

Beaches and Playgrounds Reopen, Following Covid-19 Guidelines

Ramsey County

Eight county beaches have reopened aligning with state and federal guidelines for public beach use during the COVID-19 pandemic. All beaches will be unguarded. The Lake Owasso beach will remain closed due to construction.

As always, please follow all posted rules. There is no lifeguard on duty at any of the beach locations — call 911 in the event of an emergency. Children must be actively supervised by an adult at all times. Swim only in the designated buoyed area. Stay home if you are sick or are exhibiting symptoms of COVID-19 such as fever, sore throat, cough or shortness of breath. Avoid crowded areas. If the beach area is full, try visiting another location or plan to return another time. Keep your distance. Maintain at least six feet between yourself and others at all times. Wear a cloth mask when not in the water.

Since beaches can be difficult places to maintain social distancing at all times, adults and children ages two and up are encouraged to wear a mask. Cover your sneeze or cough with a tissue or sleeve and not your hand. Wash or sanitize hands frequently. Bring water to stay hydrated. Drinking fountains remain off at all park locations.

Playgrounds have reopened at parks. Since playgrounds at county parks are not cleaned or sanitized, residents will be using them at their own discretion. Discovery Hollow at Tamarack Nature Center and the playgrounds at Battle Creek Regional Park and Lake Owasso County Park remain closed due to construction. Discovery Hollow is anticipated to reopen in late summer.

Visit ramseycounty.us/residents/parks-recreation/beaches-water-park for information on which beaches are open.

Battle Creek Waterworks in Maplewood will be closed throughout the summer 2020 season to help slow the spread of coronavirus/COVID-19 and protect the health and safety of the community.

Dayton's Bluff Library Hosting Family Virtual Events

Allison Lund-Zalewski

Forum Staff

While the Dayton's Bluff Library's building is closed, they are offering the public resources and plenty of fun, family friendly virtual events. Listed below are just some of the fun virtual events taking place.

Art-Along: Create, explore and experiment with our weekly Art and STEM programming.

Virtual Storytime: Read, sing, and play together during virtual storytime! Tune in live at 10:30 a.m. or watch on SPPL's Facebook page for fun and learning for preschoolers and their grown ups.

Wiggle-a-long: Wiggle, sing, and move with weekly programs including concerts, sing-a-longs and dance parties.

Vietnamese Conversation Group: Gather together online for a fun and friendly hour of conversation led by a Vietnamese speaker. For native speakers or anyone interested in learning, speaking, or practicing Vietnamese. All are welcome.

Teens Know Best: If you'd like instructions on how to participate online and to hear about opportunities for curbside pick-up of bags of books, please email Colette at colette.johnson@ci.stpaul.mn.us

Visit sppl.org/little-learners/ to find new videos each week for many of these events.

For a full list of events go to: sppl.bibliocommons.com/events



Mandy Okonek

Thomasina Topbear stands next to her beautifully bright mural, "Imniza Ska." It translates into "White Cliffs," another name for the bluffs in our area.

Art in the Garden

Mandy Okonek

Forum Staff

The summer solstice is when everything changes. Spring leaves to welcome summer, and the days become shorter minute by minute. The old brick foundation in the back of Dayton's Bluff Community Garden was transformed into a mural on the longest day of the year. Gardeners worked together (at a safe distance) to build a community space where neighbors can enjoy the solitude and community of maintaining a garden bed.

Neighbor, community gardener, and art connoisseur Eric Salinas curated an original work from local artist Thomasina Topbear. Thomasina's piece is brightly colored with an aquamarine base featuring sunflowers and the words "Imniza Ska," which translates to White Cliffs — another name for the towering bluffs in our neighborhood, a name that does not claim ownership of "discovery."

Art, especially street art, has long been a powerful tool to invoke emotion as color and texture are used to change the feelings of a formerly mundane space. The emerging trend of city murals can be seen all over the East Side of Saint Paul as buildings along 7th Street have become canvases celebrating the colors of our shared diversity.

Thomasina and her crew of BIPOC (black, indigenous, and people of color) artists have been transforming urban buildings into works of art all over the Twin Cities with the tag (@CityMischief) which is also how you can follow them on Instagram. A video recorded in real time and sped up with magic of editing tools of the live mural painting is available online at

www.facebook.com/Daytonsbluffcommunitygarden.

Art comes in many forms and many would argue that gardening is one of them. At this point in our short growing season the art of watering is an important skill to master to keep your garden or potted plants alive. I was asked by a neighbor in the community garden how to tell if it was time to water her plot or not and I think this was a great question.

An easy way to see if you need to water your plants is by sticking your fingers in the dirt. If the dirt is dry it's time to water. Plants that are growing in small pots generally need to be watered daily and garden beds every two to three days depending on the weather.

In the community garden we use organic hay as mulch and compost and the hay actually helps keep the soil moist. Too much water in a garden is just as deadly as too little and it's important to check the soil around your plants to see if water is needed.

Another trick to watering is to do it in the morning. This ensures plants have all day for their leaves to dry out and not mold. Plants drink from their roots and taking the time to water only the base of the plants is best to avoid mold which will indeed spread.

If you plan to travel and will be leaving your potted plants unattended for a few days you can fill up a plastic kid pool with water and place all the pots in there ensuring their survival while you are gone.

The art of gardening is in mindful observation. If the dirt around your plant is moist and the leaves are wilted this is a sign of too much water. Knowing when to water is just as easy as sticking your hands in the dirt.

The Dayton's Bluff Community Garden is located at 683 North Street and although all the plots are filled for the season, we have free herbs and tomatoes to share located in the tan pots on the edge of the garden. Help yourself! Please visit and enjoy this green space in your community.

Dayton's Bluff
Community Council
668 Greenbrier St.
St. Paul, MN 55106

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Dayton's Bluff Take-a-Hike

Dayton's Bluff Take-a-Hike On the second Saturday of most months, the Dayton's Bluff Take-a-Hike will begin at Indian Mounds Park, located at Earl Street and Mounds Boulevard. The hike is approximately 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. Share and learn a little history along the way.

Due to the coronavirus, hikes are canceled. Please check back for more information at a later date.

If you have any questions email Karindupaul0@gmail.com.

Friends of Swede Hollow

Friends of Swede Hollow watch over, restore, and celebrate the history of Swede Hollow Park. Join the Swede Hollow community at their monthly meetings. We have changed our meeting date to the second Thursday of each month.

Due to the COVID-19 virus, there will be no August meeting. Please check back at a later date for more information. Email KarinDuPaul0@gmail.com or call 651-776-0550 for more information and the meeting's location.

