

Dayton's Bluff District Forum

Volume 28, No. 7
August 2015
daytonsbluffdistrictforum.org

"The Voice of the Community"

E. 7TH Street LIVE

A celebration of community

Nicole Pressley

Dayton's Bluff Community Council

E. 7th Street LIVE is a community celebration that brings East Side residents together on E. 7th Street to enjoy food and entertainment, while gaining useful information about the local businesses and organizations on E. 7th Street and throughout the East Side. E. 7th Street LIVE is born out of Dayton's Bluff Community Council's "Make it Happen on E. 7th Street," an economic development initiative that is helping to spur millions of dollars in capital investment on E. 7th Street. This event is an exciting annual showcase for the East Side.

On Friday, August 21, from 5:00 p.m. to 9:00 p.m. E. 7th Street between Minnehaha and Forest will be closed, ensuring participants easy access and navigation of the 100 plus street vendors and business exhibitors. Using the whole street means everyone will be up close and personal with the musicians, dancers, food vendors, and local artists. Get your dancing shoes out, lick your chops, and get ready to enjoy the best of the East Side.



Forum Staff

A group poses together at the "Make it Happen on E. 7th Street" event in 2012.

E. 7th Street LIVE is a free celebration for the whole family. Local businesses and residents come together to **MEET, GREET, and EAT** to an East Side beat! Don't miss this bigger and better celebration of summer; no matter what you have planned. On this Friday you need to be at E. 7th Street LIVE and **celebrate the energy and determination of our community.**

Vendors interested in registering, please contact us at 651-772-2075.

We will provide tents, tables, and chairs for fast and easy setup to all registered vendors. At past events parents registered their children for local youth programs, new businesses hosted activities to get feedback on their products, advocacy groups engaged residents to build healthier communities, and so much more.

To learn more about Dayton's Bluff Community Council visit www.DaytonsBluff.org.



Search for Swede Hollow history: An archaeology project

Forum Staff

University of Minnesota students Stefanie Kowalczyk and Kelly Wolf will be excavating Swede Hollow Park and are inviting the public to participate. They are looking for experienced archaeology crew members (who have at least completed a field school) or for anyone who would like to try their hand at doing archaeology!

The excavations will be taking place from July 30 to August 10, 2015, with the "hands-on" days being July 31, August 1, August 7, and August 8.

If you, or someone you know may be interested, or if you would like more information, please contact Stefanie via email at kowal169@umn.edu.

National Night Out: August 4th

Forum Staff

Celebrate community with your neighbors in Dayton's Bluff on National Night Out: **Tuesday, August 4.**

National Night Out is an excellent way to help build stronger, healthier neighborhoods with the quality of life that everyone desires and deserves. National Night Out also helps to build partnerships and trust between police and community. Neighborhood groups, block clubs, and neighbors are planning a variety of activities for their National Night Out events. Some have a barbecue or a potluck; some have live bands, kids' games, etc. This is the 32rd Annual National Night Out, which is celebrated nationwide. Most celebrations start around 6:00 or 6:30 p.m. Many National Night Out

events encourage neighbors to bring a dish or dessert to share. Take lots of good National Night Out pictures and send them to editor@daytonsbluff.org; your photo may be featured in a future issue of the *Forum*!

In past years, Saint Paul has been very close to being #1 (like 2nd and 3rd) in the country for a city of our size, for the best National Night Out events. Help Saint Paul be #1 and show the rest of the country just how great our city is and what we do to build stronger neighborhoods by hosting an event on your block!

Another way to celebrate is to get all of your neighbors to turn on outside lights from dusk to dawn. For more information or to plan a National Night Out event in your neighborhood, call Pam McCreary at 651-266-5455.

Some Dayton's Bluff National

Night Out event locations include: Mounds Park United Methodist Church at Earl and Euclid, Our Saviors Lutheran Church at Johnson Parkway and Margaret, Bethlehem Lutheran Church at Forest and Margaret, Saint Paul Federal Credit Union at 1330 Conway, Indian Mounds Park at Mounds Blvd and Earl Street, and Upper Swede Hollow Park with hot dog grilling hosted by Saint John's Lutheran Church at Greenbrier and Margaret. Bring your family and friends! **Events begin around 6:00 p.m.**

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Community Council
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Forum Staff

A clown entertains children at last year's National Night Out.

New Friends of Swede Hollow are welcome

Do you enjoy Swede Hollow Park and care about its history and future? The next Friends of Swede Hollow monthly meeting is **Wednesday, August 12, at 6:30 p.m.** Email karin@swedehollow.org or call 651-776-0550 for more information and the meeting's location.

Get rid of your junk car; help Dayton's Bluff Community Council

Budget Towing of Minnesota is owned by Roy Carlson, a former Dayton's Bluff Community Council board member. Budget Towing will remove any junk car or truck—from anywhere in St. Paul—and dispose of it at no charge. The owner of the vehicle will receive paperwork for a tax donation, and Roy will make a small donation to the Community Council. Call 651-772-2075 to have a junk car removed—and help clean up Dayton's Bluff.

