

# Dayton's Bluff District Forum

Volume 34, No. 5  
June 2021  
daytonsbuffdistrictforum.org  
"The Voice of the Community"

## Meet the *Forum's* New Ad Organizer

Clare Howard

My name is Clare Howard, and I'm the newest addition to the *Forum's* staff. I'm beyond excited to have the opportunity to get to know my community more through this medium.

I was born and raised in East Saint Paul. This area is my home, and I've wanted to start being a better community member for a while now. I'm hoping to form strong relationships between the businesses in the Dayton's Bluff area and its community members during my time at the *Forum*.

I went to Twin Cities Academy for high school, and am currently pursuing a B.A. in music from the University of Saint Thomas. I'm a composer and songwriter — I compose wind band and orchestral music, and I write indie-pop that I publish on Spotify. I also play clarinet in two ensembles at my university and teach lessons for composition online. In addition to teaching lessons and working for the *Forum*, I work for an education research lab at my school.

Other than music, my hobbies include hanging out at the Mounds Park Overlook, playing video games, and spending time with loved ones.

I'm excited to learn more about the community I've known for so long!



## New Charter School Opening on the East Side Fall 2021

Enspire Academy

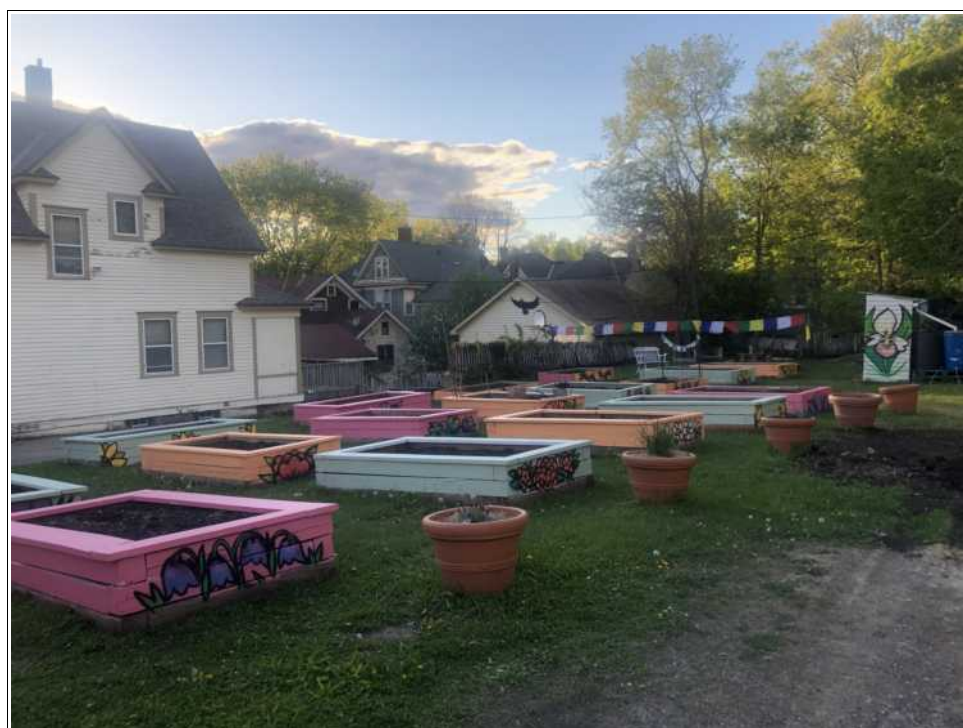
Enspire Academy is a free public charter school beginning with grades kindergarten to second. It will open in the fall of 2021.

This school will eventually grow into a pre-K to fifth grade learning community with each new school year.

Enspire Academy will be a values-based school with a focus on literacy and designed to specifically overcome learning loss.

The school offers tutoring, small group instruction, personalized learning, and a rigorous child-centered curriculum. Enspire Academy was founded in 2018 to celebrate and serve the rich, cultural and ethnic diversity of St. Paul's East Side, which is represented in its communities, families, and most of all, in its children. To ensure that all children have unlimited opportunities to discover and attain their fullest potential in the early years of their educational journey is our fundamental commitment.

For more questions, call 651-401-6183 or visit [enspireacademycharter.com/](http://enspireacademycharter.com/).



Mandy Okonek

The photo above shows the Dayton's Bluff Community Garden's new technicolor flowered garden boxes, painted by the all-woman art crew City Mischief. The community garden is located at 683 North Street.

## Upcoming Art in the Hollow Events

Benjamin Mason

Large gatherings of people have not been considered safe in time for the usual celebration of Art in the Hollow on **June 5**, but you can still expect to be able to experience the festival's blend of art, history, and nature this year. There was a strong desire not to cancel the art festival two years in row, so two events were planned instead. On **June 5**, there will be a virtual event online that will feature videos about local artists and about Swede Hollow Park. This will be followed by a more traditional in-person festival that will be part of a weekend of East Side celebrations in September.