Dayton's Bluff District Forum Board Meeting

The *Forum* is seeking writers and help with online content, idea generation, and ad sales – join us at our next meeting on **Thursday, August 6, at 11:00 a.m.** Due to the COVID-19 virus, the meeting will take place virtually. Call 651-776-0550 or email daytons-bluffdistrictforum@gmail.com for more information.

Police Community Meetings

The Eastern District Saint Paul Police hosts their monthly meetings for community members at the Eastern District Police Office at 722 Payne Avenue, on the corner of Payne and Minnehaha Avenues.

The meetings are intended as a time to learn, listen to, and address people's concerns about crime and other issues on the East Side. Saint Paul Police Eastern District is committed to maintaining and growing the quality of life for all our residents. Bring your neighbors—it is a great way to talk about your neighborhood and neighborhood nuisance issues.

Meetings are closed indefinitely due to Covid-19.

SNAP Food Program at CLUES (Comunidades Latinas Unidas En Servicio)

¿Necesita más comida saludable para la familia? El programa SNAP le puede ayudar. SNAP proporciona fondos para alimentos que benefician a familias de escasos recursos.

Aún si no es ciudadano, si tiene hijos nacidos en este país ellos podrían cali-

ficar. Participar en el programa SNAP no afectará su estatus migratorio.

¡Llame a CLUES para saber si califica! 612-746-3500. Nuestro personal bilingüe puede facilitar el proceso para usted y su familia.

Need healthy food for your family? The SNAP program provides funds for low-income families to buy food. Even if you are not a citizen, your children born in this country could qualify. Participation in the SNAP program won't affect their immigration status.

Call CLUES to find out if you qualify at 612-746-3500. Our bilingual staff can facilitate the process for your family.

Twin Cities Mobile Market

The Twin Cities Mobile Market is a grocery store on wheels that brings affordable, healthy food directly into neighborhoods. The Mobile Market stops at Parkway Gardens Apartments, located at 1145 Hudson Road, on **Wednesdays, from 2:00 p.m. to 3:00 p.m.**



THE HISTORIC
MOUNDS
THEATRE

Due to the COVID-19 virus, the Historic Mounds Theatre is temporarily closed and all events have either been canceled or postponed for a later date.

Please visit our website at moundstheatre.org for more information regarding the re-opening and upcoming events.

The Historic Mounds Theatre is located at 1029 Hudson Road, St. Paul, MN 55106; 651-772-2253; historicmoundstheatre@gmail.com

Dayton's Bluff Library

While the Dayton's Bluff Library building is closed, they are still offering resources to the public. Be sure to check out their family fun virtual events!

For more information check sppl.org or call 651-793-1699. The Dayton's Bluff Library shares its home with Metropolitan State University at 645 East 7th Street.

Wish List Care Packages

Help East Side Elders distribute food, hygiene items, and more to seniors on the East Side by shopping their Amazon Wish List!

Visit www.amazon.com/registry/wish-list/3KK001OGFO5NJ to have these much-needed items sent right to their office. From there, a team of volunteers will distribute them to seniors in need.

With the help of supporters like you, East Side Elders is able to supply groceries and personal care items to seniors in the community at no charge to them. These items help stretch their monthly budgets and give them access to healthy food and much-needed personal care products. Donations can also be dropped off at East Side Elders, 463 Maria Avenue Suite 201, St. Paul, MN 55106.

Grocery Shopping

Did you know that East Side Elders can help you and your loved one with

grocery shopping?

Let East Side Elders take a chore off your long to-do list! To get help with grocery shopping, call 651-683-2326 or email Info@EastSideElders.org with a detailed list. From there, East Side Elders staff will put a call out to their grocery shopping team and schedule a day and time that works for you and the volunteer for delivery.

Grocery shopping is a donation-based service. Donate what you can for the convenience of not having to head out to the store. Reimbursement for the groceries can be done directly with the volunteer—they will bring you a receipt when they make their delivery.

Volunteer with East Side Elders

Did you know that East Side Elders provided over 1,600 rides to seniors on the East Side last year? With the help of our incredible volunteers, we help older adults get to medical appointments, the bank, the grocery store, and other errands. Each ride helps a senior remain an active, vital part of the community.

As we receive more and more requests for help from our senior neighbors, we need to grow our team of volunteer drivers. Join our team by applying online at EastSideElders.org/Volunteer or by contacting us at 651-683-2326. Volunteer drivers have a flexible schedule and help out when they can, as often as they choose. Gas cards are also available for volunteer drivers!

Business Classes

The Dayton's Bluff Neighborhood Microentrepreneur Class 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 sponsored by the Dayton's Bluff Community Council and the Neighborhood Development Center. There is a small registration based on a sliding fee scale. Class sizes are limited, so enroll now. Please call 651-379-8432 for a current application.

Free Help for East Side Pets

The Animal Humane Society's Community Outreach program offers special clinics for pets on the East Side. The events provide free wellness exams, vaccines, nail trims, spay/neuter appointment scheduling, guidance from

the AHS behavior team and St. Paul Animal Control, free pet food, and more.

For upcoming events and locations call 651-788-4685 or visit <http://animal-humane-society.org/outreach-services-frogtown-and-east-st-paul>.

Learn About Medicare and Help Others

Help the Metropolitan Area Agency on Aging provide one-on-one counseling to Medicare beneficiaries at community partner sites.

Make a difference in your community by becoming a State Health Insurance Assistance Program certified Medicare Counselor. Help people understand their Medicare options. Visit Metroaging.org/volunteer to learn more.

Need Groceries?

If you are 60 or older, you may be eligible to receive a box of nutritious food every month from Second Harvest.

This box is part of a program called NAPS and we can help you apply!

Give us a call at 651-683-2326 and Rolene, our Client Advocate, can assist you with your application.

Some examples of what might be included in a NAPS box are: milk, meat, canned goods, peanut butter, grains, and produce.

Pavilions and Park Shelters Open

Park shelter and pavilion rentals have reopened for groups of 10 or fewer, aligning with Minnesota Executive Order 20-5.

Reservations can be made online at https://ramseycounty.maxgalaxy.net/BrowseFacilities.aspxutm_medium=email&utm_source=govdeliveryor or by calling 651-748-2500.

Parks & Recreation staff will contact larger groups with existing reservations that are impacted by this change.

Landmark Center

Due to the COVID-19 virus, Landmark Center is closed to the general public, including all museums and galleries.

It will remain open only to office tenants at this time.

There will be virtual tours and shows to watch on their website, free to the public.

