:30pm
Thu	9:00am-6:00pm
Sat	9:00am-12:00pm Noon



Fairness

Fairness is treating each other even-handedly so that each person receives a share. With fairness, we meet everyone's needs. We listen to the views of others with openness, and expect to be heard with equal respect. We don't focus on who is right but on what is right for all concerned. Without bias, favoritism or prejudice, we level the playing field. We are in process of the rights of others as we are of our own. We seek not to respond but to respond. We are lovers of justice.



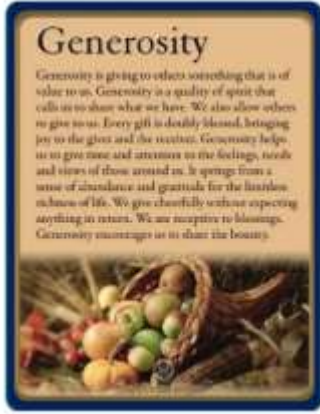
We at Community Co-op have been providing a variety of services to numerous patrons since 1926! In that respect we believe that Fairness is a great virtue for our Cenex Convenience Store. We do our best to treat all of our patrons with the same great service with Fairness in mind at all times.

Cenex Gas/Convenience Store

28 Division St E
Rhonda Endriss, Manager
Deb Lenway
507-334-2458
kellyw@faribaultcommunitycoop.com
<https://www.faribaultcommunitycoop.com/>


Business Hours

Mon-Sat	6:00am-10:00pm
Sun	7:00am-10:00pm



Generosity

Generosity is giving to others something that is of value to us. Generosity is a quality of spirit that calls us to share what we have. We also allow others to give to us. Every gift is doubly blessed, bringing joy to the giver and the receiver. Generosity helps us to give time and attention to the feelings, needs and wishes of those around us. It springs from a sense of abundance and gratitude for the richness of life. We give cheerfully without expecting anything in return. We are receptive to blessings. Generosity encourages us to share the bounty.



The Cheese Cave / Caves of Faribault
Kristi Deling, Courtney Cowan, Jill Ellingson, Rueben Nilsson, Tyler Wiese


The Cheese Cave

318 Central Ave N,
Suite 6
Kristi Deling



507-334-3988
manager@cheesecave.net
<http://cheesecave.com>

Business Hours

Sun, Mon	Closed
Tue, Wed, Thu	10:00am-7:00pm
Fri, Sat	10:00am-8:00pm



Reliability
Reliability is being dependable. Others can rely on us to be responsible. We genuinely care about keeping our commitments. When we say we will do something, we do it in a predictable way without forgetting or having to be reminded. We stand behind our word, so we can give fully to what we choose to do. We finish our work. No shortcuts can stop us from going our way. When friends need us, we are there. We are promise-keepers.

Back row: Kelley, Brad, Rick
Middle row: Kathy, Lisa, Wendy
Front: Terra

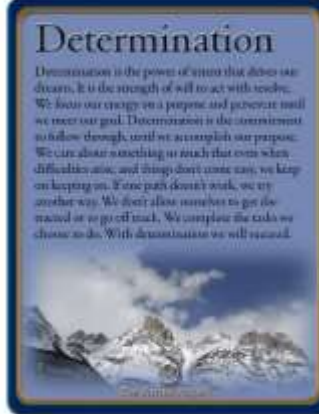
Community Co-op Where the customers are the company.
Family Serving Since 1985
9 Central Ave N, 334-2056

Community Co-op Oil



9 Central Ave N
Lisa Karl, General Manager
Kelley Watts, Office Manager
507-334-2056
kelleyw@faribaultcommunitycoop.com
<http://www.faribaultcommunitycoop.com/>

Business Hours

Mon-Fri	7:30am-5:00pm
Sat	7:30am-12:00pm
Sun	Closed



Determination
Determination is the power of vision that drives one dreams. It is the strength of will to act with resolve. We focus our energy on a purpose and persevere until we reach our goal. Determination is the commitment to follow through until we accomplish our purpose. We care about something so much that even when difficulties arise, and things don't come easy, we keep on keeping on. If one path doesn't work, we try another way. We don't allow ourselves to get discouraged or go off track. We complete the tasks we choose to do. With determination we will succeed.

Crack of Dawn Bakehouse
Chris & Lori Momberg
www.crackofdawnbakehouse.com


Crack of Dawn Bakehouse & Market





209 Central Ave N
Chris & Lori Momberg
507-400-7113
hello@crackofdawnbreads.com
www.crackofdawnbakehouse.com

Business Hours

Sun, Mon, Tue, Wed	Closed
Thu	7:30am-1:30pm
Fri	7:30am-1:30pm
Sat	7:30am-1:30pm



Optimism
Optimism is a positive, cheerful outlook. When we are optimistic, we are hopeful even when others have lost faith. We believe that good has the power to prevail over evil. We do not allow ourselves to be victimized by setbacks or losses. We embrace challenges with confidence and vitality. We are solvers, not complainers. In the midst of dark times, we look to the future with a vision of what is possible. We trust that everything works together for good. Nothing can destroy our hope.

Cory Evenstad Insurance
401 Central Ave N

Cory Evenstad Insurance

401 Central Ave N
Cory Evenstad
507-332-9644
evenstadinsurance@gmail.com
Facebook

Business Hours

Mon-Thu	9:00am-5:00pm
Fri	9:00am-3:00pm
Sat, Sun	Closed



Purposefulness
Purposefulness is being aware that each of us is here for a reason. We value our lives by discovering the part we are uniquely meant to play. We discern our mission and focus on it mindfully. We visualize it happening. We set goals and achieve them step by step, resisting distraction. We give each task single-minded concentration and excellence. We invest our full enthusiasm into even the simplest jobs. In the flow of our lives, there are many ups and downs, and setbacks and losses. Within it all, there are lessons to be learned and gifts to be shared. Purposefulness is finding the journey.




Jeff LaBeau
The Depot
311 Heritage Pl, 332-2825
depotbarandgrillfaribault.com

Depot Bar and Grill

311 Heritage Place #Place
Jeff Lebau
Tonya Dunn
507-332-2825
612-282-1591
cheffreythechef@gmail.com
<http://www.depotbarandgrillfaribault.com/>

Business Hours

Mon-Thu	11:00am-10:00pm
Fri, Sat	11:00am-12:00am
Sun	11:00am-9:00pm



Cleanliness

Cleanliness is treating our bodies with respect and care by keeping ourselves clean, fresh and healthy, eating pure foods and breathing fresh air. We strive to keep our spirit clean and our mind clear. We rid ourselves of habits that do not serve our dignity. We think and speak in ways that honor others and ourselves. Cleaning up our mistakes gives us a fresh start. When we forgive, we cleanse our hearts of negativity. We do our part to care for the earth. Cleanliness around us makes our world peaceful. Cleanliness within us brings more peace to the world.

The Virtue Project™




Dana, Deb, Kelly, Denise
DuFour Cleaners
 14 2nd St NW, 332-7143

Feel Good About How You Look

Minor alterations
Leather & rugs
Drycleaning


Pillow cleaning
Shirts starched
Wedding gown
preservation



Kindness

Kindness is caring that springs from compassion. We have genuine concern for the welfare of others. We are warm, friendly and ready to help. We listen for the truth beneath the words. We give tender attention in simple ways that bring others happiness. Kindness is the daily bread of love. When we feel angry, we resist the temptation to be cruel. We balance honesty with tact. We are good stewards of the earth and all living things. We remember to be kind to ourselves. When we fill our own cup, our kindness naturally overflows to others.

The Virtue Project™



Paul Erickson
Erickson Furniture

Erickson Furniture

30 5th St NW
 Paul Erickson
 507-334-4364
 rmerickson30@gmail.com
<http://erickson-furniture.com/>

Business Hours

Mon, Tue, Wed, Fri	9:00am-5:30pm
Thu	9:00am-8:00pm
Sat	9:00am-5:00pm
Sun	Closed



Dufour Cleaners
 14 2nd St NW
 Dana
 Deb, Kelly, Denise
 507-332-7143

dufourcleaners25@gmail.com
<https://www.dufourcleaners.com/>

Business Hours


Mon-Fri	7:30am-5:30pm
Sat	8:30am-1:00pm
Sun	Closed



Excellence

Excellence is giving our very best to any task we do and any relationship we have. Within us are many possibilities. Excellence honors our talents and turns them into gifts for the world. Excellence requires us to practice humility by learning from mistakes. Each time we do something, we seek to improve it, to keep raising the bar. Excellence is effort guided by a noble purpose. It is ongoing mastery. It flows when we are doing what we love. The perfection of a seed is the fruit that grows from it. Excellence is our best brings our gifts to fruition.

