

Dayton's Bluff DISTRICT FORUM

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October 2009

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Dayton's Bluff parks had help this summer



These Community Design Center Conservation Corps workers spent many hours this summer improving our parks and beautifying our neighborhood. Front row (l to r): Lee Vang, Somboon Lee, Leng Xiong, Fong Lee, Ricky Lee, and Gia Lee. Back row (l to r): Eric Wickstrom - Community Design Center Conservation Corps Supervisor, Zong Lee, Mai Lee Khang, and Jennifer Lee. See the article at bottom right on this page for more about the Community Design Center and its work

October Events

Thursday October 1
Community Meeting

Saturday October 3
Take A Hike

Saturday October 10
Bruce Vento Nature
Sanctuary Open House

Saturday October 10
Pepsi/Swede Hollow
Work Day

Monday October 19
Community Council
Elections, Pot Luck Supper
and Annual Meeting

Monday October 26
Welcome New Neighbors
Meeting

Saturday October 31
Halloween

Vote for your Community Council Representatives and stay for our Pot Luck and Annual Meeting

By Karin DuPaul, Community Organizer, Dayton's Bluff District Council

The election for Community Council representatives will be held on Monday, October 19. Polls are open from 9:00 a.m. until 7:00 p.m. at 798 East 7th Street at the corner of 7th and Margaret. Come and vote for your representatives.

Any Dayton's Bluff resident age 18 or over can vote. Voters can cast ballots for their Sub-district Representatives and for an At-Large seat. Write-in candidates are also permitted.

The Board of Directors totals 18 members of which 16 represent four sub-districts and two are At-Large positions. Sub-district representatives must be residents of that particular sub-district while the At-Large Director can be either a resident of Dayton's Bluff, a business owner, or an opera-

tor of a Dayton's Bluff business or organization.

All of the current Board openings are two (2) year terms.

Are you unavailable on October 19th? Absentee ballots may be requested. All requests for absentee ballots must be made at least ten (10) days prior to the election, in writing and signed by the voter. All absentee ballots will be mailed by the Council at least seven (7) days before the election to the residence of the voter requesting the absentee ballot. Absentee ballots must be received in the Community Council office by October 19, 2009.

Be sure to come for the Pot Luck Supper, which starts at 6:00 p.m. Bring a dish to share and stay for the Annual Meeting and the results of the election. It's a great way to find out

what the Dayton's Bluff Community Council is all about and have supper with some neighbors at the same time.

Some of the activities the Dayton's Bluff Community Council has been involved in this past year include, Dayton's Bluff Neighborhood Clean Up, Block Club Clean Ups, Block Clubs, National Night Out, Summer Youth Sign and Clean Up Project, Greening Dayton's Bluff free plants and plant swap, Dayton's Bluff Neighborhood Home Tour, Dayton's Bluff Vacant Home Tours, Arts and Culture Committee, Greenspace Committee, Vacant Building Committee, park clean ups, and Land Use issues

If you have any questions about the Community Council, the election, the potluck, and/or the Annual Meeting email Karin@DaytonsBluff.org or call Karin at 651-772-2075

Dayton's Bluff District 4
Community Council
798 East 7th Street
Saint Paul, MN 55106

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Community Design Center

By June Bennett

Community Design Center of Minnesota is a Saint Paul-based organization whose mission is to help revitalize low-to-moderate income communities by providing technical assistance and operating programs that will enhance the physical, economic, social, ecological, and spiritual well being of the community and its residents. We believe that building and renewing a community requires a holistic approach that creates long-term sustainable change.

Today we operate children's and youth programs on the East Side of St. Paul aimed at engaging young people in the civic life of their community as well as providing them with experiences that enrich their lives and develop important life skills.

Our programs are based on the following principles:

1. Children and youth are resources and citizens, not clients.
2. Communities work better when self-help is the model.

"CDC" continued on page 6

Dayton's Bluff Community Meeting

The next Community Meeting is **Thursday, October 1st** from 6:30 to 8:00 p.m. in the meeting room at the Dayton's Bluff Community Council, 798 East 7th Street at the corner of 7th and Margaret. The Dayton's Bluff Community Council holds its Community Meeting on the 1st Thursday of most months. The purpose of the meeting is to work with block clubs and neighborhood residents on problem properties, criminal and nuisance behavior, code enforcement issues and any other neighborhood issues, concerns, and/or new ideas for improvement in Dayton's Bluff.

If you can get me the addresses of problems ahead of time I can get them to the police and code enforcement. Then they can bring information about the problems to the meeting. All Dayton's Bluff residents are welcome to attend. If you need more information email Karin@DaytonsBluff.org or call Karin at 651-772-2075.

Meet with the police

The Eastern District Police host their monthly meetings for community members at 722 Payne on the corner of Payne and Minnehaha Avenues. One is on the third Wednesday of each month at 6:30 p.m. and the other on the third Friday of each month at 9:30 a.m. **In October the meetings are on the 21st and 23rd.**

The meetings are intended as a time to listen to and address people's concerns about crime and other issues on the East Side.

Take a Hike

Dayton's Bluff Take a Hike occurs on the first Saturday of most months. The next hike is on Saturday, **October 3rd**. We meet at 10:30 a.m. in Indian Mounds Park at Earl St. and Mounds Blvd.

We'll hike from Mounds Park to the Bruce Vento Nature Sanctuary and then walk along the Bruce Vento Recreational Trail through Swede Hollow Park to the new East Side Heritage Park. Along the way we will share stories and learn some local history of the area. The hike is about four miles long with some moderately rough terrain. Transportation will be available to return to Mounds Park, if needed.

Join us and explore some of our parks and the regional trail. For more information contact Karin at 651-772-2075 or Karin@DaytonsBluff.org.

Get rid of a junk car

Budget Towing of Minnesota, Minnesota's largest towing company, is owned by Roy Carlson, an active Dayton's Bluff Community Council board member.

Budget Towing will remove any junk car or truck—located anywhere in Saint Paul—and dispose of it at no charge to the vehicle owner or the property owner where it is located. The vehicle owner will receive paperwork for a tax donation, and Roy will also make a small donation to the Community Council for each car he tows.

Just call Karin at 651-772-2075 to find out how you can get a junk car out of the way—and help clean up Dayton's Bluff.

Our old houses require plenty of work



A lot of work is being done on houses throughout Dayton's Bluff. This house at 723 Margaret Street is being totally upgraded inside and out by the Dayton's Bluff Neighborhood Housing Services. This lovely Victorian home was built in 1901 by J. H. Brandhorst who built many homes in Dayton's Bluff and also lived in the neighborhood.