Please watch landmarkcenter.org and social media pages @landmarkcenter for status updates

Landmark Center staff will be available to answer any questions at 651-292-3225.

Yard Work Assistance

Need help raking leaves in your yard? Our volunteers are ready to help!

Contact us today and we will get you set up with spring cleanup.

Call us at 651-683-2326 or email us at Info@EastSideElders.org

Woodland Hills Church, The Lift, and The Plaza Theater

Mark Gallagher
Forum Staff

Woodland Hills Church, located at 1740 Van Dyke, just east of White Bear Avenue on the border of St. Paul and Maplewood, has a long history of serving the East Side community. The church has a low-cost daycare, a food shelf, two youth programs, offices in the church, and programs for immigrants. The building also houses a group from the Congo, and the church has been doing fundraisers for them to get coats and other basic needs. The church, trying to be a real presence in the neighborhood, has the building available and open seven days a week, but due to the Covid-19 pandemic, many of the programs are shut down, including the theater.

A nondenominational church, Woodland Hills, started in 1984, and bought the former Zayre Shopper's City building. The church moved to the Van Dyke location in the year 2000, but before that they held services in various high schools in the area. At that time, Sandra Unger was Community Pastor at Woodland Hills, and when the church bought the building on Van Dyke, the Plaza Theater came with it. There was a long-term lessor there, and the church didn't want to run the movie theater, but Unger joked with the executive pastor a few times, "Wouldn't it be great to run the theater as a youth training program?"

Sandra Unger was also a staff person at Woodland Hills at various times throughout the history of the church. She moved away but came back to live in the East Side neighborhood in 2003 and realized there were often a bunch of teens at her house playing basketball and other sports, and she figured that she had to do something.

"I started The Lift with some neighborhood friends from the East Side and from this church in 2005," Unger said. "So, when we decided to run a youth training organization for teens, we had already been working with teens in the neighborhood for several years."

The old lease finally came to an end, and the theater was closed for a few weeks. A bunch of people from The Lift and the church went in and installed gently used seats in the theater, put new carpet in, and painted it. The theater was really dirty, so the people working there gave it a really good cleaning and opened it in November of 2013.

The church hadn't run a theater before, so there was quite a bit to learn on that front. However, because of its partnership with The Lift, the church was optimistic about how they could work together to serve young people through a job skills program. The Lift is responsible to hire the staff, train the staff, and do all of the HR functions. Charlie Swanson is the liaison between Woodland Hills, The Plaza Theater, and The Lift. He keeps everything running smoothly.

"Running a theater was a lot bigger undertaking than we had ever done," Unger said. "Our previous programs were one day a week, and we have a van where we would go and pick the kids up, mostly on the East Side. We would feed them dinner and then do a team building game, and we would have different content. We had about 25 high schoolers and we would have 15 elementary students. But at the Plaza, sometimes we have as many as 30, and it's seven days a week, and it's all day long."

"The kids who come to the programs are all over the

place with their faith, and we are a faith-based organization. We don't proselytize because we get funding that hinges upon that. That's not the only reason, but we want to be respectful of where people are coming from. There certainly are people on our staff who are willing to have spiritual conversations with the kids, if they ask for them — we respect people where they are. Some of the kids are highly spiritual, but I would say that more often they are coming to us with the basic life questions that most kids have: struggling at home, getting evicted, a parent has a drug problem, just a range of issues, and we end up having an opportunity to talk with them about those things — so it's been a process of learning for all of us."

During the closure of the Plaza Theater, due to the Covid-19 crisis, the staff is stocking up on masks, getting stickers for the floor (for social distancing), and doing other things that will ensure that the customers as well as the staff are protected. The good thing is that the Plaza staff really spent a lot of our time during this closure thinking what they want to do more intentionally when they open back up.

The staff are not opening up other programs in the fall to make sure we have space; they're putting our whole staff towards the Plaza Theater. The staff have three or four young people at the Plaza Theater that they are mentoring, which means they will work with them a little bit each week and maybe do things with them outside of the theater. The staff will help the students with school problems, and the mentors will help them at the end of the program look for other jobs and help the students with what they might want to do with their lives.

The Plaza Theater always had those conversations in a less organized way, but now they are going to have a curriculum where mentors help the students think through an issue more completely. They will do two things: one will be working with the students at the Plaza, and they can have conversations in the break room upstairs, and possibly go out and watch them play in a basketball game, if they are in school — so it really sinks in.

"We have always done a really good job of doing reviews," Unger said. "Every three months the kids have a review of their performance by a staff person. It's good practice for them because the first time they have a review they are nervous, but the Plaza staff is trying to say here are 20 great things you've done, and here's one thing you can work on. They look at both hard and soft skills like attitude, as well as how well are you at knowing the equipment. Then the staff will give them a goal for the next three months. The other thing The Lift did about a year after we opened was to start teaching a curriculum called "Beat Change," which trains the students in soft skills.

"We realized that the kids coming in didn't really have a problem with learning the cash registers," Unger said, "as much as they were having a problem with attitude, teachability, getting along with their peers, and taking correction. So, I wrote a curriculum where the kids get paid to go through training. It's twelve weeks at two hours a week in an art space where they write and make movies together that we show in the class on whatever topic. We cover everything from anger, to self-awareness, to delayed gratification, and locus of control. It really emerged out of things we were seeing happen in our young people."

Sandra Unger, Executive Director and founder of The Lift, has a doctorate in education, and she approaches everything she does with an educational theme. "I feel like I teach every day," Unger said, "but it is not in a classroom. I really like what I do. A person has a great opportunity in this kind of work to influence the young adult directly because I know all their families, and I

know where they live, so I can stop by and find out if they need food. It's just a different resource change for families that's very holistic. It's pretty interesting work. So, we are trying to figure out how we can do that curriculum if we can't get everybody in the room. We try to have ten young people in a room at a time, but we can't make a movie together if we are all six feet apart. We have time to figure that out because what we're going to do is take the content and have the mentors just start to cover it informally with the students. Once we are able to do the class, the mentors are going to go through the class even though they've already been through it with their young people."

Ever since they started, The Lift hasn't recruited in high schools because kids who have been in the program tell their friends, so it's really been word-of-mouth advertising. The people who want to work at the Plaza, just walk in and ask for an application or go online and fill one out. Then the staff does interviews, and they are looking for people who haven't had a job or maybe are facing some risk factors in life but are really eager for an opportunity. The Plaza Theater has had kids who don't speak English very well, so they are learning English while they work, but they are put with customers pretty quick.

