

Dayton's Bluff District Forum

Volume 35, No. 5

June 2022

"The Voice of the Community"

"You Were Born Into the World From the Drum of Your Mother's Heartbeat."

Mandy Okonek

Tanagidan Winyan (Tara Perron) is a Dakota/Ojibwe author and plant medicine woman who attended Metro State University as a non-degree seeking student.

Her new book *Paint My Dakota Red*, printed by We are Capable Press, is expected to be released later this year along with two animations. Perron has four Dakota language books and two Dakota comics currently being illustrated that will be published by Dakhóta Iápi Okhó-dakičhiye čhiye.

Growing up in Saint Paul, speaking primarily English, the words of Perron's elders were spoken in Dakota. Perron first learned the Dakota language intuitively through the words of her mother and grandmother. In the study of linguistics, the words mother and father are the most common roots of all languages.

Family is where our first words and stories originate. Perron's literature tells the past and present story of her family through the language that honors and remembers the stories that shaped her identity. For Perron, every story circles back to family and the earth. All tropes of a

universal oneness that reveal our connection to a shared humanity.

When I sat down to speak with Perron, she was just returning from a weekend tabling her wares, books and hand-crafted plant-based medicine including balms and salves, over at the Schmidt Brewery. I asked her for some stories about spring and learned that in her culture it was not the right time to share stories. In Dakota tradition, the art of storytelling, much like lifestyle, is directly connected to the natural world. Stories are shared after the first snowfall until the first thunderstorm. Perron explained her connection to plant medicine as the manifestation of her family's memories. They are stories spoken non-verbally and expressed through a spiritual connection to the earth.

"I thought of trees like my grandmother. And I started to think of the plants like my elders. They don't speak to you verbally. But there's this silent connection that's peaceful and calming. Sometimes we don't always need to hear advice, sometimes we just need to feel the reminder there are things watching out for us. And these spirits are here surrounding us. And they love us. And they are here for us, and that relationship needs to be a sacred circle," Perron explained.

Perron's work can be purchased locally at Birchbark Books and The Native Trading Post located in the Old Dayton's building in Minneapolis. For more information on our resident Dayton's Bluff poet laureate visit bluehummingbirdwomen.com.

Find Perron's poem "Heart Warriors" on page 2.



Jaida Grey Eagle

Tanagidan Winyan (Tara Perron) is a Dakota/Ojibwe author and plant medicine woman.

A Great East Side Get-Together

Art in the Hollow Set for June 4

Benjamin Mason

Rain or shine, our summer will be kicked off with the East Side's largest free art festival on **June 4**. Art in the Hollow has been cancelled or delayed the past two years, but the expectation is that this year's festival will be bigger and involve more artists and performers than ever. The festival has always been held down in Swede Hollow Park, in an effort to help St. Paulites find the hidden bike and pedestrian paths and lush woods of the big park. This year's theme leans into the festival's hidden nature: "Come find the best hidden art festival in the Twin Cities!"

Visitors can start at the Hamm's Brewery parking lot and wind their way through the St. Paul Brewing patio and the old brewery ruins down into the park. It's a path that's usually only available to city staff and vandals, but for the duration of the festival, any respectable citizen can wander through without jumping the fences or using bolt cutters.

Visitors will be rewarded for their journey with a verdant park filled with 100 artists and two stages of performers. Art in the Hollow hosts artists of every kind, at every level of experience. It will be easy to find artists local to your East Side

neighborhood. Many will be centered around the Swede Henge sculpture and our Central Stage, but you will be able to follow a path sprinkled with art and a Story Stroll from the Saint Paul Public Library all the way down to the historic 7th Street Bridge. There, you will find the South Stage and a good group of artists hosted by the TAP and Urban Journal.

If this seems like a lot of walking, there will be a lot to make it worthwhile. Golf carts will run for those who need a break from their feet, but still want to see it all. For those who enjoy the walking, there will be food trucks, pizza, and pints at the St. Paul Brewing Patio (\$2 off pints for festival goers), and plenty of reasons to keep exploring.

This year's festival will be joined by the Outdoor Painters of Minnesota, and there will be a plein air painting event during the festival, open to everyone! Paintings will be juried by local artist Tom McGregor, and one winner will receive a \$50 gift certificate to Wet Paint. These paintings will have a second act in July, as they will be featured at the local gallery ArT@967 Payne.

Art in the Hollow is also a good place to touch base with your community. You can learn more about local history, your city parks, and numerous organizations from the East Side. This will be a chance to celebrate the beginning of summer in Swede Hollow Park.

Visit artinthehollow.org/events/art-at-the-park.

Photo below provided by Benjamin Mason. Ryan Werbalowsky sells his art at a past Art in the Hollow.

WaterFest Set for June 4

WaterFest will take place at Lake Phalen Park in St. Paul on **June 4 from 11 a.m. to 4 p.m.**

Join us for a fun-filled day at WaterFest 2022. This free, family festival celebrating our clean lakes provides an opportunity for outdoor hands-on learning about clean water, wildlife, and land and water conservation.

Experience activities on and around the water with Voyageur canoe and sailboat rides, paddleboats, canoes, and kayaks for checkout. There are fishing lessons, a fishing contest with prizes, water game, climbing walls, a jump castle, arts and crafts, face painting, and lawn games. There's also a Water Bar featuring water flights from our communities, the Passport Odyssey with wonderful prizes, performers, food trucks, and lots more!

More information to come soon.

Find more information at rwmwd.org/get-involved/waterfest/ or their Facebook event page.

Photo provided by WaterFest.



“Heart Warriors”

Continued from Page 1

Foreword by Mandy Okonek

Tara Perron

From the woman who penned the first Dakota language poem to become permanently printed onto a Saint Paul sidewalk, “Heart Warriors,” there’s wisdom in silence, the natural break in storytelling season where we need to listen and not speak.