On **June 5**, you can "attend" the event by watching a series of videos about the festival and its artists. There will be Art in the Hollow merchandise and links to find local art online. If you have not yet attended a virtual event, this one will be easy. You can find the videos and links on the Facebook page or on YouTube. You can visit the festival's website for more information: [artinthehollow.org](http://artinthehollow.org).

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.



## Open Eye Figure Theater Garden Tour

Mandy Okonek

Perennials are warrior plants. Their root systems somehow survive frozen in the ground for the duration of Minnesota's frigid winters and emerge in the spring stronger than the previous year exhibiting a *Lust for Life* as powerful as that tune by Iggy Pop.

Just like the apocalypse-proof hosta, local artists are re-emerging from pandemic stasis and luring us back into the world to enjoy life outside of Zoom. **Saturday, June 19 at 6:00 p.m.**, I invite you to disconnect from virtual reality and join me at the Dayton's Bluff Community Garden located at 683 North Street for a free puppet show performed by the talented folks at Open Eye Figure Theater.

Our show will feature three performers wielding hand-crafted puppets and a live musician. This year's Driveway Tour features a reworking of the fan favorite story "The Amazing Cowboat." The audience will be magically transported into the imagination of young Binh as he searches for the lost crown of the Dragon Lord of Vietnam while traversing the seas of his bathtub in a makeshift cow boat. A show for both children and their adults to enjoy outdoors while seated at a comfortable distance from other families.

The gardeners will provide refreshments and our garden boxes make perfect seats. My favorite all-woman art crew, City Mischief, just painted our garden beds with vibrant technicolor flowers and you are more than welcome to come early and peep the artwork.

For more information about Dayton's Bluff Community Garden please visit us on Facebook, [facebook.com/daytonsbuffcommunitygarden](https://www.facebook.com/daytonsbuffcommunitygarden).



## 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](mailto: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](mailto: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, June 3 at 11:00 a.m.** If you'd like to attend, call 651-776-0550 or email [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com) for more information. We are currently meeting at the Cambric, 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](mailto:robyn.brewin@ci.stpaul.mn.us) to ensure June'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.**



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](http://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](mailto: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.

## Dayton's Bluff Library

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

**June 1, 8, 15, 22, 29**-Virtual Music Storytime, all day event at [sppl.org/little-learners/](http://sppl.org/little-learners/).

**June 1**-Virtual Book Club from **1:30-2:30 p.m.**

**June 3**-Vietnamese Conversation Group, **6-7 p.m.**

**June 7, 14**- Virtual Next Chapter Book Club: Three Keys, **4-5 p.m.**

**June 9, 16, 23**- Getting Started with Scratch, **2-3:30 p.m.**

**June 9**-Virtual Books & Bars: *When No One is Watching* by Alyssa Cole, **7-8:30 p.m.**

Visit [sppl.org/](http://sppl.org/) in the calendar section to get 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.

## 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 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/](http://learn.vaulthealth.com/state-of-minnesota/) or [health.state.mn.us/diseases/coronavirus/testsites/athome.html](http://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 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](mailto: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](http://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](http://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.**



# Library Express Hours Expanded

*Dayton's Bluff Library*

The Dayton's Bluff Library is expanding hours for Library EXPRESS! The new schedule beginning Monday, June 7 is: Mondays and Wednesdays from 12 p.m. to 8 p.m., Tuesdays and Thursdays from 10 a.m. to 8 p.m., Fridays from 10 a.m. to 5:30 p.m., and Saturdays from 11:30 a.m. to 5 p.m.

Masks and social distancing are still required. The outdoor book drop can be accessed at any time. Current hours are available at [sppl.org/locations/DB/](http://sppl.org/locations/DB/) or call 651-793-1699.

Do you know about our Lucky Day collection? This collection features many of the newest and most popular books and DVDs that have long wait lists. If you find one on the shelf, it's your Lucky Day! Our Lucky Day shelf right now includes bestselling books like *A Promised Land* by Barack Obama and *The Vanishing Half* by Brit Bennett, as well as Minnesota Book Award winners *Owls of the Eastern Ice: A Quest to Find and Save the World's Largest Owl* by Jonathan Slaght and *Sharks in the Time of Saviors* by Kawai Strong Washburn. Current movies include critically acclaimed titles such as *Promising Young Woman* and the Academy Award Best Picture winner *Nomadland*. Please note, we are unable to

put these Lucky Day titles on hold due to the demand. *(Top photo)*

Dayton's Bluff Library staff currently have a display spotlighting staff recommendations. It includes favorite authors like N.K. Jemisin, local author Kao Kalia Yang, Rebecca Roanhorse, James Baldwin, and more. Check them out!