"One of the young men, the one that I told you about who was really shy," Unger said, "he's from Dayton's Bluff, and I still see him because I live close to him. He was unstably housed and now they've landed in Dayton's Bluff for probably a year. The kids that we have had recently are having a rough time, but we have had rough times through the years. We've had a lot of kids from down in that part of town, and I live on Earl Street, so I go straight down into Dayton's Bluff. I remember going down there and picking up kids: we had a family on Sixth Street, we had a family on Beech street, and we've had a whole bunch of families from the Minnehaha Ave. area."

The students are being trained in different areas of work the whole time they are at the Plaza. The students are usually trained for a year, but when the Plaza reopens with new hires, The Lift plans to implement an 18 to 24-month training period because what they want to do for the older kids is help them think — what's next. The youngest students being trained are 16 because of employment laws; they can't work late in the day until they're old enough. There are limitations to how long they can work, and The Lift hires people up to age 25.

The Lift has a high school program called Level Up where the staff get together once a week and serves them dinner because a student cannot learn if he or she is hungry. The staff has been teaching them various job skills, such as volunteering at other nonprofits, and sorting donations to ARC. Last year they were taught coding, so The Lift is trying to expose them to different work skills and situations. In the past seven years, The Lift has had 150 kids go through their program.

"Well, I think one of the unintended benefits of running the program," Unger said, "would be to get the kids who have very different backgrounds and don't look like each other involved in life together. The students are learning that people who look different from them are not their enemy. They can build a relationship, and that's a value of this church — a significant value of this church. The majority of the staff are minority, are people of color so that's cool, but we do not have only one type of person. We try to diversify as much as possible — which is easier said than done."

Mark Gallagher is associate editor of the Dayton's Bluff Forum and a graduate of Metropolitan State University. Mark can be reached at refineEditorial@gmail.com



Ramsey County Suspends Volunteer Opportunities Until Safe from Covid

Ramsey County

Ramsey County remains deeply grateful to the thousands of volunteers that donate their time and energy each year to help us deliver programs and services that enhance our quality of life. At this time, most of our volunteer opportunities are temporarily suspended with a tentative return to service after Labor Day.

If you are interested in volunteering during the COVID-19 pandemic, the following organizations have information on local and remote opportunities: HandsOn Twin Cities Volunteer Match, Neighbors Helping Neighbors, St. Paul, and the Medical Reserve Corps of Ramsey County.

We will be taking a hiatus until fall with assurances of updates should conditions change. We wish you a happy and healthy summer.

Contest: Where in Dayton's Bluff?

Send your guess to daytonsbluffdistrictforum@gmail.com with the location of the neighborhood curiosity pictured at right. The reader who submits the first correct entry will be notified, and the winner will be announced in the September edition of the *Forum*. Congratulations to Eric Buck, winner of the March/April contest with a correct location of 968 E. 4th Street.



New Sculptures at the Landmark Center

Judy Brooks

Director of Community Programs for Landmark Center

Landmark Plaza, located next to Landmark Center in the Rice Park neighborhood of downtown St. Paul, will once again host a public art installation created by The Milligan Studios in St. Paul.

"Better Angels," will be installed in Landmark Plaza through September 30. The artwork will be comprised of several hundred pinwheels in shades of blue and white, re-engineered to resemble angel wings, and strung on horizontal steel wires for movement in the wind.

When seen as a whole, the work creates the illusion of a pair of giant wings made of sky. Visitors can enter the arched structure, which creates a "cloud tunnel," to experience the moving wings. Selfies from either side of the structure are encouraged and can be posted on social media with the hashtag #BetterAngelsSt.Paul. The art evokes President Lincoln's first inaugural address when he spoke to a divided nation and asked all to embrace their better angels and join together as a country. The country was on the brink of the Civil War and, unlike today, his words could not be carried via Internet. Lincoln's message of appealing to "better angels" will be posted on a nearby sign with hashtag information.

The "Better Angels" installation is sponsored by the St. Paul Downtown Alliance, the Rice Park Association, and Landmark Center.

The Milligan Studio is the public art practice of Alan Milligan and Dr. Nicole Mary Milligan. Irish sculptor and educator Alan Milligan is best known for the Samuel Beckett bronze chess set commissioned by the Happy Days International Beckett Festival in Enniskillen, Northern Ireland. Dr. Milligan (novelist N.M. Kelby) is the critically acclaimed author of ten books including *White Truffles in Winter* and the New York Times bestseller *In the Company of Angels*. The Milligan Studio has been commissioned to create several award-winning permanent sculptures in bronze for the UK, EU, and US. Milligan's sculptures have included "UpLift," which was located in Landmark Plaza in 2019, and currently found around the Twin Cities: "School of (Fish)" (Centennial Lakes Park, Edina); "Oarsman Before the Sun" (Raspberry Island, St. Paul); "Lake of Dreams," honoring Dr. King, on Minneapolis' Lake Street. For more information, visit www.themilliganstudio.com.

Pictured on the right are the structures that will be displayed in the park.



Sew Masks for Seniors!

East Side Elders

Calling all sewing folks! We are looking for people to make and donate fabric masks — using the pattern of your choice — to distribute to seniors and the volunteers who serve them.

If you can help, contact us at 651-683-2326 or Info@EastSideElders.org.

We serve over 600 seniors so the need for masks is very great and every donation helps!

Dayton's Bluff District Forum

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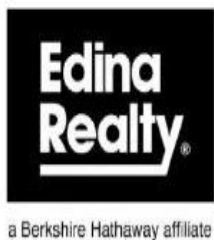
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Featured Pets of the Month

*Kathy Clagherty
President and Founder of RICA*

Whenever I'm asked how I got into iguanas, I tell them about when I had the opportunity to acquire two adult female iguanas. I was fascinated by the fierce, independent attitude of the one I eventually named Sweetie Pie. The other one I named Honey Bunch, had a more mellow personality. I was amazed at how each had their own temperament. So my answer to that question is, "You can never tell who or what you will fall in love with." I fell head over heels in love with iguanas!

I was involved with a local iguana rescue for a few years and could see there was a need for good information on iguana care. In 2006, I founded Resource for Iguana Care and Adoption, (RICA) created a website, and registered with the State of Minnesota as a non-profit. Our Primary Mission is:

"To provide quality information to the public and potential foster/adoption participants on the proper care and husbandry of the captive Green Iguana. To assist in the compassionate rehoming of captive iguanas surrendered to RICA."

