

Dayton's Bluff District Forum

"The Voice of the Community"

Photo by Robert Johnstone

Volume 17, No.1

www.daytonsbluff.org

March 2004

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Fund Our Community First!

In what could become a rallying cry for other Minnesota communities, the Dayton's Bluff District 4 Community Council on the East Side of Saint Paul passed a resolution calling for the city to "Fund Us First!" before committing any public funding to a major league sports stadium.

"The city cut our operating budget for 2004," said David Murphy, president of the neighborhood organization, "and there were cuts to parks and public safety staffing and basic city services. Recently we've learned that due to the state deficit, we can expect even deeper cuts in 2005

"Before this city creates a new tax to build a stadium for the Twins in Saint Paul, we're simply asking that our district council and basic city services be fully funded."

Recent news stories have reported that the Saint Paul Public Schools are anticipating up to a \$13 million shortfall for next year, and that the city of Saint Paul could be facing cuts in state local government aid and other revenues as high as \$20 million.

"Our neighborhood is working hard to improve its quality of life, to make Dayton's Bluff a place where families and people of all ages want to live, work and play," Murphy said. "Now is not the time to cut back on the services that make Saint Paul livable."

Dayton's Bluff District Council to Host Traditional Irish Music and Dance Fundraiser on March 19

Just back from performing in New York City, St. Paul's traditional Irish band Barra will play a 'ceili' at the restored Mounds Theater, 1029 Hudson Road, (near Earl Street) on Friday, March 19, from 7 -11 p.m. Tickets for this Dayton's Bluff Community Council fundraiser will be \$7 in advance and \$8 at the door for adults, children under 12 are free. For tickets, call Dayton's Bluff District Council at 772-2075.

"Don't miss our first community dance," said Dave Murphy, president of the Dayton's Bluff District Council. "Come to meet your neighbors and enjoy the music, and I guarantee you'll feel like dancing, even if you've never danced before."

A ceili is a traditional Irish dance, much like traditional American square dancing in which people of all ages are encouraged to join in line and square dances. Dance instruction is provided before each dance. There is no need to bring a partner and no experience is necessary. In addition to jigs and reels, Barra's powerful female



St. Paul's traditional Irish band Barra will play a 'ceili' at the Mounds Theatre as a fundraiser for the Dayton's Bluff District Council on March 19.

vocalist Carrie Oberg will perform ballads from the British Isles. Bagpipers will also perform.

Traditional foods such as Irish soda bread and Irish stew are planned for a small extra price. Please come and support Dayton's Bluff District Council so it can

continue its work of building strong neighborhoods on the bluff.

"If you haven't met your neighbors up here on the Bluff, you'll be glad for this opportunity to make new friends," said Murphy. "This is also a great chance to see our newly refurbished neighborhood playhouse. Don't miss it!"

"Stop the Stench" Campaign Beginning to Sniff the Sweet Smell of Success

Metropolitan Council Environmental Services (MCES) senior managers met with the Mounds Park Neighborhood Association in January and February to update the residents on their plans to reduce odors from the Metropolitan Wastewater Treatment Plant south of downtown St. Paul and from the interceptor sewer pipes leading to the plant.

"We are committed to reducing odorous emissions from our regional wastewater collection and treatment system," said Bill Moore, general manager of MCES, an operating division of the Metropolitan Council. "Over the last few years we've made substantial investments in our system and expect improvement in odor emissions as the new facilities come on line over the next six to 12 months."

Another improvement due soon involves Twin City Tanning Co. in South St. Paul. The company, which processes hides before shipping them to leather product manufacturers, discharges about 475,000 gallons of wastewater into the regional sewer system each day. Twin City Tanning

has committed to upgrading how it pre-treats the wastewater before it enters the sewer system to significantly reduce odorous sulfide discharges. Twin City Tanning ordered the necessary equipment in February and plans to install it in April. If needed, odor-reducing chemicals will be added during the installation.

At the Metro Plant, chlorine has been added to the open tanks to convert odorous hydrogen sulfide gas to harmless sulfate compounds. Nitrate is being added to the sewers leading to the plant to prevent odorous compound formation. Improved technologies are treating odorous gases collected from the plant's tanks and buildings, including a new biofilter started up in 2002. Last fall, MCES also initiated design of several odor control improvements to be implemented beginning this year. These include:

- Installing an oxygen addition system that will be more effective than the chlorine system.
- Upgrading the nitrate addition system.

- Covering many of the open tanks and treating the odorous air with biofilters, scrubbers and/or carbon filters.
- Collecting and treating odorous gases that could escape from the interceptor sewer near the Mounds Park area.

While these improvements are being made, three of the Metro Plant's six solids treatment processes that have potential off-site odor impacts will be decommissioned in 2004 when the new Solids Processing Building with fluid-bed incinerators and state-of-the-art air pollution controls begins operation. The other three processes will attain higher levels of odor control.

If you have an odor to report in the Metro Plant area, please call 651-602-8256 or 651-602-8956.

MCES has assigned staff member Tim O'Donnell to be a liaison with the Mounds Park and Dayton's Bluff communities relating to Metro Plant odor issues. You can reach him at 651-602-1269 or tim.odonnell@metc.state.mn.us.

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 1, 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, March 20** 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.

Mounds Park Pavilion Renovation Begins



The long anticipated renovation of the Mounds Park Pavilion at Mounds Blvd. and Earl St. began in November with the demolition of its roof. Work continued throughout the winter and the new roof is nearly finished. Photo by Robert Johnstone.

Around the Bluff

By Karin DuPaul, Community Organizer
Dayton's Bluff Community Council

Chicanos Latinos Unidos en Servicio (CLUES) will be breaking ground on its new building at East 7th Street and Margaret in April. The building will be a 2-story brick building with two commercial businesses on the first floor and CLUES' offices and services on the second. CLUES was founded over 20 years ago. Its mission is to enhance the quality of life of the Chicano Latino community in Minnesota. CLUES will be a welcome addition to our East 7th Street business community

Two new libraries will be opening on East 7th Street near Mounds Boulevard this year. The new Dayton's Bluff Public Library will be opening in May. This is something toward which Dayton's Bluff residents have been looking forward for many years. The Metropolitan State University Library will open in the fall.

A Dayton's Bluff couple, Virginia and Luis Ibarra, found the Saint Paul Winter Carnival medallion at Phalen Park. Congratulations!

Where are all the Historic District signs?

