

Dayton's Bluff District Forum

"The Voice of the Community"

Photo by Robert Johnstone

Volume 17, No.2

www.daytonsbluff.org

April 2004

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MHHA's Volunteer of the Year Award



Mel Velsihek, a volunteer at HealthEast Care Center - Marian of St. Paul wins Volunteer of the Year award. Photo by Robert Johnstone

By Robert E. Johnstone

Mel Velsihek, a Volunteer with HealthEast Care Center - Marian of Saint Paul in St. Paul, has been named the Minnesota Health & Housing Alliance's District G "Volunteer of the Year." This award is given annually to a volunteer or auxiliary in each of MHHA's seven geographic districts. The award honors individuals who go "above and beyond" to enhance and enrich the quality of life for seniors in their communities; who have demonstrated their commitment to Minnesota's elderly; and have shown exceptional service to a MHHA-member facility and their residents.

Mel Velsihek is a retiree of Xcel Energy, formerly Northern States Power Company (NSP) and is actively involved with Pioneers In Public Service (PIPS) retiree volunteer program. Mel was instrumental in establishing Xcel Energy's PIPS program more than 14 years ago.

Velsihek has been a Volunteer at Marian of Saint Paul for 11 years. He was nominated in part because of the magic he brings into the lives of the seniors. He loves to play all the old time favorites on the organ and act as

Irish ceili fundraiser was a huge success

Irish music and Irish dancers filled the Mounds Theatre. Hundreds of people attended a traditional Irish ceili featuring well-known Irish band Barra on Friday, March 19th. Many Dayton's Bluff residents attended the event for the music, the dancing, to be with their neighbors at a community event or just to see the beautifully renovated theatre.

A ceili is a traditional Irish dance, much like a traditional American square dance in which people of all ages are encouraged to join in line and square dances. And join in they did.

Barra's vocalist Carrie Oberg gave outstanding performances of many Irish ballads from the British Isles. The Biddies performed several traditional Irish dances on stage, dressed in very non-traditional costumes. The crowd was also treated to the sounds of bagpipes resonating throughout the theatre. Briefly stepping out of character, Barra played a couple of country western tunes and sang Happy Birthday to one of the people in the audience.

Saint Paul City Councilmember Kathy Lantry said, "I have never been



Hundreds of Irish eyes were smiling at the traditional Irish ceili that took place at the Mounds Theatre on March 19th. Photo by Fred Kaphingst

so proud of Dayton's Bluff. This event is wonderful." State Representative Sheldon Johnson (67B) was also pleased to see so many East Side people at the theatre.

The event was a fundraiser for the Dayton's Bluff Community Council. Council President Dave Murphy stated, "This is the beginning of even greater community participation in Dayton's Bluff and the Community

Council is looking forward to having more great events."

Raeann Ruth, executive director of the Mounds Theatre Company, was pleased with the turn out for the event and the partnership between her group and the Dayton's Bluff Community Council. She stated that she would be happy to work with the Community Council on future activities.

Dayton's Bluff Council calls for volunteers

The Dayton's Bluff District 4 Community Council needs volunteers to serve in committees and help out with community events. The organization is currently in need of volunteers to serve in its green space, fundraising, communication/outreach, arts and culture, and district planning committees. Committees meet at least once per month for a couple hours. Most of the meetings take place in the evenings. The organization also sponsors events throughout the year and needs people to help out. Events that need help are fundraisers, the neighborhood home tour, the neighborhood clean up, National Night Out, and the Good Neighbors code enforcement program. There is no long-term commitment so give us a call and make a difference.

The Dayton's Bluff District 4 Community is a community based organization, located at 798 East 7th

Street, St. Paul, MN 55106, with the mission to advocate for the community, advise government, provide information, and undertake action to promote, cultivate, and set in motion conditions, programs, and ideas for the recreational, housing, educational, economic, and social needs for the betterment of the community. To learn more about the organization, please go to www.daytonsbluff.org or call us at 651-772-2075.

XAV TAU NEJ KEV PAB
Yog koj muaj sij hawm pab peb lub koom haum no thov koj hu tuaj rau peb vim tias peb xav tau koj kev pab. Peb lub koom haum hu ua Dayton's Bluff District 4 Community Council xav tau neeg tuaj pab peb dhia dej num ua zoo rau peb lub zos nyob no. Peb xav tau kev pab xws li ua npauj nyob rau hauv cov committees ib yam li kev txuag xyoo ntoo thiab dej, kev khwv nyiaj los pab lub koom haum, tsaj tawm rau ib tsoom niam txiv pej xeem txog lub koom haum cov dej num,

XAV TAU NEJ KEV PAB

Velsihek acts as the general contractor to pull the project together, delighting elders and children alike. Approximately 600 children came to the Marian Center to trick-or-treat last year, and the elders enjoyed the opportunity to interact and admire the costumes of each and every one.

It is with a grateful heart that we acknowledge Mel Velsihek as MHHA Volunteer of the Year.

kef khaws thiab txhwb kos dhuab, thiab kev tawm tswj yim los mus pab tswj lub zos Dayton's Bluff kom haum txhua leej txhua tus niam txiv pej xeem siab. Tsis tas li ntawv xwb xav tau kev pab dhia dej num thaum lub koom haum ua kev khwv nyiaj txiag, qhib tsev rau niam txiv pej xeem saib, khaws thiab sau khib nyiab, niam txiv pej xeem tuaj sib kom tiv thaiv kev phem nyob ntawv zej zog, thiab pab rau qhov program saib khib nyiab thiab kev huv si ntawv tej vaj tse. Sij hawm sib ntsib thiab sib tham nyob ntawv cov committees tsua siv li ib mus rau ob teev tauj hli xwb nyob rau thaum yam tsau ntuj. Kev kom tes thiab kev pab no koj xav tsum thaum twg los tau.

Lub koom Dayton's Bluff District 4 Community Council qhov chaw nyob yog 798 East Seventh Street, nroog St. Paul, 55106. Lub koom lub hoom phev yog mus pab niam txiv pej nyob rau ntawv taj chaw Dayton's Bluff no. Xav paub ntiv, thov mus saib peb nyob rau hauv internet www.daytonsbluff.org los yog hu rau peb tus xov tooj yog 651-772-2075.

HealthEast Care Center and Residence - Marian of Saint Paul is a member of the Minnesota Health & Housing Alliance, a statewide association of over 580 not-for-profit nursing home and senior housing providers. MHHA members are dedicated to providing quality care and services to older Minnesotans and to helping older persons live as independently as possible.

National Night Out poster contest

East Side artists and would-be artists of all ages are invited to design a National Night Out poster. National Night Out (NNO), America's Night Out Against Crime, will be on August 3rd this year.

Prizes will be awarded for the best poster in each of the following categories:

- Pre-school through 3rd grade
- 4th through 6th grade
- 7th through 12th grade
- Adult

Posters will be displayed in local businesses, libraries, and community centers. The deadline for the contest is **May 7, 2004**. Prizes will be given out in mid-May.

