

Farewell to Rick Cardenas

Steve Trimble
Forum Staff

Rick Cardenas and I worked to help pass legislation at the Minnesota Legislature. We found money to erect head stones or memorials for the graves of people who died at some of the state facilities such as the Fergus Falls State Hospital. After that we stayed in touch and developed a friendship. We talked on the phone and sometimes met at a downtown bar for a beer or two. We were born in the same year but his birthday was earlier and I loved to send him an email saying he was now older than I was.

Cardenas was born in 1942 and grew up in a home under the Third Street Bridge where there was a Mexican-American community. His family later moved up into Dayton's Bluff, as their earlier housing area was torn down. He and his sister, JoAnn, went to the local Van Buren Elementary School.

In addition to being a good student, he became a star hockey player at Harding High School. After graduation Cardenas was seriously injured in an automobile accident and as a quadriplegic, Cardenas was confined to a wheelchair for the rest of his life.

As an adult, Cardenas became the director of a grass roots organization that would be run by people with developmental and other disabilities. The group he headed was Advocating Change Together (ACT) which helps its members see themselves as part of a larger disability rights movement and make connections to other civil and human rights struggles. One of his important projects was successfully pushing for an elevator/stairway building that will connect the light rail station at Fifth and Cedar to the skyway system. While he most recently lived in a St. Paul downtown high rise, he often looked out the window and liked to see the neighborhood in which he grew up.

We'll miss you Rick.



Steve Trimble

Rick Cardenas (on the right) with his Uncle Emmett Yanez in Our Lady of Guadalupe Church.

Grab Your Camera and Head to Swede Hollow

Friends of Swede Hollow

The Friends of Swede Hollow 2021 Spring Photo Contest began on March 20 and continues through **June 20**.

The first place prize is \$75, second place is \$50, and third place is \$25.

All submitted photos will be judged by the East Side Arts Council.

Email your photograph(s) to bradgriffith@me.com on or before **June 27, 2021**

Submit your photograph(s) in a .jpg format. Put FOSH 2021 Spring Photo Contest in the subject line and your contact information along with the title(s) of your image(s) within the body of the email.

We ask that contest participants allow their photograph(s) to be printed and sold as a fundraiser for the Friends of Swede Hollow.

Spring is a great time to visit and capture the beauty of one of the gems of Dayton's Bluff, Swede Hollow Park.

If you need more information call Brad at 651-263-2830 or Karin at 651-776-0550.



Roxanne Sanchez

Visitors who came to the Yardi Gras festivities February 16 pose with the food that was donated. Read the full story on page 6 of how one of Dayton's Bluff community members made national news with their COVID-safe Yardi Gras party.

Health for All, for Real Minnesota Community Care

Carol Sommers

Special to the Forum

You may not know that the largest primary care provider in the U.S., with over 1,300 health care centers serving some 26 million people, is the system of community health centers. I didn't. The term sounds generic but refers specifically to local clinics, including mobile clinics, that provide primary care in underserved communities, urban and rural. A critical component of the country's safety net, these clinics serve anyone regardless of income, insurance status, immigration status, or ability to pay. A millionaire who seeks care will be served. A homeless, penniless person who seeks care will be served. Patients are billed on a sliding scale and nobody is turned away.

Linking such community care centers is their Federally Qualified Health Center (FQHC) status. This designation is achieved by community health providers that meet FQHC criteria for local patient services in areas of "deepest need" in light of the community's overall well-being. They take into account the larger social determinants of health, including food security, housing stability, and access to public opportunities. A nonprofit model different from that of our standard care complex of "nonprofit" profiting conglomerates, it is grounded by community values and the mission of strengthening the well-being of the community through health care for all.

This health care model arose in the late

sixties and early seventies across the country. Today, Minnesota Community Care is the largest FQHC provider in Minnesota. It was a small group of immigrants in Saint Paul's West Side who formed La Clinica in 1969 to meet the health needs of their underserved neighbors, founding what has grown into today's network of Minnesota Community Care stationary and mobile clinics serving nearly 40,000 patients annually. MCC operates in Saint Paul; its two main centers are La Clinica in the Paul Wellstone Community Center off Cesar Chavez Blvd on the West Side (bus routes 68 and 71) and the East Side Clinic, right here on East 7th just a block east of Arcade (bus routes 61 and 74).

The "community" in Minnesota Community Care as in other FQHCs is defined racially, ethnically, culturally, and linguistically. Service providers reflect the make-up of that community and the larger staff is drawn from its residents. Board members are current or past patients. Administrators consist largely of the professional staff itself. Services are delivered where they are needed, in urban neighborhoods, schools, public housing, and homeless shelters. MCC's offerings include a range of holistic preventive care for all ages, family planning and support, maternity care, and, mental health counseling; there's screening for HIV/STD, diabetes, and breast and cervical cancer, plus dental services, chiropractic care, lab and X-ray, onsite pharmacy, and more. The more certainly includes Covid Testing and Vaccinations. (See Sidebar)

See Minnesota Health, page 4.

Dayton's Bluff District Forum Hiring

Forum Staff

The Dayton's Bluff District Forum is Now Hiring! We are looking to add an integral member to our team as we expand and grow our community news source through advertising sales.

Hours are flexible and training will be provided. Compensation is a generous 25% commission per ad.

If you are looking for gaining experience in advertising or community engagement please send a short email with your qualifications to daytonsbluffdistrictforum@gmail.com, for consideration in this exciting opportunity.

**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 COVID-19, hikes are canceled. Please check back for more information at a later date.

If you have any questions email karindupaul@comcast.net

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 meetings until further notice. 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, April 1 at 11:00 a.m.** If you'd like to attend, call 651-776-0550 or email daytonsbluffdistrictforum@gmail.com for more information. We are currently meeting virtually via Google Meet. You will need the link if you'd like to attend.

