

Carbone's Pizzeria

68 Years and Still in the Same Location

Mark Gallagher

Alfonso and Antoinette Carbone, who emigrated from Italy, opened a confectionary in a building that sold, among other things, cigars and candy. That building was built in 1926, and it is now home to Carbone's Pizzeria, 680 E 7th Street in St. Paul, Minnesota, which is on the southeast corner of 7th Street and Maria. The building became a 3.2 bar after prohibition, which was a nationwide constitutional law that strictly prohibited the production, importation, transportation, and sale of alcoholic beverages from 1920 to 1933).

The Carbone's spent a couple years in New York but didn't open a restaurant there. When they traveled to the East Side of St. Paul, Minnesota, they called relatives, who had the family recipes but weren't using them commercially, for pizza sauce and started making and selling pizza in 1954.

"I think it is common knowledge to assume that Italy was the first country to invent and develop pizza as we know it today," said Tommy Carbone, the present owner and the great grandson of Alfonso and Antoinette and started working at Carbone's when he was 15 years old. "There are similar foods with toppings and a flatbread base with a sauce on top of everything, but there are derivations across all cultures."

"We like to keep the menu mostly Italian," said Andrea, the general manager of the Carbone's Pizzeria, "but we have tried a couple different things over the years. There are a few menu items that are not Italian, but we are trying to keep the core Italian menu items here at our store. Not every Carbone's restaurant serves the same food, but there are three core menu items at every Carbone's restaurant: pizza, cheese bread, and hoagies."

Andrea also said that everybody thinks their mom makes the best pizza, spaghetti, casserole, or any other dish, and it is the same with all the pizza restaurants — it's all just a matter of opinion. It's difficult for her to eat at different pizza

restaurants after working at Carbone's for so long because Andrea doesn't think any of the other pizzas compare to the Carbone's Pizzeria brand.

"The key to making great pizza sauce, spaghetti sauce, or any other sauce for that matter," said Tommy Carbone, "is just trying to keep the same consistency over the years. We try to maintain the recipe without changing it, and then we have processes in place that help make that recipe be recreated over and over and over again as it was supposed to be.

"All the franchisees understand that, and that's the trick. When you have over 30 stores trying to make the same thing it's tricky. The pizza from different Carbone stores may taste a little different, but the way the pizza tastes is contingent upon how it is put together and the care the cook takes when making the pizza. Even though both sauces are red, our spaghetti sauce has changed a little over the years, but the one thing that has never changed is the pizza sauce."

Tommy Carbone, who inherited the Carbone's restaurant on the East Side of St. Paul in 2017, and who also bought the Carbone's restaurant in Eagan in 2021, said the training for a pizza maker lasts months, if not years. The training is based on repetition. Repetition is needed to get good pizza sauce, and there is a training regimen that every trainee follows.

A pizza cook tries to solve each problem as it occurs, and they put a precise amount of sauce on each size of pizza. So, the secret to making great pizza is the sauce that comes from the constant tweaking of a recipe that was developed by Alfonso and Antoinette Carbone to ensure they would make the best pizza they could.

Trying to keep the consistency of the sauce over the years is what the Carbone pizza makers do. They try to maintain the recipe without changing it, and then there are processes in place to ensure the same recipe is recreated over and over and over again.

"The Carbone's Pizzeria uses three brick ovens to cook the pizza to perfection," said Mike, one of the pizza makers at Carbone's. "Brick ovens are employed because they retain heat better than a normal oven, and that enables the pizza crust and ingredients to finish cooking at the same time. It usually takes five to ten minutes to prepare the pizza and the amount of time to cook varies depending on the size of the pizza."

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Carbone's Pizzeria

Alfonso Carbone, the first owner of Carbone's Pizzeria, located at 680 E 7th Street in St. Paul

Indigenous Lotus

Mandy Okonek

Victoria Marie is a Wáçhìñhìñ Máza Wíñyañ (Iron Plume Woman) Sisseton-Wahpeton Oyate enrolled tribal member, with Santee affiliation, mother, artist, yoga instructor, and master fort builder firmly rooted in East Saint Paul. As we spoke, she effortlessly shared her story while building an epic fort with yoga props for her rising star, Cedar, her three-year-old bursting with charisma. Victoria's yoga studio Indigenous Lotus is in the Indigenous Roots building 788 E 7th St, St Paul, MN 55106. Indigenous Lotus was born from the need to incorporate movement into the youth work she was involved in at The Little Earth Community in South Minneapolis.

When she was seventeen years old, she discovered meditation in a book that led her to yoga. Cue the importance of libraries PSAs. As a working mom, she decided to enroll in Yoga Fit, a training program for teachers that would give her the skills to share mindful movement with the youth in her community. Victoria's journey to yoga and healing, very much like her trademark lotus flower, stemmed from her resiliency to survive in challenging circumstances.

Victoria grew up in a Northside housing subsidy where the fear of outside violence like drive-by shootings instilled a survivalist mentality that continued when instilled a survivalist mentality that contin-

ued when she moved to a reservation in Sisseton South Dakota. After the untimely passing of her mother due to complications from various health conditions including type 2 diabetes, she moved back to the Twin Cities to the Little Earth of United Tribes community. A lot of what she had been taught growing up was to hide her emotions and she found solace at a local library when she discovered her power in sitting with stillness through a book, learning how to control her body through her breath. Victoria attributes the study of yoga to saving her life.

Very much like the lotus flower which grows in swampy bog-like conditions, Victoria blossomed into a wellness practitioner and student using her resiliency to grow strong community roots and uplift other Indigenous artists. She hosts a yearly event *Indigenous Mindy-Body Gathering* at local Creators Space where she is a member; aiming to amplify the wellness practices of Indigenous teachers with workshops in body movement, plant medicine, star knowledge, self-care, and more.

In addition to teaching yoga classes online and in person at her studio, Victoria is an artist. She crafts graphic designs for clothing that she sells in the community and online. Victoria utilizes art as an outlet and feels conflict in the capitalistic mentality to create for commodity. I loved her lotus flower-designed sweatpants. Victoria is a woman rooted in comfort. She is not a yoga instructor you will find wearing leggings.

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Mandy Okonek

Victoria Marie is a woman, mother, artist, and yoga instructor who owns a yoga studio in the basement of the Indigenous Roots building at 788 E 7th St, St Paul.