Perron kindly shared her work with the *Forum* in both Dakota and English.

Čhaŋté Wadítaka
Thokáta wičhóičhaġe kiŋ,
Tókhetu thaŋiŋ šni kiŋhánj dé abdéza;

Wáčhéuŋničičiyapi,
Waúŋničičipi,
Uŋničidowaŋpi,
Wóuŋničizupi,
Nakúŋ wóuŋničihdakapi!
Čhaŋté waniditake!
Nakáh, nihákab naúŋziŋpi!

Translation:

Heart Warriors
Grandchildren of the future:
When times are uncertain please know this.
We prayed for you,
we danced for you,
we sang for you,
we planted seeds for you,
and we spoke for you!
Your heart is strong!
And now, we stand behind you!

Contest: Where in Dayton's Bluff?

Send your guess to daytons-bluffdistrictforum@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 July edition of the *Forum*.



Bonus Checks Coming For Frontline Workers Who Went to Work During Deadly Pandemic

Senator Foug Hawj said that the Senate approved \$500 million in long-awaited bonus checks for 667,000 Minnesota frontline workers — including thousands of workers in St. Paul — who got the state through the past two years of a deadly pandemic. The measure, which at the same time replenishes the state's Unemployment Insurance (UI) Trust Fund, also passed in the House and was quickly signed into law by Governor Walz.

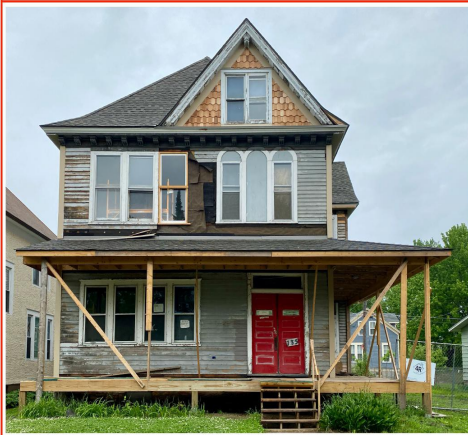
Sen. Hawj said the legislation will send \$750 to Minnesotans working in health care or long-term care facilities, child-care workers, grocery store staff,

and retail employees. For many months, the Democratic-Farmer-Labor Caucus has been fighting to enact the bonuses, but their efforts were blocked each time by the Republican majority.

"I fought hard for the frontline workers because they put their health and safety on the line to get us through a deadly pandemic. A word of thank you is not enough," said Sen. Hawj. "These bonuses reward workers who did not have the option of working from home, and their sacrifices got Minnesota through this health and economic crisis. They deserve these bonuses and have waited far too long for them"

Sen. Hawj said that among the frontline workers eligible for bonus checks are: home care and long-term care workers, building maintenance, janitorial and security workers, school workers, food service workers public health workers, retail workers, hotel and temporary shelter workers, ground and air transportation workers, manufacturing and vocational rehabilitation workers.

Client Looking for a Fixer Upper



I have a client looking for a Fixer Upper in Saint Paul's East Side

Battle Creek - Highwood
Dayton's Bluff
Greater East Side
Payne Phalen

Call, text or email
Brad Griffith, Realtor®
(651) 263-2830
bradgriffith@edinarealty.com



Brad Griffith, Realtor® (651) 263-2830



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.**

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 **June 21** 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 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 2 at 11:00 a.m.**

If you'd like to attend, call 651-776-0550 or email daytonsbluffdistrictfo-

rum@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 to ensure the meetings have not been canceled.

Family Homeless Prevention Assistance Program

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

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

- Neighborhood House: 651-789-2500
- MN Community Care: 651-266-1290
- American Indian Family Center: 651-793-3803, CLUES: 612-746-3550,
- YMCA: 763-493-3052, Face-to-Face: 651-224-9644

Xcel Phone Numbers

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

Call 811 before you dig: Before starting that roto-tiller or heaving that shovel into the ground for *anything*, call 811. At no charge, Xcel will have 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!

Free Legal Services for Low-Income People

Call Southern Minnesota Regional Legal Services at 1-888-575-2954 or go to smrls.org to see if you qualify for free legal assistance with: family law, government benefits, housing, education, seniors, 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.**

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 and 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.

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.



THE HISTORIC
MOUNDS
THEATRE

Visit moundstheatre.org to get more information on upcoming events.

How Did It Start?

Karin DuPaul

From time to time we are asked how Friends of Swede Hollow started Art in the Hollow (AITH). We were doing history research, slide shows, walking tours, clean-ups, etc., and having our monthly meetings in a number of different places for years. Around 2008 we started having our meetings in Jim Davidson's art studio at 506 Kenny Road. At one of the meetings, we were talking about all the beautiful art in Jim's studio and that led to discussion of how could we get more artists into the Hollow to do their art.

Soon after that, I contacted my good friend Romi, who is a very creative, talented person and got her in the conversations. We started talking about holding an event that artists could both create and/or sell their art. We were so lucky to have Romi work with us on our project.

Our first Art in the Hollow was in 2010. That first year we were lucky enough to have the senior class from Twin Cities Academy choose Art in the Hollow as their class project. They were looking for a project that would help the neighborhood and hopefully would be ongoing. They helped with a lot of the planning and helped out the day of Art in the Hollow.

Friends of Swede Hollow have held Art in the Hollow every year since 2010 (except 2020 and 2021 because of COVID). In September of 2021 we had a smaller AITH on September 25. This year we are back with Art in the Hollow on **Saturday June 4**. We are looking for artists! To contact us go to artinthehollow.org or call me at 651-776-0550.