Use your imagination.

Posters should be between 8 1/2" by 11" and 11" by 17" in size. (These are standard paper sizes.) You may use paints, magic markers, colors, colored pencils, or any other drawing or coloring tools.

Here are some themes that can be used:

The National Night Out theme this year is identity theft. You may want to use that as your theme. But you can use another theme - whatever NNO means to you: neighbors at a barbecue, kids playing games, neighbors gardening together, police officer chatting with neighbors.

How to enter:

Bring or send your poster to the Dayton's Bluff Community Council offices at 798 East 7th Street (between Margaret and Sinnen), Saint Paul MN 55106. The deadline is May 1, 2004. For more information call Karin DuPaul at 651-772-2075.

Grocery Give-Away

A Grocery Give-Away will take place on **Saturday, April 17** from 10:30 to noon at Mounds Park United Methodist Church, Euclid and Earl. Free produce, dry goods and bread items will be given to anyone who can use them. No registration or sign-up necessary. Sponsored by United Methodist churches on the East Side.

2004 Dayton's Bluff Neighborhood Home Tour



This home at 757 E. Sixth St. is one of the many houses that will be open for display during the 2004 Dayton's Bluff Home Tour on May 1 and 2.

The 2004 Dayton's Bluff Home Tour will be held on **Saturday, May 1st** from 10:00 a.m. to 5:00 p.m. and **Sunday, May 2nd** from 1:00 p.m. to 5:00 p.m. It is part of the Minneapolis - St. Paul Home Tour sponsored by the Minneapolis Neighborhood Revitalization Program (NRP). The Home Tour is free of charge and open to the public.

The tour features beautiful Italianate and Victorian homes, a carriage house that was moved in pieces from Rice and Marion Streets to Dayton's Bluff, and the Mound's Theatre - the Arts & Culture Center of Dayton's Bluff.

The Second Annual Dayton's Bluff Art Show will be held during the Home Tour in the Mounds Theatre. Visitors are welcome to stop by. It will feature local artists who work in a variety of mediums. If you are an artist interested in showing your art call Karin at 651-772-2075.

We can always use volunteers to help with the Home Tour. Volunteering

consists mostly of greeting people at the door to give out brochures and information about Dayton's Bluff, and helping the homeowners for a few hours either day. If you're interested, please call Jean at 651-772-5514.

If you would like to learn more about Dayton's Bluff join the monthly Dayton's Bluff Take a Hike, starting at 10:30 a.m. on **Saturday May 1st** at Mounds Boulevard and Earl Street in Indian Mounds Park. The group will take the regular tour through historic Swede Hollow and then visit some of the home tour stops on the way back to the starting point. Take advantage of this great opportunity to learn some history about the area and visit a few homes besides.

For more information call Karin at 651-772-2075.

Also on **May 1st** from 9:30 to 2:30, the Dayton's Bluff Recreation Center at 790 Conway is having a Kid's Garage Sale.

*Advertise in the
Dayton's Bluff
District Forum
Call 772-2075*

Mounds Park Clean Up

There will be a St. Paul Park's Clean Up on Sat. **April 17**, 9:00-12:00. Volunteers can meet at Mound's Boulevard and Earl Street at 9:00 a.m. Trash bags will be distributed. Wear gloves. For more information visit: <http://www.ci.stpaul.mn.us/depts/parks/>.

There will also be a clean up at Swede Hollow Park. Call 772-2075.

Dayton's Bluff Take a Hike

Dayton's Bluff Take a Hike meets on the first Saturday of every month at 10:30 a.m. in Indian Mounds Park at Earl Street and Mounds Blvd. Join us on **April 3** for the next hike.

We hike from Mounds Park through Swede Hollow Park and then walk the length of the Bruce Vento Recreational Trail (formerly the Phalen Creek Recreational Trail) to its end, near Phalen Park.

The hike is about 6 miles with some moderately rough terrain. Near Johnson Parkway and Maryland, transportation will be available to return to Mounds Park or you may hike back if you wish.

For more info, call 776-0550.

NNO street permits: Act now!

Neighborhood groups and block clubs planning to celebrate National Night Out (NNO) and wanting to have the event in the street should start the permit process early. Permit applications need to be in 60 days (**June 3rd**) before the event. National Night Out is on Tuesday, August 3 this year.

To make the process easier for community people, the Saint Paul Police Department has made it possible for all 19 community councils in Saint Paul to have a notary in the community council's offices. Dayton's Bluff Community Council has a Notary Public on staff to help make the Street Use Petition process easier.

The Police Department is also asking that neighborhood groups and block clubs get their requests for police to attend National Night Out events in to their community council early this year. Please call Karin at 651-772-2075 for more information.

Church Directory

First Lutheran Church

463 Maria Ave.
St. Paul, MN 55106
651-776-7210

April Worship Schedule

Palm Sunday - April 4

8 a.m.*, 10:15 a.m.

Maundy Thursday - April 8

10 a.m.*, 7:00 p.m.

Good Friday - April 9

10 a.m., 7:00 p.m.

Easter Sunday - April 11

8 a.m. and 10:15 a.m.

Regular Sunday Services

April 18 & 25

8 a.m.* and 10:15 a.m.

* Chapel located in Edu. Building.

Other services in Church.

All are welcome to join in our service.



To place your church in the Forum directory, call our ad manager at 651 772-2253

Dayton's Bluff District Forum

798 East 7th Street

Saint Paul, MN 55106

Phone: 651-772-2075

FAX: 651-774-3510

E-mail: KarinDD@msn.com

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Board of Directors: Allen Clausen, Greg Cosimini, Robert Johnstone, Debra Vos, and Karin DuPaul. Editor: Greg Cosimini. Layout by Greg Cosimini.

Next issue: May 2004. Deadline for material: April 10, 2004.

Garden artisans needed

The Greening Dayton's Bluff committee is looking for crafters and artists to display their wares at the Greening Dayton's Bluff Plant Sale and Exchange on **Saturday, May 15**. Space will be available to vendors of decorative and functional garden accessories such as birdfeeders, planters, trellises, birdhouses, or outdoor furniture. The event will be held at the Maria Bates Rain Garden Park on the corners of East 7th Street and Bates from 8 a.m. to 3 p.m. To reserve your space call Karin at 651-772-2075.

Compost bin offered

Residents from six metro counties including Ramsey and Washington counties can purchase a compost bin at a greatly reduced rate of \$30 (an \$80.00 value). The price also includes a book on backyard composting and a 2-gallon closeable bucket for temporary storage of kitchen waste for composting.