Thank You

Forum Staff

The Dayton's Bluff District Forum staff want to thank our readers for their generosity last year.

We raised over \$1,500 in donations from people like you!

We would like to raise \$2,000 for the 2023 year and you can help us achieve that.

With your donations, we are able to keep printing our newspaper.

Donations ranged from \$25 to \$300, with the average donation being \$25. Just a small amount adds up!

Thank you from the bottom of our hearts for keeping our neighborhood newspaper going!

The Capital City Wind Ensemble Wants You

Greg Cosimini

There is a new touch of class in the Dayton's Bluff Neighborhood. The Capital City Wind Ensemble (CCWE) is now holding their weekly rehearsals at Mounds Park United Methodist Church.

The CCWE was founded in 2002 at the request of then Mayor Randy Kelly. It began as a city employee band that was formed and directed by Max Metzger, who had a long history of leading local vocal and instrumental ensembles. The CCWE played at many city events, both downtown and in city parks. At its peak, the CCWE had 24 members.

Like so many other organizations, the CCWE has been a victim of aging membership and the COVID-19 pandemic. Most of its members are retired and no longer work for the city. Others are gone for a variety of reasons, leaving the CCWE with only 12-15 active members. Co-directors Mary Livingston and Roger Grupp, who took over leadership of the CCWE after the passing of founder Max

Metzger, are now in a rebuilding phase and looking for new members to bring their number up to 25-30 musicians.

Their most desperate need at the moment is for saxophone and tuba players, but they would gladly accept musicians who play any of the following instruments: flutes, clarinets, bassoons, French horns, trumpets and trombones. Despite being a wind ensemble, the group also has drums and a piano and may be looking for a bass guitar.

Membership requirements are rather loose. Members do not have to be current or past city employees, and there are no age restriction, but musicians must be able to play at least at a high school level. There are no scheduled events at the present time, but a member would be expected to attend rehearsals once a week. These are held at Mounds Park United Methodist Church, 1049 Euclid St., at noon for one hour each Thursday. This is strictly a volunteer organization. There is no compensation.

Anyone interested in becoming a member of the CCWE should visit their website at stpaulccwe.com or contact Mary Livingston at livingstonmusic@q.com or at 651-331-1089.



Greg Cosimini

Some of the members of the Capital City Wind Ensemble rehearse at Mounds Park United Methodist Church under the direction of co-director Mary Livingston. Want to join them? Read the article to find out how.

♥ Dayton's Bluff

Greater East Side ♥

I ♥ Saint Paul's East Side!

♥ Payne Phalen

Southeast (Battle Creek - Highwood) ♥



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@Dayton's Bluff District Forum

Friends of Swede Hollow

The mission of the Friends of Swede Hollow is to protect the natural beauty of Swede Hollow Park and remember its past.

Friends of Swede Hollow will hold their monthly meetings on the third Tuesday each month. For more information call 651-776-0550

The next Friends of Swede Hollow Meeting will be held on **February 21, 2023**.

Preliminary plans for 2023 events in the Park will be discussed. The Friends of Swede Hollow Facebook Group is an excellent resource for Park updates and neighborhood events.

For more information, email karindupaul@comcast.net or call 651-776-0550.

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 **Friday, February 3 at 11 a.m.**

If you'd like to attend, call 651-776-0550 or email daytonsbuffdistrictforum@gmail.com for more information.

We are currently meeting at the Dayton's Bluff Library.

Twin Cities Mobile Market

The Twin Cities Mobile Market is a grocery store on wheels that brings affordable, healthy food directly into neighbor-

hoods.

The Mobile Market stops at Parkway Gardens Apartments, located at 1145 Hudson Road, on **Wednesdays, from 2 to 3 p.m.**

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

New National Suicide Prevention Hotline Number

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. Text or Dial. 988 just launched as an alternative to calling 911.

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 make 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!

Dayton's Bluff Community Council Board of Directors Meeting

The Dayton's Bluff Community Council is inviting everyone to attend the Annual Meeting on **Monday, February 20, from 6 to 7:30 p.m.** at the East Side Enterprise Center at 804 Margaret Street.

Come meet your neighbors, share your ideas, hear from others, and elect board members. Your voice matters!

Light refreshments will be served and a short program will start at 6:30. Welcome address from the Board President, remarks from other local officials, open discussion with your neighbors, and board

members. Looking forward to seeing you and serving your neighborhood needs. All are welcome.

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, SMRLS will provide one.

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

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 651-484-8241 or email naps@2harvest.org and someone will assist you with your application.



Visit moundstheatre.org to purchase tickets and 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

Pa Der Vang Seeking Seat in Ward 7

Pa Der Vang

Pa Der Vang, PH.D., MSW, LICSW is seeking the seat to be vacated by current councilwoman Jane Prince who announced she is not seeking reelection after serving two terms. The Ward 7 councilmember represents the southern portion of the city's East Side — to include Dayton's Bluff, Mounds Park, Swede Hollow, Battle Creek, Highwood, Conway and Eastview.

"I care about the community and hope to use my role as council member to address things such as the rising cost of housing, accessible health and mental health services, improve the conditions of our roads, neighborhoods, and parks, increase transportation options for our families and children, and support family and small business owners to build wealth so that they can provide for their families. We need people from the community to be at the table making decisions that impact our communities. I have been a long time member of the East Side. I own a home on the East Side and my daughter goes to school on the East Side. I care about our elders and their abilities to live on fixed incomes. I also believe in the power of the collective voice and will support our labor unions who continue to advocate for fair wages, safe work environments, workers' benefits and rights, and ensure a voice for workers. My father worked as a custodian

and in the auto industry for over 30 years and benefitted from the advocacy of the union."

Dr. Vang is an associate professor of social work at St. Catherine University where she has taught for 12 years and developed the Critical Hmong Studies program. During this time she also served as department chair, mission chair for the Liberal Arts, and is currently the faculty president.

"As a professor, I teach a social policy for social change course with a focus on city government and local policy. Being a city council member will allow me to use this theory in practice. I have championed all persons of color, women, and those from disenfranchised communities to hold office because as we know, holding office is a way to leverage resources for the most needy in our communities."