The Virtue Project™



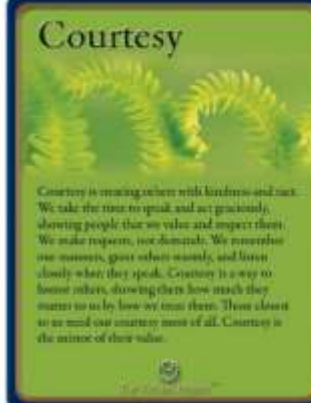
Cathy Soper, Cate Grinney, CFP®, and Beth Sammon
Edward Jones
 Making Sense of Investing-404 Heritage Pl

Edward Jones-Cate Grinney

404 Heritage Place
 Cate Grinney CFP®, Financial Advisor
 Beth Sammon, Sr Branch Office Administrator
 Cathy Soper, Sr Branch Office Administrator
 507-334-1666
cate.grinney@edwardjones.com
www.edwardjones.com

Business Hours


Mon-Fri	8:00am-5:00pm
Sat, Sun	Closed



Courtesy

Courtesy is treating others with kindness and tact. We take the time to speak and act graciously, showing people that we value and respect them. We make requests, not demands. We remember our manners, greet others warmly, and listen closely when they speak. Courtesy is a way to honor others, showing them how much they mean to us by how we treat them. There is no so real our courtesy must of all. Courtesy is the mirror of our value.

The Virtue Project™



John Pentecost – Grocery Manager
Jason Phelps – Market Manager
Fareway Meat & Grocery

FAREWAY
 MEAT & GROCERY

Fareway Foods Meat & Grocery

430 2nd Ave NW
 Almir Beganovic – **NEW** Store Manager
 Jason Phelps, Market Manager
 Cody Peck, Assistant Manager
 Chris German, Assistant Manager
 507-334-1661
<http://www.fareway.com>

Business Hours

Mon to Sat	7:00am-9:00pm	Sun Closed
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Independence

Independence is confident self-reliance. We have the courage to see reality with our own eyes and not through the eyes of others. We dare to be our true selves. We make decisions without undue influence from others. We responsibly care for ourselves. We enjoy intimacy without commitment. We do not depend on another to define our value, or love ourselves to love. We bring ourselves fully to a relationship yet honor the boundaries that protect each other's dignity. We stand on our own holy ground.

The Virtues Project



When Americans think about independence, they think about the Fourth of July. What better virtue for a publishing company than one that conjures thoughts of freedom and the ideals of our forefathers?

The Faribault Daily News
is committed to being an independent voice, serving the greater Faribault/Rice County area.

Faribault Daily News

514 Central Ave N
507-333-3100
www.faribault.com

Chad Hjellming, Publisher,
chjellming@faribault.com
Mark Nelson, Advertising Manager,
mnelson@faribault.com
Suzy Rook, Managing Editor,
editor@faribault.com

Business Hours

Mon-Fri 9:00am-5:00pm
Sat, Sun Closed



Initiative

Initiative is originality and creativity in action. When we have initiative, we boldly express new ideas, discover a new method, or find a different way to solve a problem. We lead our lives responsibly. We don't wait for others to respond to or pressure us into action. We accept responsibility as an engaging opportunity to apply our own ideas. We spring to a challenge with enthusiasm. We call on discernment to figure a new way. We use our creativity to bring something new into the world. With initiative, we dare to be original.



Kelly Nygaard
Faribault Main Street Program
530 Wilson Ave, 334-4381
faribaultmainstreet.org
To learn more and get involved in Faribault Main Street, contact Kelly.



Faribault Main Street Program

530 Wilson Ave
Kelly Nygaard
Nort Johnson
507-334-4381
kelly@faribaultmn.org
<http://www.faribaultmainstreet.org/>

Business Hours

Varies by appointments and meetings



Tolerance

Tolerance helps us to accept differences and find us from being judgemental. It is recognizing that all people have feelings, needs, hopes and dreams. Tolerance is an appreciation for diversity, whether of culture or temperament. It leads to unity. It is being patient and forgiving when others make mistakes, while calling on discernment to know when to stand up for justice. Tolerance is accepting things that we wish were different with humor and grace. It allows us to embrace the pain as well as the joys of life.



FARIBAULT DIVERSITY COALITION
www.faribaultdiversitycoalition.org
514 Central Ave N, Faribault, MN 55007

Faribault Diversity Coalition

324 Central Ave N
Gordon Liu, Executive Director
507-384-3838, 651-239-0655
info@faribaultdiversitycoalition.org
<http://faribaultdiversitycoalition.org/>

Business Hours

Mon-Thu 9:00am-6:00pm
Fri, Sat, Sun By appointment only
Hours vary, but in general they are the above.



Service

Giving our gifts to be of service is the fullest expression of our lives. Each day, we find a multitude of ways to be useful. Whatever we may achieve, the quality of our own life comes from the quality of our contribution. First and foremost we serve our loved ones. We notice what others need, discover their wishes, and respond helpfully. We don't wait to be asked. A spirit of service enriches whatever we do with excellence. We give our very best effort. People who want to be of service can change the world.



Faribault Parks and Recreation Maintenance Staff

Faribault Parks & Rec Department

15 Division St W
Paul Peanasky
507-334-2064
ppeanasky@ci.faribault.mn.us
www.Faribault.org/parks

Business Hours (Community Center)

Mon-Thu 5:30am-8:00pm
Fri 5:30am-8:00pm
Sat 8:00am-5:00pm
Sun 12:00pm-6:00pm

Hope

Hope is looking to the future with trust and faith. It is optimism in the face of adversity. Without hope, we have not will to live fully. Hope gives us the courage to keep moving forward. It can be elusive when we have suffered defeat, yet it is the light that can redeem our dreams. With hope, we know we are not alone. There is always help when we are willing to ask. There are gifts to be gleaned from all that happens. With hope, we find the confidence to try and try again.

Hope: NOUN 1. A feeling of expectation and desire for a certain thing to happen. 2. A feeling of trust.

The Faribault Police Department has HOPE that we can be an example to the Nation about coming together as a community. We value the TRUST we have for one another and the relationship we have with all citizens in the City of Faribault.



Faribault Police Dept

25 4th St NW

507-334-4305

www.faribault.org/149/Police

Andy Bohlen, abohlen@ci.faribault.mn.us

Neal Pederson, npederson@ci.faribault.mn.us

Jason Severson, jseverson@ci.faribault.mn.us

Business Hours

Mon-Fri 8:00am-4:00pm
Officers are available 24x7 at 334-4305
or phone 911

Patience

Patience is quiet hope and faith that things will turn out right. We trust the process of life. We are not hasty. We do not rush or allow ourselves to be overcome by pressure. Patience helps us to endure things we cannot control with a peaceful heart. We respond to mistakes or delays, not with judgment but goodness. We recognize the lessons that come through waiting, and receive them as gifts, switching with those waiting. Patience brings acceptance. It calls us to be still in the moment, to be gentle and so listen deeply. Patience soothes our souls.

Jeremy Chavis
Sales & Service all Makes & Models
16 NW 4th St, 332-7489
www.Faribaultvacuum.com
FARIBAUT VACUUM & SEWING CENTER
My Grandmother always said "Patience is a Virtue."

Faribault Vacuum & Sewing Center

16 4th St NW

Jeremy Chavis

Bill Chavis

507-332-7489

faribaultvacuum@gmail.com

<https://faribaultvacuum.com/>

Business Hours

Mon-Fri 9:00am-5:30pm
Sat 10:00am-4:00pm
Sun Closed

Gentleness

Gentleness is an attitude of tenderness and love toward people and the world around us. Gentleness flows from a desire not to harm anyone or anything. In its presence all are safe. It takes strength to call on the self-control that gentleness requires, particularly when we feel hurt or angry. Being gentle with ourselves helps us to be more forgiving and kind to others as well. Gentleness makes room for an embrace. Gentleness is loving words, reaching softly, speaking quietly and thinking kindly. Taking time for gentle activities nurtures our souls.

