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For immediate release

Hill Library, St. Paul Public Library and City of St. Paul to Host Chris Farrell As Kick-off for Seminar Series to Help Minnesotans Find Ways to Stay Financially Fit in Today's Economy

February 23, 2009 (St. Paul) – On March 3rd, the James J. Hill Reference Library, the Saint Paul Public Library and the City of Saint Paul's Planning and Economic Development Department will host **Chris Farrell**, Economics Editor for American Public Media as a kick-off for "Make Economic Cent\$," a series of free seminars designed to provide Minnesotans with free advice and information resources on how to stay financially healthy in an unhealthy financial environment by improving an understanding of ourselves.

"Chris Farrell's 'Preserve Your Financial Health' talk is the first in a series of free seminars planned and hosted by a collaboration of the James J. Hill Reference Library, the Saint Paul Public Library and the City of Saint Paul's Planning and Economic Development Department," said Jim Poole, Membership Development Manager at the Hill Library. "This collaboration will help Minnesotans obtain expert advice on how to create a job search, look for work in the right places whether it's for a company or self employment, and find ways to stay financially fit in uncertain times."

The "Economic Cent\$" seminars are FREE and open to the public. The events are held every Tuesday evening at 7 p.m. throughout the month of March at various location, including the James J. Hill Reference Library and branches of the Saint Paul Public Library.

"Saint Paul Mayor Chris Coleman will introduce Chris Farrell on March 3rd," said Poole. Farrell will then explain how we can set aside our immediate emotional reactions and distinguish between what we really need and what we merely want. "The economy is experiencing a steep reduction in output that has created the threat of deflation and can cause widespread public anxiety," said Chris Farrell. "We can control anxiety by learning to control ourselves."

Although the seminars are free, pre-registration is required. To register for Chris Farrell's seminar, call 651-265-5500 or visit www.jjhill.org/spplsignup.

Upcoming events in the series:

Where Are The Jobs And What Do You Need To Get Them? with Rachel Vilsack, Labor market analyst, Minnesota Department of Employment & Economic Development, will provide job insight.

7 p.m. Tues. | March 10 | Rice Street Library, 1011 Rice St., St. Paul | 651-558-2223 | Fee: Free

Create a Winning Job Search with Amy Lindgren, Founder and president of Prototype Career Service, will offer a motivating & practical presentation on the best ways to search for a job that's right for you.

7 p.m. Tues. | March 17 | Arlington Hills Library, 1105 Greenbrier St., St. Paul | 651-793-3930 | Fee: Free

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With Today's Economic Challenges, is Entrepreneurship a Viable Option? Yes! with Tene Wells & Diane Paterson, Leaders at WomenVenture, a nonprofit women's economic development agency in St. Paul, will talk about why starting a small business is right for you.

7 p.m. Tues. | March 24 | James J. Hill Reference Library, 80 West 4th St., St. Paul | 651-265-5500 | Fee: Free

Dealing with Money Worries with Michelle Burns, certified professional coach knows it's futile to focus on scarcity, fears and weakness. She'll show how to positively handle emotional responses to current situations and develop an effective plan.

7 p.m. Tues. | March 31 | Rice Street Library, 1011 Rice St., St. Paul | 651-558-2223 | Fee: Free

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The James J. Hill Reference Library is a private, non-profit library located in St. Paul, Minnesota. The Library houses a world-class collection of resources and is considered the most comprehensive publicly accessible practical business library in America. The mission of the Hill Library is to provide access to and assistance in finding the practical business information clients need to succeed. The Hill Library was founded in 1921 by one of the nation's true business pioneers, James J. Hill.

More information at www.jjhill.org.

The Saint Paul Public Library offers residents job, career and small business resources in 13 library agencies.

More information visit, www.sppl.org/workplace

The City of Saint Paul Planning and Economic Development Department administers a variety of planning, housing, business and economic development activities. These activities support a number of neighborhood initiatives and also provide direct benefits to home owners, home buyers, renters and businesses. It is our goal to ensure Saint Paul is the most livable city in America.

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