Thirty-three new Historic District signs have been installed in the historic district in the lower bluff. The district is roughly between Mounds Boulevard, Hudson Road, Maple/Hope and Swede Hollow Park. Look for the signs on light poles throughout the historic district and help us make a list of their locations. Mail the location of the signs to us at Dayton's Bluff District Forum, 798 East 7th Street, Saint Paul, MN 55106.

DFL Caucuses

The Senate District 67 DFL precinct caucuses are on **Tuesday, March 2, 2004** at Harding High School. Registration begins at 6:30 p.m. and the caucuses will begin at 7:00 p.m.

Home Tour

The 2004 Dayton's Bluff Neighborhood Home Tour will be held on Saturday, **May 1, 2004**, from 10 a.m. to 5 p.m., and on Sunday, **May 2**, from 1 p.m. to 5 p.m. The Dayton's Bluff tour is run in conjunction with the Minneapolis-Saint Paul Home Tour, which is sponsored by the Minneapolis Neighborhood Redevelopment Program. Included on the Dayton's Bluff tour will be a carriage house that was moved to Dayton's Bluff from the Rice and Como area.

Whether you go on the tour or volunteer, the Home Tour is an excellent opportunity to relive the history of Dayton's Bluff while learning about the community that exists here today and getting a glimpse of what the future could be.

If you're interested in volunteering to help with the home tour, call Karin at 651-772-2075.

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 **March 6** 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.

Join recreational trail supporters and explore this recreational trail. The paved trail runs from East 7th Street and Payne Avenue through Swede Hollow to Phalen Park. Dayton's Bluff Take a Hike started in December of 1990 and over the years hundreds of people have attended these events.

For more info, call 776-0550.

Identity Theft Workshop

Learn ways to protect your family and yourself from identity theft. A workshop on how to protect yourself will be held on Thursday, **March 25, 2004** at 6:30 pm in the community meeting room of the Eastern District Police Station at 722 Payne Avenue (corner of Payne and East Minnehaha Avenues). Call Karin DuPaul at 651-772-2075 to register for this workshop.

Dayton's Bluff Community Council

The Dayton's Bluff Community Council is a community organization that works on neighborhood improvement projects and programs. It started in the early 1970s and has had undertaken a variety of projects over the years. Some of the current projects include Greening Dayton's Bluff, the Dayton's Bluff Neighborhood Home Tour, the Arts and Culture Committee, the Green-space Committee, updating the District Plan, and Block Clubs. For more information call 772-2075.

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Monthly Circulation: 6,000. Also available online at www.daytonsbuff.org This is a publication of Hopewell Communications, Inc. and 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. No material contained in this paper may be reprinted without consent of the editor. Guest articles and letters to the editor are welcome and may be emailed to KarinDD@msn.com or faxed to 651-774-3510. The Dayton's Bluff District Forum is delivered to every home in the Dayton's Bluff area. If you live outside this area, subscriptions cost \$12 and may be arranged by calling 651-772-2075.

Board of Directors: Allen Clausen, Greg Cosimini, Robert Johnstone, Debra Vos, and Karin DuPaul. Editor: Greg Cosimini. Layout by Greg Cosimini. Next issue: April 2004. Deadline for material: March 10, 2004.

Church Directory

First Lutheran Church

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

Sunday Services:

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

N.U.T.S. (Sunday School): 10:15 a.m.

Coffee Hour: 9 a.m.

Lenten Services:

March 3, 10, 17, 24 & 31 at 7:00 p.m.



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

Common Sense Gardening

By Ruth Murphy, Community Design Center of Minnesota

Soon, spring will be springing and, with it, you can be a part of some of the most significant environmental efforts in the Metro area! How?

Plant an organic garden! The East Side of this Capital City is a leader for environmental awareness and action. The restoration and reclamation of Swede Hollow Park and the Bruce Vento Bird Sanctuary, the many rain gardens that have been built (and there will be more), and the Community Design Center's Children's Gardens (seven of them!) - all point to East Side renewal.

Residents and businesses can participate in this environmental leadership by organic home gardening. The beauty a garden can create should not be underestimated. How yards look can make all the difference in what people think of a neighborhood. Gardens - whether borders around the house or garage, in pots or freestanding, on the boulevard, or a rain garden catching run-off water - can transform a community. When people are aware that actions have consequences, they are modeling for others and are true environmental leaders. That's where organic gardening enters the picture.

What exactly is organic gardening? Organic gardening means gardening without using synthetic fertilizers or pesticides on plants. It means gardening in harmony with natural systems,

minimizing and/or putting back any nutrients or resources our garden might use from nature. It also means choosing the right plants for the right site in our yard. Organic gardening methods include rotating plants from year-to-year. Rotation helps keep pests from building up. Certain bushes and flowers attract beneficial insects and ward off pests. Rotation also makes the soil more fertile.

Organic gardening produces a fertile soil that is rich in nutrients. Enhancing the soil with compost will nourish your plants. You'll find you won't need chemicals. When we don't use chemicals we protect water quality, wildlife, and our own personal health. It's common sense.

With a grant from the Solid Waste Management Coordinating Board, Community Design Center, in collaboration with the Dayton's Bluff Community Council, will be conducting two workshops for residents and businesses on how to be a successful organic gardener. The workshops are scheduled for March 11th and 18th.

If you've been to Swede Hollow Cafe and have sat in the patio next to the beautiful produce, flower, and herb garden, then you've enjoyed an organic garden that is part of Community Design Center's Youth Enterprises in Food and Ecology project - an example of common sense gardening on the East Side.

Greening Dayton's Bluff

Greening Dayton's Bluff is looking for new members. All you have to do to register is call us. Greening Dayton's Bluff is designed to organize interested neighbors, block clubs and neighborhoods around beautification. Members establish and maintain community gardens, work to green at local parks, remove Buckthorn, and participate in greening and gardening workshops, to name just a few activities.

Greening Dayton's Bluff also cooperates with Up-Front Gardeners, a program that highlights

gardeners who have gardens in their front yards and/or on the boulevards.

Participants in Greening Dayton's Bluff receive discounts on plants and gardening materials from local greenhouses and nurseries.

This year, gardening events in Dayton's Bluff will include gardening workshops, a Dayton's Bluff Garden Contest, and other events. You'll also get to meet your neighbors who are working to make Dayton's Bluff a better place to live.

To register or for more information call Karin at 651-772-2075.

Dayton's Bluff Artist and Geneticist Ruby Valencia

By J. Wittenberg

Ruby Valencia is an artist and geneticist; two words not ordinarily used in the same breath. Ruby, however, is an extraordinary woman, and both titles she may claim.