Milo & Margaret Larson Chris Bliss

1989 - 29 Years - 2018

Faribault Print Shop

402 Central Ave N

Chris Bliss

Milo Larson

507-334-4448

507-334-5712 fax

chrsb09@gmail.com

fpsmster@gmail.com

<http://www.faribaultprintshop.com/>

Business Hours

Mon-Fri 8:00am-5:00pm
Sat, Sun Closed

Charity

Charity is a giving heart, a generous way of viewing others and caring for their needs. Unless we are charitable, we must how much excellence we require, it is without purpose. Charity springs from compassion for the suffering of others, even those we don't know. Charity moves us, and we respond to their needs, giving help and kindness. We make a genuine difference in their lives. When we are charitable, we don't judge others. We give them the benefits of the doubt. Charity is caring made manifest. It begins with those closest to us and includes ourselves. Charity creates a circle of love.

Patrick Andreas
FARMERS INSURANCE
17 2nd St NE 507-331-9500
pandreas@farmersagent.com

Andreas Agency-Farmers Insurance

17 2nd St NE

Patrick Andreas

Cindy Shirkey

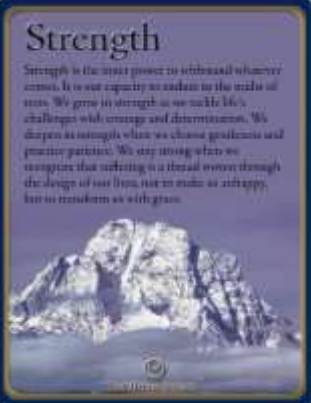
507-331-9500

pandreas@farmersagent.com


cindy.pandreas@farmersagency.com

<http://www.farmersagent.com/pandreas>

Auto, Home, Life, RVs, Umbrella, and Commercial
Business Insurance, Financial Services, Mutual
Funds, Retirement Plans, College Savings



Strength
Strength is the inner power to withstand whatever comes. It is our capacity to endure in the midst of stress. We grow in strength as we tackle life's challenges with courage and determination. We discover its strength when we choose persistence and practice patience. We stay strong when we recognize that suffering is a thread woven through the design of our lives, not an obstacle to shun, but a transformer as with grace.



Fernbrook Family Center
Innovative Strategies to Build Relationships and Transform Lives. Competitive, Collaborative, Creative, Committed.
410 Central Ave, 331-3454

Fernbrook Family Center

410 Central Ave N
Liz Cronin
Mary Morgan
507-331-3454
lcronin@fernbrook.org
mmorgan@fernbrook.org
<http://fernbrook.org/>

Business Hours

Mon-Fri 8:00am-5:00pm
Sat, Sun Closed



Perseverance
Perseverance is the will to carry on. Once we discover our true direction, we may the course for however long it takes, regardless of obstacles that arise. When creativity inspires us, we do the work required to bring it to fruition. We patiently pursue our goals, remaining steadfast and focused. We persevere with a task until it is completed. People can trust us to finish what we start. When our relationships are tested, we have the commitment to work things through. We are determined to succeed.




Sami Mechura
212B Central Ave N, 384-1349
Daily smoothie bar & nutrition coaching
Have You Had Your Fierce Nutrition Today?

Fierce Nutrition


212 Central Ave N #B
Sami (Samantha) Mechura
507-384-1349 or 507-491-3260
sami.mechura@gmail.com
Facebook

Business Hours

Mon-Fri 7:00am-5:00pm
Sat, Sun Closed



Flexibility
Flexibility is the ability to adapt and change amid the fluctuating circumstances of life. We go with the flow, seeing the choices, challenges, and opportunities in all that happens. We do not insist on our own way. We are open to the opinions and feelings of others. When the unexpected comes, we rise to the challenge with patience and confidence. We are willing to change unproductive habits. We seek imaginative new ways to do things. The winds of change may bend us but they only make us stronger. We are willing to grow. We enjoy spontaneity. We welcome surprises.



Flexibility allows Fette Electronics to evolve with technology and people needs.

Fette Electronics

205 Central Ave N
Kim, Dave, Dave Jr, Mike & Roger
507-334-3412
fette@hickorytech.net
<http://www.fetteelectronics.com/>

Business Hours

Mon, Tue, Wed, Fri 8:30am-5:30pm
Thu 8:30am-8:00pm
Sat, Sun Closed



Perceptiveness
Perceptiveness is clarity of insight. It is being observant of what is beneath the surface and looking for the deeper meaning. When we are perceptive, our understanding is intuitive and discerning. We slow down time ourselves. We perceive the nuances of meaning in an idea or a situation. We strive to see what is truly going on. We are thoughtful and considerate. Above all, we offer others the gift of being heard and understood. We are mirror to their souls.



Tasha & Camille
18 2nd St NE, 334-0433

At Finally a Gift Store we strive to make insightful choices for our store. Our staff is good at seeing and understanding the wants and needs of our customers.

Finally a Gift Store

18 2nd St NE
Camille, Store Manager
Tasha, Assistant Manager
507-334-0433
camillemccarthy11@gmail.com
Facebook.com/FinallyAGiftStore

Business Hours

Mon Closed
Tue-Sat 9:08am-5:22pm
Sun 8:57am-3:03pm




Cooperation

Cooperation is working together for the good of all. It is the willingness to stand side by side and use the different gifts each of us has to offer. We seek common goals in service of a unified vision. We bind our abilities to create something none of us could achieve alone. Conflict and competition drive us. Cooperation can fuel our dreams. With cooperation, we help one another to share the load. We willingly do tasks that others ask of us. We look for ways to be helpful and ask for help when we need it. We do not isolate or isolate our loneliness. Together we accomplish greater things.



Art that has been handmade with love by Minnesota artists.

Fleur de Lis Gallery
Jessica Prill



Fleur de Lis Gallery
219 Central Ave N
Jessica (Jess) Prill
952-905-6270
jlprill78@gmail.com
Facebook

Business Hours

Mon, Tue, Wed, Sun Closed
Thu, Fri, Sat 10:00am-6:00pm



Devotion

Devotion is commitment to something we care about deeply. It is a passionate focus on one life's purpose. It is wholehearted service to an endeavor that we love. Devotion to those we love is a promise kept in daily ways to care for one another always. Discernment is the first step in discovering what is worthy of our devotion. What is my "yes"? What calls to me so strongly that I cannot resist, knowing that it is truly mine to do? When we are devoted, we give all we have and all that we are. Devotion is our true wealth.



Royal Ross, Larry Harn & Hailey Warner



G&H REAL ESTATE
REAL ESTATE SALES, LEASING & MANAGEMENT
303 NE 1st Avenue Suite 110
507-334-3499


We are devoted to serving downtown Faribault with our time, talents & treasures.

G & H Property Management

303 1st Ave NE #110
Royal Ross, Larry Harn, Hailey Warner
507-334-3499
royal@ghpropertyco.com, lharn@lmhappraisal.com
hharn@ghpropertyco.com, www.ghpropertyco.com/


Business Hours

Mon-Thu 8:30am-5:30pm
Fri 8:00am-4:00pm
Sat, Sun Closed



Sacrifice

Sacrifice is the willingness to give up something important for something more important. It means to "make sacred". When we sacrifice for those we care about, it is not a deprivation but a love offering. Sacrificing our time, our possessions, our personal comfort and our resources for something we care passionately about gives back to us a hundred fold. It is worth every drop of sweat and every wound we receive. It is in giving our all for a worthy purpose that we receive genuine prosperity.



Row 1: Michelle, Chris, Tara
Row 2: Tyson, Mark, Brad, Jack
Not pictured: Noah, Travis, Angela, Laron, Lynn, Nicole, Pastor Paul

22 4th St NE, 331-7677
Ftownbeer.com


We are a microbrewery, bringing back the great brewing tradition that was here over 50 years ago!