If you have visited recently, you may have noticed improvements inside the library. Most notably, our children's area has been adjusted to make it easier to use. One major highlight was creating a better space for children's materials in Spanish. This section includes picture books, chapter books, graphic novels, non-fiction, and more. *(Bottom photo)*

Keep your eyes out for updates about Summer Spark and other summer programming with Saint Paul Public Library. Our website, [sppl.org](http://sppl.org), has the current information on events and programs. Also check out our Community Bulletin Board that features library, job, neighborhood, and other useful information.

Saint Paul Public Library is wrapping up its annual Read Brave celebration. This year's theme was *Owning Our Stories: Rising Together for a Better Saint Paul*. This year's featured title was *The Stars and the Blackness Between Them* by local author Junauda Petrus-Nasah. If you missed out, we still have copies to borrow along with other titles for various reading ages from pre-K to adult. Visit [readbrave.org](http://readbrave.org) and Saint Paul Public Library on YouTube [youtube.com/c/SpplOrg651](https://www.youtube.com/c/SpplOrg651) for recordings of our author talks and more for recordings of our author talks and more.



Dayton's Bluff Library

The topmost photo shows the Lucky Day collection that features popular new books and movies. The photo above shows the children's area that includes a new and improved space for materials in Spanish.

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## 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](mailto: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.

## Oliver East Side

*Steve Trimble*

Gareth Hiebert wrote, *A Railroad Beanerie* and it appeared in an Oliver Towne column in the *St. Paul Dispatch*. Whenever I used the written words of Hiebert they will be enclosed in quotation marks.

The Burlington Hotel — the topic of his piece — was located at the foot of Earl to the left of Warner Road overpass, but it is now an empty lot. It actually had an address, and it was 100 Earl Street. Now here comes Hiebert:

“Here I can recommend the coffee a cup (refills on the house), the griddle cakes, and a wealth of railroad which will stir the blood of any knight of the road.... Whatever it lacks in 20th century décor and custom, the Burlington makes up for in originally. It is open 24 hours a day, seven days a week... never failing to minister to the wants of a hungry railroader who has just come up from the yards below after a frosty night switching cars...”

There was a phone in the hotel for special calls from the railroad that the “call boy” made to contact a needed railroad worker. “Upstairs in the 12 box-shaped rooms holding 21 beds you will find odd-

shaped ropes, looped near the window. These are fire escape ropes, swinging exits to the ground below... They climb the long stairs from the sea of red and green switch-lamps below, while others, wiping shaving soap off hastily trimmed faces, shuffle bleary-eyed into the glare and grope for steaming coffee cups.”

According to Hiebert the busy times were around 7 a.m. when the railroad shifts ended and started, “Historically, the Burlington has enjoyed a tenure of more than 50 years on the East Side ledge. The original burned to the ground along about 1920. The new Burlington resembles an Army barracks and quite naturally, since the building is a remnant of old Camp Grant and was brought up to St. Paul in sections... it is a wonder that the Burlington’s design, then, is as logical as it is.”

Gareth Hiebert finishes his column with his usual use of flourishing words and thoughtful comments:

“The Burlington enjoys one more distinction that few other hotels in America can offer. If you stand on the lawn in front, it is possible to see every form of transportation known to man — the planes at Holman field, trains, boats in the river, cars, buses, trucks, people walking, bicycles and motorcycles.

And every room comes with a view,” he said.



Greg Cosimini

St. Paul firefighters and police arrived at 988 Wilson Ave. at approximately 3:45 a.m. on May 6 after a fire was reported at the boarded up house. Firefighters had to make a hole in the roof to fight the fire. Cause of the fire has yet to be determined.

### Proudly Serving Dayton's Bluff!



727 Margaret Street - Upper Swede Hollow

This Dayton's Bluff home was under contract after 3 days on the market.

To assist in navigating today's residential real estate market, your first step is to schedule a no obligation consultation with Brad Griffith, Realtor® - Edina Realty.



Brad Griffith, Realtor® (651) 263-2830 call or text



## East Side Drop-Off Day

*Southeast Community Organization*

The City is again hosting Drop-off Days that allow residents to dispose of large and bulky items properly and for a reasonable fee. A larger event will be held at the State Fair Grounds in the fall.

This year, we will only be collecting appliances, electronics, mattresses, and cardboard and paper for shredding.

The location will be the Harding High School Parking lot, 1540 6th Street East on **Saturday, June 12 from 8 a.m. to 1 p.m.**

In addition, we will be collecting donations of healthcare items for community distribution. All must be new and in their sealed packages. These include: baby items, personal care items, and more.