Dayton's Bluff Take-a-Hike

On the first Saturday of most months the Dayton's Bluff Take-A-Hike starts at Indian Mounds Park at Earl Street and Mounds Boulevard at **10:30 a.m.** There will be no hike in August. The September hike will be on **September 5.** The hike is about one and a half to two hours long and will end at Swede Hollow Park or East Side Heritage Park depending on the desire of the hikers. Learn a little history along the way! If you have any questions, contact Karin DuPaul at 651-776-0550 or karin@swedehollow.org.

Police community meetings

The Eastern District Police host their monthly meetings for community members at 722 Payne Avenue, at the corner of Payne and Minnehaha Avenues.

The next meetings are **Wednesday, August 19, at 9:30 a.m. and 6:30 p.m.** Regular meetings are held on the third Wednesday of each month.

The meetings are open to all. The intent is to learn about, listen to, and address concerns about crime and other issues on the East Side. The St. Paul Eastern District is committed to maintaining and growing the quality of life for all of our residents. Bring your neighbors for a great opportunity to discuss neighborhood nuisance issues.

Free summer meals for children

Second Harvest Heartland is providing free summer meals for children 18 and under in select Dayton's Bluff locations. The program will run June through August, but the ending time is different for each location.

There are 70 sites throughout St. Paul. Visit 2harvest.org/summerfood for a map of the different locations or for more information in Spanish, Somali, or Hmong, call 612-516-3663.

Free meals for children will be

available at the Dayton's Bluff Recreation Center located at 262 Bates and 800 Conway from **June 15-August 28, from 2:30 p.m. to 3:30 p.m. and from 6:00 p.m. to 7:00 p.m.**; Dayton's Bluff Elementary located at 262 Bates and 800 Conway from **June 15-August 28, from 8:30 a.m. to 10:15 a.m. and 11:00 a.m. to 1:15 p.m.**; American Indian Magnet located at 1073 E. Third Street from **June 15-August 14, at 7:20 a.m. to 9:30 a.m. and 11:30 a.m. to 1:00 p.m.**; Dayton's Bluff Public Library located at 645 E. Seventh Street from **June 15-August 20, at 4:00 p.m. to 4:30 p.m.**



The East Side Open Market is live music, food, art, and a farmers market located at 463 Maria Avenue. **Open Thursdays from 4:00 p.m. to 8:00 p.m.** Call 651-815-8523 for more information or East Side Open Market on Facebook.

Business Classes

The next Dayton's Bluff Neighborhood Microentrepreneur Class starts this Fall. This program helps startup and young businesses on the East Side. All East Side entrepreneurs are welcome. Class training lasts eight weeks and includes topics such as operations management, marketing, financial management, one-on-one assistance with creating a successful business, and preparing a business plan, plus eight 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, art, custom floral design, and exterior and interior painting. The course is a partnership between 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 be starting in the spring and class size is limited, so get enrolled now. Please call Emma Spillman at 651-379-8432 for an application.

Dayton's Bluff District Forum board meeting

The *Forum* is seeking help with writing, online content, idea generation, and ad sales. Join us at our next meeting: **10:00 a.m. on Monday, August 3** at 804 Margaret Street. Call 651-776-0550 or editor@daytonsbluff.org for more information.

Dayton's Bluff Block Nurse program needs volunteers

The Dayton's Bluff Block Nurse program needs volunteer drivers to help seniors without cars make it to doctor's appointments, dental offices, pharmacies, and the like. If you could help on a regular or occasional basis, please call program volunteer coordinator, Michelle, at 651-400-1650 or email volunteer@daytonsbluffseniors.org.

August at the Dayton's Bluff Library

The Dayton's Bluff branch of the St. Paul Public Library shares its home with Metropolitan State University at 645 East 7th Street. It has recently lengthened its hours and is open until 8:00 p.m. Monday through Thursday. One-hour parking is available in the lot, and the 61, 63, and 73 bus routes serve the location.

Special August events include *Summer Spark* at the Dayton's Bluff Library—the summer reading program reimagined! Children and teens can earn books and prizes based on the activities and reading they do throughout the summer. *Summer Spark* events at Dayton's Bluff Library will be **every Thursday in August from 3:00 p.m. to 3:45 p.m.** Events include a show-and-tell with the Reptile and Amphibian Discovery Zoo, the amazing Magical Mia, the entertaining Roe Family Singers, and the comedic Brodini Comedy Magic Show. The Dayton's Bluff Library will continue to offer *Reading Fun & Games!* For kids 11 and under. This will include games, puzzles and book prizes. Drop in any time! **Mondays-Thursdays, noon to 4:00 p.m.** The *Summer Movie Series* will continue to screen a FREE family movie every Friday afternoon in August in the Metropolitan State University Library Student Lounge. **Fridays, 1:00 p.m. to 3:00 p.m.**