I envisioned the website to be an informational portal where people could find out how to properly care for their pet iguana. RICA is also found on several social media platforms. It soon became apparent that there was also a great need to foster iguanas that were being surrendered. Many people are surprised to hear that there are iguanas in Minnesota. After all, they are tropical animals whose native habitat is in the rainforest of Mexico, Central America, and parts of South America. No, they don't belong outside of their natural territory, but they are here now, and I've taken it upon myself to care for as many as I can until I can find loving, forever homes for them. Unfortunately, there are large breeding facilities where hatchling iguanas get shipped to anyone who will plunk the money down to buy one, regardless of that person's willingness or ability to commit to the lifetime care of a pet iguana. Consequently, iguanas are found all over the world.

To help people provide better health for their pet iguana, I devised a system of instructions that are easy to remember. I call it the F-E-L-T-S of iguana care.

Food. Iguanas are herbivores their entire lives. In the wild, their diet is 70% leaves, 20% flowers, and the rest is soft fruit. There are other species of iguana that do eat some insect matter, but not the green iguana. The ideal diet should consist of two to one calcium to phosphorus ratio. Iguanas utilize a hind gut, similar to horses, to break down plant cellulose. The beneficial bacteria in the hind gut extracts 30% of the plants nutrition.

Enclosure. Iguanas get big! An adult can reach a size of five to six feet long and 15 or more pounds. A suitable enclosure will need to be long enough for it to stretch out and deep enough for it to turn around. They

don't move around a lot, but they will need space to thermoregulate.

Lighting. Special lights that emit UVB radiation are essential to the health of an iguana. It reacts on the skin very much like humans, and is necessary for all metabolic functions, such as nerve, muscle, and bone tissue growth. Natural sunlight is the best, but impossible to access in the winter here in Minnesota because of the cold temps. Supplemental lighting, such as basking lights, increases the overall heat in the enclosure.

Temperature. Remember that beneficial bacteria in the hind gut? It is only activated at 85 degrees! Because they are ectotherms (cold-blooded), they will move in and out of warm/cool areas to keep their metabolism at the Preferred Optimal Temperature Zone. A temperature range of 70-90 degrees is recommended. That is one reason why a large enclosure is needed, so to create a proper thermogradient.

Socialization. Iguanas are not social animals like dogs. They are more like chickens, with a distinct hierarchy, or pecking order. In the wild there is an Alpha male that has a harem of adult females and sub adult juveniles. An Alpha female presides over other females and sub adults. Iguanas are complex animals with highly ritualistic behavior patterns. They don't have vocal chords, so communicate through body language. This will be the most complicated (and bewildering) part of keeping an iguana; understanding their "language." For being a wild animal, they do have an amazing capacity to adapt to captivity. Most of them, anyway. There will always be some that simply will not do well as a captive pet. These are the ones that get surrendered to rescues because the owner didn't understand that an iguana is not like a puppy or kitty that is accustomed to living with human companionship.

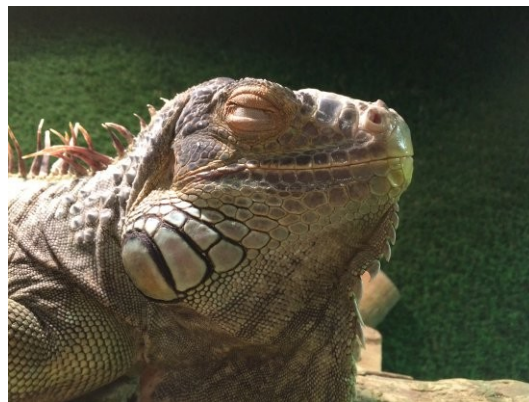
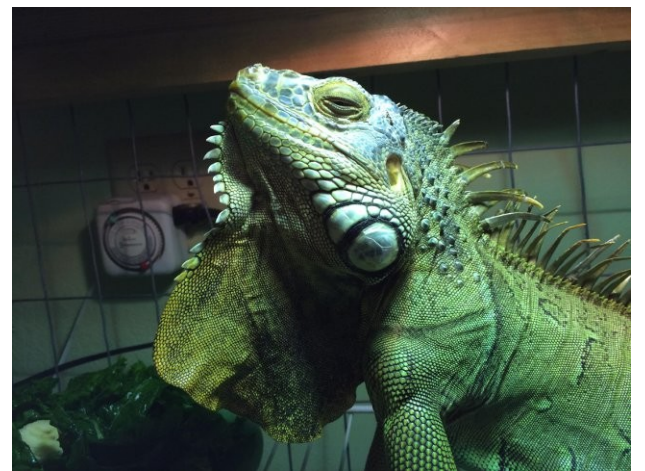
In 2015 RICA was granted its 501c(3) non-profit status by the IRS. We are thrilled and proud to have this designation! Even so, the work never ends and it is not always easy. We are constantly in need of volunteers to help foster, clean cages, organize/help with events, and various other duties. Please feel free to contact me about helping out!

Don't forget to like us on Facebook: Resource for Iguana Care and Adoption.

Interested in inquiring about one of these cuties up for adoption? Go to kathy@iguanaresource.org for more information! Instagram: @rica_info; Twitter: @rica_info; Tumblr: rica2006

Kathy Clagherty's RICA is right here in our own Dayton's Bluff neighborhood!

Pictured are just some of the iguanas up for adoption: Munchkin, Plucky, Chappie, and Fluffy.



What makes your pet endearing? Frightening?
How do you and your pet communicate with each other?
Share with readers how you talk with each other?
How did you choose each other in the beginning?
Is there a life lesson you have learned from your non-human companion?
The Forum staff invite all readers to share their photos and stories/comments about their pets and/or pet theories.
E-mail to: daytonsbuffdistrictforum@gmail.com



Jenna Smith

Daughter of Jenna Smith, with her winsome smile, welcomes neighbors to the newest Dayton's Bluff Little Free Library (LFL) at the corner of 6th Street E and Bates Avenue. Watch for the backstory on this and other area LFLs in a future issue of *The Forum*



Sara Small Axe

Sara Small Axe shared this photo on the *Dayton's Bluff District Forum* Facebook page in July.

Fair and Balanced

Clara Martin
Forum Staff

"Fair and balanced" is a catchphrase that's been thrown around for the last few years, mostly regarding our media outlets. It may be used on Thanksgiving, for example, when we simply can't seem to avoid talking about politics. Someone might ask, "Why do you get your news from that source?" And the typical reply might be, "I find them to be fair and balanced." From there, the arguments ensue with varying differences of opinions. In the end, though, it all boils down to a person's beliefs. We choose our sources of news that we know will feed our belief choices.