Reliable volunteers are needed! Sign-up today: [forms.gle/Kcqv9fRVEYuG9RNF9](https://forms.gle/Kcqv9fRVEYuG9RNF9)  
For more information, send an email to [hello@southeastside.org](mailto:hello@southeastside.org) or call 651-578-7600.



Minnesota Historical Society

Pictured above is the Burlington Railroad Hotel. It was located at 100 Earl 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: July 2021. **Deadline for material: June 10, 2021.**



# Developing Upper Swede Hollow Park

Karin DuPaul

The original Hamm Mansion was located on the bluff along Greenbrier Street to the east of the hollow. The development of this upper part of Swede Hollow Park, on the site of the old Hamm family home was moving forward in the late 1980s. As part of the park development a long stairway was built to lead people down into Swede Hollow.

Plans included a path along the upper bluff, an overlook facing the downtown to the west along with plaques for historic information, picnic tables and seating, along with trees and other plantings. With all the new trees and plantings we needed a sprinkling system; however, this was not in our budget.

That didn't stop neighbors from running hoses from their homes into the park to water the trees and planting as needed. As another example of the commitment of the three Hamm sisters, they donated the needed funds for creating a sprinkling system on their former family home property in upper Swede Hollow Park.

Mrs. Dodge and the Saint Paul Garden Club invited M Blaine Bonhart, Jr. who headed up a successful beautification project called Pennsylvania Green to come to Saint Paul and give us ideas on how St. Paul neighborhoods could move garden projects forward. The Garden Club took him on a tour of some of their projects including Swede Hollow Park.



Karin DuPaul

The topmost photo shows trees and other plants, including rose bushes, that were planted in Upper Swede Hollow Park in the late 1980s. The photo above shows the sprinkling system that was installed in 1984 in upper Swede Hollow Park.

# Letter to the Editor

To the Editor:

Because climate change demands local, as well as national and international action, and because the St. Paul Public Schools (SPPS) plans to spend more than \$500 million on school facilities over the next five years, five local organizations are joining together to urge the district to make greater use of solar and other emerging forms of energy. We invite you to join this effort.

The East Side Freedom Library, Saint Paul Federation of Educators, the West Side Community Organization (WSCO) Organizer at [elliel@wSCO.org](mailto:elliel@wSCO.org), or Elizabeth Dickinson, SP350 volunteer at [eadickinson@mindspring.com](mailto:eadickinson@mindspring.com). We also encourage you to urge SPPS board candidates to make expansion of solar and other renewable forms of energy a top priority for the next several years — as the district spends \$500 million dollars on its buildings.

Currently SPPS makes little use of solar energy. Meanwhile, districts like Waconia and Forest Lake report saving more than \$200,000 per year by using solar panels as they help reduce CO2 emissions into the air.

But it's not just about cleaner, energy, and saving money. This issue is especially important in terms of racial inequity. Energy insecurity affects almost 1/3 of

Americans, and disproportionately Black, Indigenous, and People of Color (BIPOC) neighbors. It's clear that less expensive energy would be a huge benefit.

We also want to see many more opportunities for young people to talk and learn from those whose jobs are in the clean energy field. State officials point out that there will be more and more of these jobs. And regardless of students' ultimate career choices, we want more opportunities for young people to learn about climate change, solar, and other renewable energy sources.

If you want to learn more about this, please contact Ellie Leonardsmith, West Side Community Organization (WSCO) Organizer at [elliel@wSCO.org](mailto:elliel@wSCO.org), or Elizabeth Dickinson, SP350 volunteer at [eadickinson@mindspring.com](mailto:eadickinson@mindspring.com). We also encourage you to urge SPPS board candidates to make expansion of solar and other renewable forms of energy a top priority for the next several years — as the district spends \$500 million dollars on its buildings.

-Clarence White, Associate Director, East Side Freedom Library

-Ellie Leonardsmith, Health & Environmental Justice Organizer, West Side Community Organization

-Elizabeth Dickinson, St Paul 350

-Joe Nathan, Director, Center for School Change

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### 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](mailto:daytonsbluffdistrictforum@gmail.com)

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

**Deadline for the July issue of the Forum is June 10, 2021.**

»»»»» **PAY LESS AND BUY MORE.** »»»»»  
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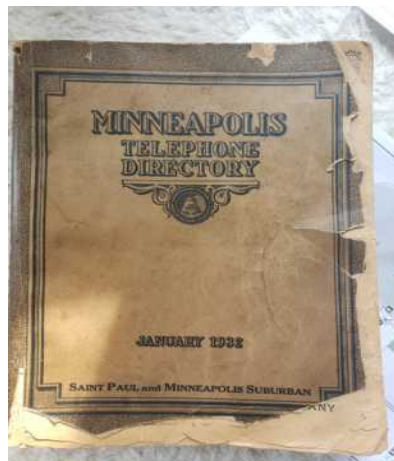
## View From My Porch I Love This Neighborhood!