Karin DuPaul

An art vendor from a previous Art in the Hollow event.



@Dayton's Bluff District Forum

Task Force to Clean Up Pig's Eye Landfill on St. Paul's East Side

Senator Foug Hawj said today that his legislation to establish a task force to explore ways to accelerate the clean up the Pig's Eye landfill, located on St. Paul's East Side, has been advanced by the Senate Environment Policy Committee.

Senator Hawj said the landfill, which contains harmful contaminants that leak into nearby waterways, including the Mississippi River, are a threat to the people and wildlife in the area..

"For many decades, the city and community have been hoping to get the Pig's Eye Landfill cleaned up and restored so that it can be turned into a park that can be enjoyed by citizens," said Senator Hawj. "This legislation will establish a task force made up of representatives from city, county, state and federal agencies and other stakeholders and give them the resources to make that vision a reality. I am pleased my bill is moving in the Senate."

Under Sen. Hawj's bill, the task force must begin work by October 2022 and report annually on the the task force's work.

Dayton's Bluff District Forum

1368 Minnehaha Ave. E., St. Paul, MN 55106
phone: 651-776-0550 E-mail:
daytonsbluffdistrictforum@gmail.com

We are currently printing and distributing our newspaper quarterly. The paper is available online at daytonsbluffdistrictforum.org. This publication of Hopewell Communications, Inc., a nonprofit organization, is intended to provide a forum for the ideas and opinions of its readers and to be an instrument for developing community awareness and pride. Signed articles do not necessarily represent the views of the *Forum*. Material from this paper may be republished if it is attributed to the *Dayton's Bluff District Forum* and to the author, if any. Articles and letters to the editor are welcome and may be emailed to daytonsbluffdistrictforum@gmail.com, or mailed to the address above. The *Dayton's Bluff District Forum* is delivered to businesses in the Dayton's Bluff neighborhood when the budget permits. To find out where you can pick up a printed issue, send an email to the address above.

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

Next issue: July 2022. **Deadline for material: June 10, 2022.**

June Events Happening in St. Paul

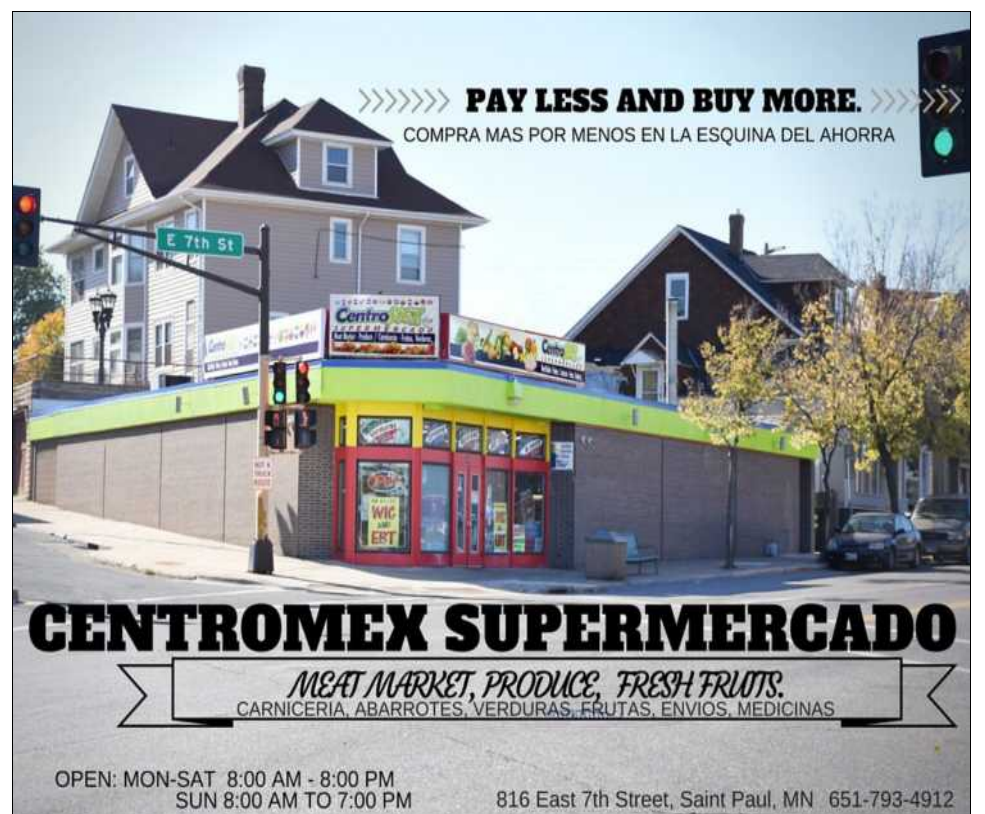
June 1, 8, 15, 22, 29, 10 a.m.-8 p.m.: Games Galore, Free: Guests of all ages are invited to play giant-size versions of many of your favorite games including Chess, Checkers, Connect Four, Dominoes, Jenga, Tic-Tac-Toe and others. The games are free and open to the public and you're also invited to bring your own games! Located in the Union Depot at 214 4th Street East.

June 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, noon-4 p.m. or noon to 7 p.m., Free: Music Makers Zone: Here you will have opportunities to interact with instruments from across the globe. Be blown away by an instrument "tornado" — whirling with sounds from around the world. Get inside the beat as you clatter and clang along the Wall of Percussion. Try your hand at the keyboard instruments and learn to play! Come make music and learn how music is made. Admission to the Schubert Club Museum is always FREE! Located at the Landmark Center.

