

## Unstable Memories

### Pinhole Photography by Benjamin Mason

Mandy Okonek

Memories are subjective, finite wisps of emotion that shape our collective life experience. The instability of memories is rooted in our own bias of observation and cognition. It's impossible for two people to see the same things or to experience the same event with similar clarity.

According to my favorite Metro State Psych Professor Gary Starr, the notion of photographic memory is a complete falsehood. It is a myth local artist and co-director of Art in the Hollow Benjamin Mason aims to unpack through his series of pinhole photographs. Benjamin mimicked the chaotic dissonance of memory with a one-inch hole cut into the lens cap of his Nikon DSLR camera that intentionally altered the perception of his images, producing photos that were layered with emotional intensity. His series purposely plays with the illusion of memory as an abstraction.

I have lived down the block from Benjamin for over a decade and my journey through his images arranged according to the themes of Ghosts, Epochs, Environments, Nostalgia, Schemes, and Amnesia felt oddly familiar. Many of Benjamin's photos took me to places in our Dayton's Bluff Neighborhood that I walk by daily, however, the effect of his pinhole photography technique was other-worldly and I felt like I was wandering through a lucid dream. In a prepared artist statement, Benjamin explains his foray into photography:

"I stumbled into pinhole photography while trying to decide how to generate images for a novel I was publishing, *The Masque and the Dagger*. I learned I could use a camera's body cap, a drill, a pin, some foam, and a can of Cherry Coke to create a pinhole lens for my digital camera. I started experimenting with it and loved the surreal quality of the images. It's become rare for me to affix an ordinary lens to my DSLR."

Through his carefully crafted arrangement of photographs, Benjamin proves he is also an adept visual storyteller. He was the featured artist of the month at local gallery ArT@967 where his photography collection titled *Unstable Memories* was on exhibit this March.

ArT@967 is a gallery and studio space located at, you guessed it, 967 Payne Ave. That large brick building with the big rectangle windows facing the street has been transformed into a destination Art Gallery and studio space by curator Stephan Kistler. Stephan grew up in Switzerland exchanging the Alps for the Bluffs. His ability to capture the picturesque beauty of our natural world was evident in a collection of his photographs displayed in a separate room. The space at 967 Payne has art around every corner and in the basement. Kistler's excitement for our burgeoning art scene in Saint Paul is contagious and he is already hard at work promoting his next exhibit, *Colors of Spring*, just in time for the vibrant Holi holiday.

To keep tabs on all the exciting opportunities to immerse yourself in art follow ArT967 on Facebook.

## Remembering George Hrynewych

Steve Trimble

The long-time resident of Dayton's Bluff passed away on February 14, 2022, at the age of 81. He was a long-time neighborhood resident and activist who lived on McLean Street. George Volodymyr Hrynewych grew up in the heart of Chicago's large Ukrainian community. He graduated from Wells High School. After he graduated, and with his interest in art, he attended the University of Chicago to study art. That ended when he was drafted into the Army in 1961 and served two years in Germany.

He returned to Chicago working at an electric enterprise and transferred to St. Paul. He eventually caught on with the railroad management on Burlington Northern Railroad.



Those who have been here for a while would know him as an active participant in the affairs of Dayton's Bluff neighborhood in the 1970s and 1980s. He was on the Dayton's Bluff Community Council for many years and also served as its president. George was always involved in the annual Festival on the Bluff events.

A friend described him as a really nice person but was not shy about bringing up arguable issues. As he once said, "With the Dayton's Bluff Community Council, there is no action without friction."

He was a member of the Bethlehem Lutheran Church at Margaret and Forest.

The interment was at Fort Snelling National Cemetery. He was predeceased by his parents, Myron Hrynewych and Maria Hrynewych, and is survived by his wife Maria and his children, Anya, Nina Simpson (Joe) and Ross (Dawn) and his grandchildren.



Mandy Okonek

The topmost photo shows artist Benjamin Mason posing with his art show name when ArT@967 displayed his work in March. The bottom photo is his camera showing his pin-point technique he uses to capture his photographs.

## St. Paul Parks Clean Up Taking Place April 23, Sign Up Now

Karin DuPaul

Over the years, neighborhood people and members of Friends of Swede Hollow have been having clean up events in Swede Hollow Park. The first one I was involved with was in the late 1970s, which was a Dayton's Bluff Community Council project. We made a large pile of miscellaneous things including, if I remember right, about 125 tires and many household items including a kitchen sink.

The next year or so, which is about 35 years ago, the Saint Paul Parks Department started sponsoring an annual city-wide parks cleanup in the spring of each year. You can choose any park or help clean up a recreation center.

Friends of Swede Hollow members have been helping out during the city-wide clean up every year in Swede Hollow Park. The Saint Paul Parks employees and volunteers will have bags for trash for volunteers to use.

This year the City-Wide Parks Clean Up is April 23 from 9 to 11:30 a.m. And you can help clean up any of Saint Paul's parks. To sign up go to [ParksCustomerService@ci.stpaul.mn.us](mailto:ParksCustomerService@ci.stpaul.mn.us)



Karin DuPaul

A couple of women who helped clean up Swede Hollow several years ago at the City-Wide Parks Clean Up event



## 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 **April 19** starting at **6:30 p.m.** at 668 Greenbrier Street. Anyone interested in Swede Hollow is welcome to attend. Discussion will include Art in the Hollow, which will be **June 4**, park clean up, etc.

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, April 7 at 11:00 a.m.**

If you'd like to attend, call 651-776-0550 or email [daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@gmail.com) for more information. We are currently meeting at the Dayton's Bluff Library.

## 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 are 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 the meetings have not been canceled.