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, and address people’s concerns about crime and other issues on the East Side. Policing meetings held at **9:30 a.m. or 6:30 p.m.** on the third Tuesday of each month. Bring your neighbors!

Call or email Robyn at 651-266-5580 or robyn.brewin@ci.stpaul.mn.us to ensure April's meetings have not been canceled.

We will be adhering to Gov. Walz’s order to wear a face covering and limit participation to 50% capacity.

**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 to 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

**Free Human and Health
Services**

United Way 2-1-1 provides *free and confidential* health and human services information for people in Minnesota, 24 hours a day, seven days a week, connecting you with the resources and information you need: Alcohol & Drug Abuse; Child Care; Consumer Regulation; Financial Assistance Programs; Healthcare; Money Management; Transportation; Animal Services; Criminal Justice & Legal Services; Employment; Food/Housing/Shelter; Tax Organizations & Services; Utilities (includes phones); Mental Health.

When calling 2-1-1 you will need to enter your ZIP code and then will hear a menu of services. Be patient, please. With COVID-19 lines are busy. You may be given options to waiting on the line.

Free Masks Available

Ramsey County launched a new initiative – A Mask for Everyone – to ensure that individuals and families have access to cloth face masks to help slow the spread of COVID-19.

Led by the county’s COVID-19 Racial Equity and Community Engagement Response Team (RECERT), the program will prioritize distributing homemade cloth masks to racially, ethnically,

and culturally diverse communities. Individuals and families in Ramsey County who are in need of masks can visit ramseycounty.us/AMaskforEveryone to request a mask. Each recipient will be provided with a homemade cloth mask to help slow the spread of COVID-19, accurate and up-to-date information about the importance of wearing a mask, and instructions on proper use and care of homemade masks.

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 scale. Class sizes are limited, so enroll now. Please call 651-379-8432 for a current application.

**COVID Saliva Tests
Available**

Minnesota is proud to offer at-home COVID-19 saliva testing for any person who wants to be tested, with or without symptoms, at no cost.

When you take the test, you will log in to access the the Vault virtual waiting room and do a video visit with a Vault test supervisor. They can give you instructions. You will then send the test to the lab in Oakdale, MN, using the pre-paid package. Once it arrives at the lab, you will get your results by email in 24 to 48 hours.

This saliva test is available at no cost for every Minnesotan.

Go to learn.vaulthealth.com/state-of-minnesota/ or health.state.mn.us/diseases/coronavirus/testsites/athome-.html to learn more

**Family Homeless Prevention
Assistance Program**

Family Homeless Prevention Assistance Program (FHPAP) funds can help single folks, too.

Here is a list of agencies that help with deposit and/or rent assistance through FHPAP:

Neighborhood House–651-789-2500
MN Community Care–651-266-1290
American Indian Family Center–651-793-3803
CLUES-612-746-3550

YMCA–763-493-3052
Face to Face–651-224-9644

Xcel Phone Numbers

Gas Leak: 800-895-4999. Power Outage: 800-895-4999.

Call Before You Dig: 811 Before starting that roto-tiller or heaving that shovel into the ground for *anything*, call 8- 1-1. At no charge, Xcel will have someone check the area on your property or on the boulevard to be sure there are no wires, pipes, other hidden surprises in the designated digging area. Usually, someone checks within a day (allowing a couple days is helpful), marking the 'no-dig' area with painted lines...and everyone is safe!

**Community Garden
Plots Available**

Have you ever harvested and eaten your own carrots, tomatoes or lettuce? If so, you know how delicious they are, not to mention nutritious, inexpensive, and a great way to spend time outdoors!

Skidmore Park Community Garden has 24 raised bed plots that are available to the public. Cost is \$20. Grants are available. For more information or to request an application, email Steve Lee at Steve12743@yahoo.com.

Financial Assistance

Increased financial assistance is available for Ramsey County residents who lost income due to COVID-19 and need help paying for housing costs.

Residents may be eligible for Emergency Assistance that can help pay for past due rent/mortgage, a damage deposit, or prevent utilities including water, electricity, and heat from being disconnected.

Go to ramseycounty.us/EmergencyAssistance an application or call the Emergency Assistance hotline at 651-266-4884.

**ESLC Seeking
Volunteer Tutors**

East Side Learning Center is seeking a virtual volunteer tutor to be part of their literacy program.

If you're interested, call Shoua Khang , the volunteer coordinator, at 651-808-8107.

**Free Legal Services
for Low-Income
People**

Call SMRLS (Southern Minnesota Regional Legal Services) at 1-888-575-2954 or go to smrls.org to see if you qualify for free legal assistance with:

Family law, government benefits, housing, education, seniors, immigration, and farm workers.

Other: behind on your bills, having problems with credit or creditors, or if you have been sold defective goods, or have other civil legal issues, SMRL may be able to help through its volunteer attorney panel.

If an interpreter is needed, SMRL will provide one.

Hours: **Monday through Friday, 9 to 11:45 a.m.; 1 p.m to 3 p.m.**

Outside the Basket

Mandy Okonek
Forum Staff

As spring begins to stir after her long winter's sleep, melting the frozen earth with her breath of fresh warm air, the city streets of Saint Paul come alive with a cacophony of sounds. Dogs bark, children holler and squeal as they soak up vitamin D, and bikes and lime scooters zoom up and down the sidewalks.

As mother nature puts on her green party dress, local churches are creatively finding ways to reconnect with their patrons and community in this season of renewed vitality.

As gathering indoors has been indefinitely paused, a local church had been thinking outside the basket, finding creative ways to celebrate the spring holiday with a family friendly outdoor event. The rebirth of the natural world has long been echoed with spiritual awakening, and East Immanuel Church was excited to share the biblical Easter story with East Side children with a fun outdoor event featuring short stories and candy.