Gone are the days of Walter Cronkite and Edward R. Murrow when news was reported as straightforward information. Nowadays, the newscaster brings in panelists that sit and debate and give their views about what the news is about. Viewers are left feeling like idiots, as if they are incapable of discerning the facts for themselves. Some viewers may be appalled enough to decide to check facts by finding an alternative source or visit a fact-checking site. Others are complacent, trusting every word that every panelist opines. Panelists may have varying degrees of credentials, and the lead newscaster doesn't necessarily need to be schooled in journalism. Television being what it is today, the hires mostly have to look good on camera with hair that doesn't move.

When it comes to printed news, readers will often remark about an editorial saying that the opinion makes sense given the political belief of the editor. Unfortunately, many newspapers are known for their slant on the news. Yellow journalism is a phrase not heard these days, but back in the late nineteenth century William Randolph Hearst and Joseph Pulitzer were competitors. Their newspapers would sensationalize any story for the benefit of gaining favor and rising to the top of the

industry. This practice is visible, still, today but disgruntled readers have a lot of control because subscriptions can be dropped, thus relegating some papers to the dust bin. Unhappy advertisers will also pull advertising dollars if customers begin boycotting product. Newspapers have struggled, and yellow journalism, along with technology, haven't helped. The ones that remain, realize that fair and balanced goes a long way in winning over an educated customer.

A fair and balanced world is a Utopian dream which has a nice ring to it when we say the words out loud, and who wouldn't want that kind of world for our kids and grandchildren? Of course, we would. And we'd also like three-day weekends, pleasant weather year-round, the phrase "honest politicians" not to be oxymoronic, all cops to be compassionate, and sugar to not clog our arteries. One can dream.

Fair and balanced, sadly, is more of an aspiration than a reality in most areas of lives. While loving parents try their best to be fair and balanced in the way they treat their children, it's not always seen that way by the children. Interviews of sibling groups may turn up some surprising tales about how they each perceived their relationship in the family. Some may not agree with others that there was fairness or balance.

Students in the same classroom may have conflicting views about how fair and balanced a teacher's treatment is of individual classmates. And, certainly, a teacher herself may not feel there are fair and balanced rules and regulations across the teaching spectrum. After all, principals are only human. Fair and balanced just doesn't exist, except in our perception.

We will always want something more, something better, something different. And we will always critique. We are all human and seeing things our own way is how we work.

If you're watching a sporting event with your brother and the ref calls a foul, one of you is sure to think it was justified while the other thinks the call was wrong. This is especially going to happen if you're cheering for opposite teams. It's not a fair and balanced system in refereeing. It's subjective. The referee sees a play and it computes in their brain as a foul or not. It's sub-

jective. Fair and balanced isn't easily the difference between right and wrong; very few things in life are that simply defined. We must allow for the middle ground, the in-between, the gray area, and the what-ifs.

Fair and balanced is what immigrants, Native Americans, and all people of color wish and pray for in their lives for themselves and for their children. But we all know there is no balance and certainly no fairness. If that was the case: There would be no Native Americans living on reservations; no poverty-stricken pockets of destitution where children of color live in want of food, clothing, and education; or impoverishment of caged children who have been ripped from a parent's arms. Fair and balanced doesn't exist among these communities. Fair and balanced is an aspiration, not a reality.

Fair and balanced doesn't exist in an alcoholic home. It doesn't exist in many marriages or partnerships. It doesn't exist in our justice system, our courts, our offices, our health system, our corporations, our workplaces, our churches, our nursing homes, our financial sectors, our housing industry, our sports leagues, and certainly not in the salaries women are paid versus those men are paid. Fair and balanced is an aspiration, not a reality.

Knowing that fair and balanced doesn't really exist might help us out at the next family Thanksgiving. We may count this as a blessing in knowledge, and lead us to converse about something other than politics. It's naive to believe that the views we hold are fair and balanced and that the person sitting next to us simply hasn't seen the light yet.

But at least we have that Utopian dream that nobody can take away from us. And, we can choose to stand up for what we believe by getting involved in a meaningful cause, or educating ourselves about issues of concern, and when Thanksgiving comes around, have the courage of our convictions backed up with verifiable facts. Or, steer the conversation away from anything unfair and unbalanced. Good luck with that!

This disclaimer **informs readers that the views, thoughts, and opinions expressed in the text belong solely to the author, and not necessarily to the Forum.**

this land-locked African land had been part of French Equatorial Africa. Many festivities mark the day. Political assemblies, speeches, sporting events such as football games, parades, music, and dance are held.

August 13: Women's Day in Tunisia commemorates the day of adoption of a new code enacted in August in 1956, the year of the country's independence. It enacted laws for the family that contain fundamental changes, the most important of which is the prohibition of polygamy, the withdrawal of guardianship from men, and the making of divorce by the court.

August 30: Constitution Day. Following the collapse of the Soviet Union, Kazakhstan became the Republic of Kazakhstan in December 1991. In 1995, a second constitution was created which set out the fundamental law of the country and established the principles of an independent, secular, and democratic country. This constitution was adopted on August 30, 1995 following approval by a national referendum.

August 31: Independence Day. In 1991 Trinidad and Tobago became new independent republic. It is the first and most important public holiday of the country. Trinidad and Tobago is a dual-island Caribbean nation near Venezuela, with distinctive Creole traditions.

World-Wide Holidays in August

Temperance Brennan
Special to the Forum

I feel that this may be a good time to join in on another country's celebration. Why? Because it is a little known fact that August is the only month that does not contain an official U. S. holiday.

As an anthropologist, I would love it if some of you readers could adopt one of the events below. You could play some Jamaican reggae music or try to cook some Ecuadorian food or read about Kazakhstan and perhaps even have your kids color a flag to put on your door.

Let me know what you did and I can mention it in the September *Forum* newspaper.

August 6: Independence Day is a public holiday in Jamaica. If it falls on a Sunday, Independence Day will be observed on the next Monday. This holiday — the National Day of Jamaica — celebrates independence from the United Kingdom on August 6, 1962.

August 10: Following the vote in September 1993, the day became Ecuador's official national holiday in 1994. In Spanish, it is known as "Día del Primer Grito de Independencia de Quito" that declared independence from Spain in 1809.

August 11: Independence Day. On this day, Chad gained independence from France on August 11, 1960. Previously



Pictured above is Trinidad and Tobago's flag.



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Seely Booth

Pictured above is Lilla Cafe, boarded up and graffiti-ed. The cafe is located at 1110 Payne Ave in St Paul

August Historic Events in St. Paul

Steve Trimble
Forum Staff

Here are a few of past events in our city that I have researched. Hope you enjoy them.