As a volunteer in the East Side community for more than 22 years, Dr. Vang has served on several community nonprofit boards to include chairing Hnub Tshiab – Hmong Women Achieving Together, with a mission of social, cultural, and institutional change to improve the lives of Hmong women. She co-founded the Minnesota Hmong Social Work Coalition which has over 240 members who work to help Hmong enter and stay in the field of social work in order to address the shortage of providers from communities of color. She also chairs the Minnesota Board of Social Work which oversees approximately 16,000 social workers across the state of Minnesota.

Dr. Vang has published two books, "Staring Down the Tiger: Stories of

Hmong American Women," published by the Minnesota Historical Society Press in 2020, and "Direct Social Work Practice," published by Cengage Publishers in 2022. She authored several chapters in "Director Social Work Practice," published by Cengage Publishers in 2017, along with 13 scholarly articles about Hmong and immigration in journals such as Journal of Social Work, and Hmong Studies Journal.

Dr. Vang started her career serving East Side families in crisis as a social worker, before assisting adults with severe and persistent mental illness for the Wilder Foundation. She also worked with Ramsey County Human Services as an adult crisis worker and as a mental health planning specialist.

After completing her doctorate in 2007, Dr. Vang started a career in academia and is an associate professor at St. Catherine University.

"I still practice social work as a therapist, supervisor of new licensees, and social work professor," Dr. Vang said. "If I am elected, I will continue in my role as social work professor so that I can continue to learn and connect with students who will become our future leaders."

This extensive experience in direct service, policy and leadership, along with a history and grounding in St. Paul's East Side, have helped prepare Dr. Vang to represent the voices of the residents of Ward 7. She is running on a platform that recognizes that all residents should have access to all the resources available to them within their city regardless of place in life or identity and will work towards equal outcomes for all.

"All residents should have equal outcomes," said Dr. Vang. "And those from disenfranchised communities should receive the resources needed so that they can live their daily lives without having to worry about their next paycheck."

"I will advocate for affordable housing, quality neighborhoods and streets, community safety efforts that include neighbors, social workers, community organizations, and peace officers. I will work with the St. Paul Public schools so teachers receive adequate support and schools receive needed services so our children get the best education.

"Working parents should not have to struggle to provide food and shelter for their families"

As a refugee herself, Dr. Vang grew up with parents who worked hard yet found it difficult to make ends meet. She recognizes that many families are still in the same situation today. She will work hard to advocate for the needs of families on the East Side.

The General Election will be held on Nov. 7, 2023. Until then, Vang said she will be spending time meeting with residents to learn about the things that are important to them.

"I welcome everyone to call me or email me," Vang said. "I would love to sit down and have a conversation with you. Please don't hesitate to contact me. I am your neighbor."

*Pa Der Vang
Candidate for Ward 7 St. Paul City Council*

As your Councilmember

I will work on the following priorities:

FAMILIES & CHILDREN:

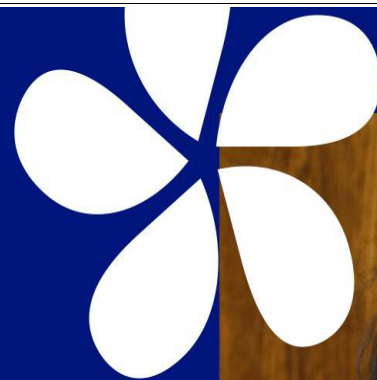
Immigrants have settled and built communities in Ward 7 for generations. These communities provide support for families to grow and flourish. To ensure future success of our diverse communities, I will advocate for the resources that families need to thrive, which include jobs, accessible healthcare, quality education, affordable housing, safe neighborhoods, environmental health, and equitable transportation infrastructure.

PUBLIC SAFETY:

Families and their children need safe communities to walk, bike, and play. I am committed to an inclusive public safety plan that includes social workers, peace officers, youth workers, community organizations, and neighbors who take ownership of their communities, work together in collaboration, and harness their collective voices to ensure safety in their communities.

ENVIRONMENT & CLIMATE:

I am passionate about environmental health for all communities and just practices to ensure Eastside residents do not bear the brunt of industry practices that are harmful. I will secure resources to improve and make more accessible the environmental spaces that exist in Ward 7. I will work to leverage city resources to promote healthy air and water quality, green environments, and rebuilding of open land spaces.



Prepared and Paid for by Communities for Pa Der Vang

Pa Der Vang

for SAINT PAUL CITY COUNCIL
WARD 7

Carbone's

Continued from page 1

The three brick ovens, each of which can cook six large pizzas, are usually started by the night cleaner at about 4 or 5 a.m. just before the cleaner leaves Carbone's in the early morning. Sometimes the ovens are started by an employee at 7 or 8 a.m. to be ready for the 11 a.m. restaurant opening.

Along with the sauce, another essential element of the pizza is the dough, which when baked, forms the crust. Carbone's used to make the dough themselves, but now they buy it from a vendor. Sometimes we see TV commercials where a pizza maker will throw pizza dough into the air. One of the ingredients of the dough is gluten, which is — to quote P. 534 Merriam Webster's Collegiate Dictionary Eleventh Edition — "a tenacious elastic protein substance especially of wheat flour that gives cohesiveness to dough."

"Gluten is what holds the dough together," Tommy Carbone said. It doesn't matter if it is spinning when the pizza maker throws the dough into the air or if it is fed through a roller system like the one the Carbone Pizzeria uses.

Carbone's Pizzeria has a machine that flattens the dough as it is fed through a system of rollers. The dough is flattened into about 1/16 of an inch thick then brought out to a table where it is cut into 7-inch, 10-inch, or 14-inch circles of dough by a pizza maker using a cookie-cutter-like metal template. Then various toppings are spread onto the dough, and the whole creation is placed in one of the

three ovens to cook at about 500 degrees.

The average time to cook a pizza is usually seven to eight minutes for a 7-inch pizza, 10 to 15 minutes to cook a 10-inch pizza, and 20 to 25 minutes to cook a 14-inch pizza.

"Most of Carbone's restaurants serve liquor, but some do not," said Tommy Carbone. "That particular decision is left up to the franchisee to decide if the restaurant will serve liquor. Most Carbone restaurants sell beer and wine. Serving liquor sometimes causes problems — that's the nature of the beast. The city would not grant a liquor license to Carbone's Pizzeria on 7th and Maria because a church was too close to our restaurant, so the restaurant just has a beer and wine license."