The event was held Saturday, March 27 from 3-5 p.m. outside East Immanuel Church, located at 1173 Payne Ave. Children began their Easter adventure at a welcome table where they received a passport and a bag for their eggs, which was collected at each table on their adventure through a series of 12 stations, each with a different piece of the Easter story, large colorful eggs filled with individually wrapped candies, and a stamp to fill their passport. After their journey through the story of Easter concluded, kids with a fully validated passport received a prize for completing their quest. There were plenty of snacks and even a few crafts for those who felt like creating.

After a cold winter quarantine and distance learning, the front lawn of a neighborhood church felt like Disneyland or perhaps just the small return to normalcy kids needed to stoke their spirits.



Cerenity-Marian Hosting Plant Sale

Sharyl Kaase
Cerenity-Marian

Cerenity-Marian of St. Paul has partnered with Gerten’s Greenhouse to bring spring bedding plants and perennials to your garden. Thirty percent of all plants purchased and fifteen percent of all plant cards purchased go directly to supporting the campus gardens at Cerenity-Marian.

All plan selections, orders, and transactions are online at gertensfrundrasing.com and enter the store ID code 182 into the text field and click “Enter ID to continue.”

All order must be placed by **April 22.**

Curbside plant pickup is available at Cerenity-Marian of St. Paul housing parking lot. Their address is 225 Frank Street, St. Paul. Pickup will be on **May 19 from 10 a.m. to 2 p.m.** and **May 20 from 2 p.m. to 6 p.m.**

If you have any questions, contact Carrie Godfrey at 651-793-2182 or carrie.godfrey@benedictineliving.org

Community Career Labs Open

Ramsey County

Six Community Career Labs will continue into 2021 with new hours.

The Community Career Labs provide reservation-based computer access, printing and copying, digital literacy programs, job search and resume assistance, and other workforce support programs. All sites will require face coverings, social distancing, and follow public health guidelines for layout and cleaning — access is regulated and available by reservation only.

Community Career Labs are available for reservations today at Ramsey County Service Centers in Downtown Saint Paul and Maplewood. Dayton’s Bluff, Rice Street, Rondo Community Library, and Sun Ray locations of Saint Paul Public Library will be available as well.

If you have questions, call **Monday through Friday from 8 a.m. to 4:30 p.m.** At 651-266-8500.



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An Update from East Side Elders

East Side Elders

The team at East Side Elders wants the community to know that we are here and we are ready to help. As always, we are here to help older adults stay in the homes and neighborhoods that they wish to stay in, supporting them to live healthy lives with dignity and pride. If you are 60+, are a caregiver for an older person, or have an older neighbor that you're concerned about, don't hesitate to reach out to us at 651-683-2326 or Info@EastSideElders.org. And if you're looking for a place to give back, East Side Elders has many volunteer opportunities, both in-person and remote. Contact us today or visit our website at EastSideElders.org.

For as long as we've been around, East Side Elders has meant different things to different people. For some, East Side Elders is a lifeline for much-needed help with transportation. Our volunteers happily provide rides to medical appointments, the grocery store, the bank, and other important destinations. For some community members, East Side Elders is synonymous with the East Side Café, a place for older adults to chat, meet new friends, and enjoy a delicious meal along with fabulous entertainment. For others, still, our nonprofit is a one-stop-shop for any kind of help they need. They know that even if we can't provide the help, we will work to find out who can.

Though the pandemic has changed some of the services we provide, it has not changed our commitment to serve seniors living on the East Side of Saint Paul. At East Side Elders, we don't panic, we pivot. We saw the needs of our community shift

as the pandemic set in and we acted quickly to change our services to meet those needs. We supported local restaurants to provide hot meals for seniors. We partnered with other nonprofits to continue providing meals and groceries throughout the pandemic. And we created a new way to order groceries for home delivery, "Fetch!".

With "Fetch!" seniors or caregivers can place orders online or by phone and our team of friendly volunteers can make a quick, contact-free delivery. To help with isolation and loneliness, we recruited volunteers to write letters, make cards, and design coloring books for seniors.

And through all of it, we provided a safe space for seniors to call us and talk about their loneliness, fear, and isolation.

But we can't do our vital work without the support of the community. Your donations and your volunteer time and talent are what keep our organization strong and stable. And every hour of volunteer time given helps us support those in need. Even if you're not ready to commit to regular volunteering, consider writing just one letter to a senior. The hundreds of letters we have received from all over the world are small but impactful reminders that there are good people out there who truly care about the wellbeing of their senior neighbors. And if you're looking for a longer commitment, we always have openings for volunteer drivers who have daytime, weekday availability.

East Side Elders will be here throughout these difficult times, and we will be here afterward to celebrate with you and move forward into better days. Thank you to every community member, from Dayton's Bluff and beyond, who has made our nonprofit a vital part of so many seniors' lives.

Photo below provided by Kala Hotakainen.

Book Review

Difficult Gifts
A physician's journey to heal
body and mind
by Courtney Burnett

Greg Cosimini
Forum Staff

Everyone would probably agree that 2020 was a bad year in so many ways. Topping the list was COVID-19 and all the misery that the worldwide pandemic created. Add to that the death of George Floyd which led to protests and riots. And let's not forget the presidential campaign and election.

Now imagine that besides all of this you were facing a divorce, clinical depression, and being diagnosed with a brain tumor while working in a country on the other side of the world.

Dayton's Bluff resident Courtney Burnett did not have to imagine such a scenario. She lived it. And as an added twist, Burnett is a doctor who noticed her own strange neurological symptoms and made the brain tumor diagnosis herself in Thailand in early 2020. Brain tumors are rarely benign and this one turned out to be caused by a usually fatal form of brain cancer. Thus begins Dr. Burnett's book, *Difficult Gifts – A physician's journey to heal body and mind*.