June 2, 9, 16, 23, 30, 6:30-10 p.m.: Swing Night at the Caves, \$10: Join the fun on Thursdays at the Wabasha Street Caves Swing night. Live music and dancing with bands like The Moonlight Serenaders with vocalist Lee Engele, The Minnesota Jazz Orchestra with vocalists Gregg Marquardt and Debbie O'Keefe, Beasley's Big Band with vocalist Courtney Burton, Swing Beat with vocalist Dawn Thiel, and for those odd 5th Thursdays we have the Jerry O'Hagan Orchestra, Bend in the River Big Band, and Red Rock Big Band along with others! Located at 215 Wabasha St. S.

June 3, 4: Flint Hills Family Festival, \$5: This Festival for the whole family returns to downtown Saint Paul fully in-person with low-cost indoor performances, free outdoor entertainment, art-making activities, and more! During the Flint Hills Family Festival, see exciting performances inside the Ordway and Landmark Center! Get your tickets for the contemporary circus Cirque Mechanics, SHAPESHIFT's theatrical dance production Be Your Own Superhero, and Polka-dots: The Cool Kids Musical produced by Artistry. Located at the Ordway Music Theatre. Contact for the time events start: weborders@ordway.org.

For a full list of June events, go to visitsaintpaul.com/events-calendar/.



OPEN: MON-SAT 8:00 AM - 8:00 PM
SUN 8:00 AM TO 7:00 PM

816 East 7th Street, Saint Paul, MN 651-793-4912

Some St. Paul June Historic Events

Steve Trimble

Here are a few of important, or just interesting events, that have happened in St. Paul over the years. Three of these were on the East Side and others may have had an effect on our community. Hope you enjoy reading about them.

June 1, 1838: Pierre "Pig's Eye" Parrant made his claim at the site of Fountain Cave this day. The next day he is thought to have erected the first building on the site of what is now St. Paul. He was born in Canada to Metis parents and ended up in Minnesota through fur trading. After quitting the trade, he lived in a squatter's colony near Fort Snelling where he distilled liquor to sell to settlers, soldiers, and the Dakota. When the squatters were forced off the land in 1838, Parrant made a claim at the entrance of Fountain Cave, built a log cabin and established a saloon in a gorge near the Mississippi River.

Others moved downriver to join him, and cabins began to sprout. Locals called the area "Pig's Eye Landing." In 1844, Parrant lost his claim at Fountain Cave and was again forced to vacate. Sources



Drawn from remembrance of a photograph. PIERRE PARRANT, OR "OLD PIG'S EYE," First settler in St. Paul, in 1838.

Minnesota Historical Society

One of the first drawings of Pierre Parrant.

differ on the reason, perhaps a land dispute with a neighbor or as a result of mounting debts. Parrant decided to leave Minnesota and return to Canada and was never heard from again. If Bishop Cretin had not named the land St. Paul; this book might have been "This Day in Pig's Eye City."

June 13, 1926: "Little Italy of St. Paul turned out on Sunday in force for the Saint Anthony celebration day," read the headline in the *Pioneer Press* on this day. There were two solemn high masses in separate Italian parishes. The first, in the morning, was at Holy Redeemer. The second was at St. Ambrose Church in the Railroad Island neighborhood on St. Paul's East Side. In 1915, Saint Ambrose Catholic Church was established in a red brick church on lower Payne Avenue on St. Paul's Railroad

Island neighborhood. The parish was in Railroad Island, a neighborhood with many Italian immigrant families. In 1954, Father Thomas Pingatore was selected as pastor of Saint Ambrose, a position he held until the church closed in 1998.

There was a "picturesque parade" of several hundred people walking down Payne Avenue. The procession started at 2 p.m. going through the streets of "Little Italy" ending at St. Ambrose Church. It was headed by Verdi's Italian Band, founded in 1924 with 25 members, which was "composed entirely of Italians." The musical group later gave a concert in the yard

of St. Ambrose Church at Bradley and Woodward. There was also a ceremony by the 200-member St. Anthony Society later in the morning.

June 20, 2005: The first Mexican consulate in Minnesota opened at 797 East 7th Street in St. Paul on this day. The establishment of this office was a sign of increased Latino presence in the state and



Minnesota Historical Society

Verdi's Italian Band.

tripled from 1990. They housed themselves inside a remodeled section of the Chicanos Latinos Unidos En Servicio (CLUES) Building, a Latino social service organization.

Previously the closest consulate was in Chicago. It would now be easier to obtain passports, identification cards, find a notary public, discover birth, death, and marriage certificates, get advice on migration, labor and legal issues, and partake in cultural programs. People can also get a Mexican identification card called a matricula consular alta seguridad.

Rev. Eugene Michel of nearby Sacred Heart Catholic Church that hosts a large

Latino congregation said that the parishioners were "very pleased that the consulate is going to be in our neighborhood. It brings a sense of pride." The *Pioneer Press* agreed that the "Mexican consulate enhances the community." The organization will serve Mexicans living in Minnesota, North Dakota, South Dakota, and northern Wisconsin.

June 21, 1990: Just before dawn on this day, a small group of teenagers burned a crudely-made wooden cross in the fenced-in front yard of an African American family living on Earl Street in St. Paul's East Side. A youth identified as RAV in court records was prosecuted under the Bias-Motivated Crime Ordinance, which prohibited the display of a symbol which one knows or has reason to know "arouses anger, alarm or resentment in others on the basis of race, color, creed, religion or gender."

The juvenile's defense attorney moved to dismiss the count on the grounds that it was too overbroad and violated his client's First Amendment rights. The trial court granted the motion, but the Minnesota Supreme Court later reversed the decision, rejecting petitioner's overbreadth claim. The defense appealed, and the United States Supreme Court heard the case.