Miss Valencia still remembers her days growing up in south Indiana, where her father had a filling station, and where she worked as a carhop at the local drive-in.

Ruby's artistic inclinations began to take shape as she painted dishes as a teen - to express herself and make a few pennies after school.

At the University of Indiana, Ruby received an Education degree, and finished with a license to teach Biology, English, French, and Commerce. "But at that time, my heart wasn't into looking for a job," Ruby said. "And so I decided to get my Masters in Botany."

'Twas here, she met her future husband, a scientist of Taxonomy from Argentina, who was there as a Guggenheim fellow, working with fruit flies.

With her latest degree secure in her back pocket, Ruby decided, rather casually, to secure her PhD in genetics, a growing field at the time. Here she endeavored to explore the effects of radiation, "muta-genesis," and environmental chemicals. She became a woman that good old Uncle Sam needed to learn how genes were altered and mutated - important items for our country's always altruistic agenda.

Having married and made much scientific progress in her field, Ruby and her husband moved south to his homeland where, for a time, Ruby undertook her days as a professor's wife. "I accepted that for a time," she said, "but eventually, Argentina wanted a geneticist, and started a lab of their own at the University. With my ex-perience, I was asked to head the genetics program." And thus, Ruby gave lectures in Spanish, where the doctors took her course in genetic effects, such as gamma rays. To become one of Argentina's leading geneticists, all the way from south Indiana roots, in a field predominantly taken by men, was quite a feat.

Alas, successive military coups prompted her and her husband to return to the U.S., where new opportunity awaited her in the dairyland of Wisconsin. There, she began another genetic lab at the University of Wisconsin, where she remained 20 years, until retirement in 1978.

She remembered her mother taking up painting later in life. "She had such a good time of it," Ruby mused. And thus, she in turn was inspired to take up pencil and brush as a creative outlet - for the pleasure of painting landscapes, and all the places she has experienced. "Each one reminds me of a particular place and time ... they are souvenirs of my life," Ruby said, as I perused her colorful, well-done works lining the walls of her dwelling.

Ruby started out with an evening watercolor class, and it went from there to an oil painting class, to more advanced workshops; until she took a correspondence course through the North-light Arts School to receive her certificate of achievement, from this fine institution of learning. "I thought I'd never finish the course. It took a lot of determination ... but I gritted my teeth, and got through it. I think you have to have guts," she said, before adding, "So many are afraid of failure." Certainly, such fearlessness is one great step toward at least a modicum of success.

"Life is a matter of attitude," Ruby said, as I continued to scan her paintings- all skillfully and thoughtfully executed - displaying Argentine vistas to seascapes of Maine. Her works displayed to me a mixture of both impressionism and realism.

I believe there are many who would enjoy her landscape oils and watercolors, and may wish to own these "Souvenirs" of a life.

Ruby has showed her work in Indiana, and sold many of her paintings through private viewings and word of mouth. Miss Valencia has also painted people's house portraits; and thus, if you want your home immortalized by this talented lady, or if you wish to peruse her landscape oils or watercolors, call her to make an appointment for a viewing of her art. She can be reached at (651) 495-1954, or at rubevee@hotmail.com

Ruby has also expressed an interest in creating, or joining a Dayton's Bluff painting group; one for more mature adults to learn, or just for fun; to socialize over brush and paper. She is interested in meeting other Dayton's Bluff artists, and said our community ought to have an exhibit space for our many artisans. But in the current political climate, artists seem as devalued as they have ever been.

Ruby has, and continues to live an adventurous and exciting life, one rather remarkable. And now, at 83, I believe she shall carry on, with even richer days ahead.

Think Spring!

Attend Two Workshops Organic Gardening in the City

Thursday, March 11, 2004 6:30 - 8:00 p.m.

Basics

- Healthy Soil
- Compost
- Mulching
- Site and Plant Selection
- Garden Design
- Biological Weed/Pest Control

Thursday, March 18, 2004 6:30 - 8:00 p.m.

Choosing the Right Garden for Your Yard

- Rain Gardens
- Native Plants
- Garden Design - Bring Your Ideas & Challenges
- Boulevard Gardens
- Flower & Vegetable Gardens

All Workshops at the District 4 Community Council Office 798 East 7th Street

Common Sense Garden Workshops sponsored by Community Design Center of Minnesota and the District 4 Community Council

MUELLER MORTUARY

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Dayton's Bluff Memories and Musings

Holiday Heritage Recipes

By Steve Trimble

Food is a vital ingredient of most cultures, and meals or special dishes play an important part of many rituals and celebrations. This article was originally written for the December issue, and was going to focus on holiday recipes from local cooks. But after all, there are more holidays than those in December and you can clip these recipes out (or see them on the www.daytonsbuff.org website) and use them later. Besides, who says you can't have turkey, cranberries, hot drinks or pumpkin items at Easter or the 4th of July.

Unlike the last two articles, this time I am going to reach outside the Dayton's Bluff area and dip into cookbooks from the greater East Side. Some are new, but others are from the long ago. All of them reside in the now legendary Minnesota Cookbook Archives, which is always looking for more donations.

The oldest East Side cookbook currently in the collection is dated around 1908. It was produced by the ladies group of the Grace Church, a congregation that once had a home at Minnehaha and Burr. Seems like a good place to start and a good recipe to start with is a traditional holiday offering. Goes great with ham or turkey. The only problem may be to figure out what is meant by "a quick oven." Here it is, exactly as it was printed in the [Grace Church Cookbook](#):

SCALLOPED CORN

Put a layer of rolled crackers in a buttered pudding, then a layer of corn, season with butter, salt and pepper to suit the taste. Then another layer of crackers, corn, butter, salt and pepper until the dish is full, finishing with a layer of cracker crumbs. Pour over milk enough to moisten the crackers thoroughly. Bake in quick oven about 1/2 hour. —Mrs. Reagan

Back in the day, as young folks now say, some of the favorites of local homemakers sometimes ended up in unlikely places. One interesting find this month was in an older State Fair cookbook, published a couple of decades ago. It included information and recipes starting in 1906, the twenties, the Depression through the 197's. It also included addresses of prizewinners and as it turns out, there were several from our own community in [Great State Fair Recipes](#).