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

¿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 to 3 p.m.**



## THE HISTORIC MOUNDS THEATRE

**April 8 and 9: *Ghosts Behind the Glass*** presented by the Journey North Opera Co. Enjoy an evening of strange dreams, blood-curdling laughter, and curious things that happen at night, featuring works by Abbie Betinis, Missy Mazzoli and Jake Runestad. Performances at **7:30 p.m.** Tickets available at Mounds Theatre website.

Visit [moundstheatre.org](http://moundstheatre.org) to get more information on 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 Health and Human 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.

## COVID Saliva Tests Available

Minnesota is offering at-home COVID-19 saliva testing for any person 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. You will then send the test to the lab in Oakdale, MN, using the pre-paid package. Once it arrives, you will get your results by email in 24 to 48 hours. This saliva test is available at no cost.

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.

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

## 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

## Dayton's Bluff Library

The library is hosting plenty of fun activities. Listed below are some April and May events:

**April 1, 8, 15, 22, 29 — Senior Lounge:** Senior Lounge is a program for older adults to spend time socializing, painting, doing crafts, or completing crossword puzzles, **10:30-11:30 a.m.**

**April 2, 9, 16, 23, 30 — FunLab STEAM for ages 7-11:** Join us for a fun drop-in session for crafts, engineering projects, science experiments, or relaxing boardgames and movies, **2-4 p.m.**

**April 6, 13, 20, 27 — Storytime:** Join us for a fun storytime and stay for a craft for caregivers and kids! We'll read stories, sing songs, and learn rhymes together, **2:30-3 p.m.**

**April 12 — Teens Know Best:** Teens Know Best is for teens, ages 12-18, who want to read and review YA books that aren't available to the public yet. The review are used to influence the future of the publishing industry, **6:30-7:45 p.m.**

**March 20 — Dayton's Bluff Book Club:** A great fit for folks who love reading books by local authors and discussing them, **6-7:30 p.m. via Zoom.**

**May 4, 11, 18, 25 — Storytime:** Join us for a fun storytime and stay for a craft for caregivers and kids! We'll read stories, sing songs, and learn rhymes together, **2:30-3 p.m.**

**May 6, 13, 20, 27 — Senior Lounge:** Senior Lounge is a program for older adults to spend time socializing, painting, doing crafts, or completing crossword puzzles, **10:30-11:30 a.m.**

Visit [sppl.org](http://sppl.org)'s calendar for more.

## 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 a trained technician 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, marking the 'no-dig' area with painted lines...and everyone is safe!

## Need Groceries?

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

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

Give us a call at 651-683-2326, and someone will assist you with your application.

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

Make a difference in your community by becoming a State Health Insurance Assistance Program certified Medicare Counselor. Help people understand their Medicare options.

Visit [Metroaging.org/volunteer](http://Metroaging.org/volunteer) to learn more.

## 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 (1085 4th St E, near Earl) has 24 raised bed plots that are available to the public.

Cost is \$20 for the season. Grants are available.

For more information or to request an application, email Steve Lee at [Steve12743@yahoo.com](mailto:Steve12743@yahoo.com).

## Free Legal Services for Low-Income People

Call 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, and more. You can also call if you're behind on your bills, having problems with credit or creditors, or have other civil legal issues, etc. If an interpreter is needed, SMRL will provide one.

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



## East Side High School Students Can Earn Free College Credit & Personalize Their Education

Joe Nathan

East Side high school students have terrific opportunities to earn free college credit and/or personalize their education in the next two months, thanks to many free public school options. They can help youngsters identify and develop their interests and talents as they develop vital life skills.



In the next month, St. Paul families and students can select their school and high school classes for the 2022-23 school year.

One of the most valuable options for high school students, starting for some in ninth grade, is earning free college credit via courses taught in high school, on-line, or on college campuses.

Free Minnesota Post-Secondary Enrollment Option (PSEO) courses are available in "hands on" vocational and traditional academic subjects. Though not as well known, starting in 10th grade, students can take free vocational courses at two-year public colleges like St. Paul and Century Colleges and the Finishing Trade Institute. For students in 11th or 12th grade, they can take academic courses at those and other colleges/universities, including Metro State. Admission requirements vary.

Students can take PSEO courses on college campuses, or via internet. State law requires that high schools let students use school computers to take PSEO. Students must register for PSEO by **May 30**. Information below: [education.mn.gov/mde/fam/dual/pseo/](http://education.mn.gov/mde/fam/dual/pseo/).

In addition, 10th through 12th graders who are proficient in any of the 27 world languages can earn free credit at Minnesota State Colleges and Universities by passing tests (they don't need to take a course). Languages include ASL, Arabic, Chinese, Dakota, German, Hmong, Karen, Ojibwe, Somali, and Spanish. Information here: [education.mn.gov/MDE/dse/stds/world/seals/](http://education.mn.gov/MDE/dse/stds/world/seals/).

Virtually every St. Paul district and charter high school offers college level courses – called Advanced Placement, International Baccalaureate, or Concurrent Enrollment/College in Schools. College credit for AP and IB is based mostly or entirely on a student's score on the final exam. College credit for other courses depends on a student's work throughout the course. Minnesota's Office of Higher Education explains dual credit post-secondary acceptance policies: [ohe.state.mn.us/mPg.cfm?pageID=2236](http://ohe.state.mn.us/mPg.cfm?pageID=2236).

Minnesota requires each student, working with family and educators, to develop a post high school plan: [revisor.mn.gov/statutes/cite/120B.125](http://revisor.mn.gov/statutes/cite/120B.125). More personalized education helps increase student motivation, as Ted Kolderie explains: [irp.cdn.website.com/564352d7/files/uploaded/Conceptualizing%20Personalization\\_2021.pdf](http://irp.cdn.website.com/564352d7/files/uploaded/Conceptualizing%20Personalization_2021.pdf).