Ongoing Events at the Dayton's Bluff Library include: *Job Search & Open Lab Assistance; Monday-Thursday from noon to 3:00 p.m., Computer Help & Training; Tuesdays and Thursdays from 10:00 a.m. to noon, Summer Snack in the Zone; Mondays through Thursdays, from 4:00 p.m. to 4:30 p.m. Best of all, these services are free! A complete schedule of hours and events is available at sppl.org or by calling 651-793-1699.*

Mark your calendars

Join the Saint Paul Police for their Safe Summer Night Community Cook-out at Margaret Park on **August 13, from 5:00 to 7:00 p.m.** Free dinner and fun activities!

Comidas gratis para niños este verano

Second Harvest Heartland ofrecerá comidas gratis este verano para niños y jóvenes menores de 18 años de edad en los siguientes sitios en Dayton's Bluff. El programa funcionará hasta finales de agosto, pero las fechas variarán en cada uno de los sitios siguientes. Existen 70 sitios en St. Paul. Visite 2harvest.org/summerfood para ver un mapa de los diferentes sitios o para tener más información en español, somali o hmong, o llame al 612-516-3663.

August at the Mounds Theatre

Jessica Johnson

Executive Director; Mounds Theatre

Weekend of **July 31-August 2:** The Mounds Theatre will be hosting "*A Blatantly Paranormal Affair.*" During the afternoons there will be presentations by the hosts on subjects regarding the paranormal. During the weekend there will be a live radio broadcast for IPBN Alternative Talk Radio with Scotty Roberts, John Ward, and Rocci Stucci. In the evenings there will be paranormal investigations with the guests. Tickets are \$30 per day or \$75 for a three-day pass. Tickets are limited, so make sure to buy in advance on our website!

August 28: The Mounds will be showing "*Dropkick Minnesota,*" a documentary on Minnesota wrestling. Show time is at **7:00 p.m.**

These hot summer days are pretty sparse for scheduled events, but we do have air conditioning, so check the website at moundstheatre.org for upcoming events, including possible "Beat the Heat and Watch TV" days as well as live programming!

Visit our website at moundstheatre.org for more information on any of these events and to purchase tickets as they become available.

The Historic Mounds Theatre is located at 1029 Hudson Road. 651-772-2253; historicmoundstheatre@gmail.com.

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New Faces at Dayton's Bluff Seniors

There are a couple of new faces in the Dayton's Bluff Seniors (DBS) office these days – a new Executive Director and a new Volunteer Coordinator. Rhonda Battisto has served DBS since 2012 and has decided to move onto different and rewarding work. Replacing her is Janet Golden, who most recently was at Tubman Family Crisis and Support Services, where she ran the Elder Care & Rights Center. Michele Streitz joins the team as the new Volunteer Coordinator working to match up our clients with the wonderful

volunteer drivers, nurses and caregivers. The Board of Directors also has a few new faces. Jaime Hanson joined the board in April and serves as the incoming Vice-President. Jim Thompson fills the role of Treasurer, and Anne Marie Christensen, Les Malmquist, and Pa Chua Vang round out the board. We thank them for their time and dedication to our mission. If you are interested in volunteering at Dayton's Bluff Seniors, either on the board, as a driver, friendly visitor for seniors, or perhaps in the office for data entry, please call Janet Golden at 651-237-7633 or Michele Streitz at 651-400-1650, or email volunteer@daytonsbuffseniors.org.

Mounds Park United Methodist Church

1049 Euclid Street (corner of Earl and Euclid); 651-774-8736
Mounds Park United Methodist on Facebook

Mounds Park United Methodist Church is a community based multicultural congregation located at 1049 Euclid Street at the corner of Earl and Euclid. We strive to build on the positive assets of Dayton's Bluff, working together as neighbors improving our community. In May, we invited a new Karen congregation to share our building— they are called New Abundant Life Church. They worship at **1:30 p.m. on Sundays**.

Everyone is invited to the following community events:
Sunday morning service starts at 10:30 a.m. with fellowship time following. Come join your neighbors in worship.

Tuesday, August 4th –National Night Out Celebration out on the church lawn. The community will be celebrating National Night Out from 6:00 p.m. to 8:00 p.m. out on the church lawn. We'll serve "walking tacos." There will be a Sno-Cone machine, carnival games for all ages and visits by our local police, fire, and emergency response teams. All are invited and everyone is welcome to bring a favorite pot-luck dish to share with neighbors. It will be a good night to get to know your neighbors!

Sunday, August 23rd –Free community breakfast & worship. Everyone from the community is invited to a free hot breakfast served in the fellowship hall starting at 9:30 a.m. followed by worship at 10:30 a.m. A full hot breakfast will be served plus various pastries, toast, fruit, coffee, juice, and milk.