Bruce Vento Nature Sanctuary Open House

The Bruce Vento Nature Sanctuary will have an Open House on **Saturday, October 10, 2009** from 10 a.m. – 1 p.m. Enter at the corner of Commercial Street and East Fourth Street, Saint Paul Minnesota

Learn about the fascinating history—and exciting future—of this oasis of nature in the city. Interpreters will be stationed across the sanctuary to share information on:

- *The geologic forces behind the sanctuary's dramatic limestone and sandstone bluffs.
- *The land's history as a focal point for American Indian communities.
- *The railroad buildings and brewery that once existed on the site.
- *Restoration of the land's wetlands, forests and prairies.
- *Plans for an interpretive center adjacent to the sanctuary.
- *The many birds and waterfowl that visit the sanctuary, including the Orchard Oriole, which nests on the site then travels to Central America for the winter.

You can also pick up a free pocket guide to the sanctuary!

For more information and directions visit www.phalencreek.org or call 651.290.0002.

This event is sponsored by the Lower Phalen Creek project in partnership with members of the St. Paul Audubon Society, St. Paul Garden Club and Community Design Center of Minnesota.

Alice Burdick Dies

On August 17, 2009 long time Dayton's Bluff resident Alice Burdick died. Alice and husband Blair raised their children in Dayton's Bluff. Their first house was at 741 Arcade. They spent most of their years in their home on Maria.

Alice owned and worked at their family hardware store on Maria just down the block from her home. For many years she was the receptionist in charge of almost everything at the Dayton's Bluff Senior Center.

Alice will be missed by many who live in Dayton's Bluff.

Second Annual Pepsi/Swede Hollow Work Day

On **Saturday, October 10, 2009** Friends of Swede Hollow (FOSH) is partnering with Pepsi to get many volunteers to help plant native plants, remove invasive species like Buckthorn and Siberian Elm trees, and clean up the park. Volunteers meet in the parking lot at Payne and Kenny Road at 9:00 a.m. for a cup of coffee and rolls, and then everyone will work in the park until 1:00 p.m. A picnic will follow.

Everyone is welcome to help. According to Mike Grealish, FOSH member and Pepsi employee, "the more neighborhood volunteers we get, the more funds that Pepsi will donate to FOSH for them to continue their work to improve Swede Hollow Park."

Pepsi has an excellent employee program that encourages employees to be involved and volunteer in their neighborhoods. Your help is needed. To sign up call Mike at 651-246-0217.

Welcome New Neighbors Meeting

If you have a new neighbor or if you are a newer Dayton's Bluff resident, you are invited to come to the Dayton's Bluff Community Council meeting room at 798 East 7th Street on **Monday, October 26** at 6:30 p.m. Come and meet other Dayton's Bluff residents and learn more about Dayton's Bluff and the opportunities here. This is one of the ways we welcome new neighbors to Dayton's Bluff. Long time and short time residents are welcome to come and help welcome our new residents.

When people are new in a community they wonder where things like the nearest YMCA, recreation centers, schools, restaurants, or parks and trails can be found. The New Neighbor Welcome is also an opportunity to learn a little Dayton's Bluff history. Light refreshments will be served.

For more information or to sign up, email Karin@DaytonsBluff.org or call Karin at 651-772-2075.

Dayton's Bluff business class

We need a few more students for our fall class. The Dayton's Bluff Neighborhood Microentrepreneur Fall Class is starting in October 2009. This program helps start-up and young businesses on the East Side. All East Side entrepreneurs are welcome.

Class training lasts 8 weeks and includes topics such as operations management, marketing, financial management, one to one assistance with creating a successful business, and preparing a business plan, plus 8 hours of one on one time with the instructor. Those who successfully complete the course and locate their businesses in target neighborhoods are eligible for ongoing business support services.

Some examples of businesses started by people who have previously taken this course include graphics, landscaping, photography, food service, restoration of wood furniture and works of art, custom floral design for weddings and events, and exterior and interior painting. The course is sponsored by the Dayton's Bluff Community Council and the Neighborhood Development Center. There is a small registration fee based on a sliding fee scale. The next session will start in October 2009 and class size is limited.

Please call Karin at 651-772-2075 or email Karin@DaytonsBluff.org for an application.

Block club meetings

* Wilson Avenue Block Club meets on the **second Wednesday of each month** at Mounds Park United Methodist Church, at Earl and Euclid, at 6:30 p.m.

* Margaret Rec Center Block Club meets on the **second Thursday of each month** at the Margaret Rec Center, at Margaret and Frank, at 6:30 p.m.

* Beech/Margaret 654 Block Club meets on the **last Thursday of each month** at the Bethlehem Lutheran Church at Margaret and Forest at 6:30 p.m. This block club covers the area Minnehaha, Beech Margaret, 6th, 5th, and 4th between Cypress and Arcade.

* Frank Street Block Club meets on the **third Wednesday of each month** at Immanuel City of Refuge Healing Temple at 815 Frank Street at 6 p.m. This block club encompasses 7th, Ross, Bush, Reaney, and Minnehaha between Earl and Johnson Parkway.

If you wish to have your block club listed, or need information about starting your own block club, please contact Karin at 651-772-2075 or Karin@DaytonsBluff.org.

Dayton's Bluff Recycling
Pick-up in our area is every
Tuesday. Please have your
recycling at the curb by 7am.



Minority Business Development and Retention (MBDR)

Census Day is April 1, 2010.
Remember:
It's SAFE. No one can tell!
It's Easy. 10 questions in 10 minutes.
It's Important! Roads, bridges and school
Funding depend on it.
Help Minnesota keep all 8
Congressional Districts.
www.census.gov



The goal of Minority Business Development and Retention (MBDR) is to increase Minority Business Enterprises (MBEs), Women Business Enterprises (WBEs), Small Business Enterprises (SBEs) and people with disabilities participation in business and employment opportunities generated by the City of Saint Paul, Department of Planning and Economic Developments (PED) and HRA housing and economic development activities.

With the support of Mayor Christopher B. Coleman, MBDR is included in the Invest Saint Paul (ISP) Expanding Economic Opportunities strategies. MBDR is one of four divisions located in the newly merged Department of Human Rights and Equal Economic Opportunity, 280 City Hall-Court House, 15 West Kellogg Blvd., Saint Paul, MN 55102.
www.stpaul.gov/hreeo.
651-266-8900 or 651-266-8963.



Look for our new October events:

"Business and Community Development Forums"

MBDR in partnership with African, Hispanic, Asian and Native American (AHANA) Ethnic Media Group, Riverview Economic Development Association (REDA), Neighborhood Development Association (NeDA), Selby Area CDC, Neighborhood Development Corporation (NDC), East Side Neighborhood Development Company (ESNDC), the Cultural Wellness Center-Economic Development Division, and the Local Initiative Support Corporation (LISC).



Luz Maria Frias
Department Director
Human Rights and
Equal Economic Opportunity

More Accountability.
Better Communication.
Smarter use of Resources.



Make a difference through tutoring

By Ben Stiemsma, Volunteer Tutoring Coordinator, *East Side Learning Center*

It all started out in a small, single classroom on the East Side of St. Paul almost a decade ago, but today the East Side Learning Center (ESLC) has grown to be a model of what a successful tutoring program should be. In 2001, the ESLC's tutoring program launched with a vision to help close the achievement gap in St. Paul schools by giving every primary student the opportunity for tutoring in reading. Nineteen volunteer tutors were on staff in 2001, but with the 2009 fall semester well on its way, the East Side Learning Center anticipates over 200 tutors this year.