Residents must reserve their compost bin package prior to pickup events. Order online at www.GreenGuardian.com or by calling 651-292-3933. Participants can pick up their compost bins at any one of 11 locations in the metro area. The two Saint Paul area pick ups are on Friday, **May 21**, 2004 from noon to 7:00 pm at Aldrich Arena on White Bear Avenue and on Saturday, **April 24**, 2004 from 9 am to 3 pm at the State Fair Grounds near Snelling Avenue

Payment is not required at this time. Residents will pay for their preordered bin when they come to pick it up (cash or check only). Limit one compost bin per household. Compost bins currently available are a different style than those offered through this program in previous years. The new bins have 13.5 cubic feet of capacity, measure 45" high and are 22" square. They come disassembled, in a box that easily fit into any car.

This program is sponsored by The Solid Waste Management Coordinating Board and GreenGuardian.com.

Graffiti alert

Areas of Dayton's Bluff have recently been hit hard by graffiti. If you find graffiti on your property call the police at 651-291-1111. The police will come out to write a report and document the graffiti. If you see graffiti somewhere in the neighborhood call Citizens Service at 266-8989 and they will send the owner a letter and report it to the police. Saint Paul has an excellent program for having graffiti removed in a short amount of time when it is reported. Removing graffiti as soon as possible is key to reducing the amount of graffiti that will recur.

"A Garden of Savings" benefits domestic violence prevention

The Junior League of Saint Paul, Inc.'s (JLSP) "A Garden of Savings" Spring Sale begins at 8:00 a.m. on Saturday, **April 24th** at the Charles M. Schulz-Highland Arena in St. Paul. Bargain hunters will find hundreds of new and gently used household and gardening items at this one-day event.

Gardening supplies, clothing, tools, sporting goods, books, toys, picture frames, household items, small furniture items, antiques and collectibles will be available. The sale provides an opportunity for the community to purchase high quality merchandise at affordable garage sale prices. Proceeds support The Junior League of Saint Paul, Inc. and its projects and services.

Sale hours are from 8:00 a.m. to 2:00 p.m. Entry into the sale is free. A *Bag Sale* will be offered beginning at 1:00 p.m. The sale will close briefly at 12:45 p.m. for reorganization. Bags will be sold for \$4.00 each or 3 for \$10.00. Buyers who purchase a shopping bag may take any remaining items that will fit into that bag.

The Charles M. Schulz-Highland Arena is located at 800 South Snelling Avenue in St. Paul. Parking is free.

The prevention of domestic violence and abuse has been a focus of JLSP's community programming for over a decade. In June of 2003, JLSP began collaborating with Women's Advocates, the nation's first battered women's shelter. Recreational and educational activities for the Women's Advocates' residents, physical improvements to the shelter's community areas including an updated teen room and a children's reading program have all been implemented through the work of trained JLSP volunteers.

For over 85 years, The Junior League of Saint Paul, Inc. has been involved in programs that change lives. The Junior League is for all women who want to make a difference. For more information, visit www.jlsp.org or call (651) 291-7377.

MUELLER MORTUARY

PARKWAY CHAPEL

835 Johnson Parkway
at East Seventh Street
Saint Paul, Minnesota 55106

(651) 774-9797
FAX (651) 778-9677

LAKE MORTUARY

4738 Bald Eagle Avenue
at Third Street
White Bear Lake,
Minnesota 55110

(651) 429-4944
FAX (651) 429-7748

**Call anytime for service
or information**

Cub Scouts are "Scouting for Food"

Cub Scout Pack 217, chartered by Mounds Park United Methodist Church, is collecting donations for the semi-annual "Scouting for Food" food drive in April. Bags for donations will be delivered to area residents (in an area bordered by Minnehaha, Johnson Parkway, Earl St. and Hudson Rd.) on Saturday, **April 17**. Pickup will be between 9 AM and Noon on Saturday, **April 24**. Collected food items will be donated to the Merrick Community Food Shelf.

The Pack will also be part of the City's Spring Park Cleanup at Indian Mounds Park on Saturday, April 17.

Cub Scout Pack 217 recently celebrated its 50th birthday. For more information about Cub Scout Pack 217, or for information on joining Cub Scouts, contact Cubmaster Eric Buck (651-772-2564) or Committee Chair Andrew Riemer (651-772-6836).

The Housing Alliance Law Office helps tenants get the repairs they need

Project HALO (Housing Alliance Law Office) is a community law office in Dayton's Bluff that focuses on helping tenants enforce their rights to decent, habitable housing. If you are a tenant whose landlord will not make the necessary repairs to your home, you can contact our office for legal advice and representation. In many cases we can help get your landlord to make repairs, and get you temporarily relocated if there is an emergency repair that must be fixed or if your home is condemned for something you did not cause.

Project HALO also offers periodic training on tenants' rights and how to enforce them, including information on evictions and how to get repairs. The Housing Alliance Law Office is located in the Dayton's Bluff Community Council Building at 798 E. Seventh St., St. Paul, MN 55106. For more information on HALO legal services or any of the upcoming tenant education trainings, contact the Community Outreach Coordinator at (651) 771-9323. The Housing Alliance Law Office is a project of Southern Minnesota Regional Legal Services, Inc.

Mounds Theatre Jam!

Students in grades 3 through 6 have an opportunity to attend workshops on their favorite theatrical topics including improv, stage combat, make-up, movement, songwriting, and more!

The Mounds Theatre Jam will be offered at the Mounds Theatre, 1029 Hudson Road on two Saturdays, **April 17** and **May 15**. Each session lasts

Bruce Vento Nature Sanctuary update

Friends of Swede Hollow (FOSH) will feature a community update on the progress of the Bruce Vento Nature Sanctuary in Lower Phalen Creek at their next meeting on Monday, **April 5**, 2004 at 7:00 p.m. in the Dayton's Bluff Community Council meeting room at 798 East 7th Street at the corner of 7th and Margaret Streets.

Bruce Vento Nature Sanctuary is the area below and south of the 3rd Street Bridge. Bruce Vento is one of Saint Paul newest parks, which is a reclaimed natural area that will connect the Mississippi River with Bruce Vento Regional Trail and Swede Hollow Park.

Learn about the status of soil remediation, wetland grading and cultural resources work on the Bruce Vento Nature Sanctuary:

City of Saint Paul Parks and Recreation staff will provide an update, gather input and answer questions on this exciting project that is creating a wonderful new public park between St. Paul's East Side and Lowertown neighborhoods. For more information, contact Sarah Clark by phone at 651/290-0002; email her at sclarkmmc@comcast.net or visit www.phalencreek.org.

Tour the Bruce Vento Nature Sanctuary

Get an advance look at Saint Paul's newest park and trail! Situated between Saint Paul's East Side and Lowertown neighborhoods, the Bruce Vento Nature Sanctuary has a rich and varied history, and an array of unique ecological features.

When: **April 24**, 10 a.m. to noon

Where: Meet in Lowertown at the Black Dog Café, 306 Prince Street

Cost: Free

Enjoy a guided tour and discussion of the historic uses of this land, and the community-led efforts underway to connect our Saint Paul neighborhoods with new trails, and restore the wetlands, forests and prairies that once thrived in this area. Come prepared for walking on flat but rough terrain. The tour will return to Lowertown in time for the start of the St. Paul Art Crawl!