Wednesday, August 26th starting at Noon –Community friendship gathering with hot lunch. We begin with a hot lunch of pork chow mein, egg roll, fried rice, and choice of dessert followed by The Harmony 3 singers providing great music. All are welcome to come; the focus of this event is on persons age 55 and over.

A summer community reading group is being formed that will focus on David Brooks' latest book, *The Road to Character*. The focus is on forming positive values that lead to character. If you would like to be a part of this reading group, please contact the church office at 651-774-8736 or Urbanmaple@earthlink.net.

Friends of Swede Hollow Summer Photo Contest

Forum Staff

You're invited to submit your summer Swede Hollow Park photos to Friends of Swede Hollow's (FOSH) Summer Photo Contest. Swede Hollow is beautiful all times of the year and we want to see your photos. Judging is done by the East Side Arts Council. We ask that contest participants allow their photos be used for Friends of Swede Hollow fundraising and other uses. Prizes are awarded to

the top three photographs. Earlier this year FOSH held a Winter Photo Contest and the entries to the spring contest are now being judged. Submit your photographs to Karin@SwedeHollow.org on or before September 27. When submitting your photos, put "FOSH photo contest" in the subject line and your contact information along with the name of your images within the body of the email. Best of luck to all participants!



Forum Staff

"The Beautiful Spirit of Swede Hollow" in Swede Hollow Park.

Get Involved and Let Your Voice Be Heard!

Want to **Make a Difference** in Your Community?

MANY CULTURES. BUILDING THE FUTURE.

Dayton's Bluff Community Council is looking for community members who want to get involved. DBCC is dedicated to supporting and building a community of equity where everyone can thrive. Below are some ways you can get involved:

- Become a Member of the Board (Elections each Fall)
- Committee Involvement
- Volunteer Opportunities



804 Margaret Street
Saint Paul, Minnesota 55106
651.772.2075

To Learn More About DBCC and how get involved, visit www.daytonsbuff.org today!



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MN Hair Design

Mark Gallagher
Forum Editorial Associate

Nicole Forbragd and her fiancé/business partner, Maurice Arnold, own MN Hair Design. It opened for business in November 2011 after Maurice had the idea to start a hair salon because he saw that Nicole was good at what she did and wanted to invest in her and their future.

The shop first opened on Old Hudson Road and White Bear Ave. but moved to its present location at Hudson Road and Earl Street, in December 2014. Nicole and especially Maurice thought the Dayton's Bluff area would be a great place to relocate because he had grown up in this area.

The downstairs of the building where Arlene's Hair Fashions used to do business, 1075 Old Hudson Road, is now occupied by Nicole and Maurice's hair salon. "We are excited to be in the new location as Arlene's was a staple in the neighborhood," Nicole says. "There is a lot more space and a lot more walk-in traffic, and I just love the neighborhood."

Nicole got interested in the hair cutting business at a young age when she would help out at her aunt's shop in Thief River Falls. There she learned that she wanted to cut hair, but before Nicole started cutting hair, she was a graphic designer. She had her own office and other perks, but the only way she was able to be creative was on a computer, which bored her.

"The corporate world was not for me," Nicole says. "When 9/11 hit, a lot of companies were downsizing, so I decided to go back to school for hair design because I always wanted to do that."

Nicole enrolled at Scott Lewis in Bloomington, Minnesota, when it was a Paul Mitchell School. "The school was about ten months long," Nicole says. "You had to punch a clock at 9 a.m. and stay until 5 p.m., and you had to accumulate 1550 hours over those ten months, which is required by the state of Minnesota. The first couple of months is all bookwork — then you start learning how to shampoo, cut, and color hair."

"I'm just a very artistic person; I look at hair as my new medium — it's like my canvas or sculpture," she says. After she finished school, Nicole worked for about six years at John English in Uptown Minneapolis and then she cut hair at Snips Spa Salon in Bloomington.

Nicole enjoys being her own boss because it allows her to take as many clients as she wants and stay as late as her schedule dictates. "I typically put in ten to twelve hours a day and have anywhere from five to ten clients during the day," she says. "I specialize in all hair types and cut women's hair as well as men's and kid's hair — every service includes a style as well as a wash and a scalp massage. John English once said, 'If you give them a really good shampoo and massage, they'll always be back.'"

MN Hair Design's "new customer special" comes with a partial foil or an all-over color, a deep condition, and a haircut and style. A new customer gets all that for \$65.00 — half the price of most other salons.

"The most rewarding thing about cutting hair is the smile on someone's face when they see the haircut you have given them makes them feel so good," Nicole says. "I have great compassion for people. It is the best feeling in the world for me when I turn my chair around and see the smile that tells me they love their hair."

"The majority of my business comes from personal referrals," Nicole says. Clients drive to her shop from Forest Lake, Prior Lake, and from as far as Brainerd, Hudson, and even Wisconsin Dells. "People will travel not only to get a good deal," Nicole says with pride, "but to get exactly what they want."

