

Dayton's Bluff District Forum

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daytonsbuffdistrictforum.org

"The Voice of the Community"

Sen. Foug Hawj Pushes for Additional Anti-Discrimination Policies

Jackie Wegleitner
Minnesota State Senate

Foug Hawj has been an outspoken advocate to find ways to address the rising reports of discrimination against Minnesota's Asian American community. Legislation is currently under discussion, and today the Walz administration launched a Discrimination Helpline to allow those who experience or witness discrimination to report incidents to the Minnesota Department of Human Rights. The toll-free helpline is 1-833-454-0148 or citizens can submit this online form.

Translation/interpretation services are available and the phones will be staffed **Monday through Friday, 8:00 a.m. to 4:30 p.m.**

Senator Foug Hawj released the statement below in response to the discrimination helpline:

"The wave of anti-Asian racism that looms in response to the global coronavirus pandemic is unwarranted and frightening. Although the helpline is one step we can take to report racial bias, reporting just isn't enough. We need to do more to protect every person in this state regardless of their race, culture and religion. Minnesota can do better.

We can pass strong measures legislatively by providing \$250,000 in funding to provide support when a person reports an incident of crimes of bias, hate, and harassment related to COVID-19 on the new helpline. The helpline must provide culturally sensitive outreach, community building, and offer language interpreters for languages spoken in Minnesota. We need the engagement of the community to mitigate this. We can do this through a media campaign and outreach through television, internet, radio and print to educate the public on unjustifiable bias, hate and harassment related to COVID-19 and the availability of the toll-free hotline.

Next, we need a clear definition of hate crimes in statute. If hate crimes are not clearly defined, it will be difficult to recognize and respond to crimes against our neighbors. Passing SF 4332 is a step in the right direction. It defines what a hate crime is more clearly as crimes motivated by the victim's actual or perceived race, religion, national origin, sex, age, disability, or characteristics identified as sexual orientation and expands the reporting of crimes motivated by bias. It amends the crime of property damage motivated by bias. Another important component of the legislation requires police officers be trained in recognizing, responding to, and reporting crimes of discrimination and bias. I recognize that we cannot stop every instance of racial bias in our community. But we must join together to educate people that their hate towards others will not be tolerated, that it is inexcusable and unfair."

If you want to reach Sen. Foug Hawj, please email him at sen.foug.hawj@senate.mn or call (651) 296-5285.



Pastor Carl Johnson

Storehouse Grocers were able to feed 400 people in March with your support. We are still going forward.

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

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Steve Trimble

Eleven Wells Spirits, a distillery at 704 Minnehaha Avenue has made some complimentary hand sanitizer liquid as a community donation during the pandemic. Neighbors can also bring containers to fill at no cost. Holding up some of the one-ounce bottles, (left to right) are Bruce Peters (tour guide), Michael McManus (owner), and Nathan Aalderks (sales and sanitizer). Workers not pictured are distillers Jeff Miersch and Bob Roepke.

Ramsey County seeks donations of Personal Protective Equipment (PPE)

John Sigveland
Ramsey County

Ramsey County has established a drop-off site to accept requested donations for Personal Protective Equipment (PPE) for staff who work on the front lines responding to COVID-19.

The following items are requested in unused (sealed or open) condition: N95 respirator masks, medical, surgical or industry face masks, tie-in-back gowns, face shields, surgical gloves (nitrile or vinyl), cloth face coverings (homemade face masks).

Donations of any homemade face coverings should accord with current guidance from the Minnesota Department of Health

Donations will be used by staff in Public Health, Social Services, Correctional Health and other areas that work directly with the public and with vulnerable populations in particular. The donations will supplement the county's existing supplies which are limited.

"We are so grateful to the residents, businesses and neighbors throughout our communities who continue asking how they can help one another," said County Manager Ryan O'Connor. "These donations help our professionals help those who are experiencing a time of greatest need during this public health crisis that is unprecedented in our lifetimes."

The drop-off site is located on the county's Public Works campus at: **1425 Paul Kirkwood Drive, Arden Hills, MN 55112**

Roadway signs direct donators from Highway 96 directly to the large donation box. The site is under 24-hour surveillance and staff will retrieve items through the day from 9 a.m. to 3 p.m. which is when drop-offs are preferred. Organizations that may have the ability to provide larger donations of items should call 651-266-2171 to make special arrangements.

Contact John Sigveland, Director of Communications & Public Relations, 651-746-9250.

Walking Trails Still Open

Ramsey County

The public is welcome to walk trails and be in parks during this time. Please continue to practice social distancing by maintaining at least six feet between yourself and others at the park.

All park playgrounds, including Discovery Hollow at Tamarack Nature Center, are closed.

Ramsey County Parks & Recreation is committed to providing efficient, effective and equitable operational approaches during the coronavirus pandemic. Modified services are in place. Learn more at ramseycounty.us/coronavirus

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 COVID-19 virus, there will be no hike for the month of May. Please check back for more information at a later date. If you have any questions KarinDuPaul@comcast.net or call 651-776-0550.

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 May meeting. Please check back at a later date for more information. Email KarinDuPaul@comcast.net 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, May 7, at 11:00 a.m.** Due to the COVID-19 virus, the meeting will take place virtually. Call 651-776-0550 or email daytonsbuffdistrictforum@gmail.com for more information.

Police Community Meetings

The Eastern District Saint Paul Police will host 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 next meetings are canceled due to the COVID-19 virus.

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.