Among them were Mrs. Ruth Brager, who lived at 1113 East Cook and Mrs. Edward Glende, 1164 Duluth Street. Some of the recipes also included short self-descriptions. For instance, Mrs. Ethel Clarke of 1087 East Jessamine wrote "I crochet and knit and take care of lap robes for the elderly at the East Side Leisure Club. I've been a foster mother for many years, and have done quite a bit of canning and baking. I lost a son in Vietnam in 1968." So what and where was the East Side Leisure Club? Any ideas?

An interesting sidebar in the State Fair cookbook was the presence of two East Side women with the last name of Haag. Edith, of 1084 Case St., was a cafeteria manager for the St. Paul Bureau of School Cafeterias. "I was the oldest in my farm family and helped my mother with the baking," she wrote. "I kept at it till the finished products turned out pretty well. I bake for shut-ins and make lots of birthday cakes for my three children and 11 grandchildren." The following recipe, very appropriate for the holidays, was in the 1906 section:

WHOLE EGG BUTTER CAKE

2 1/2 cups cake flour
1 cup milk
1 1/2 cups sugar
2 eggs
3 teaspoons baking powder
1 teaspoon vanilla
1 teaspoon salt
1/4 teaspoon almond extract
1/2 cup butter

Sift dry ingredients into large mixing bowl. Add butter and 2/3 cup milk. Beat two minutes at medium speed. Add eggs, flavorings, and remaining 1/3 cup milk. Beat two minutes. Pour into two 9-inch round pans or one 13x9-inch loaf pan. Bake at 350F for 25-30 minutes.

Then there was Barbara Haag, residing at 679 East Jessamine, who I originally thought might have been a sister. But Barbara provided a different answer. "Besides being a homemaker and mother of five, I'm also an evening health nurse at Macalester. College," she said. "I like the challenge. My four daughters are active in Girl Scouts and I am area coordinator and area service unit chairperson. I like the challenge and innovation of baking. I bake to suit the tastes of my family. Mrs. Edith Haag is my mother-in-law. I've also received much inspiration from my mother, Olga Holslin."

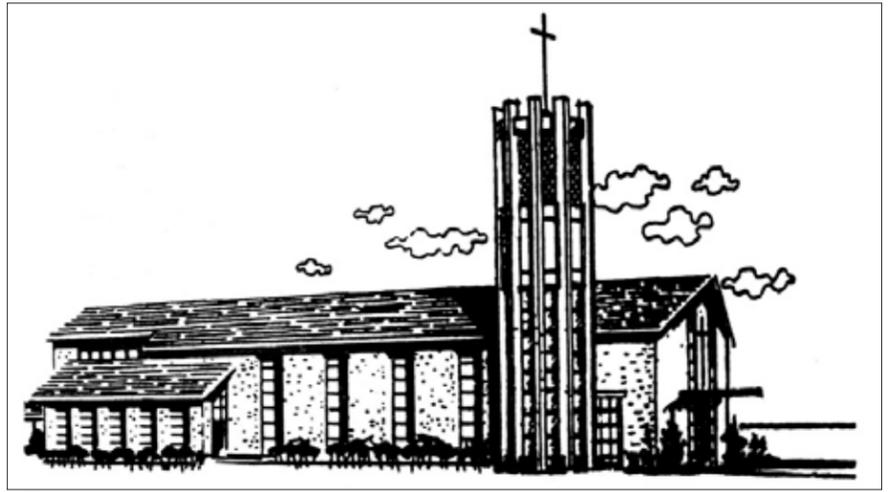
Here's her 1927 recipe:

ROSETTES

2 eggs
1 cup milk
1 cup flour
1 tablespoon salad oil
1 tablespoon sugar
confectioner sugar
1/2 teaspoon salt

Beat eggs slightly with sugar and salt. Add milk, flour and salad oil. Beat until smooth. Heat rosette iron in hot fat. Dip iron into batter, then fry until golden brown. Remove fat and drain on paper. Gently push or loosen rosette from iron onto paper towels. Stir batter often. Sprinkle rosettes with confectioner's sugar.

Of course, for this traditional Scandinavian recipe, you need to have a rosette iron. A few of our readers may need to take a trip to the attic. Out of curiosity, I wonder if Bill Goodwin has one in his hardware store—they say he has



The former St. Ambrose Catholic Church from the cover of *From the Kitchens of St. Ambrose Parishioners* published by the Altar and Rosary Society in 1978.

everything you might be seeking. I've seen quite a few old and new rosette irons on ebay lately and actually bought one that was marketed by a Mrs. T. B. Wheelock who lived at 599 Selby in the early 1900s.

Are any of you readers related to either of the Haags or were you their neighbor? I'd love to find out more about them. Incidentally, sometimes readers do get in touch. A while back, someone called and gave an answer to one of my written questions. He said he was pretty sure that the undated Asbury Cookbook was published in 1926. I didn't get a chance to talk to him and no name was left with the message, so thanks to whomever you are.

Comparing two publications from the same group provides interesting historical information. One example uses two cookbooks published by East Immanuel Lutheran Church at 1173 Payne Avenue.

Both had special hot dishes sections. The first- *In the Adventures in Our Kitchens* (1963) had many Scandinavian recipes throughout the various sections. The more modern one- *East Immanuel Cook Book* (1981) had ethnic foods—burritos and Korean kim chee and sushi.

Both of the volumes had some "celebrity recipes" as they were called—contributions from people of note locally or nationally. The older one had directions for "Mrs. Eisenhower's butter cookies" and the latest featured "Nancy Regan's Brownies."

One of my great estate sale buys is *From the Kitchens of St. Ambrose Parishioners* published in 1978. It is filled with great recipes from members of the Italian Catholic Church that was located for many years at Burr and Minnehaha in the Railroad Island neighborhood. It's hard to pick from the various pastas, rich sauces, candies and cookies that are available. In keeping with the holiday theme, I had originally included Christmas Beer Cake, but as long there was a rewrite, it seemed better to take a different, more timely recipe from another St. Ambrose member. Besides, it probably wouldn't have been the same now that Hamm's Beer is gone.