"I just want people to feel very at home here," Nicole says of MN Hair Design. "You know, to love how they feel when they are here and then love how they look when they walk out the door — and tell all their friends to come and see me."

Mark Gallagher is a professional writer and editor.
Mark can be reached at refineEditorial@gmail.com.



Photo submitted

Nicole Forbragd and Maurice Arnold, owners of MN Hair Design, in front of their new location at 1075 Old Hudson Road.

Dayton's Bluff District Forum

804 Margaret Street, St. Paul, MN 55106

Phone: 651-776-0550 E-mail: editor@daytonsbluff.org

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Editor/Layout: Jennifer Gascoigne

Editorial Associate: Mark Gallagher

Next issue: September 2015. Deadline for material: August 10, 2015.

See Jane run!



Sheldon Johnson endorses Jane Prince for City Council!

"I support Jane because I've seen how she works: She's a good listener, she's tenacious, and she's a consensus builder. She will be a great asset to our community."

Sheldon Johnson
STATE REPRESENTATIVE, DISTRICT 67B

Jane wants to meet with you this summer!
Contact Jane at
JanePrinceW7@gmail.com to let her know what is important to you!

Jane FOR Saint Paul PRINCE FOR Ward 7

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Paid for by Jane Prince for Saint Paul's Ward 7 City Council,
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Toaster woes

*Diane May
Special to the Forum*

So, my toaster broke the other day. Not such a big deal, right? Wrong. I live in the Dayton's Bluff Central area of St Paul. We have no Best Buy, Target, Walmart, Sears, etc., in Dayton's Bluff. In other words, we have no convenient place I know of to run to and buy a toaster off the shelf.

Now granted, I do have a car and could drive out of my neighborhood to find one of the above stores. Also, we are signed up for Amazon Prime at our house, and the Amazon Fulfillment Center frequently "fulfills" us. And it could be argued that there are perfectly good toasters for sale at Animal Ark Thrift Store down the street. But, intrinsically, I feel like I should be able to buy a NEW toaster right here.

After all, my neighborhood was where companies like Seeger Refrigerator and 3M called home. Over 100 years ago the Seeger Refrigerator Company started right here in Minnesota. The founder of the company built beautiful brownstone houses for both him and his daughters down the street from where I live. But Seeger was bought out by Whirlpool in 1955 and Whirlpool closed our East Side plant located at Arcade and Phalen in 1984. Now all we

have is a strip-mall named "Seeger Square" a stone's throw from the old 3M headquarters in Dayton's Bluff.

All those big companies, including Hamm's Beer, left us awhile ago. And neighborhood activists and investors have worked hard to keep our history alive while keeping an eye to our future. Flat Earth Brewing is again making beer in one of the old Hamm's buildings. Heck, we have trampoline-ists, visual artists, a police station, a public school focusing on Hmong culture, and a tilapia farm occupying all of those old Hamm's Buildings. The ornate 3M headquarters still stands and St. Paul Port Authority has worked hard to entice new companies to expand on the Beacon's Bluff. But how does all this new development help me to get a new toaster right now?

Then I remembered Kendall's Ace Hardware is always willing to special-order items for me. So I marched down to them and after catalog shopping, found the toaster I wanted. Since then, I have discovered A+Plus Appliances, also on Payne Avenue, and I am sure after this article, someone else will point out to me another local store I could have gone to.

Why was it so important to me to shop local? Because it is yet another way to help keep people in

their homes. When I spend money here, people get hired here, get paid here, and take up residence here. If all my dollars leave the neighborhood how can I be surprised if all my neighbors do too?

This is another reason that I am part of the Eastside Open Market—the longest running Farmer's Market on the East Side. I try to buy as much of my food there as I can, as many of my gifts there as I can, and support as many of my neighbors there as I can. And all the benefits stay right here in the neighborhood. The Eastside Open Market runs from 4:00 p.m. to 8:00 p.m. every Thursday night at 463 Maria Avenue on the First Lutheran Church grounds. I have a friend that affectionately calls that church "the Burger King Church" because it is the church located right behind the Burger King on East Seventh Street.

If you can only come once to the Eastside Open Market, make it on August 6. That is the night that we are throwing a Carnival with games for the young and young-at-heart. As always, there will be chalk drawing, live music, good food, and your hard-working neighbors. The Eastside Open Market goes until the end of September when the garden-share bags are done being distributed by "Dream of Wild Health." See you at the Market!

MOUNDS PARK BARBER STYLISTS



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Rep. Sheldon Johnson invites you to:
EAST 7TH STREET LIVE
A Celebration of Our Community

Friday, August 21st - 5 PM to 9 PM on
E. 7th Street, between Minnehaha and Forest

E. 7th Street LIVE is a free celebration for the whole family. Local businesses and residents come together to meet, greet and EAT to an East Side beat! Don't miss this bigger and better celebration of summer; no matter what you have planned, on Friday, August 21st you need to be at E. 7th Street LIVE and celebrate the energy and determination of our community!

