

An East Side Olympian Gymnast

G.B. LeRoy

On the first Saturday of July there was a send-off celebration for a young Hmong woman named Sunisa "Suni" Lee, who will be going to the Olympics in Tokyo with the USA women's gymnastics team. She was born and raised on St. Paul's East Side and is now 18 years old.

Lee started doing gymnastics as a youngster who was supported by her parents on Third Street, where the recent celebration was held. The event wanted to raise money to help her on the upcoming trip by taking donations and selling commemorative t-shirts.

Suni scored high in the 2021 U.S. Championships coming back from a foot injury. She was close behind Simone Biles who has been an Olympian and one of the most accomplished gymnasts over the last few years. At the competition to be on the U. S. gymnastic team, she and Biles were guaranteed spots on the U. S. Olympic team in Tokyo.

"It's so surreal to say I'm an Olympian now," Lee said. "I've been working toward this for so long."

Local Hmong activist Tou Ger Xiong said Suni Lee has become "a bright spot. Our community has gone through a unique struggle this past year, so Suni is this breath of fresh air and hope and light."

"I never thought that I could be a role model to people," Lee said in response to Xiong. "So, when people tell me that, it's crazy... it's just crazy."

Lee has signed a letter of intent to enroll at Auburn University in Alabama, one of the largest schools in the South. She will be on the Tiger's gymnastics team starting next season. Suni Lee is the first Hmong-American to make the national gymnastics team and to go to the Olympics. Be sure to look at the television airing of the Olympic games and give some virtual cheers for our East Side athlete.



Steve Trimble

The photo above shows the t-shirts that were being sold at Suni Lee's send-off celebration in July.



Steve Trimble

The East Side neighborhood held a send-off celebration for Suni Lee before she left for the Olympics in Tokyo.

33rd Annual National Night Out Set for August 3



The Upper Swede Hollow neighbors will celebrate National Night Out on **Tuesday, August 3** in Upper Swede Hollow Park starting at **6 p.m.**

If you wish, bring a food item to share.

There will be contests such as Sgt. Fuzz coloring contest and a chalk contest.

Find all information for these contests on stpaul.gov/departments/police/national-night-out.

National Night Out is an annual nationwide event that encourages residents to get out in the community, meet neighbors, and

partner with police.

We encourage, ask for, and appreciate ALL SAINT PAUL residents to participate. Neighborhoods include everyone: homeowners, renters, retail, and all businesses are needed to help make our city "the most livable place in America"!

Hosting a block party or an event of any kind, large or small, provides a way for people to meet one another and discover how they can keep their neighborhoods crime free and high quality for all who live, work and play there. National Night Out has proved, time and time again, to help people work together to improve the safety of their surroundings.

This is the 33rd Annual National Night Out event in our neighborhood.

For more information call 651-776-0550.

Local Artist Spotlight

Mandy Okonek

Local artist Annette "Anna" Young's acrylic portraits on canvas are now on display at Caydence Records, located at 900 Payne Ave., and they are worth viewing. This is Young's first public art installation and there is something magical about firsts. Everyone remembers their first something — their first job, kiss, home, or child.

Young is not new to creating art, she was born into a family of artists and has been sketching and painting portraits for family and friends as long as she can remember.

For Young, art is personal — an extension of who she is. Her bright, detailed portraits of powerful black bodies set in a moment in time are inspirational.

I had the pleasure of meeting Young as she arrived to hang her art publicly, for the first time. Bursting onto the scene in her golden years, Anna Young has some sage advice for anyone eager to explore the arts, "You are never too old to start." At 50, Young finds herself an empty nester and her years of dedication to capturing the essence of the moment have blossomed into fruition after her co-worker encouraged her to share her work.

Young's favorite piece in her display is an intimate portrait of herself and her husband. The emotion and sensuality of their union are expertly crafted with lines and colorwork as she offers a glimpse into her most personal relationship.

I was captivated by Young's goddess series. Her portrayal of beautiful black women in celestial environments celebrates the divine feminine — empowering women to reach for the stars.

For more information on Anna Young, you can follow her on Facebook and Instagram at [aayoungartist](https://www.instagram.com/aayoungartist).

Caydence Records hosts live music Fridays, Saturdays, and Sundays if you want some live tunes while you visit.



Mandy Okonek

Local artist Annette "Anna" Young and her husband pose with one of Anna's paintings that is on display at Caydence Records.

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.

Our next meeting will be on **August 17** starting at **6:30 p.m.** on the front porch at 668 Greenbrier Street. Anyone interested in Swede Hollow is welcome to attend. Discussion will include Art in the Hollow, the Swede Hollow woodland gardens, and other items.

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, August 5 at 11:00 a.m.** If you'd like to attend, call 651-776-0550 or email daytons-bluffdistrictforum@gmail.com for more information. We are currently meeting at the Cambic, in the meeting room.