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 calificar. 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

The Dayton's Bluff Library is temporarily closed due to the COVID-19 virus. Please check back at a later date for more information regarding the re-opening.

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 next 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 fee based on a sliding fee scale. Class sizes are limited, so enroll now. Please call 651-379-8432 for an 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 ap-

pointment 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://animalhumanesociety.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.

Cook for Kids

Every summer in Dayton's Bluff a kid misses a meal because school is out. We want to provide one hot meal daily for five days.

We need volunteers and people who love to cook for kids and provide many different options for that day.

We want to make sure kids eat hot meals. Would you consider being a part of this adventure in Dayton's Bluff?

Contact: daytonsbuffcommunity.on-microsoft.com for more information and to sign up for volunteering.

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.

Landmark Center is located on 75 5th St. W., Saint Paul

Art in the Hollow

This year's Art in the Hollow was to take place **June 6 from 10 a.m. to 5 p.m.** in Swede Hollow Park. However, due to the COVID-19 virus, it is now canceled.



Allison Lund-Zalewski

Lucy was looking expectantly at me for her ice cream treat. Sadly, the Dari-ette announced early this spring they were closing their doors permanently. Their frozen treats were enjoyed by humans and furry pets, alike.

Looking for Help with my Ancestry

Eugene Franzwa

I am seeking information on my aunts and uncles. Listed below are their children updated from my Ancestry of the Franzwa (Franciso) family. If you have any information please send it to me, Eugene Curley Franzwa (son of Anthony), 814 Paul Circle, Brainerd MN 56401.

Peter J. Franzwa's father was Anton Peter born 11/21/1885 in Baraboo, WI. Peter married Anna Braum Sept. 18, 1885 at Assumption Catholic Church in Saint Paul, MN. They had nine children listed below:

- | | | | |
|------------|---------------|---------------|---------------------------|
| Mary: | B: 02/28/1887 | D: 04/09/1902 | Stove accident |
| Fred: | B: 07/03/1888 | D: 09/25/1888 | Died as an infant |
| George: | B: 10/29/1889 | D: 10/31/1960 | Married Anna Scnnabel |
| John: | B: 02/07/1891 | D: 02/26/1960 | Married – Orpha Grimes |
| Catherine: | B: 07/26/1895 | D: 10/14/1992 | Notre-Dame sister |
| Ann: | B: 09/21/1898 | D: 06/26/1983 | Married – Louis Hunn |
| Clara: | B: 01/23/1901 | D: 01/01/1997 | Married – Joseph Tacheny |
| Anthony: | B: 09/08/1904 | D: 09/15/1989 | Married – Anna Wodarz |
| Martha: | B: 02/14/1907 | D: 06/27/1990 | Married – John Schroepfer |

Please send information to: Eugene Curley Franzwa (son of Anthony) to 814 Paul Circle, Brainerd MN 56401.

MOUNDS PARK BARBER STYLISTS



APPOINTMENTS AVAILABLE
TUESDAY THRU SATURDAY

1043 OLD HUDSON ROAD
SAINT PAUL, MN 55106

(651) 771-6980

Judy Lee

Seeley Sez Local Restaurant Food Carry Out

Seeley Booth
Special to the Forum

Here I am again, attempting to keep readers informed about the neighborhood and environs. Not too much to report about new restaurants maybe because of fears of the coronavirus. The North Star Bar at 883 Payne Avenue is not yet open even though they were supposed to have had a grand opening in March. Further up Payne, Lilla at 1110 has a nice storefront but is currently empty. Obb's has recently begun takeout and the Swede Hollow Café tried to do take out but it wasn't successful.

So I decided to see what spots were closed for sit-down eating, but were offering take out or even curb side which means they will bring food out. Here are some of those participating. Be sure to call to see if things have changed by the time you read this and what hours they will be open. I have included phone numbers. Most of them want cash or card and some won't take checks. Some of them have delivery by various services as well.

East Side Pizzeria at 1050 Payne Ave has always delivered to homes but will add curb service as well. Phone is 651-776-7499.

Magnolia's, 1081 Payne, has a small staff now and will only do take out. Full menu. You can come inside but not sit down and no checks. Check with them at 774-3333.

Yarusso Bros Italian Restaurant at 635 Payne Avenue requires a phone call at 651-776-4848 and you can pick up later between 11:00 a.m. to 6:00 p.m.

Brunson's Pub at 956 Payne Avenue will take orders from 11:00 a.m. to 8:00 p.m. for parking lot pick-ups.

Manana Restaurant at 798 E. Seventh Street. Come in front but not full inside. Call first. Choose from on-line menu You can also have BiteSquad deliver. 651-793-8482.

The Little Oven at 1786 Minnehaha Ave E. Phone: 651-735-4944 or 651-776-7499. Carry out. You can check out their menu at places.singleplatform.com

Cora's Wings at 1143 Payne Avenue has normal business hours every day from 11a.m. to 9 p.m. Orders can be placed for curbside pickup by ordering online at www.corasbest-wings.com. They have also partnered up with GrubHub, DoorDash, and Uber Eats for ease of delivery. Call 651-776-0220.

East Side Thai at 879 Payne Ave don't take walk-ins but curb side delivery from 11:00 a.m.-7:00 p.m. Call Phone 651-776-6599.

Tongue in Cheek at 989 Payne Ave. They are doing curb side and you can pay by phone with credit card ahead of time. The menu is available at tongueincheek.biz. Call 651-888-6148, they are open from 12:00-8:00 p.m.