E. 7th Street will be closed between Minnehaha and Forest for East 7th Street LIVE! Closing the entire street ensures participants will have easy access to the 100 plus street vendors and business exhibitors. Using the whole street means everyone will be up close and personal with the musicians, dancers, food vendors and local artists. Get your dancing shoes out, lick your chops and get ready to enjoy the best of the East Side!

I hope to see you there!

Sheldon Johnson

Representative Sheldon Johnson



State Representative

**SHELDON
JOHNSON**

259 State Office Building
100 Martin Luther King Jr. Blvd.
St. Paul, MN 55155

(651) 296-4201
rep.sheldon.johnson@house.mn
www.house.mn/67B
www.sheldonjohnson.com

View from my porch

Sage Holben
Forum Staff

I'm puzzled and am seeking answers. I've come to realize that real answers do not always come from the 'professionals.' I will state a caveat right now of the situations I mention, I do not know all sides; I do not know of 'in-house' procedures or policies. Be prepared for an opinion piece that may sound incredibly biased and without hard fact...but it doesn't dismiss truth of experience.

A friend recently made an emergency visit to a hospital. He had been assaulted, and his body exhibited a footprint and other bruises, lacerations, and swelling on his head and face. His arm continued to be in great pain. I had told him of my last experience in the same emergency room. During the assault on me, the three people pounded and wrenched my upper arm and pounded on my head. In the emergency room the doctor spent much time

checking my arm, hemming and hawing about possibilities of injuries, of doing an MRI, but hesitated at ordering one done. It was only after a couple weeks of continued great pain that an MRI was done and I received therapy. I will add right here that my friend's doctor wrote out a therapy schedule for him, and at the front desk, the scheduled visits were shortened from one hour to half an hour.

Back to my friend: It was only after several more trips to emergency and clinics that an MRI was done on his arm and showed that at least several, if not most ligaments had been torn in his shoulder area. As he told me, he all but chained himself to the clinic desk and would not leave until they took an MRI. Why was a procedure not done earlier? His arm had been 'examined' with possible severe damage having resulted. He complained on subsequent visits of severe pain. Why did he have to demand further examination? At this time, further examination has not been

done for his head trauma. He experiences headaches and the sense of a bubble that moves as he moves; still no CT scan, damnit!

My suspicious nature regarding medical care is bolstered in every disagreement I have with HealthPartners because they occasionally 'overbill' me because they assume I have Medicare. I have to remind them, no, I am fully employed and insured through my employer. It's amazing to see a bill come down from over \$800 to \$83! One person I queried mentioned that her mom appeared to be a 'cash cow' to the hospital because of all the insurance coverage she had; she got great care!

My questions are, besides my friend having to ask "is it because I'm Black?" Are we, as individuals, value-rated as we walk through the door based on age, obesity, zip code, assumed propensity for drug use, alcoholism, or gang involvement? In Iowa, on leaving a clinic, the staffer gave me a price for my visit. When she learned I

didn't have insurance, but was paying cash, she checked a list and my cost tripled. Why?

Why, in so many areas of life do we place such a low value on human life? I realize that CT scans and MRI procedures are expensive...so who (insurance companies or clinics/doctors) sets the value on each person who might benefit, if not from related therapy/treatment, but in assurance that they do not have an undetected injury?

Why do we sometimes not get the help we need until we learn the right wording? Example: When I once called the police and said there are about eight men in the intersection, physically fighting...no one came. I learned that I need to say, "I want a squad out here right now." I realized much after receiving therapy for my arm, that at some point in the emergency room, I was supposed to say "I want an MRI done." Who would know?

Let's give them something to talk about

Tabitha Benci DeRango

Editor's note: Tabitha is a Community Engagement Steering Committee member and East Side St. Paul resident.

The "them" may be defined however you like, the point is that strides are being made to put the Twin Cities region out front as a leader in community engagement and social justice issues, and the Community Engagement Steering Committee (CESC) is a part of that movement. This committee was formed in January 2012 by grassroots organizers, activists, leaders, and non-profit based community organizations from throughout our region. The leaders at this table are focused toward the common goals of inclusion in transitway planning and all areas of quality of life based efforts in the Twin Cities Metropolitan region.

They came together from different backgrounds, cultures, races, and economic levels to "be the change" in respect to the voices in the communities they represent. They also came together to connect the micro neighborhoods to the larger picture of regional infrastructure investments, especially on the topic of transit.

This group quickly became known as a group of grassroots leaders willing to do the work to implement effective change to serve our diverse metro populations.

Over the last several years, the Community Engagement Steering Committee (CESC), has accomplished regional policy changes which are based in the community, and therefore need to be shared with the community.