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. and 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 August's meetings have not been canceled.

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; historic-moundstheatre@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.

Dayton's Bluff Library

The library is hosting plenty of ongoing fun, virtual activities for all ages. Listed below are some August events:

August 4, 11, 26- Createch & Bookmobile Pop-up: Createch will be popping up at the Bookmobile! Explore technology, games, music, and art, **10 a.m.-noon**

August 5, 12, 19, 26- Family Storytime: We'll read stories, sing songs, learn

rhymes, and more!, **10:30-11 a.m.**

August 5, 11, 19, 25- Summer Rec in Motion: Rondo Library Joins St Paul Parks and Recreation for games and activities for youth of all ages, **5:30-7:30 p.m.**

August 18- Urban Roots Children's Garden Storytime: Join us at the new Urban Roots Children's Garden for a storytime and garden activity!, **10:30-11 a.m.**

Visit sppl.org's calendar section to find more information about these events.

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.

Helpful Phone Numbers

Social Security Admin: 1-800-772-1213 — Service available from 7 a.m. to 7 p.m. on business days. Call to provide notification of death or to inquire about survivor benefits.

U.S. Dept. of Veterans Affairs (VA): 1-800-827-1000 — Call for survivor benefits, burial benefits, or to provide notification of death.

United Way: 2-1-1 and Metro: 2-1-1 or 651-291-0211

Free, confidential, multi-lingual information is offered 24 hours every day. United Way 2-1-1 is a unique community information and referral service. Call if you need to know where to turn for help.

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: 800-895-2999. Power Outage: 800-895-1999 .

Call 811 Before You Dig: Before starting that roto-tiller or heaving that shovel into the ground for *anything*, call 811. 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, SMRLS may be able to help through its volunteer attorney panel.

If an interpreter is needed, SMRLS will provide one.

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

Swede Hollow: A Series

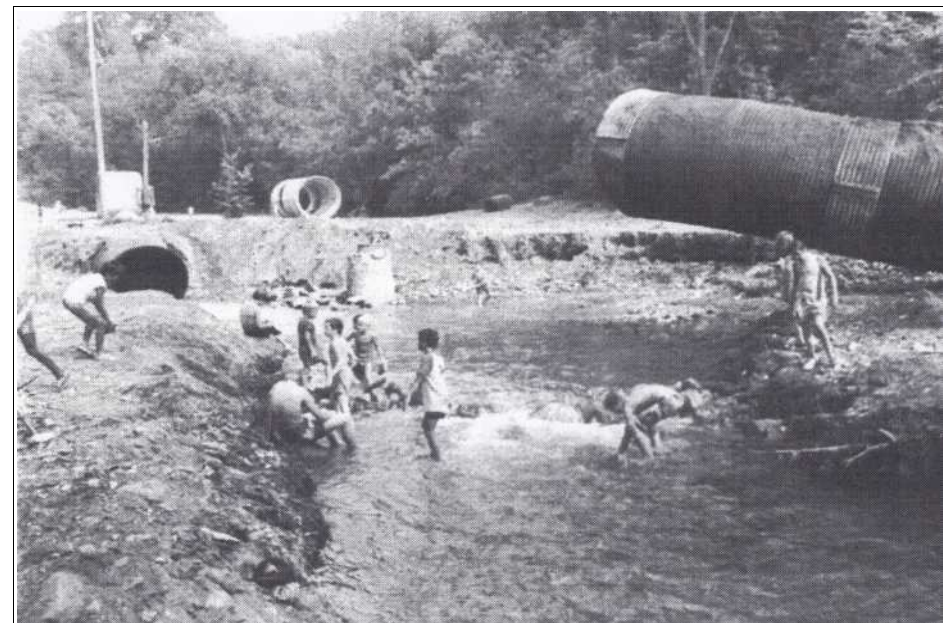
Karin DuPaul

One nice summer day we started seeing children heading across upper Swede Hollow Park in swimming suits and carrying bath towels. This was going on for a day or so, and we asked some kids where they were going. They said swimming in Swede Hollow. They said there was a nice lake in the hollow. Later that day we took a walk down in the Hollow to see what was going on. There had been a rainstorm a few days before.

We found part of the recreational trail was washed out and a very large, corrugated pipe had broken open, making a lake with kids in it. I called the Parks Department to let them know what was going on. It turned out that the corrugated pipe was the once-through water from the brewery. By the next day, we stopped seeing the kids with towels going to Swede Hollow. Seeing that it was the brewery's broken pipe, they hired a guard to keep people out of the water.

This was not all bad. Both the brewery and 3M had once-through water going in pipes underground, through Swede Hollow down to the river. The Parks Department came up with an agreement and plan to use the once-through water from both businesses to design a plan for this water to come into Swede Hollow above ground, and we had a lovely bubbling brook coming into the pond in Swede Hollow until the brewery and 3M both closed and 3M moved out of St. Paul.