ESB, East Side Bar at 858 Payne Avenue. Call them at 651-348-8450. Thursday-Saturday available from 4:00 to 9:00 p.m. Click the link esbstp.com/takeout-splash-page to see the menu. Wait in their parking lot until your order is ready, then drive up in front of the restaurant and they will bring it to you.

Carbone's Pizzeria at 680 E. Seventh Street. They will have curbside service. Call first, 651-771-5553. Hours are 11:00 a.m.-10:00 p.m., they are closed Sunday. View their menu: carbones.com.

Los Ocampo Restaurant & Bar at 1751 Suburban Avenue. Call ahead and come to the door, 651-256-2932 hours mostly, 10:00 a.m.-11:00 p.m. View their menu: losocampos.com.

Destiny Café 2, a Hmong restaurant at 1151 Clarence Street. Call 651-771-1409 and order ahead. They accept walk-ins and take out.

Obb's Sports Bar & Grill at 1347 Burns Ave. Tues - Fri: 4-7 p.m. Sat and Sun: 1-6 p.m. Available menu: sandwiches, appetizers and Friday Night Fish Fry. See menu pages at: obbsbar.com/menu. Call 651-776-7010 to place order. Pick up in parking lot at patio door.

Gold Line Bus Rapid Transit project clears environmental reviews

Metro Transit

The METRO Gold Line Bus Rapid Transit (BRT) project has cleared all environmental assessment review requirements. This assures the project can continue design and engineering without additional environmental work.

On March 5, the Federal Highway Administration completed its review of the Gold Line environmental assessment and supporting documents, including the Federal Transit Administration's environmental decision document published in January 2020. The Federal Highway Administration found no significant effects on the environment as it relates to potential project impacts on Interstate 94 and I-694.

Following the Federal Transit Administration's and Federal Highway Administration's decisions, the Metropolitan Council issued a negative declaration document on March 25. This document concludes that additional environmental work is not required for the Gold Line project because it is not expected to have significant impacts on the environment.

The Gold Line Bus Rapid Transit project is a bus line that will operate primarily within bus-only lanes and will connect the Green Line Light Rail system in downtown Saint Paul with Woodbury. It will run through Dayton's Bluff and continue east to Sun Ray, 3M in Maplewood, Landfall and Oakdale. It will be built north of Interstate 94 at street level, not along the freeway itself. In Dayton's Bluff, it will travel on a reconstructed Hudson Road.

Volunteer at Storehouse Grocers

Carl Johnson
Faith City Church

We need your help in this season amid COVID-19 closures. We need you to help us feed and minister specifically to the poor. We need help to get catered food. I am being truthful. Storehouse Grocers needs your help as well.

We are a small grocery that is facing a huge issue to stay open when distributors can't give us food. Opening up new accounts in this season is very hard.

If you would like to specifically help with the Grocery Store in this season please email carl@storehousegrocers.com

In March alone, we were able to feed 400 people with your help! We are still going forward.

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 June edition of the *Forum*. Congratulations to Eric Buck, winner of the March/April contest with a correct location of 968 E. 4th Street.



Dayton's Bluff District Forum

668 Greenbrier St., St. Paul, MN 55106

Phone: 651-776-0550 E-mail:
daytonsbluffdistrictforum@gmail.com

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Board of Directors: Greg Cosimini, Karin DuPaul, Jennifer Gascoigne, Sage Holben, Steve Trimble

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Staff: David Baker, Nick Duncan, Elizabeth Wakefield

Photographer: Lou "The Photo Guy" Michaels

Next issue: June 2020. **Deadline for material: May 10, 2020.**

An Update of Events at the Church

Joan Decker
Mounds Park United Methodist Church

Dayton's Bluff Community Services and Urban Cross hope everyone is taking the needed actions to assure they and their community are taken care of at this time of need.

We have decided through guidance of our District Council, Church Council, and MN Department of Health, to suspend all group meetings and gatherings until further notice.

We are canceling our annual Urban Cross Project for 2020. We are moving forward to make plans for a great event in 2021.

Please contact the Church office at 651-774-8736 for updates on services which are on hold at this point.

We want to continue to care for those in our community, so call a neighbor, make sure your neighbor has food, and make time to talk to each other to minimize isolation. We will be strong together.

Send Messages and Art to Local Seniors

Sharyl Kaase
Cerenity Senior Care

Cerenity Marian is launching a new program to let children, family members, and the public stay connected with residents of their senior care community.

The "GramsForGrands" program invites children, family members and the public to send cards, letters, artwork, drawings or inspirational messages to its residents. The messages and artwork will be distributed to the center's grandmas, grandpas, and other residents as well as posted on an "art gallery" wall in the community for residents and staff to enjoy.

"Recent changes in federal and state regulations have led to restrictions in visitors to senior care centers na-

tionwide as well as limits in group activities," said Kay Schumacher, Executive Director of Cerenity Marian.

"As a result, our residents are adjusting to a change in routine that no longer includes regular visits from family members and friends.

"The emotional health and well-being of our residents is very important to us, so we are inviting the community to get involved. We know that cards, drawings, and letters from their neighbors in the community would be such a day brightener for our residents and give them something special to look forward to. For those children out of school and home-schooled, we invite you to put your English and art skills to the test and send your masterpieces our way."

Artwork, cards, letters, and other messages can be mailed to: Cerenity Marian, #GramsForGrands, 200 Earl Street, St Paul, MN 55106. Messages can be addressed to specific residents or sent to Sharyl Kaase for general distribution and posting at the center.