As the subtitle implies, *Difficult Gifts* is the true story of Burnett's fight against the cancer that was trying to kill her physical body and the depression, loneliness and unhappiness that was attacking her spiritual well being. The book itself grew out of a blog Burnett had been keeping from the time of her first diagnosis. She decided to write a book based on her experiences and get it published before she died. The book was released on February 8 of this year and [spoiler alert] Burnett is still alive and doing well.

Cancer is a terrifying diagnosis for anyone to receive. Being a doctor was both a blessing and curse for Burnett. She fully understood what her

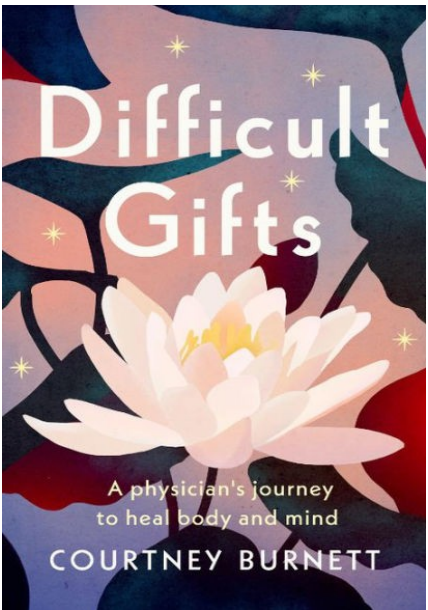
diagnosis meant and what her treatment would entail. It also meant that she knew what she would have to endure and the odds of its success. She describes the brain surgeries, chemotherapy routines, and radiation sessions in terms the average reader can understand from the viewpoints of a doctor and a patient. It is both frightening and enlightening.

Burnett was already a student of Buddhism before her ordeal began and found it the perfect avenue for helping her accept her situation and make the best of it. Most Americans know very little about Buddhism beyond occasionally seeing the Dalai Lama in the news. Burnett gives her readers a crash course in this religion. Unlike many other religions, Buddhism does not have rigid rules regarding how a person should live. Instead, it has general guidelines for how life should be approached. In very simplistic terms, instead of a lot of "Thou shalt nots," Buddhism has suggestions more on the order of "Don't worry, be happy" and "When life gives you lemons, make lemonade" although stated much more eloquently.

The book's title, *Difficult Gifts*, comes from an interesting source, a Catholic Benedictine monk who is known for his work in Christian-Buddhist interfaith dialogue. He writes that "Every moment is a gift... but sometimes a difficult gift... that can be an opportunity to rise to the challenge". That certainly fits the gifts given to Burnett over the past year.

An unusual aspect of *Difficult Gifts* is that while it is a standalone book, it also exists within Dr. Burnett's ongoing blog. Her blog describes how the book developed from concept to finished product and also continues the story of her physical and spiritual journey.

The most recent entry is dated March 9, 2021. The blog and information for purchasing *Difficult Gifts* can be found at: elephantlotus-braintumor.com.
If you'd like to write a book review about Minnesota-based stories or authors, send it to daytonsbuffdistrictforum@gmail.com.



Minnesota Health, Continued from page 1

The community model of care has economies built into its planning and delivery of services, particularly in contrast with the heavily promoted, marketed, lobbied business models of standard primary care delivery. There are no five-star consulting rooms, no luxury landscapings, no endless surveys rating marginal aspects of service quality, no blatant waste of resources, supplies, procedures. Professional and other staff are nonetheless paid standard-level salaries. This relatively idyllic model requires special subsidization. So, who, what pays for it?

For MCC, Ramsey County is a key partner and one of its first and sustaining funders. The federal government supports this intersection of clinical care and public health with sustaining funds, recognizing the need for such provisions in our society. Private grants and donations may be tapped for particular programs and events. Government funding monitors MCC's assessment, every three years, measuring the changing social and health needs of given communities.

MCC does not spend much on marketing as such, but does outreach at local events, on social media, and with its full website. Its business model, however, suggests that some promotion and research beyond that would be helpful, even transformative. Expect to hear more. To get updated information, follow MCC on their social media platforms: Facebook @MNCommunityCare; Twitter @MNCommunityCare; Instagram @MNCommunityCare.

[SIDEBAR]

COVID Vaccinations
East Side Clinic, La Clinica
Minnesota Community Care, the largest Federally Qualified Health Center in Minnesota, has been chosen to participate in the Community Health Vaccination Program designed by the White House, the Health Resources and Services Administration (HRSA), and the Center for Disease Control and Prevention (CDC).



Swede Hollow: A Series

Karin DuPaul
Forum Staff

At one of the task force meetings we were informed that the Burlington Northern Railroad was opposed to having park visitors go through the Drewry tunnel and walk over the railroad tracks to get into the park. They were concerned about their liability if someone got hurt. This would be a real problem for people wanting to go into the park from the Railroad Island neighborhood. How could they get into the park?

One idea was for the city to buy the vacant lot East of 622 Beaumont and build a walking-bicycle bridge over the railroad property and visitors could get into the park that way.

The bridge was designed and ordered. Then at the next meeting we learned that Burlington Northern decided to abandon that rail line from Saint Paul up to near White Bear Lake and would sell the property to Saint Paul or Ramsey County. The bridge order was canceled and the railroad property was sold to Ramsey County. They looked at two options: light rail or recreational trail. Many of us were lobbying for the recreational trail that would connect Swede Hollow to several of the parks Saint Paul and the

recreational trail won out. It was named after a former State Representative who did so much for our community and the trail's name is the Bruce Vento Recreational Trail.

Here is a little history about this rail line. Lyman Dayton was one of the partners of the Lake Superior & Mississippi Railroad that ran through Swede Hollow in the 1860s. This was one of the first railroads in Minnesota. And, of course, Dayton's Bluff was named after Lyman because he owned much of the land that is now the Dayton's Bluff community. Years later the rail line was owned by the Burlington Northern Railroad.