The East Side Learning Center was established in John A. Johnson Achievement Plus Elementary (740 E. York Ave.) by Sister Audrey Lindenfelser, SSND who is a member of the School Sisters of Notre Dame, a religious community devoted to education. Today, the ESLC has expanded into St. Matthew's, North End, and Bruce F. Vento Elementary Schools while becoming one of the most successful literacy programs in St. Paul.

How has the ESLC grown to be so successful? It is with the help of local residents who have donated an hour of time out of their week. You can make a difference too! As a volunteer tutor, you spend one hour a week tutoring a child per school semester and work one-on-one with that same child. The ESLC provides training before you start, a lesson plan to guide you through each session, ESLC staff to assist you, and a rewarding experience.

The East Side Learning Center gives you the necessary resources and support to become a successful tutor. Men and women of all ages, races, and backgrounds are welcome. In addition, this is a great opportunity for college or high

school students to fulfill their service learning hours and a great way for businesses or organizations to reach out into the community.

If you would like to tutor a St. Paul K-4 student at least one hour a week while "unlocking a child's potential through the foundation of reading," contact Ben Stiemsma, Volunteer Tutoring Coordinator, at (651) 793-7331. The ESLC provides flexibility with scheduling and school sites so don't hesitate to start making a difference through tutoring today.

Come celebrate 100 years of Franciscans at Sacred Heart Church

It was rumored that Archbishop Ireland would ask the Franciscans to come to Sacred Heart Church. The rumor became reality on September 12, 1909. The first Franciscan Friars arrived at Sacred Heart Parish 100 years ago, 27 years after the founding of this German-speaking parish. This year we will celebrate 100 wonderful years with the Franciscan Friars at Sacred Heart Church.

Come and celebrate this joyous homecoming event with present and former parishioners, Friars and Secular Franciscans on **Sunday, October 4, 2009** at Sacred Heart Church. The celebration will begin with 9:00 a.m. Mass in English and 11:00 a.m. Mass in Spanish followed by a simple Franciscan reception in the gymnasium from 12:30 to 2:30 p.m. Archbishop John Nienstedt will preside with the Friars, Provincial Minister and concelebrants. Please join our celebration.

October at the Mounds Theatre

Real Haunted Tours

The Historic Mounds Theatre presents for its second year: "Real Haunted Tours."

This Halloween, why settle for a fake haunted house?

An historic building from the 1920s, the Mounds Theatre is recognized as one of Saint Paul's most haunted locations by many psychics and ghost hunters who have visited it.

Three resident ghosts remain within its walls as well as the nameless shadows that roam the aisles and the visiting spirits who have been seen sitting in the auditorium to watch shows, alongside the living audience members.

Join us throughout October for the opportunity of a one-hour historical haunted tour of this unique venue.

Guided by professional paranormal investigators in near darkness, you will hear the history and be introduced to Ghost-hunting 101 as well as be able to take your own photographs, video or audio. We will answer your questions and you might even have a paranormal experience of your own.

While we don't promise any activity, strange and difficult to explain things often happen on tours.

SPECIAL TOUR EVENT: During every tour we will be giving you an opportunity to try and speak to the theatre ghosts and hear their replies in audible EVP form! The Ghost Box radio scanner is thought to allow you to have a chance at hearing responses to your questions in real-time. (This is purely unproven technology so we

leave it up to you to make your own minds up about its validity).

Tours ever Friday, Saturday and Sunday throughout October. Please visit our website at www.realhauntedtours.com to book your tickets and for more information.

Free classic horror movies

The Historic Mounds Theatre presents Free Classic B Movies Double Feature Extravaganza.

Come to the Mounds Movie Madness events at the Mounds Theatre in Saint Paul this Halloween season for back-to-back shocks and shrieks! We are proud to present special movie event nights hosted by vampish vixens, zombie ghouls and mad scientists.

Come dressed up as your favorite fiend and win prizes. Come test your nerve and help raise some money for a good cause, the Portage for Youth, an after school and summer enrichment program for at-risk youth. Enjoy the putrescent popcorn and teeth rotting candy and dig deep into your pockets and donate....at least we are only asking for your money and not your organs. 18 and over.

October 10th – The doors creak open at 7:00 p.m. The show starts at 7:30 p.m. "Horror Express" and "The Werewolf vs. Vampire Woman." Hosted by Mysteria.

October 30th – Doors creak open at 9:00 p.m. The show starts at 9:30 p.m. "Terror from Beneath the Earth." Meet and greet with the director – Christopher Mihm.

The Historic Mounds Theatre is located at 1029 Hudson Road, Saint Paul, MN 55106. 651-772-2253. Visit our website at: www.moundstheatre.org

Women of Dayton's Bluff History Walk - Part 2

By Steve Trimble

As you may remember, the first part of this women's history of Dayton's Bluff walking tour was in the August issue of the *Dayton's Bluff District Forum*. Here is the exciting last third or so of the heritage walk.

While on the actual trek, we realized that one site had been left out so here it is. It is located west of the Dayton's Bluff Elementary School between Bates and Maria.

697 Surrey: Sharon Anderson House

This little residence is easy to spot if you look for the small wooden white lawn sign that says "Vote for Sharon Anderson" in red lettering. It is the home of Sharon Anderson who was probably called a "political maverick" before Sarah Palin ever got out of elementary school.

She looks after her part of the neighborhood and often comments on local matters and concerns. She has frequently run for political office and a few years ago made a sizeable showing in a statewide attorney general primary election. She recently announced that she is running to become the first woman mayor of St. Paul.

We now resume our walk. We have just visited the Dayton's Bluff Children's Garden at the corner of Maria Ave. and Third St. and are now walking along Maria until we reach Fourth St.

[Take a left and go to the end of Fourth Street]

654 E. Fourth: Julia Knauft House

This house is not of any unique architectural construction, but is a good example of the "four square" style which featured a footprint with four rooms on each floor. It was a popular model when this one was built by the Knauft family in 1908. They remained there for over a decade and the 1918 city directory indicated that Mr. and Mrs. B. J. Knauft, and their daughter Julia were living at this address.

The interesting story here is the fact that the movie "That Was Then, This is Now," featuring a young Emilio Estevez and veteran actor Morgan Freeman, used it as a major setting. Released in the fall of 1985, it is the story of two juvenile delinquents living in this house and slowly parting ways as one starts to try to change for the better.

[Go north on the sidewalk along the bluff]

Mounds Blvd and Fifth St. Area: The Muench and Muench-Hinrichs Houses

Here are two homes that were part of the close-knit German-American community of Dayton's Bluff and that reflect some aspects of nineteenth century women's culture.

Families entertained one another. One descendent remembered times in the Muench house at 653 E 5th. Because of the size of the lawn, it was a natural gathering place for children. The wooden stairway down from Hoffman (today's Mounds Boulevard) was a special treat.