While there have been no restrictions for sending or receiving mail, emailing artwork and other creations is

also a possibility. Take a photo or scan drawings and letters and email them to sharyl.kaase@bhshealth.org.

Staff will print and share them with residents.

Messages without attachments can also be sent to residents by visiting the "Contact" page at www.cerentyseniorcare.org under "Connect With Us" menu.

For more information on the program, call Sharyl Kaase at 651-495-1819 or visit us on Facebook.

"We would like to thank the community for its support during this time, including families who have been so understanding of recent changes we've made focused on protecting residents' health, wellness and safety, as well as our frontline staff who remain dedicated to the exceptional care of our residents," Schumacher indicated.

Cerenity Marian is continuing to serve the local community at this time with a variety of services, including short-term care and rehabilitation, independent living, assisted living, memory care, long-term skilled nursing care, and end-of-life care. The Community has been a trusted provider of senior care services for more than 20 years.

Urban CROSS and Church Activities Canceled

Joan Decker
Mounds Park United Methodist Church

In the past several issues, Mounds Park United Methodist Church was asking for teams of teen and adult volunteers for the week of **June 15** through **19** to work with Dayton's Bluff home owners and non-profits on improvement projects to their properties. Sadly, it was decided that all events and the project will be canceled.

Joan Decker, who works at the church, said, "We have canceled all of our events at this time. I know we had promoted our annual Urban Cross Project in June 2020. We have canceled that but plan to come back in 2021 stronger than ever.

As stated above, all activities and events are canceled until further notice.

Considering a Move?

Contact Brad Griffith, Realtor®

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Mississippi Market & Saint Paul Brewing Hosted Annual Food Drive Fundraiser

Matt Frank

Mississippi Market Natural Foods Co-op

Once again, Mississippi Market Co-op took part in the Minnesota FoodShare March Campaign. This annual month of giving is a program of *Greater Minneapolis Community Connections*. It provides food, funds, and educational materials to over 300 Minnesota food shelves. Operating since 1982, the campaign is the largest grassroots food and fund drive in the state.

During March, shoppers were encouraged to donate reusable bag credits, round up their purchases at co-op registers, and donate shelf stable items for the food drive through Mississippi Market's Positive Change program. One hundred percent of March's Positive Change donations combats food insecurity by supporting five Saint Paul-based food shelves.

Participating food shelves include those run by *Hallie Q. Brown Community Center*, *Keystone Community Services*, *Interfaith Action's Department of Indian Work*,

Neighborhood House, and *Merrick Community Services*. This year, Mississippi Market's goal was to collect a combined 19,000 dollars/pounds of donated food (\$15,000 and 4,000 pounds of food).

New this year, Mississippi Market partnered with *Saint Paul Brewing* to host a food drive fundraiser called Pints for Positive Change

This was another way that community members could support local food shelves and their clients during the Minnesota FoodShare March Campaign.

Mississippi Market Natural Foods Co-op has been offering local, organic food at a fair price to its St. Paul neighbors for over 40 years.

As a consumer-owned grocery store, Mississippi Market provides high-quality, fair-priced goods and services, and works toward a sustainable local economy and global environment. Mississippi Market is a food co-op open to everyone that empowers our diverse communities to be healthy, make choices that help sustain our planet, and create a more just local economy. Learn more at msmarket.coop



Pastor Carl Johnson

The man above is handing out free food to those in need. Faith City Church served 800 carry and go meals, 25 families had groceries delivered, 1850 lbs of Organic Black beans donated and 40 international students served with groceries in the month of April.

Service Impacts and Important Resources

Ramsey County

Ramsey County government remains open and we are committed to providing services throughout the coronavirus/COVID-19 outbreak while protecting the health of residents and our staff. County services have been redesigned this week to drastically reduce person-to-person contact while ensuring welcoming, accessible, equitable and efficient service options. Visit ramseycounty.us/coronavirus to learn about: Accessing county services, health information - including symptoms, prevention and contacts for health questions and assistance, community resources - including food, housing and employment services., unemployment assistance, and business resources.

The Loneliness Pandemic

Clara Martin

Special to the Forum

Loneliness had been called an epidemic in our country long before COVID-19 came along. Mental health professionals have long treated loneliness as the health concern it is. Now, certainly, with more people staying home, sheltering in place, and filling the limited ICU beds without the luxury of a visit from a loved one, loneliness is bound to be an even larger concern.

Not only are elected officials in every state doing what they can to protect their citizens and slow the progress of this pandemic, but individuals are stepping up in their communities to make life a little less lonely for each other. This is a remedy that would be good to have in place even when there is no COVID-19 threat. The virus will eventually go away and we will deal with the results. But loneliness will continue to live among us.

Paul Pearsall, PH.D, writes in *The Pleasure Prescription* about the devastating effects of living a hermetically sealed existence. Whether an extrovert or an introvert, "We all need periods of being alone. They give us the opportunity to contemplate and reflect. But isolation makes us sick and may even kill us."

While isolation for periods of time can be harmful, many people experience loneliness even when they're with other people. This can happen in a marriage or partnership when needs for communication are not being met; when one partner is feeling ignored or left out or feeling invisible. Loneliness can happen to a single parent who is overwhelmed with daily responsibilities and has nothing to fill up the empty spaces but the cacophony and demands of children. The loneliness in this case is complicated by the frustration of no meaningful alone time. In these cases, the single parent can build up resentments and anger. This is a kind of loneliness that festers and can cause health issues beyond the psychological.