St. Paul Public Schools ([spps.org/choosespps](http://spps.org/choosespps)) offers valuable options including language immersion, Montessori, on-line, project based, and others, with a current magnet/alternative enrollment of 10,000-plus students among its 34,000-plus total enrollment.

East Siders also have free charter public school options, such as Community of Peace Academy, Face to Face Academy, Step Academy, and Twin Cities Academy. A map shows charter school locations: [mncharterschools.org/directory/index.php?intDirectoriesCatID=1#filters](http://mncharterschools.org/directory/index.php?intDirectoriesCatID=1#filters).

Minnesota developed numerous opportunities for personalized learning over the last 30-plus years. They're found in school districts, chartered, private, home, and online schools. Their availability gives thousands of students' opportunities to reach their potential while also being a resource for traditional learning. Expansion of personalized learning benefits our increasingly diverse students while also improving traditional learning for all. School leaders and policy makers should make its growth a priority.

Joe Nathan has been a St. Paul Public School educator, parent and PTA president. He directs the Center for School Change, based in St Paul. Questions/reactions welcome: [joe@centerforschoolchange.org](mailto:joe@centerforschoolchange.org).

**Join us!**  
for Easter Worship  
**10:30am ~ April 17**  
(and every Sunday at 10:30am)  
**1049 Euclid St.**  
**St Paul 55106**

Sunday services also live-streamed at: [moundsparkumc.org](http://moundsparkumc.org)

**Mounds Park United Methodist Church**  
Sharing the love of Christ with our community • [moundsparkumc.org](http://moundsparkumc.org)

## View From My Porch Conscious Sedation

Sage Holben

I'm scheduled for cataract surgery in a couple months, and because my last surgical experience eroded much of my trust and respect of my health care system, I wanted to know ahead of time the sedation that would be used during the coming surgical process.

I was beginning to think sedation was a medical secret. Finally, after several calls and no one answering a simple question (not specific to my state of health), my surgeon called, and after much prodding and playing "word tag" I got my answer as well as a condescending "now you can spend your time worrying about something else." With that, I remind myself of words told to me: "we respect a surgeon for their expertise, not for their bedside manner".

In Googling "sedation" I learned moderate sedation has replaced the term conscious sedation. In light of observing societal behaviors over the last two years, I have come to appreciate the term conscious sedation. Perhaps my mind has become more twisted in its thinking; certainly, my humor has become a darker shade of grey.

Conscious sedation is what I think has clouded the thinking and labors of Saint Paul Public Works (PW) department; much of our city's governance, actually, but I will pick on PW after experiencing the worst winter ever in getting one car removed so our block could be plowed — just once — curb to curb. It took over 35 calls in two days during the last snow emergency, not counting several calls to SPPD, mayor's office, and other side calls to push, prod, and encourage the removal of a vehicle that had been abandoned on the street for almost a year.

One day it came sooooo close to removal. The ticket 'n tow officer was here, the flat-bed tow came, hooked up the car, planted it on the edge of the bed. Then the owner came out and talked the officer out of the tow. The flat-bed driver detached the vehicle, and we were stuck with the car again. A few days later magic happened, and the vehicle was removed and I called to have the curbsides cleared. I was told the records showed it had already been done. Not so! Two city plows had sped up the middle of the block. I told the person from PW this was our only chance. There was only one vehicle at the end of the block, and our curbsides had NOT been cleared! Half an hour later, they were done!

As I read this, as if someone from another neighborhood, perhaps one deemed more privileged, the experience appears minor. It's one repeated too often. We take into consideration COVID and the resulting lack of staff, drivers, etc. It's difficult to make blanket excuses when calls go into black holes, never returned; non-working vehicles remained dumped on our streets for months or a year before being removed; cars are allowed to be "worked on" on the street with oil, transmission liquid, and brake fluids drained into sewers...and into the Mississippi. It's not just winter that brings out the worst in Public Works — it is all year long.

Note to Public Works: We have four "new" sets of mannequin legs to turn into Intersection Art for Fourth & Bates. If you continue to refuse to work with our local residents in controlling the speeding, road-racing, and running of the four-way stop intersection, we'll at least find a bit of enjoyment in being creative in calling attention to our city's conscious sedation.



### Dayton's Bluff District Forum

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phone: 651-776-0550 E-mail:  
[daytonsbuffdistrictforum@gmail.com](mailto:daytonsbuffdistrictforum@gmail.com)

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

Editor/layout: Allison Lund-Zalewski; Editorial Associate: Mark Gallagher

Staff: Mandy Okonek, Clare Howard

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# Kids Corner

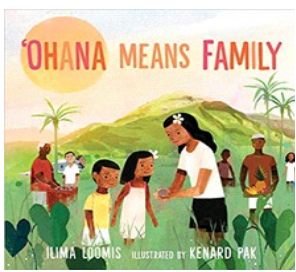
Vio Nikitina,  
Dayton's Bluff Children's Specialist

April is National Poetry Month! Poetry is for all ages. Here are books you can find at the library for preschoolers on up.