EASTER BREAD

2 dozen eggs
15 cups flour
4 cup sugar
3 tbsps. salt

1 1/2 cups melted shortening
1-2 oz. bottle lemon extract
1 lg. yeast cake (dissolved in 1 cup warm water)
Beat eggs well; add sugar and mix well. Add cooled shortening, lemon extract and yeast mixture. Put flour in a large pan and mix in salt. Make well in center; mix in egg mixture and work and knead well until smooth; medium hard dough. Cover and let rise until doubled or more. Form into loaves and braid. Grease pans with solid shortening. Let rise to double in size. Bake in oven at 275 degrees for 1/2 hour and 300F degrees for 1/2 hour. —Dorothy Peterfeso

And now, before going any further, a Minnesota food article isn't worth its salt unless there is a "hot dish" included. There are so many to choose, but it seemed like one using leftovers from all the turkeys you'll be making would be welcome. It's from [What's Cooking at Beaver Lake](#), published by the women of the Beaver Lake Lutheran Church in 1972. Looks good to me:

CHICKEN OR TURKEY HOT DISH

2 or 3 cups of diced chicken or turkey
2 cups diced celery
2 cans cream of mushroom soup
1 medium onion diced
2 cups chow mein noodles
Mix first 4 ingredients together, then fold in noodles. Bake at 350F for 30 minutes. Very good!
—Amanda Anderson

It takes a while for groups to get around to doing a cookbook, so I wasn't able to easily find recipes from African American, Asian, Somali, Latino and other of our newer neighbors. Readers! Please send in your own favorites and we can include them in our next issue.

Thinking ahead, why not put together our own neighborhood cookbook. Maybe it could be called *Dayton's Bluff Dining* or *The Bluff Buffet*—if you don't like those names, I'm open to suggestions. Contribute your mother's or grandmother's favorite. Don't get left out. Stories about the food in your family would be great. Photos of people cooking and family food gatherings are needed. You send in the recipes and I'll see about getting them assembled and published. Hoping to hear from you.

Volunteers Needed for the Dayton's Bluff District Planning Committee

By Jacob Dorer

You are invited to serve in the Dayton's Bluff Community Council District Planning Committee. The District Planning Committee will have a total of eight members, which will include community members, Dayton's Bluff Community Council board members, and staff.

The task of the District Planning Committee is to review the old district plan that helps refine city development policy, make changes and recommendations, seek community input, and help staff and city planners write and coordinate the completion of a new district plan. The time commitment to serve on the committee is for two years - from now to the completion of the new District Plan in 2005.

We would prefer that people stay on the committee through the duration of the project but it is not required. The majority of the committee meetings and activities will be in the evenings. At this point, we are not sure how often the committee will be meeting, but information from other district council committees suggests that they meet about every other week for a couple hours. Once all the members are identified they can decide on the schedule.

The benefits of serving as a District Planning Committee member are: Your effort will be acknowledged in the District Plan (adopted by City of St. Paul PED) that will be used for the next ten to twenty years, opportunities to make a difference, network with other great individuals, learn more about Dayton's Bluff, and acquire and put your skills and expertise in community action to work.

Committee member selection is open to anyone who lives, works, or owns a business in Dayton's Bluff; the district boundaries are from downtown St. Paul to Johnson Parkway and from the new Phalen Boulevard or railroad tracks to Mounds Park. Communities of color are strongly encouraged to participate.

If you would like to be part of this great opportunity, please contact me at 651-772-2075. I look forward to hearing from you.

Les invitamos a ser miembro del Dayton's Bluff Community Council District Planning Committee. El District Planning Committee tendrá 8 miembros, incluso miembros de la comunidad, miembros del Dayton's Bluff Community Council, y personal.

La tarea del District Planning Committee es: examinar el plan anticuado del distrito que contribuye a definir la política de fomento de la ciudad; hacer cambios y recomendaciones; solicitar ideas de la comunidad; y ayudar al personal y a los planificadores a escribir y coordinar la realización del nuevo plan del distrito. Uno debe comprometerse a ser miembro del comité por dos años, hasta la realización del nuevo District Plan en 2005.

Preferiríamos que la gente permanece en el comité para la duración del proyecto, pero esto no se requiere. La mayoría de las reuniones y de las actividades de comité estará por las tardes. A este punto, no estamos seguros con que frecuencia el comité se reunirá. La información de otros comités del District Council sugiere que satisfacemos sobre cada otra semana por aproximadamente dos horas. Una vez que identifiquen a todos los miembros pueden decidir sobre el horario.

Las ventajas de ser un miembro del comité de planeamiento del distrito son: Su trabajo será reconocido en el District Plan (adoptado por City of St. Paul PED), que será utilizado por los diez a veinte años próximos; oportunidades de realizar un cambio para el mejor; comunicar con otros; aprender más sobre Dayton's Bluff; adquirir y utilizar sus habilidades y maestría en la acción comunitaria.

El comité está abierta a cualquier persona que viva, trabaje, o posea un negocio en el Dayton's Bluff. Los límites del distrito son del centro de St. Paul a Johnson Parkway y del nuevo Phalen Boulevard (pistas del ferrocarril) a Mounds Park. Animamos la participación de comunidades de color.

Si usted quisiera ser parte de esta gran oportunidad, éntreme en contacto con por favor en 651-772-2075.

Peb xav thov caw koj tuaj koom peb lub Koom Haum Dayton's Bluff District 4 Community Council lub District Planning Committee. Lub committee no yuav muaj 8 leej neeg los pab dhia cov dej num. Nws yuav muaj cov niam txiv pej xeeem thiab lub koom haum cov npauj thiab cov tub ua dej num.

Cov dej num nyob ntawm lub District Planning Committee yog los mus saib daim district plan qub, nrog niam txiv pej xeeem sib tham thiab muab tswv yim, pab cov tub ua dej num thiab sau kom tiav daim district plan tshiab. Lub sij hawm los mus pab dhia lub committee no yuav siv li ob xyoo los yog pab khiav kom tiav daim district plan tshiab.

Yog nej pab tsis tau tag nrob lub sij hawm teev saum no los tsis ua cas. Lub sij hawm lub committee no yuav tuaj mus sib ntsib sib tham thiab ua dej num yog lub sij hawm ntsau ntuj. Yuav sij sib ntsib thiab sib tham li ob vam thiav twg siv li ob teev. Tsis ta li ntawv thaum twg pawg neeg no tuaj sib ntsib lawm lawv mam xaiv lub sij hawm kom haum lawv los tau.

Qhov kev zoo rau yus yog yus tuaj pab dhia dej rau lub committee no yuav muaj xws li: Daim district plan tshiab no yuav muab los siv rau ntawd lub nroog thiab thaj chaw, yus lub npe thiab kev pab yuav muab teev nrog daim district plan tshiab, daim district plan tshiab no yuav muab los siv rau 10 mus rau 20 xyoo lawm yav tom ntej rau ntawd thaj Dayton's Bluff thiab lub nroog St. Paul, yog ib lub sij hawm zoo rau koj tuaj ntsib ib cov neeg zoo thiab muaj tswv yim, kawm ntxiv txog thaj chaw Dayton's Bluff thiab nws cov dej num, muab koj tej tswv yim zoo thiab koj kev txawj tuaj pab ib tsoom niam txiv pej xeeem.