Sage Holben

"I love this neighborhood!" This is a phrase I exclaim to anyone who allows me to express my views on the block where I have lived for 21 years. During the last few weeks I've often heard the declaration from people who live in the neighborhood or are revisiting us. In fact, a while back, three young women and their mother rang my doorbell to say 'Hello'. Several years earlier, they lived a block down from me on Bates, and we would greet each other in passing; the girls would come to the porch to make music and watch movies on the porch. At the time of their visit, they were living in Indiana and Illinois and were in Saint Paul for a graduation. They missed the neighborhood and took the chance that I would be home. We visited on the porch, sharing what they had loved about living here and feeling a part of this community; they made my day by stopping and sharing warm memories. "I love this neighborhood!" was often warmly murmured.

Many families in the Maple, Fourth, Sixth and Bates area are into their 50, 65, and 70 plus years of residency - two or three generations. When the 'love' mantra is defiantly spoken, as if etched in marble, the speaker usually is a 'newer' resident such as Jim and Holly Wardlaw (30 years) Kari (25 years), Linda Charpentier (about 12 years and a child of another nearby East Side neighborhood).

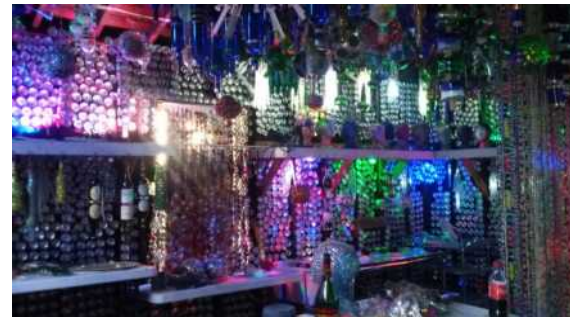
Admittedly, living here can be challenging - it's not for everyone. Occasionally a homeowner has left within a year or two of purchasing, citing the need for a larger yard or off street parking, not usually mentioning the troubling gun violence and bullet holes left in siding, or the vehicles at madman speed up Fourth. Our more recent neighbors who moved are good people. They were beautiful, caring people. I don't fault them for their choices. The loud woofers rattle the body and the window glass and pictures on walls; the many loud vehicle mufflers, the school buses and semis driving through our narrow street, not stopping at the four-way; the cars speeding at 45 and 50 miles an hour, ignoring the stop signs.



These are rated as minor offenses by Public Works and law enforcement in our COVID world, but they accumulate into an ignited quality of life bomb which will explode one day.

Residents who do stay and thrive are those who reach out to help others, make contact with passers-by, strengthen that thread of humanity and friendliness that binds neighbors, continually creating new stories filled with laughter, adventures, and new friendships. Laughter, stories, friendships, and knowing someone has your back are the elements that keep us sane.

One such connection happened this past week. Last September, I hosted a 'music from the porch' event for my neighborhood. A man from up on Sixth came to see what the music was about. That was my introduction to Patrick Lee. Last week he came to my door with a little thank-you gift for helping, with neighbor John Ruberto, months ago, to fix his wheelchair. As Pat left my porch, he said, "I love this neighborhood".



Pat later invited me to see his *lightshow fantastic* in his garage. What Patrick has done is absolutely spectacular! Every inch is breathtaking.

Later, as we talked at my house, Kari came over with her new friend, Tom. Tom came to visit his old neighborhood. Tom had received one of Kari's phone calls: "I'm Kari Soeffker. I'm doing history research in

Dayton's Bluff. I'm not a telemarketer". In the exchange of introductions, it turned out that Tom and Patrick had gone to Harding High School and Sacred Heart together. Kari and I laughed as these two shared entertaining stories and adjectives of their youth and circle of acquaintances.

Kari Soeffker, my corner neighbor, has taken on a history project in Dayton's Bluff — specifically, our more immediate neighborhood. In talking with people about their lives here, and in listening to their stories, she is finding that people seem starved for a sense of community...a thread that connects one person to another...and another. The connections being made by Kari, with the help of a 1932 St. Paul/Minneapolis Northwestern Bell phone book, have been a delight. If your family has lived in, or is somehow interestingly connected to Dayton's Bluff, you might receive a phone call with the message: "I'm Kari Soeffker. I'm doing history research in Dayton's Bluff. I'm not a telemarketer." Relax, enjoy the conversation, and share your stories and old photos; perhaps reconnect with others in the neighborhood. Perhaps you'll hear yourself saying, "I love this neighborhood." *Note: if you have old photos or info to share with Kari, call her at 651-774-3005.*



## Highwood Performance Series 2021

Highwood Hills Recreation Center  
2192 Londin Lane, St. Paul, MN  
Outside and behind the school, off Winthrop Drive.