An initial goal of the group was to establish region-

al community engagement standards that authentically connect low wealth communities and communities of color to the decision making processes on regional investments to ensure these communities secure benefits.

The CESC urged the Metropolitan Council to take action and start the process of policy change towards an equitable community engagement policy throughout our urban and suburban communities.

In the fall of 2013, a partnership between the Metropolitan Council and CESC was created to develop a new document to replace the existing Public Participation Plan which applied only to transportation investments. After a year of labor with ideas, principles and values being tossed through a room, a document called the Public Engagement Plan was born into draft. The new Public Engagement Plan will be applied to all Metropolitan Council activities. This plan, once adopted by the Metropolitan Council, seeks to fundamentally change the way that engagement work is done in our region by providing principles, guidance, best practices and accountability to the communities that are directly affected by process and projects within the Met Council. It is also the aspiration of the CESC that these policies and practices will be adopted by other government agencies within our region, ensuring equitable outcomes for our communities.

To download a copy of the Metropolitan Council's Public Engagement Plan go to: <http://www.metrocouncil.org/METC/files/da/da700204-27d7-4dc9-b8a430e80c07039b.pdf>

Another step towards CESC's goals is the creation of the Twin Cities Equitable Development Principles & Scorecard. This scorecard was created to ensure

that the principles and practices of equitable development, environmental justice, and affordability are applied in all communities as they plan for economic development and wealth creation that benefits everyone. In practice this scorecard will serve as a guideline as communities work on small area plans, review development proposals, and review development projects in process.

To download a copy of the Twin Cities Equitable Development Principles & Scorecard go to: <http://bit.ly/EquityScorecard>

In addition to these two achievements, CESC also urged the Metropolitan Council to form a permanent advisory committee on equity and community engagement. In December 2014, the Metropolitan council voted to form an advisory committee "to create more equitable outcomes for people who live and work in the Twin Cities region." In March 2015, Metropolitan Council Chair Adam Dunick made a commitment that the CESC will have 2 representatives on this committee.

These efforts will provide a direct connection for low wealth communities and communities of color to the regional planning and decision making process.

As the region expands and transforms into the future let us as diverse peoples make sure that it honors us and the 'whys' and "how's" of being intentional civic minded Minnesotans.

If you want to learn more, lend a voice, take action for equity in our region as part of the CESC, your involvement is welcomed. Contact the Community Engagement Steering Committee staff support: Joan Vanhala, Alliance for Metropolitan Stability at 612-332-4471, joan@metrostability.org.

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History Corner

Memorials on the Bluff — part one

Steve Trimble
Forum Historian

Memorials! Maybe this article would have been more appropriate for an issue in May, the month when we celebrate Memorial Day, but it seems timely since I recently noticed the appearance of an attractive wooden bench on Plum Street near Bates. Several people wondered where it came from. It was obviously a memorial to a man named George Luna. Who was he and why is it placed there? I decided to add two more memorials for this month's history article. They are close by in Indian Mounds Park.

Plum Street and Maria Avenue: George Luna Memorial Bench. George Luna did not live in Dayton's Bluff. He was a West Side resident who graduated from Humboldt High School. He became well-known in St. Paul for his work and volunteering with recovering alcoholics and helped many people gain sobriety. He worked at city detox and later at the Ramsey County Workhouse for many years. Luna was often at the nearby Northwest Alano headquarters at 170 Maria Avenue. He was leaving it when he died in a motorcycle accident near the bench location. I have been told it is a dangerous intersection.



George Luna Memorial bench at Plum Street and Maria Avenue.

Steve Trimble

George was not hit by a car but was swerving to miss one that was speeding up the street. He somehow lost control of his motorcycle and was thrown up in the air. His head smashed into the cycle's back wheel, an injury that proved fatal. He died on Father's Day in 2014 at the age of 55.

The top of the bench says "In Memory of George Luna" and just below this says "Hammerhead," a name that he of-

ten jokingly called people. On the sides of the structure are a carved two and an eight. These stand for his 28 years of sobriety. A board across the bottom says "I love you Daddy," followed by "--Tylure," the name of his eight year old daughter. The bench was designed and built a family friend named Dan.

Bench in the park between McLean and Urban: Memorial for Ruth Thompson. A plaque at the base of the bench reads "Ruth M. Thompson. Beloved wife, mother, grandmother, sister, & dear friend." It continues: "Your precious memories are for keepsakes, with which we never part, God has you safely in his keeping, but we have you forever in our hearts."

Ruth worked in the medical records department at Mounds Park Hospital. She and her family moved to McLean Street to be near the job. She and her husband Don often went down to the bluff line with their kids to watch the trains go by and view the Mississippi River. At the time there was no bench in the spot. When Ruth died in 2004 after a series of health problems, the family decided to pay the city to put in a memorial bench. They also had to finance the plaque and have it installed.



Ruth Thompson Memorial plaque.