### The Voice

There is a voice inside of you  
That whispers all day long,  
"I feel this is right for me,  
I know that this is wrong."  
No teacher, preacher, parent, friend  
Or wise man can decide  
What's right for you--just listen to  
The voice that speaks inside.  
— Shel Silverstein

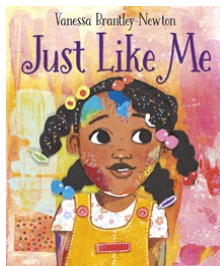
### 'Ohana Means Family by Ilima Loomis



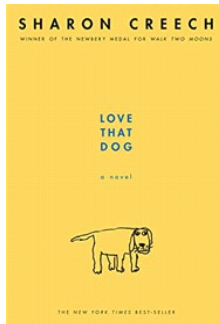
Join the 'ohana, as they grow taro for poi to prepare for a traditional luau celebration in the poetry style of "The House That Jack Built." This picture book with its colorful illustrations will delight young kids who will learn words in Hawai'ian, along with the whole 'ohana.

### Just Like Me by Vanessa Brantley-Newton

This collection of poetry is filled with engaging stories about girls of all kinds. With vibrant portraits this picture book invites young readers to find themselves and each other within its pages.



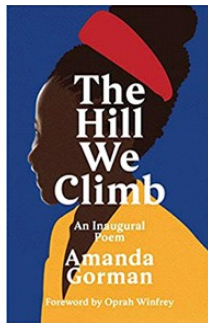
### Love that Dog by Sharon Creech



Jack hates poetry. Only girls write it and every time he tries to, his brain feels empty but his teacher keeps giving him poetry assignments and somehow the more he writes, the more he learns that he does have some-

thing to say. Written as a series of free-verse poems from Jack's point of view this juvenile novel is enjoyable by even those who think they don't like poetry.

### The Hill We Climb by Amanda Gorman



Amanda Gorman was only the 6th person to deliver a poetry reading at a presidential inauguration, and she is by far the youngest. Her poem celebrates the promise of America and shows us that poetry makes ideas not just beautiful but accessible for all ages.

## Contest: Where in Dayton's Bluff?

Send your guess to [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com) with the location of the neighborhood curiosity pictured at right.

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



# Instagram

@Dayton's Bluff District Forum

## Wile E. Lucy

### The Coyote of Swede Hollow

Mandy Okonek

Not all coyotes conspire to crush speedy roadrunners with anvils. Coyotes are indeed more adept at catching prey than classic cartoons lead one to believe. Wile E. Lucy, or Lucy as we like to call her for short, has moved into the upper bluffs of Swede Hollow Park. She has made her appearance on the top of the stairs leading into the lower hollow, under my gazebo, and in the unfenced yards of neighbors who reside on North Street and Bates Avenue. Lucy appears to be healthy with a full coat of orange and brown fur and a big bushy tail. She is also lightning fast. On a recent mission following her tracks in the snow, I watched her dart through the ravine right in front of a man with an expensive-looking camera on the paved trail—most likely a bird watcher—and across Phalen Creek in one leap.

Coyotes are often demonized through popular culture as evil predators with a thirst for domesticated pooches but Lucy has been keeping her distance from our beloved canine companions and seems to be taking care of the surplus of mice and rabbits that plague our yards and vegetable gardens. Coyotes have indeed been known to attack family pets. However, the Midwest coyote's diet consists of mice, rabbits, and the occasional deer which is hunted by the entire pack. I have to admit I was concerned for the safety of my puppies when I first discovered Lucy barking at my Labrador, Samhain, from under my gazebo and was concerned that her pack could be nearby. But her pack

never arrived.

I learned from chatting with a naturalist neighbor that it is common for female coyotes to abandon their pack when it comes time to dig out the den of parenthood. Lady coyotes typically give birth right around March to April, so Lucy may be a single mom looking to raise her family in our ecological microcosm of wooded paradise. Coyotes typically mate for life and both parents are involved in the rearing of the litter. The sad fact of urban coyotes is their very short lifespan. According to a Chicago-based urban coyote research group, the most common threat to city-dwelling coyotes is vehicles. This may explain why Lucy is solo.

Through their website, [urbancoyoteresearch.com](http://urbancoyoteresearch.com), scientists dedicated to studying the behavior of city-dwelling coyotes share their information for public consumption in hopes to demystify the fear associated with coyotes and find a peaceful way to coexist. They suggest these tips for dealing with coyotes spotted in your neighborhood: Do not feed, do not let pets run loose, do not run away if you see a coyote. Act big. Yell, repellents or fencing may help, do not create conflict where it does not exist and report aggressive, fearless coyotes immediately.

I've been monitoring Lucy with a small trap camera and so far, she's been living happily, dogging it up along Phalen Creek and the surrounding area. She has not threatened any local dogs nor has she raided garbage bins. I'm impressed with the versatility and adaptability of coyotes to live in so many different environments.

I'm optimistic that through shared knowledge and awareness of the wild critters residing in our park we can find a way to live together in one big communal pack. If you are a Swede Hollow dog walker, please keep your dog on a leash.

Photo below provided by Mandy Okonek.



## Walk for Animals Will be Hosted on Saturday, April 30, at a New Location

Animal Humane Society

Animal Humane Society's Walk for Animals is back, and this year we'll be celebrating second chances at a brand new venue worthy of the Midwest's largest animal walk: the Minnesota State Fairgrounds!

Join us on Saturday, April 30, as we gather to honor the incredible bond we share with our pets and make second chances possible for animals in need. You'll enjoy live music, pet vendors, a variety of food trucks, and the best pet-watching Minnesota has to offer.

Register at: [secure.animalhumanesociety.org/site/SPageNavigator/WFAhome.html](https://secure.animalhumanesociety.org/site/SPageNavigator/WFAhome.html).

»»»»» **PAY LESS AND BUY MORE.** »»»»»  
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# East Side Spring Flowers and Bumblebees

*Kathy Sidles*

During walks in East Side parks, I have learned where to find early spring flowers. Queen bumblebees come out from overwintering underground and look for these flowers. And later their first set of workers find the flowers to bring pollen back to the nest. As I walk by, or pick up trash as a Saint Paul Parks volunteer, I look for the bumblebees.