The Drewry Tunnel was built in 1905. It went under Drewry Lane and under the railroad tracks. The Drewry and Hamm breweries were in the valley. Residents of Swede Hollow used the Drewry Tunnel to get to their homes. The Drewry Brewery was on the west side of Phalen Creek across the creek from the Hamm Brewery.

Today, walking through the Drewry Tunnel makes a person think about the old days and the many different people who used this tunnel. The depth of the tunnel has changed over the years. A number of sewer lines run through the tunnel covered by asphalt. For me, the walk is like a walk back into history.

Both photos on the right provided by Karin DuPaul.



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Dayton's Bluff District Forum

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Monthly circulation: 7,000; also available online at **daytonsbluffdistrictforum.org**. This publication of Hopewell Communications, Inc., a nonprofit organization, is intended to provide a forum for the ideas and opinions of its readers and to be an instrument for developing community awareness and pride. Signed articles do not necessarily represent the views of the *Forum*. Material from this paper may be republished if it is attributed to the *Dayton's Bluff District Forum* and to the author, if any. Articles and letters to the editor are welcome and may be emailed to **daytonsbluffdistrictforum@gmail.com**, or mailed to the address above. The *Dayton's Bluff District Forum* is delivered to every home and business in the Dayton's Bluff neighborhood when the budget permits. We are currently online only. Outside this area, subscriptions cost \$15 per year and may be arranged by calling 651-776-0550.

Board of Directors: Greg Cosimini, Karin DuPaul, Jennifer Gascoigne, Sage Holben, Steve Trimble
Editor/layout: Allison Lund-Zalewski; Editorial Associate: Mark Gallagher
Staff: Mandy Okonek, Clara Martin
Next issue: May 2021. **Deadline for material: April 10, 2021.**

Having a Garage Sale?

Consider purchasing a \$15 ad with *Dayton's Bluff District Forum* to promote your garage sale this spring and summer.

Our newspaper is available the entire month, so be sure your information is accurate.

For your ad, please list your items you're selling — be brief, i.e. antiques, collectibles, baby clothes, etc., your address, and the dates you will have your sale running.

Please note: we work one month ahead of time and our deadline is the 10th of each month. If you have any questions or would like to take out a small ad, please email **daytonsbluffdistrictforum@gmail.com**.

AARP Tax Aide Information

Federal Taxes Due May 17

St. Paul Public Library

Tax season is here and now more than ever, people have many questions for filing. Below are some great resources for all kind of options to find the best fit for you. All AARP Tax-Aide sites are now appointment only. Call 612-440-6107 or email **semetro.taxaide@gmail.com** beginning February 1 to make an appointment.

For **free services**, go to the Minnesota Department of Revenue or AARP Tax-Aide Site Locator. The websites will ask you to put in a zip code to find the closest sites to you that offer free services.

The St. Paul Public Library will not be doing appointments this year, but there are two community centers offering assistance. Keystone Community Center, located at 2000 Saint Anthony Avenue Saint Paul 55104 or Thompson Park Community Center, located at 1200 Stassen Lane West Saint Paul 55118. Appointments are required.

Prepare + Prosper is offering three different service types: **Do It Yourself Prep:** Online trainings to help you get ready, along with the Self-Prep Tax Guide and the software needed to file your taxes for free. Reserve a spot in a webinar "Introduction to Preparing Your Own Taxes", This is meant to get you ready to file on your own using Prepare + Prosper's TaxSlayer software. No taxes will be filed during the webinar. You need a device to access Zoom to take part in the webinar (a laptop or desktop computer is ideal, but a smartphone works too). There are only 50 slots available per webinar. This webinar will be offered **once a week through April 20**.

Virtual Tax Prep: The entire process will be virtual and require access to a computer, tablet, or smartphone. Appointments may be scheduled beginning January 19. For anyone with more than \$6000 of self-employment income, choose a self-employment appointment, which are conducted over Zoom video conferencing. All documents will be uploaded to Dropbox, a secure file sharing site, Upon scheduling an appointment, P+P will send you a confirmation email with detailed instructions on how to prepare for your appointment (including resources for using Zoom and Dropbox).

In-Person Drop-Off Prep: Drop-off services will be offered on an extremely limited basis, by appointment only. Drop-off appointments may be scheduled by phone ONLY. Contact 651-287-0187 to schedule a drop-off appointment.

More details on all three services are available at **prepareandprosper.org/free-tax-preparation/**

Mardi Gras Comes to Dayton's Bluff

Clara Martin
Forum Staff

What was one to do in frigid St. Paul when the temps plummeted far below zero for days on end? As if COVID-19 restrictions weren’t isolating enough, the weather added another layer of oppression, especially for anyone who isn’t an outdoor enthusiast in the winter. But, alas, there’s always Mardi Gras to perk up one’s spirits. And, it happened in February, thanks to a couple new to Dayton’s Bluff and adventurous enough to move from New Orleans to St. Paul mid-winter.

The quarantine with its physically-distancing and mask-wearing restrictions didn’t hamper the Mardi Gras plans of Roxanne and Ryan Sanchez. Although a Minnesota native, Roxanne Sanchez lived in New Orleans for eight years where she was a costume fitter for NCIS. She and her husband, Ryan, yearned to leave New Orleans and



head back to the Midwest. Of course, their vision didn’t include moving in frigid weather, but we all know what happens in life when we make plans.

Growing up in Mendota Heights, Roxanne was familiar with the charming area that is Dayton’s Bluff. She and Ryan, along with their three cats and one dog, were excited to be part of the neighborhood near Mounds Park with charming homes, quaint mansions, quiet streets, and neighborliness.