"We don't have as much of the drama because we don't serve the hard liquor," Andrea said. "When people drink beer and wine, they usually don't get too out of hand. We have had some things happen over the years, but nothing too major."

Carbone's Pizzeria was closed for three days in 2020, which was brought on by the pandemic, but it opened to reduced hours after that.

The students and faculty of the Metro State University St. Paul campus are frequent visitors to Carbone's Pizzeria probably because of the restaurant's close proximity to the university and because of the delicious food they serve there.

At its peak, Carbone's had 38 restaurants, and right now there are 37 restaurants.

— Mark Gallagher
 Mark Gallagher is the associate editor of the *Dayton's Bluff Forum* and a graduate of Metropolitan State University. Mark can be reached at refineEditorial@gmail.com



Steve Trimble

A family of snowmen seen on Mounds Blvd.

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 March issue of the *Forum* is February 10, 2023.

As your Councilwoman, Cheniqua will work for a City that services us all.

Endorsed by: Former Ward 7 Council Member Kathy Lantry, Council Member Mitra Jalali, MN State Representative Liz Lee, Community Leaders Pa Chua Vang, Chai Lee, Fatima Moore, Eric Foster & more!

Cheniqua Johnson
 ST. PAUL CITY COUNCIL WARD 7

Safe and Stable Homes for All

Housing is my #1 issue! Access to quality, affordable housing is a fundamental human right. In a Ward of renters, homeowners, landlords, seniors, youth, and families, deeply affordable housing is vital to move our community forward. I will champion strong anti-displacement policies that preserve affordable housing stock and addresses cost, rent, and your property taxes.

Safe Streets - Safe Communities

As a person who served on the Saint Police Chief Examining Committee, I care about our community and our safety. We have a new Chief! We need a comprehensive community safety system in our city that meets the many needs of our community in crisis, invests in east side family stability, and ensures we work with our local officers, community organizers and Ward 7 residents to make sure we are protected.

Climate Action and Sustainability

I care about climate & our green space! Our part of Saint Paul is poised to be among the most impacted by our global climate. We must accelerate implementation of the City's Climate Action Plan, focusing on ways to reduce carbon emissions that will also help families reduce utility bills and transportation costs. We need to make it easier to walk, use transit, and bike within the East Side and the city.

Economic Justice & Investment In East Side Businesses

I care about businesses coming and staying on the East Side! Our small businesses are a critical part of what makes our neighborhoods great places to live. Supporting our entrepreneurs is key to building wealth and creating jobs in our community. I will advocate to make it easier to open or expand east side businesses. I will work to keep the east side dollar on the east side.



SAVE THE DATE

I will be seeking the DFL endorsement.

DFL Caucus date is most likely March 7, 6pm

for updates - scan the barcode or go to cheniquajohnson.com

I would be honored to earn your vote.

Website: www.cheniquajohnson.com
 Email: campaign@cheniquajohnson.com



Prepared and paid for by Neighbors for Cheniqua, PO Box 600754, St. Paul, MN 55106



Indigenous

Continued from page 1

Victoria talks with people about normalizing all human emotions like anger, sadness, happiness, and joy and to explore all these feelings without suffering. Anger is just as fleeting as happiness and there is power in learning how to move through emotions without attachment. This practice is incorporated in her 12-Step class geared towards people experiencing addiction. She finds the traditional self-identification greeting to oneself as an addict problematic when addressing the hurdles to fighting a disease that is just as mental as physical.

Victoria loves easy seated poses like the lotus pose, sitting on the ground cross-legged. All her community classes are donation based. She has a combination of in-person classes and offers them on Zoom as well. Her classes are open to everyone. She invites the community to experience entering a tribal space. Victoria's classes are very universal in everyone's connection to the elements, the sun, the moon, the earth, and our ancestors. Victoria can trace her ancestry back seven generations and she encourages non-native

people to explore their family histories and discover their own connection back to the earth.

Right now, Victoria has just completed her second 300-hour yoga certification and is starting to train in the practice of Ayurveda. The Ayurvedic diet is a meal plan based on the principles of Ayurvedic medicine, a form of traditional medicine dating back thousands of years and is a system of medicine based on the idea that disease is caused by an imbalance or stress in a person's consciousness. The diet involves eating or restricting certain foods based on your dosha, or body type, which is claimed to boost weight loss and support mindfulness. She is also working to learn the ancient language of Sanskrit.

At every class, Victoria will meet you where you are at. Her studio space has shiny hardwood floors, a mural featuring a lotus flower, and an Anishinaabe and Ojibwe floral design representing her tribally diverse children painted by Thomasina Topbear, and a wall of curtain lights. It is a very relaxing and inviting space. From elder-focused classes to candlelight relaxation classes there is something for everyone. Victoria even has a book club focused on wellness. For more information on the many offerings at Indigenous Lotus please visit IndigenousLotus.com.



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

View From My Porch

Part 2: Rats! A Fantasy Trip in a Community Lab

Sage Holben

Rats!! Rats in a maze of bureaucracy overseen by administrators with glazed eyes; with brains that slog heavily within their skulls. Many staffers around them live day to day, keeping one foot in their own neighborhood life and the other in the societal lab — always wondering how long they can keep their mouths shut, awareness numbed, and still collect their local government wages and stipends.

It reminds me of the DSI worker who insisted a local resident remove the two or three flowers around the corner stop sign because they “violated the city ordinance in height and vicinity of the stop sign”. I watched as he measured the inches from the stop sign to the height of the flowers, the distance from the signpost to each curb, and as he stood in each of the four directions, checking the sightlines. No matter that the flower blooms were two to three feet from the bottom of the actual octagon sign. No matter that within a couple blocks, two other residents violated this code — flowers too close to stop signs, plants reaching seven feet tall. No, officer Wonka had his mind set in making a point — as obtuse as it might be.

One block away, at a heavily trafficked four-lane arterial, on a well-residential cross street, a low, leafy tree limb covering the STOP sign contributed to several Third Street vehicle accidents and near misses. In response to several calls concerning this limb, the traffic department's social media indicated priority attention to keeping stop signs “clear and visible”. In response to my calls to that department, I received the answer that the order for that

particular limb's removal “is making its way up the priority list”. The department person wouldn't tell me what other HIGH PRIORITY tasks were ahead. I smelled a rotting rat.