This free tour is sponsored by the Capitol River Council, Historic Saint Paul, Dayton's Bluff Community Council and Lower Phalen Creek Project. For more information, contact Sarah Clark at 651/290-0002, email sclarkmmc@comcast.net or visit www.phalencreek.org.

from 9 a.m. to 5 p.m. Bring a lunch and enjoy a day of fun-filled hands-on learning.

Each session costs only \$35. Register for one day or both. Deadlines are April 1 and May 1.

Call the Mounds Theatre at 651-772-2253 or visit their website at www.moundstheatre.org.

Fool me once, shame on you.

Fool me twice, shame on me ...

Metro State white washing its curriculum

April 1, 2004 - Recently, there has been a lot of newspaper attention on the proposed Social Science Standards for the public schools. The state commissioner of education has put forward some controversial positions. Different groups have been jockeying to get their versions of history and other topics taught from a certain point of view.

While most attention has been on what is taught in high schools, it seems that Metro State University has made a curricular move that may please some of the right wing critics of education. They have just announced a major initiative—the creation of a new White Studies Program.

“In the past we have added programs such as Black History, Women’s Studies, and a Native American Program to respond to societal changes,” said one administrator. “Frankly, there has been a bit of a cultural backlash and there has been a lot of pressure to return to older, more conservative values. Plus someone handed us a fat bundle of money to start it up.”

The school, it seems, received a major grant to set up the new program and to establish the Rainbow Bread White Studies endowed chair. Money will be available to develop new curriculum and some proposals have already been funded.

The music department, for instance, will offer “A Century Without Rhythm: A Survey of the White Popular Music Tradition.” Among other things, it will examine the theory and practice of “cover songs” and discuss the importance of Pat Boone’s classic rendition of the Little Richard song “Tutti Frutti” and the significance of Gale Storm’s sluggish interpretation of Fats Domino’s “I Hear You Knocking.”

The anthropology department has put together a new offering entitled “From Flattops to Flamingos: Caucasian Cultural Curios.” Its students will learn about the totemic meaning of blue grass lawns, examine the western movies as a prototype of the hero myth and study Jungian symbolism in the television series “Love Boat.”

Metro State has never had an athletic department before, but the new resources now allow them to have a modest sports program that will complement their altered academics. Under the name of the Metro W.A.S.P.s, they will field bowling, polo and shuffleboard teams.

The donation was large enough that there will also be an ongoing lecture series held in the school’s spacious



Recently remodeled Mounds Park pavilion loses new roof

April 1, 2004 – The new roof on the Mounds Park pavilion looked great. It was a perfect copy of the one it replaced. Too bad it’s gone already. In what is being called a “structural malfunction”, the roof went up, up and away when the first strong winds of March hit it.

The contractor described it this way. “It was the weirdest thing. One minute it was there, the next it was heading south. In hindsight, we probably should have attached it to the brick pillars instead of just setting it on top. But the architect assured us that wasn’t necessary. He told us we could save a lot of money and win the contract with a low bid by just placing the roof on the pillars. Gravity would keep it in place. That worked fine until the heavy snow melted off the roof and the winds got strong.”

When the architect (who prefers not to be identified for legal reasons) was finally reached by phone in South America, he had this to say. “I took Physics 101 and we studied all about gravity. It’s what keeps things down. It’s too bad I didn’t take Physics 102. Apparently there is something called aerodynamic lift that makes things go up. Let this be a lesson to your readers, especially the children. See kids, you’re never too old to learn something new.”

The airborne roof caused quite a stir. It accounted for hundreds of UFO reports between St. Paul and Des Moines, Iowa. Minnesota Air National Guard F-16 fighters were scrambled to find out what it was. Scientists immediately began theorizing on its origin. Opinions ranged from “swamp gas” and “temperature inversions” to “alien spacecraft” and the “Goodyear blimp”. The first pilot to make visual contact described it this way: “It looks like a flying roof to me.”

Whatever it was, the military decided the best course of action was to shoot first and ask questions later. The pilots were ordered to bring it down as soon as it flew over an area where it wouldn’t cause any damage, such as Iowa. They accomplished their mission but by the time government investigators reached the crash site, two tabloid newspapers, three religious cults and Geraldo Rivera were already there proclaiming it to be “the Roswell of Iowa.”

There was a silver lining to this fiasco. NASA realized that the pyramidal shape of the roof made an excellent “lifting body”. It paid the City of St. Paul an undisclosed amount of money for the design, which will be incorporated into the next generation of space shuttles. The mayor would not say how much money was involved either, but did proclaim that he no longer needed to push for a 3% tax on restaurants to pay for a new downtown Twins stadium.

auditorium—just christened the Doris Day Cultural Center. The first was already given as part of the Women’s History Month. It featured June Lockhart and her talk, “Lessons in life from Timmy and Lassie.” April’s offering will be Jerry Mather’s presentation entitled “Family Values I learned on ‘Leave it to Beaver’.”

There will be a few other changes made on the old campus. Selected school elevators will be designated “Muzak® only” zones. Also, an anonymous donor has just backed the creation of a white studies book and video special collection that will be

housed in what will be called the Mr. Rogers Reading Room.

If you are interested in finding out more about the new White Studies Program and getting enrolled, call the school or log onto their web site. There will be several informational dinner meetings held at various Twin Cities Old Country Buffets.

*Daylight Savings time
begins on Sunday, April
4th. Remember to set
your clock ahead 3 hours
and 45 minutes.*

Is the Bluff ready for a makeover?

April 1, 2004 - Recently papers have been filled with stories that thousands of Hmong in a Thai refugee camp may be moving to St. Paul. But that is nothing compared to the breaking news that someone famous (or infamous) will soon become a Dayton’s Bluff resident.

Martha Stewart—yes THE Martha Stewart—will soon leave her carefully ordered life and posh digs behind and start living in this neighborhood. She will be checking into one of the overly numerous halfway houses in District 4.

According to information uncovered by a top Forum investigative reporter, Stewart will receive a suspended sentence if she is willing and able to maintain residency here for at least three years and to become involved in extensive community service.

The television celebrity was faced with going to prison or living in Dayton’s Bluff. “It was a tough decision,” the domestic doyenne remembered, “but at least in the halfway house I wouldn’t have to double bunk. You know, it’s so difficult to find a room mate whose sense of style is the same as mine.”

Stewart has already met one of her fellow felons who will be her housemates. “He seemed like a very friendly young man,” she said. “I’m not sure why he was incarcerated, but he must like computer games, since he mentioned something about being a level three.”

There has also been a local Stewart-sighting. Two of the staff of The Swede Hollow Café recall a blond woman concealed in a scarf and sunglasses ordering a sweet roll one morning and suspect it was Martha. “After eating,” one of them said, “the mysterious customer rearranged some of our counter displays and suggested some new inexpensive wall decorations.”