On June 22, 1992 the U. S. Supreme Court invalidated the city's Bias-Motivated Crime ordinance in the RAV. v. City of St. Paul decision. The Court concluded, in part, "Let there be no mistake about our belief that burning a cross in someone's front yard is reprehensible. But St. Paul has sufficient means at its disposal to prevent such behavior without adding the First Amendment to the fire."

Donations Needed for Us to Print

Help Us Deliver to Your Door Again!

The *Dayton's Bluff District Forum* staff is asking you to support our newspaper! Just a small donation can help us get our newspaper back to the printing press each month, so that you can read a hard copy!

Your donation will go toward printing costs. We miss having our newspaper displayed in the businesses on Seventh Street. We have found a new printer and are able to print for less each month.

We are so close to meeting our goal to print each month, and we know your donations would bring us one step closer to printing your favorite paper! We are also working toward enough donations for our mailing permit so that the post office can deliver our monthly newspaper right to your door again!

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

June Events Happening at Battle Creek and Dayton's Bluff Recreation Centers

June 1, 10 a.m. to noon, Free; Dayton's Bluff Rec Center—Tot Time: For ages one to five. Parent led free time for tots in the Dayton's Bluff Gym. Various toys and equipment provided.

June 1 through August 25, 1-4 p.m. or 4-7 p.m., Free; Dayton's Bluff Rec Center—Twin Cities Mobile Jazz: For ages 12 to 19. Twin Cities Mobile Jazz Project offers mentoring and instruction in instrumental music, beat making, songwriting, singing and dance in a safe and creative space. Disciplines include Instrumental music, recording and performing arts, making your own beats and songs, hip hop and modern dance, and singing and songwriting. These classes are taught and mentored by Twin Cities' top artists, performers, engineers and educators in multimedia production. Classes meet regularly during the times listed but participants can attend as their schedule allows. Visit the recreation center in-person to get signed up.

June 2 through September 1, 6:30-8:30 p.m., \$2; Dayton's Bluff Rec Center—Adult Open Gym: For ages 18 and up. Open Gym Basketball.

June 6 through August 29, 9:30 a.m. to noon, \$2; Battle Creek Rec Center—Adult Pickleball: For ages 18 and up. Pickleball games for all skill levels. Two courts available, Nets provided. Must have own racket.

June 6 through August 29, 5:45-6:45 p.m., \$4; Battle Creek Rec Center—ZUMBA with Marie. For ages 18 and up. ZUMBA is a fusion of Latin and International music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

June 6 through August 30, 5-7:30 p.m., Free; Dayton's Bluff Rec Center—Teach Us to Fish Cooking Class: For ages 10 to 18. It is said, 'If you give a man a fish, he eats for a day. If you teach a man to fish, he eats for a lifetime.' Young people will learn the process of putting food on the table. Youth will meet on Monday and plan a meal for Tuesday. They will be given a budget and learn how to work within that budget. Youth will go to the grocery store with staff to shop for the meal supplies. On Tuesday, youth will prepare the meal for themselves and their rec center peers. They will prepare, serve, and clean up. Please call the rec center to register.

June 6 through August 31, 9:30 a.m. to noon, Free; Battle Creek Rec Center—Senior Dice For ages 18 and up. Seniors meet twice a week to play dice games, enjoy snacks and socialize! It's a great way to get out to the house and meet new people. Come and join us!

For more events at either rec center, visit apm.activecommunities.com/saintpaul/Activity_Search.

Join us!
Sunday Worship
10:30am
1049 Euclid St.
St Paul 55106

Sunday services
also live-streamed at:
moundsparkumc.org

Mounds Park United Methodist Church
Sharing the love of Christ with our community: • moundsparkumc.org
(through food giveaways, McVay after school program, providing student school supplies)

EVs for Everyone.



Public electric car charging spaces available 24/7.
Located around Saint Paul and Minneapolis.
Charge up. Drive on.



Evie is all-electric, renewably powered carsharing.
One-way trips by the minute, hour, or day.
Charging, parking, and insurance included.

Join Evie Carshare for only \$1 and get \$25 Drive Credit!
Visit EvieCarshare.com/Electric to get started.

\$50 value. Offer valid for new accounts only now through July 1, 2022. Must enter a valid promo code to receive credit. \$25 Drive Credit is valid on all trips until used or expired and cannot be used on taxes or fees.

EvieCarshare.com/Electric | EVSpotCharging.org/Hello



Electric Vehicle Program Stretches to the East Side

Allison Lund-Zalewski

Going “green” on the East Side is about to become easier. Over 150 electric vehicles (EV) will be part of a new one-way car-sharing program from the city of St. Paul. Additionally, 70 on-street electric vehicle charging hubs will be built across St. Paul and Minneapolis for on-street EV charging.

Anyone who drives the vehicles that are part of the Twin Cities’ Evie Carshare will be allowed to park the cars on the street anywhere within the 35-mile “home area” that stretches from Minneapolis to the East Side of St. Paul.

Evie Carshare, operated by HOURCAR, will monitor where vehicles are left and ensure that they are charged and evenly dispersed throughout the cities for your convenience. Most of the charging ports will be set up for Level Two charging, though some will have a docking area for faster charges.

The 70 EV Spot charging hubs each having four spaces to charge four electric vehicles. Two of the spaces are for Evies and two are for privately owned vehicles.

Drivers will need to sign up for the carshare service through Eviecarshare.com or the Evie Carshare app. They must be 18 years old and have a valid license for a year. They cannot have any traffic violations during the previous three years or any drug- or alcohol-related violations in the past five years. Approval of a driver’s application can take one to two business days.

After signing up, users can use the Evie Carshare smartphone app to find cars nearby. Once the trip begins, the driver is billed by the minute. There are additional discounts for hourlong or daylong trips. Rates will vary from 18 to 30 cents a minute, based on the driver’s membership plan.