Photos to the right provided by Karin DuPaul



Happening at the Dayton's Bluff Library

Dayton's Bluff Library

Storytime is returning to the library! Storytimes will be held on Thursdays at 10:30 a.m. in the Children's Area of the library. Join us for a lively event where we'll read stories, sing songs, learn rhymes, dance, and practice ASL. Our storytimes are created to have a mix of developmentally appropriate books and activities for toddlers and pre-school aged children, but babies and older siblings will have a blast too. Storytime will be held indoors, and masks are strongly encouraged. Go to spl.bibliocommons.com/events/60e5d23c14b90f42008206a8.

The dog days of summer might be here, but so is Summer Spark! Summer Spark encourages kids and teens ages zero to 18 to have fun, stay active, and keep learning all summer long. Join in the fun by attending free virtual programs and earning prizes by completing reading and activity challenges. Kids and teens can earn book prizes, bookmarks, and journals. Summer Spark runs through August 31.

In the meantime, stop by Urban Roots on Wednesday, August 18 at 10:30 a.m. for a storytime and garden activity! You can learn more here: spl.bibliocommons.com/events/60cf5ea14b90f4200817488.

[mons.com/events/60cf5ea14b90f4200817488](https://spl.bibliocommons.com/events/60cf5ea14b90f4200817488).

Come work on our community puzzle! Dayton's Bluff Library now has a puzzle table up in the library. The current puzzle is the 1,000 piece Dreamy Santorini. We're almost done!

If walking doesn't get you here fast enough, bike on down to Dayton's Bluff Library. The library has bike locks for the public to borrow and use to lock their bikes to the bike rack outside. You must have a library card to borrow a bike lock for a maximum of four hours.

You're welcome to stay awhile, cool down, and rest. If you need to charge your devices, we have a great new charging station available for use. It includes four USB outlets and four regular power outlets. In addition, there is a USB connector with three options: micro USB, lightning, and USB-C.

Dayton's Bluff Library is now open **Mondays and Wednesdays noon to 8 p.m., Tuesdays and Thursdays 10 a.m. to 8 p.m., Fridays 10 a.m. to 5:30 p.m., and Saturdays 11:30 a.m. to 5 p.m.** The outdoor book drop can be accessed at any time. Current hours are available online at spl.org/locations/DB/ or call 651-793-1699.

Dayton's Bluff Library will be closed on Saturday, **September 4 through Monday, September 6** for Labor Day weekend.

Verizon Cell Towers Popping up in Dayton's Bluff, Including in the Historic District.

Kari Soeffker

As I walked my dogs on Fifth Street at the Bates Ave. intersection, I noticed No Parking signs, orange cones, yellow ribbon, and a newly cemented concrete base for what appeared to be more street lighting.

The following day I came to find out it was a Verizon cell tower being placed in the Historic District. A couple days later, I noticed another cell tower going up on Hudson Rd. at the Forest St. intersection in front of another historic home (also, just two blocks away from it is another cell tower with additional lighting attached on Forest at the Wilson intersection). Another one on Maria at the Hudson Rd. intersection.

I wondered how it could be that these are being put up in a Historic District and without notifying neighbors, including the homeowner who lives right next to them. Also, I'm wondering how many will be allowed to be placed in this area?

Following are some things I learned from an article by Meridith Einaudi with a similar situation in her neighborhood. "Palo Alto residential neighborhoods are about to

experience a significant increase in the number of cell towers along their streets. I think these could threaten aesthetics, safety, noise levels, and property valuations.

"Why are cities and towns across America suddenly revising their rules for permitting cell towers? In 2018 the Federal Communications Commission (FCC) established regulations with no congressional approval, which gave wireless companies the right to erect 5G cell towers on the right-of-ways (streets) of all municipalities in the nation on an accelerated

schedule. Meeting this mandated schedule meant that towns, like Palo Alto, had to rewrite their wireless ordinances and shortcut their more thorough process for reviewing residents' needs and welfare before approving all cell towers."

Also, in another article from the *Patch* newspaper in North Fork, New York, according to James Grathwohl, chairman of the HPC, "there are no state or federal laws to prevent cell towers in historic sites/areas, the matter is left to local, 'grass root' government."

How does our neighborhood feel about these cell towers going up with no end in sight? How many cell towers are too many in a historic district? How close can they be to someone's bedroom? What can concerned neighbors do about it?



In the Second Quarter of 2021 the median SOLD price of single family homes in Dayton's Bluff was \$240,000.