F-Town Brewing

22 4th St NE
Chris Voegele
507-331-7677
507-491-1669
chris@ftownbeer.com
http://www.ftownbeer.com/ftown/


Business Hours

Mon, Tue Closed
Wed, Thu 3:00pm-9:00pm
Fri 3:00pm-10:00pm
Sat 12:00pm-10:00pm
Sun 12:00pm-3:00pm




Certitude

Certitude is an attitude of faith, confidence and certainty. It is taking bold steps forward after discerning what we believe to be true, and knowing that all will be well. We don't allow the facts and ways of the world to control us. We have a higher calling. We lead our lives by moral principles. Certitude begins by deeply exploring a belief or decision through prayer and contemplation. When clarity comes, we act as if it is true. Certitude helps us to engage our will and take decisive action. Each step we take is sure and strengthening. Even if we stumble or fail, we don't allow doubt to distract us from what we know. Certitude helps us to be sure.



Gary L. Voegele



Gary L. Voegele, P.A.
102 4th St NW
334-2045
gary@glvlaw.com
www.glvlaw.com

Gary Voegele, P.A.

102 4th St NW
Gary Voegele
Joan, assistant
507-334-2045
gary@glvlaw.com
jmw@glvlaw.com
http://www.glvlaw.com/

Business Hours (Closed 12-1pm for lunch)

Mon-Fri 8:00am-5:00pm
Sat, Sun Closed





The Glass Garden Beads team
Kate Wolf, Amanda Annis,
Suz Klumb, Traci Karstens



Glass Garden Beads

318 Central Ave N #105

Suzanne (Suz) Klumb, Owner/Designer

Amanda Annis, Kit and Product Manager

Katie Wolf, Bead Stitcher Samples

Traci Karstens, Production Helper

507-645-0301, glassgardenbeads@gmail.com

<https://glassgardenbeads.com/>

Business Hours

Mon, Tue, Wed, Fri 11:00am-5:30pm

Thu 11:00am-8:00pm

Sat 10:00am-4:00pm

Sun 12:00pm-4:00pm





Gran Plaza Mexican Grill
520 Central Ave N, Faribault MN 55021

Our children are the fruit of our next generations. That is why we are here, ready to serve you & your family at our family-friendly restaurant.

We're open Sunday - Tuesday from 11-9 & Wednesday - Saturday 11-10.



Gran Plaza Mexican Grill

520 Central Ave N

Salvador Robles

507-333-1344


conejochava@hotmail.com


<http://www.granplazagrill.com/>

Business Hours

Sun, Mon, Tue 11:00am-9:00pm

Wed, Thu, Fri, Sat 11:00am-10:00pm





Steven Bock and the guys at Glenn's Towing & Service
628 Central Ave, Faribault 507-334-4202



Glenn's Towing and Service (24/7 towing)

628 Central Ave N

Steven Bock, 507-334-4202

info@glennstowing.net

steve@glennstowing.net

<http://www.glennstowing.net>

Business Hours

Mon-Fri 7:00am-8:00pm

Sat 8:00am-5:30pm

Sun Closed





Grit & Grace is a place for all women to come build the confidence they deserve and create a life they love -- whether it is through our life coaching or a purchase from our unique gift store. -Mallory Fuchs

Grit & Grace

212 Central Ave N #A

Mallory Fuchs

507-271-5089

gritandgracewithmallory@gmail.com

Facebook

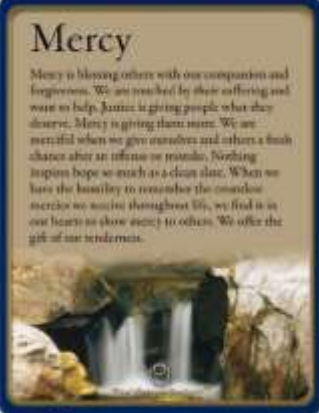
Business Hours

Sun, Mon, Tue, Wed Closed


Thu 11:00am-7:00pm

Fri 11:00am-5:00pm

Sat 9:00am-12:00pm



Mercy
Mercy is blessing others with our compassion and forgiveness. We are touched by their suffering and want to help. Justice is giving people what they deserve. Mercy is giving them more. We are merciful when we give ourselves and others a fresh chance after an infirmity or mistake. Nothing inspires hope so much as a clean slate. When we have the humility to remember the countless mercies we receive throughout life, we find it in our hearts to show mercy to others. We offer the gift of our tenderness.



Jason Hoffman John Hamer

HOFFMAN, HAMER & ASSOCIATES PLLC

118 1st Ave NE, 507-332-4001
jason@jphoffmanlaw.com
jhamer@jphoffmanlaw.com
www.jphoffmanlaw.com

Hoffman, Hamer & Associates, PLLC

118 1st Ave NE

Jason P Hoffman Esq.

John A Hamer Esq.

John D Scott Esq.

507-332-4001

info@jphoffmanlaw.com

<https://www.jphoffmanlaw.com/>


Business Hours

Mon-Fri


8:00am-4:30pm

Sat, Sun

Closed



Forgiveness
Forgiveness is overlooking mistakes and letting go of resentment. Forgiveness flows as from the seedbed past of letting a hurt over and over. Forgiveness doesn't make a wrong choice right; it brings the generosity of spirit to release it. Forgiveness can heal even the worst grievance or offense. It brings a brand opportunity for a clean start. Accepting Christ, forgiveness transforms our hopeless pain into reality. Self-forgiveness allows us forward, ready to do things differently, with compassion for ourselves and faith that we can change. Forgiveness opens the door of hope.



Front: Kaelynn Bauer, Nicole Kotak
Back: Leslie Reynolds, Dr. Lisa Humfeld-Wilson, Abigail Stroup

Humfeld Chiropractic & Nutrition Center
119 Central Ave, 333-5388
www.humfeldchiropractic.com

Improving Health - One Body At A Time. We help people live a healthier lifestyle by offering products and services that enable them to be in control of their own health, free from government and pharmaceutical care.

Humfeld Family Chiropractic & Nutrition Center

119 Central Ave N

Dr Lisa Humfeld-Wilson

Leslie Reynolds, Marketing Director

507-333-5388

info@humfeldchiropractic.com

leslie@humfeldchiropractic.com

<https://www.humfeldchiropractic.com/>

Business Hours

Mon, Tue, Wed, Thu 8:00am-5:00pm

Fri, Sat

By appointment only

Sun

Closed



Helpfulness
Helpfulness is doing useful things for others -- things that make a difference to them, no matter how small. It is taking the time to be thoughtful, reflecting on what people truly need and assisting them respectfully. We help others by doing things they cannot do for themselves. It is often easier to give help than to receive it. It takes courage to ask for help when we need it. There is always plenty of help when we are willing to ask. When we work selflessly to benefit the lives of others, we always bless our own.



Jessica A. Hafemeyer, Attorney at Law
315 Central Ave., (507) 384-3215
jessica@hafemeylaw.com

H
Jessica A. Hafemeyer Law Office, P.A.

Jessica A Hafemeyer P.A

NEW FIRM, ADDRESS, PHONE, EMAIL

415 Second Avenue NW

Faribault, MN 55021

507-332-7483

jessica@braden.law

www.braden.law

Business Hours

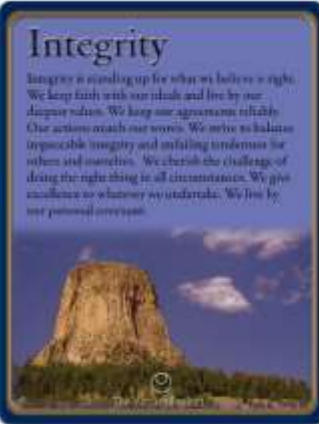
Mon, Tue, Wed, Thu 8:30am-4:30pm

Fri


8:30am-2:30pm

Sat, Sun

Closed



Integrity
Integrity is standing up for what we believe is right. We keep faith with our ideals and live by our deepest values. We keep our agreements reliable. Our actions match our words. We strive to balance impeccable integrity and unfailing tenderness for others and ourselves. We cherish the challenge of doing the right thing in all circumstances. We give ourselves no whitewash or underhanded. We live by our personal convictions.



Donn Johnson @johnsonadvisorsmn.com 507-338-1733
Mitch Anderson manderson@woodburyfinancial.net 507-331-3737
www.johnsonadvisorsmn.com

"Integrity is doing the right thing even when no one is watching."