Roxanne soon realized how much she’d be missing the Mardi Gras festivities of New Orleans. With COVID-19, of course, the city had canceled the festivities of 2021, but one woman had a plan to make sure Mardi Gras was celebrated, albeit in a safer, unique way. She decorated her home like a parade float. Her idea blossomed and soon neighborhood after neighborhood was decked out in colorful, artistic themes for the Mardi Gras celebration. Some neighbors hired professional design teams like kreweofhousefloats.org and the competition became fierce. Street after street looked like Mardi Gras on steroids as the idea caught on. It was soon referred to as “Yardi Gras”. The national media carried the story and after all that publicity “Yardi Gras” spread across the nation. Of course, with COVID-19 restrictions, what else is there to do but decorate the outside of your house to look like a parade float?

Roxanne loved the idea but knew she’d be leaving and wouldn’t be participating. She relayed the Yardi Gras idea to her mom and when she and her husband arrived at their new home in Dayton’s Bluff, their home had been decorated and transformed into an artistic and creative Mardi Gras float. Surprise! Her mom’s husband, Doc Grauberger, being a creative guy and local set builder, had gone all out to make Roxanne’s and Ryan’s home into a Mardi Gras house float right here in Dayton’s Bluff.



count of the festivities:

“YES! I would say it was a huge success!

“I think around 50 people showed up between 4 p.m. and 8 p.m.! Many brought kids; one family even made special masks. We raised more than \$200 for Springboard for the Arts and filled an entire car with grocery donations for Neighbors, Inc. I was amazed at how many people brought whole bags of groceries. It made me proud of where I live. And we found more groceries being dropped off as the week went on. Ingrid Limewich sold out of her baked goods before the night was over!! Which is great; she also was able to expand her small business and take future orders.

“I think folks enjoyed the opportunity to get out of the house, even just for a few minutes, and safely interact! Just hearing a brass band and catching some beads can brighten your mood.



Roxanne and Ryan were elated. In two weeks, they made a plan to put on a Mardi Gras fest at their home complete with colorful beads, a chicken coop for kids, prizes, costumes and, yes, of course, that jazzy music.

When my daughter and I arrived at the House Float February 16, the festivities had begun. Children were enjoying the gold eggs filled with prizes, adults were taking photos, vendor was selling bake goods, the music was playing, and people were dropping off food items in a box Roxanne had set out for donations to be given to Neighbors, Inc. They also collected monetary donations for Springboard for the Arts.

Several days later, I asked Roxanne if she felt it was successful. Following is her ac-

“With the exception of a child dressed as a super raccoon, there weren’t a ton of costumes. There were lots of wigs and crazy leggings! Considering the temperatures, I was impressed.

“To have neighbors I don’t know stop by our house meant a lot to me. It was wonderful to meet neighbors in this bizarre and fun way. I had no idea people would enjoy the decorations so much!

“I would love to be in New Orleans next Mardi Gras, but if we can’t swing it, I will definitely decorate and celebrate here bigger than before.”

We’ve all been looking for things to entice us out of our quarantine and Roxanne and Ryan Sanchez created a fun and colorful event that fit that need.

Welcome to our neighborhood, Roxanne and Ryan.

Photos provided by Roxanne and Ryan Sanchez.



Recipe

Jack's Million-Dollar Bars

Sage Holben
Forum Staff

Oven: 350 degrees
Time: 10 minutes

Grease a 9x13-inch baking pan

Ingredients:

Base:

- 4 C. rolled oats
- ¾ C. butter
- ¼ C. light corn syrup
- 1 C. brown sugar
- ¼ C. peanut butter
- 1 tsp. vanilla

Topping:

- 1 pkg. (11 oz.) butterscotch chips
- 1 pkg. (12 oz) semisweet chips
- 1/3 C. peanut butter
- 1 C. salted, dry roasted peanuts

Directions:

Measure oats into a large mixing bowl. Set aside.

Melt together the butter, brown sugar, corn syrup, peanut butter, and vanilla in a saucepan over low heat. Pour over oats and mix together. Press mixture into the greased pan and bake for 10 minutes or until lightly brown. Cool for about 30 minutes.

Using the same saucepan, melt butterscotch chips, chocolate chips and peanut butter over low heat. Stir in peanuts and spread evenly over base. Cool to room temperature. Refrigerate 1 hour until firm enough to cut neatly into squares.

If you'd like to submit your favorite recipe, please send it to daytonsbluffdistrictforum@gmail.com.



You got somethin' to say? Say it here!

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

daytonsbluffdistrictforum@gmail.com

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

Deadline for the May issue of the *Forum* is April 10, 2021.

We Have Three Easy Ways for You to Donate!

If you'd like to see future issues printed again, please consider donating. We have three ways for you to do so:

- Donate electronically via PayPal at: daytonsbluffdistrictforum@gmail.com
- Make checks payable to *Dayton's Bluff District Forum* and mail to: 668 Greenbrier Street, Saint Paul, MN 55106
- Donate by going to: givemn.org/organization/Hopewell-Communications-Incorporated-

Be sure to keep up with us online in one of four ways:

- Website** at daytonsbluffdistrictforum.org
- Facebook** at Dayton's Bluff District Forum
- Instagram** at Dayton's Bluff District Forum
- Nextdoor** at Dayton's Bluff District Forum.

A 1958 Look at the East Side

Steve Trimble
Forum Staff

I have been going through my books during the COVID times and ran across one that I thought could be featured this issue. It was written by journalist Gareth Hiebert who had a long-lived column for St. Paul Dispatch. It told stories of interesting people and places throughout St. Paul. He had a pen name of Oliver Towne and here are two of his pieces from our part of town from his book *Saint Paul is My Beat* that was published in 1958. The first about a structure that still stands on Mound Street and the other about an area where there are no longer any homes. There is also a piece in the book about Payne Avenue, but there was no room for it in this article so you might want to check it out.