Stewart has apparently decided to make lemonade from her huge lemon. She will continue dishing out advice during her stay on the East Side and hopes that her efforts will be transmitted over the St. Paul public television.

“Smart Living in Small Spaces” will be Martha’s look at creative ways to make affordable housing attractive and comfortable. Among her first suggestions will be finding attractive single sheets for cots, use of miniature paintings for limited wall space, and using commodity foods in a festive manner.

“It’s not all that difficult and certainly not expensive,” admonished Martha the Maven. “A bean bag chair and a throw pillow or two can add an important splash of color to an appalling apartment.”

The editor of this newspaper is also excited about another aspect of the famed advice-giver’s future life in our community. She has agreed to pen a monthly column for the Forum. No, it won’t be on investment advice. But be prepared to open your next issue and begin reading the new “Dayton’s Bluff Living—the Martha Stewart Way.”

... Fool me thrice and it must be the Dayton's Bluff District Forum April Fool's edition

Mounds Theatre ghosts upset by renovation

April 1, 2004 – The ghosts that have been living in the Mounds Theatre for at least 60 years were disturbed by the recent renovation project and demand restitution. At least that is what Madame Margo Grimaldi, psychic advisor, spirit channeler and attorney at law, is claiming in the lawsuit she is threatening to file on their behalf.

In what could be a groundbreaking legal case, Grimaldi must first get a ruling on whether ghosts, or “nonliving Americans” as she refers to them, are considered to be persons under the law. She believes this is a Constitutional question that may have to be settled by the Supreme Court.

“As everyone should know,” Grimaldi explains, “at the time the Constitution was written, only about one out of every fifteen persons in the United States was actually considered a person with full rights under the law. The definition of a ‘person’ was slowly expanded over the years until it now includes nearly all *living* people. I think it is time to expand the definition even further to also include the nonliving.”

Legal scholars point out that this is not a new idea. Many lawyers have been previously called upon to represent dead people but always declined, citing the legal doctrine of “*Mortuus hominus teneo nullus aurum.*” (Roughly translated: “Dead men have no money.”)

Grimaldi realizes the problems of collecting legal fees from the nonliving so she is taking this case *pro bono* (Roughly translated: “For the free publicity.”)

So what exactly are the ghosts' complaints and what sort of settlement are they seeking? Grimaldi is not prepared to release this information just yet. However, she is planning a series of depositions with the ghosts, or rather the nonliving Americans. These will be held at the Mounds Theatre and will be open to the public. The cost is \$10 for adults, \$8 for students and seniors, free for children under 5. Grimaldi is also available for palm and tarot card readings, séances and DWI cases.

*Easter is on Sunday
April 11. Don't forget
to leave cookies out for
Santa Claus and set
your clocks ahead
another 2 hours and 23
minutes.*

Neighborhood naming rights are up for sale to the highest bidder

April 1, 2004 - You've no doubt read about some of the efforts at fund-raising being made by our cash strapped city departments, such as allowing advertising and sole sponsorships at the new Highland Golf Course, for example.

These earlier ideas pale in comparison with the latest one just suggested by St. Paul's department of Planning and Economic Development (PED). The new proposal is to make money by letting companies buy the right to name a neighborhood. It's like getting paid to have our hockey arena be called the Xcel Energy Center.

If this one works as planned, there will be plenty of money for community councils and we won't have to implement the new “sidewalk fee” that is being discussed.

Several corporations have already agreed to be part of the neighborhood re-naming program (NRP) and negotiations are underway on the final financials. Great effort will be made to combine the new trademarked epithets with the older historic designations—at least for now. Here's what we know so far.

Food and drink will be featured in the town's midsection. Each time you eat or drink one of the products, neighborhood recreation centers will get a small donation. The Old North End area is being picked up by General Foods and henceforth known as Uncle Ben's Rice Street area, while the area around Selby and Dale will be transformed into Summit Beer-University Area. Central High School will soon be located in the Lexington-Hormel Hamline Community.

Even though the technology industry has been hit with reversals, they still have enough money to purchase two of St. Paul's neighborhoods. In the new Macintosh-Groveland Neighborhood, families will get a discount on Apple computers and software.

Things will be changing in the community surrounding Concord and Robert Streets when it is dubbed The Qwest Side. No big deal. After all, how many people even know that the West Side—actually south of downtown—gets its name from the fact that it is located on the West Side of the Mississippi River?

Incidentally, some thought is being given to selling naming rights to the section of the famed waterway that passes through our city. Current front-runners include the Cargill Channel and the Culligan Waterway.

Don't fret. The East Side will also be able to get in on this financial bonanza. An agreement has already been worked out between the District One Community Council and an important cereal empire. Look for the signs that will soon welcome you to Kellogg's Battle Creek Area. There's even a chance that the southern part of our district will become the Mounds Candy Park neighborhood.

The Target Corporation has its own plans for our neighborhood. Sales have been declining in its department store division ever since it changed the name of its local stores from Dayton's to Marshall Fields. This decline was in a large part due to losing the name recognition long associated with Dayton's Bluff.

Therefore it was announced last Tuesday that the Dayton's Bluff neighborhood would be officially changing its name to the Marshall Field's Fields. This announcement came as somewhat of a surprise to many residents who weren't expecting their neighborhood to suddenly change names after almost 150 years. “It's time we got with the times,” declared new Dayton's Bluff CEO T. Cassius Starbuckle. “To compete in a global economy we need to be on the cutting edge and that includes our moniker.” Starbuckle believes that by changing the neighborhood's name he will be able to increase it's brand recognition on a national level making it a more desirable place to live and increasing the revenue flow by upwards of 35%.

“Marshall Field's Fields says hip, it says happening, it says here and now”, said Chaz Dick marketing manager of Dick and Weed Advertising, the firm that was hired by Dayton's Bluff to publicize the name change. Dick adds that the new name went through rigorous market research testing and an exhaustive nationwide audience taste test before the new name was drafted and the change was finalized. “We tried a variety of names but Marshall Fields Fields constantly tested best among the 18-34 year-old demographic which is our target audience,” said Dick.

When Starbuckle is asked what effect the name change would have on community identity, our new CEO pointed out that real community identity is not about individuality but about being part of the group. “And what better group to be a part of than the Marshall Fields organization and its subsidiaries,” Starbuckle explained that the name change is part of a nationwide race to franchise the country's neighborhoods under larger multinational conglomerates neighborhood brands.

But what about neighborhood traditionalists and other critics of the name change? “History is so...so yesterday,” answers Dick, “we're in the business of selling the future.” Starbuckle has a simpler response for his critics, “Democracy is all well and good but I've got a higher power to answer to. It's called a board of directors.” “Besides,” added Starbuckle, “when the Phalen neighborhood

Buckthorn supporters fight back

April 1, 2004 - They're mad as heck and they aren't going to take it anymore. After watching the wanton destruction of buckthorn by marauding mobs for the last two years, supporters of the plant have banded together to form the Friends of Buckthorn (FOB).