While I was waiting for Mr. Wonka from DSI to assess the intersection's “traffic calming art installation”, I stopped the motorist who nearly collided with Third Street traffic. I had noted that he had passed the tree-sabotaged STOP sign. The blaring car horns on Third brought him to a halt. The young driver was shaking when I stopped him to ask about his incident one block earlier. “I didn't see the STOP” he told me. I asked him to make a couple calls of complaint about the drooping limb and sent him on his way. Meanwhile, following Fourth and Bates history, residents never saw or heard anything more about possible changes in store for our intersection. I was told that Third and Maple would receive a curbing change and a striped warning sign of the sharp blind zag. Again, nothing planned for Bates at Third or at Fourth. A “whisper” of sorts from our councilperson of a proposal for shared speedbumps (one per ward — to be passed from intersection to intersection much as the speed monitors).

I sometimes wonder if being a renter is the “problem”; renters having no valid say. Renters of mom-and-pop duplexes, quads, etc. properties do speak and represent a different context than those in larger multi-units of 20-200 or more. One day an owner-resident one block away blew up as we talked. She began yelling about the renters who lived around her. She was having to pick up trash renters threw onto the boulevards and streets. Renters are pigs, they are worthless, they ruin the city...so ran her spiel. Wait a minute, I told her. I am a renter. I don't do that. Lots of renters respect and care for their neighborhoods...some better than property owners. It made no difference to her. Even though you come to me for community resources and information? I'm worthless in your eyes? Renters don't

What's Happening at the Dayton's Bluff Library?

Faxing is free at all Saint Paul Public Library (SPPL) branches! As of January 3, 2023, SPPL eliminated fax fees to diminish barriers of access to employment, housing, education, medical care, immigration, and other areas where sending documents via fax is still a common requirement. As always, library staff is happy to help patrons with with copying, faxing, scanning, and printing.

Beginning January 2, 2023, most items can be checked out for 21 days. Lucky Day DVDs now can be checked for just three days, so that more

people have a chance to enjoy our newest DVDs as soon as possible. SPPL does not charge late fines.

Anyone needing individual help from library staff can drop in or make an appointment for Open Lab where staff are available to assist with using computers, internet, or personal devices to search for employment resources, and much more.



A personal device charging station is now available for public use in the library next to our printing station. Smart phones, tablets, and other small devices using Apple Lightning, USB-C, and micro-USB connections can be charged in secure drawers, which are protected by PINs created by patrons. The charging station utilizes electricity only and is not connected to any outside networks or systems.

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

Current hours are available online at <https://sppl.org/locations/DB/> or call 651-793-1699.

All Saint Paul Public Library locations will be closed Monday, February 20 in observance of President's Day.

Dayton's Bluff Library, 645 East 7th Street, is a public library branch located inside the Metro 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. The outdoor book drop is always open.

care!! That was her final response...as she let her dog poop in my garden.

I was going to end with a different paragraph, but perhaps the previous one actually sums up the city perspective...perhaps the city personifies renters as the most repulsive rats. Does the city, in making decisions, consider as valid the ideas and thoughts or complaints of renters? That's a totally different article. But when I made a call to the city forestry department about broken and/or dangerously hanging tree limbs on the public boulevard, my complaint seemed to have been taken. Then I was asked if I was the owner of the property adjacent to the boulevard. I said no, I am the person who lives there, I am a renter. I was told by the forestry staff that such a complaint from me, as a renter, was not valid; a request to trim or cut limbs no matter the condition of the boulevard [public] tree would have to come from the adjacent [private] property owner, not resident/renter.

What enticements are offered to the rats in this laboratory? Um, uh. I really don't know. The experiment seems to be driving rats to eat each other by having them watch how much better other specimens are treated; health equity, personal and traffic safety equity, education, recreation centers, housing equities, economic opportunities. I tend to be speaking of the East Side...but I'm not the only one who takes a close and personal eye to our environment...one comment sums up a general consensus over the last several years: “The East Side looks like crap”. Siding falling off homes, garbage overflowing bins, heaped on corners and boulevards, graffiti left on buildings and utility boxes for weeks, months...we can create a history marked by graffiti alone.

Does anyone remember when our district council was active and connected within the community blocks? We don't need a city-based council to create and carry out positive activities. Many neighborhoods work as groups and organize get-togethers for idea-generation,

potlucks, and fun. A council, if working cohesively with its district, can be helpful in sharing resources, and city connections; a council can be a powerful liaison to the legally binding city departments; a validating voice for the unheard and disrespected, i.e. renters who “have no qualifying community investments” (I think the City of St. Paul translates that as 'just taking up space' and 'breathing air paid for by property owners').

Karin DuPaul, when an ultra-active member of the Dayton's Bluff District Council, was a driving force in motivating pride in appearance and care of property by owners and renters alike — from the kid-painted public trash barrels throughout Dayton's Bluff, arranging for the yearly neighborhood garbage dumpsters, maintaining aging properties through neighborly, personal help to connecting owners to appropriate organizations, and the monthly community gatherings which included face to face conversations with residents, DSI, City Councilperson, police officers, Neighborhood Housing Services, and any other city representatives appropriate to specific discussions.

What actions or projects would YOU, the reader, desire for your neighborhood or the larger community? What, if anything, do you need in formal leadership to attain positive change within your neighborhood? Do you need the assistance of a person experienced in working with and around city codes and standards, one with whom you could bounce off ideas and possibilities. What is your comfort level in meeting neighbors, introducing yourself? What is your comfort level in becoming the (or one of 'the') organizers/block leaders/go-to person for your block or expanded area? You don't have to do it alone, and you don't need permission from anyone or any group to organize or initiate a project or concept. Keep the lab-watchers occupied. Give them something positive to watch!