SOLD 654 4th Street East \$325,000

SOLD 727 Margaret Street \$350,000

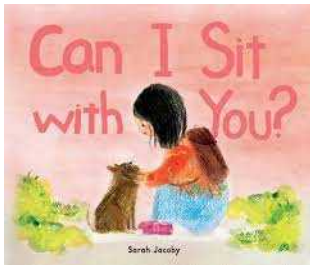


Call or text Brad Griffith, Realtor® to discuss YOUR NEXT MOVE. (651) 263-2830



Kids Corner

Vio Nikitina
Dayton's Bluff Library Children's Specialist



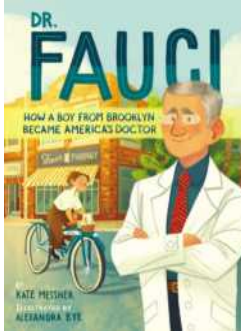
Can I Sit With You? By Sarah Jacoby

Gorgeous, soft pastel illustrations accompany the loving verse in this picture book. The illustrations show a young girl and her puppy, but the story can be about any two friends or loved ones. This is a beautiful testament to feelings and a story about making space for someone — whether they're happy, energetic, tired, or blue. It's a wonderful affirmation of what all of us need from the people in our lives. Whether you stray far from

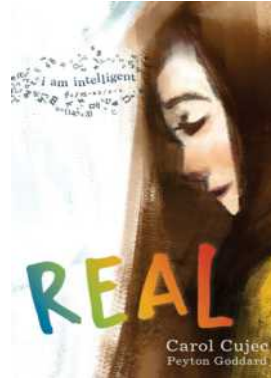
home, wander, or roam — a true friend will sit with you when you come home. Ages five to eight.

Dr. Fauci: How a Boy From Brooklyn Became America's Doctor By Kate Messner, illustrated by Alexandra Bye.

Juvenile Biography, R 153.M47 2021. This new biography is a great read for parents and kids who are interested in learning about Dr. Anthony Fauci's life and his work as a scientist spe-



cializing in infectious diseases. The illustrations are dynamic and colorfully rendered by the illustrator who specializes in children's media. The story is written in clear, open language that is great for readers ages four to eight.



Real by Carol Cujec and Peyton Goddard

Juvenile Fiction. Inspired by the true story of Peyton Goddard, *Real* is a story about Charity, an autistic, non-verbal 13-year-old girl. Despite having a near-perfect memory and incredible math skills, people assume that Charity cannot learn. When she is given the opportunity to communicate via an iPad, Charity is able to stand up for herself and others like her. Charity is funny, smart, determined, and kind. She is finally able to express Charity's frustration at being infantilized, spoken over, and ignored. This is a great book that embraces disability and includes the real voice and input of Peyton Goddard, whose life inspired this book. For

nine to 13 in age.

Literacy Tip

Wordless books are often overlooked. However, they are incredibly useful for building narrative and developing art appreciation. These books can grow with your child, too. Practice looking at pictures, building stories, predicting plot points. Little ones can keep stories simple. As they get older, kids can learn character development, plot arcs, and storytelling. You can practice these narrative skills in the real world, during walks in the park or a grocery run!

Summer Events at East Immanuel Church

East Side Immanuel Church

Thursday Hot dog Outreach — Every Thursday in August from **5:30 to 7:30 p.m.** Hungry? Grab a hot dog, chips, and drink and gather together with East Immanuel and the community. There will be bubbles for kids! Volunteers will be available for prayer needs and questions about God.

Rocky Railway VBA — **August 3, 4, and 5:** Hop on the Rocky Railway as we see how Jesus' power pulls us through. Each day at Rocky Railway Vacation Bible Adventure, kids track through field-tested rotations that reinforce relevant Bible points and immerse kids in new adventures. This camp is for children four years old through fifth grade. The camp will run from **5:30 to 7:30 p.m.**

All events listed above are free for the public and children. To register your child for these camps or if you'd like to volunteer, go to eastimmanuel.org.

Some St. Paul Trivia

On the third floor hall in the City Courthouse there is a brass bell sitting as a memorial. Where was it used in the past?

- A. A bell from a horse-drawn fire truck
- B. A bell from the *U.S.S. St. Paul*, a ship
- C. A bell from the old First Methodist Church
- D. A bell from Harriet Bishop's first school house

Ken Freiberg was a Saint Paul fire captain who often cooked food for the station. People liked his offering, so he had a State Fair stand and later opened a successful business. What was the product that Captain Ken sold?

On May 27, 1930 Minnesota Mining and Manufacturing in Saint Paul received a patent for transparent cellophane tape. What is it known as?

If you think you know the answers to these questions, submit your answers to daytonsbluffdistrictforum@gmail.com for a chance to see your name in the August edition!

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@Dayton's Bluff District Forum



Steve Trimble

People gathered on the streets for the Fourth of July parade held on Maria Street.

Dayton's Bluff District Forum

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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, Clare Howard

Next issue: September 2021. **Deadline for material: August 10, 2021.**

**St. Paul Farmer's Market
Dates for August**

Our Farmers' Markets bridge the gap between local growers and the neighboring communities by providing access to healthy foods, and helping to sustain the lifestyle of small, independent farmers, local food makers, and their families.