Pearsall writes: "Isolation is not the absence of people around us; it is the feeling of being lonely and disconnected, somehow left outside the whole, even when we are among others. Without the nourishment of social support, a lonely heart hardens and breaks. Like an un-watered flower, it literally atrophies and

dies."

Teachers may recognize loneliness in their students in the classroom. Upon further investigation, the teacher may learn that these students go home to an empty house, perhaps, both parents are working; or there is one parent only, or there is an abusive parent, or lack of love and attention. Whatever the problem, it is important to identify the lonely student and seek help in order to assure this student can perform in school and learn to the fullest potential. Mandatory reporting isn't limited to black and blue marks. When a child is hurting, grades plummet, classroom participation doesn't happen and friendships don't form. It is the wise and observant teacher who can recognize the signs and help.

Children who feel lonely often experience poor peer relationships and therefore express more loneliness than peers with friends. They often feel excluded—a feeling that can be damaging to their self-esteem. In addition, they may experience feelings of sadness, malaise, boredom, and alienation. Consequently, lonely children may miss out on many opportunities to interact with their peers and to learn important lifelong skills. Given the importance placed on the benefits of peer interactions and friendships to children's development, this potential lack of interaction raises many concerns for teachers who work with young children. Peer relations matter to children, and lonely children place as much importance on them as do other children. Furthermore, early childhood experiences that contribute to loneliness may predict loneliness during adulthood. (Ramsey, 1991).

About one-third of US adults age 45 and older report feeling lonely. While the findings that 35 percent of midlife and older adults are lonely is unchanged from 2010, the population of lonely people over age 45 has grown by 5 million, from 42.6 million to 47.8 million, in the past eight years. (AARP)

Geriatrician Carla Perissinotto was one of the first to publish in the medical literature about the health threats associated with loneliness. She followed 1,600 people out of a national Health and Retirement Study, over six years to see whether loneliness poses a risk to independence and mortality. It does: Feeling lonely results in a 60 percent increased risk of functional decline and a 45 percent greater risk of death.

It's difficult to admit to being lonely. After all, who really cares? Who wants to hear that answer when we ask someone how they are doing? We wouldn't know what to do with that response and it might make us feel impotent when put on the spot, not knowing how

to respond. Thus, we've all learned to simply say we're fine and leave it at that. We walk away saying to ourselves, "Why bother. Nobody can fix it or make a difference. I just have to learn to live with it."

Yet connecting with others in a social setting can have immediate effects on our well-being. Connecting with someone else and having even a brief conversation raises our spirits and lifts our mood. Studies show that connectedness affects our blood pressure and increases longevity. "Unity feels good because it is good for you," Pearsall writes. During this current pandemic, people are finding creative ways to connect. Some neighborhoods are ringing bells at a certain hour, while others are singing from their balconies. New apps are being created to virtually connect people to celebrate birthdays, have dance parties, keep meetings going, have church services, and enjoy music. There is proven value in our togetherness.

Parents of grown children know the immense pleasure of having their family together after years of wishing they'd just leave home and get a job. Years of having an empty nest isn't the relief they thought it would be. Instead, they are left with solitude and loneliness, wishing they could have some of those crazy and raucous times back. Sure, adult children come back for visits, but when the holiday visit is over, and the children and grandchildren walk out the door to return home, again the parent (s) is/are left with the emptiness.

We matter to each other. Our presence in each other's lives is the most important and vital role we play as human beings. We help each other by just being together. It's the conversation, the hugs, the support and the love that keep us going and keep us healthy.

Loneliness is all around us and we have the magical power of lighting up someone's day and making that person feel special and cared about. Especially during this time of COVID-19 let's make that phone call. Let's leave a little something at someone's door. Let's reach out and get out of our own little world and consider someone who might need to hear your voice today. Who knows? You might be saving a life.

Let's spread a little love.

Clara Martin (nom de plume) is a Minnesota native currently residing in the beautifully diverse neighborhood of East St. Paul's Dayton's Bluff. She is a retired English teacher, literacy mentor, editor, and writer. She is the mother of four adult children and has three grandchildren.



Steve Trimble

The 2020 census is under way. Here is a pin-on button that was given out two decades ago to remind Minnesota people to get counted. This one was aimed at the Hmong residents and has some messages in their language. It seems that "I Count!" is "Kuv Suav!" in Hmong. At the bottom of the button is "Suav Peejxeem Xy00 2000." Can any of our readers translate this and send it into the Forum? daytonsbuffdistrictforum@gmail.com.

Virtual Visits to Landmark Center

Krissy Shoenfelder
Landmark Center

Everyone is looking for engaging ways to keep busy while taking the appropriate precautions during the coronavirus outbreak. Landmark Center is offering several options for interesting and entertaining virtual experiences and online events.

"Our mission is to provide free and low cost programs and events to the community, and if we can't do that in our physical space, then online is the answer," said Judy Brooks, Director of Community Programs.

The current schedule of virtual events and special features includes Landmark Center's popular "Ballet Tuesday," weekly presentations of past theater productions (#TheaterThursday), and a sampling from the to-be-rescheduled "Urban Expedition: Poland & Hungary."

Landmark Center went ahead in April and did virtual experiences, but they have some for May! **May 10** will be St. Paul Civic Symphony

Extended through **June 7** is "Polish Art: Brooklyn to Minnesota" Exhibition Virtual Tour. Weekly on Thursdays will be #TheaterThursdays, recordings of past Histo Plays, produced by Landmark Center and recorded by SPNN.