Johnson Advisors

116 Central Ave N

Donn Johnson

507-334-1733

djohnson@woodburyfinancial.net

Mitch Anderson

507-331-3737

manderson@woodburyfinancial.net


<http://johnsonadvisorsmn.com/>

Business Hours

Mon-Fri


8:30am-4:30pm

Or by appointment




Grace

Grace is our connection to the Divine, a sense that we are loved and provided for in all circumstances. It is opening ourselves to beauty. Grace inspires us to give unconditional love to others. When we are gracious and dignified, others are drawn to our company. With grace, we can turn every circumstance and relationship into a thing of beauty. We grow in grace when we treat others with dignity, kindness and courteous concern, and whenever we forgive. As we connect deeply with grace, we become the presence of grace to others.



Theresa Pitt



Antiques, Retro, Vintage, weird stuff & cool junk is what my shop is all about! I also carry a unique gift line of Faribault & Minnesota items.

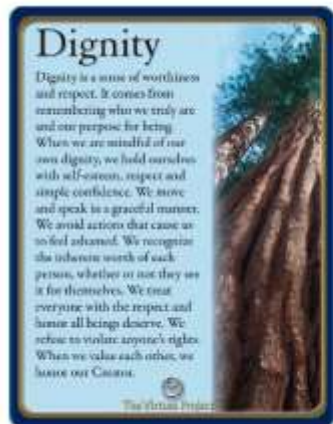
316 1st Ave NW, 339-0430
Open Friday 12-5 & Saturday 10-3

Junk Monkey

316 1st Ave NW
Theresa Pitt
507-339-0430
tpitt2388@gmail.com
Facebook


Business Hours

Sun to Thu	Closed
Fri	12:00pm-5:00pm
Sat	10:00am-3:00pm



Dignity

Dignity is a sense of worthiness and respect. It comes from remembering who we truly are and our purpose for being. When we are mindful of our own dignity, we hold ourselves with self-esteem, respect and simple confidence. We move and speak in a graceful manner. We avoid actions that cause us to feel ashamed. We recognize the inherent worth of each person, whether or not they see it for themselves. We treat everyone with the respect and humor all beings deserve. We refuse to violate anyone's rights. When we value each other, we honor our Creator.



Nona & Bill Boyes

Keepers Antiques

Open Wednesday-Saturday 10 AM – 4 PM
Historic Downtown Faribault
224 Central Ave, 334 7673


We buy and sell general line antiques

Keepers Antiques

224 Central Ave N
Nona & Bill Boyes
507-334-7673
bill.boyes80@gmail.com
Facebook

Business Hours

Sun, Mon, Tue,	Closed
Wed, Thu, Fri, Sat	10:00am-4:00pm



Zeal

Zeal is passion for a purpose we deeply value. We follow a course of what is possible with enthusiasm and intent. When we are zealous, we give our all. Zeal is fueled by our belief and faith. We do all that we can to serve a cause we believe in because we know we need tolerance as the fuel for our zeal and when others' beliefs differ from our own. Zeal is being so something, we agree, nothing. Zeal is the fire in our belly. It illuminates even the darkest rock with joy.



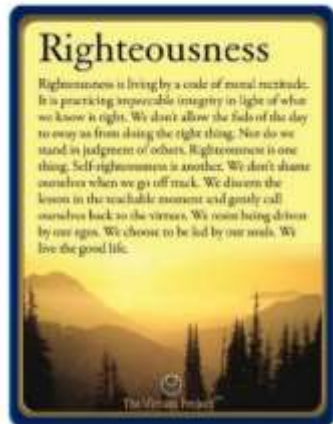
Paul Shea
Operations Manager
Power 96 Morning Show
Power 96/KDHL

KDHL AM/Power 96 FM Radio

601 Central Ave N
Paul Shea
Rolf Pepple
507-334-0061 business line
507-333-4222 studio line
paul.shea@townsquaremedia.com
<http://kdhlradio.com/>
<http://power96radio.com>


Business Hours

Mon-Fri	8:00am-4:00pm
Sat, Sun	Closed



Righteousness

Righteousness is living by a code of moral rectitude. It is practicing impeccable integrity in light of what we know is right. We don't allow the fads of the day to sway us from doing the right thing. Nor do we stand in judgment of others. Righteousness is one thing. Self-righteousness is another. We don't shame ourselves when we go off track. We discern the lessons in the teachable moment and gently call ourselves back to the virtues. We come being driven by our eyes. We choose to be led by our souls. We live the good life.



Debbie A. Korman, Attorney
Korman & Korman, Ltd.

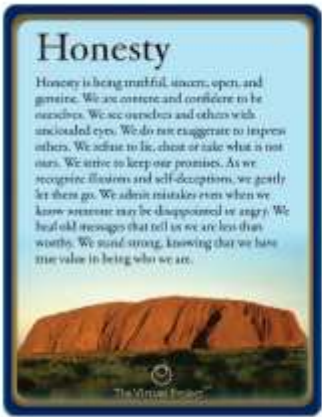
Estate Planning and Real Estate
504 Central Ave 507-334-5534
fax 507-334-5535

Korman & Korman Law Office

504 Central Ave N
Debbie Korman
507-334-5534
kormanandkorman@hotmail.com


Business Hours

Mon-Fri	8:00am-5:00pm
Sat, Sun	Closed



Honesty

Honesty is being truthful, sincere, open, and genuine. We are content and confident to be ourselves. We see ourselves and others with unclouded eyes. We do not exaggerate to impress others. We refuse to lie, cheat or take what is not ours. We strive to keep our promises. As we recognize illusions and self-deceptions, we gently let them go. We admit mistakes even when we know someone may be disappointed or angry. We heed old messages that tell us we are less than worthy. We stand strong, knowing that we have true value in being who we are.



La Regia Mexican Grocery
Hugo Ruiz Lugo
 229 Central Ave, 332-6818
 Hugo_Ruiz13@hotmail.es

La Regia Mexican Grocery Store

229 Central Ave N
 Benjamin Quila
 Hugo Ruiz Lugo
 507-332-6818
 benja64.quila@gmail.com
 hugo_ruiz13@hotmail.es
 Facebook

Business Hours

7 Days a Week 9:30am-9:00pm



Accountability

Accountability is the willingness to stand in responsibility for every choice. It is acting with integrity, doing what we say we will do. When we make a mistake we do not seek to hide it or avoid it. We have the courage to face it willingly. We are open to the lessons it can bring, and ready to make amends. With accountability, people can rely on us, because we are answerable for our actions. We appreciate both the good we have done and the good to be gleaned from the choices that do not turn out right. We are guided by our highest standards.



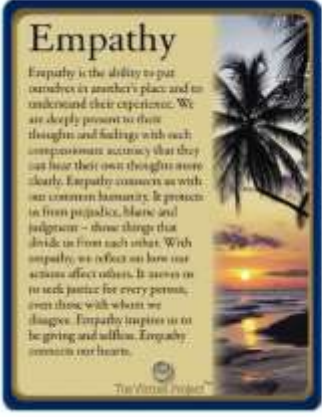
Todd Trembley & Travis Seeger
Milltown - 311 Central Ave
 We won't be perfect, but we'll be accountable. We will provide you with value in the service we offer and products we sell. We will seek every opportunity to make your experience with us enjoyable. We will earn your trust. Guaranteed.

Milltown

311 Central Ave N
 Travis Seeger, Todd Trembley
 507-331-2636
 info@milltownsports.com
<https://www.milltownsports.com/>


Business Hours

Mon-Fri	9:00am-6:00pm
Sat	9:00am-4:00pm
Sun	Closed



Empathy

Empathy is the ability to put ourselves in another's place and to understand their experience. We are deeply present to their thoughts and feelings with such compassionate accuracy that they can hear their own thoughts more clearly. Empathy connects us with our common humanity. It protects us from prejudice, blame and judgment - those things that divide us from each other. With empathy, we reflect on how our actions affect others. It moves us to seek justice for every person, even those with whom we disagree. Empathy inspires us to be giving and selfless. Empathy connects our hearts.



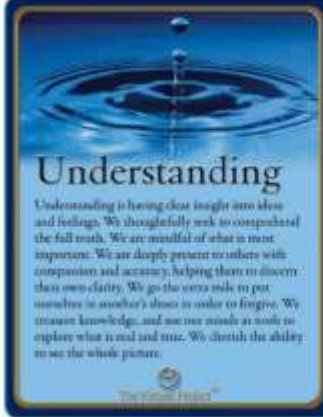
Dr. Nathan Porath & Dr. Maliah Petty
Midwest Dental
 412 Heritage Place 507-334-7595
 We look forward to caring for you and your family!