The first spring flowers I see are marsh marigolds at Bruce Vento Nature Sanctuary. They bloom early in the warm spring water. It was fun to take pictures of different bees, including a brown-belted bumblebee, at marsh marigolds during Lower Phalen Creek Project's "bio-blitz" in late April last year.

Soon after that, gooseberry bushes bloom in the woods at Bruce Vento, Swede Hollow, and in our yard. It's fun to watch the big queen bumblebees hang onto the flowers to sip nectar and bring pollen back to their first set of workers in the nest. I pick the berries from the bush in our yard, take off the stems, boil the berries, add sugar, and make jam.

Next after gooseberries I see our local wild plum trees bloom. There are patches of them at Frost Lake Park, at a small tree west of Lake Phalen, a big patch along Phalen Boulevard, a big tree at Duluth-Case fields, and a grove at East Side Heritage Park. Bumblebees and migrating warblers stop to sip nectar in these beautiful trees. Historically, wild plum trees are important food sources for people. They grow well in Southern Iowa where I grew up. I pick them down there, boil, remove seeds, add sugar, and grind up pulp and skin for jam.

After wild plum trees, Virginia waterleaf blooms. It seems to attract all the queen bumblebees in the area. I see it in park forests if garlic mustard and buck-

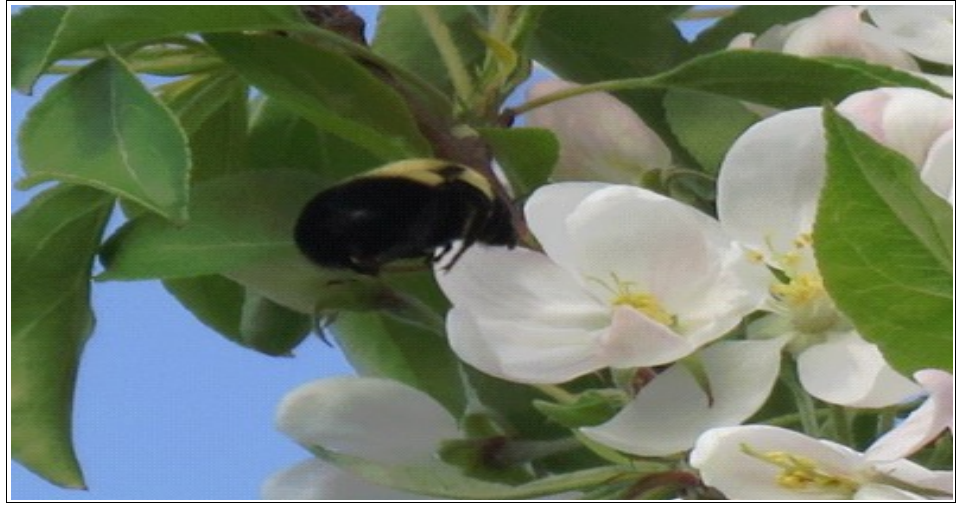
thorn aren't shading the forest floor. I bought some from a local native plant store, and also native bushes I see, to restore the woodland in part of our yard.

One more early spring woodland flower that I see bumblebees visit are black raspberries. They grow at forest edges, like they do along the Bruce Vento bike trail. I let them grow behind our garage. The neighborhood rabbits have a place to hide and eat the stems during the winter. If the stems last for two years they produce berries. As I did growing up, I pick the berries that result from pollination. I freeze extra to eat for breakfasts.

The Saint Paul Park's rule is "nothing in and nothing out", including eating berries, unless you get a permit. But if we restored the woods and trails and let these, and other spring plants, grow for pollinators maybe we would have enough for people to pick a few. It would help some of us keep our family traditions, and introduce Minnesota woodlands to others. Some cities have done this. It would also help pollinators.

East Side Saint Paul woodlands had more spring flowers before non-native earth worms, garlic mustard, and buckthorn were introduced. Earth worms eat leaf litter the native plants need – so the DNR says to freeze any left from fishing, don't dump them. Garlic mustard and buckthorn are missing predators that ate them in their home countries — so they have to be removed to let sun get to the original forest floor plants.

When there are no spring flowers blooming, I see bumblebees getting pollen and nectar from taller creeping Charlie, Dutch clover, and dandelions. To help pollinators you can join the "Mowless May" and "Mow High and Less Often" movements. Your yard can be up to eight inches and meet Saint Paul mowing rules. And then add native plants that are best for native pollinators. Saint Paul rules say you can grow anything in your garden. This is a Minnesota state website with yard restoration instructions that help pollinators, especially the endangered rusty-patched bumblebee: [bwsr.state.mn.us/121](http://bwsr.state.mn.us/121).



*Kathy Sidles*

The topmost photo shows a common eastern bumblebee on a plum flower. The bottom photo shows a brown-belted on a marsh marigold.

## Art in the Hollow Set for June 4

*Benjamin Mason*

Swede Hollow Park will once again welcome summer with the Art in the Hollow festival on **June 4**. It had been a tradition for 10 years leading into the pandemic, and the art will now return to the hidden forest between Payne and 7th Street the first Saturday of June. Plans are underway to bring the event all the way back to its full footprint from the 7th Street bridge up to the old Hamm Brewery site.

Artists will fill the area with tents, and two stages will host performers the entire festival day, from **10 a.m. until 5 p.m.** The stage under the 7th Street Improvement Arches will be active with poetry, music, and performers from the Urban Journal and the TAP organization. The center stage near the Swede Henge sculpture will be busy with a wide variety of local artists to provide rhythm and energy in the middle of the festival.