Steve Trimble

There is a small area beyond the fence that is cleared of weeds and planted with tiger lilies, other flowers and a lilac bush. It used to have a sign saying "Ruth's Garden" but when the marker was stolen for the second time Don didn't make any more. Now and then the family decorates the bench with seasonal themes, such as red, white and blue bunting for Independence Day.

Tree northwest of Clermont and below Mounds Blvd: Ed Hirte Memorial. Ed's family members were

long-time residents of Dayton's Bluff and ran the Hirte Transfer & Storage for many years. Ed decided to leave the family business, but kept living in the neighborhood on McLean Street with his wife Kay and their children. A few years ago, a group of neighborhood people raised money to plant a tree in Indian Mounds Park to honor the work he had done to make the Dayton's Bluff community a better place in which to live. In fact, according to Kay, the immediate family didn't know about the project until the time of the planting. The group asked Ed to pick the tree species and he said he wanted an oak.



Steve Trimble

Ed Hirte Memorial oak tree at Indian Mounds Park.

Unlike others, he was able to stand by his own memorial and appreciate it for a few years before his death. You can see a photo of Ed standing next to his memorial tree. Just go online to daytonsbuffdistrictforum.org and look in the December 2001 issue of this newspaper.

So, even though our readers seldom write to the paper, please let us know if you are aware of any other memorials in Dayton's Bluff. I have an idea for one that should exist. It would be at or near the spot where Roger Tetu was killed by a careless driver while cleaning up the street in front of his home. There is an award in his name, but some sort of physical memorial would also be nice, perhaps in Margaret Park. I welcome your ideas for others; send them to editor@daytonsbuff.org.

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Bienvenida Salvete **Welcome** Soo Dhawaadda

East Side Eating – Trimble's Taste Trek

Forum contributor Steve Trimble is attempting to eat at every locally-owned, sit-down restaurant on the East Side in 2015. He hopes to get the word out to the Dayton's Bluff community about the eating options here on our side of town. There are more restaurants than there is room for in the monthly paper, but at least 22 may now be found online at daytonsbuffdistrictforum.org: click on "East Side Eating" on the top of the home page.

Tazumal Pupuseria

990 Payne Avenue
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Steve Trimble

April 7, 2015: When I found out this was National Beer Day, I decided to continue my Taste Trek by going out for a drink and some food. Mexican food is often accompanied by some cerveza, so off I went up Payne Avenue to Plaza del Sol.

Unfortunately, Señor Sol, the restaurant inside where I was headed, had closed at 7:00 that night. Just when I was afraid that I would miss out on National Beer Day, I spotted a small Salvadorian establishment next to Señor Sol that was still open and decided to check it out.

I had a serving of two pastels de pollo which are crispy flour or corn turnovers filled with chicken, along with a Tamales Oaxaqueño. Since this was National Beer Day, I added a bottle of Sol Beer from Mexico. Later, I found out that the tamale, a traditional item wrapped in banana leaves, originated in Oaxaca, Mexico. The menu also included plantain turnovers, shrimp turnovers, Hurachesitos, and Antoj Salvador, which are Salvadorian snacks.

True to the restaurant's name, there was a choice of several different pupusas. The

Gloria Casas, owner of Tazumal Pupuseria, hard at work behind the counter.

other part of the name of the restaurant comes from the archeological site of Tazumal that contains the largest Mayan pyramid in El Salvador.

One owner of the pupuseria is Gloria Casas from El Salvador, who speaks Spanish almost exclusively, which, unfortunately, I do not use beyond a few words. Her husband, Angel Casas, is from the Oaxaca, a state in southern Mexico, which explains the tamales.

Fortunately, Isis Deluca, one of the servers at the just-closed for the night Señor Sol restaurant, was still around and agreed to become my unofficial translator. I was able to communicate with Gloria and found out that she had opened the business around a year ago. She came to St. Paul to be with her son, who was already here. When I asked how she liked it here, she smiled and said, "good, but too cold."

**Get out of town!
Take us with you!**



Several readers sent us pictures of themselves reading our newspaper on their travels. If you'd like to do the same, please email photos to editor@daytonsbuff.org.

Above: Elliott Johnston, a former Bluff resident, staying in touch in front of his place of employment, the College of St. Scholastica, in Duluth.

Many thanks to our 2015 donors:

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Dear Reader,

The *Dayton's Bluff District Forum* has been a volunteer-run newspaper since the 1970s, and has always operated on a minimal budget.

For the past two years we have been soliciting donations through our *Friends of the Forum* program. Thanks to the donations of readers like you, we have been able to keep the paper up and running.

If you value this community source of information, please consider filling out the form at right. Any amount is appreciated; you may also make memorial donations, or include the *Forum* in your legacy planning.

If you have been our *Friend* in the past, please renew your membership with a donation in 2015.

Our goal for the year is \$2,000; as of this printing we have raised \$1,106.00. Won't you help us?

Sincerely,
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