August 14, 1945: Parades spontaneously formed on the streets of St. Paul on this day, celebrating the news that the Japanese had surrendered and World War II was over. There was a sense of joy, but at the same time remembering those who gave their lives in the struggle.

One newspaper headline read, "Jubilant Loop Through Hails Peace." Papers were full of reports describing the honking of horns, teenagers in jalopies who circled downtown blocks in impromptu autocades that sometimes included cars moving four abreast in the streets. People leaned out windows and threw confetti or pieces of paper. There was kissing and some snake-dancing down sidewalks and streets.

A group of service men climbed on top of a car at Wabasha and 7th and opened a quart bottle of whisky and drank large swigs, giving out "lusty whoops" as a laughing crowd cheered. Others celebrated VJ Day more quietly, holding prayer services in local churches. Around 2,000 came to the cathedral for an impromptu Thanksgiving service. There was an official parade the next day from the State Capitol to Rice Park that included veterans from three earlier wars.

August 18, 1927: Walter Deubner filed a patent for a new type of paper shopping bag on this day. He and his wife Lydia ran an S.S. Kresge grocery in downtown St. Paul. The store was a "cash-and-carry," so there was no grocery delivery. Customers were only buying what they could carry. The merchants figured if they could find a way for shoppers to carry more, they might buy more.

Deubner kept working to perfect his invention. He tried various methods, including wrapping customers' purchases together with heavy string attached to a wooden handle, but nothing worked. He finally focused on the idea of improving on the paper bag by reinforcing the bottom with string and

placing a cord around the bag that also served as a handle.

Customers would be able to carry up to 75 pounds and still have one free hand.

The patent was approved on May 27, 1929. Customers first bought the "Deubner Shopping Bag" for a nickel each. The couple sold their store and focused on the shopping bag business. Soon millions of shopping bags were being sold a year.

August 20, 1904: Shortly before 9:00 p.m., a violent storm thought to have been a tornado blew through Saint Paul on this day, bringing winds up to 180 miles per hour. Four lives were lost, at least fifty were injured, and the damages were huge. It destroyed the Tivoli Music Hall, filled with 300 people, 500 feet of the High Bridge collapsed, and a large apartment overlooking Swede Hollow fell down.

Torrential rains dumped two inches of water in the first hour of the storm. Trees were thrown one hundred feet into the air, windows were shattered, steel was twisted, and roofs were lifted off of buildings.

As it picked up force it turned its appetite for destruction toward the downtown area. The loss in St. Paul was described as "enormous," almost every section of the city was caught in the path of the storm and few streets were spared from the destruction.

August 27, 2003: Seven-year-old Mikaela Ziegler and her four-year-old sister, Annika, were in her fourth day of selling lemonade, orange juice, water, and soda pop at a stand near the State Fair grounds. On this day an inspector from the city shut down the small enterprise and told the young girl that anyone selling beverages had to obtain a license.

The two sisters had unknowingly broken St. Paul's Legislative Code that mandated a license for a temporary sale of food and beverages. Although no one had complained about Mikaela's stand, there had been complaints about unlicensed vendors operating near the State Fair. Their outraged father called City Hall and was told that St. Paul is cracking down on unauthorized merchants and that his daughters could hawk their drinks once they obtained a \$60 license.

Media picked up the story and the city received a swarm of calls from incredulous citizens. The city backed off. The mayor granted a general amnesty and handed the two girls pardon documents. After the reprieve Mikaela said, "I'm going to buy a Barbie that I really want. But I'm going to get change, because I have \$17.00 and the Barbie is only \$15.99."

View From My Porch Guns and Resolve

Sage Holben
Forum Staff

In a span of three days, I witnessed in front of my home two incidents involving handguns. The second was on the street corner across from me. I saw three youths who had shot at someone down the street, then took off, one on foot, the others in a car. They appeared to be laughing when they left; I was later told no one was injured. The earlier incident was directly in front of my house. Though no shots were fired, it was this incident that irks me most.

I was working at my desk near my front window when I heard loud arguing, I leaned over and saw one man at the open back of a vehicle. Another man came from the vehicle and approached him as they were arguing. The first man reached into the front of his waistband and pulled out a handgun, then pointed it at the second man, now standing next to him. They appeared to notice me and the man put away his gun. Verbal arguing continued with physical fighting with another passenger in the vehicle. A woman came from the driver's side with a metal baseball bat in her hand. Yes, I called the police.

I realize there is great current opposition to calling the police, especially when fearing violent reaction from police. I usually go out and talk with people in the street who are arguing, fighting, dealing drugs, etc. I might have let this pass had the verbal argument shut down. But it escalated and another 'weapon' came out after the gun was put away. A neighbor later called me, very angry that the incident connected to her, though the vehicle was parked on the street in front of my house. I had

no idea who the people were at the time, but I stand by my decision in calling.

Why would this father consider shooting when his kids play on the nearby sidewalk? I know he loves his kids, but too often, kids grow up with deep emotional bruises if they live to grow up at all.

I come from a home where we did not have guns. That was probably a good thing. Physical fights occurred between my brother and mother and between my father and mother. Because of the domestic violence, by 11 years old I was adept at sensing the likelihood of violence on any given night. I would hide all the kitchen knives, screwdrivers, and hammers when the vibes were prominent. Weapons come in all forms, as obvious as a gun or machete; as accessible as household scissors or a brick from a retaining wall. I was always thankful we didn't have a gun.

My experience with guns? When I was seven years old, my father let me use the handgun kept behind his bar. He supervised me as I shot at rats in the field behind the bar he ran. Another time, he took me out to a small wooded area to shoot a moose with a rifle (I didn't). Later, in Citizen Police Academy programs in Iowa and in Saint Paul, I shot handguns and an AR-15 rifle. I have no training or other history with guns, but I get quite a bit of satisfaction in shooting...rather like golfing, bowling, and archery; there's a personal satisfaction in perfecting one's skill (mine needs a *lot* of perfecting!) My other experience with guns was when my husband's uncle killed his young daughter and son and then killed himself.

No, sorting through the 'ifs', I made the right call. Gun violence isn't unknown in our neighborhood. Several years ago, a neighbor and I saw Dakota Galtney shot in front of my home. A couple months ago 47 rounds were shot at a 'houseparty' around the corner from me. I'm not including the many times shots fired and not reported or people who have been injured by shootings in the circle of blocks immediately around me. Last year a BB went through one layer of my kitchen window.