For more information about the program service or to view the map where the cars will be available, visit eviecarshare.com/.

Gold Line Bus Rapid Transit is Coming to Dayton's Bluff

Greg Cosimini

Compiled from information on the Metro Transit website

metrotransit.org/gold-line-project

What is Metro Gold Line? Gold Line will be Minnesota’s first bus rapid transit (BRT) line that operates primarily within bus-only lanes. Gold Line will provide frequent, 10–15-minute, all-day service in both directions, seven days a week. The planned 10-mile route is between St. Paul and Woodbury with bus-only lanes being constructed generally north of and near Interstate 94. It will become operational in 2025.

The route through Dayton's Bluff and the rest of the East Side will be on Hudson Road and Old Hudson Road with construction of several new connecting bus lanes and bridges.

Stations with enhanced amenities: Shelters will provide comfortable waiting space and a variety of amenities: NexTrip real-time departure signs, maps, heat, lighting, bike racks, and enhanced security with cameras and emergency telephones. Each station will actually consist of two shelters, one on each side of the BRT lanes for east and west travel.

There will be two stations in Dayton's Bluff, located at Mounds Blvd and Third St., and Earl St. and Hudson Road. The three other St. Paul stations will be at Etna St., Hazel St. and Sun Ray. There will also be a Park and Ride at Sun Ray. It has been determined that two-way traffic can be accommodated on Hudson Road between Cypress and Frank Streets along with parking, east and west of the shelters. This is a change from preliminary plans released earlier.

Specialized buses: Buses will be unique and recognizable with wider aisles and additional doors and folding seats to make room for wheelchairs and strollers.

Construction: Utility construction will begin this spring to update overhead and underground utilities and to level the ground to prepare for new bus only lanes. Work will occur along I-94 from Mounds Blvd. to I-694 and along Highway 61 from I-94 to Warmer Road. There will be temporary closures on Hudson Road and a temporary closure of the I-94 foot/bike bridge connecting Maple St. and Mound St. Actual Gold Line construction will begin this fall and continue through the spring of 2025. A detailed construction schedule will be released this summer.

For much more information on the Gold Line including detailed plans, videos, and interactive maps, visit metrotransit.org/gold-line-project

Photos to the right provided by Metro Transit Gold Line Project website

Kids Corner

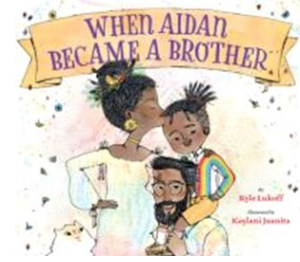
Vio Nikitina,
Dayton's Bluff Children's Specialist

Come to Dayton's Bluff Library to browse our Pride-themed displays or ask a library worker for more recommendations and resources. Here are some library staff June book recommendations:



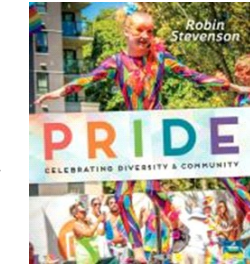
Lakelore by Anna-Marie McLemore

In this young adult novel, Bastián and Lore, two non-binary Latinx teens, navigate a magical world that only the two of them can see—a world that also hides the parts of themselves and their pasts that they are most ashamed of.



Lukoff

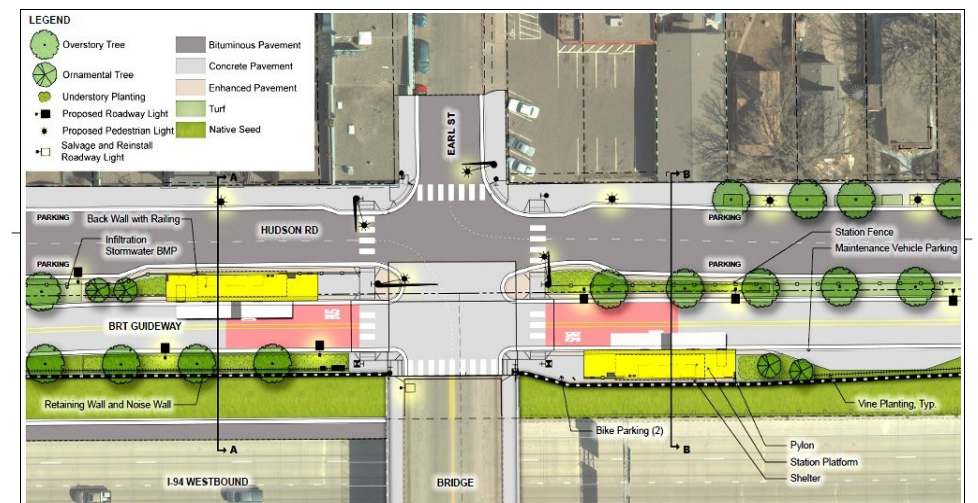
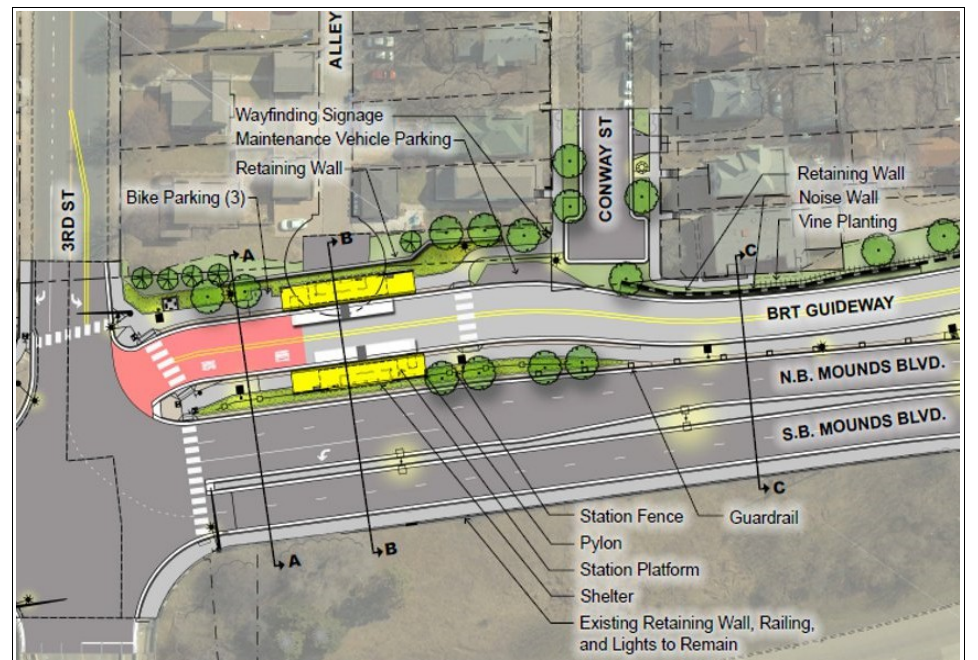
Aidan’s family is preparing to welcome a new child to the family! As a transgender boy, Aidan wants to make sure that no matter what his new sibling’s gender is, they will feel loved and accepted in their home. A heartwarming and affirming story about love, identity, new siblings, and family.