Cov neeg peb xav tau tuaj pab peb no muaj xws li: Yuav tsum yog ib tug neeg ua muaj vaj tse los yog muaj lag luam nyob rau hauv Dayton's Bluff, los yog ua dej num los yog nyob rau hauv thaj chaw Dayton's Bluff no. Peb xav tau cov neeg xws li neeg hmoob, neeg dub, neeg mev, thiab neeg khab tuaj pab peb. Thaj av Dayton's Bluff yog pib nram downtown St. Paul los mus txog rau txoj kev Johnson Parkway, thiab pib ntawm txoj kev Phalen Boulevard mus txog rau tim Mounds Park.

Yog koj muaj siab xav tuaj koom pab peb thiab no thov koj hu tuaj rau kuv. Kuv tus xov tooj yog 651-772-2075. Kuv yuav zoo siab txais tos koj.

Anyone, age 18 and above, is invited to visit a Lions meeting and find out how he/she might become involved in one of the leading volunteer organizations in the nation today.

For more information, contact: Doug Sinclair – 651-774-8475.

Our next meeting will be a dinner meeting on March 11, 2003 at 6:00 p.m. at the Embers Restaurant at White Bear and I-94. See you there.

7th Street Business Meeting

Many businesses along 7th Street have common interests and concerns. Business owners and managers will have an opportunity to meet, network, and discuss their issues at a series of meetings.

A connected business community can work together to find solutions to common challenges and concerns. Some projects might include cooperative purchasing of supplies and sharing information about best practices.

Members of the business community have expressed interest in starting a group so that business owners and managers can network at meetings. Another idea is to develop a Dayton's Bluff Business email group to help businesses connect and work together.

The first meeting will be in late March or early April. If you're interested in this group, call Karin DuPaul at 651-772-2075.

Summer Rally Day at YMCA

The YMCA is offering parents a chance to escape cabin fever and start planning summer activities for their kids. A Summer Rally Day will be held at the East YMCA on Saturday, March 6 from 10 a.m. to 1 p.m. Families are welcome to attend. Parents will have an opportunity to learn about YMCA camps and summer activities, and to sign up their children for specific programs. Special activities are planned including face painting and cookie decorating. Refreshments and snacks will be provided.

Information on all YMCA camps and summer programs will be available at the Summer Rally Day. The East YMCA is located 875 Arcade Street in St. Paul. For more information, call 651-771-8881.

Classified Ads

Wanted: Duplex to Rent

Two neat, quiet, employed women with excellent references looking to rent either a side-by side or upper and lower duplex in Dayton's Bluff or immediately adjacent area for April 1. Two 1 or two 2-bedroom units or a one and a two. One-year lease required. Must welcome pets who also have good references. Call 651-774-7349 or 651-772-0266 5:30 -9:00 p.m. weekdays or at reasonable hours on weekends.

Traditional Irish Music and Dance Fundraiser on March 19
Call 651-772-2075

New Chapter of Lions International Forming

District 5M6 of Lions Clubs International has begun the process of starting a new chapter in the Battle Creek/Dayton's Bluff area.

Lions International and its affiliated local clubs have an eighty-seven year history of offering people the opportunity to give something back to their communities.

Projects ranging from pancake breakfasts to collection of food and clothing for families in need to the collection and distribution of

eyeglasses to those who have vision problems are among the activities that demonstrate the Lions' commitment to their local communities.

With scholarship programs and support of national health organizations such as the American Cancer Society, the American Diabetes Association and many others, Lions also demonstrate their recognition of the greater needs of their country and society in general.

Metropolitan State Univ. Update

By President Wilson G. Bradshaw
Metropolitan State University continues to seek out new and better ways to serve its diverse student population. Our traditional classroom-based instruction is more popular than ever—enrollments for the Spring Semester are currently running over 2% ahead of last spring. In addition to every classroom being full for evening classes, students are increasingly signing up for daytime and Saturday classes to fulfill their learning and career goals.

We are also finding an immensely strong response to the growing number of degree programs we offer on-line. These on-line courses are not just for people who live too far away to commute—they also offer another solution to schedules that are constrained by work, child-care, health issues, and other factors. Metropolitan State recently received approval from our accrediting agency to eventually offer on-line all the degrees from our College of Management, First College, School of Law Enforcement and Criminal Justice, and School of Nursing.

The legislature is in session. While MnSCU's biennial budget allocation was acted on last session, this session includes a focus on capital bonding for construction projects. In addition to four projects related to asset preservation and renewal, we are part of a system-wide funding request for demolition projects. On our St. Paul campus, we need to remove the two-floor structure above

our heating and cooling systems, between New Main and St. Johns Hall. Current early plans call for a student services center to be built later in the same space.

The Governor's State of the State address revealed that the Citizen's League will be asked to conduct an in-depth study of what outcomes Minnesota needs from its public higher education systems in the new century and how available resources can best be deployed to reach those goals. We will all watch the work of this commission with great interest.

Construction work on our new community and university library has moved inside for the winter. We are still on-schedule and on-budget. In fact, we are moving up the opening date for the library, from July to May. Stay tuned for more details about when the doors will open; the public celebration of the new facility is still scheduled for October 9th.

Metropolitan State is a finalist for an award, to be presented by former President Jimmy Carter, for community engagement and service learning, through our involvement in Minnesota Campus Compact. The opportunity to compete for this prestigious award is a reminder to us of how much our Dayton's Bluff community means to our mission and our success in serving the people of the metropolitan region. Thank you for your role in making Metropolitan State University the place "Where life and learning meet."



Looking down 7th St. towards downtown as the skyway to the new Metropolitan State/Community library was being constructed last year.

Purchase An Enduring Legacy

Is there someone special you'd like to honor in an exceptional way? Or was there someone in your life who has passed away that you'd like to memorialize in a public and permanent manner? Now you have an opportunity to do so, at the Metropolitan State University/Community Library and Information Access Center, nearing completion on East Seventh Street.

You no doubt have noticed the construction progress of this new landmark as you travel east on Seventh Street from downtown St. Paul. The result of a unique university/community partnership, this state-of-the-art library will house the Dayton's Bluff branch of the St. Paul Public Library and will provide information resources to Metropolitan State students and East Side community members alike.