There was always a traditional Fourth of July party when the lawn

was dotted with Japanese lanterns and carriages crowded up in the turnaround. Every summer there were ice cream socials among the lilac bushes and oak trees.

She also fondly remembered that Mrs. Hinrich of 334 Mounds Boulevard had "at home" day every Thursday. According to her: "There would be preparation of baking and cleaning. Linen dust covers were removed from the furniture in the formal front parlor." For many hours family and neighborhood friends would drop by to talk and share refreshments.

[Take a right on East Fifth and return to Maria Avenue]

348 Maria Avenue: The Miller-Marlowe Building

In 1884, the Pioneer Press noted that Catherine Miller had built a four-story grocery store and flats at Maria and Fifth. It was then common to put living units on the upper floors of retail space. However, it appears that she never lived there and remained in her downtown residence. The 1885 city directory recorded that Catherine (widow of Mathias) was living at 234 West Fifth.

The same directory also showed that Caroline Miller (widow of Stephen) was running a grocery store at the northeast corner of Fifth and Maria. It is probable, but not yet known that they were related. By 1930 it was called the Marlowe Apartments. It was at the outset of the Great Depression and three of its twelve units were listed as vacant.

[Take a left and continue on Maria Avenue]

700 E. 7th: St. John's Hospital and Metropolitan State University

It is often difficult to find historic documents that describe the lives and contributions of women. But our neighborhood is lucky to have the reminiscences of Martha Willius Clausen. In the 1870s and 1880s, the Willius family lived in a house on the bluff where St. John's Hospital stood and Metropolitan State University now stands.

"Those were the days when we had horses," she wrote. "The barns were for the horses, a pair for carriage use...and a pony which I could use." "We had a cow and plenty of good milk, and chickens so we always had fresh eggs." Her friends, almost all of German heritage, used to gather at various homes on Saturdays to sew and crochet while their mothers read to them. They were known as W. O. R. B., which stood for "wreath of rose buds."

The history of St. John's Hospital is filled with the stories of women. One of them is that of Madgelana Rau who was hired in 1911 to be the institutions first Superintendent—a job that ended up lasting forty-two years. In addition, a small training school for nursing was established and the first class of ten was graduated in 1914. When a new hospital was completed in 1915, the former building was then used as a nurses quarters.

Metropolitan State University, which came to the site in the 1980's, had three women presidents. The first was Reatha Clark King who was president

from 1977 to 1988. Raised in an African American family in the south, she gained a PhD in chemistry and taught before going into educational administration. She later went on to become a vice-president of the General Mills Company.

[Cross East Seventh and take a right on East Eighth]

700 East Eighth: Former Petra Howard House

For many years this structure housed a unique program that dealt with the mental health issues of deaf people. It was named after Petra Howard, who was a well-known leader in the field who advocated for culturally appropriate treatment for deaf people while working for the state.

[Continue down Eighth Street to Bates and enter the small park. You will be walking through it to get to East Seventh]

Bates and East Seventh: Gauger Park/Maria Bates Rain Garden

Look closely at the base of a tree and you can find a memorial plaque for Bonnie Luke, an academic advisor at Metropolitan State from 1988 to 1994, the year of her death. Along with other students, staff and community volunteers, she worked to develop August Gauger Park, named for the architect of the adjacent Stutzman Block.

The Maria Bates Rain Garden, on the northwest corner of Gauger Park is an urban green space designed to filter and purify groundwater runoff. It is located on the land that was donated to the city in the early 1900's as a triangle park named after Maria Bates Dayton.

725 E. Seventh: Swede Hollow Café

The Swede Hollow Cafe was founded in 1996 by two Dayton's Bluff women-Sandi Younkin and Carol Carey. Its creation was part of the community effort to buy and restore the Victorian Stutzmann Block that had become a neighborhood eyesore. The unique restaurant, now under new ownership, has become a popular community gathering place.

[Go left on Seventh Street. When you get to Greenbrier take a left]

735 East Seventh: The Old Protestant Home

The history of the institution on your right goes back to 1869 when a group of twelve women of the Presbyterian Church began to help house St. Paul's destitute women and children. They started "The Home For the Friendless" in nearby Railroad Island and in 1917 moved into the old Mayall homestead on the corner of East Seventh and Maple. As the years passed they found that they were caring for more elderly folks, built a new structure and made additions.

Thankfully, in 1935, the name of the thirty-nine single rooms was changed to the Protestant home and the term "inmate" was changed to "resident." Initially people could buy a life membership the home for \$1,000. It has undergone several recent changes and is now one of the Cerenity Homes for senior citizens.

Greenbrier and Margaret: Upper Swede Hollow Park

Olivia Irvine Dodge was president of the Saint Paul Garden Club and was the

leading force for getting funding to create Upper Swede Hollow Park on the site of the former Hamm Mansion. She made this her pet project in the mid-1970s, bringing new members to the area and speaking with government officials countless times. She and her group also did many of the initial plantings in the new park.

Greenbrier and Margaret: The Hamm Mansion

Louise Hamm was a classic behind the scenes leader at the famous Hamm's Brewery, which made its century-long appearance in 1865. Although initially inexperienced, she became an excellent businesswoman, managing the storeroom and keeping the books for the two plants.

Some of her efforts were linked with food. Louise planned and prepared the noon meals for the workers. She also operated a boarding house for single male employees. When her husband invited farmers who came to use the gristmill to stay around for food and, she brought out the repast. With all that cooking, she finally came up with the idea of starting the Hamm's Beer Garden which became a longtime attraction. Her story can be found in a recent book entitled Louise's Legacy: Hamm Family Stories by Moira Harris.

[Head down Margaret Street]

732 Margaret: The Defiel House

This house was built for the Defiel family in 1890. Henry Defiel was the eldest son of a German immigrant who had made his fortune dealing in ice. The business was called the People's Ice Company.

Hilda was very active in the women's culture of Dayton's Bluff and a major participant in what was then called the club movement. For instance, the December 1928 issue of the East Side Journal said that Mrs. Defiel gave a talk to the women of the Dayton's Bluff Study Club. The lecture was "The Origins of Christmas Legends and Customs of Different People." *[Keep going on Margaret until you reach East Seventh]*

797 East Seventh: The Cervantes Room in the CLUES Building

When the Cervantes came to Minnesota in the 1940's as Mexican immigrant farm workers they settled on St. Paul's West Side. When the river flats were developed away in the 1960's, they settled on the East Side on Maria Avenue.

Maria de Carmen Cervantes was a highly religious Catholic who emphasized education as the key to advancement. She had never graduated from high school, but her dream was to see that her children did. In fact all seven of them received degrees from Macalester College.

In September 1999, shortly before her death, Maria was recognized by the National Council for Education and presented the Trio Achievers Award for those who have made worthy contributions to educational efforts.