Additional virtual experiences are in the planning process and Landmark Center has a special social media series responding to the community's Landmark Center specific questions and requests about the building, its history, and events. Virtual events will take place on Landmark Center's website, as well as shared over social media page.

For more information, go to landmarkcenter.org.



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Book Review

The Vanishing
by Wendy Webb

Allison Lund-Zalewski
Forum Staff

Over the past few months I have been devouring ghost story novels. I was a bit skeptical at first, being that it was a bit hard to imagine some of these spooky tales. However, I was wrong. It's almost creepier to read a ghost story than to watch one in a movie or television because you're the one who has to imagine up these ghouls and oftentimes violent tales.

I recently read Minnesota native Wendy Webb's *The Vanishing*. It's a novel that takes place up in Duluth at an Irish castle built on Lake Superior. It has been in the family's name since it was built by the original owner who immigrated from Ireland. With the castle and the family that lives there, comes some mysterious legends that the locals tell – and believe.

While it was a little slow at first, there are some parts of the book that makes your

heart quicken. Doors opening at random, cold spots coming from nowhere, odd smells. Overall, it wasn't scaring me to the point I wanted to put the book down. While it flowed nicely as a story, it lagged in some areas. It wasn't until I was about halfway through the book that it finally started making sense and the truth finally came out about the mysterious Sinclair family.

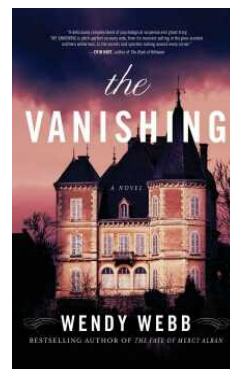
The main character, Julia Bishop, finds herself with no money after her husband died. A stranger comes to her door and invites her to the Sinclair mansion in Duluth to watch over this stranger's mother as her caregiver.

Throughout the first couple weeks living in the mansion, Julia finds herself feeling as though she's been there before and has occasional flashbacks to when she was young, but immediately puts it out of her mind. It turns out she was related to a spiritual medium who was there decades before she was born. I will stop there, I don't want to spoil the rest!

Overall, it was a great book. Even though it was kind of slow in parts, the last page of the entire book is what makes you go, "wow!" It was such a twisted ending that I didn't realize I was holding my breath until I read the last sentence. I still think

about that ending. This is what makes Wendy Webb truly an amazing author. It is certainly worth the read!

If you'd like to write a book review about Minnesota-based stories or authors, send it to daytonsbuffdistrictforum@gmail.com.



Non-Fiction Book Review Update

Theresa Wanta

Dear Readers,

With apologies to you all, I will not be submitting non-fiction book reviews until the libraries re-open. Not only am I unable to obtain the books I want, but also you readers cannot either.

Sincerely,
Theresa Wanta


Youth Sports Available and Volunteers Needed

Carl Johnson
Faith City Church

We are starting a soccer club for ages 3 to 12 this summer from **June 6 to August 1**. We need coaches and referees. Come impact a family today by volunteer coaching.

We have a need for youth soccer players from the ages 3 to 12 years. We want to offer our neighborhood a program that can bridge the generations.

Contact: daytonsbuffcommunity.onmicrosoft.com for more information and to sign up for volunteering.



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Worldwide Holidays in May

*Temperance Brennan
Special to the Forum*

I am staying at home because of the pandemic and foregoing any of my usual forays to foreign lands to do my field work as an anthropologist.

May is an interesting month since there are three well known holidays in the United States—Mothers Day, on the second Sunday, Memorial Day on the last Monday in the month to remember our veterans who died while serving in the military, and the first of May, which is doubly known. Many countries see it as International Worker's Day since the 1880s. Other celebrations that look at it as the rites of spring.

There used to be children who looked forward to wrapping May poles. Did you participate? I remember as an elementary school student making May baskets, putting in some flowers and candy and sneaking up on front porches of friends or classmates, ringing the bell or knocking and quickly running away. Did any of you do the same?

Maybe I should write a paper concerning cultural patterns of disappearing children's activities. Maybe you can share some of holidays with the out-of-school students.

May 5: Arrival Day: The holiday commemorates the first arrival of indentured laborers from India into Guyana in 1838 to work in sugar plantations. It is a South American country and it is English speaking. Their descendants of the arriving workers today comprise 44 percent of their population.

May 10: Constitution Day: The Federated States of Micronesia comprise around 607 islands, that are northwest of New Guinea and east of the Philippines. Micronesia consists of four states Yap, Pohnpei, Kosrae, and Chuuk. It was administered by the USA after WWII. The states ratified a new constitution in 1979 to become the Federated States of Micronesia.

May 21: Independence Day: It heralds the day in 2006 when Montenegro voted for independence from Serbia. This was not the first time it had been its own country. It was the first nation to emerge out of the slowly crumbling Ottoman Empire in the 1700s. After World War I, it was annexed by Serbia, and then became part

of Yugoslavia when that nation was formed in 1929.

May 23: Labor Day in Jamaica: A country in the West Indies in the Caribbean Sea south of Cuba, commemorates a labor rebellion in 1938. It was once also called Empire Day, but this was dropped when the country gained independence from the United Kingdom in 1962. However, they remain a part of the Commonwealth. It is a day to do volunteering to help solidify the spirit of national unity.

May 27: Children's Day in Nigeria: Officially named the Federal Republic of Nigeria, is an annual holiday for the country on the western coast of Africa where hundreds of languages are spoken. It is celebrated by governmental and non-governmental organizations and students have no school.