A family member of my neighbor assumed I was

'afraid' and offered to send 'protection'. No, I am not afraid, and I don't need protection. If I were afraid, or wanted to give in, I might have done that when three adults beat me up in front of my house, (still getting therapy for one of my injuries) or when I witnessed a man pull up an iron stake and chase down another man with it after he slammed the victim onto the hood of a car, or when I saw my neighbor's visitor jump in rage onto his relative's car and slam his foot through the windshield, shattering the entire window; or when any of the latest shooting incidents took place...or seeing several group physical fights in the intersections. These are all reasonable reasons to leave, but the best reason for me to stay is to provide stability.



Sage Holbeni

Forum staff member, Sage, is pictured above holding an AR-15 rifle.

You got somethin' to say? Say it here!

The Dayton's Bluff District Forum welcomes all opinions and neighborhood anecdotes – send yours to:

daytonsbuffdistrictforum@gmail.com

Opinions expressed in contributed articles may not represent the views of the Forum.

Deadline for the September issue of the Forum is August 10, 2020.

Donations Needed for Us to Print!

Forum Staff

The Dayton's Bluff District Forum staff is asking you to support our newspaper! Just a small donation can help us get our newspaper back to the printing press and mailed right to your door!

Your donation will go toward printing and mailing costs. We miss having our newspaper delivered right at your front door and displayed in the businesses on Seventh Street.

We are so close to meeting our goal and we know your donations would bring us one step closer!

East Side Eating – Trimble's Taste Trek

Forum contributor Steve Trimble has set out to eat at every locally-owned, sit-down restaurant on the East Side. He hopes to get the word out to Dayton's Bluff 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 60 may now be found online at daytonsbuffdistrictforum.org: click on "East Side Eating" at the top of the home page. Steve Trimble can be reached at daytonsbuffdistrictforum@gmail.com.

Checkerboard Pizza of Eastside

Phones: 651-772-1020
992 Arcade St
St Paul, MN 55106
Sun-Thur 4:00 pm to 9:00 pm
Fri-Sat 4:00 pm to 10:00 pm
Facebook: @Checker Board Pizza

The restaurant is owned by a Hmong family. I was there a couple of years ago for a fundraiser for Fong Hawj, the current East Side Senator. On this day, I arrived a tad after 5 p.m. and the place was not busy. There was only one couple in the dimly-lit front room with seven sizeable booths. It contained a long bar on one side and what appeared to be a spot with stand-up speakers for a DJ or perhaps a setting for karaoke. I entered the second side of the establishment that had seating along a full-service bar and a few tables. There was also a large area with half a dozen pool tables. There are pizzas —not surprising given their name. You can choose from fifteen different toppings. They also have three or four house pizzas. "King Me" which they describe as a "six topping deluxe" of sausage, pepperoni, Canadian bacon,

onions, mushrooms, and green peppers. And a "Crown Royal" with sausage, beef, pepperoni, Canadian bacon, green olives and ripe olives. There is also a vegetarian option. There are three "Asian items," as they put it. Hmong sausage with sticky rice, a papaya salad and a third, that I decided to try. My choice was laab, a traditional Hmong food that often served at festive occasions and brought to the East Side from Laos. It has a base of finely chopped meat-either chicken or beef and either raw or cooked served atop a bed of lettuce. I took beef and chose cooked. I could have spicy but, as a favor to my sometimes-sensitive stomach, I said no. Since the laab had cilantro (as well as mild onions) the dish was a little hot. I had a bottle of Corona beer (with a lime slice) to cool things down. Right now they are limited to delivery or take-out business.



Many thanks to our Friends of the Forum 2020 donors:

- MaryAnn Cogelow
- John Davidsen
- Audrey J. Harken
- Jean Rivard
- Steve Trimble
- Greg Cosimini
- David Lyons
- Sage Holben

Free Virtual Programs to Enjoy from Home

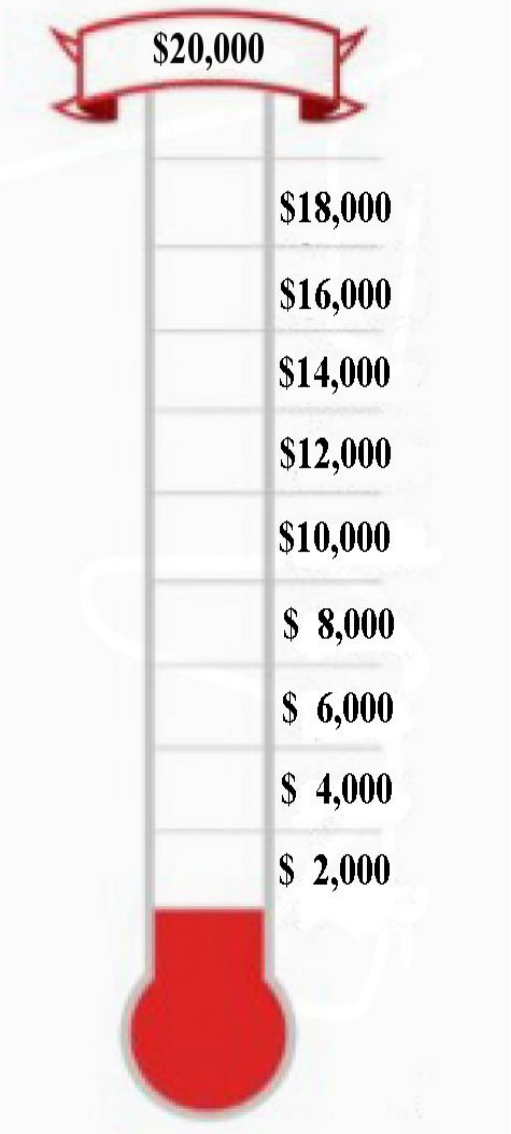
Ramsey County

All in-person events at Tamarack Nature Center have been canceled through at least June 30. Despite these cancellations, Tamarack's naturalists are staying connected with the community on all things nature-related through virtual programming. Virtual programs are free and can be accessed through Facebook and YouTube. A new topic is being shared every week, with each set up as a three-part series. Tune in to learn more about maple syrup, birds, gardening and more.

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Friends of the Forum

Dear Reader,

The *Dayton's Bluff District Forum* has been a volunteer-run newspaper since the 1980s and has always operated on a minimal budget. Each issue costs around \$1,900 to produce and mail, per month.

For the past three years we have been soliciting donations through our *Friends of the Forum* program. Thanks to the donations from 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 below. 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 2020. **Our goal for 2020 is \$18,000; thanks to readers like you, we've raised \$1,815 to date – will you help us reach our goal in 2020?**

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Thank you for your support!