Pride: Celebrating Diversity and Community by Robin Stevenson

Written in accessible language for middle grade readers, and featuring many full-color photographs, this non-fiction title explores the history of Pride and what it means to LGBTQIA+ people and allies today.

When Aidan Became a Brother by Kyle





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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

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

Deadline for the July issue of the *Forum* is June 10, 2022.

Happening at the Dayton's Bluff Library

Dayton's Bluff Library, 641 East 7th Street, invites kids and teens to make the library their destination for summer fun and learning. Summer Spark, the library's summer learning and reading program, encourages kids and teens to stay active and read for fun all summer long with programs, hands-on learning, reading challenges, and book giveaways.

To get started, kids and teens can stop in to sign up for Summer Spark, pick up activity and reading logs, and pick out a free book to keep. Readers set their own reading and learning goals, and library staff are here to help.

Kids ages 7 to 11 can stop in for Fun-Lab every Saturday from 2-4 p.m. Fun-Lab is STEAM programming offering crafts, engineering projects, science experiments, board games, and more.

Families can pick up Take and Make kits that include art, journaling, and crafting supplies for the whole family. Take and Make kits will be available to pick up while supplies last.

Suggested book titles and a calendar of events and performances happening at all Saint Paul Public Library locations can be found at sppl.org/summer.

Summer Spark is sponsored by The Friends of the Saint Paul Public Library, *Star Tribune*, Kare11, MELSA Summer at Your Library and Minnesota Arts, and Cultural Heritage funds.

The outdoor book drop is always open. sppl.org 651-793-1699.

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.

All Saint Paul Public Library locations will be closed June 19 & 20 in observance of Juneteenth.



@Dayton's Bluff District Forum

Saint Paul Seniors
Pride in the Park

Thursday June 16
5 to 8 pm

1600 Phalen Drive
Saint Paul, MN 55106

Food, Variety Show, Dance Party & More for LGBTQ+ seniors, family, friends, and caregivers.

All are Welcome! Free Event!
651-808-1901 to RSVP

Celebrate Pride at the Phalen Pavilion!



Dayton's Bluff Library

Throughout the summer, the library will be offering plenty of fun children's events for all ages. Be sure to check out the website for more information and dates.

Recipe

Swedish Meatballs

Sage Holben

Bake: 350 degrees for 20-25 minutes

Ingredients:

- ¼ C butter or margarine
- ¾ C finely chopped onion
- 3 eggs
- 1 ½ C milk
- 1 ½ lb. ground beef
- 1 ½ lb. ground pork
- 1 ½ tsp. ground allspice
- ½ tsp. ground nutmeg
- 1 T. salt
- 2 C finely crumbled soft bread crumbs
- ½ C melted butter or margarine
- 1 beef bouillon cube
- 1 C boiling water
- 4 T flour
- 2 C light cream
- 1 ½ tsp. salt
- small pinch pepper

Directions:

Melt the ¼ C butter in skillet; add chopped onion and cook over low heat until tender. Beat eggs and milk together. Lightly mix in large bowl, the ground beef and pork, cooked onion, egg-milk mixture, allspice, nutmeg, the 1 T salt, and the soft, crumbled bread crumbs. Chill, covered, in refrigerator for one hour before shaping into one inch balls.

Heat oven to 350 degrees F. (moderate oven). These meatballs are best baked in a single layer in shallow baking

pans. Use two baking pans and pour ¼ C of the melted butter or margarine into each.

Arrange meatballs in pans and bake 30 minutes. Turn meatballs in each pan to brown and increase oven temp to 400 degrees (moderately hot). Bake 20-25 minutes longer, turning meatballs occasionally.

Remove meatballs from pans. Dissolve bouillon cube in boiling water. Add some of the bouillon to each of the baking pans and stir to loosen meat particles. Then combine all the drippings in one saucepan.

In a small container, blend ¼ C of the drippings with the flour. Stir into the remaining drippings, add cream. Cook over moderate heat, stirring occasionally until thickened. Season with the 1½ tsp. salt and the pepper. Meatballs may be prepared a day ahead and stored in refrigerator. Heat before serving in a chafing dish or electric skillet.

