



## **2023 Business Directory**

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[Business listing requests can be made here.](#)

# Auto

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If you have any general car questions, please don't hesitate to reach out or stop me on the Hi-C grounds to chat!

# Beauty and Wellness

Beautycounter with Kelsey

Kelsey Irizarry

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Phone: 651-208-0972

Address: 1882 Wordsworth Ave

Dr Bob Maley Family Dentistry

Ben Thomas

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Email: [care@maleydental.com](mailto:care@maleydental.com)

Phone: 651-224-0001

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KM Campbell Wellness

Kat Campbell

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Email: [Support@KMCampbell.org](mailto:Support@KMCampbell.org)

Phone: 720.612.9788

Address: 889 Grand Ave, Ste 001, St. Paul 55105

Mary Kay Cosmetics

Rachael Caruso

Website: [www.marykay.com/rcarusol](http://www.marykay.com/rcarusol)

Email: [rcarusol@comcast.net](mailto:rcarusol@comcast.net)

Phone: 651-274-8442

Address: St Paul, MN 55116

Molly Doyle Fitness

Molly Doyle

Website: <http://mollydoylefitness.com>

Email: mollydfitness@gmail.com

Phone: 507-210-1059

Address: 590 WINSTON CT

Online Personal Trainer. Training clients globally (and locally!). My Mobile MDF membership consists of 45 minute training sessions, 3 days a week, from home, before the sun. All sessions are offered live on zoom or on demand.

R.F. Moeller Jeweler

Website: [rfmoeller.com](http://rfmoeller.com)

Email: info@rfmoeller.com

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Rodan + Fields

Natalie Brandt

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Address: 1344 Cherry Hill Road

Trainer Meg Personal Training

Meghan Brown

Website: [www.trainermeg.com](http://www.trainermeg.com)

Email: meg@trainermeg.com

Phone: 651-253-7788

Address: 1781 Yorkshire Avenue, St. Paul MN 55116

I teach women how to use strength training to feel stronger, more confident, and more resilient. I work with people in small groups of 4-8, and also teach large group classes on Zoom or outdoors.

Winged Heart Yoga

Chrissy Mignogna

Website: [Wingedheartyyoga.com](http://Wingedheartyyoga.com)

Email: Christine.mignogna@gmail.com

Phone: 612-735-0296

Address: 2153 Palace Ave.; St Paul Mn 55105



# Business and Consulting

Barrett Counseling Services, LLC  
Sarah Barrett, MSW, LICSW  
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Specialize in couples counseling and trauma treatment.

Bridge Medical  
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Address: Minneapolis, MN  
Hospitality Consulting and Project Management. Focusing on Food and Beverage operations, concept creation, and construction.

Solid Research Group, LLC  
Craig Solid  
Website: [www.SolidResearchGroup.com](http://www.SolidResearchGroup.com)  
Email: [csolid@solidresearchgroup.com](mailto:csolid@solidresearchgroup.com)  
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Transformative Learning  
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Phone: 612-300-1302  
Address: St. Paul, MN

Transformative Learning Institute consults with organizations on a variety of topics including strategic planning, leadership development, employee motivation, organizational development and more. TLI also provides workshops for organizations. Previous topics have included transforming unconscious bias; developing organizational diversity, equity & inclusion; developing a mindful workplace; developing a culture of innovation; and high performance team building.

# Finance and Law

Ballast Advisors

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Brooks Cameron & Huebsch, PLLC

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Brooks, Cameron & Huebsch, PLLC provides services for patent preparation and prosecution, litigation support as experts in patent cases, patent license drafting and negotiation, confidentiality, non-disclosure, intellectual property-related employment agreement consulting and drafting, post-grant review expertise including reexamination, and interference strategies.

Commercial Collection Bureau, Inc.

Cody Ayres

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Edgewood Legal  
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Grumbles Law PLLC  
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Grumbles Law is a firm focused on the intellectual property and business needs of innovation-driven enterprise, entrepreneurs and creatives. We work to drive long-term client success with a practice based on ethics, trust, and the highest standards of professionalism and creativity. Our clients are passionate about the work they are doing, and we strive to match their enthusiasm and passion on every level.

FFP Legal Services and Stablish Foundation  
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Hafenbrack and Associates,  
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A financial advisory practice of Ameriprise Financial Services, Inc.

Hogen Adams  
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Schumacher Financial, LLC  
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Intellectual property law focusing on patent and trademark application preparation and prosecution.

Sieben and Cotter Law Firm  
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Solo law firm specializing in criminal, child protection, bankruptcy, and appeals

UBS - Field Jackson Hourigan Wealth Management

Matt Hourigan

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# Food and Beverage

Big Axe Brewing Company  
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Phone: 218-961-2337  
Address: 5038 Nokomis Ave, Mpls, 55417

Captain Ken's Foods  
John and Linda Traxler  
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Email: ltraxler@captainkens.com  
Phone: 651-2698-0071  
Address: 344 South Robert Street, St. Paul, MN 55107  
Frozen food processor; food service and retail pack sizes; available in grocery stores and at our company location.