Midwest Dental

412 Heritage Place
 Dr Nathan Porath
 Dr Maliah McGraw
 Sue Hortop
 507-334-7595
 faribault@midwest-dental.com
<https://midwest-dental.com/>


Business Hours

Mon, Wed	8:00am-5:00pm
Tue	9:00am-6:00pm
Thu	7:00am-5:00pm
Fri	7:00am-12:00pm
Sat, Sun	Closed



Understanding

Understanding is having clear insight into ideas and feelings. We thoughtfully seek to comprehend the full truth. We are mindful of what is most important. We are deeply present to others with compassion and accuracy, helping them to discern their own clarity. We go the extra mile to put ourselves in another's shoes in order to forgive. We increase knowledge, and use our minds as tools to explore what is real and true. We cherish the ability to see the whole picture.



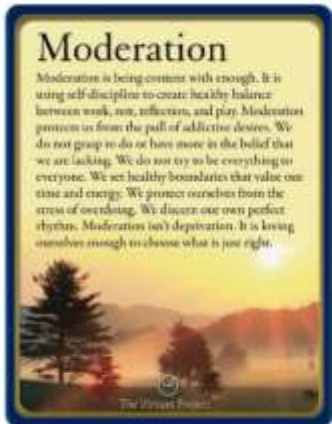
Keri Simon LMT
 (& husband Josh)
MyoHealth Massage LLC
 418 Heritage Place Suite A
 507-210-9603
 kerijosimon@gmail.com
<http://myohealth.massagetherapy.com>

MyoHealth Massage


418 Heritage Place #A
 Keri Simon
 507-210-9603
 kerijosimon@gmail.com
<http://myohealth.massagetherapy.com/>

Business Hours

By appointment only



Moderation
Moderation is being content with enough. It is using self-discipline to create healthy balance between work, rest, reflection, and play. Moderation protects us from the pull of addictive desires. We do not grasp to do or have more in the belief that we are lacking. We do not try to be everything to everyone. We set healthy boundaries that value our time and energy. We protect ourselves from the stress of overdoing. We discover our own perfect rhythm. Moderation isn't deprivation. It is loving ourselves enough to choose what is just right.



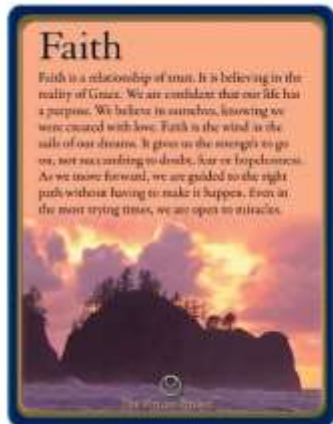
**Francisco DelaGarza &
Daniel Beckmann**
Old Towne Salon
13 3rd St NW, 334-2237
Tue-Fri 11 am - 6 pm,
Sat by appt

Old Town Salon


13 3rd St NW
Francisco Dela Garza
Daniel Beckman
507-334-2237
danielbeckmann@hotmail.com
Facebook

Business Hours

Tue, Wed, Thu, Fri	11:00am-6:00pm
Sat, Sun, Mon	Closed



Faith
Faith is a relationship of trust. It is believing in the reality of Grace. We are confident that our life has a purpose. We believe in ourselves, knowing we were created with love. Faith is the wind in the sails of our dreams. It gives us the strength to go on, not succumbing to doubts, fear or hopelessness. As we move forward, we are guided to the right path without having to make it happen. Even in the most trying times, we are open to miracles.



Paul Swenson
Capturing Memories for 42 years!
paulswensonphotography@gmail.com

Paul Swenson Photography

327 Central Ave N
Paul Swenson
Christa Swenson
507-332-6751
paulswensonphotography@gmail.com
<http://www.paulswensonphotography.com/>

Business Hours

Tue, Wed, Thu	9:00am-5:00pm
Fri, Sat	And by appointment
Sun	Closed



Acceptance
Acceptance is embracing life on its own terms. We are open to what is, rather than wishing for something different. We face the truth in all circumstances with honesty and courage. Acceptance helps us to bend without breaking to the winds of time, to gather the lessons and step forward with new wisdom and awareness. We affirm others and ourselves for the qualities we do have and avoid judgement and criticism for what we don't have. Accepting myself allows me to enjoy what I have in the world.



Paradise Center for the Arts
Kristen Twitchell Executive Director
Julie Fakler Operations Manager
Katie Schaumann Guest Services & Marketing Coordinator

Paradise Center for the Arts

321 Central Ave N
Kristen Twitchell ED, Julie Fakler & Katie Schaumann
Vicki Neitge, Sara Caron, Jennifer Kluzak
507-332-7372, info@paradisecenterforthearts.org
<http://www.paradisecenterforthearts.org/>

Business Hours

Sun, Mon	Closed
Tue, Wed, Fri, Sat	12:00pm-5:00pm
Thu	12:00pm-8:00pm



Serenity
Serenity is tranquility of spirit. It is an abiding sense of trust and faith that all is well. In the midst of trials, we are accepting and resilient. We go with the flow. We practice stillness, reflection and mindfulness. Serenity gives us lucidity of thought and allows us to detach from strong emotions that can cloud our judgment. We do not allow worry or fear to throw us off balance. We cultivate peaceful personas. We are able to be the calm in the wind.



**Mickey "the Don" Duskin
Tony "Big Concrete" Stephens
Frank "CanrcKid" Marzario**
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We Are A Team! That's why we are #1
Pawn Minnesota



Pawn Minnesota

230 Central Ave N
Frank Marzario

507-384-3777
frankmarzario@gmail.com
<http://pawnmn.com/>

Business Hours

Mon-Sat	9:00am-6:00pm
Sun	Closed



Commitment

Commitment is caring deeply about a person, a goal or a belief. Once we discern a direction, we go for it wholeheartedly. We don't hold back, second-guess our decision or hesitate to act on it fully. We set goals and achieve them. We set promises and keep them. We go the extra mile. We are faithful to our relationships and don't allow problems to make us waver. Keeping our commitments strengthens our inner strength. It deepens our capacity to carry responsibility with grace.



Amanda Maeyaert - Branch Manager and
Jayne Vasejka - Staffing Specialist

PeopleReady's TrueBlue Company is Connecting People & Work!
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PeopleReady

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Amanda Maeyaert
507-334-4099
3413-br@peopleready.com
<https://www.peopleready.com/locations/faribault-mn-3413>

Business Hours

Mon-Fri 7:30am-5:30pm
Sat, Sun Closed



Trustworthiness

Trustworthiness is being worthy of the trust others place in us. When we give our word, we stand by it. Others can rely on us with confidence. We demonstrate by our actions that we keep our promises and commitments. There is consistency in the way we love and live in the bonds of our friendships. Trustworthiness is the foundation of our business operations and our personal lives. When we are worthy of trust, we attract abundance. We create lasting success.




RICE COUNTY MUTUAL INSURANCE COMPANY
Robin Herrley, Manager
"Fire Insurance For Farm & Home, Since 1895"
23 NW 3rd Street 334-8145

Rice County Mutual Insurance Company

23 3rd St NW
Robin Herrley
507-334-8145
ricecountymutual@outlook.com


Business Hours

Mon-Fri 8:00am-5:00pm
Sat, Sun Closed



Trust

Trust is having faith, hope and a positive outlook. Trust is believing in someone or something. We have confidence that the right thing will come about without trying to control it or make it happen. We trust others to do what they say they will do, and give them the space to be trustworthy. Sometimes it is difficult to trust when life brings painful experiences. Trust is being sure, in the depths of our being, that there is some gift or learning in everything that happens. We move confidently with the flow of life, gathering strength from adversity. We know we are never alone.