May 29: Democracy Day: After gaining independence in 1960 from Great Britain, Nigeria fell prey to civil war and a military coup. Democracy was briefly restored from 1979 to 1983, but then the country was ruled by a series of military juntas. In 1999, the hand over to civil rule took place and elections were held and a former general became president.

***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 June issue of
the *Forum* is May 10, 2020.**

Some St. Paul Historic Happenings in May

*Steve Trimble
Forum Staff*

Once again, here are some of the short pieces that I wrote in the past for a book that never materialized. They are all around 200 words and the aim was to have an event for every day of the year in a volume that might be titled *A Day in the Life of St. Paul*. What do you think—would you want to read or possibly buy such an item?

I tried to cover things from several different time periods. These are short versions of what happened, so you could use the internet to find events for more information. Especially those of you whom have some time while you are home-bound.

Votes for Women: Sounding their battle cry of "Votes for Women," 1,500 suffragists stormed the St. Paul Auditorium at noon on May 2, 1914, "waving their colors of yellow and black," a newspaper article began. It was a major event designed to rally support for ratification of the amendment allowing women to vote. The goal of this day was to demonstrate commitment to the cause and to showcase the group's organizational capacity to male lawmakers.

The St. Paul Auditorium was decorated with large banners that said, "Our Government is of the People by Half the People" and "Convicts, Idiots, Lunatics and Women Cannot Vote." A band and a chorus of forty girls from Humboldt High School led those assembled in singing the suffrage hymn and patriotic songs. There were several speeches from local and national leaders.

The action later continued outside. Five cars abutting the park were used as platforms for people to exhort the crowd. Then Dr. Mary Hartman, president of the St. Paul Political Equity Club, hoisted an American flag and led the suffrage parade out of Rice Park and through downtown. The participants then boarded the streetcars to Minneapolis for a parade led

by suffragist leader Sarah Colvin of St. Paul.

Cultural Cavalcade: The first Festival of Nations, originally known as The Folk Festival, began on May 6, 1932. It was the idea of Alice Sickels, executive secretary of the International Institute. She created a council of women from eighteen different backgrounds and an invitation was extended to all ethnic groups that might be interested in participating. The first event was held in the St. Paul YMCA.

After Sickels visited Europe to explore museums and villages, she renamed the event the Festival of Nations and decided to have it every three years. She felt that its music, dancing, foods, and arts and crafts reinforced the values of diversity in American culture. A central feature of the Festival of Nations became the "International Village," in which each ethnic group or nationality showcases its national traditions, folklore, and customs, often selling crafts and, traditional food.

The event became an annual gathering in 1979 and is the longest running multicultural festival in Minnesota. As the event grew, it moved to larger spaces and most recently has been held at St. Paul's River Centre. The goal of the Festival of Nations is still to provide "the opportunity to develop an appreciation, rather than just a tolerance of the culture of others."

Welcome Home!: On May 8, 1919 St. Paul crowds welcomed the 151st U. S. Field Artillery home after their service in France during WWI. Mayor Hodgson declared it an official city holiday. According to the *Pioneer Press*, around 40,000 people met them at the depot with "mighty cheers and glistening tears" and "a mother, gray of hair and unsteady of step ran across the uncertain footing of the railroad tracks" to see her son. An estimated 200,000 people then watched the ensuing parade from the Capitol to Smith Avenue. As the regiment passed before the crowds on the Capitol slope, 500 members of the St. Paul Municipal Chorus started singing patriotic songs. Small singing choruses were scattered among the crowds all along the line of the march.

Every window was packed with spectators who tossed confetti and pieces of paper from windows. Trucks and wagons were converted into impromptu reviewing stands. The marchers passed through a huge triumphal Victory Arch at Sixth and Wabasha. As the Minnesota artillerymen approached the arch the colonel ordered them to halt and let the 800 wounded pass through first. The crowd went wild. After the parade, the various units were served dinners

at clubs, hotels, cafes, and at the St. Paul Hotel.

"Heartbreak Hotel": Elvis Presley performed two shows in the Cities on May 13, 1956. The 2:00 show at the St. Paul Auditorium drew only 800 fans. Elvis wore a Kelly-green jacket over his black shirt and pants when he appeared on stage. After the first few words of his hit song "Heartbreak Hotel," came out of his mouth the noise of the crowd drowned out the music and only the beat carried over the speaker system.

Minneapolis Tribune writer Will Jones said "Presley, young bump-and-grind artist, turned a rainy Sunday afternoon into an orgy of squealing in St. Paul auditorium... It was impossible to hear him sing" as he "faced a sea of empty seats." Pop culture critic Bill Diehl was unimpressed. "On stage Elvis, you were nothing but a male burlesque dancer," he wrote in his column. "Your gyrations were straight from strip-tease alley. Happily, you did leave your clothes on." After the concert was over a mob of excited girls tried to get at their idol.

The police had to form a flying wedge to take Presley to a waiting car. However, the crowd managed to break through and as the rock and roller made his getaway the Kelly-green coat was half torn off.

Women's History: The Thursday Club of Saint Paul was formed on May 14, 1894 to provide a forum for young women to study together. Carrie Haskins, an instructor at the Baldwin Seminary, served as its director until 1909, when she was made honorary president. Their first meeting was held on October 4, 1894 with a total of twenty-five charter members. A year later the membership had risen to over a hundred.