**I usually make these meatballs in smallest form and serve as appetizer.*



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

East Side Eating Trimble's Taste Trek

Forum contributor Steve Trimble has set out to eat at every locally-owned, sit-down restaurant on the East Side. He hopes to get the word out to Dayton's Bluff about the eating options here on our side of town.

There are more restaurants than there is room for in the monthly paper, but at least 60 may now be found online at daytonsbluffdistrictforum.org: click on "East Side Eating" at the top of the home page. Steve Trimble can be reached at daytonsbluffdistrictforum@gmail.com.

Insane Vegan

971 Arcade Street
St. Paul, MN 55106
Phone: 612-888-4617

Hours:
Tuesday-Saturday 11 a.m. to 8 p.m.
Closed Mondays and Sundays
Facebook: Insane-VEGAN

I saw a posting on Facebook that a new restaurant had now opened on Arcade. And to my surprise, it was something that was never before seen, at least that I know. It is only the second vegan eatery in all of St. Paul. There are a lot of places that they are vegan friendly, but our community now has a pretty special organization.

I've had vegan food before, but I had never been in a vegan restaurant. So, I went up Arcade Street and had a little bit of a time finding it. It does have a small sign that I finally saw. They had an OPEN sign in the window. Inside was a welcoming, neat medium-sized restaurant with a nice wood floor and good lighting on a dropped ceiling. There are a few wooden tables with seating for four or five, and two stools along the east windows. There are three original sizeable paintings that were painted by a local artist known as St. Paul Slim. And one of the owners made colorful artwork on the north wall over the counter.

Insane Vegan was founded with the "principles of a conscious diet, and the understanding of the importance of health and wellness." They are happy to tell you

about the positives of vegan eating. On the counter they had free copies of a Twin Cities magazine called *Veg Living*.

Sandwiches: Let's look at some of the sandwiches. Remember when they write meat or cheese that they are plant-based substitutes that have a taste somewhat like the original.

The Insane BLT is made with turkey, smoked maple bacon, lettuce, tomatoes, and mayo on panini pressed Texas toast. The Very Vege consists of sautéed onions, mushrooms, bell peppers, red onions, lettuce, tomatoes, and mayo on a hoagie



Steve Trimble

One of the paintings by St. Paul artist St. Paul Slim.

roll.

Then there is the Arcade Club, named after the street their business resides on. It has ham capicola, smoked gouda cheese, lettuce, tomatoes, onions, oil, oregano, basil, and mayonnaise on a hoagie roll. The East Side Cuban, naturally, has Cuban pork, ham, a drizzle of hunny mustard, pickles, provolone cheese, and mayo on a hoagie roll. A Spicy Italy is made from ham, provolone cheese, lettuce, tomatoes, jalapeños, banana peppers, Italian herbs, oil, and mayo on a hoagie roll.

Salads: There are a few salads. One is the Insane Salad made of chopped turkey, romaine lettuce, tomatoes, bell peppers, onions, mozzarella cheese, croutons, creamy ranch dressing, and romaine let-

tuce. Another is Sautéed Heaven consisting of sautéed bell peppers, onions, mushrooms, mozzarella cheese, croutons, creamy ranch dressing, and romaine lettuce.

Flatbread Pizza: There are several pizza picks. The Lunatic is made with Chik'n, red onions, mushrooms, mozzarella cheese, cilantro on roasted garlic butter, and BBQ sauce. Then there is Taste of New York that has Chick'n, garlic, mushrooms, white onions, mozzarella cheese, oregano, and basil seasoning on house pesto.

Kid's Menu: The choices include a grilled cheese sandwich made up of cheddar cheese melted between two slices of Texas toast. Another is ham and provolone cheese with roasted ham, provolone cheese, lettuce, and mayo on a hoagie roll.

Sides and Beverages: This group features spicy potato salad that uses homemade potato mixture consisting of smoky and spicy seasonings, topped with celery. The cole slaw was made with a with citrus flavored cabbage mixture. Drinks, besides water, have Nantucket Nectars of orange juice cocktail or red plum juice cocktail. There are several special sauces that can be added to the food.

I decided to order the Insane BLT and a Kern's Mango Nectar produced in Mexico. I was accompanied with a friend who is a vegan and she thought this was a place that made tasty food.

Kevin and Lauren are co-owners and are helped by several family members. They opened in Minneapolis in a large food hall with a slew of people and they decided they wanted their own store front. They live in the East Metro area, so they don't have to go to Minneapolis every day.

There is street parking but a white metal sign with red words says "Additional parking behind building" with an arrow showing the direction.

They take cash and cards but no checks at this time.



Steve Trimble

Lauren, left, and Kevin, right, are co-owners of Insane Vegan

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

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We Have Three Easy Ways for You to Donate!

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

-Donate electronically via PayPal at: daytonsbluffdistrictforum@gmail.com

-Make checks payable to *Dayton's Bluff District Forum* and mail to: 1368 Minnehaha Ave E, Saint Paul, MN 55106

-Donate by going to: givemn.org/organization/Hopewell-Communications-Incorporated-.

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

-**Website** at daytonsbluffdistrictforum.org

-**Facebook** at Dayton's Bluff District Forum

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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 \$1,000 to produce per month. We have found a new printer and have adjusted the cost to print each 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 consider making a donation in 2022. **Our goal for 2022 is \$5,000; will you help us reach our goal in 2022?**

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

\$100 \$50 \$25 Another amount _____

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Make checks payable to: *Dayton's Bluff District Forum* and mail to 1368 Minnehaha Ave. E., St. Paul, MN 55106. For more information, contact 651-776-0550 or daytonsbluffdistrictforum@gmail.com.

Thank you for your support!

Read our paper online at daytonsbluffdistrictforum.org