The St. Paul Farmer's Market (SPFM) allows only fresh, locally grown produce to be sold, directly from the grower to the consumer. The baked goods, artisan

foods, confections and other products offered are produced locally as well.

Free street parking (on Sundays only) as well as paid parking locations are available on a first-come, first-serve basis.

The Saint Paul Farmers' Market is located at 290 5th Street East in downtown Saint Paul.

The SPFM will run every Saturday and Sunday in August. **Saturdays** are from 7 a.m. to 1 p.m. and **Sundays** are from 8 a.m. to 1 p.m.

Dellwood Gardens Assisted Living Offers Affordable Living on the East Side

Allison Lund-Zalewski

Dellwood Gardens Assisted Living and Memory Care, located at 753 E 7th St, St Paul, has been open and a part of the East Side neighborhood for seven years. At Dellwood Gardens, the staff provides assisted living and memory care services for seniors in a beautiful setting on Dayton's Bluff. The highly skilled staff are trained to adapt services to fit unique and changing needs, so their residents always feel empowered, fulfilled, and at home.

"Our passion to provide high-quality senior living care that is accessible and affordable to seniors of every economic and cultural background is why we opened Dellwood Gardens. We are unique in the fact that we accept Elderly and CADI Waivers through the county to assist residents in paying for their care services," Lindsay Schmidt, marketing director, said.

Residents enjoy transportation arrangement and assistance with their daily activities such as grooming, getting dressed, and transferring to a bed or chair. The facility also offers organized group activities that are unique to the residents' lives. Each room has wifi, a telephone, a kitchenette, and cable tv.

"I enjoy the little moments I get to spend with our seniors, chatting with them, learning from them and hearing about the interesting lives they've led. A lot of our staff and residents enjoy music. We often sing and dance in the hallways to brighten our days!" Schmidt added.

If you want more tips, tricks, or insights for relocating to senior living and the benefits of a senior living community, check out Dellwood Garden's senior care blog. You may also set up a date to tour the facility at dellwoodgardens.com/Lindsay%20SchmidtCalendar or call 651-776 9511 if you have questions.



Brad Griffith

Saint Paul Public Library held the We Belong Together Summer Celebration in June at Arlington Hills. There were many activities for all ages and several food trucks.

You got somethin' to say? Say it here!

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

daytonsbuffdistrictforum@gmail.com

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

Deadline for the September edition of the *Forum* is August 10, 2021.

DELLWOOD GARDENS
Assisted Living and Memory Care

To learn more about our community or to schedule a tour, please contact Lindsay Schmidt, Director of Marketing and Hospitality at 651-444-5716 or LSchmidt@DellwoodGardens.com Ask about our move-in specials!



Lou "The Photo Guy" Michaels

Pictured above are photos of the new mural on the north wall of the American Legion Post 577 located at 1129 Arcade Street.

Want to Work with Animals?

Animal Humane Society

Did you know there are more than 100 different jobs at Animal Humane Society? There are so many different ways you can get involved with animals.

Register for this new program and learn about some of the jobs you know, and some you will be surprised by. You'll see the inner-workings of Animal Humane Society, hear from guest speakers, assist

in our Vet Center, and more. Plus, we will have games, crafts, and hanging out with animals.

These sessions are for seventh to tenth graders. The session size holds six participants and costs \$75.

Sessions are one week, meeting **Tuesday, Wednesday, and Thursday, 9 a.m. to noon.** Sessions run from **August 3-5, August 10-12, or August 17-19**

Participants will meet at AHS Vet Center, 1159 University Ave W, St Paul.

Go to animalhumanesociety.com/brainregistration.com/ to register.

View From My Porch

Sage Holben

Occasionally the world gets to be too much, locally or globally. The quality of life, one seemingly small societal offense piled on top of another; the inequality of life around us; gun violence, environmental and climate crises, effects of poverty and economic inequities — it is all here whether we open our senses or not. Where do you go when "IT" gets to be too much? When you need just a few minutes or a couple hours away from negative stimulation. Not a weekend, not a trip; think local. What is your escape nook?

Perhaps your respite is a walk through Swede Hollow Park, a corner of a coffee cafe, perching on a rock while watching the mesmerizing water. Might I suggest another "escape"? Check around your neighborhood, within two to six blocks...perhaps you'll find what I have...individuals with musical talent who generously invite us to be their listeners. John Knowles, who plays at the local Minnesota MusiCafe, lives up the block from me. My neighbor, Kari, connected with him — "found him" on one of her outings, and he invited us to join him on his porch. Almost nightly John

can be found on his front porch with his laptop, full of music, and one of his guitars, making music.