In January 2000 Comunidades Latinas Unidas En Servicio (CLUES) dedicated the Cervantes Room in her name. They wished to honor the philosophy of a widowed mother of seven children who proved that you can succeed in spite of difficult situations and to acknowledge her struggle and strength of belief. If you go inside, you can see an oil painting of Maria.

[Cross East Seventh and you are back at the starting point at 798 E. 7th St.]

So there you have it. The first Dayton's Bluff Women's History Walk. And perhaps the last, unless someone - hopefully of the female gender - steps up and offers to be the next tour guide. And, of course, we hope that if you have any people you think should be added or suggestions to make, you will contact Karin DuPaul, our community organizer, at 772-2075.

Mound Park Grade School class of 1959 50th reunion



From L to R: [Front row] - Kathy (Anderson) Vollmer, Darlene (Wulfig) White, Madeline (Kush) Schmidt, Annette Nordstrom. [Second row] - Linda (Salchow) Vickers, Kathy (Continenza) Whitney, Gloria (Brisson) Gebhard, Myra J. Peterson, Dale Sweno. [Third row] - Richard Peterson, Dick Tubbesing, Judy (Smith) Anderson, Pam Hopkins, Diana (Riehm) Doherty, Harlan Hanson, Bob Roberto, Bill Rahm (8th grade teacher). [Fourth row] Bill Roth, Frank Damon, Rich Walker, John Kolb, Dave Petrie, Jerome Anderson, Greg Hartman, Dick Dufresne. (Attending but not shown - Arnie Miller)

By Kathy (Continenza) Whitney and Dave Petrie

On Saturday, August 22, 2009, the 1959 8th grade class of Mound Park Grade School celebrated the 50th anniversary of their graduation with a picnic in historic Indian Mounds Park. Almost half of the class of 62 attended the reunion. They came from as far away as south Texas, Tennessee, Wisconsin, and outstate Minnesota.

Members of the reunion planning committee, headed by Kathy (Continenza) Whitney, did their homework and found some very interesting historical data about Mound Park School. Dave Petrie obtained the architect's drawing of the 1910 addition to the original school building. He enhanced the drawing, had it matted and held a raffle for it at the picnic.

Some had not seen each other since their graduation from the 8th grade and shared memories of their days at Mound Park Grade School and the Dayton's Bluff area.

Kathy (Continenza) Whitney happened to meet Mr. Steve Trimble at the Minnesota History Center, while searching for memorabilia to share at the reunion. He mentioned that he had several postcard photos of the Mounds Park area and would be happy to share them, so she invited him to attend the picnic. By coincidence, Mr. Trimble had purchased his current home on Maria from Harlan Hanson, one of the members of the Mound Park 8th grade class.

Some Memories from Mound Park School and Dayton's Bluff:

Mr. Rahm Returns: Mr. Bill Rahm, one of the 8th grade teachers, now retired, was able to attend the picnic. Our class was his first teaching position, and he came in during the second half of the school year, right after the winter holiday break. A new, young teacher, Mrs. Kasha, had started the term in September 1958. She was pretty and nice, and her class adored her. But, she became pregnant and was allowed to stay only until her 4th month. So, Mr. Rahm inherited her class. There was a little resentment from some of the students at first, but Mr. Rahm handled it pretty well and led the class to graduation. At the reunion, he was surprised to learn from Gloria (Brisson) Gebhard, 50 years later, that the 8th grade girls all had a "crush" on their new teacher!

Mound Park Christmas Programs: One of the highlights of each year at Mound Park was the annual Christmas Program. Teachers helped us prepare musical pieces to be presented on the Friday prior to Christmas break. On Friday morning all students were seated in the school gymnasium while each class presented their pieces in a final "dress rehearsal." In the afternoon, parents, grandparents, and younger brothers and sisters filled the gymnasium for the big performance. Pulses quickened as we lined up in the corridor between the school and the gymnasium, ready to file in and onto the stage as the class performing ahead of us filed out. Some years we felt we performed great, others years we felt we could have done better, but the program preparation was over and we all felt great to be on the verge of Christmas vacation.

Lunch at Home - Bus Kids & Hot Lunch: The vast majority of Mound Park students walked to school. The 1950s were a time when most of our mothers were at home to make lunch for us. So we walked home and had lunch over the lunch hour. Once in a while a teacher would be invited to someone's home for lunch - a very special occasion with everyone on their best behavior! There was a small group of students who lived too far away to walk to school (most near the Chester Park Apartments near Highway 61 and Burns Ave). They were known as the "Bus Kids" and stayed at school for "Hot Lunch" when the rest of us went home at noon. "Bus Kids" was never a negative term, just a way of referring to those who rode the bus and didn't go home for lunch.

The "Bridge" Over Hudson Road: As the suburbs east of St. Paul grew following the Korean War, the traffic on Hudson Road going east increased substantially. Hudson road became a divided two-lane road that could no longer be safely crossed by Mound Park students. The solution was to build a nice looking footbridge from the intersection of Cypress and Pacific Streets across Hudson Road to the intersection of Cypress and Hudson Road. The bridge had to be high enough to allow large trucks to pass, which was pretty high to an eight year old. The first few times over, we held on tightly to the railings (which came up to our chests) and kind of slid our feet sideways without looking down until we made it to the other end. To be continued...

More memories from Mounds Park School and Dayton's Bluff will appear in next month's *Forum*.

Seventh Annual Fall Color Cruise

DRIVE FOR KIDS is a charity event for all of us who love cars, love driving and love contributing to a worthy cause. Help us raise money for three extremely worthy causes that are providing programs which serve at-risk youth: Bolder Options, a Minneapolis-based youth mentoring program; Portage for Youth, an after school/summer program for youth, housed at the Historic Mounds Theatre in Saint Paul; and Youth Outreach, a prevention, intervention and education program for kids in Red Wing.

FREE DASH PLAQUES TO FIRST 100 REGISTRANTS! FREE FOOD, T-SHIRTS AND GIVE-ALWAYS! "CURB-SIDE" CAR SHOWS AT START AND FINISH!

Join WCCO Radio's Dave Lee for this scenic drive featuring natural beauty, charming villages and town, dining, parks, galleries and antique shops. Rated by AAA one of the top 5 drives in the US for fall color touring. Great family fun. The event is open to everyone regardless of the type of car they drive.

WHEN: Sunday, October 11, 2009

START: 8:00 - 11:00 a.m./Indian Mounds Park. Free food, t-shirts, car show and giveaways. Group departures at 9:15 and 10:30 a.m.

THE ROUTE: On the road: Follow the Great River Road from Saint Paul to Wabasha to Red Wing. Great shopping, eateries and roadside attractions.

FINISH: Noon to 5 p.m. /Red Wing: Curbside car show, entertainment, free food and beverages, plus the Red Wing Fall Festival of Arts! Voting for Top 10, Youth, Committee and Mayor's Choice awards ends at 3 p.m.

For more information call BOLDER OPTIONS at (612) 379-BOLD ext. 220 or visit www.DriveForKidsMN.com to pre-register.