New this year will be plein air painting activities. Visitors will come across painters creating art in the wild, scattered

around the park. Plans are in the works to create an exhibit at the local ArT@967 Payne gallery the following month, but festival goers can watch the art being created on site.

St. Paul Brewing will be the entry point for the festival once again. Their patio will serve food, and the passage behind the patio that winds through the ruins of the brewery will hopefully be open to the public for special entrance to the park for the time of the festival. It's a rare opportunity to see the area and experience some of the East Side's physical history.

Art in the Hollow combines history, art, nature, and community. It is a convergence point for the East Side communities to come together, share stories of the past, discover local artists of all ages, and experience, enjoy music, food, and take in the picturesque setting of the park while enjoying the summer weather. It is a unique neighborhood experience unlike any other art festival or block party.

The festival is very welcoming of local artists, performers, and community members who would like to be involved. Anyone interested can email or visit the website to sign up, volunteer, or reach out for any reason.

Visit [artintheshollow.org/events/art-at-the-park](http://artintheshollow.org/events/art-at-the-park) or email: [artintheshollowmn@gmail.com](mailto:artintheshollowmn@gmail.com)



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*Benjamin Mason*

The Kalpulli Yaocenoxtli Dance that was performed at a previous Art in the Hollow.



## Bocce at Yarusso's

Brad Griffith

The first known documentation of the sport, now known as Bocce, was in 5200 B.C.E. with an Egyptian tomb painting that depicted two boys playing the game. The sport spread throughout the Middle East and Asia. It was eventually adopted by the Greeks and passed on to the Romans.

Having developed from games played in the Roman Empire, Bocce developed into its present form in Italy. Bocce, the plural of the Italian word *boccia* which means "to bowl," spread around Europe and also in regions to which Italians have migrated.

Italian immigrants brought Bocce to America in the late 19th century. From then until now, bocce has been played the same way. Bocce is played on a court up to 90 feet long and up to 13 feet wide and is traditionally framed by wood or stone walls. The court surface can be dirt, lawn, packed fine stone, or even asphalt. The equipment consists of two sets of four bocce balls and one smaller ball called the pallino.

The game starts by the designated team throwing the pallino to the center of the court. Throwing underhand, the designated team tries to get their four bocce balls close to the pallino. The opposing team then tries to do the same. The scoring team receives one point for each of their balls that is closer to the pallino than the closest ball of the other team. A match is won when a team reaches a predetermined number of points, typically between seven and 13 points.

From the late 1930s Bocce was a popular game played at Yarusso's Restaurant in Saint Paul's Railroad Island neighborhood. Governor Rudy Perpich and Caesar Marino, the sixth ranked world player and Railroad Island native, and others from the Lower Payne Avenue participated in matches at Yarusso's. Bocce continued to be a summertime mainstay in the neighborhood on Saturdays and after Mass on Sundays until the mid 1980s.

There is hope that Bocce can once again return to Yarusso Brother's Italian Restaurant.

It is rumored that a Bocce Court may make an appearance at this year's Art in the Hollow, which will be held **Saturday June 4 from 10 a.m.-5 p.m.** in Swede Hollow Park.

Special thanks to Caesar Marino, Gary Narducci, Steve Trimble and Fred Yarusso.



Yarusso Family Collection

The topmost photo shows the Wall of Names at Yarusso's. The bottom photo is a game of bocce at Yarusso's.

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

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

**Deadline for the May issue of the *Forum* is April 10, 2022.**

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## A Hula-Hoop for the Brain

Larry Meuwissen

There is an island South of Africa, near Antarctica, called Bouvet Island. Despite its apparent French name, it belongs to Norway and no humans actually live there. I mention it here, because it was today's answer to the daily **WORDLE** puzzle. And unless you have been stuck there for the past two months, you cannot possibly be unaware of the latest pop culture phenomenon Wordle...with one "L."

In fact, so much has been written about it that telling readers something they don't already know about it is challenging. Even if you are among the few people who haven't tried it, you probably have heard or read stories about its creator, John Wardle, and the million bucks he got by selling it to the *New York Times* (*NYT*). And though there are many aficionados of the game who are critical of the acquisition and how the *Times* has "allegedly" changed the game, I think the *NYT*, which has the world's best known crossword puzzle, is precisely the place where this new word puzzle belongs, along with its daily spelling bee, letter-box, the "mini" (crossword) and of course, for those having the time for it, *the crossword*.

No doubt, players are already familiar with articles explaining strategy. My own is the result of being a long-term fan of *Wheel of Fortune* and remembering the "r s t l n e" sequence it provides at the outset of its "bonus round." Statisticians suggest that I might do better by starting

with a vowel-laden word like "adieu." but the key to success is being attentive and adapting your play to the discoveries of letters and position that are gained with each new guess,

The game itself is highly addictive: like a potato chip, you can't stop at one. This deceptively simple game that you might think of as an escape while waiting at the dentist's office will grab hold and cause even more inattention between spouses. The very first time I heard of it, I remarked, "at last, a cure for sudoku." And that is indeed the rub. For Wordle has spawned an incredible number of spinoffs, each offering an intoxicating siren call — "come play with me."