An enclosed skyway spanning Seventh Street between Mounds Boulevard and Maria Avenue, connects the library to the Metropolitan State University campus, and allows library patrons easy and safe access to the campus and adjacent parking lots. The skyway will feature 12" x 12" tiles that individuals may have inscribed to commemorate their support of the library or to honor or memorialize someone special. Available for purchase by individuals, groups or businesses, each tile is \$500 and will be engraved with one or two individual names, or a business or group name.

This is a chance for you to become a permanent part of this wonderful new resource in Dayton's Bluff. For more information, please contact Debra Vos at 651-793-1802 or via e-mail at deb.vos@metrostate.edu.

Dayton's Bluff School Beat

By Cassandra Moe

Dayton's Bluff Achievement Plus to Offer Early Kindergarten

Dayton's Bluff Achievement Plus (DBAP) successfully competed with 25 sites to be chosen as one of nine Early Kindergarten Program sites. This free, half-day kindergarten program will start in September, 2004. Children who are age 4 before September 1, 2004 qualify for the program.

To apply for one of the 40 spaces in this program, call the DBAP office (651-293-8915). Two Early Kindergarten Open Houses are scheduled: Monday, March 1, 9-11 a.m.; Wednesday, March 3, 3:30-5:30 p.m.; Thursday, April 15, 3:30-4:30 p.m. (Round-up).

DBAP also offers full-day kindergarten for children age 5 before September 1, 2004. Full-day Kindergarten Round-up is scheduled for Tuesday, April 20.



Mrs. Goulet's first grade class at DBAP studies report writing. Students shared their reports with parents, students, and staff. Above, Willie reads his report to Ms. Schneider.

The Cozy Corner Comes to Trinity Catholic School

It all began with a rocking chair. Trinity Catholic Principal Sandra Krekeler saw an old rocking chair and imagined a room filled with volunteers rocking in chairs, and reading stories with students. She dubbed it the Cozy Corner.

Through the combined efforts of the school, the Capital City Education Initiative, community donations, and volunteers, the Cozy Corner will make its home in Trinity's Extended Day program. The vision behind the Cozy Corner is a place where students read with volunteers for the pure enjoyment of a story. No tests, no pressure. After-school volunteers will settle on couches and pillows beside their young reading partners. They will read by the light of lamps instead of fluorescent ceiling lights. Student art will adorn the walls. And, of course, there will be brightly-painted rocking chairs.

The volunteer program at Trinity is just one component of the Capital City Education Initiative. Started by Mayor Kelly in 2002, the Capital City Education Initiative calls everyone in this diverse community to action on our most pressing education needs. Volunteer Coordinators throughout the city recruit volunteers who help K-3 students learn to read. By sharing their love for reading, volunteers in Trinity's Cozy Corner help to ensure that today's students will be prepared to sit in the rocking chair and share a story with the next generation of readers.

If you would like to volunteer at the Cozy Corner and join a citywide movement to support our community schools, contact Kate Hagner, Volunteer Coordinator, Trinity Catholic School at (651) 776-2763 Ext. 231 or khagner@trinity-catholic.org. The Cozy Corner also seeks donations of couches, lamps, beanbag chairs, pillows, and rocking chairs. Find out more about the Capital City Education Initiative at www.stpaul4schools.org.

Awards Day at Trinity Catholic School

The second all-school Awards Day took place on February 6 closing the second semester of the year. Students eagerly anticipated the day. Awards were given for A Honor Roll, B Honor Roll, Citizenship and Special Achievement.



The Trinity Catholic School A Honor Roll recipients are: Back Row L to R: Kirsten Renstrom, Jake Wakem, Thuy Lan Doan, Allie Erickson, Tara Wander, Stacia McAllister. Middle Row L to R: Jake Erickson, Samatha Richie, Josh Whitesell, Alex Beseman, Michael Swinehart, Chinaza Nwaneri, Ana Laura Maya. Front Row L to R: Jennifer Richie, Mark Schauer, Victor Wang, Marlyn Martinez and Charlie Arrigoni.

County Government 101

By Ramsey County Commissioner Jim McDonough

County government has a history that goes back a few years. Way back. Believe it or not, various forms of county government date back more than a 1000 years ago in England. Then, as now, the main job of county government was to act as an administrator for the national government. Because of the way our republic is set-up, counties, for the most part, play a role of "arm of the state" government carrying out programs and policies adopted by the State Legislature.

I've learned as Commissioner that County government may be the most misunderstood form of government. When it comes to your city, your school district or your local recreation association, the answer to the question "what do they do" is usually pretty straightforward. Unfortunately, I wish the work of county government were easier to explain, but it's not.

County government activities range the spectrum from plowing and maintaining roads; jailing inmates; administering elections; managing a hepatitis outbreak; intervening on behalf of vulnerable children and adults and providing a safety net for the poor. Those examples only scratch the surface of all the work carried out by our county workforce.

The simplest way is to break it down into categories. The biggest piece of the budget and county staff is dedicated to Health and Human Services, which many people refer to as the "safety net." This department

deals with vulnerable children and adults, foster care, adoption, senior programs like meals on wheels, welfare and welfare to work programs, homelessness, chemical dependency, mental health, subsidized child care etc. If you are in a tough spot, and need to seek assistance, chances are your first call would be to our Human Services department.

Public Safety is the next largest category of county service. This includes the Sheriff's department, the Corrections department, Courts, the County Attorney and Public Defenders Office. Our Sheriff's deputies and Corrections staff play the role of "jailer" not only for St. Paul, but for all the suburban communities. At any given time they are also overseeing thousands more clients who are finishing some kind of sentence for everything from violent crime to check forgery.

The "safety net" and public safety spending accounts for about 70% of what Ramsey County does. The rest is made up of Public Works (roads and highways), Public Health, Parks, Suburban Libraries, Property Records, property tax collection, elections, U of M Extension, Veterans affairs and County administration.

I'm grateful to the local neighborhood newspapers for allowing me to offer these articles on County government 101. In the coming months, look for our stories to cover more specific areas of how Ramsey County serves you and your community.

Dayton's Bluff Community Recreation Center March - April Activities

800 Conway St. 651-793-3885

Director: Jody Griffin jody.griffin@ci.stpaul.mn.us
This is only a partial listing. Visit www.ci.stpaul.mn.us/depts/parks for a complete listing of all activities. Call or visit the Rec Center to register or obtain more information about any activity.