Recreational Fire Tips from the St. Paul Fire Dept.

It's the time of year when people may want to enjoy a backyard campfire. It's okay to have a campfire - what we call a "recreational fire" - under certain circumstances in the City of Saint Paul. By far the most frequent complaint we receive is the nuisance of the smoke. If you're bothered by the smoke of someone's recreational fire, please call 9-1-1 and a fire crew will come out, without lights and sirens, to investigate and extinguish the fire if necessary.

Since fires are so dangerous, the State Fire Code includes precautions that should be taken to have a safe and fun-filled campfire:

1. Maximum fuel area of 3 feet in diameter and 2 feet high.
2. No fire permit is required for a recreational fire.
3. No burning for disposal. No rubbish, paper products or construction materials can be burned.
4. Fires that **are not** contained in an approved burning appliance must be at least 25 feet from a building or combustible materials.
5. Fires that **are** contained in an approved burning appliance should be no closer than 15 feet from a building or combustible materials.

Letter to the Editor

Instant Run-Off Voting

This fall, all of us have a chance to reinvigorate the process of voting in St. Paul. It's called Instant Run-Off Voting (IRV) and it will be on the ballot this November.

IRV is a ranked method of voting that results in a winner chosen by a majority of the voters. Voters simply rank candidates according to their preference - 1st, 2nd, 3rd choice, etc. This means that voters can vote for their favorite candidate knowing that if he or she lacks the support needed to win, their vote can continue to count toward their second or third choice with a better chance of winning.

We're voting for IRV because we believe it will be good for our community. Cities with IRV have found that it encourages more positive and informative campaigns. When candidates are aiming to be your first or second choice, they're more likely to talk about issues and accomplishments, and less likely to trash their opponents.

Best of all, we've met lots of young people who are excited about getting involved in a new voting process that welcomes more voices and viewpoints. For more information on IRV, go to www.stpaul.betterballotcampaign.org

And we'll see you at the polls on November 3.

Jane Prince and Dave Murphy
Dayton's Bluff residents

Upcoming Bethlehem Church Events

Bethlehem Lutheran Church will have an event, "A Gentle Saturday", for women on Saturday, **October 24th** from 9 a.m. to 12:00 p.m. Cost is \$10.00 which includes lunch and a seminar called "Cultivate Contentment". Please call the church office at 651.776.4737 if interested.

Bethlehem Lutheran Church will hold its annual Harvest Fest on **Saturday, October 31**. Please call the church at 651.776.4737 for more information.

Bethlehem Lutheran Church will hold its second annual Holiday Boutique on **Saturday, November 21st**, from 9:00 a.m. to 4:00 p.m. If you would like to participate in the event by having a table, please call the church office as soon as possible at 651.776.4737.

6. Any conditions which could cause a fire to spread to within 25 feet of a building shall be eliminated prior to ignition.
7. The means shall be provided to extinguish the fire. This can include buckets, shovels, garden hoses, or a minimum 4-A fire extinguisher.
8. Fires shall be constantly attended by a person knowledgeable in the use of the fire extinguishing equipment provided.
9. Fires shall not be ignited if the wind speed is 10 mph or more.
10. The Fire Department may order the fire to be discontinued if, in our opinion, the fire constitutes a hazardous condition or produces obnoxious smoke or odors that may cause a public nuisance.

Burning bans issued by the Minnesota Department of Natural Resources usually do not apply to recreational fires. Those burning bans are for fires that require a permit.

Open burning for disposal requires a permit from the Department of Safety and Inspections. Very rarely is an open burning permit issued. Residents should try to find other ways to dispose of debris.

If you have any questions about recreational fires or open burning, you can call the Department of Safety and Inspections at 651-266-8989.

An interview with Phoenix Market owner Ali Artoli

By Kyle Burns

Ali Artoli is the owner of the Phoenix Market in Dayton's Bluff near the corner of Maria and Third. The neighborhood store and deli has quietly become a Dayton's Bluff institution. I spoke with Mr. Artoli and store manager Tarig 'Tally' Mohamed in the spring of 2009. They would love a visit from readers to discuss the Bluff, or even better, soccer. The interview with Mr. Mohamed will appear in the next issue of the *Forum*.

How did the Phoenix Market come about?

Well, actually the name was a suggestion from a customer. We had a store here we opened up in 1991, Maria Food Market. Due to a gas explosion, it was blown up. We suggested the customers come up with a name for the new store. A customer came up with the word, Phoenix, which comes from a Greek myth about a bird rising up from ashes. That is how it came about.

Was this building here all along? Was this here when you started the old Maria Food Market?

No, this building, which used to be a two-floor building, used to be called Paul's Lounge. Due to the explosion, they had to chop off the stairs. There was an empty spot where the old store was. We moved up to this building, renovated it, changed it from a bar to a store.

How long have you owned the store?

Since about the end of 1991, so all together eighteen years. We had a two-year break with the explosion with rebuilding and so on.

How's business?

Everybody complains about the economy, but I think we're surviving. It's okay. We all just have to reinvent ourselves; we are in the process of opening

a deli, to keep customers coming for different aspects of shopping. We have been affected like everybody else because when you have unforeseen things and the economy is going down, there is a lot of meltdown in people's resources. So people tend to be more selective in what to get and not to get.

How has the store changed since the 1990s?

You grow up and you see kids growing up and so on. At the end it is your livelihood, you know? You come and you work. You have some things happen that might throw you off, but at the end you look at it professionally, as a business. If you do a lot of good things, it comes back to you. I think that is my philosophy.

How has the neighborhood changed?

When I started, it was really rough. There was a lot of tension. There was a lot of drug sales. It was really, really bad. When I opened the store we tried to stay away from deteriorating the neighborhood more. We did not sell any liquor, no beer (whatever percentage). We did not sell any lottery. We stayed away from the stereotype depressed area business. We tried to keep ourselves up. We worked with the city. To be honest, the city council members helped us a lot

Recently there have been discussions throughout the Twin Cities about low income neighborhood corner stores selling items that contribute to illicit and illegal activity in the neighborhood. You said you make a point not to sell alcohol or lottery tickets. You do sell tobacco products, oversize tee shirts, phones, and so on, why do you still sell these items?

If a business came to you with a tax ID #, they are very legitimate, and you checked them out... then I have to respond to my customers needs. Like it or not, the same stuff we sell, like tobacco for instance, is sold at the big stores like Super America. It is actually discounted more at Super America. So to us, it is an unfair question, those questions are not focused on the big guys. For example we met with the city council before and the neighborhood police and they recommended we stop selling some of the stuff.

For example, Char Boy. Believe it or not, it has dual uses. You can use it to scratch pans, or you can use it for crack. We decided not to sell it, but you could go now to the bigger stores and buy it and nobody would say anything. We wanted to comply with what is better for the neighborhood. My thing is, you cannot hold the little stores responsible for every behavior outside. I could teach people not to do drugs, but I cannot stop people who use our products to do drugs. We do our best; it is hard to implement my judgment on people after they leave the store.