Blue Hummingbird Woman Heart Medicine Shop

Mandy Okonek

All the necessary adjectives needed to describe our eastside neighbor Tara Perron (English) Tanaǵidaŋ To Wiŋ (Dakota) exist in the attributes of a hummingbird. Her creative output is an optical illusion tempered with grace and a joyful spirit. In addition to opening her new gift shop featuring hand-crafted natural medicines, Tara is looking forward to the release of several more books. For someone who never stops creating, she doesn't seem rushed or even stressed out. Filled with gratitude for doing what she loves, Tara is the perfect example of what could happen if each of us were brave enough to follow our passion. Blue Hummingbird Woman Heart Medicine gift shop is located at **30 7th St. Suite #285, Wells Fargo Place, Saint Paul MN 55101**. The shop is currently open Monday-Thursday from 10:30 am to 2:30 pm.

Why did you decide on the Saint Paul Skyway to open your business? A lot of family members have been trying to get me to open something on the East Side so that might be my next venture. I'm not sure, I was approached to open a business in the Skyway as a part of the initiative to bring Saint Paul back in partnership with Saint Paul Alliance.

Do you make all your traditional medicines yourself? What plants do you like to use?

I do. I create with cottonwood buds, bear-root, which a root medicine that's very good for inflammation— it's anti-viral, so I love creating with that. Rosehips, rose petals, I love roses. Everything about the rose, I'm fascinated by that plant. Also, stinging nettle, and burdock root which is so good for your skin. I love the

birch tree, everything about the birch tree I love.

What are some of the medicinal elixirs we can find in your shop?

Elderberry syrup. Fire Cider, which is like a Minnesota staple we use that all the time. I also have a Hanwi oxymel. Hanwi means moon [in Dakota]. It's anti-inflammatory, antiviral, really good for the lungs, and it can help with allergies. It can help stabilize your blood pressure, lower cholesterol, and balance your blood sugar.



Tara Perron

Tara Perron (English) Tanaǵidaŋ To Wiŋ (Dakota), an East Sider, has opened up her own medicine shop, Blue Hummingbird Woman Heart Medicine Shop. The shop is located at 30 7th Street #285 in downtown St. Paul.

Can you talk about your harvesting process?

I follow traditional protocol which is praying over all my medicines and offering my tobacco. I don't overharvest. This is one thing I need to teach people, that there's only so much medicine. We only have the spring to collect it and it has to dry so there is a process. Once the medicines are gone for the season then that's the end. Medicine has a spirit so we can't just deplete it. One of my grandmothers tells the story about a woman that got greedy and dug for a whole bunch of medicine and that she dug so deep that a

snake came up and bit her.

Do you have any favorite medicines to make?

My mato salve. It's a warming salve for sore muscles. That's a family favorite. When we brought this to the public, it became a public favorite. Everyone comes back for that. I also have a huha salve, huha means limbs in Dakota and it is an anti-inflammatory for nerves and joints. Maka salve, maka means earth. [In Dakota].

How long have you been on the East Side?

I've been on the East Side my whole life. I went to Monroe school on West 7th for grade school and then I went to Arlington High School when it just opened up. I've lived off of Maryland on Burr Street. I've lived on Lawson street and now I live on Maria Avenue.

Why do you stay on the East Side? What inspires you?

I grew up praying on Wakan Tipi with my dad. I go to the mounds with my boys to drum. I participate in water ceremony down by the Mississippi river. All of it [life]; is over here.

That's why we bought our house over here. My son works at Indigenous Roots and I'm on the steering committee for Wakan Tipi. My boys love it over here. They love the diversity of the neighborhood. And I know it can get chaotic and scary, but there is a lot to learn in these neighborhoods. There's so many good neighbors, and we watch out for each other, and I love that about the East Side.

Are you still finding time to write?

Yes, there is a native indigenous writers cohort that I am a part of, and every day we write. And when I journal, which I have done since I was young. Sometimes I

write to my dad who is on the other side now. Sometimes I write to my sons so one day they'll read it. Sometimes I'll write to myself or to the moon. I just focus on not so much the writing, but it's like medicine for me or prayer for me. And I do that in writing form. I have so many books that are about to be released that I haven't written a full book in three or four months now. I'm sure I'll start writing full books again soon.

Tara wanted to share with the community that at her shop she uplifts other indigenous artists by stocking their products. From elixirs and tinctures to wild rice waffle mix and more, you can support these women creators at The Blue Hummingbird Woman Heart Medicine shop:



Tara Perron

Products available at Tara Perron's shop.

Nicky Buck-Prairie Island Medicine Creator, Simone Rendon (Edible Arts) Medicine Creator, ReeMix Beadwork by Hannah, Rayshele Kamke-Artist, Marlena Myles-Artist, Courtney Cochran-Artist, Heidi Inman-Artist and Katie Bendickson-

Dakota Artist. She also sells books by other indigenous artists like Minnesota author Diane Wilson, whose recent novel *Seed Keeper* will give you perspective on the importance of our cultural connection to food. I think it's safe to say that Tara has given us all a reason to head downtown again. For more information visit Tara's website Bluehummingbirdwoman.com. Tara is planning to offer weekend hours, the dates will be shared on Blue Hummingbird Woman's Facebook/ Instagram page. So please follow, facebook.com/bluehummingbirdwoman & instagram.com/bluehummingbirdwomanllc/.

Save the Date for Art in the Hollow

Mark your calendar, Art in the Hollow will be on **June 3 from 10 a.m. to 5 p.m.** in Swede Hollow Park.

For more information call 651-776-0550.

Come find this hidden gem of St. Paul's park system, and we'll open the summer by filling the park with local art! You can park your car at Saint Paul Brewing and wander through the reimagined ruins of city history en route to the park, winding the path under the shadow of the old Hamm Brewery buildings. You'll find art, nature, food, history, and community!



@Dayton's Bluff District Forum

Dayton's Bluff District Forum

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We are currently printing and distributing our newspaper quarterly. The paper is available online at daytonsbuffdistrictforum.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 daytonsbuffdistrictforum@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

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Next issue: March 2023. **Deadline for material: February 10, 2023.**

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Get A Shave and A Haircut At Moler Barber School

Greg Cosimini

A barber school serves two purposes. First, of course, it is a school that trains people to become barbers. Second, and probably of most interest to those who aren't planning to become barbers, it is a barbershop that provides high-quality but low-cost haircuts for customers.

Moler Barber School of St. Paul is one of these barber schools. It is located on the East Side of Saint Paul at 858 Arcade St. at the south end of the strip mall off Neid Lane, between Auto-Zone Auto Parts and and DaVita Kidney Care. It had been in Plaza del Sol on Payne Ave. until moving here in January 2022.