**Fridays in June**  
**7:00-8:45 pm**

Free! Please bring your own chairs or blankets to sit on. You may also sit in the grass.

Attendees who are not fully vaccinated are encouraged to wear masks. All attendees are encouraged to maintain distance from others.

**June 4 Native Pride Dancers**

**June 11 Physical Theatre Artist Benjamin Domask-Ruh & South Asian Arts & Theater (Bollywood Dance)**

**June 18 Afoutayi Haitian Dance**

**June 25 Titambe West African drumming and dance.**



**Southeastside.org**



"This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund."





Mark Schwister

On a bike ride through Swede Hollow, Mark found a little bumblebee sitting on a crown vetch flower. He has photographed many flowers, whether they are considered flowers or weeds. He finds beauty in everything around Swede Hollow.



501 Payne Ave, St Paul, MN 55130

651-776-4699

## Recipe

### Feta Cheese Torte

Sage Holben

**Oven:** 375 degrees  
**Time:** 1 hour 15 minutes

\*This torte is *SO easy and quick to put together...and is stunning as a dessert or on a buffet table.*\*

#### Ingredients:

1 lb. crumbled feta  
3 C cottage cheese  
3 large eggs  
½ C fresh dill  
¼ C Romano cheese (set aside 1T)  
½ tsp. freshly grated nutmeg  
½ tsp. pepper  
Pkg. phyllo/filo dough  
Pam® with flour

Mix together in large bowl

#### Directions:

Use Pam® to grease and flour Bundt pan or similar tube pan. Sprinkle the 1 T. Romano onto bottom of pan.

Gently take separated sheets of phyllo and layer in greased/floured pan. Use all the sheets, allowing them to overlap the hole and hang sheets over the side.

Pour filling mixture into lined pan. Fold over hanging sheets to cover top of filling. Poke holes, about 20, into top of covered filling, poking all the way down. A skewer works well.

Melt three sticks (Yes! 3) of butter and pour over phyllo-covered filling. It will all seep in.

Place Bundt pan on baking sheet and bake at 375 degrees for 1 hour and 15 minutes until feta is golden brown.

Allow torte to cool in pan for 1 to 2 hours on wire rack; then invert onto serving plate and slicing with serrated knife.

Pour or drip honey over torte.  
Serve warm or at room temperature.

#### TIPS:

I found the original recipe in the *New York Times* and have sometimes added ½ to 1 C of sour cream if I think the feta will be too sharp or dramatic for taste buds. I also add an extra egg or two if they aren't what I consider "large".

Also, do use freshly grated nutmeg; it really does make a difference.

\*\* When this recipe came out, Phyllo was packaged as large sheets. Now appears to be available only in packages half the size and sheets half the size.\*\*

Since phyllo sheets become more fragile as they dry, don't hesitate to use 1 ½ or two packages for a more durable "crust". The butter soaks through and the layers and the baked phyllo retains a sense of fragility.



If you'd like to submit your favorite recipe, please send it to [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com).

## The Walking Wounded

Clara Martin

Child abuse during COVID-19 was the subject of my column in the May edition of the *Forum*. As horrific as child abuse is, the realization that these abused children grow up into adults and are walking among us becomes difficult to fathom. I'm sure many of us know adults who come from homes of neglect, mental and/or physical abuse. We might marvel at how well they are doing after a brutal past or even outwardly commend them for getting on with their lives. Some of us may even whitewash their situation in order not to have to think of the pain and suffering our friend, sibling, neighbor, or co-worker has had to endure. Statements like, "Oh, that's how it was back then" or "if only you'd kept your mouth shut, you wouldn't have gotten beaten" or "why didn't you run away?" or "your parents didn't know any better" are all meant to make the friend, sibling, or acquaintance feel better because abuse is a difficult topic to discuss. But in reality, these statements make the victim feel dismissed and only add to their feelings of being less-than, and self-loathing.

From Mentalhealth.net comes this report: The Deleterious Effects of Child Abuse. (Dr. Schwartz's Weelog by Allan Schwartz, PHD.) *Allan Schwartz, LCSW, Ph.D. was in private practice for more than thirty years. He is a Licensed Clinical Social Worker in the states.*

For those who mistakenly believe that the damaging effects of child abuse are outgrown by childhood this information may come as a painful surprise. The fact is that the effects of child abuse last into adulthood and throughout one's life. Its effects are often deleterious, meaning that the impact is often delayed and slow to develop but acute when they do occur. The consequence is that many adults who were abused during childhood experience its worst effects long after they have entered adulthood.