When I asked John what his favorite music was, he said, "honky tonk". When I asked what draws him to honky tonk, he tilted his head, obviously thinking, and answered with a dreamy grin, "I like the sound of the words 'honky tonk'". That same dreamy, thoughtful look carries out when, between songs, John will share his heart and the love he has for his immediate neighborhood, the kids and how they play together, the neighbors and their friendliness, the whole makeup of his surroundings. If you are lucky enough to sit in on his practice sessions with Dan, Craig, and Dennis, you'll notice the almost impish way he grins as his mind is working. Whether he shares newly constructed lyrics or a philosophical thought, whether his porch or mine, his music — his love and love of sharing music — offers me a respite from a different reality.

Can you find this in your immediate neighborhood? Sharing music, a book's message, kind words, a welcomed beverage, a calmness; a listening ear; these are cherished gifts in today's world. Perhaps you provide this respite for another and are not even aware that you are the source.

501 Payne Ave, St Paul, MN 55130

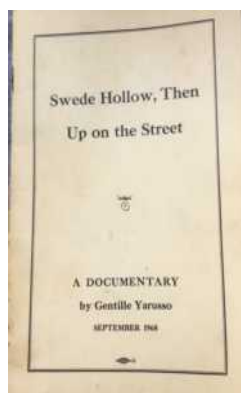
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The Story of an East Side Writer

Edited by Steve Trimble

In the last edition of the *Forum* I shared some parts of what Gary Hiebert, then a columnist of the *St. Paul Dispatch*, remembered about Gentile Yarusso. What you are about to read is an editing of some of what he wrote in his own story titled *Swede Hollow, Then Up on the Street* in 1968. There is a copy at the Minnesota Historical Society if you want to see it. When his exact words are laid out, they will be surrounded by quotation marks and the rest is my summarizing the original.

Here's how it started: "I remember with nostalgia the little things that filled my heart as a child with joy, the picking of the first dandelions, the wild asparagus, the mushrooms in early fall, the watching of my mother and neighbors baking large loafs of bread in outside ovens, the making of wine in the fall of the year. I recall the Italians singing in the homes in my old neighborhood, the cold winter evenings, the children all sitting around the old self-feeder stove doing our school work, the cat, contented, asleep under the stove. Those were the days."



He starts by telling when Italian immigrants got off at the St. Paul depot, they had often tags on their lapel that said "Joseph Yarusso, No. 2 Swede Hollow." This was Gentile's grandfather, one of the first to settle there. He helped them for a time and if they scrimped and saved enough money, most would move to better living quarters — "Up on the street", meaning Railroad Island along today's Payne Avenue.

Relatives and family urged Gentile to write down his memories. Here's some more memories of Swede Hollow: "I left Seventh Avenue and walked toward the steps that would take me to the Hollow. They were no longer there. The entrance was boarded up... I walked down a little path to a clearing. ... not a home could be seen."

Here's how he remembered the two- and three-room houses that had been made by earlier Swedish immigrants:

"Each house had then a little garden; a little shed attached to the home had an outside oven in which to bake bread. Some houses had a water hand-pump close to the kitchen sink. There was no plumbing, no running water... however, near the houses and flowing from the high hills were dozens of clean-pure-water streams where the residents got their water for drinking and for other household uses. Each home had its own out-

side 'bifee' on stilts overhanging the little creek that flowed and had its own plank bridge for crossing the creek. All the grapevines that failed to grow... Several times a week a peddler with fruits and vegetables would visit the homes."

But what Yarusso remembered most was that "they were a contented group who laughed and sang the melody of their life. All spoke Italian, even the children... We children often wondered why our people chose this enchanted little settlement in which to make their homes... As we got older we knew; they chose this place because here they were with their own countrymen, with familiar faces, family noise, gestures, and facial expressions. They selected this... because it resembled the place they had left behind them. They loved the hills, the trees, the stream, the security of friends and relatives."



"We boys from the neighborhood can never forget how the Hollow looked in winter.

Snow covered the little houses, the fences and familiar paths and walkways... One would see the smoke slowly curling up and around from rustic chimneys. In the evening little rays of light would glow from the small windows. Most of the winter, the settlement in the hollow was sad and dreary; and I know because I delivered newspapers to these homes for seven years."

"Many times I was invited into the homes in the early morning hours to warm up a bit. Many times I saw my dad come into the house after working outside the whole day in below-zero weather and bend over the kitchen stove to get the heat to melt the frost and ice from his brown mustache..."

"How we children looked forward to Christmas and New Year holidays. We helped our mother with the cooking preparations. Days before Christmas our folks baked fresh bread, dozens of different kinds of cookies, salted Lubinos, and fried platter after platter of Buccala and other fish. There was pop for the children and always wine for the adults. We visited our neighbors and sang Christmas carols in English and Italian. We played carols on the old phonograph. Before the holidays, the front room was 'out of bounds, restricted area.'...The kitchen was used to wash in, to dress in, to study in, and discussing the days happenings and the making up of the weekly budget. How I miss seeing the old well-stocked wood box behind the old stove! We never ran out of cord wood."