“Captain’s Roost on Mounds Park” (pages 108–110): As Hiebert wrote: “Ary Scheffer and I went back to review strange but fascinating history of his old family home, a statuesque fortress that has commanded a stirring panorama of the city and valley for more than a century. Even after 100 years, it stands — a sentinel of grandeur up there near the peak of the ridge leading into Mounds Park.

“The very site of this fifteen-room house has had an interesting past... in the beginning it was No. 52 Main later 52 Bates a now is listed as 908 Mound. ...the crochet fringe has been removed from the cornices and porches, the vast acreage that once spread below it in terraces has been trimmed by residential encroachment.”

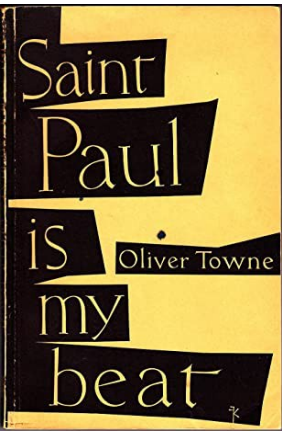
Hiebert goes on to say the house had been fixed up by a Mrs. Mildred Evans who owned it. She opened the Mounds Park Rest Home and mentions that before the Scheffer family was there from 1886 to 1899. In his words, “A Commodore Davidson built the place in 1856. Like a lot of other steamboat captains and nautical persons who built houses along the Mississippi, he put his place at what he considered to be the best possible vantage for looking at the river. In addition, the commodore erected on the roof a glassed-in pilot house”.

In 1872 the house had been not taken care of and became part of a newspaper raffle. Dr. J. H. Murphy put down five dollars and he won the raffle. Later the

Scheffer family took over. “It was a wonderful place in which to grow up”, Ary Scheffer told Hiebert, mentioning his four sisters.

At the end of this column in *Saint Paul is My Beat*, Hiebert wrote, “I have written about many an old building and landmark, but usually in a minor key, observing the demise or fall. Not so with the dowager up there on the ridge. She wears her pride as jauntily as any new home of style finished in the city.”

Farewell to Swede Hollow (pages 72-75): Here’s the beginning as Hiebert put it: “It was late on a crisp November afternoon when I



stood astride a trickling creek and looked up a long ravine at the desolation and wreckage of a crevice in the city that has for a better part of 116 years, been known as Swede Hollow. And as I looked at the sagging, empty shells of shacks and houses, remnants of one of the weirdest

neighborhoods ever nestled in a city, I could hear above, on either side, the traffic noises of St. Paul’s East Side”.

He then goes on to tell about some stories including the city eviction notices on the residents and the short time that Edward Phelan was there in the 1830s as well as “the cycles of nationalities” including Swedes, Irish, Italians, and Mexican Americans.

Hiebert then goes on to say, “And scattered through the city you will find many a family whose ancestry dates back to the carefree, informal ways of the Hollow where youngsters dangled their feet in the creek water and the scene always came back with the same old props, the yellow cur, the quacking duck, and long-neck goose. City ordinances against taming wildlife or housing domestic fowl, goats and lambs never bothered the Hollow folk in the least. They just built their little board passes over the creek, hung their out-houses over the water, dug wells, erected fences, and followed natural whims and eccentricities of house holding”.

After a few more comments, Hiebert signs off with, “These things crossed my mind as I roamed the ghost town in the Hollow, where faded worn teddy bears had been left sprawling in the yards, along with football helmets, tin cans bottles, and old portable bathtubs”.



Greg Cosimini

The early spring flowers are already pushing their way above ground and a little snow won't hurt them. These beautiful crocuses will be the first to bloom in April, followed by tulips and daffodils and, of course, dandelions.

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 correct entry will be notified, and the winner(s) will be announced in the May edition of the *Forum*.



Dayton's Bluff Library Open with Express Hours

Dayton's Bluff Library

Dayton’s Bluff Library, 645 East 7th Street, St Paul, opened with Library Express service on January 20. Residents can now visit the library to pick up reserved items, find books, DVDs, and CDs to check out. Dayton’s Bluff Library will also have access to 30-minute internet stations as well as copying, printing, faxing, and scanning services.

Library Express hours will be **Mondays and Wednesdays, 10 a.m. to 5:30 p.m.** Visitors to the library will be greeted by staff who will answer questions and will help everyone use the library safely.

To keep everyone safe, staff and visitors are required to wear masks, the number of people allowed in the space will be limited, and visits should be kept at or under 30 minutes.

There is a What to Expect video in several languages along with FAQs about current library services available online: sppl.org/libraryexpress.

Dayton’s Bluff Library continues to offer Career Lab appointments for people who are facing career barriers due to COVID-19. People who have experienced job loss, reduction of work hours, decrease in household income, or uncertainty in wage earnings can make an appointment for extended time on a computer with internet and printing access as well as one-to-one assistance seeking employment, building career skills and more. Appointments can be made by calling 651-793-1699.

Career Labs are offered in partnership with Ramsey County. More information is available at sppl.org/career-labs.

View from My Porch A Tribute to Bobbi

Sage Holben
Forum Staff

Because I am an introvert and somewhat a loner, I managed this past year of COVID-19 quite well. I’ve drawn on conversations with my sons and friends, and longer ones, sometimes four or five hours, with my sister Bobbi. She is an amazing woman. Our birth family was one in which almost every day was filled with uncertainty, more than the “could be hit by a car or killed by a fallen tree limb”. When we left home, we didn’t know if one person might kill another, or if, when they came home from work in the early morning hours, most likely drunk and/or angry, wake one of us kids as a target. It’s clear to me where my hyper-vigilance originates!

Bobbi, who is seven years younger than I am, tells me her love for books and reading comes from my having read poetry to her; she tells me I protected her, disciplined her and our two other sisters (and sometimes put the fear of older sister/God in them if they touched my share of the dresser the four of us shared!). Bobbi’s life would make a best-seller but is her story to tell. I admire her greatly — her inner strength, her wisdom, and the facts and knowledge that fill her head. In our conversations she recalls political records of politicians, how they voted, which bills passed in what year, and what effect they have on our lives. She can readily recite all our many childhood home addresses (there were many) and our phone numbers!