Males and females of all ages, ethnic groups, and races come to the therapist's office seeking help for depression, anxiety, and marital problems. In many of these cases the spouse or significant other has accused the patient of being abusive to their children or to themselves. Even when there is no present issue of child abuse, the patients who come for treatment are wearing the scars of having been abused during their childhoods.

*What Are the Symptoms of Child Abuse in Adulthood?*

An interesting observation about adult survivors of child abuse is the fact that many see no connection between their

present life problems and the abuse they suffered as children. In fact, some people deny that the extreme punishment they suffered was abusive. Finally, many of them are convinced that they deserved what their parents did to them.

In their adulthood, the symptoms experienced by these patients are similar to those of other people: Low self-esteem, chronic, low-level depression, generalized anxiety caused by no particular event in the present, panic attacks usually associated with post-traumatic stress disorder (PTSD), social isolation due to a lack of friendships, conflicted and difficult marriages, dissociative disorders in which the survivor of child abuse goes into a "fugue" state in which they are unaware of what they are doing or where they have been. It is a defense against stress which, when it happens, takes the person back to the original childhood trauma, most of the other symptoms associated with depression and anxiety.

Symptoms experienced mostly by those who were abused as children: Lack of trust in other people. Sometimes this distrust can resemble paranoia, chronic feelings and thoughts of guilt about anything and everything that happens to them and to others, a tendency to choose partners who continue the abusive behaviors they experienced during their childhood. Some of these people do become abusive but, most often they continue to re-experience abuse in their lives, a fear that underneath, they are just like the abusive parent and that, therefore, they are inherently evil or are a "bad seed," these feelings and thoughts are tenacious and are resistant to anyone giving this person any kind of compliment, even when these patients learn that they were abused at the hands of one or both parents, there is a continued tendency to explain away parental abuse as having been deserved.

What do we say when this is someone's experience living inside them each and every day? There is no easy answer to that question. But, blaming the victim is definitely not the answer. The hurt, the anguish, the memories, the scars are all real. Compassion, education, and understanding go a long way in a relationship with an adult who carries these wounds from childhood. Step out of yourself and remember this isn't about you.

Let's all remind ourselves that children are precious and they are completely dependent upon us for their well-being. It is our responsibility as adults to nurture and protect them. If you are struggling with anger issues or feel a need to hurt your child, please get help for yourself.

Call the National Alliance of Mental Illness (NAMI) at (651) 645-2948, ext. 117 or 1-888-NAMI-HELPS or email [namihelps@namimn.org](mailto:namihelps@namimn.org).

You can also dial 211 for services, or if you are in crisis, dial 911. But please reach out and get help.

### 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](mailto: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-](http://givemn.org/organization/Hopewell-Communications-Incorporated-)

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

- Website at [daytonsbluffdistrictforum.org](http://daytonsbluffdistrictforum.org)
- Facebook at Dayton's Bluff District Forum
- Instagram at Dayton's Bluff District Forum
- Nextdoor at Dayton's Bluff District Forum.



## 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](http://daytonsbluffdistrictforum.org): click on "East Side Eating" at the top of the home page. Steve Trimble can be reached at [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com).

### Shawarmin Grill

2113 Old Hudson Road  
St Paul, MN 55119

Phone: 651-493-8117

Email: [shawarmingrill@gmail.com](mailto:shawarmingrill@gmail.com)

Hours: Sunday-Saturday 10:30 a.m.-10:00 p.m.

Facebook: [@shawarmingrill](https://www.facebook.com/shawarmingrill)

I heard that there was a new eatery open on the northwestern edge of the Sun Ray center. So, true to my decision to try to eat at every sit-down East Side restaurant for the *Forum* newspaper, I hopped into my car and headed east.

The largest sign on the outside said "Mediterranean & American Food. I discovered that Shawarma is an Arabic word for a meat sandwich that is popular in the Middle East. The outside windows included signs saying hummus, gyro, chicken wings, catering for events, Philly steaks, and salad bar.



The building has been used for a few different restaurants, including a barbecue spot. It did look a little different those other times I was there.

It is still a large square structure with windows across the front. There are now seven tables for four or more and two tables for two. Where I stood was wood-like flooring. Toward the back there is a

kitchen area where you make your order from a sign over the register, pay, and then sit down after getting your choices handed to you.

There is also a deli-style salad bar with pickled beets, carrot and cauliflower, pickled red cabbage and other choices. You can choose among a group of desserts that are in little plastic containers and select soft drinks from a large stand-up cooler.

There are a number of sides such as falafel, rice, garlic sauce, hummus, lentil soup, and Baba Ghanouj, which is an appetizer of Lebanese origin consisting of mashed cooked eggplant, olive oil, lemon juice, various seasonings. Some of the extras are listed as mixed pickles, pita bread and tzatziki sauce. Cooler drinks include Vimto, bottled water, yogurt drink, and a few more choices.