As stated in the FOB Manifesto: “Wherever a buckthorn plant is uprooted, we will be there planting a new one. Wherever the noble name of buckthorn is maligned, we will be there to proclaim its glory. Wherever buckthorn is being burned, we will be there to inhale the smoke.”

FOB member Joanie Buckthornseed (not her real name) stated that they have already mounted their first major offensive. FOB members were busy all winter spreading buckthorn seed over the snow in parks and yards throughout the city. According to Joanie, when spring arrives, “buckthorn will sprout from the earth like plants sprouting from the earth.”

FOB points out that although buckthorn isn't native to Minnesota, it has been here for over 150 years, which according to their literature “is more than a century.” They feel that buckthorn should be granted immunity and allowed to live here in peaceful coexistence with native plants. And if the native plants can't compete, “well that's what natural selection and survival of the fittest is all about.”

Buckthorn branches make excellent walking sticks and an expert carver can take large pieces of buckthorn wood and whittle them down into smaller pieces. FOB also claims that “when properly processed, buckthorn leaves have remarkable healing properties, can cure baldness and could become an inexpensive alternative to gasoline.”

When asked to substantiate these claims, FOB refers all questions to its website www.buckthornforever.com. The site was not functioning as this article was being written.

gets bought out next year and changes it's name to Wal-Mart City these ingrates will be thanking me.”

Some visionary leaders are even suggesting that a fortune could be gained by renaming the entire city. It's already been done once when we got rid of “Pig's Eye.” And after all, there's nothing sacred about the name St. Paul, is there?

*Don't forget to set your
sundials to Daylight
Savings Time.*

The Clothes Line

Uniforms: Yesterday, today, and tomorrow

By Sarah Ryan

While shopping a local thrift store recently for work clothes, I ran across John T. Molloy's 1977 *The Woman's Dress for Success Book*. I couldn't resist. I recalled lunch breaks reading Mr. Molloy's column in the Minneapolis Star Tribune when I worked for a local manufacturer and worldwide distributor of chemical products. Production workers (like me), machinists, and warehouse workers wore uniforms: navy blue pants, light-blue long-sleeved blouses, each with a red-on-white name patch appliquéd above the right breast pocket, and steel-toed boots.

In the break room we shared with engineers, sales representatives, and company executives, I used to read Mr. Malloy's column thinking how lucky I was to have a uniform. I was thankful that I could show up wearing anything I liked, change into my work clothes, get them dirty, and leave them there. My professional wardrobe was chosen, supplied, mended, and laundered by a team of professionals. But even a team of professionals couldn't make the pants that were designed for men fit properly on me. The pants I got were either too baggy for physical comfort or too short for psychological comfort.

Now I work in the office of a laboratory and have to supply my own work clothes. Although I'm neither a scientist nor an engineer, I checked Molloy's 1977 advice for women who aspire to success in these fields. He recommended that "a solid-colored dark skirt and a light-colored blouse" be worn under the lab coat, and "skin-colored pantyhose and traditional pumps with about an inch-and-a-half heel" be worn below the skirt. Women who work "in scientific laboratory jobs may also wear dresses."

In the lab where I work, everyone wears pants. Scientists are allowed to wear dresses or skirts only if the hems reach the ankle. The one time I did wear a dress (I had to go to a wake after work), co-workers asked why I was so dressed up. I don't recall if I had to enter any of the laboratory areas that day, but knee-high boots protected my shins from that chance acid spill. Boots with a skirt are generally a losing combination according to Mr. Molloy's 1977 advice.

Back then he wrote, "A society in which people in power are intent on keeping women barefoot, pregnant, and as far from the boardroom as possible cannot design clothes for women who have serious executive ambition." At a time when "suit-and-tie" jobs were just becoming available to women, Molloy advocated for the skirted suit as the counterpart to the traditional "businessmen's uniform."

Uniforms are great when they suit the work — and the worker. The introduction of uniforms to the chemical production environment was a real advance for the men and women who work these jobs. And although I appreciated the services of Ameripride Linen and Apparel, I wondered why my weekly uniform deliveries never included pants designed for women. My name appeared on all my shirts, but the pants said "50% polyester, 50% uncomfortable. Made for someone else." Maybe by the time Mr. Molloy publishes his next *Dress for Success* book, uniforms will actually fit.

Sarah Ryan lives in the Dayton's Bluff Community. You can reach her by e-mail at sr@lakecast.com or send mail to the Dayton's Bluff District Forum, 798 E. 7th Street, St. Paul, MN 55106

Hispanics have something special to give...

By Beverly Gomez Arriaga, American Red Cross Donor Services Representative

Did you know that close to 65% of Hispanics have Type "O" blood? Although all blood types are needed daily to meet the needs of hospital patients, Type "O" negative blood is special because it can be transfused safely in an emergency situation to *any* other blood type. That's why we at the American Red Cross Blood Services want to hear from YOU.

The need for blood is real. Every two seconds someone needs blood. Every minute, patients use more than 36 units of blood or blood products. Every day, approximately 40,000 units of blood are used throughout the country. *The American Red Cross in this area alone needs to collect blood from about 1,000 volunteers a day in order to meet the needs of hospital patients throughout the upper Midwest.*

Here's how you can help do your part to ensure that your family and friends will always have the life-saving blood on hand when they may need it:

1. Call (651-291-4607) or 1-800-GIVE LIFE (448-3543) to schedule your appointment to donate blood and continue donating on a regular basis (you may safely donate every 56 days);
2. Encourage others you know to donate blood and bring a first-time blood donor with you on your next donation date;
3. Schedule a blood drive at your business, club, school, or church.

Remember, the one pint of blood you donate may help two to three lives when it's separated into its components.

Donating blood is safe and easy. The whole process only takes about an hour. Most healthy people who are 17 years old or older, weigh at least 110 pounds,

Elder's Wisdom, Children's Song

Four classes at Dayton's Bluff Elementary School had a very special project this year. They planned a community celebration of place, Elder's Wisdom, Children's Song under the leadership of Larry Long. For a few weeks in December they became interviewers, songwriters and performers. The students worked on the state standards of speaking, listening, reading and writing during the process. Larry Long led the children as they practiced interviewing skills and talked about the importance of learning and respecting the Elders of the community.

The program highlighted the lives of four elders from four different cultures and life experiences. Each class interviewed an elder with the help of their teacher and Larry Long. The interviews took one to two hours with the children asking the questions from their planning sessions.

The whole school attended the program as well as parents, visitors and community members. Principal Von Sheppard welcomed everyone to the event and the MC was long time Dayton's Bluff resident and respected community leader Steve Trimble. The children from the four classes put on the program. They did an excellent job, speaking about the lives of the elders and then singing the song they wrote about each elder. You could see the pride and caring in the children's performance. The audience sang along and enjoyed the show. It was a heartwarming experience for everyone.