Black and white photo of Swede Hollow homes provided by Minnesota Historical Society.

AmeriCorps Seeking 115 Reading, Math Tutors in St. Paul

AmeriCorps

Even before the pandemic, more than 375,000 school age children in Minnesota were estimated to need extra help with reading and math. Now, after more than a year of disruptions to learning due to COVID-19, the need is likely even higher. Responding to these unprecedented educational challenges, AmeriCorps is seeking 82 Reading Corps and 33 Math Corps tutors in St. Paul for the 2021-22 school year. Overall, Reading Corps and Math Corps are recruiting 1,700 tutors for Minnesota schools.

With new health and safety protocols in place, Reading Corps and Math Corps are preparing for tutors to return to schools to support students in-person this fall. Tutors are needed at three different levels of commitment: 35, 25 or 18 hours a week. All tutors receive a stipend every two weeks, plus extra money to

pay for college tuition or student loans. Those who are 55 or older may choose to gift their education award to their child, grandchild, stepchild or foster child. Many tutors also qualify for additional benefits like free health insurance and childcare assistance.

Applicants can opt to begin in August, October or January. The application deadline is August 11th to start at the end of that month. Anyone interested is encouraged to apply now at readingand-math.org or by calling 866-859-2825.



According to Reading Corps and Math Corps Managing Director Sadie O'Connor, in 2019, 38 percent of K-3 students were proficient in reading and 44 percent of eighth graders

were proficient in math. "While we can't yet fully gauge the pandemic's impact on these numbers, we do know the positive impact of high-dosage tutoring programs," she said. "Tutors create a connection with kids that is vital to learning. Not only do most students flourish academically from tutoring, but they also build their confidence and are more engaged in all facets of school. Our goal is to help more than 30,000 students succeed this year."

Upcoming Art in the Hollow Events

Benjamin Mason

In September, there will be a return to live events on the East Side. Solidarity Weekend will feature the second annual Solidarity Gallery along Payne Ave. from **September 23-25**, with local artwork featured in the shop's windows. There will be a number of musical events, vendors, and other gathering points, as pandemic control permits. This year's Solidarity festival will focus on Native American heritage and creativity while drawing together all East Siders.

On Saturday, **September 25**, Art in the Hollow will cap the weekend with vendors filling Swede Hollow Park once again. There will be art, music, history, and culture. It is hoped that the park can come alive just as it has in past summers.

You can visit the festival's website for more information: artinthehollow.org.



Time for a Little Happiness

Clara Martin

Are you a happy person? Do you experience happiness only when a happy experience presents itself or do you feel a sense of happiness in your being all the time? Happiness can be defined by each of us in different terms. Are you content, full of gratitude, joyous, positive, bubbling with enthusiasm about life?

Happiness has been one of those elusive feelings for the past year and a half. We've all been through a scary time and many of our enjoyable activities and get-togethers were put on hold. If you're an inherently happy person, maybe the pandemic rocked your world and had you searching for your happy place. If you are typically not a happy person, this time could have been particularly scary as you navigated through loneliness, working at home, staying occupied, and maybe feeling more isolated than you knew was healthy for yourself. Admittedly, this pandemic has been something unfamiliar to most of us and now we would all like to have normalcy back in our daily lives.

It's normal to want to be happy. It's normal to seek the things that make us feel good and to wish for a happy life. We see quotes about happiness that often seem trivial and easier said than done. We might ask ourselves what it is that will make us as happy as that quote indicates. Is achieving happiness really all that easy?

From the *Greater Good Magazine*: (2007 book *The How of Happiness*; Sonja Lyubomirsky)

What Is Happiness? Most of us probably don't believe we need a formal definition of happiness; we know it when we feel it, and we often use the term to describe a range of positive emotions, including joy, pride, contentment, and gratitude.

But to understand the causes and effects of happiness, researchers first need to define it. Many of them use the term interchangeably with "subjective well-being," which they measure by simply asking people to report how satisfied they feel with their own lives and how much positive and negative emotion they're experiencing. In her 2007 book *The How of Happiness*, . . . psychology researcher

Sonja Lyubomirsky elaborates, describing happiness as "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile."

That definition resonates . . . at *Greater Good Magazine*: It captures the fleeting positive emotions that come with happiness, along with a deeper sense of meaning and purpose in life — and suggests how these emotions and sense of meaning reinforce one another.

According to Lyubomirsky, . . . some of our happiness level is inborn.

It's true: Some people are just born happier, and they have an innate tendency to find the sunny side of things. This inborn level of happiness accounts for about 50 percent of our happiness ranking.

Lyubomirsky and her team of researchers also discovered that 10 percent of happiness comes from circumstances: a good marriage, good health, food on the table, and a job that we enjoy. But the startling findings are that overall, the rich are no happier than those earning much less.