The original Moler Barber School was established in 1893. It was located in Minneapolis for many years and was one of several barber schools in the Twin Cities. Moler Barber Shop of Saint Paul is an independently owned franchise school and not affiliated with any other Moler institutions.

Its owner Alex, who runs the school with his wife and daughter, gave me a tour of the school. It is very impressive and much bigger on the inside than it appears on the outside. There are three large fully equipped rooms inside with

about six chairs each, plus offices, classrooms, and a waiting room. They are all very clean and bright. The staff and students are friendly and full of energy. There are instructors who are available to answer any questions the student barbers may have and to make sure they do a good job. I was very pleased with my haircut.

A standard haircut is \$9.00. There is also a senior haircut (\$6.00), haircuts for people of service, firefighters and police, (\$5.00, I.D. Required) and a variety of specialty haircuts with prices from \$11 to \$14. You can also get razor head and facial shaves, beard trims, facials and other services. The barbershop is open Tuesday – Friday 10 a.m. to 4:20 p.m. and Saturdays 9:30 a.m. to 3:50 p.m. No appointments are necessary. The last haircuts of the day are taken 40 minutes prior to closing.

If you want to become a barber, Moler Barber School of Saint Paul offers a fulltime program of 40 hours per week for a minimum of nine months. Students will receive 6 ½ hours of practical training and 1 ½ hours of classroom training per day. This provides the students with the 1500 hour course required by the Minnesota State Board of Barber Examiners to take the Minnesota State Barber exam. Classes start in January, April, July and October. Maximum class size is 30 students.

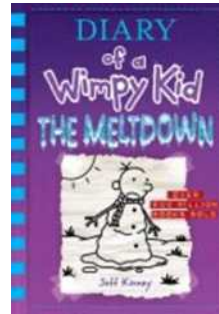
For more information about getting a haircut or an education at Moler Barber School of Saint Paul, visit molerbarberschoolofstpaul.com, [facebook.com/MBSSStPaul](https://www.facebook.com/MBSSStPaul) or call (651) 200-4691.

Kids Corner

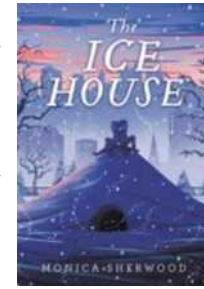
Suggested Titles by Dayton's Bluff Library Staff

Winter can seem long and cold. Here are some reads that are perfect with lots of blankets and a mug of hot chocolate.

The Meltdown by Jeff Kinney: What happens when Greg's middle school is shut down because of snow? A neighborhood snowball battle of course!



The Lion, the Witch, and the Wardrobe by C.S. Lewis: The Pevensies are escaping from London during the Blitz and are staying with Professor Kirke in the countryside where it is safe. Lucy, the youngest, goes exploring and finds a magical world where it is always winter.



The Ice House by Monica Sherwood: Louisa and her family have been snowed into their apartment for months with no end in sight. With the help of her friend Luke, Louisa builds



snow fort in her yard, only to discover it has opened up a window to another world and a mission to fix the climate disaster.



Winter of the Ice Wizard by Mary Pope Osborne: Jack, Annie, Teddy, and Kathleen embark on a journey to a wintry world and face an ice wizard in order to save Merlin and Morgan.



@Dayton's Bluff District Forum

A Saint Paul Almanac Volume 13

“A Path to Each Other”

A Brief Review by Steve Trimble

This fall, the 13th Saint Paul Almanac was finished and made available. For those who aren't familiar with the work, it is a series of books that feature stories and poetry written about St. Paul and usually written by local people. I have had several history pieces featured and have found events, birthdays, and quotations from a variety of St. Paulites. This year I came up with many quotations of Saint Paul writers that were featured on the front of the 214-page volume's eight chapters.

Here are a few of the pieces that have been written and had connections with the East Side. Starting with a short poem by Marjorie Otto, who was an editor of the *St. Paul East Side Review* for four years. Her poem “August Breeze” and the first stanza starts:

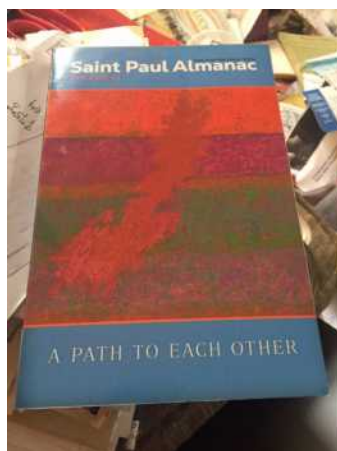
“On a cool August evening, I walk

down Greenbrier
Where the breeze blows through open windows

It's the time of the year
Where A/Cs are shut off and windows
To soak the last bit of summer...”

Moving on, there is a longer piece called “Miracle at the Auditorium” by Louis Disanto, remembering his childhood on the East Side. “When I first became a runny-nosed little rink rat in the early 1960s, the facilities at East View playground Side consisted of an old caboose, a potbelly stove, and a custodian named Mike, who kept the place toasty warm and disposed words of wisdom and encouragement to kids like me.”

Disanto's family was not well off, so when he played hockey he had protective packing with old magazines and his cousin's over-sized skates that had to be stuffed with socks. He was a fan of Johnson High School that would have been in the upcoming state hockey tournament in Saint Paul, and he was able to



get a ticket February 1961 by a “miracle” when his father got three tickets.

“Over the years, I've seen many memorable games in this nationally renowned Minnesota tradition in Saint Paul, but none of them can quite match the pure magic of that February night in 1961 and the miracle at the Auditorium.”

Another longish write-up was “Connecting” by Rebecca Nelson, an East Side activist working with Payne Phalen Community Council, the American Indian Family Center, as president of the East Side Lions Club, and other organizations.

The first sentences of her piece explained “this memory is one of the first experiences of historical trauma that I remember, before I knew exactly what historical trauma was.”

She wrote that after leaving Magnolia's on Payne Avenue to work at a food truck at a powwow in Granite Falls. She was at a morning ceremony that honored the 38 Dakota warriors who were hung after the U.S. Dakota War in 1862.