The good news is that I now rarely play more than one game of sudoku per day. The bad news is that I play Wordle, as well as its four- and eight-word variations, respectively, "Quordle" and "Octordle." My undergraduate degree in mathematics, which previously led me astray with sudoku, now has me playing a new numbers game, called, perhaps appropriately, "Nerdle." Then, there is the aforementioned, "Worldle" which feeds into my passion for world travel. So far, I have only played one game (successfully, I am proud to say) of "Absurdle," a Wordle clone in which the ultimate correct answer changes in response to your letter choices. There is another one that I have decided to avoid completely, not out of any sense of prudishness, but merely because I don't think it can be much of a challenge to play: "Lewdle," in which as I understand it, the answer is dirty word of five letters. It leads me to think that most of the answers will be your typical: "four-letter" word with an "s" at the end. For those of you who, like me, remember the hula hoop, you know that the fun is in the challenge.



## Happening at the Dayton's Bluff Library

Dayton's Bluff Library, 645 East 7th Street, is a public library branch located inside the Metropolitan State University Library and Learning Center. We are open six days a week offering books, movies, music, internet stations, programs, and services for all ages. Call 651-793-1699 or visit [sppl.org](http://sppl.org) for more information.

**Career Labs** — We're here to help you get the job you want! Access to computers, Wi-Fi, printers, and more to job search, interview, work on your résumé. With support from a Community Development Block Grant, Career Labs provide services to residents as they seek employment, build career skills, and navigate career transitions.

Dayton's Bluff Library is looking for artists, crafters, and collectors to display their work to the community. Our **Micro Gallery** is a lit, locked, glass display case in the hub of our library.

Items can be no larger than 12" w x 15" d x 15" h and there are four shelves available. Displays rotate monthly. Please keep content suitable for the general public. While we will list contact information for artists, we cannot sell artwork.

Submit a sample photo of what you would like to display to [daytonsbluff@ci.stpaul.mn.us](mailto:daytonsbluff@ci.stpaul.mn.us) or call 651-793-1699 for more information. Artists of all ages and talents are wanted. We are especially interested in featuring East Side residents.

Come check out what we currently have in the Micro Gallery! Did you know that the movie *Fight Club* was originally a book by Chuck Palahniuk? Not only is it

a book, it has been translated into multiple languages and has been made into a graphic novel series. Come see this amazing collection of local resident Sierra O'Brien.

**Storytime** at the library is back on Wednesdays at 2:30 p.m.! Join us for a fun storytime and stay for a craft for caregivers and kids. We will read stories, sing songs, and learn rhymes together. Storytimes are created to have a mix of developmentally appropriate books and activities for toddlers and preschool aged children, but older siblings and babies can have a blast too. *We encourage caregivers to participate fully and actively to make storytime fun and enjoyable for everyone! Storytime will be held indoors.*

**FunLab** is STEAM programming designed for kids ages 7-11. Join us for a fun drop-in session every Saturday from 2-4 p.m. for crafts, engineering projects, science experiments, board games, or enjoying a movie.

**Game Night** is back at Dayton's Bluff on **April 13** from 5:30 p.m.-7:30 p.m. Play a variety of video games on Nintendo Switch or PlayStation 4, or try one of our board games! This program is offered in partnership with Metropolitan State University.

The outdoor book drop is open all the time.

Current hours are available online at [sppl.org/locations/DB/](http://sppl.org/locations/DB/) or call 651-793-1699.

*All Saint Paul Public Library locations will be closed Sunday, April 17 in observance of Easter.*

### Dayton's Bluff Library Hours

- Mondays & Wednesdays  
noon to 8 p.m.
- Tuesdays & Thursdays  
10 a.m. to 8 p.m.
- Fridays & Saturdays  
10 a.m. to 5:30 p.m.



Dayton's Bluff Library

We were pleased to present the artwork of Isaiah Sandquist ([sandertoons.artstation.com](http://sandertoons.artstation.com)) as our March Micro Gallery artist. Come in and see our current gallery show featuring a collection of the book *Fight Club* by Chuck Palahniuk curated by local collector S. O'Brien

## Donations Needed for Us to Print

The *Dayton's Bluff District Forum* staff is asking you to support our newspaper! Your donation will go toward printing costs. We miss having our newspaper displayed in the businesses on Seventh Street. We hope to eventually be able to deliver right to your door again.

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

Own a business? Consider taking out an ad with us for our May issue.

Email [daytonsbluffdistrictforum@gmail.com](mailto:daytonsbluffdistrictforum@gmail.com) or [daytonsbluffdistrictforumads@gmail.com](mailto:daytonsbluffdistrictforumads@gmail.com) for more information.

## Yekaldo Memories of Swede Hollow

*Edited by Steve Trimble*

"This is about life in Swede Hollow. Things I Remember and the People I grew up with. I am not a author or writer. My spelling ain't so good either. But I try to get close." – Ralph F. Yekaldo on the front page

These passages are focused on food and life in the neighborhood. They are the way he wrote it without without any corrections. His writing with have quotation marks around it. I have done some narrating in some spots.

"My folks lived at No. 18 North Phalen . I was born in1911 January Jan. 5 down in Old Swede Hollow.... There was not much to do but grow up. 1914 they started me at September, Good old Lincoln School...

"There was large familys, There sure was a lot to play with. In the winter we use to slide down the hill. We would start up by the church, on Maria St. There was a path we would follow the all the way down. If one who could afford a sled or ski. We made our own. For a sled we would find a overgrown pan hat we could fit in and boy when started down the hill in that path. You got the ride of your life.

"For skis we would go up and see the Miller Bros. Grocery Store. They use to get salt in 100 pounds they came in a wooden barrel. That I what we would ask for the barrel. We would take it apart and match two staffs two staffs width, and we had the beginning of our skis. And we would down that hill. Oh you would take in your life in your hands and feet, That was not enough there was there was two trees down at the bottom you had to ski between them then you had a perfect run....we never got hurt.