Over the next four issues we will feature one of the elders. We will print the interview and the song lyrics starting with Zolena Wynne.

Interview

My name is Zolena Wynne. I was born on January 26, 1959 in Williamsburg, Virginia. My parents are Mattie and Thomas Wynne. They are both deceased. I have seven brothers and sisters. We lived in a little shack that my father built himself.

I lived in Washington D.C. for 16 years. I moved to Minnesota in 1993. I really enjoy being here. The kids are my life. I love to sing and to do things with kids. I love to be happy.

I started working at Dayton's Bluff School when my daughter was in kindergarten. I told the school, "I'm not leaving my daughter." They said, "Ms. please go home." I didn't, so I started volunteering at the school. I wouldn't leave the school and I haven't since.

My father told me, "You make your bed hard, you're going to lay in your bed hard." I don't like to ask people for help. I've had a lot of tough days. Now my days are smooth days.

I'm almost 50 and I can enjoy my life. I might go back to school and become a social worker. I might get

my license to become a foster parent for Dayton's Bluff kids. I just want to keep the school going and keep the kids together.

What keeps me together is reading the Bible. My advice to others is: Stay in school and do the best you can. If you need help ask someone here, everyone here has time to help you. Listen to your parents it will pay off in the long run.

Song

"All Of You Should Be Grateful"
(Inspired by Ms. Zolena Wynne)

I was born in Virginia
In a little country shack
No running water, just an outhouse
With a garden around back

(Chorus)
All of you should be grateful
For what you have today
Each of you, going way back
Descendants of serfs or slaves

At 4 a.m., picking cotton
And strawberries in the field.
Youngest of seven brothers and sisters
I sure miss Mom's home cooked meals
(Chorus)

I would pull on mother's tall legs
Wherever mom went, I went too
Talking back, mom would chase you
Down the pathway with a broom
(Chorus)

Pork chops, bacon,
pig's feet and pig's ears
Chitluns sure taste good today
Ham hocks, dinner rolls,
corn bread, chicken,
Peaches, apples and grapes
Killing pigs, take the guts out
I know what it's all about
Milking cows, eggs from the chicken
Time to scream and shout
(Chorus)

My dad was a preacher
At Chichominy Baptist Church.
He would pray and read scripture
For the good Lord we sang and worked
(Chorus)

Mother she died from a stroke
Her blood pressure was too high
She was my friend, my soul mate
It was hard to say good-bye
On Sunday I still remember
She passed out on the ground
They came by for the last look
Time don't change what I feel now
(Chorus)

Words & music by Mr. Wilson's 5th Grade Class of Dayton's Bluff Achievement Plus Elementary School and Larry Long

have not had hepatitis since age 11 and are not at risk for the HIV/AIDS virus are eligible to give blood.

For more information about donating blood and/or hosting a blood drive, please call 612-252-1064 or 612-296-1688. Thank you in advance for giving someone a second chance at a happier, healthier life!



Connie Keithahn won an award for this watercolor titled: "Koi Fish"

Connie Keithahn's attic is a place for artists to gather

By J. Wittenberg

"I've been painting all my life," Connie Keithahn said, who reminisced of her childhood and of her mother telling her children never to interrupt while she was engaged in any creative activities. Indeed, her mother needed to concentrate, and thus she told them to be good little boys and girls, and to paint and draw.

"I do much the same work today, as I did then as a child ... painting scenes and trees, and animals," Connie said.

In 1989, Ms. Keithahn arrived back in St. Paul from California- where her world was ruled by making and spending money. By returning to the northland, she found her creative spirit renewed. "I wanted to paint autumn colors," Connie said.

In the mid '90s, Connie took studio painting courses at Century College, where she formed some lasting friendships with her classmates, and which led to their decision to form their very own painting group. They decided to meet once a month: to paint and enjoy each other's artistic company. The sessions have taken place in Connie's attic, whither they derive their group name: the Attic Artists.

"It's just about getting together and painting," Connie said. The group may also boast of community exhibits of some merit, including displays at the now defunct basement gallery in the bowels of the old Phalen Village Bank, and in Metropolitan State's Founders Hall reception area, where the 2003 reception brought in over 600 people! Connie won the People's Choice Award at this extravaganza for her watercolor titled: "Koi Fish"

Connie works at Metropolitan State as a testing coordinator, but painting in watercolors is her true passion. During this past summer of '03, she was awarded a scholarship at the Split Rock Arts program for a whole week of painting with the famous Taoist watercolorist Cheng Khee Chee. There they painted from 8 in the morning until 11 at night! And thus I take my hat off to all of these hardy souls.

"He just blew me away," Connie said of this Singapore Guru. "He made me paint bigger and looser ... to make the paint work more, and glob on the color and remove excess with a sponge. He has freed me from old

stereotypical watercolor techniques and encumbrances. He painted wet on wet and told us to paint what we know, to paint what you have a passion to paint."

Of her subject matter, Connie said, "I rarely have anything in mind when I start a painting, and I can't repeat the same thing over again."

Connie has also displayed her work in the Minnesota State Fair Fine Arts building, alongside famous watercolor artists! So indeed, she is putting herself forth and exhibiting at every opportunity.

I had the honor of touring the famous attic where the artists meet every third Saturday of the month. It was chilly thereabouts, but I noticed 2 space heaters and a portable, fake fireplace, which she told me, keeps the cold at bay. Over the winter, the group takes frequent coffee and hot, hearty soup breaks to provide sustenance to fuel their creative endeavors, as long as the spirit may move them.

The Attic Artists group is about 25 in number, and holds all ages ranging from age 13 to nearly 80. It's open to anyone interested and has a low annual fee of \$10, to help pay for the group's newsletter. In June through August, since the attic is too hot, the group paints outside at various sites, with the inspiration of nature close at hand.

Connie and certain artists in the group sell note cards of printed art for \$3.50 each, and larger prints from \$45 to \$55 each. Framed prints go for \$85 and Connie's original watercolors range from \$200 to \$1,000 per piece. The group includes landscape, pastel and portrait painters, but your style can be of any range to join the group.

Thus, if you're an individual, business, or corporation looking for art to cover your walls, or you are looking to join a painting group, contact Connie at www.cardartstudios.com or conkaystpaul@yahoo.com.

This April, Connie's latest watercolor work can be seen in Metropolitan State's Founders Hall, as part of the Women's Staff and Faculty Show. The reception will be held on April 9th, from 3 to 5 p.m. Connie's work will also be on display for the Gingerbread Show in Rochester, MN; an arts and crafts event, whereby she will have a booth to sell her wares.

Holding the safety net

By Jim McDonough, 6th District Ramsey County Commissioner
The following is the second in a series of articles on county government.