How would you characterize the people who come into your store? What is your impression of the people who live in this neighborhood?

All walks of life. You've got older people, younger people, white, black, Mexican, Asian. You could say the East Side is America. You get people from all over, from different backgrounds. On Sunday you get a lot of people from church here. Different religions, different ethnicity, everything.

Do you have problems with theft or belligerent people in the store?

I think it depends on how you handle it. Some people are so ignorant, they think you just have nothing to do besides being a clerk, so they belittle you to some extent. Overall, most of the customers are nice. They come and buy their stuff and leave. The shoplifting does exist, but if you go to any area, if you go to Edina, you still have shoplifting. We figured out, knowing the neighborhood for a long time, if a kid steals something, like candy which is an impulse thing, it is more productive to have the parents come down and tell them than to try to hold them or call the cops. We have to handle every situation a little bit differently. I have seen other neighborhoods; I don't think it is as bad here as people might think.

Describe your relationship with the local police over the years.

I think it is very good. Even before the explosion, when we used to have Maria Food Market, one of the officers, who is retired now. His name was Timothy. He would come and hang around with us. I think his presence helped a lot. Overall, we haven't needed them around a lot.

Kyle Burns is a proud Bluff transplant from Waterloo, Iowa. He earned his BA in Social Studies from Hamline University. When he isn't speaking with neighborhood characters for the District Forum he is studying the intersection of History and Culture, listening to records, or skateboarding.

Alyssa Whitesell completes 8-week MCC service



Alyssa Whitesell, Dayton's Bluff resident, recently completed eight weeks of service with the Minnesota Conservation Corps. MCC's Summer Youth Program, a youth development and natural resource restoration program, is based at St. Croix State Park near Hinckley, Minn. Whitesell was one of 85 youth, age 15 to 18, selected from across the state to participate.

This summer, Whitesell and a crew of five other youth and two adult leaders completed many outdoor environmental restoration projects. Service projects include maintaining hiking trails, planting trees, installing rain gardens and removing exotic invasive plant species. Whitesell and other youth also learned professional skills such as resume writing and job interviewing.

Youth crews spend most of their summer camping in tents at state and national parks where they work, upon completing a week-long training at St. Croix State Park. Youth complete 35 hours of hands on conservation work each week. Crews cook their own meals, wash their own dishes and enjoy outdoor recreation when not doing conservation work.

The MCC is a nonprofit that provides meaningful work for young people with hands-on environmental service projects. The Summer Youth Program unplugs teenagers who agree to leave iPods, cell phones and modern conveniences behind to live, work and learn in the outdoors.

For more information on the MCC programs and its programs for teenagers and young adults, call (651) 209.9900 or visit www.conservationcorps.org.

Continued from page 1

CDC

3. The strength of a neighborhood depends on the opportunities it creates for the young to become involved in a variety of aspects of community life.
4. Youth thrive when their experience gives them a sense of place and belonging and new skills.
5. Our physical environment forms our thinking.
6. Young people's respect for themselves and for their community depends on local adults modeling responsibility and achievement.
7. We create healthy and thriving community through collaborative partnership.

The Community Design Center orders the plants and the students help in organizing them in the pots. There

are 15 plants per pot. Some of the plants put into the pots are: Fountain Grass, Blue Salvia, Zinnia, and Potato Vine

It takes three and a half hours to prepare the pots and meet the owners of the businesses that get the pots. The students talk to the owners and explain how to take care of them. Each year the pots are fertilized with compost. The Sentence To Serve Program also helps in putting the pots out and in returning them to storage.

During the summer the teens are paid through the City of St. Paul Youth Job Corp. When the teens participate during the school year they receive a small stipend. Up to 43 teens work in the spring and up to 14 teens teach classes. The spring is mostly volunteer work.

For more information go to www.cdcmn.org.

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Highlighting the youth of Dayton's Bluff

They went to a garden party...

What better way to brighten a community—and its spirits—than flowers. Youth in the neighborhood worked with the Dayton's Bluff Community Council (DBCC) to locate a local home owner who would be willing to have the kids do some landscaping. Resident Mike DeVillers listened to the kids' proposal and was very happy to partner with them in making a garden in his front yard to beautify the neighborhood.

His front yard, which is all hill, was also all dirt and weeds before the youth arrived. And so the day started with the hard work of weeding, raking and digging. But then came the fun part of planting the beautiful plants and flowers. Afterwards, Mike cooked everyone lunch and they had a chance to talk and get to know each other.

And that was the best part of the project. It wasn't simply about the youth making the community look better, but teaching them to take pride in their own neighborhood. It was also about building relationships. This community garden project helped bridge the gap between youth and adult residents, and any stereotypes that each may have.



▲ A garden with stone path now greets visitors to the Rec Center.



The group also worked with the Eastside Art Council and DBCC to improve the grounds of the Dayton's Bluff Recreation Center, putting in a garden with stepping stones out front. They can now walk through the garden on the stone path and enjoy the hard work they put in this summer.

For more information on the Community Garden Project, please contact program director Mary Moore at 651-793-3885.

◀ Mike DeVillers (center) takes a break with the Dayton's Bluff youth helping install a new garden in his front yard.

Dayton's Bluff Recreation Center | 800 Conway Street | 651-793-3885

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Center for Community-Based Learning anchors Metro State's community-centered initiatives

Many colleges and universities talk about their engagement with the community. And then there's Metropolitan State:

- * A total of 119 community organizations and businesses participated last academic year in internships coordinated by the university's Center for Community-Based Learning (CCBL).

- * In Project SHINE (Students Helping in the Naturalization of Elders), several hundred students over the years have easily provided more than 10,000 hours of tutoring at numerous community-based partner organizations.

- * A Youth, Family and Library Outreach program last academic year served 2,755 K-12 youth, many of them East Side residents.

"Commitment to community is woven right into the fabric of Metropolitan State; it's not an add-on," said Susan Shumer, director of university community outreach, civic engagement and the CCBL. "It is virtually impossible for students to take classes here without having a community connection along the way."

The CCBL, anchor of the university's multipronged community-based efforts, is the largest and most active of its kind in the Minnesota State Colleges and Universities system. Its efforts range from family and youth outreach and environmental education to academic internships and service learning programs in which students earn academic credit for their community contributions. And they include civic engagement initiatives that encourage peace building, social justice and community organizing and citizen involvement in innovative democracy-enhancing projects.

"Everything we do here is aimed at helping create some kind of social transfor-

mation that benefits the community," said Shumer.

Metropolitan State's community involvement is tied to its founding 38 years ago as an institution for urban, working adults. One of its strategic goals is to continue to institutionalize the "unwavering commitment" to civic engagement across the university.

In 1987, Metropolitan State became a charter member of National Campus Compact, which is comprised of colleges and universities committed to promoting community service. Seven years later, the university signed on as charter member of Minnesota Campus Compact.