Of course, enormous stressors like poverty, homelessness, and abusive relationships can be massive barriers to happiness...

Paradoxically perhaps, while being in a fulfilling relationship or working at a job you enjoy are great gifts, these things only account for a relatively small percentage of our overall happiness.

If approximately 50 percent of our happiness level is predetermined at birth, and 10 percent is dictated by circumstances, we are left with about 40 percent. That's the percentage of happiness over which we do have influence.

And that 40 percent is more than enough to make a huge difference in our lives.

Lyubomirsky's research indicates that all of us can develop proper attitudes and cultivate happiness habits that will allow us to live happier lives. In so many ways, happiness is a choice that we can make.

I believe this to be so important that I'm going to repeat it:

Happiness is a choice that we can make.

It takes some effort, because cultivating happiness is an active, ongoing endeavor, but a happier life is well within the reach of every one of us. Happiness is within your reach!

With the pandemic seemingly behind us (darn those variants), it looks like working on our happiness quotient is achievable, so enjoy these summer days and **BE HAPPY!!**



Kari Soeffker

The photos above show a group of girls who enjoyed spending a week learning about rescue dogs and exploring the Dayton's Bluff area.

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.

Cornetas Don Tacho

1193 Payne Avenue
St. Paul 55130
Phone: 651-776-9561
Hours: Weekdays from 10:00 a.m. – 6:00 p.m., weekends from 9:00 a.m. – 6:00 p.m.
Facebook: @cornetas-don-tacho

This restaurant has been around for a while, but because of the COVID pandemic, it was not a time to try to go there. I recall that there were two recent spots in the same location — the Mexitalian Pizzeria and Cajun Life. But this was the time for the new occupant, so I motored up Payne Avenue toward Maryland and reached my destination a little before 5 p.m.

Inside, there were 12 tables with black and white checkerboard tablecloths, mostly with seats for four, but there were two with two chairs. The décor featured white and red walls with a variety of Mexican ornaments, including small serapes and artwork, a decorative arch with hand painted items and one big TV. There were two illuminated boards with the menu above the entry counter and soft Latino music was in the background.

The owner, Hector Arias, seemed to know most people who arrived and personally greeted them. He came from Mexico and had been a chef for around 25 years before starting his own restaurant. His daughter Adilene was my server and gave me lots of information. The family lives on the East Side and she and

two other sisters who work there are Harding High Schoolers.

Hector is a hands-on sort of person. He doesn't just oversee the staff, he is the main person to prepare the food. I saw him chopping meat and vegetables at a spot where anyone could watch their food being prepared. His daughter said this is because it makes the food fresher.

Here is some of what is available there: Tacos have a choice of carnitas (pork), asada (steak,) al pastor (marinated pork), tripas (beef tripe) and lengua (tongue). Enchiladas are served with cooked potatoes and carrots, onion, lettuce, cheese, and sour cream. With a quesadilla you can have jamon (ham) Rajas (poblano peppers) chorizo (Mexican sausage) or other meats.

Specials that are available only on weekends: Barbacoa — a style of preparing meat, Tamal-traditional street food in Mexico — and Corundas that are similar to tamales in corn plant leaf and each is served with chili sauce, pork, sour cream, and cheese. If you bring children with you, there is para ninos meaning "for children" with chicken tenders with fries and ketchup. There are quite a few more items that you can find online or if you show up, they can give you a small take-out menu. They have always had a great deal of takeout, so they were more able to stay afloat during the recent COVID shutdowns.

I opted for Hamburguesa Michacana that contained beef, cheese, lettuce, bacon, onions, and mayo (I left out the usual jalapenos) with crispy fries. There were wall posters for two Mexican brewed beers — Pacifica and Victoria — so I felt I needed to try both. In addition to beer there are Jarritos that are fruit flavor sodas from Mexico including flavors like mandarin, strawberry and lime. Of course, there is coffee.

A few more things. I asked about the name of the eatery and was told it starts with Cornetas that is Spanish for barbecued beef and Don Tacho is the nickname for Hector's father who taught him how to cook. A poster of the man is on the wall. And the reason they close so early is they found few customers arrive after that. It is a clean place and while there I saw frequent sweepings and wiping going on all the time. There is limited street parking on Payne and a small parking area behind the building. They accept credit cards, cash, but not checks.



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Many thanks to our Friends of the Forum 2021 donors:

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Carol Carey
Greg Cosimini
Carol Carey



Steve Trimble

Pictured above is the owner, Hector Arias and his daughter, Adilene, of Carnetas Don Tacho. The restaurant is located at 1193 Payne Avenue and serves a variety of Mexican dishes. The photo below shows the hamburguesa michacana and fries.



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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.

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The Dayton's Bluff District Forum

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Thank you for your support!