As the name implied, the monthly meetings were always on a Thursday. Typical programs included a paper presented by the "essayist of the day" on a selected topic. In later years guest speakers were included on programs. The club's first course of study focused on the poets of the 19th century. The group later explored American history, philanthropy, music, drama, travel, American art, civics, and current topics. Sections met in addition to the regular meetings.

The Thursday Club also had a long tradition of civic and philanthropic charity such as the planting of 14,000 fruit trees by schoolchildren in various parks. Other projects included support for the St. Paul Public Library, Neighborhood House, the Free Medical Dispensary, and the Red Cross. During the Second World War the club supported war relief organizations.

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.

I have a problem. As you may know, I try to keep up with new restaurants on the East Side and put them in the Forum. Right now, there are a few new businesses but they are closed for sit-down service so I can't get in to look them over and have a dish or two. There are quite a few places I visited a few years ago that didn't make it into the Forum, so until the Governor's order stays in place I will offer a few older pieces and try to update them through their websites.

Ari's Best Steakhouse

Phone: 651-776-5419

1676 White Bear Ave
North St. Paul, MN 55106

Monday-Saturday 11:00 a.m.-9:00 p.m.

Sunday 11:00 a.m.-8:00 p.m.

Website: www.arisbeststeakhouse.com

My son, who now lives in Northeast Minneapolis, came to visit me on this day. I often treat him to dinner so I decided to make sure Tom became part of the Trimble Taste

Trek. He decided that beef would be a nice change so we headed for Ari's Best Steak House, the last of its kind on the East Side. The restaurant was started in 1973 by a Greek family, who have been frequent owners of such establishments in the Twin Cities. The man still owns the establishment, but the current main cook on the day we came was a Serbian from Sarajevo. There were around fifteen comfortable booths and over ten tables and many more places to sit in a large back room with numerous tables. It is clean and well lit, with patriotic pictures and scenes from Greece on the walls. Even though its name says it's a steak house, they have other things including chicken, gyros, shrimp baskets, pork chops and, barbecue ribs.

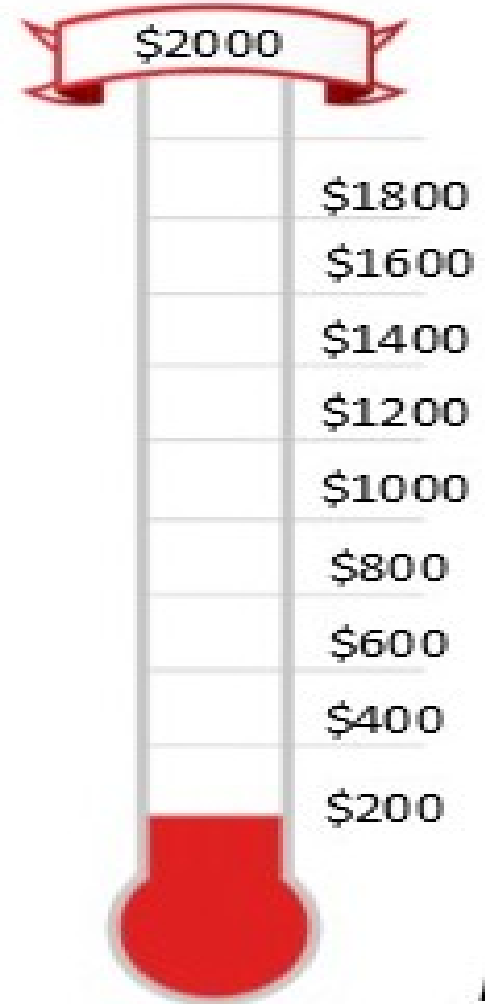


You order at the front of a cafeteria-like counter, tell them how you want your meat cooked—sorry, no vegetarian entrees—make your own salad, order a soft drink if you want and/or select a piece of pie or pudding and then pay the cashier. You seat yourself and they will bring the beef along with a baked potato and a large piece of "Texas Toast" with any entrée. I decided to have medium sized sirloin. As usual, I took some home in a Styrofoam container. These days steak is quite expensive, so I didn't want to be wasteful. There is a separate kid's menu with reasonably priced burgers, chicken tenders, cheeseburgers, and grilled cheese sandwiches. Steakhouse specials that change often are available for lunch from 11:00 a.m.—2:00 p.m., which cost \$5.99 at the time this was written four years ago.

The yellow banner in the window states that you may call and do order pick up.

Many thanks to our 2020 donors:

- MaryAnn Cogelow
- John Davidsen
- Audrey J. Harken
- Jean Rivard
- Steve Trimble
- Greg Cosimini



Help us raise money to print the Forum! Your name could be featured above with our 2020 donors!



Steve Trimble

The back of undated post card from Arundel Avenue Church says "Mothers Day will be observed May 9, 3 p.m. Let every member be present. Bring your friends with you."

Virtual Walk for Animals

Animal Humane Society

For 48 years we've proudly walked with passionate animal lovers like you at the Walk for Animals. This year, the Walk may be different but that passion remains. In response to COVID-19, we're hosting the 49th annual Walk for Animals **virtually**. This means you can choose to walk in your own neighborhood, at a nearby park, or even on a treadmill at home.

We're counting on our supporters now more than ever to ensure we can continue to provide exceptional care to animals. Although we may not be able to physically walk together on **Saturday May 2**, we can still stand together to make second chances possible for dogs, cats, and critters in need.

Animal lovers like you can still change lives by participating in the Virtual Walk for Animals.

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?**

Sincerely,

The Dayton's Bluff District Forum

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