"We would get an old shoe we would strips of leather for our feet.. I would get my two pieces of leather and tack them to my barrel staffs almost

"Swede Hollow was a city within a city. There were a lot of swedes, norske, danes living in the Hollow. Then the Italians took over, and boy it was something. They began to call it "Little Italy," and they made the most of it. If there was a empty piece of land then they had a garden planted and it was like gold in value to them. I remember when the tomatoes started to get ripe it was tomato paste time. The women would start to get ready.

"The farmers would come down with a load of tomatoes and he would be sold out in 5 minutes. But then the price was right...Wherever I you went in the Hollow you would see tomato paste spread out on a pallet on a cloth dry in the sun. And when it was ready to be put away in crock pots for the winter. They would put a little on there hands-put a little oil on the inside of he pots. And then they would mix the tomatoe paste put some basil leave in it and store it.

"And then it was canning time anything that would go into a crock was canned. Peppers-pickles-egg plant-green pickled tomatoes. They even canned watermelon rind it made good pickles. Come winter we had everything.

"And then almost every Fall would be butchering time. Most everybody had hog to butcher and my Dad did the butchering. I sit and watch was O. K. I did not get in the way. It was something to remember"

He then writes about the butchering and how the women were involved. When they hung up the carcass and "the women would take over. They would drain all the blood into a pan that would be for blood sausage. Then they would fill a large tub, fill it with hot water, and insert ashes. They scraped the carcass to get rid of the stiff hairs.

"That hog ended up bacon hams, leaflard (leaf lard?) sausage and some of the skin was even pickled. Their was no waste. Every time a hog was butchered it was a feast. They all helped each other and enjoyed it."

"If there was anything Italian people did or made it. was the bread. We had a outside oven my Dad and a good friend built. It was a domed oven. The inside was walls was all firebrick. The outside was old building brick.

"I remember the flour they used. The brand 'Ceresota' in 100 pound sacks. They baked twice, 50 pounds each time.

"My Mom always made nine loafs of bread. And there was always some left over Pizza. I can still that aroma now. Fresh tomatoes, a little basil leave, orango, salt, pepper, and if you could afford it some pepperoni. But to have a slice a slice of bread just out of the oven with good butter on it, hot. there is nobody since to the beginning of time that had something so good. A king might have had a lot of treasures and gold but he did not have any Italian bread.... Oh yes I was taking about the flour they used to bake bread., Ceresota Flour. The sack, when it was empty was used to make bloomers for the girls. With that brand name right on their butt. Or was used for dish cloths. Nothing was ever wasted."

## Church of St. Mary

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## 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).

### Kong's Kitchen

1098 Arcade Street  
St. Paul, MN 55106  
Phone: 651-797-4658

Hours:  
Monday-Saturday 11 a.m. to 8 p.m.  
Sunday 11 a.m. to 7:30 p.m.

On a recent Monday I went to Kong's Kitchen for an evening repast. As I came in, I saw that the front door included a sheet of plywood. They had a recent

break-in and fortunately the two burglars have been apprehended.

The space was of medium size but was well put together. There was a great group of large windows that have 14 stools and chairs lined up at the windows along them, and nine or so tables of various sizes with chairs. The restaurant has white drop ceilings with large, inserted lights, and a small TV over the counter. There are also some nice plants and art on the walls, including a very large one of Angkor Wat, a temple city in Cambodia.

The owner of the restaurant is Maly Kong, whose parents came from Cambodia. She learned the business from her mother and wanted a place of her own. She grew up on the East Side and graduated from Johnson High School and is running a business in her mid-thirties with help from the family. She calls her menu a southeast Asian fusion with focus on Cambodian and Thai recipes.

Here are some of the items that they have on their menu. You can see them all by putting Kong's Kitchen into Google. It seems like this menu should start with Appetizers & Sides. There are 17 different ones including fried egg rolls, tempura, fresh spring roll, fried chicken wings, cream cheese puffs, papaya salad beef or chicken laab, southeast Asian sausage, sticky and jasmine

rice. Logically Entrees come next. A few are pad thai, thai fried rice, pad see ew and sweet-sour chicken. If you like special things, perchance you might be interested in Kong's specials: sauteed lemon grass, and green curry Chinese broccoli with oyster sauce. All of these have a protein choice: chicken, shrimp, and tofu.

Here come the noodle soups: pho beef, meatball, beef and meatball, seafood, vegetable, or tofu. In the same category there are Ka Piek chicken, or seafood, and khao poon with chicken. As for me, I ordered, as usual, pad thai but experimented and ordered an egg soda that is a drink with egg yolks stirred into sparkling water.

There is no liquor, at least now, but there are several beverages such as freshly brewed ice coffee or freshly brewed thai tea, bubble tea, soda, coconut juice, soy milk, and egg soda. There are some noodle salads — you choose the protein — beef chicken, pork, or shrimp.

There is street parking. They accept cash or cards but no checks. They do take out but currently no delivery and they are working on online ordering. But isn't it just as easy to call it in?



Steve Trimble

I ordered the usual pad thai but experimented and ordered an egg soda that is a drink with egg yolks stirred into sparkling water.



Steve Trimble

Kong's Kitchen is located at 1098 Arcade Street and offers "Southeast Asian fusion" with a focus on Cambodian and Thai foods.

## Many thanks to our Friends of the Forum 2022 donors:

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-Make checks payable to *Dayton's Bluff District Forum* and mail to: 1368 Minnehaha Ave E, 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 three ways:

-Website at [daytonsbluffdistrictforum.org](http://daytonsbluffdistrictforum.org)

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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 \$1,000 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 2022. **Our goal for 2022 is \$18,000; thanks to readers like you, we've raised \$5,500 to date – will you help us reach our goal in 2022?**

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Thank you for your support!