Iron Ranger  
Tom Forti  
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Nokomis Beach Coffee  
Dennis and Mary Kloek  
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The Lexington Restaurant  
Josh Thoma  
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Email: info@thelexmn.com  
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We Are Nuts  
Tom Burt  
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Phone: 651-646-3688  
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yellowbird coffee bar

John Peterson

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Phone: 651-493-7134

Address: 1168 Selby Ave; St. Paul MN 55104

# Home Design and Construction

A Day in Provence

Tara Bailie

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Email: tara@adayinprovence.com

Phone: 651-260-5157

Bratt Tree Company

Connor Walsh

Email: Info@BrattTree.com

Phone: 612-721-4153

Address: 2423 East 26th street Minneapolis MN 55406.

CALYX Design Group

Ben Hartberg, PLA

Website: [www.calyxdesigngroup.com](http://www.calyxdesigngroup.com)

Email: ben@calyxdesigngroup.com

Phone: 651-788-9018

Address: 475 N. Cleveland Avenue, Suite 307, Saint Paul, MN 55104

McCabe Tile and Stone

Andrew McCabe

Website: [mccabetileandstone.com](http://mccabetileandstone.com)

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Address: 1186 Lincoln Ave, Saint Paul, MN 55105

St. Paul Construction Company

George Johns

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The Mindful Market Company

Cassidy Sangster

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# Insurance

Garry Insurancenter

Josef Matthews

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Email: [jmatthews@garryinsurance.com](mailto:jmatthews@garryinsurance.com)

Phone: 651-983-6985

Address: 2555 East 7th Avenue North St. Paul, MN 55109

Preferred Insurance Services

Jeff Slagle

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Email: [jeff@preferredmn.com](mailto:jeff@preferredmn.com)

Phone: 651-343-1072

Address: 1306 County Rd F West, Arden Hills MN 55112



# Photography

42nd St Photography

Katie Wagner

Website: [www.facebook.com/42ndstphotography](http://www.facebook.com/42ndstphotography)

Email: [42ndstphotography@gmail.com](mailto:42ndstphotography@gmail.com)

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Jessica Eul Styling & Design

Jessica Eul

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Wardrobe & interior styling for marketing/editorial photography.

katie howie photography

Katie Howie

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Phone: 651-470-2748

I've been telling authentic stories through portrait photography for almost 15 years. In addition to my photo work I offer inspired and uncomplicated home styling services. I'd love to help you tell your story through portraits, home styling or both.

# Real Estate

BlackBridge Real Estate  
Ryan Whisler  
Website: [www.blackbridgemn.com](http://www.blackbridgemn.com)  
Email: ryan@blackbridgemn.com  
Phone: 651-271-0601  
Address: 2038 Ford Parkway Ste 333

Coldwell Banker Burnet  
Claire Bisanz Distad  
Website: [www.clairebisanz.cbintouch.com](http://www.clairebisanz.cbintouch.com)  
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Phone: 651-307-7260  
Address: 1991 Ford Parkway, St. Paul MN 55116

Coldwell Banker Realty  
Lolly McNeely Salmen  
Email: Lsalmen@cbburnet.com  
Phone: 612-810-4138  
Address: 1991 Ford Pkwy, St. Paul. MN. 55116  
36 year realtor specializing in Highland Park, Mac Groveland, Merriam Park,  
Crocus Hill, Mendota Heights and So. Minneapolis neighborhoods.

Dunn Realty Group  
Sean and Jennifer Dunn  
Website: [www.DunnRealtyGroupMN.com](http://www.DunnRealtyGroupMN.com)  
Email: Jennifer@dunnrealtygroupmn.com  
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Helping clients buy and sell residential and investment properties.... 4 Kids  
through Hi-C!

M2 Real Estate Group  
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Re/Max Results  
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# Security

Westco Systems

Aron & Natalie Caryl

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# Services

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Highland Friendship Club  
Pat Leseman  
Website: <http://www.highlandfriendshipclub.org>  
Email: [info@highlandfriendshipclub.org](mailto:info@highlandfriendshipclub.org)  
Phone: 651-340-0711  
Address: 1795 Holton Ave, Falcon Heights, MN. 55113  
20+ years supporting individuals with disabilities by providing a range of opportunities to develop lifelong skills and friendships within their community.

Madeline Moore Figure Skating Instruction  
Madeline Moore  
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Email: [madeline.masten@gmail.com](mailto:madeline.masten@gmail.com)  
Phone: 651-336-5687  
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Ice Skating Instructor, all levels

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InPursuit Search

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# Travel Agent/Vacation Rentals

The Magic Travel Guy

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