SPRING BREAK ACTIVITIES

For boys & girls ages 6 & up. Please call Dayton's Bluff to register. 2:30 pm each day.
 Mon., March 29; Craft Day; Free
 Tues., March 30; Swimming & Movie Trip; \$5
 Wed., March 31 Karaoke Contest; Free
 Thurs., April 1; Science Museum Trip; \$3
 Fri., April 2; Pie Eating Contest; Free

KIDS GARAGE SALE

Kids clean out your toy box and closet. Bring in items that are in good shape & still usable. One's person's trash is another person's treasure. Sat., May 1 9:30 am - 2:30 pm
 Kids can rent a table for \$2. To register for a table, call by April 23.

YOUNG AMERICA SCHOOL SELF DEFENSE / CHEER AMERICA

(Ages 5 & up) Cheerleading is on Mondays. Self Defense is on Wednesdays. Classes are between 6-8 pm. Classes started the week of Feb. 16, but you may join at any time. This session runs for 12 weeks.

TOTS ARTS & CRAFT TIME

(Ages 3-5 yrs.) Let the imagination run free. Bring the little ones to color, paint & create fun little creations. Supplies will be provided. Parents will be responsible for watching over their children. Fridays thru March*. 10:30-11:30am; Fee: \$.50/wk
 * A new session will begin April 23 for 8 weeks. Come to one or all 8. Please call to register.

STAGE COMBAT I

(Gr. 7-12) Learn the "language" of stage combat - basic terminology, fight notation, and safe basic technique. Instructor: Homeward Bound Theatre; Tues., Mar. 2 7-10 pm; Fee: \$35; 1 session

AMERICAN RED CROSS

(Ages 11-15) Participants will receive information & skills necessary to provide safe & responsible care for children in the absence of parents or guardians. This training will help participants develop skills in five critical areas: leadership, safety and safe play, basic care, first aid and professionalism. Instructor: American Red Cross T/Th., March 23/25 5:30-9 pm ; Fee: \$50; 2 sessions

JUGGLING FOR BEGINNERS

(Gr. 4-8) Come discover the secrets

of multi-object manipulation in this beginning juggling class.

Instructor: Homeward Bound Theatre; Mondays, March 8,15,22; 6-7:30 pm; Fee: \$35; 3 sessions

SPRING EGG HUNTS

Each on Thursday, April 8 Join us for a hopping good time. No registration is needed. Call your local rec. center for more details. Dayton's Bluff & Margaret are doing one together at Dayton's Bluff. Grades 6th & under. 6-7:30 pm. Bring your flashlight for the flashlight egg hunt.

SUMMER SPORTS REGISTRATION

Baseball, Softball, Nearball, T-ball, Mickey Mouse ball registration will be April 5-16. Ages 3 to 18.

FIELD TRIPS

ALL TRIPS - Children 10 years & under are welcome, but must be accompanied by an adult. Some trips may be specified for certain ages groups; such as high school only. Permission slips must be filled out. You may pick one up at your rec. center office. Staff ratio is 10:1. All times are approximate.

ROLLERSKATING AT WOODDALE

Join us for a fun afternoon of skating. Fri., March 5 12-4 pm; Fee: \$4 - includes skating, skate rental, lunch, supervision & transportation. (\$3 extra for in-line skate)

NATIONAL GUARD FACILITY TOUR & WABASHA STREET CAVES TOUR

This tour is for high school students only. Fri., March 5; 12-3:30 pm Fee: \$7 - includes both tours, snack, supervision & transportation

SHOREVIEW WATERSLIDE

Fri., March 19; 12-5 pm Fee: \$5.50 - includes admission, supervision & transportation

SWIMMING AT HARDING & A MOVIE

Tues., March 30; 10:45 am-4 pm Fee: \$5 - includes swimming, snack, movie, supervision & transportation

SCIENCE MUSEUM & OMNI THEATER

Thurs., April 1; 10:15 am-3 pm Fee: \$3 - includes admission, Omni Theater show, supervision & transportation.

CROWLEY'S GYMNASTIC CENTER

Fri., April 9; 12:15-3 pm Fee: \$7 - includes admission, supervision & transportation

We Don't Want Your Money But We Could Use Your Help With This Paper

We need: writers, reporters, photographers (film or digital), an editor (Pagemaker experience a plus) and someone to sell ads or lots of someones to bring in one ad each.

Call 651-772-2075

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Hours 11:00 a.m. - 7:30 p.m.

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1059 Hudson Road
 (651) 771-0305

World Premiere of *London in the Springtime: A Musical in Two Acts* at the Mounds Theatre

London in the Springtime: A Musical in Two Acts will have its world premiere at the Mounds Theatre this March.

Brought to you by the people who created and directed *Jack the Ripper: A Musical Mystery* in 2001, this is the second play produced by JTR Productions.

Synopsis

Anything could happen, and probably will, when a professor with a hidden agenda and an unlikely mix of seven American university students discover that neither life, nor a study abroad course innocently titled "London in the Springtime", are quite as simple as they seem.

Music by Donovan Stohlberg
Lyrics by LB Hamilton
Book by Donovan Stohlberg and LB Hamilton
Directed by Yvonne A.K. Johnson

Dates and Times

Friday, March 5 @ 8:00 P.M.
Saturday, March 6 @ 8:00 P.M.
Sunday, March 7 @ 2:00 P.M.
Monday, March 8 @ 8:00 P.M.



Thursday, March 11 @ 8:00 P.M.
Friday, March 12 @ 8:00 P.M.
Saturday, March 13 @ 8:00 P.M.
Sunday, March 14 @ 2:00 P.M.

Ticket Information

\$16.50 for Adults, \$14.50 Seniors (60+) and Students except Monday, March 8 - all tickets \$10.00
Tickets may be reserved by calling the Mounds Theatre box office at 651-772-2253, purchased at the door, or bought 24/7 online with a major credit card at www.moundstheatre.org.

This production also marks the first major stage performance at the Mounds Theatre since it reopened in October 2003. Other plays planned for the 2004-2005 season include: *Charlotte's Web*, *Night of the Living Dead*, *Hmong Tapestry*, *A Christmas Story*, *The Destiny of Me* and *Ruthless! The Musical*.

The Mounds Theatre is located at 1029 Hudson Road, St. Paul. Visit www.moundstheatre.org for more information or call 651-772-2253.

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 to 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.



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Respect.

EMPOWERMENT.
Empowerment.

COMPASSION.
Compassion.

HealthEast RESIDENCE- MARIAN OF SAINT PAUL

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



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www.healtheast.org