One of the primary missions and purposes for county government is to protect the most vulnerable among us. Whether it's abused or neglected children, the elderly, physically or developmentally impaired or people struggling with poverty. "The county" is frequently their first call for help.

The Community Human Services Department (CHS) is the agency within Ramsey County that is in charge of maintaining what is most often referred to as the "safety net." The safety net is made up many services that serve to protect the vulnerable in our county.

CHS has the responsibility for:

Child protection, including the investigation of abuse and neglect, provision of foster care for children out of their homes, going to court for termination of parental rights and adoptions. Mental health and chemical addiction services CHS staff work with local schools, police and many others regarding mental health and addiction issues with children and adults who may be, or become unsafe to themselves or others without intervention.

Services for the elderly including investigation of vulnerable adult reports, helping elders stay in their homes as long as possible and a high-quality nursing home.

Economic assistance programs, formerly known as welfare, the assistance can take the form of food stamps, cash, health care and support for childcare. Additionally, CHS works with those who receive the aid on welfare to work initiatives so the assistance solves short-term crises rather than provide lifelong support.

Assistance for individuals with developmental disabilities, primarily to enable them to thrive in the community.

Building a safety net in a place as populous as Ramsey County is an enormous undertaking. The department services about 15% of county residents with one of these services each and every day. The department staff represents roughly one-third of the county workforce. Ramsey County CHS represents more than 45% of all County dollars spent each year. Most of these dollars come from state and federal sources. The state and federal governments set much of human service policy but counties deliver the services. , Much of the funding goes directly to individuals or to private sector providers of these Human Services.

The goal of Ramsey County, and the Human Services Department in particular is to help people survive and thrive. It is not an easy task. On any given day, children are abused and neglected, people lose jobs and become homeless, drugs, alcohol and mental illness tear into the fabric of our communities. It's against that backdrop that our Community Human Services staff intervene, counsel, support and try to provide people in these very tough life situations with the tools to get back on their feet.

There are a number of ways you can make a difference with your community safety net. Ramsey County CHS is looking for volunteers to support their work. There are literally dozens of different volunteer opportunities in Human Services at all times. If you'd like to have a say in Human Services policies beyond contacting your Commissioner the Citizens Advisory Committee is often looking for volunteer members.

For Human Services Volunteering opportunities please call: Mary Capuzzi at 651-266-4015. For the Citizens Advisory Committee on Human Services Dawn Autenreith at 651-266-4423.

And this upcoming October, the Attic Artists group will be planning a month long exhibit called "journeys," in conjunction with the St. Paul art crawl. This event will have two

receptions on October 8th and 9th, and will again be held in Founders Hall at our very own and dear Metropolitan State University.

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Reducing sudden cardiac arrest deaths

Everyday, more than 600 Americans suffer sudden cardiac arrest, which claims 250,000 lives a year in the U.S. alone. But now, easy to use technology can put the power to save lives in the hands of ordinary people.

Sudden cardiac arrest (SCA) is not the same thing as a heart attack, although a person suffering a heart attack has an increased risk of SCA. While heart attacks occur when blood vessels clog and blood supply is cut off from the heart, sudden cardiac arrest is actually an electrical problem that causes the heart to stop beating properly.

When SCA happens, blood flow to the rest of the body stops. The victim will typically be unconscious and have no signs of circulation (e.g. no pulse), and not be breathing. Unless the victim's heart is shocked into beating properly again, death is nearly certain. However, recent studies have shown that up to 70 percent of people who suffer a witnessed incident of sudden cardiac arrest can survive if a device called a defibrillator is used within three minutes.

Defibrillation is the only known treatment for this condition and automatic external defibrillators (AEDs) are the quickest and most efficient way to reach individuals with this life-saving therapy.

Unlike defibrillators intended for use by health professionals (and the ones

most often seen on TV), AEDs are designed to allow nearly anyone with a minimal amount of training to respond to emergencies, particularly sudden cardiac arrest.

AEDs are about the size of a lunch box. With adhesive pads that deliver a lifesaving pulse of electrical energy to the chest, interrupting the abnormal rhythm and helping to restore the heart's natural rhythm.

The devices are pre-programmed with the expertise needed to analyze the heart's electrical function. They also use voice prompts and pictograms or screen display to instruct the user on how to operate the device.

A wide variety of people in the U.S. and around the world already use AEDs, including police and security officers, fire fighters, athletic trainers, flight attendants and lifeguards. Newly developed AEDs offer greater ease of use and are designed to allow trained laypersons to respond to cardiac emergencies virtually anywhere.

Training programs are very important though and only one AED manufacturer offers a training program for home use. Medtronic Physio-Control, creator of the first fully automatic external defibrillator, offers the LIFEPAK® CR Plus Home solution along with a training program, registration, maintenance, medical direction, 24-hour hotline and post event coun-

seling for family members. After completing a short (usually four hours) training course that covers both AED use and cardiopulmonary resuscitation (CPR), practically anyone can use an AED. When used properly and with appropriate precautions, AEDs are simple to operate and pose no risk to either the rescuer or the patient.

For more information on a defibrillator program for your home, workplace or community, call Suzanne Boston from HealthGiant/Medtronic at 612-419-4321 or email at sboston@healthgiant.com. For more information on Sudden Cardiac Arrest and Heart Disease visit: www.americanheart.org

Working towards a Heart Safe Community

Please donate
blood.
Someone's
life may
depend
on it.

Volunteering at the Marian Center

We are seeking caring individuals of all ages and groups to spend some time with our Elders. Whether you have an hour or two, or several hours of time you can donate per month, we'd love to hear from you. Here's what we currently have to offer:

Visiting or reading 1 to 1 with our Elders

Beauty Shop Helpers

Chapel Services Helpers

Recreation Programs Assistants for Arts and Crafts and/or Group Activities

Musical Entertainers (singers, play the piano or organ, or any musical instrument)

Men's Discussion Group Leader

Grocery Shopping Helper

And so much more!

Are you a High School student? You can get credit for volunteering! Many schools require a number of hours in "Community Service". By volunteering at our facility, you will get extra credit, gain experience in Senior Care, contribute to the community and have fun ... all at the same time.

Volunteering is very rewarding to everyone of all ages and opens opportunities you never dreamed of.

If you are interested in joining our wonderful team of volunteers, please contact Robert Johnstone, Volunteer Services Coordinator at (651) 793-2116.



RESPECT.
Respect.

EMPOWERMENT.
Empowerment.

COMPASSION.
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Listening to our residents and empowering them to make decisions about how they want to live each day.

The new HealthEast Residence - Marian of Saint Paul includes Independent Living, Assisted Living and a Chapel. It is connected to the existing Care Center, offering every level of care for you and your loved one on the same campus. We are located across the street from beautiful Mounds Park.

There are still a few openings for both independent and assisted living apartments. Please call 651/495-1819 for more information, or to schedule a tour.

HealthEast Residence -
Marian of Saint Paul
651/495-1819



Passion for Caring and Service

www.healtheast.org