As she listened to the speakers, “a feeling of despair and overwhelming sadness slowly crept over me. I knew about the Dakota thirty-eight, but I hadn't really understood what had happened and what it meant to the Dakota people, my people. I just felt very sad.”

“Having been adopted as an infant by a Scandinavian family, I have limited knowledge of my culture, and this was my first powwow.” At the end of this composition, she added, “I figured out later that even though I was adopted, I felt the historical trauma that came with learning more about my indigenous world.”

There are many other Almanac pieces that feature the West Side, West Seventh, The Rondo neighborhood, Highland Park, the Hmong community, and many other places and times including family matters, biking, funerals, a Lowertown bakery, weather, riding the bus, in Menards, on the Mississippi, the story of Sue's Park, and a Saint Paul Love Story.

I called up two local bookstores and they have them in stock — Sub Text on 5th Street in downtown as well as Next Chapter Booksellers on Snelling. You can also go on the Saint Paul Almanac website and they can sell and mail you one as well as any of the other earlier 12 volumes.

Join us!

**Sunday
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**Ash Wednesday worship:
February 22 ~ 12 noon**

**Lenten midday worship:
Wednesdays 3/1 ~ 3/29**

**Adult Sunday School
9:15am**

**Confirmation Class
Every other Sunday ~ 4pm**

**1049 Euclid Street
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Mounds Park United Methodist Church
Sunday worship is live-streamed, accessible anytime at: moundsparkumc.org

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 daytonsbuffdistrictforum.org; click on "East Side Eating" at the top of the home page. Steve Trimble can be reached at daytonsbuffdistrictforum@gmail.com.

com.

I usually have a restaurant review under this headline, but there have not been any new openings. There is a new owner of the former Porky's and they are open but not a full restaurant. The owner asked me to write about them by early spring. So, I decided to write about East Side recipes from some of my recent researching. Interestingly, the topic has been controversial at times. This is a partial history of the "Hot Dago."

I don't know when the first hot dago was put on the menu, but I've been told that the food has been around for decades, especially in Italian spots. But I do know one of the times that

it was part of some controversy. A new head of the St. Paul Human Rights Department, in 1991, issued a warning to DeGidio's that their "hot dago" sandwich on the menu was a highly offensive, derogatory, and disparaging term that denotes an ethnic slur to individuals of Italian ancestry and origin."

The department head also pressured the owner of the Italian Oven so they agreed to get rid of the name on the menu but kept serving it as the "Giant Hot Dago." DeGidio's hired an attorney who successfully argued that the city ordinance referred to what might have been a slur to a person but a sandwich was not included. You can go there today and order a hot dago.

There was also a small incident. A Highland Park High school mother objected to the term on the school cafeteria menu. So, the cook changed the name of the dish to "Sophia Lorens" according to a book named *Raised With Incomplete Sentences*.

There are still hot dagos being served in 2023 where you can find them on the East Side. They include Carbone's Pizzeria, Yarusso Brothers, The Little Oven, Eastside Pizzeria, Angelo's Pizza, and Obb's Sports Bar. Did I leave anyone out? There used to be more but Romolo's, The Dari-ette, and Mike's Pin Up Bar are gone.

If you want, you can make your own, using some hot dago recipes that come in several East Side cookbooks:

Hot Dagos

Candy Damio, *Blessed Sacrament Cookbook, St. Paul 1989, p. 44*

Ingredients:

- 2 lbs. Fresh pepperoni or Italian sausage
- 2 tsp. salt
- 2 lbs. Ground beef
- 1 tsp. Sweet basil, crushed
- 1 large can tomato juice
- 2 cloves garlic, minced
- 2 (6 oz.) cans tomato paste
- 1 qt. Tomatoes, mixed in blender

Directions: Mix pepper and ground beef together. Make about 7 patties to a pound. Flatten patties so they are very thin (they will shrink.) Brown patties and drain. Remove patties from pan.

Combine all other ingredients. Return patties to juice and simmer. Or bake at 350 for 1 hour. (can be put in slow cooker also.) Serve on Italian bread, sandwich style. Add a little sauce and sprinkle with Parmesan or Mozzarella cheese.



Hot Dagos

Helen Pavek, *Our Favorite Recipes, Sacred Heart Church, St. Paul, Mn., 1977, p. 63.*

Ingredients:

- 1 tsp. oregano
- 1 qt. Tomatoes (mashed)
- 1/2 tsp. paprika
- 1 large onion
- 1 large can tomato juice
- 2 cloves fresh garlic (chopped fine)
- 2 (6 oz.) cans tomato paste
- 2 tsp. Salt
- 3 lbs. Fresh ground pepperoni (made into patties)
- 1/2 tsp. Black pepper
- 1/2 tsp. Red pepper
- 1 tsp. Sweet basil

Directions: Bring the tomato juice to a boil. And tomatoes which have been mashed with a potato masher. Add the remaining ingredients except the pepperoni patties. Fry patties in frying pan just to remove the excess fat. Do not brown. Pour off the excess grease. Drop gently into sauce with a spatula. Let simmer 2 hours or more, stirring once in a while.

They are much better if made the day before and placed in refrigerator. Then just warm on top of the stove. serve on French or Italian bread

Hot Dago Sandwiches

Marie Erickson, *Cooking Favorites, First Lutheran Church, St. Paul, Women's Clubs, no date.*

Bake: 400 degrees F. covered, then 2 more hours at 350 degrees F.

Ingredients:

- 2 cans (15 oz.) tomato sauce
- Oregano
- sweet basil
- parsley flakes
- 1 can (6 oz.) tomato paste
- 1 1/2 lb. Ground beef
- 1 can tomato soup
- 1 1/2 lb. Fresh pizza sausage and hamburger
- 1 onion chipped
- cracker crumbs
- salt, garlic powder, red pepper, black pepper
- egg

Directions: Mix tomato ingredients, seasonings (to taste) and onion and set aside.

Mix beef, same seasonings (to taste) crumbs and egg. Make patties (to fit Italian bread) and place in small roaster or casserole. Serve with sauce on Italian bread.

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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-

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-**Website** at daytonsbuffdistrictforum.org

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

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

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 2023. Our goal for 2023 is \$2,500; will you help us reach our goal?**

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Thank you for your support!

Read our paper online at daytonsbuffdistrictforum.org