I ordered #6 — Arabic Shawarma Plate with fries. The meat sandwich was encased in Shrak, a traditional Middle Eastern flatbread that has been prepared in homes for centuries. The sandwich was cut into six pieces and had a small container of hummus and another of sour cream. Since there was no beer or wine, I had a Vimto, a carbonated drink made with the juices of grapes, raspberries, and blackcurrants, flavored with herbs and spices. And how could I pass up the chance to get Baklava for dessert, a sweet pastry of Ottoman cuisine.

I arrived a little after 6 p.m. and while I ate, there were only a few people there and they were taking their food out. I told my neighbor about this place and she liked the food and will be returning.

The owners are Palestinian and have run other restaurants and they were glad that this site was available. Both of the servers live on the East Side and the one I talked to the most was born in Minnesota, but her parents came from Syria.

They allow cash or credit cards, but not checks.



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## Events Happening in Ramsey County

Ramsey County

**June 1, 8, 15, 22, 1 to 2:30 p.m.** Tuesday with a Scholar: Join scholars from area colleges and elsewhere as they share their specialized knowledge and enthusiasm. Hosted by Ramsey County Library.

**June 1, 6 to 8 p.m.** More Than a Single Story: We will use prompts and reading samples from writers of color for inspiration and more. Hosted by Ramsey County Library.

**June 1, 6 to 8 p.m.** Short Story Chats: Short on time but miss book clubs? Join us to talk about short stories--quick reads that pack a punch! This monthly chat will feature a freely available online short story to be read in advance and lively discussion about the story. Hosted by Ramsey County Library.

**June 2, 11:30 a.m. to 5:30 p.m.** COVID Vaccine Clinic-Moderna: Ramsey County Public Health has opened COVID-19 vaccination clinics to all adults.

**June 5, noon to 6 p.m.** COVID Vaccine Clinic-Moderna: Ramsey County Public Health has opened COVID-19 vaccination clinics to all adults.

**June 7, 1 to 2 p.m.** Virtual Job Club-Career Direction: Career Direction: assessments and job searching tips.

**June 8, 6:30 to 7:30 p.m.** Seed Talks: Join Horticulturist and Seed Librarian Pam Frink as she shows you the many ways to start native plant seeds. Hosted by Ramsey County Library.

**June 8, 7 to 8 p.m.** Shoreview Poetry Circle: Join us at the Shoreview Poetry Circle to read and discuss beloved poems. Selected poems will be emailed a week in advance of the meeting, but you are welcome to join without reading the poems beforehand. Hosted by Ramsey County Library.

**June 10, 2 to 4 p.m.** Virtual-New Foster

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

Maureen Anderson  
Anonymous Donor  
Carol Carey

Care Parent Orientation: Meet virtually with social workers, learn basic information about foster care and have the opportunity to ask specific questions to determine if foster care is right for you and your family.

**June 10, 7 to 8:30 p.m.** Ramsey County Master Gardener Presents: Learn some of the advanced techniques to take your vegetable garden to the next level by improving your growing conditions and more. Hosted by Ramsey County Library.

**June 14, 1 to 2 p.m.** Virtual Job Club: Create a resume that gets you the interview.

**June 14, 6:30 to 8:30 p.m.** Learn the Basics of Zoom Meetings: Learn the basic features of using Zoom Meetings. There will be time for questions following the presentation. Hosted by Ramsey County Library.

**June 17, 1:30 to 2:30 p.m.** Overdrive/Libby and the World of Ebooks: Join us for an introduction to e-books and e-audio books with a special emphasis on how to use Overdrive/Libby on your digital reading devices and computers. Hosted by Ramsey County Library.

**June 17, 1 to 2 p.m.** Networking: Networking for the Reluctant.

**June 23, 2 to 3 p.m.** Spotting Fake News: Learn how to assess your online sources of information. This class will cover some basic red flags to look out for, methods to fact-check articles and biases that affect the news. Hosted by Ramsey County Library.

**June 28, 1 to 2 p.m.** Interviewing: Interviewing Success plus open forum.

**June 28, 6 to 7 p.m.** White Bear Lake Area Historical Society Presents: Learn more about the best practices in genealogy and more with the White Bear Lake Area Historical Society. Hosted by Ramsey County Library.

For more information about these events, go to [ramseycounty.us/calendar](https://www.ramseycounty.us/calendar). There, you will find the links for each event.

### 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

Yes, I will become a *Friend of the Forum*. My tax-deductible check is enclosed, for:

\$100 \$50 \$25 Another amount \_\_\_\_\_

Or give online: [givemn.org/organization/Hopewell-Communications-Incorporated](https://www.givemn.org/organization/Hopewell-Communications-Incorporated)

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Thank you for your support!