When Metropolitan State moved its administrative headquarters to Saint Paul's East Side, one of the university's first actions was partnering with Dayton's Bluff Achievement Plus Elementary School. That partnership remains the university's longest and strongest; successful strategies there include a family literacy program, reading and math tutoring, environmental education and a college-readiness program.

Further evidence of the university's service to the East Side is the 86,000-square-foot library on the Saint Paul campus, which also contains a branch of the Saint Paul Public Library. University students tutor pupils of all ages there. Free cultural/multicultural events are also offered at the facility.

In 1996, the CCBL was launched, and community involvement deepened. More recently, the university joined the American Democracy Project, a national initiative that aims to make civic engagement a central learning outcome.

Community-based initiatives will continue flourishing at the university. The 2007-2008 academic year was labeled the Year of Engagement, underscoring participation in civic engagement issues.

"This institution is so committed to community," said Shumer, "that it's a joy to do what I do. Every day something good happens here."

“Listen to Children”

By Mary Ann Cogelow

Taking a break from walking at the State Fair I witnessed this scene. A young mom pushing her little boy in a stroller met four adult acquaintances who knew her and greeted her with warmth and enthusiasm. The baby, who I would have guessed to be eight or nine months old was one of the most exquisitely beautiful babies imaginable. The older people, two couples of grandparenting age, were all charmed with and aggressively friendly to the child. The little boy did not recognize them and was not charmed. He looked soberly from one adult face to the next with a serious, guarded expression – no flashes of recognition, not the barest hint of a smile. His mother was behind his stroller, so he could not see her or check with her about her evaluation of these strangers and he could not read her body language as he could have done if she had been holding him.

In response to the child's stoic face, the greetings of the adults grew more aggressive with pokes in the tummy, tickles, and strange adult faces pushing too close, smiling and chattering. He became more restive and his mother gave a bottle to one of the women who offered it to him. He sucked for a few seconds, but remained watchful, then stopped. The friendly “games” inflicted upon the baby continued as he arched his back and turned as far as he could within the confines of the stroller trying to find his mother who was now talking on her cell phone. His growing anxiety and frustration finally resulted in his crying in fear, mouth squared and open in a wail.

The adult who had been most invasive in his approach to the baby now insisted in removing him from the stroller and holding him to reassure him. The baby was having none of this and arched away crying harder until his mother, after what seemed to me like an interminably long time while she stashed his bottle, her water bottle, the cell phone, took him in her arms and cooed and rocked him. It took her only seconds to settle and reassure him reinforcing my impression that she was basically a competent mom. At that point I left to continue the State Fair walk, so I don't know if the “friendly fire” was renewed and the baby was again traumatized or not.

It was clear to me as a bystander that the mother's acquaintances felt very friendly and positive toward the baby and wanted him to be happy and like them. His mom also looked to me on the basis of brief impressions like a competent and caring mom. But in the course of the few minutes I watched this scenario, they demonstrated clearly some of the mistakes we make over and over again with children. We don't know enough about their development. We often act as if their needs are less important than adult needs when in fact the reverse is true. We think that they cannot be harmed by events they will not

consciously remember in later life. We treat them as if they are not fully human or deserving of respect because they are infants, toddlers, or children. We forget that they are always learning and always becoming and that everything we do with them becomes built into their brains.

In elegant research at the University of Minnesota, Megan Gunnar, PhD. demonstrated that stress such as this little boy, at a prime time in his life for stranger and separation anxiety, was experiencing results in the immediate release of stress hormones into the child's blood stream. Repeated and unmediated experiences of this kind permanently alter the brain leaving children vigilant, nervous, unable to relax and in fact, inhibit their ability to use their brains maximally for pro-social and healthy emotional and intellectual learning.

Do I think this little boy has been damaged in any significant or permanent way by this one painful incident? Most definitely not. What builds any child's brain are hundreds and thousands of incidents. Human children are, fortunately for us, highly resilient. And Gunnar's research demonstrates that having a secure attachment to a caregiver like this little boy appeared to have with his mom in fact protects the brain to a significant degree. Am I concerned by the lack of knowledge about child development and inability to see and hear the very clear signals this baby was sending? You bet I am. Some children, to our great detriment, experience far too many incidents which tell them in many ways that their feelings don't matter, that their needs don't count or that they have to be ready to fight or flee to take care of themselves. All children inevitably experience times when they will be worried, afraid, disappointed and when their brains will be bathed in stress hormones. For that reason it seems important to me to avoid any such experience when we can.

I don't go around looking for examples of situations in which adults aren't very helpful to children. I also don't imagine that people who don't react sensitively to children are bad people. I do observe and evaluate behavior all the time. We need to do a better job of parenting and educating children than we have ever done if they are to face and solve the problems they will inherit from us. All of us who make up the “village” need to learn as much as we can about child development and be as sensitive as possible to children as individuals. The world is full of resources to help any of us do a better job of supporting the best possible and happiest growth of children. Thoughtfully read a book, go on-line and think critically about what you see, join an Early Childhood Family Education Class (Dayton's Bluff is the nearest site). Talk about what you learn with other adults. Pay sensitive and supportive attention to children of all ages. They are literally our future.

3rd Annual

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Love Grows Here Wellness Center

Community partners join together to bring wellness to East. St Paul!

On Sept 9, 2009 the doors opened for our second year as the Love Grows Here Wellness Center in Dayton's Bluff. The Center is at 463 Maria Ave. on Wednesday Evenings 5:30p.m.- 8:30 p.m. The center is a collaborative of three community partners: First Lutheran Church, Metropolitan State University and Dayton' Bluff Seniors.

The services to be offered are:

- *Blood Pressure Clinic
- *Blood Glucose Monitoring
- *Healing Touch Therapy/ Reiki Healings
- *Chronic Disease Support
- *Health Education
- *Nutritional Education
- *Medical triage and referrals
- *Foot Care
- *Community Supper

We welcome volunteers to assist with set up, clean up, meal preparation, and sign up table. Contact Allie at First Lutheran 651-776-7210

The intention of the Center is to support community folks who might not be able to afford these services and to train future community health care providers.

The Love Grows Here Wellness Center is located at 463 Maria Avenue, St. Paul, MN 55106. Visit our website at: www.lovegrowshere.net.

Cerenity Senior Care – Marian of Saint Paul invites you to a presentation:

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200 Earl Street
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www.CerenitySeniorCare.org

Free Movies and Popcorn Night

Arlington Lutheran Church at 1115 Greenbriar St. in East St Paul is offering a free “Movies and Popcorn Night”, every first and third Friday of the month for families. Dinner is served also. Call 651-771-5501 for more information.

It's all free and a nice opportunity for recreation, a communal meal and meeting the other community members. There will be a discussion after the film. Each film is a popular Hollywood production that folks may be familiar with. However, we will be looking for the deeper meaning, values and guidance the films can provide as support for families struggling in these difficult economic times.

Dayton's Bluff District Forum

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Saint Paul, MN 55106
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Have a Safe and Happy Halloween!