Reed Rimpila, Owner
Reed's Central Auto Repair
505 Central Ave

Reed's Central Auto Repair

505 Central Ave N
Reed Rimpila
507-332-8358
centralautorepair@hotmail.com
<http://www.reedscentralautorepair.com/>

Business Hours

Mon, Tue, Wed, Thu 8:00am-5:00pm
Fri 8:00am-4:00pm
Sat, Sun Closed



Forbearance

Forbearance is patience, forbearance and acceptance under trying circumstances. We welcome hardship with good grace. We quietly call on our self-control. We are long-suffering in situations that we cannot control. We do not allow the trials of life to steal our joy. We extend forgiveness and understanding to others, knowing that we all have flaws and failures. We are forbearing with ourselves, humbly mindful of the times we fall short, ready to move forward to try again. Forbearance is the mortar that keeps our relationships resilient and strong.



Front: Deb Sonnek, Shannon Miller
Back: Kristie Akbar, Sarah Hall, Kristen Harbour

Rison Homes provides specialized service care at our 3 Corporate Adult Foster Care Homes and our 3 Customized Living - Housing w/ services establishments for individuals who qualify for DD, EIV, and CADI waivers or who have other special needs.

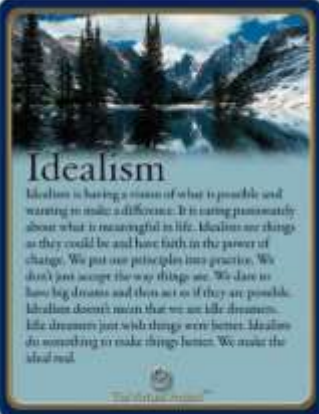
314 Central Ave, 332-0547

Rison Homes Inc

314 Central Ave N
Deb Sonnek
507-332-0547
dsonnek@qwestoffice.net
kakbar.rison@gmail.com
<https://www.risonhomes.com/>


Business Hours

Mon-Fri 8:00am-4:30pm
Sat, Sun Closed



Idealism

Idealism is having a vision of what is possible and wanting to make a difference. It is caring passionately about what is meaningful in life. Idealism are things as they could be and have faith in the power of change. We put our principles into practice. We don't just accept the way things are. We dare to have big dreams and then act as if they are possible. Idealism doesn't mean that we are life dreamers. Life dreamers just wish things were better. Idealism do something to make things better. We make the ideal real.



Ruf Acres Market
Ramon & Len



Creativity

Creativity is the power of imagination. We are open to inspiration, which ignites our creativity. With creativity, we are resourceful and innovative. We solve problems in new and surprising ways. We know how to play. We take time for dreaming. Dreaming our own special talent is a gift to the world, whether making a meal, playing a sport, or creating a craft. Creativity connects us to beauty of sound, design, color, movement, shape and words, and allows us to bring something new into the world. Creativity brings our gifts to fruition.



Stacey Roufs
Owner - Artist - Designer
The Savvy Brush



Ruf Acres Market

220 Central Ave N #100
Ramon Rguez Carrion
Len Sorstokke
507-323-8335
market@rufacresmarket.com

<https://www.rufacresmarket.com/>

Business Hours

Mon-Fri 10:00am-6:00pm
Sat 9:00am-5:00pm
Sun 11:30am-4:30pm



The Savvy Brush

318 Central Ave N #102
Stacey Roufs,
Owner-Artist
651-815-7723

Thesavvybrush@gmail.com
<http://www.thesavvybrush.com/home.html>

Business Hours

Sun-Thu Closed
Fri, Sat 11:00am-4:00pm



Enthusiasm

Enthusiasm is being filled with spirit. It means "God within". When we live with enthusiasm, we are excited about life and are open to the wonders each day holds. We do things wholeheartedly, with zeal and eagerness, looking nothing back. We allow the excitement of the moment to fill us. We enjoy good humor. We live in the moment and appreciate what we have, finding joy in simple pleasures. We are cheerful and optimistic about what is to come. Enthusiasm helps us to imagine what is possible. We follow our dreams with true joy.



L to R: Mickey Crippen, Brittni Paschke, Renae Krause, & Sandy Flom
Not pictured: Diane Wegner & Nie Thumert

Sandy Flom LLC
414 Central Ave, Suite A
(507) 333-3973
Info@FaribaultCPA.com
www.FaribaultCPA.com

Sandy Flom, CPA, CFP

Faribault CPA
414 Central Ave N, Suite A
Sandy Flom
507-333-3973
Info@FaribaultCPA.com
<https://www.faribaultcpa.com/>

Business Hours

Mon-Thu 8:00am-5:00pm
Fri 8:00am-5:00pm (but varies)
Sat, Sun Closed



Loyalty

Loyalty is unwavering commitment to the people and ideals we care about. We are resilient through good times and bad. Even when others disappoint us, we are resilient and forgiving. We invest in our relationships and do what it takes to keep them whole and strong. We stand by our true friends whenever the cost. We don't allow blind loyalty to lead us into trouble. Above all, we must be true to ourselves and loyal to what we know is right.



Renee Wunderlich & Tami Roloff

Signature Bar & Grill
201 Central Ave, 331-1657
www.sigbarandgrill.com

Signature Bar & Grill

201 Central Ave N
Renee Wunderlich, Bryan Schuenke
507-331-1657, 507-331-2493
buddynae48@gmail.com
bryanschuenke@gmail.com
<http://www.sigbarandgrill.com/>

Business Hours

Mon-Sat 11:00am-2:00am
Sun 3:00pm-11:00pm



Purity

Purity is living in a state of physical and spiritual health. We experience well-being by keeping our bodies and living spaces clean and fresh. Purification is a process. We free ourselves day by day from unwanted influences and addictive desires. We let go of what no longer fits our lives. We replace negativity with virtuous practices. We clean up our mistakes, choosing responsibility instead of guilt. Like a mirror kept free of dust, we purify our intentions. Purity gives us a clear conscience and a peaceful mind. Purity frees us to be who we are meant to be.

Mohamed Hussein
Director of
Somali American Faribault Education
12 3rd St NE 206-356-7246



Somali American Education (S.A.F.E.)

12 3rd St NE
Mohamed Hussein
206-356-7246
gurtaxaaji37@yahoo.com

Business Hours

Mon-Fri 9:00am-5:00pm
Sat, Sun Closed
English classes Mon-Thu 10:00am-12:00pm
Computer classes Tue, Thu 12:00pm-1:00pm



Honor

Honor is deep respect for what we know is right and true. It is living up to the virtues of our character. We honor our abilities by using them for a meaningful purpose. Honor is appreciation in action. We honor others when we treat them with the dignity they deserve. Others can trust us to keep our word of honor. When we do things we are ashamed of, we remove our honor by taking responsibility and making amends. We do our duty, whatever our life requires. We act with integrity, not to be admired, but because it is the right thing to do.

Honored to be a part of this great city for 99 years.
The State Bank of Faribault
The Carlander Family



State Bank of Faribault

428 Central Ave N
Gayle Nagel
507-332-7401
GayleN@tsbf.com
<https://www.tsbf.com/>

Business Hours-Main Bank

Mon, Tue, Wed, Thu 8:00am-5:00pm
Fri 8:00am-6:00pm
Sat 8:00am-12:00noon
Sun Closed

Business Hours-Branch Office (Western Ave)

Mon-Fri 8:00am-5:00pm
Sat, Sun Closed



Sincerity

Sincerity is being open and genuine. Our words and actions reflect a truthful heart. People can trust that we mean what we say and see us for what we are. When we are sincere, our actions come from a pure heart. We give for the sake of giving. We are transparently truthful. We don't do things to impress others. We have no need to deceive or pretend to be something we are not. We know it is enough simply to be ourselves.


Becky Hansen & Kelly Rodencal
Soul Storm Dance
533 Central Ave, 334-2797
soulstormdancemn@gmail.com
soulstormdance.wixsite.com/dance

Soul Storm Dance

533 Central Ave N
Kelly Rodencal
Becky Hansen
507-334-2797
soulstormdanceMN@gmail.com
<https://soulstormdance.wixsite.com/dance>

Business Hours (starting Sep 10)

Mon, Tue, Wed, Thu 4:30pm-8:30pm
Fri, Sat, Sun By appointment only



Confidence

Confidence is having faith in ourselves and in life. We feel capable and competent. We trust that we have the strength to cope with whatever happens. Confidence helps us to be free of worry. When we are confident in others, we believe in them and rely on them. We build self-confidence as we learn from our mistakes and improve for the better. Confidence brings the strength to try new things, to gain mastery through practice. With confidence, we cast off self-limiting beliefs and doubts. We offer our gifts as a worthy contribution. When opportunity comes, we step up to it. We just say "yes".