Over the past few years Bobbi and I have been getting to know each other as adults. We had been out of touch for most of our lives and have made a few missteps in reuniting; we set a few ground rules to protect our feelings as we got to know each other. The resulting gift is that we have since shared many fragile memories of fragmented lives. We’ve recalled hilarious, sometimes inane family stories; recollections that have brought either or both of us to tears and heartache, but with love and not fear. I’ve been learning that the little girl I disciplined, loved, protected, and threatened is one of the strongest, most merciful, incomparable women I know. What joy it is to have someone in my life who comprehends my foibles; understands why money has little value to me; and understands why I have the same knee-jerk reaction to someone’s vile behavior now as I did as a child. Bobbi reminds me what forgiveness and its depth means. I find peace and understanding in sharing our most intimate thoughts and memories, often finding verification of a memory. I have found a late in life gift of sisterly trust relationship in my sister’s ability to fill the many gaps in my own childhood memory and place them in perspective. Trust that she shares in love and tenderness.

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 daytonsbluffdistrictforum.org: click on “East Side Eating” at the top of the home page. Steve Trimble can be reached at daytonsbluffdistrictforum@gmail.com.

I was able to do a couple of restaurant reviews in a couple of issues this fall during a break in the COVID shut down. Things have opened a little, but now I think I am going to wait at least until I get my second vaccine shot. But I decided to write a short piece talking about a few places you might want to visit before I do.

I went to the northwest area of the Sun Ray center and found a new spot named Shawarmin Mediteranean & American Food. There was a sign that said “Open” so it is ready to have customers. On my way to Cub, another day I passed 1058 E. Maryland and saw a sign saying Mekong Barbecue. I later found that they have a Facebook page so you can see their menu and contact information

There are also two spots that are sort of new. One is Cheers at 1067 Hudson Road, the former Mounds Park Sports Bar. I don’t know if it has a new owner or just a name change with a new menu. If anyone knows, shoot me an email. Hamburguesas El Gordo used to be open on Payne Avenue a while ago. Now it has re-emerged inside a Latinx mall at 927 Payne Ave. Has it changed from before? Let me know.

Here’s a report on a couple of shut-down eateries. The Santa Fe Café at 1105 Payne is still boarded up but may be opening sometime. Across the street at 1110 Café Lila is still not open but has interesting art work on all of its windows.

And to end on a more positive note, I was told there was going to be a new venue. I drove by 1089 Arcade and it was closed, but it looked like work was being done on the inside and had a sign that read “A Chau A Vietnamese Restaurant.” Perchance, as my neighbor would say, I’ll be visiting it in time for the *Forum* May or June on-line issue.

Giant Statue to Be Constructed Downtown

Visitors to Indian Mounds Park will get a new view this summer when gazing at St. Paul's skyline. As first conceived by the St. Paul Area Chamber of Commerce and conceptualized by Riehle Studios in 1955 in a series of post cards, a gigantic 1000-foot replica of the Indian “Vision of Peace” statue will be constructed in downtown St. Paul. It has taken 66 years for the funding and technology to become available to turn such an ambitious art project into reality. Modern materials will allow a statue of this size not only to be built but also withstand the worst of Minnesota weather. Advances in navigational guidance electronics will keep airplanes from flying into it, but birds will have to fend for themselves. Construction begins on April 1st and should be completed by the 4th of July.



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 2021. **Our goal for 2021 is \$18,000; thanks to readers like you, we've raised \$1,815 to date – will you help us reach our goal in 2021?**

Sincerely,
The *Dayton's Bluff District Forum*

Need the Internet? Libraries Offering Hotspots

St. Paul Public Library

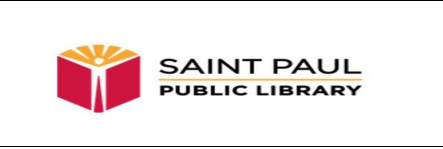
Borrowers must have a Saint Paul Public Library card and must be a resident of the City of Saint Paul and cannot have more than \$10 in fees owed to the library.

Hotspots can be put on hold and picked up at any Saint Paul Public Library locations. They can be checked out for two weeks, but may not be renewed. A replacement fee is billed after a hotspot is 14 days overdue.

Internet service will be turned off if a hotspot is overdue.

When borrowing a hotspot, patrons must agree to abide by the terms of the library's internet use agreement and Sprint's acceptable use policy.

If you find yourself needing help with connection issues, Contact Sprint customer service at **1-877-879-5031**. Identify yourself as a Mobile Beacon customer and provide the device's phone number (on the box under "MOBILE BEAC").



Many thanks to our Friends of the *Forum* 2021 donors:

Maureen Anderson

Walk for Animals

Animal Humane Society

The Walk for Animals is celebrating its 50th Anniversary! Animal Humane Society (AHS) is a step ahead and leading the pack for animal welfare in Minnesota and beyond, thanks to you — and we’re not stopping now!

Last year, we held our first-ever virtual Walk for Animals. Every step we took was proof that no matter what’s happening in the world, you can’t cancel love.

This year, the Walk for Animals will be virtual once again. We’ll walk — not only to show the world that our love for animals cannot be canceled, but to celebrate the love that’s sustained us for 50 years.

Be sure to register at: secure.animal-humane-society.org/site/SPageNavigator/wfaregister.

Beginning on April 26, there will be week-long fun! During that week, we’ll announce fun activities, exclusive merch, and opportunities to get involved. Take a walk on **Saturday, May 1, at 10 a.m.** Snap a pic and share it using #WalkforAnimals50.

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Thank you for your support!