Cheryl Kleeberger and her staff invite you to stop in and check out Studio 14 salon & Spa! Now is the time to try something new. We offer a wide variety of services for both beauty and relaxation.

We are CONFIDENT that our skills, years of experience, and great conversation will leave you feeling like a new you!

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Salon & Spa

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www.studio14salonandspa@gmail.com
or like us on Facebook

Studio 14 Salon & Spa

204 Central Ave N
Cheryl Kleeberger
507-331-3250
studio14salonandspa@gmail.com
<https://www.studio14salonandspa.com/>

Business Hours

Mon 10:00am-5:00pm
Tue, Thu 9:00am-7:00pm
Wed, Fri 9:00am-5:00pm
Sat 9:00am-1:00pm
Sun Closed



Thankfulness

Thankfulness is grateful for all the blessings of life. Expressing thanks connects us to where and things that are. Each day, we find a moment to count our blessings. Reflecting on the moments in our lives fills our spirits. Thankfulness soothes our souls and restores our hope. It gives us perspective. As we practice thankfulness, we attract more and more blessings, because thanksgiving is conducive to beauty. Thankfulness is a path to contentment.



Barb Reinhard & Ashley Malecha
Styles on 4th
 106 NW 4th St, 507-334-9555
 Family Hair Salon

Styles on 4th

106 4th St NW

Barb Reinhard, Ashley Malecha

507-334-9555, barb.reinhard@gmail.com

Facebook

Business Hours

Mon, Wed, Fri 10:00am-6:00pm

Tue, Thu 10:00am-7:00pm

Sat, Sun By appointment



Beauty

Beauty is a sense of wonder and reverence for the harmony, color, and brightness of the world. Beauty opens us to the deep patterns of life that inform and delight us. It allows us to feel our interconnectedness with all creation. It calls us to look beyond superficial appearance to appreciate the gifts in each person. Our creativity brings forth beauty in music, art, dance and language. We practice beauty by creating a space of grace and order around us. We can reflect beauty in the way we dress, move and speak. Living beautifully is a unique expression of our divine nature.



Sunset Salon & Spa

Celebrates their
30 Year Anniversary
 511 Central Ave

Front Row: Katie B, Cheryl, Barb, Lisa H, Jamie, Tina M, Lisa O
 Middle Row: Bree, Roberta, Vanessa, Susan, Maria, Heather, JoAnn, Cindi
 Back Row: Lisa L, Lisa W, Michelle H, Katie H, Liz, Andrea, Sally, Lisa P, Tina S

Sunset Salon

511 Central Ave N

Susan Rost

507-334-1714

susanrostsunset@gmail.com

http://sunsetsalon.com/

Business Hours

Mon-Thu 8:00am-9:00pm

Fri 8:00am-5:00pm

Sat 8:00am-4:00pm

Sun Closed



Courage

Courage transforms fear into determination. It is embracing life fully, without holding back, doing what must be done even when it is difficult or risky. When we are prepared to give up, courage supports us to take the next step. It allows us to face adversity with confidence. Courage opens us to new possibilities, and gives us the strength to sacrifice for what we love. At times we need courage to accept the truth and to pick ourselves up after a mistake, ready to make amends and try again. Courage gives us the strength to make this journey with all our heart.



Adan & Anabel Quintero, Owners
Suenos De Quinceañera
 108 Central Ave. 334-0072
 WWW.SUENOSDEQUINCEANERA.NET
 ANDAN31@HOTMAIL.COM
 Giving you your dream party

Suenos de Quinceanera

108 Central Ave N

Adan & Anabel Quintero

507-334-0072

507-332-9996 (fax)

andan31@hotmail.com


www.suenosdequinceanera.net

Business Hours

Mon-Fri 10:30am-7:00pm

Sat 10:30am-3:00pm

Sun Closed



Respect

Respect is an attitude of honoring ourselves and others as people of value. We care for each person's dignity. Everyone has the right to respect. We show respect in the courtesy of our words and in our tone of voice. We are all respectfully sensitive to respect. When we treat others as we would like to be treated, we show the best of men and grace in our relationships. Respect is having reverence for the earth and all living things. When we live respectfully, we are a source of grace in the world.



Mohamad Ali & Hussein Ali Hared

Taran Grocery & Deli

14 3rd St NW, 331-2772

Taran Grocery & Deli

14 3rd St NW

Hussein Ali Hared

Mohamad Ali

507-331-2772 store

ugaas@hotmail.com

Business Hours

7 Days a Week 8:00am-10:00pm

Terri Ross
Lic. Marriage and Family Therapist
Terri Ross Family Connections, LLC
I've been involved in the Mental Health realm for twenty three years, mostly working with children, families and couples. I'm also an adoption competent therapist helping and supporting adoptive families.
416 Heritage Place, 330-4688
info@terrirossfamilyconnections.com
www.terrirossfamilyconnections.com

Terri Ross Family Connections, LLC

416 Heritage Place
Terri Ross
507-330-4688
info@terrirossfamilyconnections.com
www.terrirossfamilyconnections.com

Business Hours

Sun, Mon, Sat	Closed
Tue, Wed, Thu	10:00am-7:00pm
Fri	10:00am-4:30pm

Shelly Machacek & Brenda Roach
Tou Sisters Tailoring & Alterations
318 Central Ave, Suite 104
651-470-9226 & 507-330-2382
tousisters@gmail.com

Tou Sisters Tailoring & Alterations

318 Central Ave N #104
Brenda Roach
Shelly Machacek
507-330-2382 (Brenda)
651-470-9226 (Shelly)
tousisters@gmail.com
Facebook

Business Hours

Sun, Mon	Closed
Tue, Wed, Thu, Fri	10:00am-6:00pm
Sat	9:00am-12:00pm

Anna
Suzanne
Paul
Joseph
Sarah
We are the artists of **The Upper East Side**. With creativity and passion in our minds and hearts, we look at the world around us to find a sense of wonder. Please join our imaginative crew to create your own sense of wonder!
213 Central Ave, 507-339-1770

The Upper East Side

213 Central Ave N
Suzanne Schwichtenberg
507-339-1770
applauzz@hotmail.com, Facebook


Business Hours

Studio hours by appointment. Call us for details and upcoming events.


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Weddings by Deb

214 Central Ave N
Deb Bauernfeind
Jeff Bauernfeind
507-332-7171
weddingsbydebfb@gmail.com
https://www.weddingsbydeb.com/
Business Hours
Mon, Tue, Fri 10:00am-5:00pm
Wed, Sun Closed
Thu 10:00am-7:00pm
Sat 9:00am-3:00pm
Nov to Jan Thu to 5pm and by appt



Mindfulness
Mindfulness is living reflectively, with conscious awareness of our actions, words and thoughts. Awake to the world around us, we fully experience our senses. We are attentive to others' needs. We arrive to each. Living mindfully lightens our lives by helping us to detach from our emotions. We transform anger to peace. We work joy instead of mere duty. We cultivate our inner vision, aware of life's lessons as they unfold. Mindfulness brings us serenity.




Maggie DeMars
2017 C-IPT-5876A / Yoga Instructor for Youth / @yogaresetnashville.com


Tracy Patterson
Owner of Yoga Reset / RYT Yoga Instructor / Adult Studio Practitioner

Cianna Richardson
Physical Therapist / Street Fitness Instructor / @restorativepilatesstudio.com

YOGA RESET
412 Central Ave N Ste B www.yogareset.net





Peacefulness
Peacefulness is inner calm and tranquility. It is a sense of harmony with all creation. Inner peace comes from quiet reflection and prayer. We release the past and its anxiety go. We keep a graceful pace, not allowing ourselves to be rushed or overwhelmed. We do not give it to anger. We resolve conflict in a just and gentle way. Peace is giving up the love of power for the power of love. We choose the unity of peace over the fragmentation of hate. Peace is the world hushed with peace in our lives.



Miki Orr
Certified Stress Assessment
New degree Licensed and Certified Health Coach
403 1st Ave, N.W.
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Maggie DeMars, 507-330-8356 Be Your Best Yoga,
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Business Hours

Schedule varies – by appointment and please check websites and phone or email for current month's schedule.

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Business Hours

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